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October 2020

The Voice of Your Community

GreenUp Ashland: Get Out and Clean Up, October 3 and 4

By CYNTHIA WHITTY

A town-wide cleanup effort organized by the volunteers of GreenUp Ashland normally takes place the first weekend in May, but no surprise, as with so many other events this year, the date has been moved. The community clean-up will take place the weekend of Oct. 3 and 4.

This year's event is being managed virtually for health and safety reasons. To participate, sign up online at www.greenupashland.org or email info@greenupashland.org.

Karyn Dann-Barboza, an event organizer, is looking forward to holding the event in the fall. "While we usually gather in May when the trees and flowers are just starting to bloom, participating in October allows us to enjoy the colors of the turning leaves. In Ashland we're lucky to be



Ashland resident Janet Gamache picks up trash downtown in front of town hall. (Photo/supplied)

surrounded by such glorious beauty! The October cleanup event allows us a chance to nurture our environment while

GREENUP

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Ashland Teen Seeks Donations to Help Seniors Access Health Care

By CYNTHIA WHITTY

Ashland high senior Helen Varughese is driven by her love of volunteering, her goal of becoming a doctor, and the example her parents set to help others. This spring she found a new nonprofit she could get behind, TeleHealth Access for Seniors that "provides seniors and low-income communities with devices, instructions, and free tech-support to connect them to their physicians . . . using digital connectivity and wellness tools via apps." (www.telehealthforseniors.org)

"Connecting with their physicians during this pandemic is an urgent need for senior citizens, so the more donations we get, the more lives we are saving," Varughese said. She hopes residents who are reading this article will donate their old smart devices, such as iPads, iPhones, tablets, and Chromebooks.

"TeleHealth started in March, right around the time that our school closed down because of the coronavirus, and I joined a couple of months later, at the end of May," Varughese explained. "With school starting in the fall, I hope to introduce this nonprofit to my school community and collect donations or recruit volunteers."

"I heard about TeleHealth back in May through a radio broadcast that the Massachusetts team lead of TeleHealth had put out. At this point, our whole world had come to a screeching halt due to the pandemic, and I had a lot of time on my hands. This initiative immediately piqued interest from my science-loving, doctor-y side and as an opportunity to rid me of some boredom that I was experiencing, so I jumped on it."

DONATIONS

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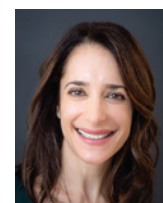


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DONATIONS

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After researching the organization and realizing that I loved the work they were doing, I emailed the admin member in charge of recruiting and started that week.”

“Working on the Massachusetts team, I have collected around 10 smart devices and \$390 from my friends and family that will be used to buy chargers and new smart devices. Additionally, another volunteer and I collected devices and conducted a drop-off of around 20 smart devices to our last clinic, the Boston VA, Jamaica Plain Campus of VA Boston.”

“This fall my Massachusetts team, composed of myself and eight other students ranging from high school to college age, hopes to continue our efforts to collect monetary and smart device donations from individuals and also seek out more large-scale contributions and grants from businesses and banks from around the state.”

“This year I will be a senior at Ashland High School (AHS). My main focus at this stage in my life is my academics. Constantly being surrounded by a school environment, I naturally wanted to step up and take a bigger position in some of the areas that interested me, so I have taken many leadership positions in my school community. This year, some of my leadership positions include being treasurer of National Honor Society at AHS, being a part of the School Committee Advisory Council for the last and current school years, acting as co-founder of a public speaking club at AHS, and being co-president of the AHS Math Team.”

“Outside of school, along with being the secretary of my church’s youth group, I love to volunteer! Growing up, I watched as my parents led selfless lives, giving up so much for others, and I developed a passion for serving others as well. In the past I have volunteered at soup kitchens, food pantries, Habitat for Humanity Restore in Ashland, the Ashland

Public Library, and the Ashland Farmers Market.”

“I aspire to become a doctor, so after I graduate high school, I hope to attend either a 7-8-year combined BS/MD program, which will ensure me a position in medical school right off the bat, or a traditional four-year undergraduate program on the pre-med track, most likely majoring in biology, biochemistry or other general science, and then continue onto medical school.”

“I am using my family’s charity website rather than the national organization’s GoFundMe. This way it is easier for the organization’s admin team to correctly allocate the funds I collect to buy devices for my team’s clinic, which is currently the Mattapan Community Health Center in Boston.”

To donate devices, contact her at varughesehelen@gmail.com. To donate funds, visit her family’s charity website, Compassionate Hearts Network, <https://bit.ly/35tDicT>.



Ashland teen Helen Varughese is looking to save lives by improving access to healthcare for seniors. (Photo/supplied)

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Helen and her sister Dawn, a freshman at UMass Amherst, drop off 20 smart devices at the Boston VA. (Photo/supplied)

Federated Church of Ashland October 2020

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Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the



pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.



If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

Knights of Columbus Bishop Rice Council Receives Top Award

BY CYNTHIA WHITTY

The Knights of Columbus Bishop Rice Council #4822 was recently awarded the distinction of Star Council, the international organization's top honor for local councils. Bishop Rice Council #4822 serves Ashland and Hopkinton.

The Star Council Award recognizes overall excellence in the areas of growing membership, promoting Knights of Columbus insurance benefits, sponsoring Catholic faith formation programs, and volunteering time through service-oriented activities, according to a press release. Only 12 percent of the 16,000+ worldwide Knights of Columbus councils earn this award for their service.

In these challenging times of COVID19, the Bishop Rice



Council was able to strengthen their brotherhood with the addition of many new Knights all who practice Faith in Action. During this pandemic, the Bishop Rice Council organized and executed a number of programs that aided Ashland, Hopkinton and surrounding towns. These programs include:

- COVID19 Helping Hands: The Ashland/Hopkinton Knights organized a network of volunteers (Knights and

non-Knights) to assist those most affected by COVID19 and needing assistance, including grocery shopping, delivery of prescription medications, rides to medical appointments and more.

- Virtual Food for Families Drive: The Knights hosted a "virtual" food drive and were able to collect over \$1,500 in donations that were presented to Project Just Because.
- Milford Daily Bread Food Pantry Helping Hands: The Knights provided a steady stream of volunteers loading and unloading between 6,000 and 9,000 pounds of food for the Milford Daily Bread Food Pantry.
- Virtual Spiritual Reflection: The Knights organized a

weekly virtual prayer service allowing participants to reflect on the scriptures as well as their own personal beliefs and concerns.

Membership in the Knights of Columbus is open to men 18 years of age or older who are practicing Catholics in union with the Holy See.



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Ashland Business Beat

BY CYNTHIA WHITTY

Trails & Streets Map to Showcase Businesses

A full-color Ashland Business Association (ABA) map, produced every two years, features streets, trails and more. The map will be delivered to every resident and business in the fall as an insert in *Ashland Local Town Pages* newspaper. The attractive 7th edition map (to be designed by Mike Marschke of DareDevil Studios, Ashland) will feature ads and listings for many ABA businesses and serve as a guide for residents who want to shop local and support Ashland businesses. In addition to streets, schools and town buildings, the map identifies town forest and other hiking trails, open spaces, historic and scenic areas, boat launches, and bike rack locations.

The map will be available for 24 months in public venues, such

as the library, town hall and police and fire departments, as well as at local storefronts. To list your ad or business name in this year's map or for questions, email ABA treasurer Dick Bennett, dick@mwbookandtax.com.

COVID-19 Re-Opening Consult

Owning and operating businesses during COVID-19 is not easy. The town is here to help. Sgt. Burman, Ashland's COVID task lead, will come to a business and help it work through workplace standards. To set up an appointment, contact Sgt. Burman, 508-532-7988.

MassHire

MassHire creates and sustains powerful connections be-



tween businesses and jobseekers through a statewide network of employment professionals, according to its website, www.mass.gov/topics/masshire. Check out MassHire if you are a job-seeker or a business looking to hire.

Restaurant Week

Gov. Baker signed an executive order in mid-September doubling the size of a \$5 million grant program that funds street and sidewalk improvements to assist local businesses and create safe public spaces during the COVID-19 pandemic. The Shared Streets and Spaces Grant Program was

established in June to hand out payments of between \$5,000 and \$300,000 to help cities and towns quickly build improvements. Baker is hoping the funds can be used to extend the outdoor dining season.

Based on this news, Ashland's Economic Development Director Beth Reynolds is hoping to follow Boston and Worcester's lead in holding a restaurant week here. "Boston and Worcester are doing it so you bet Ashland can, too!" Reynolds said in an email to business owners. "After all, we are becoming quite the destination for good food and drink thanks to all the great restaurants holding it together and keeping it safe for us to dine in and out! We are shooting for the first two weeks in October and are hoping at least 10 restaurants join us with weekly specials." She will provide more details as they become available.

GREENUP

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enjoying fresh air and appreciating the autumn landscape."

Ashland benefits from a community of GreenUp's volunteers throughout the year. Participants in the Adopt-a-Street program get special yellow garbage bags. They intermittently survey their selected areas and remove trash. When their bags are full, they leave them in a designated area for pickup and arrange with the GreenUp Ashland team to get another bag to fill. To participate in the adopt-a-street program, visit www.greenupashland.org/adopt-a-street.

Dann-Barboza wants to give special thanks to Ashland High School volunteers for selecting GreenUp Ashland for their community service work this fall.

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Voting in Ashland in the November Election

By CYNTHIA WHITTY

The Ashland town clerk's office is preparing for the upcoming Nov. 3 election with early voting-by-mail guidelines provided by the Governor Baker's signed legislation, Chapter 115 of the Acts of 2020. In addition, town officials are working to ensure safety protocols are in place for in-person early voting at town hall and at the high school on Nov. 3. Town officials are encouraging residents to vote early by mail.

To help residents feel confident about early voting by mail, the town is installing a designated drive-up ballot box outside town hall where residents can safely drop in their voted ballots. "It's a secure box for residents to use up until 8 p.m. on Nov. 3," Tara Ward, Ashland's town clerk, said. "The box can hold a large number of ballots; we will check and empty it often each day."

Ward wants Ashland residents to understand and feel confident in their voting options. Residents may vote 1) early by mail or by dropping off ballots in the new ballot box (this is encouraged due to COVID-19); 2) early in person at the Ashland town hall (see the times below); or 3) in person on Tuesday, Nov. 3, 7 a.m. to 8 p.m. at the Ashland High School, 65 East Union St.

The early in person voting times at Ashland's town hall are:

- Saturday, October 17 - 10:00 AM - 2:00 PM
- Sunday, October 18 - 10:00 AM - 2:00 PM
- Monday, October 19 - 8:00 AM - 3:30 PM
- Tuesday, October 20 - 8:00 AM - 3:30 PM
- Wednesday, October 21 - 8:00 AM - 7:00 PM

- Thursday, October 22 - 8:00 AM - 3:30 PM
- Friday, October 23 - 8:00 AM - 12:00 PM
- Saturday, October 24 - 10:00 AM - 2:00 PM
- Sunday, October 25 - 10:00 AM - 2:00 PM
- Monday, October 26 - 8:00 AM - 3:30 PM
- Tuesday, October 27 - 8:00 AM - 3:30 PM
- Wednesday, October 28 - 8:00 AM - 7:00 PM
- Thursday, October 29 - 8:00 AM - 3:30 PM
- Friday, October 30 - 8:00 AM - 12:00 PM Closed

The town has put COVID-19 protocols in place for in-person voting. Town staff and volunteers will wipe down each voting station in between voters. Voters must wear a face covering and maintain social distancing.

Registering to Vote. The town clerk's office urges residents to register to vote online with a valid Massachusetts ID using this website, www.sec.state.ma.us/OVR/. The last chance to register to vote in person for the Nov. 3 election is at town hall on Saturday, Oct. 24, 2 to 4 p.m. and 7 to 8 p.m. Note that if you have not returned your 2020 census, you may be required to provide proof of address in order to vote.

Requesting a Ballot. All registered voters opting to vote by mail ballot, must fill out an application and return it to the Ashland town clerk's office before 5 p.m. on Wednesday, Oct. 28. Applications can be returned by mail, placed in the new ballot drop box located outside of town hall, or scanned and emailed to townclerkoffice@ashlandmass.com.

The Secretary of State's Office distributed postcards soliciting voters to request a mail-in ballot the week of July 13. If you did not return your postcard or did not choose the Nov. 3 election, you will receive another postcard in the mail around Sept. 16. These postcards are postage paid and can be returned to the Ashland Town Clerk's Office.

Dropping Off Your Ballot in Ballot Box. Note, all voted ballots may be placed in the new ballot box outside of town hall. Ensure your signature is on the ballot envelope. Do not fold your ballot in the ballot box. The creases may jam the ballot machines. Ballots may not be returned to the polling location on Nov. 3. They must be returned to the Town Clerk's office for processing before they are delivered by Town Clerks staff to the polls on Nov. 3.

Tracking Your Ballot. Voters who have applied for a vote by mail ballot may track the status of their application and their ballot (mailed / received back) by visiting www.sec.state.ma.us/where-doivotema/track/trackmyballot.aspx.

The town clerk's office anticipates a large volume of applications (there are over 12,000 voters in Ashland) and requests you allow at least two weeks before checking the status of your application. Allow a minimum of 10 days to receive your ballot from the status date of mailing. Do not contact the Town Clerk's Office to check on your status until the recommended amount of time has passed. Inquiries should be emailed to townclerkoffice@ashlandmass.com.

For more information, visit www.ashlandmass.com/219/Elections-Voting.



A safe, secure ballot box (like the one shown here) is being installed outside town hall in time for early voting for the Nov. 3 election. (Photo/supplied)

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Around Ashland News

By CYNTHIA WHITTY

Special Fall Town Meeting: Where, When, How

Officials and residents are discussing where, when and how the fall town meeting will take place to ensure public safety during this pandemic. The two major articles expected on the warrant are the construction of a new public safety facility and the new Mindess School. Other items include any necessary budget adjustments as well as the 41C1/2 Senior Property Tax Exemption. For the latter, Town Manager Michael Herbert has budgeted for an \$800 exemption, increasing last year's amount by \$100. For updates on the special fall town meeting, visit www.ashlandmass.com/449/Town-Meeting.

Energy Efficiency Enhancement Grant

Ashland received \$71,021 in grant funding on Sept. 4 from the Massachusetts Department of Energy Resources (DOER). The grant will fund energy efficiency upgrades at the town hall and

for an electric vehicle charging station at the Ashland Community Center. These Green Community projects will help meet both the Commonwealth's Clean Energy and Climate Plan targets and the town's goal of being a net-zero community by 2040.

\$63,521 of the award will cover LED lighting upgrades in the town hall. The scope of this project is to replace the existing aging fluorescent lighting with state-of-the-art LED fixtures to achieve cost savings and reduce energy use. The LED upgrades are estimated to save the town over \$7,000 in electricity and maintenance costs annually. The upgrades are projected to lower the annual lighting use by nearly 15,000 kWh, a 71 percent reduction in current usage.

\$7,500 of the award will go towards the purchase and installation of an electric vehicle charging station at the community center. This station will be



publicly accessible for electric vehicle drivers visiting the center, Ashland State Park, or businesses along West Union Street. Ever-source is also assisting in making this charging station project possible by financing the site work components via its Make Ready Program.

Ashland's New Public Safety Building

The Public Safety Building Committee applied for permitting with the Planning Board on Sept. 10. At the time of this writing, the committee is scheduled to meet with Design Review on Sept. 17 and the Conservation Commission in late September or early October. Following the permitting stage, the committee will prepare for the project's



Ashland's New Public Safety Building

bidding process. The committee is preparing to place the project on the warrant for the special fall town meeting. For more information, visit www.ashlandmass.com/756/Public-Safety-Building-Project.

Mindess School Final Plans

The schematic design for a new Mindess Elementary School has been submitted to the Massachusetts School Building Authority (MSBA) for approval. The schematic design was approved by the School Committee, Select Board, and Finance Committee and includes a not to exceed total project budget of \$84,387,000. The MSBA will review the sche-

matic design and confirm the total grant amount, which is expected to be \$26.4-\$27.5 million. Aligning with Ashland's sustainable goals, the new building will be net-zero ready by being efficient and utilizing geothermal for most of its heating and cooling needs. The project will be brought before voters at both the special fall town meeting and ballot. The project is scheduled to break ground in late fall of 2021 and open to students in September 2023. For more information, visit mindessschoolbuildingproject.ashland.k12.ma.us or email buildingcommittee@ashland.k12.ma.us.

AROUND ASHLAND

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Honor your Veteran on our Dedication Page:

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When was the last time you had a meaningful conversation with your spouse about money? Beyond the sly spending remark when 4-5 packages show at your door in a day.

Six months? Couple years?

Money discussions affect relationships, especially when needed talks are put off too long or just don't happen.

You and your partner need to be on the same page, which means talking honestly and regularly about finances. Research shows constant arguments about money can foreshadow divorce as couples use harsher language with each other; the arguments last for longer and are quickly revisited.

Warning Signs:

- You're uncomfortable about some aspect of your partner's financial student loans, credit card debt, or lack of savings.
- Your partner's money habits directly impact your ability to reach short-term goals or stay on budget.
- You've tried to define saving and spending priorities, only to be told, "It will all work out."

To have effective conversations and stay positive, consider these best practices:

Avoid dreaded words. No one wants to hear, "We need to talk." When someone says that, your defenses go up and you seek the fastest way to distract and divert

focus.

Start with the positive. Bring up things you're both doing well, goals you want to achieve together and then brainstorm how to get there more efficiently.

Withhold criticisms. If you have concerns or your spouse struggles with a problem like debt, admit your own financial faults and ask for their help in finding a solution and executing. This opens ways to discuss other financial problems and shows that you're looking for solutions and not a fight.

Goals and values. Think of open-ended questions about what you and your spouse value and aspire to do. Questions like:

- What changes do we want to make in the next 3 years?

- Of the changes we've made the last 3 years, what could we have done better?
- Which changes do we have to make this year?
- What do you envision for retirement?
- How about semi-retirement?
- What's the vision and aspirations for our kids, our parents?

Consider a 3rd party. Not your neighbor, uncle or co-worker, but an unbiased, financial fiduciary. It will take time, effort and hours for him/her to become your trusted advisor. However, when you're both engaged and questions are asked, he/she can be your accountability partner.



Glenn Brown

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a Certified Financial Planner™, Chartered Retirement Planning Counselor and fee-only fiduciary helping clients take control of planning and investing, so they can balance kids, aging parents and financial independence.

Big Trends in Showers and Tubs

By JOHN SZOLOMAYER, RE/
MAX EXECUTIVE REALTY

Design trends come and go, and as we enter the 2020s, that fact remains true. You may be wondering what to expect in terms of tubs and showers — that is, which styles, designs and formats will we see in new home construction and bathroom remodels? Whether you want form and function or high luxury and style, a variety of tubs and showers will work for your home.

Separate Tub and Shower

One of today's most common trends is a separate tub and shower. If a home has room for both, homeowners are opting for a garden tub or other large tub option that is completely separate from a standalone shower. And, if there isn't room for both, it seems like showers are winning out only slightly over a combination.

Open Showers

Another design choice we're seeing a lot of in new homes is open showers. These are showers without doors or with clear glass doors. Some will have a clear glass panel shielding one side of the shower area. Others might have a swing-out or sliding glass shower door. Currently, shower rods and curtains are less popular than glass enclosures.

Natural Stone

Materials like tile will never go out of style, but natural stone is emerging as a popular choice. Natural stone like travertine, slate, marble and granite aren't just for floors and kitchens. They make great options for shower enclosures in bathrooms. The use of natural pebbles for shower floors

is popular as well.

Soaking Tubs

If you do have room for a tub in your new luxurious bathroom remodel, consider a soaking tub. Although jetted tubs remain popular, a large and deep soaking tub seems to be a popular choice. These tubs come in a variety of

styles from modern to classic and everything in between, so it is easy to find something that will fit your tastes.

Shower Heads

Overhead rain showers are another popular choice. Multiple showerheads, including a complete wall of targeted jets, also are still seeing a lot of use. Ultimately, people are looking for low-flow showerheads that

save water while still providing an invigorating and comfortable shower experience.

Call today to talk more about the kind of bathroom you want in a new home.

Information provided by John Szolomayer, RE/MAX Executive Realty. Each office is independently owned and operated. For more information, John can be reached at (508) 259-4788 or JohnSzolomayer.com

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Living Healthy

Cosmetics and Acne... to Use or Not to Use?

BY LISA MASSIMIANO,
LICENSED ESTHETICIAN,
CERTIFIED ACNE SPECIALIST
OWNER SKIN SMART SALON

Cosmetics and skincare products can cause breakouts in teens

and adults who are genetically acne prone. This breakout is referred to as cosmetic acne.

Cosmetic Acne appears as whiteheads across the cheeks, chin and forehead. However, these bumps may not show up

immediately. It can take up to six months before cosmetic acne develops. Because of the time lag, users don't necessarily associate the make up with the break outs. Not knowing what is causing the problem creates the frustrating cycle of more break outs, more coverage.

Why makeup can be problematic for acne prone skin.

To enhance appealing texture and easy application, often cosmetics contain fatty acids which wreak havoc on acne prone skin. Many popular cosmetic brands promoting "acne safe" products contain pore clogging ingredients. Beware of "oil-free" claims and other advertising hype like, "non-greasy", "natural" and "organic" in product labeling. These are marketing terms created to sell products. I advise you to al-

ways check the ingredient label before choosing a product.

Here are a few key ingredients to avoid in your make up if you are acne prone.

Isopropyl Myristate. This is one of the worst offenders. Used as an emulsifier and surfactant, it helps makeup go on smoothly and gives it a slick, sheer feel. However, this oil penetrates deeply into the follicles and is highly comedogenic.

Sodium Laureth Sulfate. A pore clogging ingredient used in facial cleansers and shampoos.

D&C Pigments. These pigments are used for red tints in blushes. The D&C colors contain coal tar derivatives which are comedogenic and can cause white bumps across the cheeks.

Oils. Coconut oils, often found in "natural" products, and aro-

matherapy oils are irritating to acne prone skin. However, mineral oil, which is given a bad rap in the beauty industry, does not clog pores and is perfectly safe for acne prone skin.

So what's a makeup wearer to do?

Loose mineral foundation and blush is safe for acne prone skin and provides good coverage. Also, eye makeup is usually not a problem since there is no oil producing glands around the eyes. But, be careful what you use to remove it. Mineral oil is a safe way to remove eye makeup.

Questions about acne? Email me at Skinsmartsalon@aol.com. Or call 508 881-1180. Visit my website Skinsmartsalon.com for information on Skin Smart's acne program and other services.

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M A I N S T R E E T P E D I A T R I C S



Main Street Pediatrics would like to announce that **Charlotte Delaney, MD** has joined our practice and will start seeing patients as of October 19, 2020. She is accepting new patients of all ages.

Dr. Delaney received her undergraduate degree in Psychology and Music from Williams College in Williamstown, MA. She then went on to New York University for her Masters in Music before attending medical school at Albert Einstein College in New York. She did her internship and residency at UMass Medical Center in Worcester. She is trained in both pediatrics and internal medicine and is particularly interested in adolescent patients, as well as treatment of eating disorders and mood disorders. She also enjoys newborn and infant care, especially working with new parents.

Please call **508-435-5506** for an appointment
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Living Healthy

School Year 2020-2021 Public Media Release for Free and Reduced-Price Meals

The Ashland Public Schools announces its policy to serve nutritious meals every school day under the National School Lunch Program & School Breakfast Program. Effective for the 2020-2021 school year, children are eligible for free or reduced-price meals if the household income is less than or equal to the federal guidelines.

Households do not need to turn in an application when the household receives a notification letter from Ashland Nutrition Services saying that all children automatically qualified for free or reduced priced meals due to Direct Certification. Contact school officials if any child in the household is not on the notification letter. The household must let school officials know if they do not want to receive free or reduced-price meals.

Applications will be sent home with all students the first week of school, with a letter about the free and reduced-price meal program. You must reapply every school year unless you have received a letter from us after July 15, 2020 stating your children are directly certified. Households that want to apply for meal benefits should fill out only one ap-

plication for all children in the household and return it to the Ashland school Nutrition Office 87 West Union Street Ashland MA 01721. Contact Nutrition Services at 508-881-0165 if you need assistance in completing the application. You will be notified by Ashland Nutrition Services if your application is approved or denied for free or reduced-price meals via a letter mailed via the US Postal Service. Children who meet the definition of foster, homeless, migrant, or runaway, and children enrolled in their school's Head Start program are eligible for free meals but must apply as we may not know about their status otherwise. Households may turn in an application at any time during the school year. If you are not eligible now, but your household income goes down, household size goes up, or a household member starts receiving MA SNAP, MA TAFDC or FDPIR, you may turn in an application at that time. Information given on the application will be used to determine eligibility and may be verified at any time during the school year by school officials. The last four digits of the Social Security number from the

adult household member signing the application is required, or if you do not have a Social Security number you must check the box designating that status. Households that receive Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits, may be eligible for free or reduced-price meals by filling out an application. Foster children are eligible for free meals and may be included as a household member if the foster family chooses to also apply for the non-foster children on the same application. Including foster children as a household member may help the non-foster children qualify for free or reduced-price meals. If the non-foster children are not eligible, this does not keep foster children from receiving free meals. Your child's eligibility status from last school year will continue into the new school year for up to 30 school days or until the school processes your new application, or your child is otherwise certified for free or reduced-price meals. After the 30 school days, your child will have to pay full price for meals, unless the household receives a notification letter for free or reduced-price meals

from Ashland Nutrition Services. School officials do not have to send reminder or expired eligibility notices. If you do not agree with the decision or results of verification, you may discuss it with school officials. You also have the right to a fair hearing, which may be requested by calling or writing the hearing official: Dr. Michael Cairra 87 West Union Street Ashland MA 01721 or calling 508-532-0150.

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- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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(Effective July 1, 2020 – June 30, 2021)

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	YEAR	MONTH	Twice per Month	Every Two Weeks	WEEK	YEAR	MONTH	Twice per Month	Every Two Weeks	WEEK
1	\$16,588	\$1,383	\$692	\$638	\$319	\$23,606	\$1,968	\$984	\$908	\$454
2	22,412	1,868	934	862	431	31,894	2,658	1,329	1,227	614
3	28,236	2,353	1,177	1,086	543	40,182	3,349	1,675	1,546	773
4	34,060	2,839	1,420	1,310	655	48,470	4,040	2,020	1,865	933
5	39,884	3,324	1,662	1,534	767	56,758	4,730	2,365	2,183	1,092
6	45,708	3,809	1,905	1,758	879	65,046	5,421	2,711	2,502	1,251
7	51,532	4,295	2,148	1,982	991	73,334	6,112	3,056	2,821	1,411
8	57,356	4,780	2,390	2,206	1,103	81,622	6,802	3,401	3,140	1,570
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AROUND ASHLAND

continued from page 6

Sewer System Smoke Testing

The Town of Ashland's Department of Public Works (DPW) water and sewer division with vendors, Haley and Ward a Division of CES and Flow Assessment Services, will conduct sewer system smoke testing beginning Sept. 10 for the purpose of locating sources of storm water inflow to the sanitary sewer system. The project will take approximately 60 to 90 days to complete.

Ashland's DPW crew will provide weekly updates to the project on the town website, ashlandmass.com. Updates will include a map and schedule of the crews' location. The schedule is flexible as the crew's movement depends on the findings in the area, thus speeding up or slowing down the progression. DPW Director Doug Small said, "This is a safe and simple procedure that allows our crew to identify problem areas in our sewer system so we then can fix those problem areas. The dry weather makes this a perfect time to complete the project."



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Ashland Lions Club

Golf Ball Drop

Support the Ashland Lions and Ashland Firefighters with our Golf Ball Drop on Saturday, October 17th at 3pm. Enter for a chance to win \$500! Tickets are only \$5 each. Profits will be shared between Ashland Firefighters and Ashland Lions, and

Ashland Lions proceeds will go to Lions Eye Research and to support our community.

Ashland Lions at Honeydew
If you've been into Honeydew on Union St in the mornings over the past few years, you've probably noticed a number of Ashland Lions members having coffee to-



gether. When the pandemic hit in March they were forced apart. Since we have had nice weather, they've been able to enjoy coffee together, but 6 feet apart, in the parking lot of Honeydew. If you see them out there, give a wave or a beep to say hello!

Christmas trees are coming!

It's hard to believe that Thanksgiving is only a month away. But do you know what opens right after Thanksgiving? The Lions Christmas Tree lot! While the Lions have had to cancel every other fundraiser this year, we will still be bringing Christmas spirit and raising money for our community. We will be following all health and cleaning guidelines for COVID to ensure the safety of our volunteers and customers. Please consider buying your fresh Christmas tree from the Ashland Lions this year and donate to a great cause. Remember, Lions give back 100% of fundraising to eye research and the local community. Hope to see you soon!

ASHLAND LIONS/ASHLAND FIREFIGHTERS
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(In the event of a tie, prize money will be divided equally)
You do NOT need to be present to win.
For Tickets, please contact:
Julian Doktor 508-881-4664
Mike Torosian 508-881-2323



LIONS

continued on page 17

Ashland Cultural Council Announces Deadline to Submit Grant Applications

BY CYNTHIA WHITTY

Each year the volunteer members of the Ashland Cultural Council (ACC), under the guidance of the Massachusetts Cultural Council (MCC), awards grants to qualified applicants. These grants support a variety of artistic projects and activities in Ashland, including exhibits, festivals, field trips, performances in schools, workshops, and lectures.

“During these difficult times, art is an antidote to our community’s well-being,” Visi Tilak, an ACC member, said. “ACC continues to look for diverse grant applications from Ashland and surrounding areas that can add to the rich culture of our community. While there are several talented artists in and around Ashland, the hope is that we learn more about these artists and their work.”

The application timeline for the 2020-21 grants has several changes from previous years, when the application was due mid-October. This year proposal applications are due by Nov. 16.

October

- On Oct. 1, 2020, the online application opens.
- Between Oct. 1 and the deadline, Nov. 16, applicants may access the online system to complete and submit applications. A link to the application system can be found under the “Apply Now” tab for every council profile. Users will be prompted to create an account for the online application system. Once logged in, users can begin to complete their form online. Once the application is complete, it can be saved and submitted to the chosen council. Users will receive a confirmation email notifying them that their application has been submitted successfully. Applicants can still apply to more than one council.

November

- Grant applications must be submitted to the LCC through the online system by the deadline, Nov. 16, 2020, at 11:59:59 p.m. Eastern Time.



December

- In December 2020, the council will hold voting meetings to make decisions on applications, send denial letters, and handle reconsideration requests.

January/February

- By January/February 2021, councils submit their Annual Report to MCC, and will begin to notify applicants.

The mission of ACC is to promote excellence, access, education and diversity in the arts, humanities and interpretive sciences, in order to improve the quality of life for all Ashland residents and to contribute to the economic vitality of the community. ACC’s cultural projects take

place in schools, community centers, libraries, elder care facilities, town halls, parks, and wherever communities come together. In recent years ACC sponsored the Dragonfly Festival, the Mystery Book Festival, events organized by the Friends of the Ashland Public Library, the Ashland High School Robotics Club, and items for the art room at the Warren School and the Ashland Middle School.

For grant information and FAQs, visit www.mass-culture.org/lcc_public_applicant_process.aspx. For more information on ACC, visit www.ashland-mass.com/236/Ashland-Cultural-Council. To join ACC, fill out the Talent Bank form on the town website, www.ashlandmass.com/formcenter/talent-bank-form-16/talent-bank-form-56.

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Sports

Ashland Field Hockey Excited to Be Back on The Field

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Having already lost the entire high school spring season due to the coronavirus pandemic schools throughout the state were not all that optimistic about fielding teams this fall especially when the beginning of the school season was postponed. However, after having baseball played this summer things were moving in the right direction in regard to sports.

In early September, the Tri-Valley League (TVL) approved a modified fall season. The majority of fall high school sports would be played during Phase I; while football, cheer and volleyball would play in Phase II, which would begin in late February. Ashland field hockey Coach Molly Bennett was ecstatic that her team could eventually take to the field.

"I am not in possession of the complete details as of yet, but I believe tryouts will begin on September 26 (Saturday) and games will get underway around October 15 and run roughly through November 20," the Clocker Coach said. "There will be three practices a week with games being played on the weekend and will be 7v7 instead of the original 11v11 to minimize contact."

The TVL split up the teams into two pods with Ashland playing Hopkinton, Holliston, Bellingham, Medway and Norton; games will be played on Saturday and Sunday in a home and away fashion against the same team and there will be no post season tournaments once the



regular season concludes. Being that Norton does not have a field hockey team Ashland and the rest of their pod foes will play an eight-game schedule.

"Our overall feelings were that we were hopeful that we would be playing in some capacity. It may not be the most ideal situation but it's a chance to get out onto the field and play," Bennett said. "This season will definitely not look like one we are used to, and I imagine that masks are going to be a part of this year's game in some form."

Prior to the announcement, the Ashland coach was trying to promote a positive attitude to her team and the impending season. Throughout the months prior, Bennett was in contact with her team through messaging, making sure that when the announcement came that the girls were prepared.

"When I told the girls that we'd be playing, they were very excited," the Coach said. "It will be a crazy season, but they can

not wait to get back onto the field with one another again."

Ashland currently has about 35 girls (13 from the varsity team) ready to gear up and play field hockey. The Clockers are coming off their best season in many a years and although they have some big shoes to fill in the loss of quad captains Athena Lampiris and Kaylee Palin on the defensive side as well as Brynn Moriarty and Kaitlin Loughlin on the offensive end of the field. All four girls played every game for the Clockers last fall. Bennett also said goodbye to Karina Mendiola and Emily Schwartz.

Looking to lead the Clockers onto the field in this abbreviated season will be senior captains Nicole Moriarty (middie) and Madigan Flynn (goalie). In a season that comes with a lot of uncertainties the fourth year Coach feels that her squad is setup for a strong campaign.

"With a season upon us like one we've never seen before it will be much more important for our captains to get the girls motivated to enjoy the two hours on the field during game days. We need to stay positive and excited," Bennett said. "The future is upon us, we have a bunch of talented upperclassmen as well as sophomores, who as freshman got a lot of playing time on the varsity level last year."

Some of the freshman forwards who saw a good number of minutes last fall for Ashland and should be a positive influence as sophomores this year will be Melissa Leone, Dani Moriarty, and Natalia Arjona.



Unlike a typical season in which teams would field 11 girls, they will have to only play 7 at a time due to the MIAA ruling. These adjustments not only took Bennett by surprise but will cause her to change everything about the way she coaches.

"It came as a total shock to me, it's a huge difference coaching wise as I'm going to have to reevaluate my lineups and the formations that we out onto the field," Bennett said. "The conditioning of the girls will also play a big part in our season as they are going to have to cover a lot more ground with less athletes on the field. Luckily, I gave our team a packet of workouts that they should do during the summer, so they'd be ready for the fitness test prior to the season."

Although the girls will be much more exhausted than they have been in years prior, Bennett believes that in some ways it may be a positive way for the girls to learn to rely on one another. This year's field hockey play will need structure and will give the girls an opportunity to use their teammates instead of doing it themselves. By involving as many teammates as they can while on the field will make it easier on the players.

Although their season was in limbo for most of the summer the Clocker Coach reiterated to her team that it was in the utmost importance to stay in shape as it would be easier for them to come into camp when the MIAA and leagues decided there would be a season. Bennett wanted her girls to be ready when the preseason

began not wait until the two weeks before the season got underway. Knowing her team, the Ashland Coach is hopeful and optimistic that the girls will come into the season prepared.

Last fall Ashland was rather successful against the four teams that they will square off against this season. During the squad's most successful campaign the Clockers were able to come away with two wins against Bellingham, one against Medway and tied Hopkinton twice, including the last game of the season where the Ashland team played really well. Bennett is confident that this year's team can turn those ties into wins.

"With no playoffs this season the girls really have nothing to lose; we will be playing about half of our normal schedule and nothing else is guaranteed," Bennett said. "We just need to go out and execute, play every game with intensity as it literally could be the last game of the season (if the Covid-19 numbers go up again)."

Bennett knows that this season will be one of a different animal and hopefully one that they will never have to deal with again, but at least it's a chance to get onto the field and play a sport you love instead of sitting at home.

"Play for your season and use it as an opportunity to get better, but also have fun in doing so," she said. "This is the seniors last hurrah and underclassmen will earn a sense of what it's like to play on a high school team."

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Sports

Area ADs Favor Modifications to Allow Sports to Continue

BY KEN HAMWEY
Staff Sports Writer

The area's high school athletic directors were busy lining up their sports menus after the Mass. Interscholastic Athletic Association (MIAA), the Department of Elementary and Secondary Education, and the Mass. Executive Office of Energy and Environmental Affairs (EEA) issued their fall guidelines, risk categories and levels of play.

The coronavirus pandemic forced the cancellation of all interscholastic sports last spring but approval to move forward with athletics for the fall came on Aug. 18, enabling ADs, superintendents and their school committees to proceed with caution. Sports for the fall that are in a lower and moderate risk category can compete with modifications, but football, competitive cheerleading and unified basketball are classified as high risk. Those teams can play in a "fall 2 season" that would run from Feb. 22 to April 25.

Several area ADs revealed their plans to proceed for a fall season that will feature plenty of changes and modifications.

At Millis, there'll be boys and girls varsity and jayvee soccer, boys/girls varsity cross-country and varsity and jayvee golf.

"We're elated to be taking the next step towards normalcy," said Chuck Grant, the Mohawks AD. "Everyone needs sports back into their routine. The kids are ready to compete within the guidelines. Many things had to come together for these opportunities to become reality and we appreciate all the effort that went into gaining their approval."

For Millis, the fall 2 season will include football and volleyball. "Things will need to continue to improve for both to become reality," Grant said. "If we have a basketball season, that will be a good omen for volleyball. It just made sense to buy more time for an inside event to be given a chance for circumstances to improve before bringing other 'cohorts' into each others' buildings at a time when we're trying to bring our own students back into the building."

Grant said that "since football is being played in other states, that will provide us with much needed guidance and evidence of the likelihood that football will be approved for competition in Massachusetts. The numbers are improving every day so the continuation of that trend in concert with encouraging national news would bode well for football's chances."

At Franklin High, the athletic offerings for each of the four seasons include: fall — boys and girls soccer, boys and girls cross-country, field hockey and golf; winter — boys and girls basketball, boys and girls hockey, wrestling, gymnastics, boys and girls indoor track, cheerleading and boys and girls swimming; fall 2 — football, cheerleading, unified basketball and volleyball; spring — baseball, softball, boys and girls lacrosse, boys and girls tennis, and boys and girls unified track.

Here's how the Panthers' AD, Tom Angelo, viewed the modifications:

"Clearly, the rules of the game will be very different from what we're used to. Although these new rules are not very popular, they are in place so our student-athletes can again participate in interscholastic athletics. That said, everything is now different due to the pandemic. Why would athletics be excluded? Our teams will simply have to learn the new rules, make the necessary adjustments, play to the best of their ability, and represent our community with the same Franklin pride as they have done in the past."

Matt Baker, Holliston High's AD, listed all the sports that are slated for all four seasons. Fall 1 will include cross-country (boys and girls), field hockey, golf, and soccer (boys and girls). Winter's offerings are basketball (boys and girls), cheer, gymnastics, ice hockey (boys and girls), indoor track, swimming and diving, and wrestling. The fall 2 lineup features cheer, football, unified basketball and volleyball. The spring menu includes baseball, lacrosse (boys and girls), softball, tennis (boys and girls), track and ultimate frisbee.



Chuck Grant, Millis Athletic Director.

Baker said that he supports the decision by the MIAA to move higher risk sports to fall 2. "We feel this will create a safer environment for these sports (cheer, football, unified basketball and volleyball)," he noted. "We'll revisit what's happening with COVID-19 throughout the school year. The Tri Valley League has taken the additional step of moving volleyball to fall 2. This was done in an effort to maintain safety for our students. Also, many schools do not have use of their gyms for athletics due to COVID-19 protocols using the gym for other purposes."

Baker endorses the alterations that will allow athletics to continue.

"We know these modifications are changing sports dramatically but at least this is creating a situation where we can offer student-athletes the opportunity to play sports during the pandemic," he emphasized. "This is better than not having fall sports at all. Our coaching staff is looking forward to being with their teams and to compete. These types of activities are so important for the social/emotional well-being of our student-athletes and everyone is trying to be creative in the solutions to make this happen."

King Philip Regional will have soccer, field hockey, cross-country and golf on the athletic menu this fall but volleyball, football, cheerleading and unified basketball will be played in the fall 2 season.

"We've focused on the fall season and worked to get that squared away," said KP AD Gary Brown. "As for moving some of



Matt Baker, Holliston Athletic Director.

the higher risk sports to fall 2, it'll give kids the best opportunity for the best experience. As we get closer to the fall 2 season (starts Feb. 22), we'll be awaiting the decisions on those sports."

Brown is acutely aware that sports will not look like they did in the past with all the modifications the MIAA and the Department of Education have mandated but he's glad there'll be an opportunity for student-athletes to compete.

"The changes will allow students to compete safely and that's the goal," he said. "It's a different

approach. It's all about providing opportunity. It'll be great to get moving again. Great to see all students getting involved with whatever their extra-curricula activity is. For me, it'll be rewarding to see kids actively competing and representing KP or whatever school they play for."

Brown stressed that "the bottom line is the health and safety of everyone."

At Natick High, the fall season will feature boys and girls cross-country, field hockey, boys and girls soccer, golf and girls swimming and diving. The fall 2 season will include girls volleyball, football, cheerleading and unified basketball.

Natick's Athletic Director, Tim Collins, is pleased sports are returning after a dormant spring.

"I'm thrilled athletics will be played this fall," he said. "All of us at Natick High want the chance to compete, hopefully be healthy and face competitive challenges with teammates and coaches. Any opportunity to play in spite of whatever modifications

ADS

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Riverwalk Officially Opened

The ribbon cutting for the Riverwalk and Mill Pond Park on Aug. 30 marked a decades-long project that is now open for the public to enjoy. State and town officials thanked the Open Space and Recreation Committee, Community Preservation Committee, Department of Public Works and Assistant Town Manager Jenn Ball, who worked to create a beautiful location in downtown Ashland. For information on the Riverwalk Trail Enhancement Project, visit <https://bit.ly/2ZwuoaK>.



Photos/Cynthia Whitty)

Sports

ADS

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are imposed is a blessing.”

Collins said that “the players are ready, the coaches are ready, and the community needs it.”

Because Framingham High will not be playing any sports this fall, the Redhawks fall teams will be in a Carey Division that includes Wellesley, Needham, Newton-North and Brookline.

State Guidelines

The EEA and DESE guidance classified sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey, and soccer. Higher Risk fall sports are football, competitive cheerleading and unified basketball.

Moderate Risk sports are listed as: “sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants.” Higher Risk sports are listed as: “sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants.”

The guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That enables golf and cross country to compete. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments.

For soccer, field hockey, and volleyball to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so

that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, and volleyball to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Facts & Figures

Here are some facts and dates that shed some light on how interscholastic sports will look going forward:

- The floating season (Fall 2) will run from Feb. 22 to April 25 and will include football, competitive cheerleading, unified basketball and any other sports that don't take place in an earlier season, for whatever reason.
- The fall season, which got underway with practices on Sept. 18, will end on Nov. 20. Winter sports get underway on Nov. 30 and conclude on Feb. 21, while spring sports will start on April 26 and continue until July 3.
- MIAA post-season tournaments have been canceled for the fall. Various leagues, however, can conduct their own playoffs but must abide by DESE/EEA guidelines.
- Student-athletes can compete in all four seasons.
- Massachusetts is the 15th state, along with the District of Columbia, to push high school football off the fall sports menu.

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MBTA Road Renamed for Ashland Lives Lost

By CYNTHIA WHITTY

The MBTA access road off Rt. 135 in Ashland was renamed, in a small dedication ceremony, on Aug. 22, for those who lost their lives to rare cancers in connection with the Nyanza superfund site.

“This has been something that we planned on doing for a while; however, we only recently received the rights to the road,” Cara Tirrell, Ashland Citizens Action Committee member, said. “While attendance was limited due to COVID-19 restrictions, I am so happy that Bernie and Marie Kane were able to attend.” Their son Kevin died in 1998 of an aggressive cancer related to Nyanza.

In a communication to the public, Michael Herbert, town manager, said, “The premature

deaths of young men like Kevin Kane and David Keddy provided conclusive connections to Nyanza, and presumably many more became sick or died after being directly exposed to their chemicals. Through their pain and suffering, the increased intensity of monitoring and clean-up activities (state-wide) help to limit and hopefully eliminate the introduction of poisons into our environment.”

Herbert said, “There are those that do not agree with the path we chose here, and feel like highlighting Nyanza will hurt Ashland’s reputation, especially after those chemicals have been cleaned or contained. However, Nyanza is always going to be a part of our history that we cannot escape from. I see the environ-

mental and human impacts of Nyanza as the middle chapters in its story. Hopefully, the final chapters will be about how we became a stronger, more sustainable, and healthier community because of it.”

Nyanza Chemical, one of the largest in the U.S., operated from 1917 to 1978 manufacturing textile dyes and dye raw materials on the land located at the end of Mungunko Road. Liquid wastes were discharged from the Nyanza site into the environment in several ways: an underground vault, unlined lagoons, and nearby brooks and wetlands. More than 100 different chemicals, including volatile organic compounds (VOCs), semi-volatile organic compounds (SVOCs), dye manufacturing compounds, and metals, were



detected on the approximately 35-acre site. Superfund Legislation was enacted in 1980 and the Nyanza Chemical Waste Dump was added to the National Priorities List in 1983. Local children played in the area and later lost their lives to rare forms of cancer related to the site. ([www.mass.gov/doc/executive-summa-](http://www.mass.gov/doc/executive-summa-ry-april-2006-0/download)

[ry-april-2006-0/download](http://www.mass.gov/doc/executive-summa-ry-april-2006-0/download)) As a place for remembrance, peace, and learning, an Ashland Memorial Healing Garden was built behind the middle school in June 2016. The garden can be accessed by a path that runs from the MBTA access road along the outfield fence. *Photos/supplied*

Big Brothers Big Sisters Hires Leach



Big Brothers Big Sisters of Central Mass & MetroWest (BBBS), parent organization of the Mazie Mentoring Program, recently hired Calleigh Leach

to manage the Mazie Mentoring Program at the Waltham High School. The Mazie Mentoring Program matches volunteer mentors with high school students in need of extra guidance and support through their sophomore to senior years. Leach will be working directly with the staff and students at Waltham High School to recruit new mentees while building a relationship with the existing mentor/mentee matches.

Leach first connected with the BBBS mission when she began mentoring through the Worcester Area College Mentors Program. She was a Big Sister to two Littles during her

undergraduate and graduate studies. Her experience as a Big instilled in her the importance of mentoring relationships. She then continued on with BBBS in 2017-2018 as the Highland Street AmeriCorps Ambassador of Mentoring program and in this role oversaw the site based youth mentoring programming at Nichols College in Dudley, Massachusetts. The staff at BBBS are grateful to have her return in this new role as Waltham Manager for the Mazie program. Leach has a Bachelor of Arts in Cultural Studies and Communication and a Master of Science in Professional Communication from Clark University.

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Making Ashland a Strong, Inclusive Community

BY CYNTHIA WHITTY

The newly formed Racial Equity Study Group will strive to understand the perceptions of the town by people of color and recommend ways it can do a better job creating an inclusive community for all.



The group plans “to create a data-driven systematic approach to identify and examine race relations in Ashland to improve policies town-wide.” Town Manager Michael Herbert introduced the group during an August Select Board meeting. The group is comprised of Herbert, Assistant Town Manager Jenn Ball, Makeda Keegan, KG Naryana, Rabbi Eric Gurvis and recent high school graduate EJ Smithers.

The group wants to create a data-driven systematic approach to identify and examine race relations in Ashland to improve policies town-wide. “Specific problems need systematic responses, and anecdotal perceptions do not work for generating systematic change,” Keegan said.

Keegan reached out to Herbert with the idea of forming the group. “As a group of Ashland stakeholders that strives to reflect the breadth and diversity of community, we hope to root out racism in all of its forms: systemic and overt, conscious and subconscious,” she said. “Through sound analytical practices and

innovative solutions, we seek to drive policy changes that truly reflect a commitment to ensuring that Ashland is an equitable and fair community for all.”

The group is identifying what the Ashland community is already doing to create a welcoming community and how it can better create a more equitable one. According to a town report, they have no specific timeline. They are working on how to collect and analyze data and plan to present their findings to the community. Next steps include implementing their findings by creating policies for actionable change.

“Ashland is a dynamic, beautiful town full of people who deeply care about their friends and neighbors,” Keegan noted. “By working on these issues together, we’ll be an even stronger community and will continue to make Ashland an amazing place to live, work, or raise a family.”

Greater Ashland Lions Club

The Greater Ashland Lions have been very active during these uncertain times that we are all experiencing, Let us begin with a very successful Rubber Duck Slide held at the Corner Spot on

August 21st (300 ducks took to frolicking down the water slide) #’s119 Deb Chalmers, #77 Kim Greenhalgh and #273 Fracea Marroni are the winners of this year’s race. The Ducks will return again next year after resting for the winter.

THANK YOU, Middlesex Savings Bank, for sponsoring this event and to all who Adopted a duck to benefit our local High school Scholarships and Community activities.

On September 10, 2020 in conjunction with the Holliston Lions Club, the Greater Ashland Lions ended the Summer Lunch delivery program to local families in their respective towns. The Lions delivered meals to families unable to pick up food for their families on Tuesday and Wednesday of each week from June thru September.

The Greater Ashland Lions are inviting kids of all ages to participate by carving and decorating a pumpkin

To be displayed at the Corner Spot in the Greater Ashland Lions “Pumpkin Patch” for a decorating contest.

Pumpkins may be brought to the Corner Spot on Friday Oct. 30th from 1-5pm entries will be displayed for the public to see from 6-8pm for more information contact Lion Ellie 508 875 4513 or Lion Nicole at LionNicoleGAL.S2020@gmail.com.

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The Greater Ashland Lions continue to Serve OUR community “where There’s A Need there’s a Lion”.

We are currently holding meetings via Zoom, should you wish to join us contact KL Mary 508.8815515 and make a reservation.

We collect used eye glasses prescription and non-prescription, used hearing aids, coupons

for education, Aluminum tabs from soda, beer, pet food and soup cans. For info. contact Lion Marge 508.653.6267 or Lion Ellie 508.875.4513.

Watch for our upcoming activities planned for your enjoyment in the months ahead.

Submitted by Lion Ellie Torelli, Past President
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Greater Ashland Lions Coat Drive

The weather is already getting chilly in our area, and our neighbors need your help, with parents out or work and juggling at home schooling duties, we expect a greater need than ever before for donated Winter coats for Adults: Men’s, Women’s, Children and infants. Anton Cleaners will be cleaning your donations and distributing them to local families through a network or social service agencies. Call Lion Deb 508-881-2117 for Information and pickup.



Lion Club at Honedew.

LIONS

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Lion of the Year

We would like to congratulate Lion Julian Doktor on being selected as 2020 Lion of the Year for the Ashland Lions Club. Well done Lion Dok!

Whodunnit? Murder In Sin City

The Ashland Lions Club is teaming up with Lions Clubs in Sherborn and Bellingham mystery dinner. The event has been moved to Saturday, April 17th, 2021, 6:30pm-11:00pm. Participants will be assigned a role to play in solving a murder mystery! The event will be held at the

VFW, 311 Pleasant St, Ashland. Tickets are available for \$35 on Eventbrite.com under "Murder in Sin City", or call Lion Eileen at 508-861-3226. Ticket price includes admission and an appetizer buffet. There will also be a cash bar, raffles and prizes. Currently only 150 tickets will be sold (this number subject to reduction as guidelines change for social distancing). All proceeds will benefit local hosting Lions Club charities.

Stay up-to-date on Lions happenings

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button and you will be automatically notified of changes or cancellations.



Lion Dan Mitchell

Top 10 Health Concerns of Baby Boomers, Part 1

BY DENNIS SULLIVAN & ASSOCIATES

Baby boomers are now in their 50s, 60s and 70s, as they age, baby boomers are dealing with the challenges of aging, and staying healthy. Here are the top concerns of baby boomers, 10-6, the top five will follow next issue:

#10. Living Longer

People are living longer than prior generations. With longevity comes increased risk of illness and long term care, and a fear of whether your life savings will last your lifetime. At Dennis Sullivan & Associates we hear these concerns every day and help families protect their home and life savings enabling people to receive care they need to live long, happy lives and preserve their life savings.

#9. Bones, Joints & Mobility

Over 25% of boomer women have osteoporosis, and many more have bone and joint issues. As we age, the cartilage that cushions bones and joints break down, resulting in pain, swelling and stiffness called osteoarthritis. This is a top cause of disability in boomers. Prevention is key for osteoporosis, and daily exercise is crucial to maintaining joint flexibility.

#8. Caregiver Strain

Baby boomers are in a unique position as many are caring not only for their own families, but also for aging relatives. This puts considerable stress on caregivers and can affect the mental and physical health of the caregivers

and those they care for. It is paramount that caregivers take time to see to their physical and emotional well-being. If you would like to receive our caregiver strain index, call our office, it may help you and your family develop a plan to provide care and preserve resources in advance of a crisis.

#7. Navigating Insurance

Medicare plans offer many options, and as we're in open enrollment season, boomers are being overwhelmed by the choices available to them. From Medicare supplements to long term care insurance, many do not even realize long term care is not covered by Medicare! Planning ahead is essential for navigating the complex insurance system and making sure you've got the coverage and protection you need.

#6. Dementia and Alzheimer's Disease

Age is the best-known risk factor for dementia. A 2011 study

by the World Alzheimer's Organization found that over 50% of those 80+ worldwide have some form of dementia. Over 5 million Americans were living with Alzheimer's disease in 2013, by 2050 the CDC projects the number will be 14 million. When there is a dementia diagnosis, there is an increased need for long term care. Dementia robs a person of the ability to make their own decisions, so it is crucial that boomers have appointed health care decision makers via a Health Care Proxy/Living Will, authorize the release of information via a HIPAA release, and discuss the MOLST with your doctor. These documents are essential for everyone over the age of 18!

Dennis Sullivan & Associates has been assisting families in Massachusetts to protect their homes, families, health, legacy and life savings, for over 26 years to discover more, attend a free online discovery seminar and find more information at DSullivan.com.



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While Access to Library Buildings is Limited, Little Fee Libraries Fill a Need

By CYNTHIA WHITTY

These days, when library building access is limited, it's good to know you can access free books around town with newly built little free libraries.

Little libraries are now located at the Ashland Farmers Market, 125 Front St.; Ashland Community Center; Ashland Town Hall; the Mindess, Pittaway, Warren, middle, and high schools; the Oak Street entrance to the town

forest; and The Corner Spot.

Spearheading the little libraries project was Betsy Emberley, president of the Friends of the Ashland Library. "I had the idea to include a little free library at The Corner Spot [corner of Pleasant and Main streets] shortly after it opened four years ago so folks would be inspired to enjoy the space with a book. Then, when the pandemic hit, it occurred to me that we could be

in for long-term limits to library access and having little libraries in additional locations could help provide easier access to books for residents."

This spring Emberley worked on getting approvals from the town and instituting safety protocols. "Before the end of March I approached the school superintendent and town management. It took a while to allow this initiative to come to the surface with so many more significant concerns. By mid-June we were able to discuss it, agree on safety protocols with guidance from the town COVID-19 Task Force, create a list of ideal locations, and get approval from the Select Board and then from the School Committee."

Once the approvals were done, Emberley lined up volunteer builders. "Some of them donated the needed supplies and others got the materials we had arranged for them to pick up from Ashland Lumber. In the meantime, we collected donations from residents, quarantined [the books] in our family's garage, had our [Friends of the Library] book sale team sort them, stored them on bookshelves donated by even more residents as we waited for the little libraries to be built to house them."

"We solicited a set of little library adopters and set them each up with about 30 books from the donated, quarantined, sorted, and stored collection. In July, we started adding the second through seventh little library, which were stocked as soon as they were installed. Now we're waiting for two more to be com-



Moises Barreto with the little library he built at the Ashland Farmers Market site on Front Street. (Photo/supplied)



All the members of the Emberley family help with the little libraries project. (Photo/supplied)

pleted, plus there's another one being built by a Boy Scout as part of his Eagle Scout project."

Phase Two

"We've already started talking about a phase two set of little libraries, including one by the community gardens, which would feature large print books to benefit the nearby senior housing residents. We have also identified a possible location on town-owned land in the neighborhood off Rt. 126 near the Framingham town line and are hoping to identify a location closer to the Holliston end of 126. Mill Pond Park might also be a nice spot for one."

With so many residents involved in this town-wide project, Emberley says she regrets if she leaves anyone out. "The Summer Reading Program team was part of the planning as well as the board of the Friends of the Ashland Public Library. Claire Goss, Jenn Ball, and Ed Burman were key coordinators. Mauro Ciccarelli, Denis Phaneuf, Will MacDonald, Sam Pease, Mike Jones, Moises Barreto, Suzan Herrmann Taylor, and the Vernes family are all part of the building team."

Each little library holds about 30 books and adopters keep them



Mike Jones built the library at the new Oak Street entrance to the town forest. (Photo/supplied)

stocked with books they pick from the Emberley's garage, where they are stored.

Adopters are Jennifer Follett and family, the Ciccarelli family, the Terry family, Girl Scout Troop 75356, Kamatchi Vijaykumar, Sue Brown, Robin Sherman, Reema Patnaik, Jan Poppendieck and Mike Jones, Ashland MOMS and Sujatha Mizar.

To get on the adopters' waitlist or to donate gently used, relatively recent books of any genre, send an email to Emberley at president@friendsoftheapl.com.

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Boys of Summer

Hopedale 8U baseball team took the title at the Ashland sprinkler baseball tournament last month.



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This Year's Low-Key, Socially Distanced Summer Reading Program

By CYNTHIA WHITTY

This year's Summer Reading Program (SRP) at the Ashland Public Library was "very low key since feedback in May and early June indicated that families were burnt out from using the internet," Lois McAuliffe, director of children's services, said. "We wanted to have a stress-free and fun program."

The program ran from mid-June until mid-August. Two hundred two kids, 25 teens, and 75 adults registered for the program.

The theme this year was 'Imagine Your Story.' McAuliffe said, "We created a fun, activity-based program, 'Escape the Enchanted Forest,' using Bean-

stack online software, but we didn't require people to count their minutes [as they did in the past] if they didn't want to. Since families weren't able to come inside the library until early August, and then only for limited browsing, the SRP was done at home. We offered a printed version of the logging chart for anyone who didn't want to go online, but we didn't require them to turn in that log at the end of the program."

"For programming we offered several make and take crafts, STEAM story times, and a toddler story and craft," McAuliffe said. "We made up kits of the craft supplies, which families picked-up at our curbside pick-up, then they

watched the pre-recorded videos for teens and adults with librarian Holly Friedman, young adult/reference librarian or for kids making the craft with me."

Because the SRP committee decided to support a local business this season, they used funds left over from last year's program to purchase ice cream treats at Murphy's Eats & Treats for everyone who participated in this year's program. Kids and teens who participated also earned a bundle of five books.

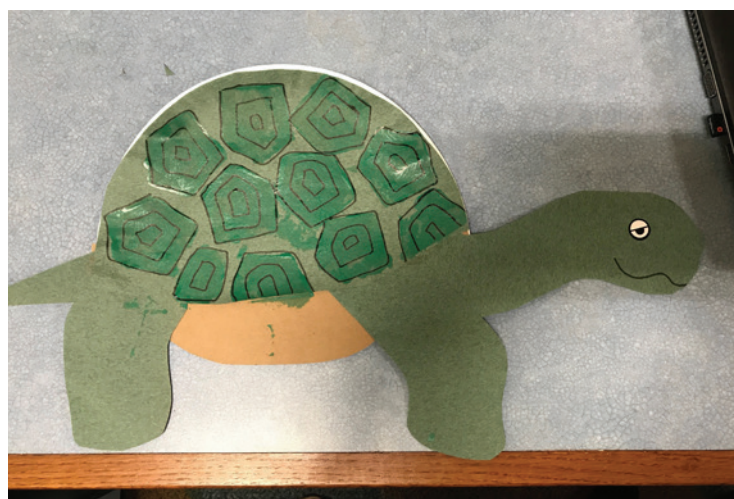
Co-chairs of the SRP were Claire Goss and Lois McAuliffe. Committee members were Holly Friedman, Ashley Place, Betsy Emberley, and Patricia Callahan.



Summer Reading Program participants (left to right): Natalie Borah (5), Callie Pitts (4), Alexa McCarthy (4), Hannah McCarthy (6), and Ryland Pitts (6). (Photo/supplied)



Mermaid tail bookmarks kit, Aug. 5. (Photo/supplied)



STEAM story time - tortoises make & take kit, July 31. (Photo/supplied)



STEAM story time - vegetable gardens make & take kit, July 3. (Photo/supplied)



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