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Fresh Food in the Fresh Air: Ashland Farmers Market, Nov. 20

Stock up for the winter, shop for holiday gifts, order your Thanksgiving dinner fixin's, schmooze with your neighbors, enjoy live music—all at the Ashland Farmers Market's first **outdoor** Pre-Thanksgiving market on Saturday, Nov. 20, 10 a.m. to 2 p.m. Weather permitting, the market will be held at the usual market location, 125 Front St., across from the library.

Shoppers can pre-order for the Thanksgiving holiday and stock up on foods for the cold months from 23 food vendors. Organic vegetables, honey, maple syrup, wine, sauces, mushrooms, spice rubs, pasta, granola, dog food, fish, pickles and jams, coffee, meats, breads, pies, pastries, and sweets will be available. Kabob House, Sethji's Vegetarian Indian, and Dulce D Leche will offer lunch and take-home meals.

Eleven artisans will bring winter accessories, jewelry,



Photo/courtesy Ashland Farmers Market

candles, soaps, and holiday-themed specials to make finding the perfect gift just a bit easier.

Dulce D Leche will take pre-orders for pies, which will be ready for pick-up on the day before and the morning of Thanksgiving at their Ashland shop, 200 Homer Ave., or at the parking lot diagonally across from their shop on Rt. 135. Customers may also pre-order pies from their

website, www.dulcedleche.com.

Lilac Hedge Farm encourages Ashland customers to pre-order turkeys online from their website, www.lilahedgefarm.com, and pick the home delivery option.

Free vegetables for HIP

MARKET

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See Inside...
Our Holiday Guide



Library Friends Debut Room Dedicated to Book Sales

By CYNTHIA WHITTY

Lovers of Ashland Library book sales will soon find a different, more efficient set up. The new set up will save volunteers hours of work and provide a convenient space for shoppers.

"Our Friends' book sale is taking a huge leap forward this fall as we prepare to open a brand new, dedicated book sale room in the lower level of the library. We'll be moving into what had previously been a storage room on the east end of the building," Jan Poppendieck, book sale coordinator for the Friends of the Ashland Library, said.

The new book sale room measures approximately 18'X30.' Shelves will be installed around the perimeter of the room as well as in the center, enabling around 5,000 books to be displayed.

"For many years, the Friends' book sales have been held in the Schieske Meeting Room, which prior to every sale, we filled with books on tables and in boxes," Poppendieck said. "The amount of work to move thousands of books from one location to another was monumental, and took many volunteer hours. The new

DEDICATION

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DEDICATION

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room will allow us to have a permanent location for our sales. We will be able to accept donations, sort them directly onto shelves, then open the room for book sales without having to haul and arrange books in another room. With improved efficiency, we hope to be able to open for more frequent sales.”

Volunteers Prepare New Space

“When Meena Jain, the new library director, came on board in April, 2021, she was very receptive to our requests for more room to meet the increasing space needs of the book sale, and was attuned to the advantages of a permanent sales space,” Poppendieck explained. “Together with her staff, she envisioned a shift in space usage that would

give the book sale a permanent home.”

Work began over the summer to create the new book sale space.

“Jeff Bell from Facilities and Marley Lima, Environmental Service Supervisor, worked quickly to clear out and clean the storage room for us. In August, a group of volunteer painters washed walls, prepped the room, and painted to freshen up the space.”

“At the same time, the Friends switched storage rooms with Children’s Librarian Lois McAuliffe. The new Friends’ storage room is now located directly across from the new book sale room while Lois’ storage is located closer to her programming area - a win-win in convenience for all.”

“Once the permanent book sale room is complete, we will have a space where customers can easily browse library style shelves for their favorite titles. Having a permanent place for the sale will be vastly more efficient for our volunteers who set up and work the sales. The days of hauling thousands of books and arranging them on tables will be ended.”

December Book Sale Weekend

The next Friends’ book sale is scheduled for Friday to Sunday, Dec. 3-5. Friday hours will be

for Friends members only from 6 p.m. to 8 p.m. Anyone is welcome to purchase a membership that night to take advantage of first picks. Saturday, the sale will open from 10 a.m. to 4 p.m. A holiday sing-along is also being planned at the library for that Saturday.

“We’re experimenting with expanding our hours to include Sunday for the first time this year” Poppendieck noted. “The sale will coincide with the Friends of the Ashland Library Children’s Illustrators Auction event that week. The Sunday book sale hours will run during the Art Gallery Reception, with some local illustrators, planned from 1 p.m. to 3 p.m., after which we will hold our bag sale until 4 p.m. The first weekend in December should prove to be a great weekend of holiday shopping and entertainment!”

Residents should check the Friends website, friendsoftheapl.org/events, for any changes or updates to the dates.

Proceeds Support Library Programming

Proceeds go directly to support the library children’s, teens, and adult programming. Book sales are the main source of revenue for these programs and support supplies, bookings, and event expenses.

Support a Shelf Campaign: Become a Shelf Donor!

The major expense for the new book sale room are the shelves. By purchasing a mix of new and used shelving and using volunteer labor, the Friends of the Library are hoping to equip the room with enough shelves to hold about 5,000 books. The goal is to raise \$5,000. Anyone who wants to help with this community effort to improve the book sale experience for shoppers and volunteers can donate to the Friends of Ashland Library. Any size donation is welcome.

Donations can be made on the Friends of Ashland Public Library web site, friendsoftheapl.org/sponsor-a-shelf-donations. The link will direct your donation to this campaign. You can also navigate to friendsoftheapl.org, click the Donate button at the bottom of the home page, and designate “Book Sale Shelves” in the notes section, or directly contact the Friends President Betsy Emberley at president@friendsoftheapl.com.



The volunteer team that painted and prepped the new book sale room (left to right): Mike Jones, Jan Poppendieck, Kathy Goettel, Helen Lewis, and Tony Lewis. (Photo/supplied)

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Ashland Names Commended Students for 2022

BY CYNTHIA WHITTY

Kelley St. Coeur, principal of Ashland High School, announced recently that the following students have been named Commended Students in the 2022 National Merit Scholarship Program: Nicholas Bialzik, Maanasa Dhavala, Sarah Ezech, Faris Fakhouri, John Giglia, Margaret Henault, Algis Petlin, and Sneha Yadav. A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, was presented by the St. Coeur to these scholastically talented students on Sept. 23.

“When this group of students—the Class of 2022—took the PSAT, it was under circumstances unlike any recent students before them had experienced,” St. Coeur said. “They tested at the beginning of the 2020-2021 school year, when we were still figuring out how to best manage school in a pandemic. They continued to work hard and demonstrate a resilience that will serve them well in their futures.”

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue



in the 2022 competition for National Merit Scholarship awards, Commended Students placed among the top 50,000 scorers of the more than 1.5 million students who entered the 2022 competition by taking the 2020 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

“Those being named Commended Students have demonstrated outstanding potential for academic success,” a spokesperson for NMSC commented. “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the ad-

vancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.”

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Around Ashland Town News

By CYNTHIA WHITTY

Ashland Hosts Drive-thru COVID-19 Testing Site

The town is hosting a COVID-19 testing site at the MBTA Commuter Rail Station, Monday, Wednesday, and Friday, 7 a.m. to 11 a.m. and Tuesday, Thursday, and Saturday, 2 p.m. to 7 p.m. The site is accessible by car via Memorial Drive in Ashland, as well as by the MBTA Commuter Rail's inbound train and MBTA bus route 5. Either appointments or walk-ins are welcome. To register for an appointment, visit bit.ly/3mQaHpg.

Marathon Park Improvements

Ashland Sporting Association received BAA (Boston Athletic Association) grant funding from the Ashland Select Board to improve Marathon Park located on Pleasant Street. The funding allowed the association to work alongside a landscape architect to develop a plan to beautify the community space. Components of this plan include hardscaping, an imprinted crosswalk, improving seating arrangements, power washing, and rejuvenating the



existing signage and walkways. In addition, an invasive species remediation plan has been approved by the Ashland Conservation Commission and funding from the Community Preservation Committee is being considered at the time of this writing.

Fall Yard Waste Removal

Waste Management will collect yard waste (rack-able materials) at curbside from residents that are enrolled in the town's solid waste removal program on Mondays until Nov. 29. Yard waste should be in brown paper leaf bags or trash barrels clearly marked as "YARD WASTE" and should not exceed 50 lbs. each in weight. Brush and tree limbs will not be taken. Please be sure to have your yard waste at the curbside by 7 a.m. on the collection day. For more information, call 508-532-7943 or email dmiller@ashlandmass.com.



Using Herbs and Flowers: Betsy Williams at the Library

By CYNTHIA WHITTY

The Ashland Garden Club (AGC) is partnering with the Ashland Library to present educational programs on all aspects of gardening. These programs, sponsored by the Friends of the Library, are free and open to the public and will be offered both in person and virtually. The first event on Saturday, Nov. 13, 10:30 a.m. in the library community room, will feature author and life-long gardener, Betsy Williams, who will present "Thanksgiving, America's Favorite Feast Day: Food, Decorations, and a Little Bit of History."



Lecturer, author, and gardener Betsy Williams is speaking at the Ashland library, Nov. 13.

Herbs and vegetables played a large role in the traditional harvest and preparations for the non-growing season. In this program, attendees will learn about the plants involved in a full harvest, their historical uses, and how to use them creatively and decoratively in their own Thanksgiving celebrations.

Williams teaches, lectures, and writes about living with herbs and flowers. A life-long gardener, herb grower, and cook, she is trained as a florist in Boston and England. She combines her floral, gardening and cooking skills with an extensive knowledge of history, plant lore, and seasonal celebrations and weaves stories

and legends throughout her informative talks and demonstrations.

Anyone interested in attending virtually must register online in advance here: bit.ly/3BELtjK. For more information, visit www.ashlandmass.com/184/Ashland-Public-Library.

Gretchen Bravacos, AGC president, said of the upcoming gardening series, "We are in the early stages of planning a series of trainings, which will cover how to plan and maintain a garden starting with identifying the area, enriching the soil, and choosing native plants. We plan to collaborate with the library on this series."

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Ashland Business Beat

BY CYNTHIA WHITTY

Need Some Laughs? ABA Comedy Night with Corey Rodrigues & Friends is Back!

The Ashland Business Association (ABA) will host a virtual Comedy Night with Corey Rodrigues & Friends open to the entire Ashland community on Nov. 21 (RSVP by Nov. 16), 6:45 to 8 p.m., and an in-person member and guest Holiday Party on Dec. 9 (RSVP by Dec. 5), 5:30 to 8 p.m. To register for either or both events, visit ashlandbusinessassociation.com/events.



Comedian Corey Rodrigues will return for a Need Some Laughs? Comedy Night for the entire Ashland community, Nov. 21. (Photo/supplied)

ABA Comedy Night with Surprises

The cost to attend Comedy Night is \$10 per household; \$40 per household, includes one surprise gift basket; \$70 per household, includes two surprise gift baskets. Gift baskets will be delivered to your door. All proceeds from this event will support the ABA Scholarship Program and the Ashland Emergency Fund.

Comedian Corey Rodrigues, a highly sought-after national performer and an Ashland resident, appeared at last year's ABA comedy night to an estimated 200 people.

Rodrigues was the winner of The Catch a New Rising Star, The Funniest Comic in New England, and the Big Sky Comedy Festivals. He has been featured on Gotham Live, Laughs on Fox, and Laff Tracks television shows. In 2018 he released his Dry-Bar comedy special that has amassed over 40 million views worldwide. He made his national debut on the The Conan O'Brien Show in 2019, and in 2020, Rodrigues released his first half-hour Comedy Special on EPIX.

Jonathan Tillson will also appear. Tillson grew up in the "outer city" of Boston. His witty

rejection of conventional wisdom has been generating buzz throughout the New England comedy scene.

ABA Holiday Party

The ABA Holiday Party and Yankee Swap is an in-person event open to members and their guests. It will be held at the VFW, 311 Pleasant St., and catered by Marconi's. The cost to attend is \$35 for members in advance and \$45 for guests and for both members and guests at the door. Bring a gift valued at \$10 to participate in the Yankee Swap and a donation for the Ashland Food Pantry.

New Business Spotlight

Mama O's Bakery, 67 Pond St. (Rt. 126), 508-904-5998, mamaosbakery@gmail.com, Instagram: @mamos_7: Featured at the Corner Spot's Fall Fest this past October, Mama O's Bakery creates macarons, brownies, cheesecakes, meat pies, and customized cakes that are perfect for any occasion. All items are made from scratch and can be shipped. Mama O works out of her home with her amazing family and provides quality products you are sure to love.

MARKET

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recipients are available at Upswing and Long Life farms. SNAP will be matched up to \$25 at the market manager's green tent. For more information and to find out about can-

cellation in case of the weather, visit Facebook, www.facebook.com/AshlandMAFarmersMarket, or sign up at www.ashlandfarmersmarket.org/contact to be notified.

So, cross your fingers for good weather, bundle up, and come on down!

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Ashland Native Sharayu Mahale Pushes Boundaries in Real Life and in Film

BY CYNTHIA WHITTY

Twenty-seven-year-old Sharayu Mahale is an LA-based actress who grew up in Ashland. On Sept. 27, “Unmothered,” a short film where she is the lead, was released on HBO Max. The film competed at several film festivals, and most recently, placed first at the Asian Pacific American (APA) Visionaries short film competition sponsored by HBO.

“This project is very dear to my heart as we filmed it in India right before the pandemic started,” Mahale said. “Coming from a small town like Ashland, I think my story may resonate with aspiring filmmakers and encourage them to think big and follow their dreams.”

Mahale’s parents emigrated from India to the U.S. in 1993, and a year later she was born in Massachusetts. The family moved to Ashland in 2000, where she attended first grade. She graduated from Ashland High School in

2012. Mahale says she stays connected to her Ashland community through regular visits to her parents and zoom calls with high school friends.

In this interview, Mahale talks about her Ashland roots, how she became an actor, and what the film, “Unmothered,” means to her.

Whitty: What motivated you to become an actor?

Growing up I was always very curious about the arts and secretly wanted to pursue this field, but it felt impossible because I’d seen so few South Asians make it in mainstream entertainment. For the longest time the only representation I had seen in television was the animated character “Apu” in the Simpsons and Kunal Nayar in “Big Bang Theory.” I remember when I was young my mum and I would go to the movies and watch the credits at the end so we could count how many Indian names we found in the credits; it

was never more than a handful. It wasn’t until I grew older and started questioning and thinking critically about why it was so rare to see people that looked like me represented on television. There was no one defining moment for me but rather a series of incidents that ultimately lead me to believe that I could be the change that I wanted to see.

Whitty: How did living in Ashland influence you?

In middle and high school I was a part of the band program and played flute and saxophone for several years. While I unfortunately was not particularly gifted in music, I am grateful that through the band program I met other students like Tim Merle and Parker Sheil who went on to pursue careers in music. That was the first time I met someone who was interested in pursuing the arts full time. I didn’t yet have the courage to commit to the arts full time at that point, but I do think it made an impression on me of what the possibilities could be.

Whitty: How were you chosen for this film?

It happened rather serendipitously! I was visiting family in India December of 2019 through January of 2020. I happened to get in touch with the director, Urvashi Pathania, and the casting team at the right moment through a friend’s referral and submitted my audition just days before the shoot was about to begin. I remember scrambling to film an audition at my aunt’s house in India and having my young cousins read the script



Ashland native Sharayu Mahale stars in new HBO film, “Unmothered.” (Photo/courtesy Chris Jon at Chris Jon Photography)

with me out loud to help me scrape together an audition tape just in time. Within four days of submitting my audition, I was on set filming for “Unmothered” in Rajasthan, India. It was truly one of the fastest turnaround times I’ve ever had!

Whitty: What does the story mean to you?

“Unmothered” is about a rebellious Indian American girl who discovers a serious secret about her quirky family when she returns to India to immerse her mother’s ashes. Each character in the film processes grief differently, and what I love is that this subject matter could easily have ventured into melodrama, but instead it has pockets of bizarre humor sprinkled in that feel genuine and add texture. Just like in real life, grief is seldom one-note; it ebbs and flows and surprises us

with unexpected humor at times.

What was particularly special about this story to me is that so often we see stories from India portraying India as a third world nation overwhelmed with poverty. What I liked about the director was that she was determined to make a movie set in India that did not center around “poverty porn” and class struggles. This feels like a step in the right direction of adding nuance to the portrayal of India in western cinema.

Whitty: Tell me about the character you play.

The character I play, Priyanka, is a rebellious spirit who goes against the norm. She challenges traditional gender norms in India, she questions her family’s judgment, and she ultimately ends up standing up for herself when no one else will. Rather than sitting back and allowing things to happen to her, she takes ownership of her destiny and how she wants to grieve the loss of her mother. I loved exploring this character because she is far more outspoken and daring than I am in real life. She inspired me to make bolder choices in my personal life and question certain customs and norms that I see around me.

Whitty: What’s next for you?

I have been on two seasons of “Attaway General” on Brat TV, a medical drama for high schoolers available on Hulu and YouTube. I just finished workshopping a new play called “Women of Zalongo” about generational trauma through a few generations of Greek women. And if you’re looking for a good laugh, you can find my series “Bollywood on a Budget” on TikTok where I recreate funny and iconic sequences from funny Bollywood classics.

I’m currently actively auditioning for TV roles in LA, NYC, and Atlanta, hoping to book something exciting soon! My hope is that I can be a part of this new wave of educating and inclusivity in Hollywood. I want to see more South Asian women in leading lady roles in film and TV telling nuanced stories that change people’s perspectives on stereotypes.

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How can you be thankful for selling something at a loss? Through a strategy called tax-loss harvesting, losing investments can offset realized profits as well as up to \$3,000 in non-investment income each year.

While IRS doesn't reference "tax-loss harvesting", there are plenty of rules for the strategy and need to be mindful of Form 8949, Schedule D, and these items:

Know your cost basis. Unless the entire investment was purchased at a single time without dividend reinvestment, then the price is varied. Good news is firms record cost basis and make available online to view before taking action.

Short-term and long-term capital gains. Short-term is sale of investment owned one year or less and taxed at your ordinary income rate (up to 37%); long-term is sale of investment held more than one year and taxed at either 0%, 15%, or 20% for 2021.

Important note, it is highly unlikely capital gains rates will remain the same for 2022 as the President wants to raise and Congress has debated not on if, but by how much and for whom.

Should you solely act on what Congress may do? No, never. Still, if there is an outsized position in either gains or losses, this should be added incentive to take action.

Back to this year, short-term losses are deducted against short-term gains, next long-term against long-term, then remaining net losses of either type can be deducted against the other. If still more losses can deduct up to \$3,000 against income. Still more? Then carry to subsequent years against capital gains and/or \$3,000 of income.

Avoid a wash sale. A realized loss is disallowed if, within 30 days of selling the investment (either before or after) you or your spouse invests in something that is identical or "substantially similar" to the one you sold. This is across accounts as well, meaning



Glenn Brown

if you sell something in taxable brokerage and buy it in an IRA, you can't use the realized loss.

Value of rebalancing. Have a diversified portfolio based on your risk level and goals in 2009, 2013 or even 2 years ago? If you practice "buy-and-hold", you're out of whack. Rebalance back

to your target allocation, or economic and market cycles will unmercifully rebalance for you.

Also, cutting losses allows you to reduce outsized winners in your taxable portfolio. And given the last 2 years, there are several large, commonly held names that are outsized.

More to consider beyond this limited space, including the role of your tax bracket, how to redeploy cash to good use, and opportunity costs.

To learn more, talk with your tax professional or Certified Financial Planner.

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 fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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Get Outraged! It's Time to Talk about Youth Vaping

November is smoking/vaping/tobacco cessation month

The Massachusetts Department of Public Health recently launched Get Outraged!, a public information campaign to educate parents of middle- and high school-aged youth about the dangers of vaping (makesmokinghistory.org/dangers-of-vaping/outrage). The goal of the cam-

paign is to provide parents and other caring adults the facts about vaping and vape products, industry tactics used to entice youth use, and the real risk of nicotine addiction.

Ashland's Decisions at Every Turn (DAET) encourages parents and caregivers to use the available resources to assist with family conversations about the

risks of teen vaping and to connect tweens/teens who are ready to quit.

While most Ashland students do not vape, DAET says it is important to use evidence-based strategies to prevent first use, reduce current use, and provide support and resources to youth who want to quit. Information campaigns such as Get Outraged! provide opportunities for everyone to be involved in helping to mitigate this public health epidemic. DAET hopes that Get Outraged! will jump-start important discussions and action steps that can help protect our kids and teens.

DAET's mission is to work with the community to promote healthy decision-making and positive behavioral health and to reduce and prevent youth alcohol and other drug use through evidence-based education and prevention strategies. For more information, join DAET's mailing list at ashlanddecisions.org/get-involved.

Get facts about vapes, industry tactics, and nicotine addiction.

GetOutraged.org

1 in 3 Massachusetts teens vape

Parents play an important role in preventing youth vaping

Talk to your kids today about the dangers of vaping

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School resources
Community Resources
Teen Resources
Cessation Resources

For other prevention resources or to learn more about Decisions at Every Turn visit <https://ashlanddecisions.org>

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Fire Department Teams Up With Mass Bay Students

MassBay Community College and the Ashland Fire Department held a mock rescue and training event for Ashland firefighters and MassBay Automotive Technology students on Monday, Oct. 18, at the MassBay Automotive Technology Center.

This exercise included a staged car accident scene, with the Ashland Fire Department demonstrating how the Jaws of Life tool is used to extract victims from vehicles during emergencies. MassBay Health Sciences mannequins will serve as the victims in this training.

This event is part of MassBay's automotive technology curriculum and serves to expand students' knowledge of the safety aspects of car design and maintenance. Students saw firsthand how and why firefighters cut into a vehicle with the Jaws of Life at specific points and will learn how airbag deployment can affect how first responders' conduct rescues.

In addition to providing MassBay Automotive Technology students with a deeper understanding of vehicle safety, this



drill was an opportunity for the Ashland Fire Department to train their staff on emergency equipment, without having to respond to an actual emergency. The vehicle used in the demonstration was a Dodge Dart, which has been used previously as an educational tool for MassBay students studying in the Chrysler program and was provided to MassBay by the MOPAR CAP program. This car was returned to the MOPAR CAP program following this exercise.

To learn more about at MassBay visit www.massbay.edu



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The b.LUXE *beauty beat*

November Beauty Beat - Give the gift she really wants!

By GINA WOELFEL

It's hard to believe it's November already. Fall is in full swing with our steps bedecked with pumpkins and mums. Last month's foliage was a gift, bursting with bright pops of yellow, red and orange. Fall is a time of comfort, gatherings and warm evenings spent together. With just three weeks away from the holiday craziness, why not tuck in, relax and plan your enjoyment.

In last month's beauty beat we talked about the importance of scheduling and how time is more precious than ever before. What are some things you could do this month that would put more time in your pocket, time to regroup, visit family, support your community and breathe easier through this typically chaotic season?

We're sure you've all heard of the shopping crisis about to unfold. Holiday gift giving could be a nightmare with supply-chain backups, social distancing and perhaps the all-around exhaustion that comes with adding more "do's" to our "to-do" list.

bLUXE would like to offer a suggestion: choose easy this season.

You have 24 hours in a day:

- 7 hours to sleep (if you're lucky!)
- 8 hours of work (again, if you're lucky!)
- 3 hours with your kids, managing homework and their activities
- 2 hours of shopping, errands, calls and scheduling
- 2 hours of meal prep, cleaning and don't forget bedtime stories

That's 22 hours of "to-do's" a day...See where I'm going with this?

That's just two hours left of free, unscheduled time.

What can you do to stretch out your two hours? What can you ditch from your schedule for more "you" time and more family time? Because after almost two years of pandemic life, choose easy this season.

Here's a few suggestions:



Order in one (or two) meals a week. That's two hours you just gave yourself to pull family together, eat pizza and laugh about your day. It also supports your local food community!

Fifteen minutes before you drive your kids to school, take your coffee to your car, lock the doors and chill. Why? It's climate controlled, relatively sound-proof, and comes with a built-in entertainment system to play your favorite podcast or meditation. Start your day right and drive your littles freshly caffeinated and zenned for success.

And lastly, shopping! With so many online options, it's a no-brainer! Businesses are offering some of the best deals of the year this holiday season - especially local businesses!

Check out this season's gift-giving deals from b.LUXE Hair + Makeup Studio!

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Buy in-studio or over the phone for physical gift cards or scan the QR code below to purchase your 10 e-gift cards together (e-gift cards must be bulk purchased at the same time, in one transaction. Once your order has been processed, the salon will contact you and mail you your 11th gift card!)

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For November, and every month of the year, the bLUXE team is thankful for you, our community, and for the love and support you continue to show us. Wishing you peace, health and love. We'll see you soon at the studio.

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PLEASE RECYCLE

GreenUp Ashland: More Than a One-Day, Town-wide Event

BY ASHLEY PLACE

GreenUp Ashland is a community committee working alongside the town to “promote a litter-free environment and to encourage stewardship of our lands and waterways since 2002.”

Most residents recognize the name GreenUp Ashland from the annual event the committee hosts in early May to encourage residents to pick up an Ashland trash bag, grab a t-shirt, and start collecting litter. The committee is an active group with initiatives to create a greener community.

In addition to the one-day May event, the committee encourages individuals to clean up litter on a regular basis with an Adopt-a-Street program.

GreenUp member Karyn Dann- Barboza said, “The Adopt-a-Street initiative has been around for approximately four years. It has grown exponentially, and the big lift was last year. Folks really wanted to get



(Photo/GreenUp Ashland)

out and be active since we were sort of locked down. Since then, the traction has been increasing. In 2022 we hope to pull in more businesses for the adoption program. We are always looking for adopters, volunteers to help on the committee, and reports of littered area in the community.”

Adopt-a-Street currently has 40 active volunteers, and over the past year the program expanded to include adopt-a-space, allowing individuals to clean up local parks and schools.

GreenUp Ashland needs more volunteers. As the volunteers continue to clean up our community, they are noticing more and more discarded trash. Discarded trash not only is an eyesore; it is a health matter, and it significantly impacts the town’s stormwater infrastructure. Please, collect your trash and dispose of it properly. Let’s work together to keep Ashland clean.

Ashland Artist’s Premier Exhibit

BY CYNTHIA WHITTY

Five-year-old Riyanshi Sanghavi held her first public exhibit at this year’s Dragonfly Festival in September. Her mother, Shilpa Sanghavi, says: “Riyanshi was three years old when she started to paint, and one could see that she has unique choices and patterns. She started loving to paint on canvases with acrylic painting—the largest is 50x50 inches. She paints by her own imagination, chooses her own

colors, and yes, she definitely has a story for every canvas she paints. She has a dedicated art studio in our house. We are encouraging her to explore and have fun with her painting. Everyone appreciated and loved her work at the Dragonfly Festival, and a few bought her artwork as well. All proceeds from the festival is donated to the Ashland Food Pantry.” Find Sanghavi’s work on the web, rsartgallery.wixsite.com/mysite.



Five-year-old Riyanshi Sanghavi exhibits her work at The Corner Spot. (Photo/supplied)

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November 2021

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Our Annual Church Fair

Saturday, November 6
9:00 AM – 1:00 PM
Federated Church of Ashland
118 Main Street, Ashland MA
Crafts, Jewelry, Baked Goods, Raffles
Plan to stay for lunch ... Turkey Divan is on the menu!
We will follow all Board of Health guidelines regarding Covid-19.

Greater Lions Club News

SUBMITTED BY
LION ELLIE TORELLI

Greater Ashland Lions Club White Cane Toll Road

Thank you! Ashland for your generous support on Saturday, Oct. 2, at the intersection of Main Street and route 135 from 9 a.m. to noon over 500 cars went through the Greater Ashland Lions Toll Road and ALL donations are designated for Eye Research. Each year the Greater Ashland Lions hold their Toll Road in conjunction with each state across the U.S. and a few other countries on a designated date providing persons who are blind a legal status in traffic. Lions International White Cane Safety Day is an opportunity to increase awareness about White Cane which signifies that the pedestrian using it is blind or visually impaired, it alerts motorist of the need to exercise special caution and provide the user the right of way: Symbolizes the independence, confidence and skills of the person who is using the cane. In 1964: the U.S. Congress approved a resolution authorizing the President of the United State to annually issue a proclamation designating Oct. 15, as "National White Cane Safety Day" in 1969 the International Federation of the Blind adopted October 15th as "International White Cane Safety Day," there will be a ceremony at the State House in Boston for this special day.

Coat Drive

The Greater Ashland Lions Annual Coats for Kids and adults began on Oct. 4, and will continue through Jan. 6, 2022. Coats will be accepted at many locations: Ashland Town Hall Lobby, Shear Perfection Hair Salon on Homer Avenue, and Ashland Community Center, West Union Street. For more locations contact Lion Deb at 508-881-2117 for pick up.

Dates to Remember in November

November is Diabetes Awareness Month Nov. 2- Election Day

Nov. 4- Diwali

Nov. 6- Turn your clocks back 1 hr.

Nov. 11- Veterans Day

Nov. 26 - Thanksgiving-remember family

Would you like to know more about our Greater Ashland Lions Club? Contact Lion Mary 508-881-5515. We are accepting used and non-prescription eye glasses, hearing aids, coupons for education and tabs from soda, beer, soup and pet food cans. Contact Lion Cheryl 508-881-7056.

Ashland Housing Authority Gears Up for Fall Work

BY CYNTHIA WHITTY

The Ashland Housing Authority board is gearing up for a new season of meetings and work to support affordable housing for low and moderate income households in Ashland.

The projects the group has focused on recently include "replacing AC units, updating the community room and roof, updating bathrooms and the appearance of units, and installing better security with cameras and by working with Ashland police department," Jon Fetherston, a Gov. Baker appointee to Housing Authority board, said. "We ran successful Covid clinics, and were blessed none of residents were affected by Covid!"

This fall, the board is looking to replace storm doors on most of the units.

The Ashland Housing Authority is a Massachusetts, state-aided public housing agency that provides housing for low income elderly and persons with disabilities. Its mission is to work with community, state, and local officials to provide decent, safe, and affordable housing, with dignity and respect, for the people of Ashland.



The Ashland Housing Authority board hosts ice cream treats for its residents before its September board meeting. (Photo/supplied)

The board meets in the Housing Authority's Community Room, located at 59 Park Rd., across from Stone Park at 5 p.m. on the fourth Tuesday of the month. The meetings are open to the public.

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Ashland Lions

LION DAN MITCHELL

New home for Christmas trees!

SPREAD THE WORD! The Lions Christmas Tree lot is moving to behind the Ashland VFW at 311 Prospect Street in Ashland. We will be open starting the day after Thanksgiving and be open until we sell out. 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.

Food Drive

Ashland Lions will hold a Food Drive on Saturday, November 13th 12-2pm at Market Basket on Pond St in Ashland. Donations will go to the Ashland Food Pantry to benefit those in need. Stop by and see us and make a food or household goods donation to help your neighbors in need this holiday season.

Ashland Lions Meat Raffles turn 25

Ashland Lions will continue to celebrate 25 years of meat raffles with our last of the calendar year. The next meat raffle will be held

on December 4th at TJs Food and Spirits in Ashland. As always there will be great food, fun people and great meat to choose from. See you there!

Coats for Kids

Lions Club District 33K clubs are partnering with Anton's Cleaners again this year for their annual Coats for Kids drive! Please search your closets for unused and ask your friends and neighbors to do the same. The weather is getting colder and this is a good opportunity to help those in need. The coats can be for children or adults and must in good condition- that means gently worn, no rips, tears, broken zippers or permanent stains. Coats may be dropped off at any Anton's Cleaners or at Cleaner's Choice, 193 Main St. Ashland, MA.

Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. This year we have already collected over 800 pairs of used eyeglasses.



Collection boxes are located at:

- Ashland Post Office
- Ashland Senior Center
- NEW! Old train station - Ashland
- Moody Optical - Ashland
- Middlesex Bank – Ashland and Hopkinton
- Fayville, MA Post Office
- Studio Optics – Framingham

Thanks all around to our community!

We would like to thank those who supported the Ashland Lions through your participation and donations to our recent fundraising events. After postponing for a year, our Murder Mystery event was a big success, and we were finally able to hold our annual golf tournament. Thank you to our community for all your support!

Brought to you by the Ashland Lions and TJ's Food and Spirits. Thank you to TJ's for hosting us for 25 wonderful years!

MISSED US? WE'RE READY TO RAFFLE AGAIN!

Join the Ashland Lions in the return of Meat Raffles!

Celebrate 25 years of Ashland Lions Meat Raffles to kick off the season

When: October 30th
Time: 12:00p.m.
Where: TJ's Food & Spirits

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2021/2022 RAFFLE DATES
ticket sales begin at 12:00 and calling of numbers begins at 12:30

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JANUARY 8
FEBRUARY 5
MARCH 5
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follow the Ashland Lions on facebook to see other great events coming up!

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 au-

tomatically notified of changes or cancellations. While you're at it, be sure to follow Ashland Town News too!

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Sports

Joshi Twins Push Each Other To Greatness on the Golf Course

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

It's not unusual for a freshman to make the varsity team of their high school team, but it is rather unique when they get to start.

Ashland twins Kyzar and Keira Joshi came out for the Ashland golf team three years ago, upon entering the high school, and surprisingly the two have been the Clockers number one and two golfers since then.

"Who's number one is up for debate, it's a day-to-day thing. Both are very good with their irons and puts and to be a good golfer it's all about the middle and short game," Ashland Golf Coach Mike Roman said. "It's a great thing for a Coach knowing that you have two players who will consistently be coming in around the neighborhood of two over par no matter where we are playing.

The twins had played numerous different sports growing up but neither found anything that truly struck their fancy until their dad took them to the golf course with him one afternoon.

"It was about 10 years ago, and our dad allowed us to hit some balls. It was here that we fell in love with the game and eventually he was teaching us the sport," Keira said. Golf was different as it allowed us ways to improve, and we also made some awesome friends in the process."

Kyzar added that golf is a challenge to keep improving as it's a game that you never get perfect in.



Although the two have been swinging the clubs for over a decade, it has only been the last five years that they really got serious in the game and began playing tournaments. By the time they got to high school they thought that their past performances on the golf course would carry them, but they still found it nerve wracking trying out for the team, especially for Keira.

"I was very nervous as high school was a boys' team and I had never played on an all-boys team," she said. "There was one other girl on the team, but on the day of tryouts she was late, leaving me as the only girl, and it was very intimidating."

While Keira felt all the boys were looking at her being the only female, her brother was just as insecure.

"There was a lot of pressure, and I was unsure of myself coming into that tryout," Kyzar said. "We were the only two freshmen trying out that year and all eyes were on us, and it added even more pressure to the experience."

Both Joshis put forth their best effort and made the team, settled in and soon after found that they were the top golfers on the Clocker squad. Through the first two seasons on the golf course the twins have pretty much put up the same scores. During their first-year campaign

they both shot six over par, while decreasing that score to a plus four in their sophomore year. While Kyzar holds the slightest of edges, Keira has been on his tail the entire two years.

"As siblings they are always trying to beat one another in a friendly, yet competitive way," Coach Roman said. "They are consistently checking to see what the other is doing."

According to Keira, she is always asking Coach Roman how her brother is doing; she finds it to be a healthy competition that keeps her motivated. Kyzar, while just as competitive, says that spirited drive is left on the course.

"Who is better all depends on the day, but it's always a friendly competition. We each want to be better than the other," Kyzar said. "Without a doubt we are both competitive on the golf course, but what ever happens on that day there are no hard feelings toward the other and it ends when we get home."

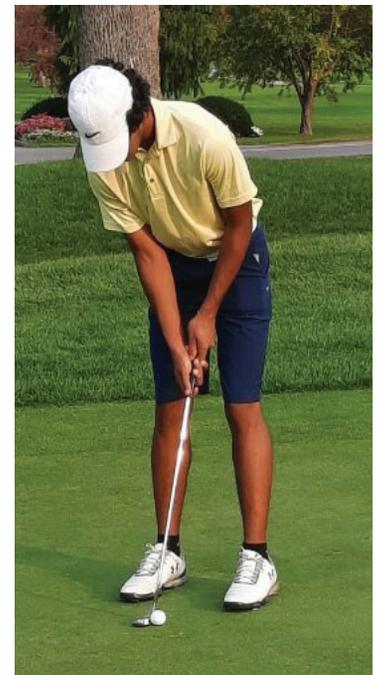
Prior to the season beginning each had the same sort of goal. First and foremost, they wanted to go out and put forth their best effort to help the team advance into the Sectionals and hopefully the States. Individually they also wanted to go into the Tri-Valley League with a decent ranking and then go on to qualify for the Sectionals.

With still two years of golf left on the high school level both have thought of pursuing the sport on the collegiate level, but that's nothing that they are looking at too seriously as of the time being. Kyzar is hoping to get into business or finance while his sister is looking to eventually attend law school in some capacity.

"Continuing to play golf in college is something that we both want to do, but attending the same school is not one of our criteria," Kyzar said. "We have a few similar schools that we are looking at, but we also have different ones as well; If it happens is happens."

Last fall, although there was an abbreviated season with mask wearing while on the course, the competing schools didn't get to go out together during a competition. This year things are back to normal, and the Joshis are glad.

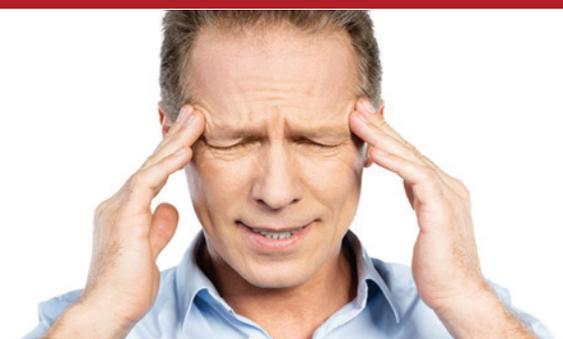
"It's a good feeling not to have to wear our masks throughout the match," Keira said. "We also get to actually play against the other team, unlike last year. It's nice to get back to meeting the other golfers and interacting while on the course."



As the Joshis look to help propel Ashland to the post-season, the twins continue to work on their game and as Keira says, driving is for show and putting for dough. Now the duo needs to go out and show the rest of the TVL that they are serious contenders and are looking to get the Clockers to the post-season where they can collect their dough.



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SVT Celebrates Conservation During 2021 Annual Meeting

Sudbury Valley Trustees (SVT) celebrated another successful year during its 2021 Annual Meeting on Sunday, September 26.

SVT is a nonprofit land trust that protects land in 36 communities around the Sudbury, Assabet, and Concord Rivers. In the past year, the organization helped to conserve more than 148 acres of land, collaborated on several projects to fight invasive plants, and engaged nearly 200 volunteers in managing its properties.

A highlight of the Annual Meeting, which was held online, was the presentation of SVT's Annual Awards to recognize important contributions to land conservation in Massachusetts.

"The award recipients, who are just a few of the many people we work with, serve as good role models for us all," said Lisa Vernegaard, SVT Executive Director. "They demonstrate the dedication and commitment that are required to protect our region's lands, both to guard against the effects of climate change and to ensure future generations will enjoy the same healthy natural areas we enjoy today."



Bob May



Luke Orup



Caption: SVT honored the manager regional coordinators of the Massachusetts Municipal Vulnerability Preparedness (MVP) program with the 2021 Distinguished Public Service Award. The team includes Kara Runsten (Program Manager), Courtney Rocha (Southeast MA), Michelle Rowden (Northeast), Carolyn Meklenberg (Greater Boston), Hillary King (Central MA), Andrew Smith (Greater Connecticut River Valley), and Carrieanne Petrik (Berkshire and Hilltowns).



Jed Howrey



Rob St. Germain

SVT's 2021 Distinguished Public Service Award went to the Program Manager and six Regional Coordinators of the Massachusetts Municipal Vulnerability Preparedness (MVP)

detailed action plans, and apply for state grants.

"The program ramped up in what seemed like record time thanks to these folks," said Christa Collins, SVT Director of Land Protection. "Now, 327 Massachusetts cities and towns have developed MVP plans or are in the process of developing them."

SVT presented its Lewis Conservation Award to Tim Simmons of Merrimac for his broad commitment to conservation over many years. Mr. Simmons is a restoration ecologist who has worked with numerous organizations, including a land trust on Martha's Vineyard, The Nature Conservancy, and the Massachusetts Natural Heritage and Endangered Species Program.

"Tim's life work and a good deal of his personal time has been spent on promoting land protection and stewardship of biodiversity and conservation lands," explained Laura Mattei, SVT Director of Stewardship. "He was instrumental in helping SVT and our partners plan our pitch pine/scrub oak barrens restoration work at Memorial Forest and the Desert Natural Area in

Sudbury and Marlborough."

In addition, SVT honored two of its own volunteers. Rob St. Germain of Ashland was named Steward of the Land for his work at SVT's Cowassock Woods Reservation in Framingham, where he fights invasive plants, maintains trails, and builds woodland bridges. He has also mentored several Eagle Scouts who have upgraded bridges at the property.

Bob May of Sudbury received the Morgan Volunteer of the Year Award for giving unselfishly of his time in support of SVT. As a member of the Finance and the Wolbach Facilities Committees, Mr. May has conducted research to ensure SVT enacts sound policies, and he has helped to plan and execute several maintenance projects at the organization's headquarters.

SVT also celebrated the contributions of younger conservationists by presenting Youth Steward Awards to two Boy Scouts who completed their Eagle projects on SVT properties.

Jed Howrey of Sudbury designed, built, and installed two educational signs about glacial features at SVT's Gray Reservation in Sudbury. The signs, which describe eskers and erratics, complement a self-guided audio tour at the property and are especially geared toward Middle School students.

Luke Orup, also of Sudbury, created a new trail entrance and kiosk for Wayside Forest in Framingham. In addition to clearing the trail and building the kiosk, Mr. Orup also had to enact safety measures so he could manage a crew of volunteers during the early days of the COVID-19 pandemic.

To learn more about SVT's work, visit www.svtweb.org.

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Tim Simmons

program. Launched in 2017, this statewide program encourages local municipalities to improve their climate change resiliency by enacting nature-based solutions, such as protecting land from development.

SVT recognized the MVP team members for their leadership in helping local officials understand their options, develop

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COVID Testing Site open at Ashland Commuter Rail Station

Following an increase in demand for COVID-19 testing in Massachusetts, an additional testing site will begin operations in Ashland, Massachusetts at the town's Commuter Rail Station. The new testing site, a priority of Massachusetts Senate President Karen E. Spilka and State Representative Jack Patrick Lewis, will offer Massachusetts residents an additional option for testing at no cost to recipients.

The new site will be funded by the Commonwealth and will be operated by Fallon Health in partnership with the Massachusetts Department of Public Health and local health officials. It will add to the Commonwealth's network of hundreds of COVID-19 testing sites across Massachusetts. Residents can find a testing site near them online at www.mass.gov/gettested.

"To support communities' sustained recovery from the pandemic, we need to ensure that residents have continued access to the tools at the center of our pandemic strategy— among them, testing and vaccines," stated Senate President Karen E. Spilka. "I want to extend my deep thanks

to the Massachusetts Bay Transportation Authority and MBTA workers for allowing us to use their space to promote public health."

While other COVID-19 testing sites are currently available in the MetroWest region, the new Ashland site will be the first to offer drive-through testing in the region.

"After hearing from numerous residents of Ashland and Framingham about the lack of accessible drive-thru testing in our region, I reached out to Senate President Karen Spilka and the Department of Public Health in order to partner together in developing a new testing location," said Representative Jack Patrick Lewis. "I am grateful to Ashland Town Manager Michael Herbert, Ashland Sargeant Ed Burman, and the team at the MBTA for their quick and creative efforts to make this possible."

"Massachusetts continues to lead the nation in COVID-19 testing, which will continue to be a critical tool to keeping the virus in check even as we lead the nation in vaccinations," said Health and Human Services

Secretary Marylou Sudders. "We are pleased to work with local partners to launch this new site, which will provide residents with another free and easy option to get tested."

"We are happy to partner with our state agencies and delegation to bring this important testing site to the region, and we

hope the new location provides a convenient testing alternative for those who rely on public transportation", said Ashland Town Manager Michael Herbert.

Fallon Health, the site's operator, has previously partnered with the state of Massachusetts to provide testing and other health services.





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