

## Strolls, Lights, and Entertainment: Enjoy the Holiday Season in Ashland

By CYNTHIA WHITTY

Enjoy the holiday season right here in Ashland! There will be plenty of activities and entertainment, thanks to local businesses, organizations, and the town. Here are some activities and dates to remember.

### Downtown Holiday Stroll, Saturday, Dec. 4, 11 am to 5 pm

The town of Ashland invites you to its first annual Holiday Stroll to shop favorite downtown businesses and check out pop-up shops along Main and Front streets. On Cherry Street, The Corner Spot will have pop-ups and activities for all ages. Play games, warm up at the fire pit, enjoy a s'mores, or make a holiday craft. At 3:30 pm, gather at the big tree on Main Street in front



**Illuminate Downtown Ashland, Saturday, Dec. 11, 4:30 to 7:30 pm**

of Needham Bank for hot cocoa, cider, and cookies while listening to caroling. At 4:30 pm experience the joy of the season with the downtown tree lighting and a special drive-by wave from Santa before he heads into the community for neighborhood visits. For Santa's local travel plans, visit the town

website, [ashlandmass.com](http://ashlandmass.com).

Founded five years ago by Chrissy Reynolds, owner of Annemarie's Dance Centre, Illuminate Downtown Ashland shines a light on the important role art plays within a community. In collaboration

**STROLL**

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## Diverse and Magical: Children's Illustrators' Art for Sale, Dec. 1-8

By CYNTHIA WHITTY

The Friends of the Ashland Library are hosting an online Children's Illustrators Auction on eBay, Wednesday, Dec. 1, 8 p.m. to Wednesday, Dec. 8, 8 p.m. Sixty-five pieces of art from nearly 50 artists from around the country and the world will be for sale. Proceeds will help the Friends in their support of library services and programs.

The theme of the auction is "Freedom: Be who you are, Love who you love, Read what you want." The art being offered—sketches, prints, and watercolors—reflects this



**Art by Penny Weber is one of 65 pieces available as part of the Ashland Public Library's Children's Illustrators Art Auction, Dec 1-8. (Photo/supplied)**

**ART**

*continued on page 4*

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## STROLL

continued from page 1

with the town and Arts! Ashland Alliance, the event brings residents to the downtown area while showcasing the variety of artists that live and work within our community.

At the time of this writing, the following performers are set to appear: NATyA Dance Collective; The Drum Nomads; Ashland High School Chorus; Musician and Ashland resident Joe Stillitano; Arreaux String Quartet; and The Movement Project Performance Company. Needham Bank will provide a participatory craft painting kindness rocks. Artwork will be displayed by Visi Tilak; Suzie Meeker; and Cliff Wilson. Reynolds plans to add more performers and artists to the lineup.



**Yuletide Mayhem: "Dashing Through the Snow," Ashland Community Theater, Dec 16-17-18, 7:30 pm, Marconi's Theater at the VFW, 311 Pleasant St.**

Locations for music, dance, and art include Annemarie's Dance Centre, the Ashland Historical Society, Town Hall, The Corner Spot, Blush Bouquets, Needham Bank, and Ashland Reiki & Wellness.

Events are free and open to the public. For locations and the lineup of performers and artists, visit [www.annemariesdance.org/illuminate-ashland](http://www.annemariesdance.org/illuminate-ashland).

It's four days before Christmas in the tiny town of Tinsel, Texas, where a colorful parade of eccentric guests arrive at the Snowflake Inn and deck the halls with holiday hilarity. Trina, the harried yet upbeat innkeeper of this B&B, has more than she can handle coping with these nuttier-than-a-fruitcake lodgers. Hoyt and his sister, Donna



**The Arreaux String Quartet with cellist Rebecca Shaw will be one of the many performers for Illuminate Downtown Ashland, Dec. 11.** (Photo/supplied)

Jo, make the mistake of trying to end a 30-year feud with side-splitting results. Ainsley and Lenora, self-involved actors from a lower-than-low-budget touring production of *A Christmas Carol*, descend on the Inn to fulfill a promise, leaving comedic chaos in their wake. You'll swear this Jones/Hope/Wooten Christmas comedy is more fun than a joyride in a one-horse open sleigh!

Limited seating is on sale on ACT's website, [www.onthestage.tickets/show/ashland-community-theater-llc/dashing-through-the-snow-93170](http://www.onthestage.tickets/show/ashland-community-theater-llc/dashing-through-the-snow-93170).



**Ashland Community Theater actors rehearse "Dashing Through the Snow" (l to r): Ashland residents Bill Novakowski, Jim Porter, and Jerry Halfhide with Jim Parr (standing)** (Photo/supplied)

## localtownpages

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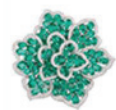
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## ART

continued from page 1

message through the eyes of the illustrators. To access the art, visit [friendsoftheapl.org/cia-2021](http://friendsoftheapl.org/cia-2021). To read up on bidding, shipping, and more, visit [friendsoftheapl.org/cia-2021/policies-faqs](http://friendsoftheapl.org/cia-2021/policies-faqs).

"This art is for anyone who loves children's picture books and graphic novels; for caregivers who read to their children; grandchildren; teachers; librarians; collectors—really anyone!" Meena Jain, Director, Ashland Library, said. "We offer these pieces as the holidays approach as they would make amazing gifts, but they are completely timeless."

"The auction includes lots of original work created just for this auction, such as by Jeffrey

Smith and Debbie Ridpath Ohi for example; prints; and signed books," Jain added. "It was important to me to have this range so that people can pick their price point and the pieces are accessible to as many people as possible. Although this is a fundraiser, it is also an opportunity to highlight the diversity and magic in children's illustrations."

**Art Receptiwon, Dec. 5**

The public is invited to attend an Art Gallery Reception on Sunday, Dec. 5, 1 to 3 p.m. "We hope residents will join us for this fantastic exhibit. Plus, they might even meet some of the local illustrators!" Jain said. The library is located at 66 Front St. For more information, call the library, 508-881-0134, or visit [www.friendsoftheapl.org](http://www.friendsoftheapl.org).

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# Friends Host Grand Opening of New Library Book Sale Room, Dec. 3-5

BY CYNTHIA WHITTY

The Friends of the Ashland Library will hold a book sale on the weekend of Dec. 3-5. One difference this year is that, instead of holding the sale in the community room, where volunteers have to move and set up hundreds of books on tables, the sale will be held in a new permanent room at the library.

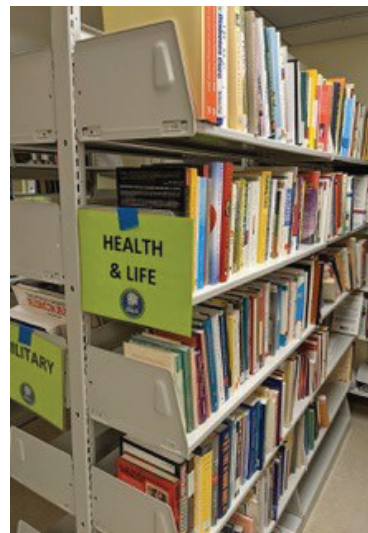
The new set up will save volunteers hours of work and provide a convenient space for shoppers. "We're all so excited to have this new, permanent book sale space. Having books on shelves will be so much more convenient for customers and volunteers alike," Jan Poppendieck, project and book sale coordinator for the Friends of the Library, said.



The new book sale room is being readied for Book Sale Weekend, Dec. 3-5. (Photo/supplied)

The new book sale room measures approximately 18'X30'. Shelves are being installed around the perimeter of the room as well as in the center, enabling approximately 5,000 books to be displayed. Work began over the summer to create the new book sale space.

"For the first time this year, we're experimenting with expanding our hours to include Sunday," Poppendieck noted. "The first weekend in December should prove to be a great weekend of holiday shopping and entertainment!"



Hundreds of books will be on sale at the December Friends of the Library book sale. (Photo/supplied)

## Book Sale Weekend, Dec. 3-5

**Friday, Dec. 3, 6 to 8 pm:** Members-only sale. If you are not a member, you may join the Friends at the door or in advance online, [friendsoftheapl.org/become-a-friend](http://friendsoftheapl.org/become-a-friend).

**Saturday, Dec. 4, 10 am to 4 pm:** The sale is open to the public. A holiday sing-along will be led by Ashland High School teens from 10:30 to 11:30 am.

**Sunday, Dec. 5, 1 to 4 pm:** The book sale will coincide with the Art Gallery "Children's Illustrators Art" Reception, 1 to 3 pm. A book bag sale will be held from 3 to 4 pm.

For more information, visit [friendsoftheapl.org/events](http://friendsoftheapl.org/events).

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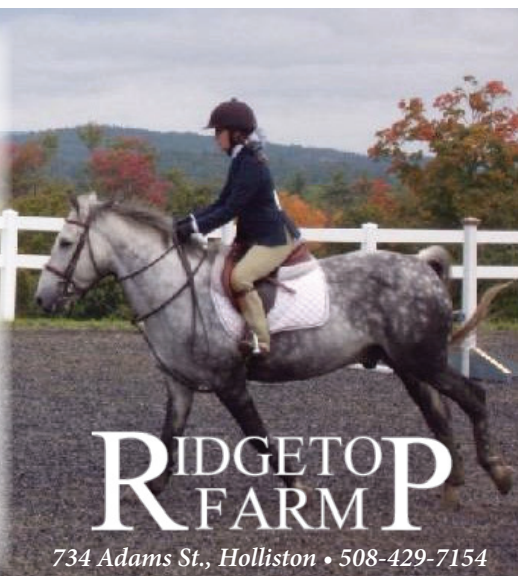
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# You're Invited to The Bird & Bear Collective

Have you heard about, or visited, The Bird & Bear Collective yet? If not, maybe you've seen their Love Better, See the Good, Camp Quarantine, or Mama Bird and Mama Bear apparel out and about?

Located right in downtown Holliston, the Bird & Bear is a living, loving, and breathing collective of community, creatives, entrepreneurs, ideas and invitations. It's a unique space, brand, and business-model imagined by Medway local, Erin Defoyd, to bring people together and invite opportunities to purposefully gather, support small businesses, and shop small.

In late 2018 Erin, a self-proclaimed farmer's daughter and corporate refugee, stepped out of a 15+ year career in global marketing, diversity, and inclusion to pursue the entrepreneurial opportunity she saw coming to life in her backyard barn. The Bird & Bear Collective was launched in May of 2019 out of that backyard barn, and has continuously expanded and evolved over the past two years, even in the midst of a global pandemic.

Erin and her family were seeing something special happen in their backyard space. Together with family and friends they witnessed what happens when you have a space that you choose to open the doors to, for any and all kinds of gathering, play, creativity, conversation, and moments that matter; that barriers are broken, connection happens, and memories are made.

The journey from the backyard barn in Medway, to the downtown historic bank in Holliston has been grounded in the Bird & Bear's tag-line ~ a place to nest, rest, explore, and soar.

## Business spotlight



The backyard barn where it all began

about the Enneagram, flower design, wellness with essential oils, hand-lettering, and productivity. Small businesses and brands have the opportunity to host private or public pop-up events that feature their products and services. During the week there is space available for people to work, host a meeting, or simply step away from their day-to-day into a space designed to welcome and encourage. And while the backyard barn is no longer headquarters for the Bird & Bear, it remains a destination for photographers to capture families and brands.

If you haven't yet visited the Bird & Bear's new location at 763 Washington Street, we encourage you to do so. The space has been beautifully designed by Medway local Sabrina Pettinichio, and is alive with the sisterhood contributions of many local entrepreneurs (Abigail Furey, Sue Conroy, Paulina Teng, Kim Chisholm, Corinne Lewis, Tara Barrows, Laura McGann, Molly Bradosky, Anne St. Vrain, and many more).

You can follow them on social media @birdandbearcollective and visit their website [www.birdandbearcollective.com](http://www.birdandbearcollective.com)

When asked what that means, Erin's eyes will light up as she shares the heart of the Bird & Bear.

"Birds and Bears, just like you and I, are very different beings. In size, what we look like, and how we live and do our day to day. Yet, even though we are different, we, just like

birds and bears, go through very intentional seasons of quiet nesting and resting, so that we can explore and soar. For some, the Bird & Bear will feel like a quiet nest or den to come home to, and for others it will feel like an invitation, or perhaps a gentle nudge, to step out and explore the wilderness of our lives."

Like many over the past 18 months, the Bird & Bear has had to pivot and evolve in response to the pandemic, but it's the spirit of the collective that has not only sustained its momentum, but has their space (in-person and online) to come alongside so many birds and bears...each of you.

During a "typical" month at the collective (there is nothing typical about the collective), the calendar will include a variety of invitations, small business pop-ups, and special events. Unique workshops take place 3-4 days a week across creativity, leadership, and wellness ~ examples include creating charcuterie boards, learning

Erin Defoyd,  
Owner of The Bird  
& Bear Collective



A look inside the space





Your Money, Your Independence

# Inflation: Increase assets, borrow, and lock in debits.

Social Security recipients cheered 5.9% cost of living adjustment for 2022. As consumers, our experiences with inflation say to put the pom-poms down.

I'm not here to guess how high, how long, or place blame.

I can share some actions based on "Inflation rewards debtors and hurts creditors", a timeless premise reiterated recently by famed Yale economist Robert Shiller.

Consider the following:

**Cash is Trash.** Those shaking their fists at me, yes cash is needed for upcoming purchases, but not at 10% or more of total savings. Last 12 months, cash earned 0.1% while inflation rose 6.1%, meaning your purchasing power decreased by 6%. That's not coming back.

If cash is needed, close the gap and hedge against Fed rate increases by laddering CDs across 6, 12, 18, and 24-month terms. As CDs mature, reinvest what isn't needed 24 months out.

**Diversify Fixed Income and Increase Assets.** With inflation outpacing Treasuries, that part of your portfolio loses buying power. Don't abandon all your treasuries, but mix in assets that tend to keep up with inflation.

Consider adding REITs (real estate investment trusts), TIPs (treasury inflation-protected securities), commodities, and equities growing their dividends consistently above inflation.

Words of caution, high-yielding stocks tend to move downward like fixed-rate bonds during inflationary times and evolve beyond "oil and gold" for commodities to include metals in renewable energy and necessities within technology.

**Buy Instead of Rent or Lease.** Bad news renters, your landlord will be hiking rates to keep pace with inflation, thus you're unprotected. Homeowners, your mortgage is fixed and the inflation-adjusted value of your pay-



Glenn Brown

ments declines at the same rate as inflation rises. Also, the replacement value of your home tends to rise with costs of land, materials, and labor.

Buy higher quality durable goods that last longer (i.e. clothes, appliances, machinery) delaying replacement at higher costs. Autos should be bought,

financed (see mortgage example), and owned for extended periods. Changing cars every 3-4 years means you're buying the same utility (transportation) at a higher price versus utility at a fixed cost of 8-10 years.

**Negotiate and Lock-In Expenses.** Subscription services, cable, internet, phone plans, insurance premiums, gym memberships, credit card APRs are recurring costs that are often negotiable. Also, discounts if pre-pay, pay annually, or commit to extended periods. Most not advertised, so ask.

Bigger items, you can find auto loans ~2%, HELOCs at Prime minus 0.5%, and 15-year mortgages ~2.5%.

Determine if you can manage 15-year mortgage payments, even if currently 3.2% on a 30-

year refinance. Consider \$500K at 3.2% 30-year is \$2,162 month with ~\$278K total interest versus 2.5% 15-year is \$3,333 month with ~\$100K total interest.

You can't control how inflation rises and falls, but you can control financial decisions today that will help manage inflation tomorrow. To learn more, talk with your 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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# Hamwey Among 7 to be Inducted into Millis Hall of Fame

Local Town Pages sports writer Ken Hamwey will be inducted into Millis High School's Athletic Hall of Fame on March 19, 2022 at the Medway VFW.

The 78-year-old Hamwey, a Bellingham resident who's worked for Local Town Pages for 10 years, was a unanimous choice of the selection committee. The veteran sports journalist continues to cover feature stories in semi-retirement for Local Town Pages, focusing on seven communities — Medway, Millis, Norfolk, Wrentham, Holliston, Natick and Franklin.

Hamwey, who previously lived in Millis after earning a bachelor's degree from Babson College, started his newspaper career in 1967 with the Framingham News, now known as the Metrowest Daily News. His first story, which was published 54 years ago, focused on Millis' varsity football team. Early on, his reporting ranged from high school and college sports to the professional beat where he covered the Boston Celtics and the New England Patriots.

"I'm honored and humbled to be selected for induction into Millis' Hall of Fame," Hamwey said. "It's heart-warming to have a wonderful community like Millis recognize me for my reporting.

Some of my fondest memories during a 54-year career involve Millis. Gordon Browne, a three-sport athlete at Millis High, will be presenting me at the ceremony in March and for those unaware of his stature, he was the first Tri-Valley League football player to be drafted (second round by the Jets) into the National Football League. He was an offensive tackle who blocked for quarterback Joe Namath for two years before suffering a career-ending injury."

Hamwey will be inducted as a contributor and he'll be honored along with star athletes Molly Breen, Dennis Breen (posthumously) and Rich Monaghan; coach and athletic director Peter



Vigue; the 2008-09 girls state championship basketball team and the 1980 boys track team.

After six years in Framingham, Hamwey was hired at the Providence Journal where he spent the next 35 years working for the four-time Pulitzer-prize-winning newspaper.

He finished his career there as the paper's Night Sports Editor, retiring in 2008. On Hamwey's last day in Providence, the Rhode Island State Senate read aloud a citation for his efforts and contributions to R.I. athletics. Two years later, in 2010, he was honored by the Mass. Interscholastic Athletic Association (MIAA), which presented him with its Distinguished Friend Award.

At the Metrowest News, which included the Milford News and the Country Gazette, Hamwey wrote a popular weekly column — "Yesterday's Heroes" — that focused on athletes' and coaches' past achievements.

In 2007, Hamwey began covering sports for the Bellingham Bulletin. As Sports Editor at the Bulletin, he launched a column similar to Yesterday's Heroes called "Where Are They Now," reporting on former Bellingham

athletes. For the next 11 years, Hamwey extensively covered Bellingham sports while also filing stories for Local Town Pages.

Hamwey's upcoming induction in Millis will be his first Hall of Fame honor. However, he has been nominated for induction into Bellingham's Hall of Fame but that committee has yet to select him.

Hamwey moved to Bellingham in 1972. He's married to Pauline Allard, a school teacher who taught in Bellingham at the Macy Elementary School. His son, Travis, graduated from Bellingham High in 1989.

Tickets for the ceremony cost \$50 and can be ordered until March 12, 2022. They can be obtained by writing a check to the Millis Athletics Hall of Fame and mailed to 155 Plain St., Millis, MA 02054. Tickets can also be obtained via Venmo (money amount to @Millis-AthleticsHOF). A cocktail hour will begin at 6 p.m. and dinner will be at 7 p.m. followed by the ceremony.

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# The b.LUXE *beauty beat*

## Happy Holidays!

By GINA WOELFEL

b.LUXE Hair and Makeup would like to take this opportunity to say thank you to you, our clients - AKA our favorite people in the world!

These past few years have been especially challenging, yet, with your love and support, we had one of our best years ever, even being named one of the top salons in the US. That achievement came directly from you! Thank you for being our biggest cheerleaders and trusting us for all of your beauty needs. There's so many of you who've been with us since we opened in 2011 and even more who found us this past year. We have so much gratitude in our hearts for this outpouring of support!

We're often asked about our name and how we came to be known as b.LUXE.

From a young age, owner Heather Cohen always knew she wanted a career in beauty and dreamed of owning her own salon. As she says "I've had the b.LUXE name in my head since before I went to cosmetology school! I guess I've always believed that everyone deserves a little luxury in their lives. So BE LUXE!"

So what is luxury to you? We often think of opulent homes or expensive cars, but with the pandemic and two years of stripped down, simplified living, has your idea of luxury changed? I know mine has. Now I try to tease out a little luxury each day. My favorite "indulgence" is my morning cup of coffee. I love this pre-sunrise block of time I set

aside for myself. Waking before the house fills with commotion, I give myself 30 minutes of unadulterated alone-time. Just me and my Folgers... That's my luxury.

Now I know what you're thinking. "A cup of coffee isn't luxurious, right?" Well, for me, setting aside a time solely for myself and starting each day on the right, caffeinated foot is very luxurious.

Do you treat yourself to something special every day? A long walk? A nightly soak in the tub? A great book? That's your luxury, and you deserve it! If it's something that brings you joy and sends you back out into the world a better person, indulge away!

And since we're on the subject of indulgence, let's share some LUXURY together!

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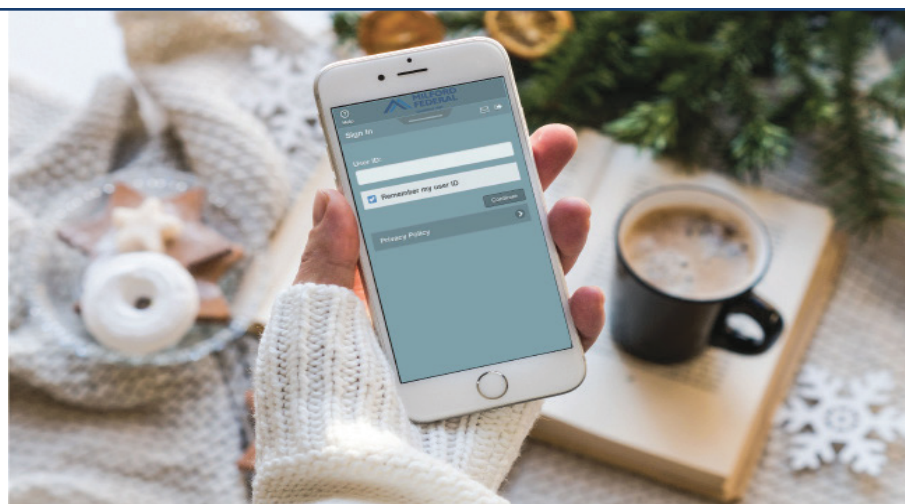
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# Just Plain Fun: Ashland Author Wins Awards for Book, Feel More Alive!

BY CYNTHIA WHITTY

Ashland author Julie Nardone is a three-time winner. Nardone has recently won three awards for her book, *Feel More Alive! 30 Brilliant Ways To Reignite Your Inner Spark*: 2021 Finalist for Best Cover Design Non-Fiction and Best Interior Design -- International Book Awards; 2021 Distinguished Favorite for Inspiration -- NYC Big Book Award; and 2020 SOUL Awards Finalist for the Best Upskilling Book -- Soul & Spirit Magazine.

“Authors have a myriad of opportunities to enter their books—traditional, indie, or self-published—into award contests,” Nardone said. “With over two million books published in 2020 alone, being selected as a contest winner or finalist significantly increases an author’s visibility and credibility. It also

increases the odds of obtaining future movie or book deals. Plus, *Feel More Alive!* is a best-selling book at Ashland Reiki & Well-



Hannah Stein with author Julie Nardone (right) in Stein’s shop, Ashland Reiki & Wellness Center. Nardone’s book has sold the most copies of any book in the gift shop. (Photo/supplied)

it’s just plain fun to be recognized by friends and family for the hard work and commitment that goes into writing a book.”

Ashland Reiki owner Hannah Stein sells a variety of books on topics such as meditation, crystals, spirituality, health, and self-development, as well as gift books. Stein said Nardone’s book has sold the most copies of any book she has had in the store. “I have been successful in selling Julie’s book for several reasons. First, I promote many local artists and writers and my clientele appreciate supporting local women. As well, Julie’s artwork is captivating so when people are drawn to the book I typically mention that the author is an Ashland resident, writer, and artist, and that many people have bought the book and love it!”

*Feel More Alive!* was released in October 2020. “In this part memoir, part art gallery, and part feel better guide, I share my method for filling oneself up with hope by taking small, doable ac-

tion steps,” Nardone said. “Once you learn how to fill yourself up with hope, you can do just about anything! People who wake up in the metaphorical morning, usually around midlife, and wonder, ‘Is this all there is?’ A modern day take on Henry Thoreau’s famous quote from *Walden* (1854), ‘How can I live the life I’ve imagined?’ It startled me to learn that 166 years rattled on by and people were still struggling with the same issues.”

In the meantime, Nardone has created a way for other writers to win an award. She created a writing contest where readers pick their favorite chapter in her book and write a short, inspirational personal essay on that topic or something related. For more information on Nardone’s contest, visit [giuliettannardone.com/fma-writing-contest](http://giuliettannardone.com/fma-writing-contest).

## Help the Planet, Save Money, and Improve Your Home: Ashland’s Clean Energy Program Ends Soon

BY CYNTHIA WHITTY

December is the last month for Ashland residents to take ad-

vantage of discounted pricing for solar and heat pumps as part of the MetroWest Solar + Clean Heat Challenge. The program offers substantial discounts to residents of Ashland, Holliston,

Natick, and Framingham until the end of December 2021. The four communities have vetted three companies—ACE Solar (solar panels), New England Ductless (air source heat pumps), and Achieve Renewable Energy (ground source heat pumps)—to install clean electricity heating and cooling. Residents may want to take advantage of this program before prices go up.

The MetroWest Solar + Clean Heat Challenge connects residents and small businesses with trusted information, reliable installers, and competitive pricing for clean energy technology.

Learn about the technologies and special pricing available on the website, [MetroWestCleanEnergy.com](http://MetroWestCleanEnergy.com), and schedule a free site assessment to find out what green energy would work in your home.



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# Trendy Fashion Without The Expensive Price Tag

BY SUSAN MANNING  
STAFF WRITER

Opening a local business is never an easy task, but it's especially difficult when a pandemic is in play.

But that didn't stop mother daughter duo Baylee and Debbie Donovan.

Last month the pair celebrated its one year anniversary of its fashion store: Baylee Bee. Despite only being open in Natick for one year, business is going well.

Debbie said, "People are really starting to discover our little shop, especially with the holidays approaching."

The pair has a simple mantra: "We all deserve fun fashion at affordable prices that will make you smile!"

Baylee Bee takes pride in finding unique, quality pieces that not every boutique offers. Part of what makes this shop different from many others is the price range for its clothing.

"People come into the store and expect prices to be expensive, but most of the time they are pleasantly surprised and become repeat customers," said Debbie, who moved to Natick seven years ago with Baylee and family.

While most boutiques work on a high markup price, slow merchandise turnover principle, Baylee Bee has a low markup and quick turnover.



## Business spotlight

time. People would lineup in the freezing winter weather and wait patiently to come into the store. Support has been so amazing," said Debbie.

The duo sources its products from online wholesalers, but hopes to be able to attend trade shows in the near future.

"Everything we sell is unique. You will not find it in the mall," she said.

She said people seem to enjoy not only having a boutique in the center of Natick, but they enjoy the atmosphere too. They always have candy and snacks on hand, as well as hot cocoa, tea and even Prosecco for the over-21 crowd.

"We like to keep it cozy," she said.

Donovan said one way the boutique has filled a void in people's lives is their private sip and shop events.

"After hours, we would host a private event that included drinks and snacks, a couple of hours of shopping and a discount to those attending. It was really popular, especially during the pandemic months."

In addition to the fashion items, there are also locally inspired products. Donovan said

"The store is always getting in new merchandise and customers often come to shop every week," she said.

Donovan said some of the dresses they carry are especially popular with educators and pediatricians because the fun patterns are intriguing to the children. Clothing features owls, triangles, sloths and other large prints, which children love.

And while the store is trendy, it's also generation-spanning. They offer clothing for ages 8 and over.

"We run the gamut of ages. Many of the customers are mothers shopping with their teenage daughters and that means the clothes are meant for every woman," Donovan said.

Opening during a pandemic certainly caused some challenges, but the support from amazing friends, family and customers was tremendous.

"When we had strict regulations in place, we could only have six customers in the shop at one



they sell a host of Natick swag such as blankets, mittens and masks all adorned with the Natick logo.

So far, the mother-daughter duo is enjoying its time in Natick.

"We love our storefront. We love Natick. And we love the community," Debbie said.

*Baylee Bee is located at 19 Main St., Natick. It is open every day, Monday through Saturday, 10 AM to 6 PM. Sundays it is open noon to 6 PM. Find it online at: bayleebee.com and @bayleebeeclothing on IG and FB.*

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# Technology Safety for the Holidays: Ashland Resident Tells How to Avoid Health Risks

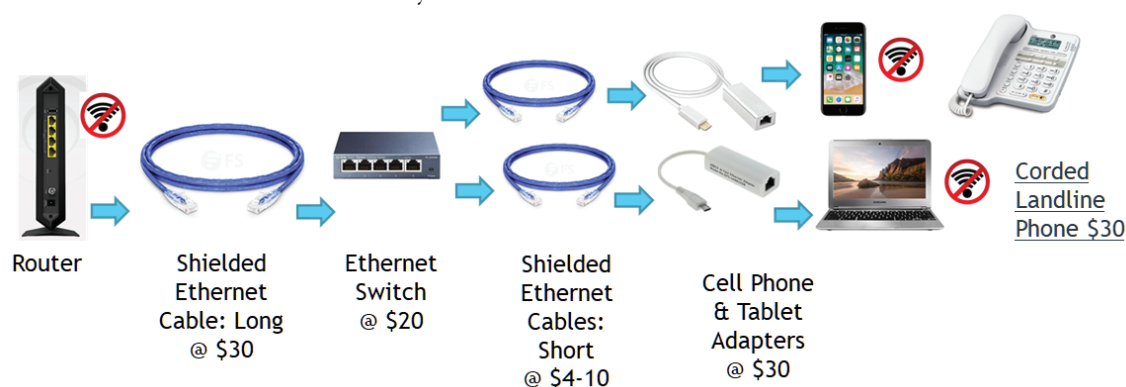
By CYNTHIA WHITTY

Cece Doucette was working to bring wireless infrastructure to Ashland's classrooms and furnish iPads and Chromebooks to its students when she first learned that there could be biological harm from the electromagnetic fields (EMFs) of radiofrequency microwave radiation emitted by today's wireless technology.

When an engineer tipped her off there could be harm from the EMFs, and that children are especially vulnerable, she got to work doing her own research. Soon she became a fulltime 'safe technology educator.' In this interview, Doucette discusses her findings, her work as an advocate for Wi-Fi safety, and what people can do to keep safe this holiday season and beyond.

## Whitty: What did you discover as a result of your research?

I discovered thousands of peer-reviewed studies linking wireless radiation to insomnia, headaches, nosebleeds, pain, ringing in the ears, cognitive impairment, behavior issues, anger, anxiety, depression, and more. In the long-term, the science in-



A diagram explains how to hard wire your technology at home. (Photo/supplied)



**b Cece Doucette (second from left) and residents from around the state meet with the Executive Office of Health and Human Services. (Photo/supplied)**

dicates wireless radiation causes cancer and DNA damage, plus infertility, and is linked to neurotoxic illnesses including Alzheimer's, ADD/ADHD and autism. It is an immunosuppressant, too. The science further documents extensive electrosmog harm to our pollinators and other disappearing insects, as well as plants and animals.

## Whitty: What are some of your accomplishments and current projects?

We helped New Hampshire legislators investigate and issue a groundbreaking report documenting conflicts of interest akin to big tobacco with the Federal Communications Commission, the Food and Drug Administration and the wireless industry.

New Hampshire makes 15 common sense recommendations including 1,640' setbacks from cell towers, antennas and 4G/5G small cell equipment. The science shows increased cancers, sleep disruption and neurological issues at closer range.

New Hampshire also recommends state agencies proactively educate the public, remove wireless from schools and libraries, and protect the environment.

We have several bills in Massachusetts to follow suit including legislation to form a commission and investigate, to address wireless radiation in our schools, and to give the public the right to opt out of radiation-emitting utility meters for electric, solar, gas and water.

I was honored to speak at the international EMF Medical Conference 2021, where doctors indicated these utility "smart" meters are one of the leading causes of EMF illness onset for children and adults, as are close-range cell towers and the new 4G/5G small cell antennas – plus our own devices if not used carefully.

## Whitty: What can people do to keep safe this holiday season?

Wireless has been oversold. Cabled connections provide much better speeds, reliability, security and privacy.

Before buying wireless gadgets, ask if the radiofrequency antennas can be turned off. The clock, alarms, camera and any downloaded entertainment can be enjoyed in airplane mode.

With some of the Fitbits, for example, the antennas cannot be turned off. People in their on-line forum report heart issues, skin burning and sleep disturbances go away when they remove the wearable device.

At home, work and school choose hard-wired connections. Simply hook up Ethernet cables and adapters to devices from the back of the router/modem. If you have multiple devices purchase an Ethernet switch, it's like an extension cord for electronics with several ports.

Then go into settings and turn off all the wireless antennas in the router and in the devices: wi-fi, cellular, Bluetooth, data, hotspot, locator, and any 5G antennas.

If you must use a mobile device while the antennas are transmitting, only turn on the antenna needed. Create as much distance as possible using speaker phone or a hollow-tube headset, and never give a child a transmitting device.



**The Acoustimeter, which can be borrowed from the Ashland Library, shows high levels of radiation at the animal shelter near the Ponderosa Road cell tower and the new walking trail. (Photo/supplied)**

## Share the Warmth of the Season with Our Holiday Sharing Tree.

**Take a mitten tag from our Sharing Tree.**

Help bring some holiday cheer to a local child. Beginning November 18th, just take a "mitten tag," listing age and gift ideas for area children from the Sharing Tree in our lobby and return all wrapped gifts to us by December 10th. Lobby hours are Mon-Wed & Fri 8:30 to 4pm, Thurs 8:30 to 6pm and Saturday 8:30 to 12:30pm. For more information call 781-762-1800 or email us at [webmail@norwoodbank.com](mailto:webmail@norwoodbank.com).

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**SAFETY**

continued on page 13



# Ashland Business Beat

By CYNTHIA WHITTY

## ABA Holiday Party

The Ashland Business Association (ABA) Holiday Party and Yankee Swap is an in-person event open to members and their guests on Thursday, Dec. 9, 5:30 to 8 p.m. RSVP by Dec. 5. It will be held at the VFW, 311 Pleasant St., and catered by Marconi's. The cost to attend is \$35 for members and \$45 for guests in advance and \$45 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. Register online to attend, [ashlandbusinessassociation.com/events](http://ashlandbusinessassociation.com/events).

## Winding Down 2021

After over a year of virtual events, including networking and panel discussions, the ABA in the summer began to hold in-person networking programs and opportunities for local businesses to promote themselves. Events in 2021 included a casual networking event at The Corner Spot in June; a joint program with the



Ashland Day Committee to host a concert at Stone Park, where ABA members promoted their businesses to the public, in July; and a summer BBQ with other local chambers of commerce at the Hopkinton YMCA Outdoor Center in August.

The ABA also continued its outreach and community give-back efforts. The ABA awarded two-\$1,500 scholarships to graduating seniors, Brooke Kulaga and Rebecca DeBenedictis. As part of its commitment to give back to the Ashland community, several

of ABA members joined over 60 other volunteers to support the Ashland High School Reality Fair for graduating seniors held on May 28. The Fair provides students with real-life scenarios to teach them about finances and budgeting, tasks many will soon face. The Fair drew rave reviews from parents, volunteers, AHS teachers and staff, and students.

The ABA consists of local business owners and community leaders. To join, visit [ashlandbusinessassociation.com/join-us](http://ashlandbusinessassociation.com/join-us).

## SAFETY

*continued from page 12*

Safe technology does mean giving up a little convenience, but it's worth it for most folks to avoid the health risks as the radiation impact is cumulative with dose.

## Whitty: How can someone find more information on this topic and/or advocate for Wi-Fi safety?

Join us at Massachusetts for Safe Technology (MA4SafeTech.org) to see the science and what other towns are doing to protect their communities. Sign up to receive action notices. Encourage loved ones to take a little half-hour course at WirelessEducation.org to quickly come up to speed together and transition to safe technology. Contact me to co-host education sessions at home or work, [MA4SafeTech@gmail.com](mailto:MA4SafeTech@gmail.com).

Ashland Public Library has great resources too. Borrow the Acoustimeter radiation detector to see these invisible exposures. Watch the award-winning film

Generation Zapped via their Kanopy and Hoopla streaming services.

A federal court just ruled against the FCC for ignoring 11,000 pages of evidence of harm. Please don't wait for public

policy to catch up to the science though as it may take years.

Many are experiencing better health and faster speeds today by simply choosing hard-wired connections and turning off the radiation-emitting antennas.

# Around Ashland News

By CYNTHIA WHITTY

## Hidden in Plain Sight is Now Online

Ashland's Decision at Every Turn (DAET) has converted their Hidden in Plain Sight (HIPS) exhibit into an online experience. HIPS is an educational exhibit for adults 21+ designed to help parents and other caring adults identify possible signs of risky behaviors and learn strategies to start or continue meaningful conversations with their tweens/teens to prevent substance use.

Visitors will watch a short series of prevention education videos then register to explore the interactive teen bedroom to help recognize potential signs of substance use/misuse. Due to the nature of the content in the interactive portion, parents/caregivers will be asked to attest that they are over the age of 21 in order to register for access to the teen bedroom. Check it out, [ashlanddecisions.org/hidden-in-plain-sight](http://ashlanddecisions.org/hidden-in-plain-sight).

## Five-Year Planning: Take the Library Community Survey

The Ashland Library strategic planning committee is inviting

residents to complete a Five Year Strategic Planning Community Survey. The 10-min survey asks patrons what they would like the library to look like in the next five years and how it can be more welcoming. The survey is written in several languages to be as accessible to as many people as possible and has sections specifically for teens and kids. For more information or to get help completing the survey, contact the library, 508-881-0134 or [library@ashlandmass.com](mailto:library@ashlandmass.com). Use this link to access the survey, [bit.ly/3DcCiYE](https://bit.ly/3DcCiYE).

## Road Construction Continues

Road construction crews continue to work on the Route 126/ Pond Street Revitalization Project and the Downtown Revitalization Project. As traffic is significantly impacted around town, officials remind you to give yourself extra time to get where you are going, and be patient. Crews are doing the best they can to get you through quickly and safely. Remember, all businesses are open during construction. For updates, visit [www.ashlandmass.com/160/Department-of-Public-Works](http://www.ashlandmass.com/160/Department-of-Public-Works).

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# Ashland Commits to Safety This Holiday Season: Learn About the Social Host Law

BY CYNTHIA WHITTY

Ashland's Decisions at Every Turn (DAET) Coalition and the Ashland Police Department (APD) are affirming their commitment to safety this holiday season.

This month communities across the country are observing National Impaired Driving Month to recognize this time of year during which impaired driving crashes are among the highest. By raising awareness about the importance of each of our ac-

tions to prevent impaired driving, DAET and the APD believe that we all can help keep our roads, our neighborhoods, and our families safe.

The APD holds community safety as its greatest priority. DAET is a volunteer organization whose mission is to prevent youth substance use and to promote healthy decision-making. Together, these organizations are dedicated to supporting all in our community. They want residents to remember that the use

of any substance can alter judgment and ability to drive safely, putting the driver and others at risk. They encourage parents and other adults with influence on the lives of young people to remind them that underage alcohol, marijuana, and other drug use is unhealthy and against the law.

APD Chief Richard Briggs said, "Especially at this time of year, we want to remind parents and teens that the purpose of the Social Host Law is to prevent underage alcohol use and the potential negative consequences for teens, families, and the broader community that can result from providing alcohol to minors."

"Social host liability" is a legal concept that Massachusetts and some other states follow, allowing a host of a party or other gathering to be held liable in certain situations where a guest becomes intoxicated and ends up causing an injury to a third party.

"While we are moving closer to being able to fully celebrate our traditions and customs this year," Kristin French, LCSW, DAET, said, "we ask that as each family chooses how to recognize this holiday season, we hope that they are generous in community spirit and work with friends and neighbors to prioritize decisions that protect the safety and well-being of Ashland youth."

## What is the Social Host Law?

**What is a Social Host?** A Social Host is anyone (adult or minor) who is in control of the premises and who furnishes alcohol or allows it to be consumed on those premises.

**Am I breaking the law if I allow my child's underage guests to consume alcohol in my home?** Yes. The legal drinking age in Massachusetts is 21. It is against the law to serve or provide alcohol to underage guests or to allow them to drink alcohol in your home or on other property you control. If you do, you may be prosecuted criminally. The penalty is a fine of up to \$2,000, imprisonment for up to a year, or both.

**Can I be sued if my child or an underage guest at my home drinks alcohol and injures someone?** Yes. You may be financially responsible if your child or underage guest injures another person (or himself) after having consumed alcohol, if you controlled the supply of the alcohol, made it available, or served it. Civil judgments can be for millions of dollars.

**What if my child allows underage guests to drink or possess alcohol at my home or other property I control?** You or your child may be charged criminally. For you to be found guilty under the Social Host Law, the Commonwealth must prove that you or your child knowingly or intentionally supplied, gave, provided, or allowed minors to possess alcohol at your home or other property you controlled. You or your child may also be sued civilly.

**Does the Social Host Law apply if I rent a hotel room for my daughter's party?** Yes, since you control the hotel room, the Social Host Law applies.

**Will my homeowner's policy cover the costs of litigation and any judgment against me or my child?** You may or may not be covered, especially if the underage drinker causes injury or death by use of an automobile. Many insurance policies do not cover situations where criminal conduct is involved.

Source: [www.mass.gov/essexda/docs/publications/alcohol-and-drugs/social-host-tagged.pdf](http://www.mass.gov/essexda/docs/publications/alcohol-and-drugs/social-host-tagged.pdf)

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# Ashland Public Library

## ADULT PROGRAMS

**Virtual - Women, Agency and Sex Positivity in Fantasy, featuring Scarlett St. Clair!**

Wednesday, Dec 1 @ 7pm

**Virtual - Romance Book Club: Read An Anthology, Any Anthology**

Thursday, Dec 2 @ 6:30pm

**Virtual - Friday Night Film Discussion: "Paradise/ Paraiso"**

Friday, Dec 3 @ 7pm

**Virtual - Ashland by Map**

Tuesday, Dec 7 @ 7pm

**Mystery Book Club: Read A "Carrion Death : Introducing Detective Kubu"**

Wednesday, Dec 8 @ 6:30pm

**DIY Green Products - Candy Cane Bath Bombs**

Thursday, Dec 9 @ 6:30pm

**Virtual - Author David Baldacci Discusses 'Mercy'**

Thursday, Dec 9 @ 7pm

**Virtual: Great Decisions - Prepare to Discuss the World**

Thursday, Dec 9 @ 7pm

**Virtual - Friday Night Film Discussion: "My Afternoons with Margueritte"**

Friday, Dec 10 @ 7pm

**Virtual - Holiday Anthologies for Romance Readers Panel**

Saturday, Dec 11 @ 10am

**Decorating Gingerbread Like a Pro**

\*For Older Teens and Adults  
Saturday, Dec 11 @ 1pm

**At the Community Center: Librarians in the "Wild" Tuesday, Dec 14 @ 10am**

**Upcycling Costume Jewelry \*For Adults**

Tuesday, Dec 14 @ 6:30pm

**Hybrid- Bio/Memoir Book Club: Read "The 13th Gift: A True Story of a Christmas Miracle"**

Wednesday, Dec 15 @ 11am

**Intergenerational Book Club: Read "Christmas Bells"**

Thursday, Dec 16 @ 1pm

**Hybrid: C.R.A.F.T. \*For Teens & Adults**

Tuesday, Dec 21 @ 6:30pm

**Virtual - LGBTQ+ Book Club \*For 15-25: Read "The Fire Never Goes Out"**

Friday, Dec 17 @ 6:30pm

**Needlecrafts:**

Saturdays at 2pm or Mondays at 6pm

## CHILDREN'S PROGRAMS

Everyone attending a Children's Program who is age 3 or older will need to wear a mask, whether or not they have been vaccinated. Family groups will be seated 3' apart and space at all programs

will be very limited. Free tickets will be passed out to people within one hour of the beginning of the program.

## Featured Events:

**Virtual - A Visit with Children's Author & Illustrator: Peter Sís**

Wednesday, Dec 1st @ 7:00pm

**Holiday Sing Along \*for Families**

Saturday, Dec 4 @ 10:30am  
Join the Ashland High School Chorus for a Holiday Sing-Along!

**Candy Cane Bath Bombs \*For Kids Aged 5+ & an Adult**

Thursday, Dec 16th @ 4pm  
Registration opens on Dec 2nd

**Painting on Rocks for Kids Age 6 - 13**

Saturday, Dec 18 @ 10:30am

## Vacation Week:

**De(Con)struction Grades 2 - 5**

Tuesday, Dec 28 @ 2pm Registration Required

**Baypath Humane Society Storytime Grade K-3**

Wednesday, Dec 29 @ 2pm

**Create Recycled Creatures Grade K-3**

Thursday, Dec 30 @ 2pm

**Lego Club**

Thursday, Dec 9th @ 3:15pm  
Thursday, Dec 23 @ 2pm

**Read to a Dog with "Knives and Machete"**

Thursday, Dec 2nd @ 6:30pm

Thursday, Dec 16th @ 6:30pm

Thursday, Dec 30th @ 6:30pm

**Read to a Dog with "Bear"**

Saturday, Dec 11th @ 11am

**Little Crafters \*Ages 0-5**

Monday, Dec 13 @ 10:15am

**PJ Story Time with Miss Lucie \*Ages 3 and Up**

Tuesday, Dec 14 @ 6:30pm

**Kid's Book Chat \*Gr 3-5**

Tuesday, Dec 21 @ 3:30pm

**YMCA Play, Learn, and Grow Group \*Ages 3-5**

Tuesdays and Thursdays @ 11am

**Lapsit for Infants and Toddlers**

Wednesdays @ 10:30-11am

**Stories with Miss Lucie \*PreK and Up**

Fridays @ 11-11:30am

And, have you seen our STEAM Story Times? Join our Facebook Group to follow along!

## TEEN PROGRAMS

**Anime Club**

Thursday, Dec 2 @ 4-4:45pm

**Game Night**

Wednesday, Dec 8 @ 4-4:45pm

**Decorating Gingerbread Like a Pro**

\*For Older Teens and Adults  
Saturday, Dec 11 @ 1pm

**Hybrid: C.R.A.F.T. \*For Teens & Adults**

Tuesday, Dec 21 @ 6:30pm

**Hybrid: Teen Book Chat**

Monday, Dec 27 @ 4-4:45pm

# In Memory of Bernie Kane

Bernard "Bernie" Kane, 94, of Ashland passed away at home on Wednesday, Oct. 27, surrounded by his family. Born in Framingham, he was the son of George J. and Bertha (Ellis) Kane and the husband of Marie B. Engel for 66 years.



When Bernie moved to Ashland, he became a well-known figure around town due to his town involvement. He was a member of Ashland Post #77 American Legion; a member and past president of the St. Vincent de Paul Society of St. Cecilia's Church; a lay minister of the Eucharist and served as the coordinator for many years at St. Cecilia's Parish; a Third Degree member and Life Member of the Knights of Columbus; past chairman of the Ashland/Holliston Relay for Life; and a "Friend of Bill W" member for 54 years. One of Bernie's greatest honors was when he was Ashland's Citizen of the Year in 1987. He received citations from the Massachusetts House of Representatives and the Massachusetts Senate recognizing his years of public service. ([www.mataresefuneral.com/obituary/bernard-kane](http://www.mataresefuneral.com/obituary/bernard-kane))

Kane was perhaps best known, according to the *MetroWest Daily News*, "for assuming the mantle left by his son, Kevin, who raised questions about the effects of the Nyanza Superfund site, and the subsequent number of cancer cases in Ashland."



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# Reps Jack Patrick Lewis joins House Colleagues in Passing a \$3.82 Billion Bill for COVID-19 Recovery

On Oct. 29 the Massachusetts House of Representatives unanimously passed its spending proposal utilizing American Rescue Plan Act (ARPA) and Fiscal Year 2021 (FY21) surplus funds. Funded at \$3.82 billion, the bill addresses disparities exacerbated by the COVID-19 pandemic, aiming to facilitate recovery through one-time investments in housing, environment and climate mitigation, economic development, workforce, health and human services, and education.

"I am very grateful to Chair Michlewitz, Speaker Mariano, and my colleagues for their work to address the needs of the Commonwealth," said Rep. Jack Patrick Lewis. "I am especially proud of our focus on equitably funding for communities that are disproportionately affected by COVID-19, along with targeted supports for small businesses and essential employees."

Earlier this year, the Massachusetts Legislature voted to transfer the state's \$5.3 billion allocation from ARPA, which must be allocated by 2024, into a separate fund to ensure stakeholder and resident engagement in a public process.

## Economic Development

The House bill includes \$500 million to replenish the Unemployment Trust Fund which will offset businesses' contributions for unemployment programs. The

bill includes \$200 million worth of tax relief for small businesses that paid personal income taxes on state or federal relief awards during the pandemic. It also includes \$60 million for grants to support small businesses negatively impacted by the pandemic, with \$35 million of it reserved for minority-owned, women-owned, and veteran-owned businesses.

To assist recovering cultural organizations and artists, the bill appropriates \$125 million to the Massachusetts Cultural Council for grants supporting cultural events, education or performances highlighting underrepresented voices. Other economic development investments include \$40 million for youth summer and school-year jobs; \$50 million to close the digital divide; and \$12 million to assist in the resettlement of Afghan refugees in Massachusetts.

## Health and Human Services

Building on the House's longstanding commitment to support and protect community hospitals, the bill allocates \$250 million for financially strained hospitals and \$20 million for community health centers. This bill includes more than \$250 million for behavioral health and substance use disorder treatment services, including \$100 million for workforce initiatives with \$15 million specifically for community health centers.

The bill also includes over \$150 million for local and regional public health systems.

Other investments include more than \$78 million to address food insecurity; \$15 million for prison re-entry grants; \$10 million for community-based gun violence prevention programs, \$6.5 million for coordination teams for triage treatment and service supports and post-treatment supportive housing in Boston; and \$5 million for the Massachusetts Legal Assistance Corporation to bolster access to legal services for the most vulnerable.

## Workforce Development

The bill includes \$500 million towards providing premium pay bonuses for low- and middle-income workers who worked in-person during the COVID-19 State of Emergency. To promote employment, the bill also includes \$150 million to enhance workforce opportunities through workforce skills training, as well as \$100 million for vocational and career and technical schools.

## Affordable Housing and Homeownership

The bill appropriates funds for affordable housing, with \$150 million directed toward public housing maintenance and \$150 million to create permanent supportive housing for chronically homeless individuals, survivors of domestic violence, seniors, and

veterans. The bill also includes \$100 million for homeowner-ship assistance and \$100 million for production and preservation of affordable rental housing for residents of municipalities disproportionately impacted by the COVID-19 pandemic.

## Environment and Climate Change Mitigation

Building on the House's commitment to the environment and clean energy, the bill includes investments for environmental infrastructure and development spending, with a focus on environmental justice communities, climate change resiliency and clean energy. This bill includes \$100 million for port infrastructure development and revitalization to facilitate economic activity and support the offshore wind industry.

Other investments include \$100 million toward infrastructure for communities to adapt and become climate resilient; and \$100 million for water and sewer projects, including those to remediate combined sewer overflow into waterways.

## Education

To improve indoor air-quality in schools and support healthy learning environments, this bill includes more than \$100 million for grants to public school districts with high concentrations of low-income students, English lan-

guage learners, and communities disproportionately impacted by COVID-19. This bill also includes \$75 million for capital and maintenance projects for higher education; \$25 million for the Endowment Incentive Program at the University of Massachusetts, state universities and community colleges, \$20 million for special education, including \$10 million for workforce development; and \$10 million for programs focused on recruiting and retaining educators of color.

## Accountability and Public Engagement

As a tool to inform future ARPA spending, the House's bill allocates \$5 million for the Inspector General's office to create a public database and website to track total spending, including the percentage of funds spent in communities that were disproportionately impacted by the COVID-19 pandemic and to track the number of projects awarded to minority-owned businesses and organizations.

Speaker Mariano and the House Ways & Means Committee introduced their spending proposal on October 25, 2021, following a review of the Governor's proposal and six public hearings. The bill was approved by the House of Representatives 159-0 and now goes to the Senate.

# Senate Prioritizes Veterans' Services in American Rescue Plan Act (ARPA) Funding

The Massachusetts State Senate passed a \$3.82 billion blueprint to invest funds from the American Rescue Plan Act (ARPA) to meet the urgent needs of the Commonwealth's ongoing recovery. The bill includes increased investments for veteran services and supports that target housing security, transportation, and mental and behavioral health care, among other areas.

"For too many veterans, the COVID-19 pandemic has presented physical, mental and financial challenges," said Senate President Karen E. Spilka (D-Ashland). "Reaffirming our

commitment to veterans is an important piece of this legislation's broader goal of ensuring an equitable COVID-19 recovery and reimagining our future. I am truly grateful to the many veterans who have given so much for the security of our nation, including Senators Velis, Rush, and Cronin, and I am proud to live in a state where so many of us have worked to build the best veterans' services in the nation, including with these investments. I'd like to thank Senator Rodrigues for his leadership of the ARPA process, as well as Senators Velis, Rush, and Moore for their contributions to this leg-



islation and their steadfast commitment to serving veterans in our Commonwealth."

"As we continue to build our post-pandemic future, we must recognize our veterans who made sure that future was possible," said State Senator Michael J. Rodrigues (D-Westport), Chair of the Senate Committee on Ways and Means. "I am proud that our Senate ARPA spending plan includes measures to strengthen housing security, transportation services, and food distribution for veterans, while also ensuring proper recognition for Massachusetts service men and women who died in the line of duty. Thank you to Senate President Spilka for her leadership and Senators

Moore, Rush, and Velis for their diligent work to support our cherished veterans."

Many of the provisions strengthening veterans' services were passed as amendments on *An Act relative to immediate COVID-19 recovery needs* (S. 2564). The Senate's ARPA plan would invest \$150 million in supportive housing, including \$75 million for the chronically homeless population. Priority for permanent supportive housing would be given to veterans, along with individuals



# Sports

## History in the Making

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Prior to 2019, the Ashland football team had only been able to capture three league titles (1975, 1977 and 2014) in the school's history.

However, over the past two seasons the Clockers found themselves amongst the midst of making history after capturing two straight Tri-Valley League Championships.

This year's senior class was on the verge of Clocker history if they could once again capture another league title this fall. If Ashland could accomplish the feat, not only would they be the first class to win three titles in their four-year playing time, but they'd also double the Clocker league championship wins all time.

"That class (17 now seniors who have been with the program since their freshman campaign) was nothing really special. They were a unique group in terms of being very tight, but at the time was not all that talented," Ashland Football Coach Andrew Mackay said. "They were an enjoyable group that had a successful year but were primarily learning the basics of the game as Ashland had no town football. I will say they picked things up quickly while learning."

Playing on the varsity team for their first time in their sophomore year the Clockers went an impressive 12-1. Their only loss on the season was on Thanksgiving Day when the Coaching staff decided to rest the starters because they had a Division 6 South Tournament game only a few days later. According to Mackay the seniors that season were a great class that led the Clockers to a State Title with a 20-19 victory over Old Rochester. Prior to winning the State Title, the Clockers defeated East Bridgewater 21-14 and the number two seed Rockland 33-16 to advance into the State Championship game.

Last fall taking part in an abbreviated season as juniors, Ashland went 4-1 and surprised just about everyone in capturing its second straight TVL Title, tying the school record of two league titles for a specific class.

"The expectations coming off a State Championship and having lost a lot of talented seniors who helped us get there, was not another league Title," the Ashland coach said. "These kids worked their tails off and shocked everyone with their play to take home another league title. Unfortunately, with Covid there was no tournament that year so they couldn't defend their State Championship."

Entering their fourth year at Norwood and their third year on the varsity squad, the 17 now seniors were looking to do exactly what they've been doing all along and in hopes of making Ashland football history in winning their third TVL title for one class. To have one class win its third league title is unheard of in Ashland, considering the football team has only been able to take home three league titles in the last 43 years.

"Coming into the season the team was just looking to do what we've been doing all along; build a culture and tradition with selfless players rowing the boat toward being the best that they

can be," Mackay said. "Putting one foot in front of the other and hope we can win another title and then once we accomplish that –



go for another State Title."

The Clockers continued to keep things normal and moved head one game at a time. History was on the line when Ashland squared off against Norwood; the winner would be the 2021 TVL Champion. Although it was a total team effort three seniors were a big part of Ashland's

29-20 win over the Mustangs to create history. Andrew Meleski rushed for 224 yards and three touchdowns on 27 carries in the Clocker win. Jake Rymysza, who had dropped a pass from Luke Herter on 3 and 7 from the Norwood 42 during the eventual game winning drive, caught the very next pass, an 11-yard gain on fourth down to keep the drive moving. Rymysza sealed the contest with an interception on Norwood's next possession.

"We were definitely ready to play. We had a good week of practice and were confident coming into the game as we had been in this situation (playing in a big game) before," the Clocker Coach said. "The senior leadership shinned and despite a couple of lapses in the first half that made the game closer than it should have been this team was ready."

Capturing their third league title in as many years not only left the players beyond ecstatic, but the Coaching Staff proud of what the players were able to accomplish.

"I am very proud of this team and after a day to enjoy this it will be time to turn the page and get ready for the next game," Mackay said. "It's time to finish off the season strong as we get ready to advance into the playoffs."

Providing the winning family culture where if you work hard you will succeed throughout the season have been returning Clocker TVL All Stars Andrew Meleski, who at the time of this writing was leading the league in rushing; Mathew Gillis, one of the best defensive players in the state; starting quarterback Luke Herter and Dylan Drozeck, one of the best linemen in the state.

The other seniors, who have been part of all three league titles during the historic Ashland run are Jack McGoff, Phil Bourque, Nick Tang, Ethan Antoniuk, Jacob Dionne, Maxwell Palin, Michael Diaz, and Peter Gigliotti.

Also, Michael De Souza, Jake Rymysza, Luis Miranda, Jacob Troutman, Keegan Weiss, Connor Krammer and John Giglia have etched their names in Clocker football history.

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## Same Great Christmas Trees, New Location!

**SPREAD THE WORD!**  
The Lions Christmas Tree lot **MOVED** to behind the Ashland VFW at 311 Pleasant Street in Ashland. We are open every day 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. Special thanks to all the Lions and members of our community who made our move happen in time to open this season!

### Food Drive success!

Ashland Lions food drive at Market Basket was a huge success. 90 boxes of food and needed goods along with some monetary donations went to the Ashland Food Pantry to benefit those in need. Special thanks to all our Lions volunteers, to Ashland Boy Scouts Troop 232 for unloading donations at the food pantry, and to our community for helping out your neighbors in need this holiday season.



### Senior Breakfasts

Seniors, why not join us and other members of the community for breakfast? Senior Breakfasts are on the first Thursday of each month, held at the Ashland Senior Center, 162 West Union St in Ashland. This event runs through May.

### Ashland Lions Meat Raffles turn 25

Ashland Lions will continue to celebrate 25 years of meat raffles! The next meat raffle will be held on January 8th 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! We have already collected over 100 coats this season! 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

Fayville, MA Post Office

Studio Optics - Framingham

### 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. While you're at it, be sure to follow Ashland Town News too!

LION DAN MITCHELL

## Federated Church of Ashland

December 2021

### Thrift Shop OPEN

**Please Note: Masks are Required to Enter the Thrift Shop - Thank you!**

Federated Church of Ashland  
118 Main Street, Ashland MA

Wednesdays 9 AM – 7 PM AND  
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We will be **CLOSED** Wednesdays - December 22, 29 and January 5  
We will be **CLOSED** Saturdays - December 25 and January 1 & 8

**Please Note: We will reopen on Wednesday, January 12, 2022 with NEW HOURS!**

Wednesdays 10 AM – 6 PM AND Saturdays (Hours stay the same!) 9 AM – 2 PM

### Community Christmas Eve Celebration

Federated Church of Ashland  
118 Main Street, Ashland MA  
Friday, December 24th

**6:00 – 7:00 PM** – Live Music in the Sanctuary and Feeding of the Manger Animals (please bring a canned good to donate).

**7:00 PM** - Candle Light Service with Communion to Celebrate Christmas

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## Knights of Columbus Competition

Knights Of Columbus free-throw championship competition to be held on Tuesday, Jan. 4, at the Hopkinton High School after the Hopkinton/Ashland varsity boys basketball game. The game starts at 6:45pm and registration will begin in the High School Gym at 7:30pm. All boys and girls ages 9-14 can participate regardless of disabilities!

The Knights of Columbus free-throw competition is an annual event sponsored by the Ashland/Hopkinton Council (Bishop Rice council #4822) The event is open to all boys and girls aged 9 to 14 in the local communities. Trophies will be presented to first and second place winners and a medal is awarded to the third-place winner in each age category. First place winners advance to the district finals. The event brings the youth of the community together for a

friendly competition and all can participate regardless of disabilities.

Since 1972, The Knights of Columbus have sponsored a basketball free-throw competition for boys and girls between the ages of 9 and 14. The Knights of Columbus, founded in 1882, is an Organization of Roman Catholic men whose charter is to support both their parishes and communities. Based upon the founding principles of charity, unity, fraternity, and patriotism, the Knights of Columbus provide numerous services to their local communities. The Bishop Rice Council #4822 conducts numerous charity events in support of the parishes of St. John the Evangelist in Hopkinton and Saint Cecilia's in Ashland.

For more information please contact: Joe Altman, 508-380-0163. joealtman@verizon.net.



# Real Estate Corner

## SPILKA

continued from page 16

and families who are chronically homeless, experiencing behavioral health or substance misuse needs, survivors of domestic violence, involved in the foster care system, or seniors. An amendment proposed by Senator Rush and adopted directs \$20 million be invested in supportive housing for veterans located across the state in areas not primarily served by either the Chelsea or Holyoke Soldiers' Homes.

"Veterans who have served this nation and have been willing to give their life for our freedom deserve a place to call home," said Senator Michael F. Rush (D-Boston), Senate Vice Chair of the Joint Committee on Veterans and Federal Affairs. "Thank you to the Senate President and Ways and Means Chair for their leadership to ensure all our Veterans have that home."

Senator Velis, Chair of the Joint Committee on Veterans and Federal Affairs, contributed two additional amendments relevant to veterans. The first of these allocates \$500,000 to newly created transportation services for participants in the Massachusetts Vet-

erans' Treatment Courts in order to reduce regional inequities and provide services to veterans across the state. The second explicitly ensures that the Massachusetts Medal of Liberty can be awarded to service men and women who have died as a result of training accidents while in the line of duty.

"As we approach Veterans Day, we are reminded of the impact that the COVID-19 pandemic has had on Veterans throughout our communities and the importance of recognizing those who have served our nation," said Senator John C. Velis (D-Westfield), Chair of the Joint Committee on Veterans and Federal Affairs. "Extending the Medal of Liberty to those who died as a result of a training accident will ensure that we are properly honoring the sacrifices that those service members and their families have endured. Additionally, the critical funding allocated to our Commonwealth's Veteran Treatment Courts will resolve the transportation barriers that keep Veterans from participating in this valuable program and getting the help they need. I am grateful to the Senate President and the Chairman of Ways and Means for their leadership and commitment to ensuring that Massa-

chusetts is the premiere state for our Veterans and their families. These important amendments are a continued step in that direction."

An amendment offered by Senator Michael O. Moore extends \$1 million of state financial support to the Massachusetts Military Support Foundation, Inc. for 'empowerment centers' which distribute food services to veterans in need in Worcester County.

"The brave men and women who have served in our armed forces are true heroes, and we should be doing everything in our power to make their transition back to civilian life as easy as possible," said Senator Michael O. Moore (D-Millbury). "Through their programs, events and other resources the Massachusetts Military Support Foundation has become a leader when it comes to providing services for our vet-

erans. Because of this I am both grateful and proud that we were able to allocate funding for them so that they can continue to provide exceptional service for our service members."

With both the House and Senate having passed their own versions of ARPA spending plans, the two bills must now be reconciled before heading to the Governor's desk.




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