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January 2022

## Student Services Director Kathy Silva Brought Passion for Unique Learners to Ashland

By CYNTHIA WHITTY

When Kathy Silva announced her retirement as the Director of Student Services for the Ashland Public Schools (APS), Superintendent James Adams wrote, "Her expertise in the field of special education and her passion for our unique learners is unparalleled. She has always been student-centered and focused on doing what is best for our Ashland families."

APS began a search for Silva's successor in December and intends to have a new director in place by the start of the 2022-23 school year.

In this interview with Ashland Local Town Pages, Silva describes how she came to Ashland, her accomplishments and future plans.

**Whitty: What brought you to Ashland?**



Kathy Silva announced her retirement effective July 11. Upon her retirement, Silva will have served as Ashland Public Schools' director of student services for 11 years. (Photo/Esmeralda Casas)

After earning my Certificate in Advanced Graduate Studies in Educational Leadership (CAGS), I was looking to move up to a director position I had in Leominster Public Schools. Timing can be everything, and as luck would have it, Ashland was looking

for a new director of Student Services. I knew immediately I had to apply. Ashland offered exactly what I was looking for: a small community wherein relationships are valued, a

**PASSION**  
continued on page 2

See our  
Healthy Living Section  
Inside...



The Rotary Club bench overlooks Mill Pond and the Riverwalk bridge, officially opened in 2020. (Photo/supplied)

## Take in the View from the New Rotary Club Bench

By CYNTHIA WHITTY

If you walk by the Ashland Historical Society and Mill Pond, you will notice a new place to sit and take in the view. Instrumental in donating the bench last fall to the

town was Ashland resident and Framingham Rotary Club board member Ken Erdelt.

**BENCH**  
continued on page 3

2022  
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**PASSION**

*continued from page 1*

strong educational system, and an opportunity to bring my skills to an administrative team looking to grow.

**Whitty: What prepared you for your Ashland job?**

As I mentioned, I had just completed my CAGS in educational leadership. My previous education included a BA in psychology from Boston College and a Master's in Social Work from Smith College. My entire professional career has been working with children and their families as a clinical social worker or a special education coordinator. More importantly, I am the mother of three wonderful adult men who had special needs growing up and in public education. This perspective really influences me as a professional, and, I believe, makes me a better educator.

**Whitty: Can you describe what your job has been?**

Being the Director of Student Services is like being on a rollercoaster! It is thrilling to see students grow, but there are curves and moments when I hold my breath. I love helping other professionals grow and knowing that my efforts to support staff also benefit students. Ensuring the district upholds all the regulatory compliance is important in my role. However, what I value day-to-day is building and maintaining relationships with all stakeholders. I truly believe it takes a village to raise a child.

**Whitty: What are some highlights from your Ashland career?**

So many accomplishments have come to be since I joined the team here in Ashland. We have built programs to support student needs from pre-K to

grade 12, including therapeutic programs, language-based programs, and programs for students who have intensive developmental needs/autism. We have also been able to add staff and specialists to our teams.

The growth of the preschool is incredible! Through the hard work of many, including Ms. Sara Davidson, the Ashland Preschool is truly integrated and supportive of our youngest unique learners.

I will always remember hosting the Five Town Special Olympics Games Day event. Having Rob Gronkowski join our students with his teammates Geneo Grissom and AJ Derby, cheerleaders, and Pat the Patriot made the event incredibly special for all participants.

We have also increased our capacity to educate English Language Learners, and the EL staff are doing a remarkable job working with students who have limited or no English language.

It has been very gratifying to add a summer program for EL students to support their continued growth.

All these highlights were accomplished through teamwork and collaboration with many. I am fortunate to have a great relationship with ASHPAC, the parent advisory council for special education, and I am currently building capacity to have an ELPAC, a parent advisory council for students learning English. Further, nothing would be accomplished without support from Superintendent Adams; Assistant Superintendent Cairra; the School Committee, chaired by Ms. Laurie Tosti; and the administrative team.

**Whitty: What have you enjoyed most?**

I am a people person, so I enjoy the people and students the most! I would like to believe my career has positively affected a child or maybe more and that these children in turn positively affect someone else and the "butterfly effect" widens the impact.

I also hope I have helped other professionals grow and do great work themselves.

**Whitty: What has been most challenging?**

Finances are always a challenge in education. I represent underfunded mandates.

**Whitty: What do you plan to do next?**

Retirement will offer me a chance to pursue other interests. I love to read, knit, spend time with family, go to the beach or mountains, and putter around the house and garden. I hope to travel. I would love to take some art history classes and dabble in some artistic interests—ceramics, silversmith. My husband and I plan to move eventually, most likely to New Hampshire, to have more land to enjoy nature and a quieter life.

I want to thank Ashland for letting me be a part of this truly special community. I feel so fortunate to have been the Director of Student Services for the past 11 years.

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**BENCH***continued from page 1*

“There were, of course, the usual ideas of helping with food pantries, cleanup projects and so forth, but the idea of donating a bench to the town came up [in early 2021],” Erdelt said. “We [the Framingham Rotary] had previously done one for Framingham. I took the assignment of finding out if the town would be interested and following through to get grant money from our District if we choose to pursue the project.”

The Framingham Rotary Club serves the communities of Framingham, Ashland, Hopkinton, and Holliston.

“While we welcome opportunities for our club to donate time, effort, and money to our local communities to help with services, we also look at how we can make an enduring impact to the communities we serve. The bench serves as an enduring and visible symbol of the Rotary’s commitment to the town and as a way of reminding those who may use and enjoy the beautiful view from the bench to think of the Rotary as a part of the town as well,” Erdelt said.

Erdelt coordinated all aspects of the project over 10 months, from planning, funding, and collaborating



with town officials to working with the Rotary District grants office to seek approval for a monetary contribution to the overall funding of the project and installation.

During the actual installation work, he kept in close contact with the Ashland Department of Public Works (DPW) as they had to fit the work into a very busy schedule. He also worked with NEC Trophies in Ashland to create the plaque for the front of the bench and buying and transporting about 20 bags of cement to the DPW crew for the pad. “The DPW crew were very supportive and great to work with all the way through the project—shout out to Roy Correia and Chris Messier and their teams,” Erdelt said.

The bench sits on the bank of the Sudbury River between the Ashland Historical Society building and the waterfall off Myrtle Street and offers a beautiful view of the river, the park, and the bridge to the walking trail. “We hope people will enjoy the bench and the view for many years to come.”

**Local Community Projects**

Erdelt wants residents to know that the Rotary Club of Framingham is a service organization of local men and women from Ashland, Framingham, Holliston, and Hopkinton, who want to better the community in which we live or work. “As a club, we undertake a variety of community projects that range from building a new playground to cleaning up a town park to serving Thanksgiving dinner to those in need.”

“We also serve as a resource to other not-for-profit organizations, awarding financial grants that assist with their worthy causes and community service efforts. We have given over \$300,000 to organizations, such as the Visiting Nurses, the Pearl Street Food Pantry, the Boy Scouts, and the YMCA.”

In Ashland, the Framingham Rotary Club has been very active in helping to establish and support the Financial Literacy program—



**Framingham Rotary Club members and town officials dedicate the new bench at Mill Pond on Nov. 16. (Photo/supplied)**

more commonly known as The Reality Fair—at Ashland High School (AHS). “The Rotary helped AHS launch the program three years ago, but the faculty and Student Council really deserve the credit for organizing and running the Fair annually. The Rotary usually has from 8-12 club members helping with the booths and the Ashland business community, and parents have strongly endorsed the program.”

Erdelt invites residents to learn more. “We would love to have more Ashland residents learn about and consider joining the Rotary Club so we can continue to expand the programs that matter to Ashland. If anyone is interested in learning more or, better yet, attending a meeting to see for themselves, they may call me at 508-864-3370 or visit the website at [info@framinghamrotary.org](mailto:info@framinghamrotary.org).”

## Greater Ashland Lions Club News

SUBMITTED: LION  
ROSALIE PORTER, 2ND VP

**Happy New Year**

Welcome 2022! We, the Greater Ashland Lions wish you all the best of Health. Thank You to all our supporters during the past year, whether it was donating used glasses, purchasing a Wreath, attending a function or giving us a monetary contribution – we appreciate you! Our club is anticipating a productive year with new and entertaining functions for all to enjoy.

**Peace Poster Contest**

Congratulations to all students who participated in The Lions Club International Peace Poster held at the Ashland Middle School in November. This was the 34th year that our Lions Clubs have participated and the topic this year was “*We Are All Connected*”

**Youth Speech Contest**

The contest between the Ashland Lions and the Greater Ashland Lions was held in De-

ember. The contest was done virtually and the winners will be announced at a later date. The topic this year: “*Why is Accountability Important?*”. This is the opportunity for students to demonstrate their speaking ability in the presence of an audience. For more information contact Lion Margaret 508.881.9861 or Lion Patti 508.881.2034.

**Coat Drive**

Thank You again for the generosity and overwhelming support of donations to our 10th Annual Coat Drive. We will be accepting your donations until the January 8th deadline. We are grateful for the DROP OFF Locations: Shear Perfection, Ashland Town Hall, Ashland Community Center and the Rogue at the Mindess School. We appreciate the partnership and efforts of Anton Cleaners for their endless support each year, along with their staff, cleaning each article of clothing and donating it back to the local community for those in need.

Each year the need increases. Please know that your donation is appreciated by those who receive your gift of warmth. Contact Lion Deb 508.881.2117, for more information.

**Quiz Night**

Do you know 8 people? Create a Team and reserve a table now for an evening of TRIVIA fun and learning. On January 15th, 2022, at 7pm at the Ashland VFW Hall marks our club’s 27th year hosting our QUIZ night. Tickets are \$20 per person. Light snacks will be provided (no outside food is allowed). All proceeds benefit Mass Lions Eye Research and local community activities. Contact Lion Ro at 508.881.4743 or Lion Nicole 781.718.6478 for more information.

The Greater Ashland Lions club is busy helping those in need and can always use more help. If you enjoy spreading kindness, volunteering, and want to be part of a fun group, please reach out to Lion Ellie at 508.875.4513 or [elliet43@aol.com](mailto:elliet43@aol.com).

com to learn more. The time commitment is up to you!

We’d like to Thank all those that purchased our Wreaths and Swags and hope to see you next year.

Please continue collecting Eyeglasses, Hearing Aids, Coupons for Education, and Can Tabs. We want them! Contact Lion Cheryl at 508.881.7056 if you have these items.

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# Around Ashland Town News

By CYNTHIA WHITTY

## Christmas Tree Pick-Up

The Ashland Department of Public Works (DPW) will pick up Christmas trees on Jan. 3 and 10. Please remove all decorations, do not bag or tie the tree, and have your tree curbside by 7 a.m. on those dates.

## Ashland School Calendar

The Ashland School Committee has approved the 2022-2023 school calendar. Find it online at [www.ashland.k12.ma.us/Page/2698](http://www.ashland.k12.ma.us/Page/2698).

## Environmental Reads

The GreenUp Ashland Committee, the Ashland Sustainability Committee, and the Ashland

Public Library will host an environmental book club starting in January. Everyone is welcome to join for discussions. This is an opportunity to share tips, topics, and issues facing the globe. Attendees at the first meeting on Jan. 4 at 6:30 p.m. will discuss the book *Secondhand: Travels in the New Global Garage Sale* by Adam Minter. The book asks, what really happens to the clothes we put in those donate bins around town? For more information and to register for the meeting, visit <https://bit.ly/3IGfofx>.

## Trolley Brook Trail Officially Opens

Ashland's Trolley Brook Trail, the first section of the Upper Charles River Trail, officially opened on Nov. 19. The trail is a multi-use, paved and unpaved, 0.6 mile long by 10-foot wide path and runs from Megunko Road to Memorial Drive, through wetlands and wooded areas of the town's Rail Transit District. The Upper Charles River Trail ([uppercharlestrail.wordpress.com](http://uppercharlestrail.wordpress.com)) is a proposed 25-mile trail that will incorporate the communities of Milford, Ashland, Sherborn, Holliston, and Hopkinton, linking the towns via an abandoned CSX rail bed.



The first section of the Upper Charles River Trail, Trolley Brook, officially opened on Nov. 19. (Photo/supplied)

## Mark Your Calendar for Town Elections

The next scheduled election in Ashland is May 17. The town clerk's office will accept Vote by Mail applications beginning Jan. 1. For more information, visit [www.ashlandmass.com/219/Elections-Voting](http://www.ashlandmass.com/219/Elections-Voting).

- Seats Available in 2022
- Moderator - 3 years (vote for 1) expires 2025
  - Select Board - 3 years (vote for 2) expires 2025
  - Board of Assessors - 3 years (vote for 1) expires 2025
  - School Committee - 3 years (vote for 2) expires 2025
  - Board of Library Trustee - 3 years (vote for 1) expires 2025

- Board of Health - 3 years (vote for 1) expires 2025
- Housing Authority - 5 years (vote for 1) expires 2027
- Planning Board - 5 years (vote for 1) expires 2027

## Special Town Meeting (Dec. 1, 2021) Recap

- Article 1: Free Cash Transfer- needed a simple majority vote, passed unanimously
- Article 2: Reauthorization of Bonds for the Public Safety Building- needed a 2/3 vote, passed unanimously
- Article 3: Property Tax Exception- needed a simple majority vote, passed unanimously
- Article 4: Extend the End Date: Riverwalk, Mill Pond Park, Beautification and Stone Bungalow Projects- needed a simple majority vote, passed unanimously
- Article 5: Authorize funding for Marathon Park Enhancement- needed a simple majority vote, passed unanimously
- Article 6: MWRA Bond for I & I program Phase II - needed a 2/3 vote, passed unanimously
- Article 7: Road Acceptance: High Street Ext and Weaver Road- needed a simple majority vote, passed unanimously
- Article 8: Resolution to call for Decarbonization in the Commonwealth- needed a simple majority vote, passed

For more information, visit [www.ashlandmass.com/449/Town-Meeting](http://www.ashlandmass.com/449/Town-Meeting). To watch a recording of the town meeting, visit <https://bit.ly/3IxDhWF>.

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

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

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

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

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

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

Jay and his team have handled it all. They've dismantled

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

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

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

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

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



call goes right to Jay.

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

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

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

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a

junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.take-awayjunk.com](http://www.take-awayjunk.com).

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# Winter Bluesfest comes to HCA

The HCA, your regional arts center located at 98 Hayden Rowe Street in Hopkinton, is delighted to announce that they will be hosting four amazing musicians for a Winter Bluesfest on January 22nd. This is just one of the many exciting events coming to the HCA this year.

“We’re so pleased to head into 2022 with a full year’s line-up of music, dance, theater, gallery and other special events” says Kelly Grill, Executive Director for the HCA. “Some events will have a ticketed price, while others will be free or ask you to pay what you can. We are working towards the goal of having live entertainment happening every weekend. Keep checking our calendar on the website to see what’s coming up”

The January 22nd festival-style event will feature Chris Fitz, Racky Thomas, Ken Clark and Sonya Rae. Chris Fitz’ music resonates with Woodstock era Baby Boomers all the way to young adults who have never listened to a blues record in their life. His energy and enthusiasm for his profession shines through



The Chris Fitz Band



The Racky Thomas Band



Ken Clark Organ Trio



Sonya Rae & Ryan Taylor

every performance. The Racky Thomas Band has been a torchbearer for the blues since its formation in 1995, when Racky Thomas collaborated with bassist Todd Carson, guitarist Nick Adams, and drummer Ted Larkin to make a demo cd, and do some

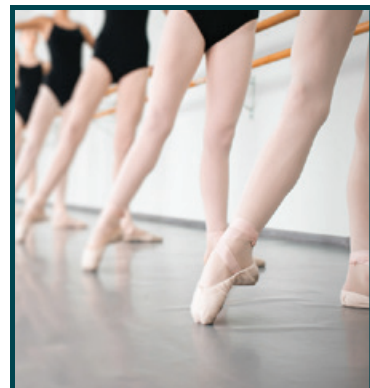
gigs around the Boston area. Ken Clark is internationally known as one of the world’s greatest jazz organists. Ken’s technical ability joined with his natural feel for funk and soul makes for a great experience. Sonya Rae is part of the new breed of blues and soul

musicians, always searching for new ways to revitalize the form. A triple threat, her striking musical ability is immediately evident through her soaring vocals, scorching guitar work and savvy song-craft. Often joined by guitar phenom (husband) Ryan Taylor, she and her band are quickly becoming one of the most sought after acts on the scene today.

Tickets for this event can be purchased online at [hopartscenter.org](http://hopartscenter.org)

### About the HCA

The HCA offers arts to all people. Classes, theater productions, and gallery exhibitions serve an inclusive community of students, performers, and exhibiting artists diverse in age, ability, experience, ethnicity, and geography. Created in 2011, HCA, a 501(c)(3) nonprofit community arts center, fosters and celebrates the creative spirit in everyone.



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Your Money, Your Independence

# Resolutions Gone Bad: Rein In Your New Year

Making New Year's resolutions to improve your financial wellness in 2022?

Let's help you start by recognizing questionable resolutions, including three destined for failure plus what should be considered for successful planning outcomes.

**Bad Resolution:** *Need to start buying some "X" to make more money.*

Please, tell me more. If due to FOMO (Fear Of Missing Out) or based on this year's performance, give pause.

Yes, momentum, innovation, social & macro themes, niche' and/or value could be part of your investing strategy, but let's back up - do you have a strategy?

Is a core of low-cost, diversified index funds present to allow for explore ideas like X? How does X correlate with what is already owned? Impact on overall risk? Without mentioning performance, can you articulate why you own X and when wouldn't own X?

**Better Resolution:** *Need to save \_\_\_% and take \_\_\_ risk with investments to reach \_\_\_ goal.*

To truly build assets, you need to save a specific percentage each year, take opportunistic or measured risks AND invest towards your established goal, not an investment benchmark or The Joneses.

**Bad Resolution:** *Pay down debt.*

Sounds important, but is it? It depends. Tax deductions, interest rates, duration, fixed or variable, inflation, deflation, and depreciation ensure all debt is not equal.

**Better Resolution:** *Execute a debt reduction plan.*

Access all debt, then prioritize on high-interest debt, variable rates, and unsecured. If down to a 3% of lower mortgage, 2% auto loans, and a MassSave at 0%, then maintain required payments, reap benefits of low, fixed rates in an inflationary environment and allocate towards investments outpacing inflation.



Glenn Brown

An exception, if not at ~40% home equity ownership, can make a case to get there and open a HELOC. Beyond flexibility to access equity built and lower total interest paid, can eliminate the opportunity costs of a large cash position for the "what ifs" in life.

**Bad Resolution:** *Do more for my retirement.*

Buy a lottery ticket, as greater chance of success than this vague "lose weight" resolution tossed by January 10th.

**Better Resolution:** *How do I retire at 55 or semi-retire in 5 years.*

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Aggressive timelines creates urgency, leading to actions that bring you closer the ultimate retirement accomplishment - choice.

How to ensure resolutions are not misguided, outdated, or simply unrealistic?

Use common sense, socialize with your spouse, and/or leverage an accountability partner (i.e. Certified Financial Planner) to make your 2022 resolutions happen.

*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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# Intense Weather, Road Construction Challenge Ashland's DPW

By CYNTHIA WHITTY

Intense weather events and major road construction projects made 2021 an especially challenging year for Ashland's Department of Public Works (DPW).

Doug Small, Director, DPW, admitted, "I have not been much of a believer in global warming. [But] not anymore. I was in denial. Over the last 3 or 4 months, we experienced several rainstorms that blew my mind," Small said. "Each rainstorm dropped a tremendous amount of water in a matter of minutes, overwhelming areas that have never experienced flooding. Intense, frequent rainstorms have done some serious damage not only to our infrastructure but to homes and businesses here in Ashland. It is a serious problem."

In 2018 Ashland created a new Stormwater division under the DPW to meet federal permit mandates under the National

Pollutant Discharge Elimination System (NPDES) program. "Talk about timing!" Small said. "The Stormwater division is just as essential as our Highway, Cemetery, and Water and Sewer divisions. These intense rainstorms have identified vulnerable areas in town. Our staff members, Evan White and Kevin Langmeyer, with the guidance from the Stormwater Committee, are addressing issues on a daily and long-term basis, doing what they can to protect our reservoirs, lakes, ponds, streams, and wetlands from pollutants. The Conservation Commission has been playing a very active role as well, dealing with these extraordinary weather conditions."

"We are seeing the results of climate change—flash flooding from intense, frequent rainstorms, property damage, and roadway washouts. Now it's a matter of figuring out how to upgrade systems that have been in place for over 50 years."

The good news in 2021 was, with all the rain, Ashland did not need an outdoor use water ban.

Another major project many residents have experienced as they drive around town is road construction downtown and on Pond Street (Rt. 126). Some of the work, according to Small, may slow down over the winter months due to the weather.

"I was hoping the contractor on Route 126 was going to be able to install two retaining walls over the winter, but that is not going to happen," Small said. "I think there is a good chance that we will not see much activity on Route 126 during January, February, and March."

"On the other hand, we may see construction activity downtown. They are currently installing the new traffic signal foundations. Then they will install the underground conduit in order to eventually power up the new traffic signals. Hopefully, the new traffic signals will be com-



Ashland Department of Public Works | 2022 981-0121 | ashlandmass.com/DPW/Department-of-Public-Works

pleted over the winter. They may get the infrastructure completed under the railroad tracks, but I think that's a longshot. I bet that happens in the spring."

## Other Major Projects

Other major projects Small is monitoring include two bridges "on the radar for replacement/rehabilitation. The Cordaville Road bridge is one and the other is the Main Street bridge over the Cold Spring Brook located at the bottom of Main Street hill."

"The Cordaville Road bridge will be replaced, hopefully, by the Massachusetts Department of Transportation (Mass DOT). When? That is the question. The Town is taking precautionary measurements. We are currently doing an engineering study that will provide a plan in case the state partially closes the bridge. It is important for every-

body to know that it takes a long time to design and replace a bridge. This plan will include temporary traffic signals."

The Ashland DPW plays an integral part in these state-funded projects by coordinating engineering and design, tree work, traffic set-ups, police, fire, and staging areas; handling town utilities; and resolving complaints from businesses and residents.

For project updates, visit [www.ashlandmass.com/160/Department-of-Public-Works](http://www.ashlandmass.com/160/Department-of-Public-Works).

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# The b.LUXE *beauty beat*

## New Year • New You 2022 Giveaway!

By GINA WOELFEL

Different cultures from around the world welcome the change of the calendar with unique traditions all their own.

In Spain, it's customary to eat 12 grapes at midnight, one for each stroke of the clock. Each grape represents a wish of good luck for the coming months of the year.

In Denmark, plates and glasses are thrown at the front doors of close family and friends to banish bad spirits away.

In Scotland, the first person to cross the threshold of a home in the New Year should carry a gift for good luck.

And in Ireland, there's a beautiful tradition of opening the back door to the house just before midnight to "let the Old Year out" and opening the front door to "let the New Year in".

As many of you know, b.LUXE owner Heather Cohen is a true New Year's baby and was the first child born in Boston on January 1st, 1976!

"I love to travel somewhere warm and tranquil for my birthday. I don't go out or do much while I'm there, it's really my time to reflect, reset and look ahead. I love to read on the beach and watch the crystal blue waves crash over the sand. If I'm carrying any tension or stress from the previous year, I let it all go. I give everything I have to my business and love working with my team, but every once in a while, I need to take some personal time to regroup and set new goals. This time away let's me reboot and return filled with inspiration and a renewed sense of excitement for the coming year." - Heather Cohen

2021 was a remarkable year for b.LUXE. We achieved so many of our personal goals and worked collaboratively to push the studio to the top of the beauty industry! It's time to celebrate and start our own New Year's tradition with you!

In lieu of throwing plates at your front door, we've come up with a wonderful way to ring in the New Year and usher in a fantastic 2022!

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Let's celebrate Heather's birthday together!

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- Gift cards must be used by the last day of 2022

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# Ashland Business Beat

By CYNTHIA WHITTY

## ABA Reports Growth in 2021

Committed to growing and serving its members, the Ashland Business Association (ABA) works closely with the town and partners with many local organizations and community groups.

“Our organization is growing in numbers and influence. We are happy to report that we added 25 new members in 2021,” Adam Sachs, ABA president, said. “The ABA board also welcomed several new board members—Valerie Gaines, At Peace Reiki; Paul Netopski, Critical Prism Defense; and Peter Waisgerber, Metrowest YMCA—as well as new members to our committees—Dennis Ahern, Agostinelli, Teller & Ryan Insurance Agency; Marty Garvey, The Car Vault; and Sentie Kironde, Sentie’s Kitchen.”

“Communications and marketing are important to us and our members. We work to keep members informed of news, events, business opportunities, and legislation that may impact them and promote them through social media and print, such as Ashland Local Town Pages,” Sachs noted.



ABA members Adam Sachs, Paul Netopski, and Valerie Gaines. (Photo/supplied)

Giving back to the community is also important to the ABA. The group awards two \$1,500 scholarships each year to high school seniors residing in Ashland, donates to the Ashland Emergency Fund, and participates in community activities, such as the high school’s Reality Fair to teach graduating seniors real-world skills.

In 2022, the ABA will mark 30 years since its founding in 1992. For more information, visit [ashlandbusinessassociation.com](http://ashlandbusinessassociation.com).

## New Businesses

Ashland is excited to welcome three new businesses to town. Be sure to look for these new businesses when you are searching for services.

### Crossroads PT & Wellness:

An outpatient physical therapy clinic specializing in orthopedics with a focus on physical wellness throughout the lifespan. Through exceptional patient care and trusted expertise, their goal is to exceed customer’s expectations. They understand that each injury and needs of each individual are unique, and they are committed to offering a multifaceted approach to better ones overall



Kids in Motion owner Débora Magalhães marks her official opening in December with invited guests. (Photo/supplied)

wellness. 128 Main St., [ash@crwphysicaltherapy.com](mailto:ash@crwphysicaltherapy.com), 781-850-5403

### Kids in Motion Therapy Center:

A private pediatric clinic that offers occupational therapy and speech therapy services for children of all ages, conveniently in the same location. They are committed to helping each child achieve their full potential in all important areas of their lives. Their team uses movement and play-based activities to provide each child with a fun, safe and motivating environment as we work on functional skills. 100 Waverly St. (Rt. 135), [www.kidsmotiontherapy.com](http://www.kidsmotiontherapy.com), [debora@](mailto:debora@kidsmotiontherapy.com)

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Zeta Fencing: Fencing, the art of swordsmanship, has been practiced for centuries. Originally geared for combat, it is now staged for Olympic gold. The sport of fencing develops quick thinking, poise, agility and speed, as well as self-confidence and sportsmanship. Fencing is a lifetime sport, equally suitable for men and women, children and adults. Zeta Fencing offers a range of sabre fencing programs at beginner, intermediate, and advanced levels. 200 Homer Ave., [zetafencing.net](http://zetafencing.net), [zetafencing@gmail.com](mailto:zetafencing@gmail.com), 508.655.6480

## Another great year of Christmas Trees!

LION DAN MITCHELL

The Ashland Lions had a great year selling Christmas trees and wreaths in our new location behind the Ashland VFW. The lot opened the day after Thanksgiving and wrapped up on Friday, December 17th with just a few trees remaining! First and foremost, the Ashland Lions thanks Ashland VFW for our new permanent tree lot home in the back of the parking lot. The Ashland Lions are grateful to the Ashland High football team and Coach McKay for their help unloading hundreds of trees upon arrival, and to Boy Scouts Troop 232 and Leos Club members who volunteered every weekend to sell trees and wreaths. The Ashland Lions also thanks its members for their efforts with preparing the lot, covering every open shift, and cleaning up when everything

was done. Most importantly, we would like to thank the people of Ashland and surrounding towns who purchased their tree or wreath from the Ashland Lions tree lot to support a good cause, because 100% of the proceeds from selling trees and wreaths goes to our local community and Lions Eye Research. We hope to see you again next year!

Lions direct volunteers from the AHS Football Team and Boy Scouts Troop 232 unloading trees.

### 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 270 coats this season! Please search your closets for unused coats and ask your friends and neighbors to do the same. The weather is

LIONS

continued on page 11

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# Learn About Youth Mental Health: Free Virtual Workshops, January 12

BY CYNTHIA WHITTY

Youth mental health has been on everyone's mind lately. As a community, Ashland has prioritized youth well-being and provided opportunities both in and out of school to promote student mental health and wellness. However, the past two years have challenged all of us to enhance our understanding of mental health, particularly as it pertains to young people. We know that when young people experience positive mental health it can help support academic learning, social connections, and healthy decision-making.

We can begin our understanding of mental health and how to achieve and support mental health through mental health literacy. But what does that mean?

To help us answer this question, Ashland's Decisions at Every Turn (DAET) and the Ashland Public Schools (APS) are partnering with Mental Health Collaborative (MHC), a non-profit mental health education and awareness organization based in Hopkinton.

"We teach all types of literacy in schools, but we don't tend to teach mental health literacy," Abbie Rosenberg, Mental Health Collaborative Executive Director, said. "Everyone needs and deserves to be mental health literate, and that is what we hope to achieve with these trainings and our school curriculum."

The public is invited to learn when, where, and how to get mental health help and support for our kids and teens at one of two virtual workshops on

Wednesday, Jan. 12: 9 a.m. to 10:45 a.m. or 6:30 p.m. to 8:15 p.m. Register online at [www.mentalhealthcollaborative.org/ashlandparents](http://www.mentalhealthcollaborative.org/ashlandparents).

Participants will explore mental health literacy through an educational presentation on the importance of self-care; reducing stigma; recognizing the difference between mental health and mental illness; distinguishing between stress, anxiety and depression; coping strategies; and accessing local resources.

"We are grateful for the opportunity to partner with Mental Health Collaborative and their amazing clinical team to share their expertise and strategies for supporting kids of all ages," Kristin French, DAET Director, said. "I encourage every adult to join us."

## Let's Talk About Mental Health

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(DAET) Coalition



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**Wednesday, January 12**

**9:00-10:45 AM EST**  
OR  
**6:30-8:15 PM EST**

Register with this Link:  
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to Register:



## LION

*continued from page 10*

getting colder and this is a good opportunity to help those in need. The coats can be for children or adults and must be 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 1200 pairs of used eyeglasses this year alone.

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

## Happy New Year Ashland!

The Ashland Lions Club would like to thank the Ashland community for all its support again this past year. With your help we had a successful coat drive, successful meat raffles, a great golf ball drop, and a great year selling Christmas trees. We

hope to see and hear from you soon!

## Ney year, new opportunities

Why not make Lions Club Red your color for 2022 and participate in service to the community? If you're interested in

becoming a member of the Ashland Lions, please reach out to us via email at [membership@ashlandlions.org](mailto:membership@ashlandlions.org) for details.

## 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!



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# Illuminate Ashland Shines a Light on the Arts

BY CYNTHIA WHITTY

Thanks to organizer Chrissy Reynolds, Illuminate Downtown Ashland on Dec. 11 was a successful, free event with something for everyone. Founded five years ago by Reynolds, owner of Annemarie's Dance Centre, Illuminate Ashland was held "to shine a light on the important role art plays within a community." Music and dance performances and art exhibits are held throughout the downtown both indoors and outdoors in a three-hour period beginning at dusk.

"There is always a weather concern in December," Reynolds said. "There's been snowstorms, rainstorms, cold snaps, and this year—lots of wind. We needed to make last minute changes to the outdoor luminaries so they wouldn't blow away, but we managed to hold a fire at The Corner Spot, and the Drum Nomads performed outdoors in the almost 60 degree weather."

"A unique concern this year was holding an event where each indoor location needed to enforce

the indoor mask rule, but there was no issue with those who attended the various locations. Everyone was respectful."

Reynolds said one highlight of this year's event was the Ashland High School Chorus performance at the Federated Church. "Many of the people I talked to had never stepped foot in the church. It is a beautiful, intimate location in town. Pastor Katie Keene was warm and welcoming to the entire community."

Other highlights, according to Reynolds, included NATyA Dance Collective showcasing a section of new choreography created during the pandemic and all six members of Drum Nomads performed outdoors with a hooper in front of a fire; the Arreaux String Quartet, which sounded beautiful and full in the space of the Ashland Historical Society; and 19 student dancers at Annemarie's Dance Centre, who performed work they created.

"The studio was full with an audience in all three rooms,



Photos/supplied

which gave the dance students another opportunity to perform in front of a live audience, something they have not done much of since COVID. In addition, we displayed a community art project inside by hanging over 400 Ojo De Dios (God's Eye) inside the studio from the ceiling and then lit them from above for peo-

ple to walk through."

Other locations for music, dance, and art included the town hall, Blush Bouquets, Needham Bank, and Ashland Reiki & Wellness.

The event is organized each year in collaboration with the town and Arts!Ashland Alliance. "We are always looking for art-



ists/performers/musicians/businesses that care about the arts to partner with. Please reach out to me, Chrissy Reynolds at [annemariesdancecentre@verizon.net](mailto:annemariesdancecentre@verizon.net), if you would like to be part of the next year's Illuminate Ashland."



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# Sports

## Lizzie Forster Hoping to Make Ashland Proud While Participating for MADS

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

As a freshman last winter, Ashland's Lizzie Forster was the only Clocker to be part of the MADS (a co-op team made up of girls from Medfield, Ashland, and Dover-Sherborn high schools) gymnastics team.

This season, there are two other girls who will be looking to make the team along with Forster. Entering her sophomore campaign, the Ashland native is hoping to learn from last year's varsity experience and improve upon the sport she's loved for so many years.

"I've been doing gymnastics since I was introduced to it in a play group at the gym at 2 years old. I love the environment of the gym and all the support," the sophomore said. "In the eighth grade, I knew that I wanted to participate in gymnastics for MADS and a good friend of mine from Team Elite (Dover-Sherborn's Kelsey Chiu) suggested I try out when I got to high school the following year."

Originally Forster found herself extremely nervous about trying out for the team as she was the lone Ashland representative and only knew her one friend, but she soon found the girls were very welcoming and that there was nothing to worry about.

MADS Coach Jennifer Wrenn believes that Forster was the lone Ashland participant because of the school's lateness on deciding on athletics due to the Covid situation last winter. With everything back to somewhat normalcy this season Wrenn is counting on Forster to score some points for the program.

"As a sophomore this year she can do all four events, but I think that she will be a threat for us on the floor and vault, while possibility seeing some time on the bars, the Coach said. "Last year each time she took to the floor she gave us a clean event where we could constantly count on her scoring."

Although the Ashland gymnast is not considered a number one athlete as of yet, she will help the MADS team in securing



some wins this winter.

"I feel that I am best on the bars, but bars and vault are my favorites. Vault is super cool as I get to run and show off, while bars has that swinging momentum that gets me feeling good," the sophomore said. "I have done the beam and floor and while they may not be my favorites, high school gymnastics is more about the team than the individual, so I'll do whatever is needed for the team to be successful."

After her introduction to gymnastics at a very early age Forster began taking classes before eventually joining Team Elite in Ashland (where she has been for the past 9 years) after being recommended to join the program at the age of 7.

"When I first got involved with Team Elite, there were a lot of older girls on the team and I was fascinated watching them flipping around and swinging like monkeys," she said. "It was definitely something that I wanted to do."

In addition to participating in gymnastics year-round, Forster also plays lacrosse for the high school as well being a defender for Boston Laxachussetts.

Playing lacrosse has helped not only with her endurance but has also made her stronger which has translated into gymnastics.

"Lacrosse has a lot of running and you work together as a team to accomplish winning. Gymnastics is more individual, but everyone is still working toward the same goal," Forster said. "With lacrosse I love the team feel, but there are days I would rather be practicing by myself."

Participating for a co-op team from three different towns practices take part in a centrally located location. MADS practices in Natick later in the evening (around 8pm) giving the girls the time to go home and do their homework before going to practice, where they'll work on their routines for an hour and a half.

"The travel to Natick is not that difficult as I have been doing for so many years it just became routine," Forster said. "Practice would be the last thing that I'd do every day."

Currently Forster is still working her way back from an ankle injury, trying to get her skills back to where they were but she is primed to go out and do her best this season while getting the best score that she can to help the team during each event.

"Prior to Covid I was in and out of boots and casts and when Covid hit there were no gyms open so it was tough to get back to normal. All I could do was conditioning myself so that it would be an easier transition when I was able to return," she said.

Coach Wrenn is looking for food things from her second-year player.

"I'm excited to see how she grows this year. In such a short time last year she was amazing," the Coach said. "She's one of those girls we can use anywhere this year, even if it's a last-minute substitution. She has the ability to gain more confidence in her first full season with the team."

Although just a sophomore, the thought of taking part in collegiate gymnastics has crossed her



mind. She is not sure where she wants to go but it will probably be a division 3 school where she can participate in gymnastics in some capacity.

However, for the time being she's fully intent on giving it her all for MADS.

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# Ashland Holds First-Ever Holiday Stroll

By CYNTHIA WHITTY

The town, with community organizations and businesses, held its first Holiday Stroll on Dec. 4. Residents were invited to walk along Main and Front streets to view storefronts, visit pop-up shops, and enjoy games, crafts, activities, and more shopping at the Corner Spot. At dusk, strollers gathered along Front Street to enjoy hot cocoa, caroling, and the annual tree lighting. Santa arrived with the aid of Ashland's first responders to greet the crowd before embarking on his drive through local neighborhoods. Participating businesses included Ashland Reiki & Wellness, B & Beauty, Blush Bouquets, The Bagel Table, MSM Blow Dry Bar, My Ashland Office, Needham Bank, and Stone's Public House.



Activities for kids at the Corner Spot. (Photo/Alison Rose)



The Bagel Table at 21 Main St. hosted a pop-up shop. (Photo/Alison Rose)



Holiday tree lighting on Front Street. (Photo/Beth Reynolds)



Main Street decorated with illuminated holiday "meridian" balls. (Photo/supplied)

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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](mailto:joealtman@verizon.net).



# Real Estate Corner

## The Boston Globe Names RE/MAX Executive Realty #1 Midsize Company in Massachusetts!!

RE/MAX Executive Realty is thrilled to be named #1 Midsize Company in Massachusetts!

Our work has a purpose and is meaningful, Helping and caring for others is what we are all about.

While our "work" may be the foundation of RE/MAX Executive Realty, our heart of our organization is our people. We truly believe our agents and our employees are the heart and soul of our company. We are blessed with an amazing group of people who create a culture and an environment of honesty, professionalism, collaboration, generosity, and fun! We are so grateful to have and support each other.

After researching and surveying over 80,000 employees in Massachusetts this past year, the Boston Globe along with Energage (an employee research and consulting company) compiled data and information to create a list of the Top Places to Work.

RE/MAX Executive Realty was recognized as the BEST place to work in MA for mid-sized companies. WOW...this is a truly an amazing recognition for everyone at RE/MAX Executive Realty.

Thank you to our team at RE/MAX Executive Realty, you make extraordinary things happen every day!

REMAX Executive Realty is one of the largest real estate companies in Metrowest. Our award winning professional associates average over 10 years of real estate experience - more than twice the industry average.

With extensive knowledge of the home buying and selling process our associates can help you navigate the real estate market in these challenging times. We have 7 offices in the Metrowest area to serve our clients: Framingham,

Franklin, Grafton, Holliston, Hopkinton, Marlborough, and Westborough. Our experience is never far away. To find one of our award winning associates go to our website [www.remax-executive-realty-ma.com/](http://www.remax-executive-realty-ma.com/)




**Looking to advertise in our Real Estate Corner? Contact Jeremy Wardwell today at 413-204-5296 or by email at [jeremywardwell@localtownpages.com](mailto:jeremywardwell@localtownpages.com)**




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*The McDermott Team would like to thank all of our clients for a great 2021.*

**P.S. Townhouses are still selling over asking in Ashland.**

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# Community Education Programming

Ashland Community Education is offering the following programs in 2022:

### Warren School:

Creative Dramatics, Fridays starting 1/7/22  
Med School, Mondays starting 1/10/22  
Robotics, Tuesdays, 1/11/22

### Mindess School:

Snow White & the Seven Dwarfs  
Tuesdays, Starting 1/4/22

### Middle School:

To be determined.

### High School:

SAT Prep classes, starting in February, information coming soon.

Driver's Education, 30 hour classroom instruction will be remote til June 2022, per the DMV.

For more information go to the Ashland Community Education website at:

<https://www.ashland.k12.ma.us/comm-ed>

If you have any questions you can call or email Jeannie Young at [jyoung@ashland.k12.ma.us](mailto:jyoung@ashland.k12.ma.us).

508-881-0143

If you would like to be removed from the Ashland Community Education list go to:

<https://www.ashland.k12.ma.us/>

Select Parents

Select Sign up for District & School Newsletters

You will see the information below, fill out the information and at the end select remove and select which newsletters you would like to be removed from:

### APS Electronic Newsletter Sign-up

Complete this form to subscribe to, or unsubscribe from, Ashland (MA) Public Schools Newsletters.

Questions? Call the Ashland Public Schools Technology Office at 508-881-0195 to speak with a staff member about newsletter sign-ups.

# Federated Church of Ashland

January 2022

### Thrift Shop OPEN

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

Federated Church of Ashland  
118 Main Street, Ashland MA

We will be **CLOSED** Saturdays January 1 & 8  
We will be **CLOSED** Wednesday January 5

**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



2022

# CAMP GUIDE

It's never too early to plan for Summer Camp! We all know space fills up fast and parents are looking for all kinds of options — sports, STEM, overnight and day camps and everything in between — and we want to help you promote your offerings. Reach more than 87,000 with our new Camp Guide!

Coming March 2022  
Reservation deadline:  
February 1, 2022

Reserve your space today by contacting  
Jeremy Wardwell at 413-204-5296 or by email  
at [jeremywardwell@localtownpages.com](mailto:jeremywardwell@localtownpages.com)

