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Vol. 9 No. 7

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February 2022

Lisa Beaudin Runs "The Best Restaurants in Ashland"

BY CYNTHIA WHITTY

Lisa Beaudin has been Ashland's Director of Nutrition Services for the schools for 17 years this summer. In January, she announced her retirement at the end of the school year. Superintendent Jim Adams said in a press release, "The Ashland Public Schools has been fortunate to have Lisa Beaudin as our director of nutrition services. From day one, she has always put the health and well-being of our students at the forefront of all nutrition decisions. As Lisa likes to say, 'We have the best restaurant in Ashland,' and I agree. I wish her much happiness in her retirement."

Beaudin not only sourced and served quality food, she sought to teach the importance of an all-around healthy lifestyle. In addition, she often reached out well beyond the



schools on her own time, to Ashland community groups, leading discussions at the library's Documentary Film Series "Food and Health" and involving members of Ashland Community Gardens in planting at the middle school and at Stone Park an Asian pear tree guild/permaculture

design in cooperation with Wellesley College Botanical Gardens.

In this interview, she describes her background and job, her accomplishments, and her plans for her retirement later this year.

Whitty: What prepared you for your job in Ashland?

I had been working in financial services for a decade and decided to make a career change. Becoming a chef had always been my dream, but first I had to have a 'sensible' career. I did that, then chose my true passion—food!

I was blessed to meet Julia Child in March of 1991, and she guided me to a program at Boston University she co-founded with Jacques Pepin.

RESTAURANTS
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Foreign Policy Association



Ashland's Great Decisions Group: A Way to Learn About the World

BY CYNTHIA WHITTY

After a two-year hiatus, Ashland's Great Decisions study group is starting up once again thanks to volunteer Gretchen Bravacos and the Ashland Public Library. Great Decisions is described on its website as America's largest discussion program on world affairs.

Bravacos first learned about the group from someone she and her husband met at one of the Life-Long Learning courses cosponsored by the Framingham Library and Framingham State University. "When the topic of brainstorming ideas for activities for adults at an interagency group meeting, I described the Great Decision group meeting format. As a result, a group formed in Ashland. Unfortunately, the group fell apart

over the past year. I am really hoping to revitalize it!" Bravacos said.

"The Ashland group had been co-sponsored by the library and the senior center," Bravacos said. "Several years ago, it was my suggestion to start an Ashland group, and I want to do whatever I could to keep this group going."

"Basically Jim and I are lifelong learners," Bravacos added. "We appreciate the timelessness of the topics chosen each year and the level of professionalism and expertise represented in the Great Decisions briefing book and video. We also enjoy discussing what's going on in the world and how it impacts our lives with other group members."

WORLD
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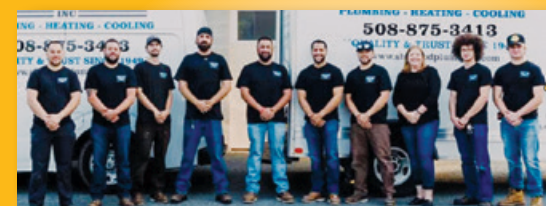


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RESTAURANTS

continued from page 1

I was one of 12 students that entered the program that fall. It was as amazing as you can imagine, being taught by the masters in my profession. I worked in a variety of places in and around Boston for a decade, and enjoyed it immensely. During that time I was also learning more about food as medicine and lifestyle cuisine. I moved to Sturbridge and accepted a job in higher education, managing dining services. I quickly realized students had no idea what real food was, much less how important it was to good health. I decided to get into K-12 education so I could help transform what school food was at that point.

In addition, I completed a certificate program at Framingham State in Excellence in Child Nutrition Programs to ensure I learned all facets of the National

School Lunch program and the complexities of K-12 nutrition. I also wanted to work on staff wellness, so I became certified as a Health Coach. That training was life-changing for me, and I was able to work on lifestyle changes to benefit the health and wellbeing of adults as well as children.

Whitty: What has your job entailed?

More than I ever imagined, and in a good way! Not only did we transform school meals ahead of government mandates and Jamie Oliver [a popular British chef], but we worked with the community to educate adults as well. I say “we” because my amazing staff is behind everything that has been accomplished during my tenure here. I could not have accomplished any of it without them. From cohosting a food film series at the Ashland Public Library’s Documentary Film Series to running the Family Dinner Project, we aspired to educate all of Ashland about the power of a whole foods diet.

Our Safe Routes to School program was another fun project that involved the community, from walk-to-school Wednesdays to teaching pedestrian safety

to our children at the Warren school. Everyone from the Town Manager to Sparky from the Fire Department joined us! Collaborating with the Ashland Recreation Center (ARC), the YMCA, the Lions, and others has helped us reach and support families who needed assistance. All of this contributes to a healthy lifestyle, because food is just one form of nourishment.

Whitty: What are some highlights from your career here?

One of my first goals when I arrived was to implement professional development for my staff. Giving them the knowledge and tools to do a great job. I wanted to always keep it fresh and exciting for them. It took me six years of hounding, but I eventually got Chef Ming Tsai to come and do a training for my staff. We had such a great workshop, both for him and for us as he learned what school food really can be and he was amazed! After the class he asked what else he could do to help, and we came to plan a cooking demo open to the whole community! With his help we were able to raise funds to help us put in a point-of-sales system in all of our schools.

We also got some fun grants to introduce students to new foods, and for a few years collaborated with one of our vendors to do regular “Try It” days with great prizes to encourage students to eat new menu items. All the prizes required physical activity, like soccer balls, skate boards, and even a few bicycles! The school administrators were very involved as well, which really made it fun for the students. From Dr. Hoffman walking through the Middle School Cafeteria with his school lunch each day to Principal Carney riding a bike from his office to the cafeteria, all students witnessed great modeling of our motto “Building a Brighter Tomorrow out of a Healthier Today.”

Whitty: What have you enjoyed most?

Watching my staff grow as passionate as I am about nurturing our students. Of course the students are why we do what we do. Knowing that we are the foundation of educating the whole child is very important. Ashland is very fortunate to have such a dedicated group of people feeding our future.

When the pandemic hit and everyone went home, Nutrition Services kept working feeding our families, handing out meals and USDA food boxes. We haven’t skipped a beat. I know that all of our work has made a difference in the lives of our students, be it just keeping them fed so they can concentrate in class or helping them understand that the food choices they make can shape their overall

health. I am proud to say we have Ashland graduates who have kept in touch that are now nutrition professionals themselves!

Whitty: What have some of the challenges been?

Certainly these past couple of years, there have been supply chain issues. Our menus have been boring and not what we want to serve because, instead of focusing on creativity, we have to focus on what we can get, and it needs to be a fast serve. Since meals are now free to all students, our participation rates have gone up 30 percent, but in some cases we have to serve them in the same amount of time we were serving many fewer students. We need additional staff but are having a hard time finding the right people. It’s hard work, but very rewarding for the right person.

Whitty: What’s next for you, personally and professionally?

I will be doing some consulting work, as since the word of my retirement is out, my phone has been ringing a lot. I look forward to more creativity—getting back to pottery and multimedia art forms. I see more dinner parties, when it is safe to do so! My focus will be on friends, family, and my volunteer work in my home community of Sturbridge. The people I’ve collaborated with in Ashland inspired me to organize a farmers market, and this summer will be our 5th season! Come visit me on Sundays on the Sturbridge Common 9 to 1!

Ashland is an amazing community, and I feel blessed to have been a part of it!

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Around Ashland Town News

BY CYNTHIA WHITTY

Dates for the 2022 Town Meeting and Election

Mark your calendar:

- Annual Town Meeting: Wednesday, May 4, 7 p.m. at the Ashland High School
- Annual Town Election: Tuesday, May 17, 7 a.m. to 8 p.m. at the Ashland High School

For information on this year's town and state elections, visit the town website, bit.ly/3zVP658. Voter registration deadline for town meeting/election is Thursday, April 14.

Interested in running for office? Nomination papers are available in the Town Clerk's office. The deadline to submit nomination papers is 5 p.m. on March 29. To view or download the candidate's package, visit bit.ly/3zZs6lB.

SAT Prep

Ashland Community Education is offering a Spring SAT prep class starting March 6. For more information, visit the Ashland Community Education website at www.ashland.k12.ma.us/comm-ed or contact Jeanie Young, jyoung@ashland.k12.ma.us or 508-881-0143.

Ashland Cultural Council Awards Grants

The Ashland Cultural Council (ACC) awarded \$8,600 in grants this year for a variety of arts and cultural activities, from painting and drawing to drumming. Here is a list of the 13 grant recipients:

- Ashland Farmers Market Music Series
- Ashland Music Association, Inc., Ashland Middle School Band
- Broadening Our Vision: Diversity in Visual Media Representation, Ashland High School
- Celebrate Ashland at the Hopkinton Center for the Arts



- Celebrating the Season: A Performance for Seniors, Davis R. Bates III
- Dragonfly Festival, Ashland Arts! Alliance, Inc.
- Entertainment at the Corner Spot, Town of Ashland
- Henry the Juggler Performance, Ashland Recreation Center
- Painting and Drawing for Seniors, Anaid Vladimirov
- Save Our Oceans, Liz Bless
- Songs and Stories - The Highwaymen, Matt York
- The Bold and Beautiful Teen Exhibition, Jamaal Eversley
- World Drumming Circle, Ashland High School

For more information about ACC's criteria and priorities, visit massculturalcouncil.org/local-council/Ashland.

Celebrate Kindness Month

Did you know that February is Random Acts of Kindness Month? Ashland's Team Fun is planning ways we can all celebrate kindness. Watch for more announcements from the Economic Development Office and Ashland's Decisions at Every Turn and other community partners for ways to show kindness to yourself and others all month long!



The Corner Spot at 6 Cherry St. is one of 13 recipients of an Ashland Cultural Council grant.

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Matt Baltz Graduates from Recruit Training Program, Paramedic Training

BY CYNTHIA WHITTY

Ashland Firefighter Matthew Baltz graduated from the Massachusetts Firefighting Academy's recruit training program in December where he completed 10 weeks of basic training. Baltz was voted to be the class spokesman and awarded the Firefighter William Cabral outstanding student given to the recruit who has the highest grades and best overall effort.

Baltz started working in Ashland in June 2021. Since then, he completed his paramedic training

and is now a Massachusetts certified paramedic, and with the completion of the academy, a certified I/II firefighter.

Ashland Fire Department Chief Keith Robie said, "Since Matt joined [the department] in 2021, he has shown strong work ethics, commitment, and desire for the job. In his time with us, he has shown himself to be hard-working, reliable, and a great fit for the department. We look forward to many years of his firefighter/paramedic career with Ashland."



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Got the Winter Blues? Register for Ashland Garden Club's Winter Seed Sowing Workshop

BY GRETCHEN BRAVACOS AND CYNTHIA WHITTY

Winter can be a particularly difficult time for gardeners who want to be out digging in their gardens rather than inside watching temperatures drop and snow fall. There is a sound reason for gardeners' sometimes winter blues: working the soil can be a mood lifter. The smell of mycobacterium vacii, a microorganism found in soil, compost, and leaf mold, lights up neurotransmitters that release serotonin, a mood-lifting hormone. (www.facebook.com/SaveEarth03)

To help gardeners get through the winter months, the Ashland Garden Club (AGC) is offering a make-and-take workshop, "Winter Seed Sowing." This seed-starting method is one of the easiest and most cost-effective ways to grow seeds into healthy baby plants. Healthy seedlings are grown in a protected environment and therefore don't require much care. Better still, they don't require the usual "hardening off" that seedlings started indoors need because they have been out-



side in the cold and have already acclimated to the weather while they germinate.

Winter seed sowing involves planting seeds outside in miniature greenhouses during the cold weather, allowing them to germinate outside naturally so they are ready for transplanting when the soil is warm. Planting seeds successfully in winter requires three things: adequate cover, proper ventilation, and good drainage. A common downfall to planting seeds indoors is that it is too easy to forget to water them. Planting

seeds in miniature greenhouses eliminates that issue because snow and rain provide all the water the seedlings need.

Join the AGC on Saturday, March 12, 10:30 to 11:30 a.m., either in person at the Ashland Library or virtually, to learn how to create your own miniature greenhouse and plant your seeds. Live participation will be limited to ensure social distancing and masks will be required. All participants must register online to attend. To register, visit bit.ly/3t-fenWE.

WORLD

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Great Decisions is the longest-running and largest grassroots world affairs educational program of its kind and is sponsored by The Foreign Policy Association, according to its website, www.fpa.org. The Foreign Policy Association is a non-profit organization dedicated to inspiring Americans to learn more about the world. Its mission is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. The Great Decision program is offered as a high school or college-level course, as part of a life-long learning series, or is sponsored by various organizations in towns and cities across the country.

Each year The Foreign Policy Association selects critical topics related to major issues in the areas of US Foreign policy and international affairs. They publish the Great Decisions briefing book with chapters on the selected topics written by diplo-

mats, policy experts, academics, and foreign-service professionals who are experts in their field. These articles provide background information, current data, and policy opinions and serve as the focus for each Great Decisions group meeting.

Format and Topics

The format for the discussion group meeting is much like that of a book club where everyone reads the article in the GD book in advance, comes together to watch a video, and then one member of the group volunteers to facilitate the discussion. The topics for 2022 are: Changing Demographics, Outer Space, Climate Change, Russia, Myanmar and ASEAN, The Quad Alliance, Industrial Policy, Drug Policy in Latin America, and Biden's Agenda. (www.fpa.org/great_decisions)

The Ashland Great Decisions discussion group is open to people of all ages and will meet the third Thursday of every month beginning Thursday, Feb. 17, 7 to 8 p.m. The meetings will be held virtually until further notice. To register, visit <https://bit.ly/greatdecisionaashland>

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Housing Authority Holds Holiday Party for Residents

BY CYNTHIA WHITTY

The Ashland Housing Authority Board of Commissioners hosted a holiday party for its residents on Dec. 21. The residents were treated to Christmas carols from the Holiday Victorian Carolers of Big Smile Entertainment and a buffet-style dinner catered by TJ's Food & Spirits of Ashland.

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

The Board of Commissioners meets in the Authority's Community Room at 59 Park Road, Ashland, on the fourth Tuesday of the month at 5:30 p.m.



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Yes, Backdoor Roth and Roth conversions are still open to all

Recall the news about Congress limiting retirement savings strategies including eligibility for Roth IRA conversions and eliminating Backdoor Roth?

Never mind.

Those were “proposals” in failed Build Back Better (BBB) legislation by the House of Representatives.

Does a revised BBB include the same proposals? Could the Senate remove during negotiations? Possible.

If passed, would it be retroactive for 2022? Very unlikely as a logistical nightmare for HR depts, administrators, IRS, and accountants.

In short, proceed as you were.

Why Roth IRAs?

Roth accounts are comprised of after-tax money and contributions offer no tax deductions.

A Roth offers tax-free growth potential, tax-free income distributions, and has no Required Minimum Distributions (RMDs). Recall the government requires Traditional IRAs to have a percentage withdrawn each year after age 72 and made taxable, regardless of need for funds.

A Roth should be the last account withdrawn in retirement. Therefore it has the longest investment time horizon and should hold more growth-oriented investments than Traditional IRAs or taxable accounts.

What is a Backdoor Roth IRA?

A legal way around the income limits (\$144K Single or Head of Household, \$214K Married, Filing Jointly for 2022) preventing contributions to Roth accounts. One contributes to a Traditional IRA, then converts to a Roth with tax implications.

What is a Roth conversion?

In moving savings from a traditional IRA into a Roth IRA, the conversion amount is taxed as ordinary income in the year of conversion.

Initially, only incomes (AGI) under \$100K were allowed to do Roth conversions, but in 2010 Congress removed income limits, allowing anyone to do Roth conversions. Ironically, Build Back Better proposed income levels to be put back in place.



Glenn Brown

Should you do a Roth conversion?

It depends. Beyond your current tax situation, age, goals, and cash to pay taxes, there are several future considerations for analysis:

- Will there be future years of lower taxable earnings to more favorably convert?
- Have you projected your RMDs at age 72 and the resulting new tax bracket?

- Will your state of residence change, if so what changes in taxation?
- Your philosophy of future taxation by governments?
- What are your estate planning wishes?

Other considerations:

The pro-rata rule and taxes.

When converting, IRS combines all traditional IRA balances and asks which was nondeductible contributions, to determine what portion will not be taxable. The IRS doesn't allow for choosing to convert only after-tax money.

Best to convert at year-end.

Reduces range of Modified Adjusted Gross Income (MAGI) variables and improves converting to the top of the current tax bracket.

Not all-or-nothing. You can develop a plan to spread conversions over several years, even skip a year or two as needed pending MAGI levels and ability to pay taxes with non-IRA assets.

Before moving forward, work with your Certified Financial Planner to build your analysis. Once a Roth Conversion is done, it's done, as IRS no longer lets you unwind (recharacterize).

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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Lions' History

We serve. It's that simple. For the past 105 years, the Lions Clubs International, is where individuals join together to give their valuable time and effort to help those in need. The focus areas are in preventing Blindness, educating on Diabetes, relieving Hunger, supporting a cure for Pediatric Cancer, and saving our Environment. With 1.4 million members guided by kindness to serve our communities and the world in times of need.

before women were allowed to join Lions clubs. It wasn't until June of 1993, that the Greater Ashland Lions formed and was recognized by Lions International as an official Lions club, with many of the same members of the auxiliary club staying on. This year marks our 29th anniversary!

Currently

Known as the 'Lions who wear Purple', our club is made up of 45 members, both women and men, varying in ages, with diverse backgrounds, and from different towns. Some of our annual service projects and fundraisers include: High School Scholarships, ACS Relay for Life, Coupons for Education, Winter Coat Drive,

Greater Ashland Lions' History

We started as an Auxilliary club, with 33 members from Ashland, Hopkinton, Holliston, and Framingham way back, in 1979,

High School Speech Contest, Middle School Peace Poster, Toll Road, Quiz Night, and various themed dinners. Even during the pandemic, we are meeting safely, once a month via Zoom. And although many in-person activities are being postponed, we continue to find creative ways to serve.

Join Us

All are welcome! Members give what time they can. There are no minimum volunteer requirements. It's totally up to you. To learn more about the Greater Ashland Lions or to check out a meeting, contact: Ed Murras at e.murras@yahoo.com or Alexis Christopher at cvarnic@hotmail.com

Have a Happy St. Valentine's Day!

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The b.LUXE *beauty beat*

Happy Valentines Day to Me!

BY GINA WOELFEL

It's Valentine's month... Cue the roses, the heart shaped candies and those creepy, last minute, gas station teddy bears.

Whether you're single, taken, married or dating, we all have a Valentine's Day tale to tell. Some are romantic and some are too catastrophic to talk about. I remember one particularly cute Valentine's Day early in my marriage. Our young son was just starting to walk and my husband was working two jobs to get his degree at night. We celebrated late in the evening when he got home with a decadent meal of mac and cheese and a bottle of white zin. This will be our 30th Valentine's Day together. Some have been amazing and a few have fallen flat.

I think it's difficult for two people, on one specific day of the year, to feel so romantically in sync they create a rom-com worthy event. Am I right? Life and circumstance often stand in the way, and quite frankly, the pressure for this day to be perfect is a bummer. A great example is the Valentine's Day dinner. You've made reservations, but you still wait for your table. It's clown-car packed, your dinner arrives cold and dessert is a "molten lava" hockey puck. Your romantic evening's been lost to

the utopian idea of how the evening was supposed to unfold.

Let's also not forget that many people love their uncoupled existence and aren't racing to change their Facebook status to "in a relationship". Shouldn't we have the option to choose "In a relationship with myself"? Shouldn't that be the most important relationship in our lives?

I think the Valentine's Day message for 2022 should be "Love Yourself". I know, totally corny (but soo true)!

Here's something to ponder... If you don't love and respect yourself first, how can you give love to others? How can you receive affection and take in all the wonderful things it has to offer if you don't believe you deserve it in the first place?

Let's flip the narrative on this Hallmark Holiday and fall head over heels in love with ourselves! Make a list of your favorite things and GO! Mani/pedi - Check. Movie and takeaway - Check. Luxurious spa facial and lash extensions - Check, check! Go on, kick up your heels with your besties and laugh till it hurts! Soak up the love from all who make you feel warm and fuzzy inside! Valentine's Day shouldn't only exalt romantic love. All love is powerful and poignant and deserves a creepy gas station teddy



scan for more info

bear, too. Remind yourself how fab you really are and that your special someone is facing you in the mirror!

Treat yourself this month! You're worth it!

*We've decided to extend the Golden Ticket Giveaway through February! January was a challenging month and many of you had to reschedule. You can fill out a ticket at the salon and enter for your chance to win! Winner announced on March 1st. Good luck!

Happy Valentine's Day, everyone!

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Ashland Business Beat

BY CYNTHIA WHITTY

The Ashland Business Association (ABA) is marking its 30th year and looking forward to continued growth in membership, programs, and activities. The ABA board and its committees are gearing up for an event-packed year, which will include ribbon cuttings to mark business openings and special events, collaborations with community and other business groups, and networking and educational programs.

ABA Membership Committee chair Valerie Gaines is “excited for what 2022 will bring to the ABA and our community.” This year Gaines has six members on her team, which is responsible for “improving and maintaining membership outreach.” The six members are Amy Freeman, Marty Garvey, Sentie Kironde, Paul Netopski, Brad Rolph, and Klediane Torres.

Peter Waisgerber, chair of the Events Committee, says the events team is looking forward to “celebrating, raising up, and



ABA Vice President Glenn Travis discusses architecture and home design with graduating seniors at an Ashland High School Reality Fair, one of the many community activities in which ABA members participate. (Photo/supplied)

supporting Ashland businesses.” Waisgerber has restructured the events committee, creating four categories each with a dedicated leader: Ribbon Cuttings/Town Updates-Beth Reynolds; Member-to-Member/Networking events-Dennis Ahern; Education/Coaching events-Ken Erdelt; and Community/Collaborative events-Peter Waisgerber.

“The leaders, along with committee member Jim Giammarinaro, are planning a mix educational, social, and business development opportunities, coupled with celebrations and business showcases, for the coming year,” Waisgerber said.

One way the ABA gives back to the community is through its scholarship program.



The ABA often collaborates with community groups to hold business networking and social events. (Photo/supplied)

Led by Chrissy Reynolds, the 2022 Scholarship Committee is comprised of six local leaders: Peter Chisholm, Amy Freeman, Valerie Gaines, Paul Netopski, and Ronald Stone. The committee is responsible for awarding two \$1,500 scholarships to high school seniors residing in Ashland who demonstrate leadership, scholastic merit, and a thoughtful, creative response to an essay question about community. Reynolds said, “The

committee wants to get the word out that it welcomes Ashland students from both the high school and Keefe Tech.” To apply, visit ashlandbusinessassociation.com/scholarship-application.

For news and events, visit ashlandbusinessassociation.com/events. To participate in planning and supporting local businesses, email president@ashlandbusinessassociation.com or call 617-797-4536.

Bill To Stabilize Supply of Egg and Pork Products Signed into Law

Following action by House and Senate lawmakers earlier this week, a bill to ensure a more secure egg and pork supply chain in the state, was signed into law. The legislation updates Massachusetts’ farm animal welfare standards passed by voters in 2016 to align with other states.

“When Massachusetts voters overwhelmingly passed a ballot question guaranteeing animal welfare in 2016, our state had the strongest protections for farm animals in U.S. history,” said Senate President Karen E. Spilka (D-Ashland). “Since then, national and industry standards have shifted towards even stronger animal welfare and consumer safety protections. With this law, Massachusetts is taking action to prevent cruelty to farm animals and ensure that our state has continued access to eggs that meet the expectations of the Commonwealth’s residents. I want to thank House Speaker Mariano, for his collaboration, Senator Lewis for his steadfast focus on this issue, his fellow conferees and

their staffs, and the residents of Massachusetts, including animal welfare advocates and egg-producers, for their support for this legislation.”

“This law ensures that Massachusetts consumers and small businesses will have continued access to affordable egg and pork products, while also honoring the intent of the animal welfare ballot question,” said House Speaker Ronald J. Mariano (D-Quincy). “I want to thank Senate President Spilka, Chair Dykema and the other members of the conference committee, as well as my colleagues in the House and Senate, for the hard work that ultimately led to this agreement.”

“In 2016, the advocacy of animal welfare groups across the Commonwealth and overwhelming support from voters passed Ballot Question 3 to ensure that the factory farming industry provides more humane standards for pigs, calves and egg-laying hens, representing a historic victory for



animal welfare,” said Senator Jason Lewis (D-Winchester), the lead sponsor of the Senate bill. “Since then, the standard around the country for egg-laying hens has evolved, and Massachusetts is now an outlier, which could threaten our supply of eggs. Fortunately, the egg producers and animal welfare groups have come together to agree on this legislation, ensuring safe and humane conditions for egg-laying hens and affordable eggs for Massachusetts consumers. I appreciate the leadership of the Senate President and the support and guidance of my fellow conferees, Senator Rausch and Senator Tarr, in getting this bill passed.”

“Together with my fellow conferees, I am pleased that we reached a comprehensive agreement that makes necessary updates to the voter-approved ballot

STABILIZE
continued on page 15

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ASHLAND PUBLIC SCHOOLS 2022-2023 CALENDAR

AUGUST '22						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

24 New Teacher Orientation
 29-30 ALL STAFF Meetings
 31 First Day of School Gr 1-12

SEPTEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2 Labor Day Recess No School
 5 Labor Day No School
 6 Kindergarten & Preschool First Day
 26 Rosh Hashanah No School

OCTOBER '22						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

5 Yom Kippur No School
 8-10 Family Reconnect Weekend
 10 Indigenous Peoples' Day No School
 24 Diwali No School

NOVEMBER '22						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

1 (PreK-5) Early Release
 Before Lunch - conferences
 2 (PreK-5) Early Release
 Before Lunch - Conferences
 3 (PreK-5) Early Release
 Before Lunch - Conferences
 11 Veterans Day No School
 23 Early Dismissal Day
 Before Lunch
 24 - 25 Thanksgiving Recess
 No School

DECEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

23 (PreK-12) Early Release Day
 After Lunch
 26 -30 Winter Vacation
 No School
 31 New Years Day Observed
 No School

JANUARY '23						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2 New Year's Day Observed
 Day for Teachers – No Classes
 13-17 Family Reconnect
 Weekend
 16 M.L. King Jr. Day No School
 17 Professional Development for
 Teachers – No Classes for
 Students

FEBRUARY '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

20 – 24 February Vacation
 No School

MARCH '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

17 (PreK-12) Early Release
 After lunch
 28 (PreK-5) Early Release
 Before lunch - Conferences
 29 (PreK-5) Early Release
 Before lunch - Conferences
 30 (PreK-5) Early Release
 Before lunch - Conferences

APRIL '23						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

7 Good Friday No School
 7-9 Family Reconnect weekend
 17 - 21 Spring Break No School
 22 Eid el Fitr Observed

MAY '23						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

26 (PreK-12) Early Release
 After lunch
 29 Memorial Day No School

JUNE '23						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

4 Graduation AHS
 19 Juneteenth Observed
 No School
 20 Tentative 180th school Day
 Early Dismissal
 Before lunch
 27 185th day
 (if 5 snow Days are needed)

JULY '23						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

4 Independence Day Observed

Please note: No athletic practices or activities allowed on religious observance days.
 Approved by Ashland School Committee November 18, 2021

Sports

Gillis Looking to Win a State Champion in His Final Year at Ashland

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

As Ashland's Matt Gillis is taking part in his final wrestling campaign with Clockers, the senior, who has been close in the past, is looking to end his career on a high note. Gillis has won numerous tournaments throughout his high school career, but he wants to capture something even bigger this winter.

"Coming into the season my goal as it has been in the past is to win a State Championship," the Ashland senior said. "After that, possibly a New England Championship. I at least want to get onto the podium but would prefer the top spot."

At the time of this writing, the Ashland native was wrestling in the 182-pound weight class where he was not only undefeated but had already captured the top spots in the Ashland Early Bird Tournament and the Milford Tournament. According to Coach Peter Zacchilli, he believes that the senior is ranked in the top five of the state in his weight class.

"I'm hoping that he'll lead our team to great things this year such as another Tri-Valley League and Sectional Championships," Zacchilli said. "Having already won an individual Sectional Championship his next step is a State Title. There is no doubt in my mind that he is capable of doing just that and if he stays healthy, he'll be right there at the end."

Now that Gillis is a senior, coach Zacchilli has seen major improvement from a technique standpoint on his senior captain. According to the Coach his compete level and mindset is top notch and the way that he competes is unbelievable.

Gillis is used to success having also been a part of the Ashland football team that accomplished the feat of winning three league titles in its four years. The Clockers had only won a total of three prior to this senior class taking the field. In addition to making history on the football team with his senior classmates, Gillis just completed his best season of his

career and was named the TVL Defensive Player of the Year.

The Ashland senior began wrestling in the Youth Program in Southboro until Ashland started its on program. It was in the youth programs that Gillis found a passion with the sport, and it was very different than football, the sport he enjoys the most.

"I really enjoyed the culture of the sport and the one-on-one aspect," he said. "When I first began, I had a lot of energy and was interested in the rolling around and competitive intensity



of the sport."

Beginning his high school career Gillis found himself wrestling in the 145-pound weight class despite only being a 135 pounds during his freshman year. As a first-time varsity wrestler, he noted it was a tough year, but he did manage to make it to Sectionals, where he wrestled at 152 and only managed one win out of his three matches.

"In the long run I believe that it was good for me, but being only 135 pounds wrestling in the 152-pound weight class was a really tough situation," Gillis said. "I believed that I was better than a lot of the wrestlers, but I was a freshman and not all that strong yet."

His sophomore campaign, in which he moved up to 160, was much improved as he took the Milford Tournament in his weight class and then went on to capture the Sectional Championship and was only one match away from the States. Although



too low and that I should have set it higher."

Having just come off a rather successful wrestling season as a sophomore, the junior season would be one of a challenge with the world experiencing Covid. Wrestling was one of many sports that found their season moved into a different season where there would be no MIAA sanctioned tournaments following the abbreviated season. The season may have been moved, but it was not going to interfere with Gillis having a productive year. The then-junior went 14-1 and finished third in the MYWA tournament in the spring. The tournament was run by the Mass Youth Association so not every team participated, but there were teams from all over the state taking part.

"When the season was moved to the spring due to Covid at first I was really worried that there

wouldn't even be a season," Gillis said. "I was extremely happy that we got to get onto the mats even though it was later than usual."

While there is still some wrestling to be done at Ashland for Gillis this year he is hoping to take part in either football or wrestling in college where he is looking to study Construction Management.

"It's still up in the air," he said. "Right now, I'm concentrating on the rest of the season. Once I have my head wrapped around what went on during the season then I'll figure it out, but I couldn't tell you right now."

So with college aspirations on hold for the time being, Gillis will go back to work on the mats and continue to strive toward his goal of getting on the podiums at the State and New England Tournaments.

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February 2022

PROGRAMS & NEWS

<https://www.ashlandmass.com/184/Ashland-Public-Library>

TEEN PROGRAMS

Anime Club

Thursday, Feb 3 @ 4-4:45pm
Game Night

Wednesday, Feb 9 @ 4:30-5:15pm

C.R.A.F.T.

*Teen & Adult Tuesday, Feb 15 @ 6:30-6:15pm

Virtual - LGBTQ+ Book Club: Read "Hot Dog Girl"

*For 15-25 Friday, Feb 18 @ 6:30pm

Virtual - What's on Your TBR pile? with YA author Maurene Goo

*For Teens and Adults Thursday, February 24 @ 7pm

Hybrid - Teen Book Chat

Monday, Feb 28 @ 4-4:45pm

Minute-to-Win-It

Saturday, Feb 26 @ 2-2:45pm

MASKING

For the safety of our patrons and staff, we will be requiring masks for all visitors when you come to the library, including for programs.

We will revisit this policy as the COVID situation changes. Thank you for your patience.

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Sign up for programs [ashlandmass.com/calendar.aspx?CID=64,38](https://www.ashlandmass.com/calendar.aspx?CID=64,38)

Sign up for our newsletter <http://eepurl.com/hwxZbX>

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ADULT PROGRAMS

Virtual - Environmental Book Club
Tuesday, February 1 @ 6:30pm

Virtual - What's on Your TBR pile? with author Alana Quintana Albertson

Wednesday, February 2 @ 7pm

Virtual - Romance Book Club: Read Xio Axelrod

Thursday, February 3 @ 6:30pm

In Person - Card Making for Valentine's Day with Jan Poppendieck

Monday, February 7 @ 6:30pm

Virtual - The Extraordinary Story Of The Tuskegee Airmen

Tuesday, February 8 @ 2pm

Virtual - Authors Grace Draven and Ilona Andrews: A Dinner Discussion

Tuesday, February 8 @ 7pm

Mystery Book Club: Read "Murder in Montparnasse"

Wednesday, February 9 @ 6:30pm

Virtual - The Great British Baking Tour

Wednesday, February 9 @ 7pm

In Person - DIY Green Products - Cinnamon Mouthwash

Thursday, February 10 @ 6:30pm

Friday Night Film Discussion: "The Elephant and the Butterfly"

Friday, February 11 @ 7pm

Virtual - Name That Tune - Seventies Edition!

Saturday, February 12 @ 11am

Virtual - Fantasy Romance Panel: Writing Complex Relationships, Both Romantic and Platonic

Saturday, February 12 @ 2pm

In Person C.R.A.F.T. *for TEENS & ADULTS

Tuesday, February 15 @ 6:30pm

Virtual - Bio/Memoir Book Club: Read 'The World According to Fannie Davis'

Wednesday, February 16 @ 11am

Virtual - Zero Carbon, Zero Bills with Author David Green

Wednesday, February 16 @ 7pm

Virtual - Great Decisions Discussion Group - Organizational Meeting

Thursday, February 17 @ 7pm



Virtual - LGBTQ+ Book Club *For 15-25: Read "Laura Dean Keeps Breaking Up With Me"

Friday, February 18 @ 6:30pm

Virtual - The Midday Book Club: Read "Deacon King Kong"

Tuesday, February 22 @ 1pm

Virtual - Get Organized In 2022

Tuesday, February 22 @ 2pm

Virtual - Book Chat

Tuesday, February 22 @ 7pm

Virtual - Authors Joseph L. Graves Jr. and Alan Goodman Discuss "Racism, Not Race"

Wednesday, February 23 @ 7pm

Virtual - What's on Your TBR pile? with YA author Maurene Goo *For Teens and Adults

Thursday, February 24 @ 7pm

Virtual - Sybrina Fulton, Mother of Trayvon Martin, Discusses Cultivating Justice toward Racial Equality

Thursday, February 24 @ 7pm

Friday Night Film Discussion; "Hunting and Gathering"

Friday, February 25 @ 7pm

Virtual - Author Jerald Walker Discusses "How to Make A Slave and Other Essays"

Monday, February 28 @ 7pm

Kntting:

Mondays at 6pm

Saturdays at 2pm

CHILDREN'S PROGRAMS

Vacation Week & Special Programs

5-Minute Creation Stations

Saturday, Feb 19th @ 11:00 AM

Stop Motion Animation

Tuesday, Feb 22nd @ 4:00 PM

SEEDS, Inc "Save Our Oceans"

Wednesday, Feb 23rd @ 2:00 PM

Lego Club Ages 5 and UP

Thursday, Feb 24th @ 2:00 PM

Read to a Dog: For kids reading on their own:

"Knives and Machete"

Thursday, Feb 10th @ 6:00 PM

Thursday, Feb 24th @ 6:00 PM

"Bear"

Saturday, Feb 12th @ 11:00 AM

Lego Club *Ages 5 and up

Thursday, Feb 10th @ 4:00 PM

Little Crafters *Ages 0-5

Monday, Feb 28th @ 10:15 AM

PJ Story Time with Miss Lucie *Ages 3 and Up

Tues, Feb 8th @ 6:30pm

YMCA Play, Learn, and Grow Group *Ages 0-5

Tuesdays or Thursdays @ 11am

Lapsit for Infants and Toddlers

Wednesdays @ 10:30-11am

Stories with Miss Lucie *PreK and Up

Fridays @ 11-11:30am

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Real Estate Corner

STABILIZE

continued from page 11

initiative while reducing the risk of price shocks and disruptions to our food supply as pandemic impacts continue,” said Representative Carolyn Dykema (D-Holliston), House Chair of the Joint Committee on the Environment, Natural Resources, and Agriculture. “I want to thank the Speaker and my colleagues for their steadfast commitment to fighting food insecurity, supporting small businesses, and continuing our leadership on animal welfare at every step of the legislative process.”

An Act to upgrade hen welfare and establish uniform cage-free standards updates a 2016 law passed by the voters of Massachusetts. It would align Massachusetts’ standards to that of other states by:

- Providing detailed cage-free standards that consist of one square foot of usable floor space per hen in multi-tiered aviaries, partially-slatted cage-free housing systems or any other cage-free housing system that provides hens with unfettered access to vertical space so that hens can engage in vital natural behaviors such as perching, scratching, dust bathing and laying eggs in a nest.
- Ensuring protections for various types of egg products.

As passed in 2016, the law applied to shell eggs, but not egg products. This legislation would also cover egg products, mirroring legislation passed in other states.

The bill would also enhance market and regulatory certainty by:

- Delaying the effective date of the new standards for pork products to August 15, 2022, to allow the Massachusetts Department of Agricultural Resources (MDAR) ample time to promulgate, and the industry to comply with, robust regulations. The ballot initiative passed in 2016 required regulations to be promulgated 2 years in advance of the effective date of the act in order to provide adequate time for affected industries to comply. This legislation gives producers not only more time to comply with the new standards but also an additional opportunity to participate in the updated regulatory process.
- Updating authority for promulgating rules and regulations to include both the Attorney General’s Office (AGO) and MDAR. As passed in 2016, the law assigns to the Attorney General exclusive authority to promulgate rules and regulations

as well as to enforce the law. This legislation would update the regulatory authority so that it’s shared between the AGO and MDAR. Enforcement authority would remain exclusively with the AGO. Many states with similar laws include their state department of agriculture in the regulatory process.

An Act to upgrade hen welfare and establish uniform cage-free standards is endorsed by New England Brown Egg Council,

The Country Hen (a major egg producer in the Commonwealth), United Egg Producers, and the Massachusetts Food Association, which notes that the language in this legislation offers a “readily available solution” to ensure retail-endorsed cage-free standards. The bill also has the support of numerous animal protection organizations, including the Massachusetts Society for the Prevention of Cruelty to Animals, Farm Sanctuary, the Humane Society of the United

States, Animal Rescue League of Boston, Animal Equality, Animal Outlook, The Humane League, Harvard Law School Animal Law & Policy Program, Mercy for Animals, Compassion in World Farming, and World Animal Protection—all groups that have been working to increase welfare for farm animals for decades.

Text of An Act to upgrade hen welfare and establish uniform cage-free standards can be found at malegislature.gov.



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Townhouses Sold in Ashland

	Number of Units Sold	Number of Days on Market	Average List Price	Sale Price Low/High
2020	85	21	\$385,135	\$298,000/\$605,000
2021	114	15	\$426,600	\$300,000/\$621,000

Source: MLSPIN

Townhouses are *still* selling over asking in Ashland.

Call us today to see what your home is worth!
TheMcDermottTeam@CommonMoves.com



Karen McDermott
508-272-6644



Katrina MacNeil
508-904-3234

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Reach more than 87,000 homes with our 2022 *Spring Home & Garden*

Reach thousands of local readers focused on enhancing their indoor & outdoor living spaces when you advertise in our Spring Home Improvement & Garden Guide.

Coming April 2022
Reservation deadline:
March 1, 2022

Reserve your space today by contacting
Susanne Odell Farber at 508-954-8148
or by email at
sue@sodellconsult.com

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Ashland | Bellingham | Franklin | Holliston
Hopedale | Medway/Millis | Natick
Norwood | Norfolk/Wrentham



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

Reserve your space today by contacting
Susanne Odell Farber at 508-954-8148 or by email
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