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November 2022



## Healing Garden Cleanup

BY SUSAN MANNING  
STAFF WRITER

The healing garden, a place meant for peace and meditation, was far from that up until recently.

Kevin Kane lost his life at 26 years old due to a rare form of cancer directly linked to his childhood days playing near the

Nyanza superfund site.

In 2016, a memorial was built to honor those affected by the rare cluster of childhood cancers. It took shape as a healing garden, with stained-glass panels. It sits just beyond the left field fence at the Ashland Middle School baseball field.

The problem is that a year after its installation, vandals at-

tacked. Now Marie Kane and others want to see the garden restored to its original beauty.

Thanks to Lions Club member Julian Doktor, The Lions Club took on the clean up as a project.

**HEALING**  
*continued on page 2*



## Celebrating Fall

Last month saw a large turnout at both the Fall Festival as well as the hometown Ashland Spirit Parade. Beautiful weather had people turning out in droves to enjoy and celebrate Ashland.



*Courtesy photos from  
Beth Reynolds*

**CELEBRATING**  
*continued on page 2*

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**HEALING**

*continued from page 1*

“Julian contacted me and said he wanted to help rebuild the garden. He used to be a teacher. He’s retired now, but a great guy,” said Marie Kane, Kevin’s mother.

Doktor said after he heard about the vandalism, he wanted to see it for himself.

“I heard about the vandalism and took a walk to look at it. I couldn’t believe how abandoned it looked. The trail was washed out and the stained glass panels were gone,” he said.

Doktor decided to hold a clean up day and involve the community. That was last month.

Although few in number on the day of the cleanup, Kane said, “We were a formidable force. As Margaret Meade once said ‘Never doubt that a small group of thoughtful, committed people can change the world; indeed, it is the only thing that ever has.’

“The garden, in my opinion, has already been transformed.”

Kane said work will continue to be done on the garden.

To get involved in restoring the Ashland Memorial Healing Garden, reach out to Cara Tirrell 508-808-9938; Dan Borelli 774-505-0311; or Julian Doktor 508-881-4664.

**CELEBRATING**

*continued from page 1*



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# Welcome to Ashland Community Guide

The Town of Ashland is proud to announce that a newly updated Welcome to Ashland Community Guide is now available.

The Town's Economic Development Office updated the all-encompassing booklet for community members originally printed and distributed in 2018. In this pamphlet, residents, business owners, and visitors can access vital information pertaining

to town directly at their fingertips. Information ranging from town trash bags, voting, community events, and more are located in this handy little booklet.

Pick up your Welcome guide from Town Hall, the public library, the community center, or view it online, <https://www.ashlandmass.com/915/Communications>

## November 2022 activities at the Ashland Senior Center

**November 2, 12pm** – Post Halloween Costume Ball

**November 7, 12:30pm** – “Highwaymen – Songs and Stories”

**November 8 and 22, 11am** – Open Knitting

**November 9, 11am** – Scam Prevention presented by DA's and Rep Lewis's offices

**November 10 and 18, 9am** – Sewing Class

**November 14, 12pm** – Veterans Day Celebration with APD and AFD

**November 16, 10:30** – Computer Class

**November 30, 11am** – Cider donuts, apple cider and coffee social with acoustic guitar entertainment

# Community Center Food Pantry

The Ashland Food Pantry, located at the lower level of the Community Center on Union Street, provides fresh produce, groceries, and personal hygiene items to over a hundred visitors each month. In the month of September, the food pantry volunteers helped 56 Households totaling 154 individuals.

The Food Pantry volunteers carefully prepare grocery items for each household requesting assistance, and schedule an appointment time for the patron to receive their items.

The Human Services staff relies on the Greater Boston Food Bank and community members' donations to stock the food pantry.

The staff accepts donations by collecting them from Shaws and Star Market's designated bins, or in front of the food pantry in the donation bin outside the downstairs entrance of the Community Center. Community members seeking access to the food pantry may contact the Human Services staff by emailing, [humanservices@ashlandmass.com](mailto:humanservices@ashlandmass.com), or calling, 508-532-7949.

This local food pantry allows Ashland community members to easily access fresh foods and other items in a close proximity. It is a wonderful addition to the plethora of resources our town's Human Services team offers.

Our Human Services team of staff members and volunteers provide additional services to support all townspeople. The team works together to provide support, case management, provide assessments and make referrals as needed, helps navigate the various health care, criminal justice, service provider programs, and offers assistance in accessing monetary

## Ashland Food Pantry Wish List:

- Ashland Trash Bags
- Baby wipes
- Diapers (size 3, 4, and 6)
- Cleaning wipes (antibacterial)
- Mayonnaise
- Spaghetti
- Snacks
- Jelly
- Canned tuna
- Canned chicken
- Canned soups

or emotional resources. The team is comprised of a talent group of licensed clinical social workers.

These important resources fulfill our community's goal to be safe and accessible for all.

# Connecting Ashland Businesses with the Community!

The Ashland Business Association is here for you, providing products and services where you live!

Find us at: [ashlandbusinessassociation.com/directory](http://ashlandbusinessassociation.com/directory).

Not an ABA member? Join today: [ashlandbusinessassociation.com/join-us](http://ashlandbusinessassociation.com/join-us). By partnering with other business groups and the town, the ABA promotes its business members, provides educational programs and networking opportunities, and more!

126 Self Storage	Centinel Financial Group	Kids in Motion Therapy Center, Inc.	Putts & More	Town of Ashland-Communications
<b>A-1 Automotive Tire-Alignment</b>	Cheever Industries	Law Office of Ronald M Stone	Randall Garnick Photography	Town of Ashland-Economic Development
AdviCoach, Ken Erdelt	Critical Prism Defense LLC	Leiby's Garden & Flower Shop	Refreshin' Concessions	Town of Ashland-Select Board
Agostinelli, Teller & Ryan Insurance Agency	Cynthia Whitty Communications	Lucky Paws	Sentie's Kitchen LLC	Town of Ashland-Town Manager
Annemarie's Dance Centre	Dairy Queen	LVS Consulting Group LLC	Smooth Transitions of MA, LLC	Tricia Kendall, Architecture & Design
AnyFence LLC	<b>Daniel's Table, Inc.</b>	Main Street Wine & Spirits	Spyglass Printing/Spyglass Promo	UbDube Transportation Company
<b>Ashland Ale House</b>	David Rucando, Attorney	Marathon Deli	Stone's Public House	United Home Experts
Ashland Cable Access Corp.	Dawn's Home Day Care	Marathon Mobil of Ashland	Susan C. Atherton Law Firm, P.C.	Valerie Gaines, Reiki Practitioner
Ashland Decisions at Every Turn Coalition	Dream Dinners-Framingham & Plainville	Metro West Bookkeeping & Tax Service	The Bagel Table	WAITT
Ashland Diesel Inc.	Dulce D Leche	MetroWest YMCA	The Bullfinch Group	Walter Piasecki, DC Chiropractic Physician
Ashland Early Education	Earthly Wealth Jewelry	Middlesex Mattress Outlet LLC	The Car Vault	Warren Home Inspections
Ashland Family Eyecare	<b>Ellen Gellineau, MS, CCC-SLP</b>	Middlesex Savings Bank	The Family Pet Hospital	Wine Empire
Ashland Farmers Market	Empowering Systems Inc	Minucci Auto Body	The Organizing Bookkeeper	Zeta Fencing Inc
Ashland Historical Society	Fish Works	Modelville Hobby	The Residence at Valley Farm	
Ashland Knowledge Points Learning Center	Fitness Together	<b>MSM Blow Dry Bar &amp; Salon</b>	TJ's Food & Spirits	
<b>Ashland Lions Club</b>	Focus on Fitness	Murphy's Eats & Treats	Torres Construction & Painting	
Ashland Mini Storage Inc.	Framingham State University	N.E.C. Trophies		<b>New Member Since 1/1/22</b>
Ashland Pet Concierge	Friends of The Ashland Library	Needham Bank		
Ashland Reiki & Wellness Center	Galaxsea Travel	New Creations Salon		
Avidia Bank	GMT Home Designs Inc.	Oak Realty		
Back Stage Dance Center	Gordon Multimedia LLC	Our Town Publishing/Local Town Pages		
Bill Gath, Realtor	Habitat for Humanity-Restore	Platinum Physical Therapy/Ashland PT		
Blush Bouquets	Hopkinton Center for the Arts	Practice of Family Cosmetic Dentistry		
CalculatorSoup	Jeff Troutman Photography	Protegro Inc.		

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# Election Information

The Town Clerk's office staff is ready to help you vote in the upcoming State Election on Nov. 8.

All registered voters in the state of Massachusetts have the option to vote early by mail. You should have received a mail-in ballot application from the Secretary of the Commonwealth Election with a postage- paid return envelope. If you need an application to vote by mail, contact the Town Clerk's office or download a form directly online from the Town Clerk's webpage, ashlandmass.com/219/Elections- Voting.

Submit your signed Vote-by-Mail application for a ballot by Monday, Nov. 1, at 5 pm to the Town Clerk's office. Drop off your application in person at Town Hall located on 101 Main St., or the drop box in the driveway of Town Hall, e-mail it to townclerkoffice@ashlandmass.com, fax it to the number, 508-881-0145, or mail it back to Town Hall.

The Town Clerk's Office will be hosting in-person Early Voting at Town Hall, 101 Main Street, Ground Floor Meeting Rooms, for the November State Election on the following dates:

Voting in person, for all precincts, on Election Day, November 8th, remains an available option for all registered voters at the Ashland High School, 65 E Union St.

For more information regarding Elections and Voting, please visit our designated webpage, <https://www.ashlandmass.com/219/Elections-Voting>, or contact our Town Clerk Department 508-881-0100 extension 7127 or email, townclerkoffice@ashlandmass.com.



Day	Dates	Times
Tuesday	November 1, 2022	8:00 AM - 3:30 PM
Wednesday	November 2, 2022	8:00 AM - 7:00 PM
Thursday	November 3, 2022	8:00 AM - 3:30 PM
Friday	November 4, 2022	9:00 AM - 12:00 PM

# Holiday Stroll

Experience the magic of the holiday season by participating in the 2nd Annual Holiday Stroll.

Downtown will be filled with pop up businesses and existing storefronts will welcome shoppers

with new products.

Search for the best local gifts for your loved ones at Blush Bouquets, Ashland Reiki & Wellness, B & Beauty, MSM Blowdry, and pop-up shops located at 21 Main St. (Oak Realty/ My Ashland Office), 128 Main St. (Crossroads Physical Therapy) and 101 Main St. (Town Hall).

Shopping will include everything from candles to makeup. Town Hall will be filled with artisans and crafters.

Shopping will take place from 11 am – 3 pm.

Kids can participate in games and activities at The Corner Spot and warm up by the fire pit and roast a marshmallow! Santa will be spending time in the shed waiting to hear all the Christmas wishes and smiling for that perfect photo opportunity. You will find him there from 1:30-3:30pm and then can follow him to the center of downtown for the annual tree lighting which includes listening to carolers, sipping on hot cocoa and munching a cookie before the fire trucks pick him up for his trip around Ashland in his sleigh.

Visit the Town of Ashland's Website, ashlandmass.com for all of the details for this event, including a map to keep track of the vendors and their downtown locations. This is an event you will not want to miss. It is filled with goodwill and cheer and some amazing shopping!

*The stroll will take place Saturday, Dec. 3, from 11 am - 5 pm.*

# Shop Small

As you pick up gifts for your loved ones this holiday season, remember to Shop Small, and help support our local businesses.

Local businesses need your support more than ever! Many restaurants and shops continue to face hardships due to the COVID-19 Pandemic. We need to keep our favorite go-to places open, and the best way to do that is by making purchases and helping promote them.

As you visit your favorite restaurant or shop this holiday season, write them a review, post a picture on social media, and tell your friends. Every little bit helps.

Visit the dedicated webpage, Shop Local Ashland, on the town's Website, ashlandmass.com for a list of Ashland Shops, and do not miss the Restaurant Directory on the town's website, for a list of dining establishments.

**Order Your Holiday Pies Early**

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## ASHLAND

### PUBLIC LIBRARY

# Library news

**Friends "Mini" Book Sale!**

The Friends are opening up their book sale room from 10-1pm on Saturday November 19. Pop on by to grab some deals and, if you have some donations well, we'll take those, too! It's a combination book sale/donation day!

**Virtual: Author Visit with Tajja Isen, Writer and Voice Actress**

Monday, November 7 @ 7pm  
Join us for an evening with Tajja Isen, writer, cultural critic, and voice actress. Isen will discuss themes from her book, "Some of My Best Friends: Essays on Lip Service".

**Virtual: The Roosevelts -- Lessons in Leadership**

Tuesday, November 8 @ 2pm  
Franklin & Eleanor Roosevelt led the nation through the two greatest crises of the 20th century. This session examines some of the leadership skills and techniques they used to move the United States and the world towards a better future.

**Virtual: Covered With Night: A Story of Murder and Indigenous Justice in Early America**

Wednesday, November 9 @

7pm

Join Pulitzer Prize-winning author Nicole Eustice for a talk on her book, "Covered With Night: A Story of Murder and Indigenous Justice in Early America". The narrative reconstructs the virtually forgotten history of an attack by pair of colonial fur traders who brutally assaulted a Seneca hunter near Conestoga, Pennsylvania.

**Read-To-A-Dog with Knives & Machete**

Thursday, November 10 @ 6pm

**STEM Stations**

\*For Grades 1-5  
Thursday, November 17 @ 4pm

Come try out a variety of different STEM toys!

**Saturday Knit and Crochet Club and Workshop - Crocheted Hat**

Saturday, November 19 @ 2pm

Come join us at the Saturday Needlecraft Club this week where interested participants can learn how to make a cute crocheted hat

Your Money, Your Independence

# When Markets Give You Lemons, Make Roth Conversion



Glenn Brown

US equities markets are down considerably in 2022 with S&P 500 Index -23.9% and tech-laden Nasdaq -34.0% year-to-date through October 16 (YTD 10/16).

At least there's the US bond market to help protect. Oh wait... given rampant inflation, the Fed's blunt instrument of raising rates is making bond values fall. Thus, the US Aggregate Bond Index is down -15.8% YTD 10/16.

Put it all together, a basic 60/40 stock/bond index portfolio is -20.5% YTD 10/16.

What's one to do? Go to cash until you die? Well, inflation would be an issue. Consider the tales of lore from parents sharing how much they paid for their first house.

As painful as it has been, step back and view annualized returns of last 3-year period (10/17/19 to 10/16/22), S&P 500 Index is +8.25% and Nasdaq is +8.62%... in line with their 15-year and 25-year averages.

There are many aspects to successful financial planning, including being proactive to change, vetting all options for opportunity and giving yourself time to reflect prior to execution.

A year-end strategy to consider for turning lemons into lemonade is Roth Conversion.

Recall Roth Conversion is the taxable act of converting Traditional IRA assets into a Roth IRA. It increases your taxable income (MAGI) the year you convert and you should pay taxes with non-IRA funds. After age 59

½ and owned for at least 5 years, withdrawals are completely tax free.

An added bonus is Roth IRAs are not subject to Required Minimum Distributions (RMDs) nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts. In short, you'll decrease your tax liability for years in retirement.

Anyone, regardless of income levels, can convert to a Roth IRA. With portfolios down -20% (or more), market corrections provide an opportunity to convert IRA investments over to Roth, pay less in taxes (as values are depressed) and let the asset rebound inside the Roth over time.

There are complexities and variables, which many CFPs can help with projections, scenarios and provide recommendations beyond "should" or "should not". Proper planning allows you to estimate an appropriate amount to convert this year (and future years), project tax liability and compare scenarios of portfolio and net worth impact with assumptions.

Some considerations:

**The pro-rata rule and taxes.** When converting, the IRS considers all traditional IRA account balances combined and you must figure out the proportion of which is nondeductible contributions, then use this percentage to determine how much of your conversion will not be taxable. You can't choose to convert only after-tax money; the IRS won't allow it.

**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.

**What's done is done.** Given that tax law changes now prohibit conversion reversals ("recharacterization"), it is important to be measured, give yourself time to

reflect and re-run the latest data before execution.

More to consider beyond this limited space, talk with your tax professional or Certified Financial Planner.

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

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, [www.PlanDynamic.com](http://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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# Pancakes and Community

BY SUSAN MANNING  
STAFF WRITER

Nothing says community quite like a pancake breakfast. And this year sees the return of the Ashland High School Student Council community-wide pancake breakfast.

The event had been on hiatus since the beginning of the pandemic, with the last one held in 2019.

Teacher advisor to the council Josh Wiczer said previous events have brought in more than 200 people.



"Typically we get around 200. However, we haven't run this since 2019 because of Covid, so we're really not sure what the turnout will look like," he said.

In other years, they have flipped more than 500 pancakes

at the breakfast.

This year's community-wide pancake breakfast will be held Sunday, Nov. 20, from 9 to 11:30 AM, in the high school cafeteria, 65 East Union St. As of press time, the event was going to be all you can eat pancakes with sausage and/or bacon. Cost is \$5 per person and it is open to the entire community. No advanced tickets are necessary. Those attending will pay at the door with cash or checks.

Wiczer said it's a fun event and an opportunity to mingle with fellow community members.

"Come on out for a cheap breakfast and an opportunity to spend time with your friends and neighbors," he said.



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# Holiday Program & Turkey Giveaway

The Community Center Team of Staff and Volunteers gear up for the holiday season!

Each Fall, the Human Services, Recreation, and Senior Center staff team up with their volunteers and community partners to facilitate the annual Turkey Giveaway and Holiday Program.

The Turkey Giveaway program provides community members with vegetables, a turkey, and other groceries for a complete Thanksgiving Meal.

The individuals participating in this program connect with the Food Pantry or Human Services, and express the need for support.

This program would not be as successful without the help of the community partners, Shaw's and Star Market, Market Basket, Ashland Emergency Fund, the Ashland High School Student Council, and volunteers.

Ashland Emergency Fund purchases the food from Market Basket. Shaw's collects donations from in-store shoppers to assist

with the purchase of a meal to assist the Ashland Food Pantry and residents in need. The high school Student Council facilitate an annual food drive, specifically for this Thanksgiving program, encouraging all students to donate non-perishables. This truly is a group effort!

On the day of the Turkey Giveaway, the Department of Public Works team picks up the donated turkeys and brings them to the Community Center while staff members, members of the Select Board, and volunteers come together to hand out turkeys and groceries, helping Ashland residents enjoy their Thanksgiving holiday.

After Thanksgiving we roll right into December which kicks off the Holiday Program. This program is another wonderful way the Community Center team provides assistance to community members.

Throughout the fall months, the team gathers information for individuals wishing to partic-

ipate in the program. Businesses, churches, residents, and charities are invited to adopt/sponsor a child or number of children. The holiday program participants remain anonymous to the donors who are provided with information to assist with gift purchasing for the child they are sponsoring.

Individuals wishing to donate, but do not wish to adopt a child, are encouraged to donate gift cards and/or 'filler gifts.' These donations are helpful and necessary to help facilitate this holiday program.

In addition to our sponsors, the Ashland Emergency Fund helps support the program by providing gift cards and additional gifts.

In December, the Community Center will shut down for the day as staff members and volunteers distribute all of the wonderful gifts to the families and help make the holiday magical for so many.

Should you need assistance with food please do not hesitate

to get in touch with the food pantry at 508-532-7949, or would like to adopt a child or donate gifts towards the Holiday Program; please contact the Human Services department at 508-532-7942 or 508-532-7946.

The deadline to sign up and Sponsor a child is Nov. 1. The deadline for families to return their application in the program has already passed.

## Veterans Day Celebration

On Monday, Nov. 14th at 12 pm, the Ashland Fire Department and Police Department, with support from the staff members at the Community Center and the Friends of the Council on Aging, host the annual Veterans Day Celebration! This year's celebration will feature 4 vocalists, "Patriotic Cavalcade" and more!

Last year, the Ashland Police Department, Fire Department, Ashland Police Association, and 1893 Firefighters Local put together a program featuring an

Honor Guard, recitation of the Pledge of Allegiance, a few words from the Department Chiefs, and listened to a presentation by Clifton Edward Reed, the Last Tuskegee Airman.

If you are interested in attending this year's celebration on Monday, Nov. 14, at noon, at the Ashland Community Center, please contact the Community Center staff by calling 508-881-0140.

## Upcoming events at the Senior Center:

Halloween Costume Ball 11/2  
Scam Prevention with D.A Ryan on 11/9  
Cider and Donuts 11/30  
FCOA Holiday party 12/8 at 4 pm

Please visit <https://www.ashlandmass.com/172/Elder-Servicesfor> more information on programs and events held at the Ashland Senior Center.

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# Girl Scouts Install Rain Garden to Improve Water Quality

BY PATRICIA ROY

What better way to wrap up a summer long on heat and short on rainfall than by constructing a rain garden?

For their Silver Award project Girl Scout Troop 76017 teamed up with Weston Nurseries and the Ashland Department of Public Works to create the garden at the Henry Warren School using native plants.

The Silver Award, the second highest in Girl Scouting, is given to Cadettes who are in sixth, seventh and eighth grade. Their mission is to research an issue, make a plan to address it and put that plan into action to help their community. The project falls right in line with the town's storm water initiative.



The girls learned which plants to use by taking tips from a visit to the rain garden at Ashland Town Forest.

The Henry Warren School garden was constructed on a small downward slope and is designed to collect rainwater runoff from roofs, lawn or driveway. A major rainfall that collects in the

garden may take up to 48 hours to clear away.

The advantages of a rain garden, the girls learned, is that it aids water quality by filtering out pollutants, preserves native vegetation, provides localized storm water and flood control and attracts beneficial butterflies, insects and birds.

The garden requires very little maintenance once it's established because its plants are native. Another benefit is its relatively small size – there's no need for a sprawling plot.

Weston Nurseries assisted in choosing the best plants and the DPW did the digging for the new garden.



# Turning a Kid's Room Into a Teen's Room



John Szolomayer

## REAL ESTATE INSIGHTS

Time flies. One day, you are giving birth to your child, and the next time you blink, your baby has grown up right before your very eyes. But how do you know when it is time to trade the kid-like theme of his or her bedroom for something far more suitable for someone entering their teen years?

It all starts with asking your child whether they are ready to upgrade their childhood bedroom. From there, you can start making changes and creating a

bedroom that is fit for a teen, as long as you have your child's permission. Keep reading for a few tips on how to transform a kid's playful bedroom into a teenager's cool hangout space.

**Get their input** - The first step in making a successful conversion from a child's room to a teen's room is to ask for input directly from your kid. As your child gets older, he or she will prefer to have far more autonomy over their belongings, including their room. Plus, being involved in decisions about their own lives will help them become more self-assured and vocal about what they want in life.

It's highly likely you made all the interior design decisions for them as a child, but now that they are getting older, it's important to let them be involved in the process of putting together their more mature, teenage-inspired room. Doing so will allow them to express where they are now and give them a sense of freedom and growth.

**Upgrade the décor** - After consulting your child and getting a feel for what he or she envisions

for the room, you can start removing anything that has a far-too-youthful vibe for a teenager. Change the art, switch up the color scheme and replace furnishings that are no longer a good fit for your child's age range, such as a juvenile-looking lamp or toys made for children.

But don't feel like you have to throw out everything that no longer suits your child's needs. Instead of donating or recycling anything you plan to remove from your child's room, consider repurposing the items instead. For example, certain furniture pieces can be converted into something more suitable for an older child. Sometimes, all it takes is a little bit of paint and imagination.

**Create a study space** - As your child enters high school and makes the transition to a teenager, he or she will start to take on more academic responsibilities, especially as they reach the age when it's time for college preparation. By creating a study space for your child, you'll be providing them with a mindset that is conducive to studying and doing well in school — and setting them

up for success. You can think of it as being similar to designing a work-from-home space because that's basically what a teen's room is! Make sure your child's new room is equipped with an area for writing, reading and using a computer.

**Add plenty of storage** - There may not be a single parent out there who doesn't get frustrated every now and again by the mess in their teen's room. Luckily, there are ways to combat the disarray. The best way to mitigate this is by providing enough storage in your child's room, which will make it easier for them to return their belongings to their proper places. A

great option in terms of storage space is a closet organizing system for your teen's clothes. Think about installing shelves for their books or board games. Use closed storage for anything your child might want to keep out of sight. The list of storage ideas goes on and on, but it all comes down to helping your child stay organized.

Information provided by John Szolomayer, RE/MAX Executive Realty. For more information, John Szolomayer can be reached at 508-259-4788 or [JohnSzolomayer.com](mailto:JohnSzolomayer.com)

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# Walk for a Cause

The nonprofit organization Resolve New England (RNE) hosted the Footsteps for Family Building Walk on Sunday, Sept. 25, on the grounds of the Warren Conference Center. More than 200 people from across New England gathered to raise funds and awareness of all those struggling to grow their families.



hope and support for each other.”

“The core of the RNE mission is to ensure that no one walks alone while struggling with fertility or family building,” said RNE Executive Director Kate Weldon LeBlanc. “So, it is very impactful to have hundreds of participants walking together to not only symbolize this but also to provide

Kerry Kavanaugh, Anchor and Investigative Reporter for Boston 25 News, once again served as the event’s emcee. Kavanaugh knows firsthand about the struggle to conceive, having battled infertility for years before welcoming her daughter.

“I am honored to be part of the RNE Walk with my family.



**Kate LeBlanc, Executive Director of RESOLVE New England, stands with Kerry Kavanaugh, and RESOLVE New England board secretary Mary Zanol. Courtesy photos**

RNE often talks about the importance of ‘finding your people’ who can relate to the struggles you are facing or have endured. “These are my people,” said Ka-

vanaugh.

There are more than 800,000 individuals in New England who are experiencing family building challenges, ranging from infertil-



ity to pregnancy loss. RNE hosts free, online support groups that are open to all individuals and couples building their families. In addition, the organization also hosts one of the country’s largest family building conferences each year, which educates attendees about paths to parenthood, including IVF, surrogacy, and adoption.

For more information about RNE resources, visit [www.ResolveNewEngland.org](http://www.ResolveNewEngland.org)

# No new sewer hook-ups for six months

BY PATRICIA ROY

If you were hoping to hook up a new residential sewer line sometime in the next six months, you probably think the sewer moratorium stinks.

The moratorium comes with the approval of the Select Board and Board of Health. Town Manager Michael Herbert said the decision was made with the existing infrastructure in mind along with several private projects that have already been approved

by the Planning Board and Zoning Board of Appeals.

“I am concerned about the impact any additional private development projects will have on our system,” said Herbert. “This six month moratorium will allow us to develop a better data set to consider the most proper course of action for our water/sewer infrastructure going forward.”

It should be noted that the moratorium does not affect connections for single-family

homes or commercial properties throughout the town.

There have been several moratoriums in years past, and last year the town adjusted its sewer infrastructure by varying the flow between the Chestnut Street and Brackett Road pump stations.

The year has been unusually dry one, making it difficult to assess the impact that varying the flow has had on the sewer system, especially at peak flow periods.

# Community Education Offering Painting, Yoga

Ashland Community Education is offering:

Middle School Painting class: Tuesdays, Nov. 1, 8 and 15

Warren School Yoga Class:

Wednesdays Nov. 9 through Dec. 21

For more information, visit <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).

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# The b.LUXE *beauty beat*

## Hitting Our Stride

BY GINA WOELFEL

Hello! It's good to be back! As you may have noticed, The Beauty Beat took a brief hiatus to focus and fine tune a few projects we had in the works, but we're back and we can't wait to share what we've been working on!

Let me catch you up... The past two years have been a whirlwind for the studio, but we've finally settled into our new space and we're hitting our stride! When we decided to expand b.LUXE, we did so with our clients' comfort in mind. We wanted to create a space that was not only beautiful, but functional and we're happy to say that we achieved both! The studio is open and airy with plenty of natural light and is the perfect setting for our creative team. The new, larger studio has also allowed us to add a beautiful skincare department with luxurious spa treatments, tanning and lash services. We love that this renovation has made the b.LUXE experience all the more enjoyable!

In addition to our new space, we've also expanded our team! We're thrilled to welcome some new faces to the b.LUXE family. We're constantly striving to offer the most current beauty services at b.LUXE and our new talent is a big part of achieving that goal!

2022 was also a HUGE year with the OFFICIAL launch of our b.LUXE BEAUTY BRANDS. Our first product, BEFORE Oil, was previewed last year before its final packaging to rave reviews! b.LUXE BEFORE OIL is a preventative, pre-shampoo, treatment that's designed to be your first line of defense against hair damage. It's made with organic sunflower and prickly pear oil and our powerhouse ingredient - broccoli seed oil, an essential element that protects like nothing you've ever used before!

Our BEFORE Oil is featured in this year's holiday gift offer.

### The b.LUXE Holiday Hygge Box

Hygge (hoo-ga) is a Danish concept that can be described as "a feeling of comfort, togetherness, and wellness." This time of year, we could all use a little extra Hygge in our lives! The

b.LUXE Holiday Hygge box was designed with self-care and comfort in mind. It's the perfect gift for anyone on your list who could use a little "me-time" this holiday season.

The Holiday Hygge box includes our luxurious and rejuvenating BEFORE Oil, a super absorbent, eco-friendly hair wrap made from natural bamboo and organic cotton, a scalp massaging brush and a wide-toothed, static-free comb.

Best of all, it can be shipped directly to your loved ones - no need to brave the crowds at the mall! Give the gift of Hygge this holiday!

By year's end, we'll also be introducing two new products to our beauty brand:

- BEFORE BODY, a two-part, intensely nourishing oil/mist duo that drenches the skin with powerful, curative hydration.
- BEFORE FACE, a high-result skin serum packed with 2% Bakuchiol - a plant-based retinol alternative — this ingredient delivers similar benefits as dermatologist-revered Retinol that reduces the visible signs of aging. We've filled our new BEFORE products with only the most targeted and essential ingredients to make you look and feel your very best. We've been lucky enough to be using these new products ourselves for the past couple of months and we can't wait for you to try them, too! Full reveal in next month's Holiday Beauty Beat.

And for the holiday gift-giving season we have three special offers for you!

They're available for purchase November 1st in-studio or on our website under our "Monthly Specials" tab (Scan the QR code for full details)

### HOLIDAY SPECIALS

- Holiday Facial Package - Only \$150
- Scalp Spa Treatment - Only \$100
- Buy 3 Products, Get 1 Free Special!



scan for more info

Finish your holiday shopping early and from the comfort of your own home! And grab a gift for yourself with our Buy 3 Get 1 FREE offer! It only happens once a year!

We hope that this holiday season is filled with all things "Hygge" for you. For some, that might be all about spending time with family and friends, for others it could be curling up by the fire with a good book or taking a relaxing bath. The important thing is that you find what makes you feel comfortable and content and do more of those things this holiday season.

We'll see you soon at the studio!

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# DAET Hosting Forum Around Talking To Your Teens About Alcohol And Marijuana

BY SUSAN MANNING  
STAFF WRITER

Discussing alcohol and marijuana with your children has always been important, but after the pandemic, the need is heightened.

Local organization Decisions At Every Turn—DAET— can help guide this conversation.

The group is hosting a forum on Monday, Nov. 7, from 5:30 to 6:30 PM, called Alcohol & Marijuana: What Parents and Teens Need to Know

Presented by Dr. Safdar Medina.

According to DAET director Kristin French, Medina’s program is focused on youth alcohol and marijuana use. For the past few years, with prevention efforts laser-focused on youth vaping, it is easy to forget that alcohol use by young people remains at concerning levels, and that marijuana products, through legalization, normalization, and evolution, pose a greater risk to youth today than decades ago.

Medina will discuss current trends, provide facts about harmful effects, and offer tips and resources to help parents approach these conversations. As a pediatrician and a father, he will dually provide the perspective of a healthcare provider and a parent.

Ashland’s Decisions at Every Turn (DAET) Coalition is a community-based group dedicated to creating a safe and healthy Ashland.



“We work together as a community, using evidence-based education and prevention strategies to help prevent, reduce, and address the problems that can lead to youth substance use. We are dedicated to raising public awareness, contributing to effective policy, creating a sustainable resource network, and promoting community-level change,” said French.

Why is it so important to hold this event before the holidays? According to French, preventing youth substance use is always important, and something we work at every day, but is particularly significant this time of year. The holiday season can be a high-risk time of year for alcohol use, and other substances, by teens.

Holiday celebrations, social gatherings, and school vacations all contribute to increased access and availability. Homes may be stocked with alcohol for holiday celebrations, alcohol is often present at parties; and teens, now back to in-person social settings, may feel additional pressure by peers to drink or use marijuana at parties or informal get-togethers.

“It is critical that we help support parents and caregivers in communicating to their teen that alcohol and

marijuana use is illegal for anyone under 21 and poses numerous potential risks to their health and safety,” she said.

French said this conversation is especially important following the pandemic.

“The past few years have been challenging for everyone. We know that parents and caregivers are exhausted from COVID, concerned about youth mental health, and working really hard to maintain family structure and routines.

“Layering on conversations about substance use may feel like too much to take on, but it is actually a good time to have these conversations. Substance use can impact all of these things ... how teens respond to the impact of the pandemic; experience stress, anxiety, or depression; and contribute family functioning.

“We hope parents join us to learn more about the impact of alcohol and marijuana on the physical, social, and mental well-being of kids & teens and then seek opportunities for family conversations about the importance and benefits of remaining substance free,” said French.

The event is Monday, Nov. 7, from 5:30 to 6:30 p.m., at the Ashland Community Center, 162 West Union St. Registrations welcome, but not required: <https://forms.gle/qj5UoZPQeQg5eyAh6> and Facebook Live [facebook.com/ashlanddecisions](https://www.facebook.com/ashlanddecisions).

# Congratulations Joyce Crocetti

On Sunday, Oct. 2, at Holy Cross Cathedral, Joyce Crocetti was awarded the Cheverus medal.

Her family was present to celebrate this momentous occasion with her.

St. Cecilia Parish has been well served by Joyce. She rises early each Sunday to pick up food for our food bank; she also picks up food on Thursday.

Joyce is very instrumental in preparation for the First Holy Communion Masses and she also prepares our youngsters for the annual Christmas Pageant.

She is among those who serve as Extraordinary Ministers of Holy Communion as well.

Many have commented that Joyce especially deserved this honor and that she is the perfect choice for it.



Picture courtesy of Janet Farrell

# Out and About in Ashland

Engine 7 stopped by the Reach Preschool today to meet some some new friends and practice some fire safety tips.

Engine 2 met lots of new friends at the Farmer’s Market.





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# Purely You Aesthetic Boutique pairs relaxation with results

BY CHRISTIE VOGT

Pampered, refreshed, glowing — that’s how Alicia Nichols envisions clients as they exit Purely You Aesthetic Boutique. Since opening in April, the facial and massage therapy spa in downtown Holliston has served a multitude of clients looking for a self-care experience where “relaxation meets results — where it’s all about you,” Nichols says.

Purely You offers a variety of different facials to suit a range of skin types, including the popular HydraFacial, a multi-step process that includes deep cleansing, exfoliation, hydration, product infusion and LED light therapy. The boutique also offers treatments like dermaplaning (removal of dead skin, vellus hair and oil), microneedling (a minimally invasive rejuvenation procedure), full-body waxing, and, at its Boston location, Coolsculpting treatments for non-invasive fat reduction.

Massage services include the following options in 60- or 90-minute sessions: relaxation massage, deep tissue massage, hot stone massage, Himalayan salt stone massage and pregnancy massage. Seasonal organic body scrubs and reiki sessions can also be added to massages, which are performed by Rachel Kelly, a licensed massage therapist and certified Usui Reiki Master Practitioner. Kelly’s approach with clients is to focus not only on their physical well-being but also on their emotional wellness.

Nichols entered the industry in 2004 as a medical aesthetics sales representative working with dermatologists and plastic surgeons. “It was eye-opening to see how much you can really change one’s appearance by using a combination of clinical-grade skincare and in-office treatments, giving clients more affordable, non-invasive options with less downtime compared to traditional cosmetic surgery,” Nichols says.

Eager to give hands-on skincare a whirl, Nichols became a licensed aesthetician in 2012. After working at several med spas, Nichols felt prepared to launch her own business. “I love this community and the sur-



**Business  
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rounding area,” she says. “I feel so blessed to come to work every day in this gorgeous farmhouse space; it truly set the stage for bringing my vision to life.”

Many medical spas fail to promote relaxation and can come across as intimidating to some consumers, Nichols reflects. “With Purely You, I wanted to create a peaceful space, marrying a traditional spa atmosphere with results-driven services,” she says.

Purely You’s growing team currently has three aestheticians on board, including Andrea Boardo with more than 30 years of experience. Boardo has specialized training in European techniques, and one of her most sought-after treatments is an anti-aging deep tissue facial massage.

In addition to its spa services, Purely You has a shop featuring curated skincare and self-care items. “So many consumers don’t realize that typical over-the-counter products likely won’t be as effective as using customized, clinical-grade products,” Nichols explains. “We, as licensed aestheticians, can recommend the ideal products that will offer more correction than your typical drugstore or over-the-counter beauty item.”

Purely You has treatments and products for “all seasons of life,” Nichols says. The team can make recommendations for those who are pregnant, for ex-

ample, or for clients with conditions such as acne or rosacea. Nichols also notes that prospective clients might assume spa treatments are out of their price range, but some services start as low as \$50.

“We’re approachable,” Nichols says. “Our doors are open to all, including those who just want gentle skincare pampering.”

After six months in business, Nichols is grateful to have a blooming clientele. “I love seeing clients feel so comfortable, even in the waiting area as they relax with a cup of tea or coffee. Afterward, it’s wonderful to see them leave with happy, glowing faces and visibly less tense bodies.”

Purely You Aesthetic Boutique is located at 755 Washington St., Holliston. For more information, visit [purelyboutique.com](http://purelyboutique.com) or call 774-233-6005.

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# Ashland Lions News

**Christmas trees at the VFW SPREAD THE WORD!** The Lions Christmas Tree lot will be behind the Ashland VFW at 311 Pleasant Street in Ashland. We will be open starting the day after Thanksgiving and be open until we sell out. Please consider buying your fresh Christmas tree from the Ashland Lions this year and donate to a great cause. Remember, Lions give back 100% of fundraising to eye research and the local community.

**Ashland Lions Meat Raffles are BACK**

Ashland Lions will continue its tradition of meat raffles at TJs Food and Spirits in Ashland. Come join the fun on Saturday, November 5th 12-4pm. Early bird tickets before 12:30pm. There will be no raffle in December, but we'll be back in the new year starting on January 7th. As always there will be great food, fun people and great meat to choose from. See you there!

**High School Speech Contest**

Ashland Lions and Greater Ashland Lions will hold their annual Speech Contest at Ashland High School on November 17th. The contest is open to high school grade students living in Ashland or attending Ashland High School. This year's topic is "Environmental Crisis: Fact or Fiction". Winners will move on to the regional speech contest with a

chance to advance to the state-wide finals. Good luck to the contestants!

**Coats for Kids (and Adults!)**

Ashland Lions Club is partnering again with Anton's Cleaners for the Coats for Kids and Families Drive. We are collecting warm winter coats for adults and children. They will be cleaned by Anton's Cleaners and made available to local nonprofits, social service agencies and schools to ensure that the coats are given to those who really need them, free of charge.

Coats can be dropped off in Ashland at Focus on Fitness, 290 Eliot St.; Ashland Fire Station, 70 Cedar St. and Cleaner's Choice and Tailor, 193 Main St.

**Eyeglasses and Cellphone Collection**

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.

**Collection boxes are located at:**

- Ashland Post Office
- Ashland Senior Center
- Old train station - Ashland
- Moody Optical - Ashland
- Middlesex Bank - Ashland
- Fayville, MA Post Office
- Studio Optics - Framingham
- Southborough Senior Center
- Southboro Post Office on Rt.85

**Stay up-to-date on Lions happenings**

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button and you will be automatically notified of changes or cancellations. While you're at it, be sure to follow Ashland Town News too!

LION DAN MITCHELL

## Ashland Access

This past July, The Town of Ashland produced a new printed medium, a newsletter titled, Ashland Access. The newsletter was printed and added as an insert in the July Issue of this publication, Local Town Pages, with a corresponding digital edition housed on the Town of Ashland's website.

The Town of Ashland is pleased to announce the second issue of Ashland Access is now available to read digitally. Discover new information about local projects and updates from town departments. Don't miss a behind the scenes sneak peek to the Public Safety Building, a recap of the Fall events in town with an abundance of photographs, and more!

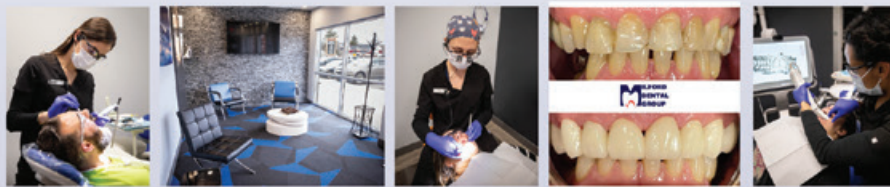
Physical copies of the Fall Issue of Ashland Access can be printed out at the Ashland Public Library and Ashland Community Center. View this new Ashland Access issue by visiting, <https://www.ashlandmass.com/915/Communications>



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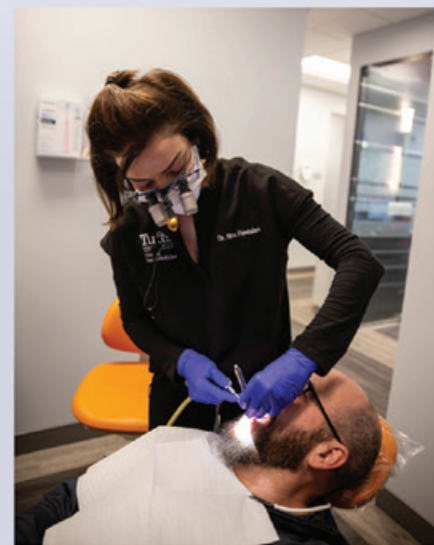
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# Sports

## Ashland Playing Their Best Golf In Years

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Mike Roman took control of the Ashland golf team in 2008 and although they have had some decent teams, he can't quite remember the last time the team was playing this well.

At the time of this writing, the Clocker golfers were swinging their clubs to the tune of a 10-3-1 record.

"This is the best record the program has seen in a long time, probably at least 10 years," the Ashland Coach said. "This year's seniors were the freshman that came in four years ago and this is the first time that I can remember a group of golfers that has made it to the tournament all four years."

Coming into the season, Roman's goals and expectations were what they have always been: qualify for the District Tournament and winning as many matches as they can along the way. Throughout the first half of the season one match that has stood head and shoulders above all the other wins has been the match they tied with Westwood.

"This was the first time since I've been coach here at Ashland

that we didn't lose to Westwood, it was a huge victory for us," Roman said. "We also had a close match with Medfield, losing by only three strokes, we are starting to compete with the better teams in the State. Playing in the Tri-Valley League (TVL) we go up against State Champions from all divisions."

As they have in the past, the Joshi twins are continuing to excel on the golf course while contributing to the wins for the Clockers. Kyzar Joshi is not only the top player on the Ashland squad, but he currently is the number one player in the league vs par. The senior is posting a .78 over par while his closest competitor has shot a 1.8 over par. His sister, Keira Joshi is shooting about 5-over par throughout the year and finds herself about 4 strokes behind her brother.

"Both have been working extremely hard and it has rubbed off on the rest of the team, giving us a nice camaraderie on the field," the Coach said. "It makes



a huge difference when you have golfers like the Joshis putting up low scores, it helps to bring the team average down even if someone has a bad day."

Following the twins on the links, Ashland is lucky to have some very good underclassmen who know how to swing the clubs.

Freshman Rebecca Kriegsmann and sophomore Nathan Gerlovin are currently the third and fourth golfers respectively for the Clockers. Kriegsmann is a great golfer who knows how to play and approach the game and finds herself in the top 40 of the league. Gerlovin, who was a good player for the team last fall, has been consistently shooting 6 or 7 over par while improving each

and every match.

Sitting in the fifth spot is another consistent shooter in junior Dean Reap. According to the coach, he can lock Reap in on a regular basis in the lineup and know that he's going to get a good and usable score from him. Senior Mark Milko is the team's sixth golfer, and he too has been posting dependable

scores.

Following the top six, Roman is lucky enough to have a lot of depth that can and will contribute on a regular basis. Seniors Zach Fuelhart, Tim Connors and Jack Reardon are the veteran golfers, while first-year senior Anthony Rodriguez has also been reliable for the Clockers.

This year Ashland has found themselves in a unique situation having some talented underclassmen who have displaced the seniors to the back of the pack.

As the Clockers inch their way toward the Central Districts, Roman knows that once they get there, the squad is going to go up against some pretty strong teams and with only three being able to

advance into the State Tournament the outlook is not a clear path for Ashland.

"Only three teams move on from the Central, making it a very difficult task at hand; Concord-Carlisle is always a lock for one spot and Westwood and Medfield can usually be found in the hunt," the Coach said. "In addition, you'll always run into a program that you know nothing about because they're from a different part of the state."

With the odds not stacked in their favor, the Ashland golfers are going to have to go out and play their best golf that day in the Districts to move on. Realistically, the Clockers will have an individual golfer be able to advance into the State Tournament. Last fall Kyzar Joshi shot a 79 in the districts and was able to move onto the States. He should be able to do so once again especially the way he has been shooting through the first 15 matches.

No matter what happens in the post-season, these Ashland golfers can say they were part of the 2022 team that posted one of the best regular seasons in Ashland golf history.

## APS Holds Inaugural Unified Basketball Game

Individuals with and without intellectual disabilities met for an afternoon of fun, community and inclusion through sports at Ashland Public Schools' first-ever Unified Basketball game on Wednesday. The game against Norwood was held at Ashland High School. This inaugural game is part of a new Unified Sports initiative, a program that provides students with special needs the opportunity to participate in a team sport setting.



Under the leadership of coaches Holly LeBlanc and Crystal Lupinski, the Clockers finished the game with a win and a lot of great memories.

"This is a great way to allow students with intellectual or physical disabilities to learn fundamental sports skills as well as social skills," said Athletic Direc-

tor Stephen Marks. "This season will provide a unique opportunity for our unified athletes and partners and inspire the entire school community."

In Unified Sports terminology, "Unified athletes" or "Special Olympic athletes" are participants with intellectual disabilities, while "Unified Partners" are individuals without intellectual disabilities who compete alongside them.

The Unified Sports program is a collaborative initiative be-

tween the Athletics and Student Services departments at Ashland Public Schools. Participants of all abilities are welcome.

"My goal was to help create regular opportunities for students with disabilities to participate in traditional student activities," said Director of Student Services Brittany Smeltekop, who helped spearhead the program. "This is a great way to learn from one another and make friendships with peers they may not regularly interact with."

Unified Sports is a program developed by Special Olympics to promote inclusion through sport. The program creates a welcoming environment for competition and training for athletes of all abilities. More information on Unified Sports can be found by visiting [specialolympics.org](http://specialolympics.org).

EST. 2012

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**Tom Cassidy**  
Owner

## Vaccine Update

Did you know the Ashland Board of Health, in partnership with MetroWest Shared Public Health Services (MWSPHS), hosts vaccine clinics at our Town Hall every month?

From May 2021 to the end of September, the Ashland Board of Health and MWSPHS administered 1709 total doses of the COVID-19 Vaccine and 223 vaccines to school-aged children who are required for school acceptance.

This successful clinic has two main goals. One- give children who are uninsured or underinsured the opportunity to receive the vaccinations required by the state to attend school. Two- create a regional opportunity for community members to access the COVID-19 Vaccine.

The children's vaccination clinic is incredibly unique, as Ashland is one of the only municipalities in the MetroWest region offering these vaccination opportunities. Public Health Director Rajit Gupta states, "This clinic was put together with the diligent efforts of the Board of



Health members and several staff members. We are incredibly fortunate to provide this opportunity to the children and families in our region."

Our regional Public Health nurse is present at every clinic to provide the following vaccines for children and teens, including DTap, HPV9v, HepB, IPV (Inactive Polio Virus), MCv4 (Meningococcal), MMR, Td (Tetanus and Diphtheria), Tdap (Tetanus, Diphtheria, and Pertussis) and Varicella. MWSPHS clinic is available to the following municipalities: Ashland, Framingham, Hopkinton, Hudson, Maynard, Milford, Millis, and Natick.

Our school system sees tangible results from this children's vaccine clinic. Audrey LaCroix, a nurse at the Ashland Public School System, comments, "This

in-town vaccine clinic is a huge benefit to the schools. The parents of the children receiving these vaccines are very appreciative that we can do this. In recent years, with the increase in population, our schools have seen a demand for our own clinic. Before this initiative, we were relying on Edward M. Kennedy Community Health Center and Framingham's Board of Health to provide vaccinations to our students. Now that we can provide the necessary doses to the children, we can bring the kids into the classroom faster."

Ashland hosts vaccination appointments for individuals at Ashland Town Hall, 101 Main St. Individuals register for an appointment online using an advertised link. Translation services are also available at the appointment.

Please email Rajit Gupta at [rgupta@ashlandmass.com](mailto:rgupta@ashlandmass.com) or Jessica Twardowski, Public Health Nurse at [jtwardowski@townof-hudson.org](mailto:jtwardowski@townof-hudson.org), or call 978-875-3709 if you would like your child to attend the next clinic.

## Greater Ashland Lions Club wishes Happy Thanksgiving

Again this year we are collecting Coats for children and adults. There are drop-boxes in the lobby of Town Hall and at Dunkin' Donuts on Memorial Drive (MBTA access road off West Union St / Rte.135) you can also contact Lion Deb Connaughton (508.728.4912) for pickup.

The club participated in the Pumpkin Festival (and was a sponsor), held at Ashland High School. We had a "guess jar" and a free membership raffle.

We would like to thank all those that donated to our White Cane Day in October at the Toll Road. And who purchased our Christmas Wreaths and Swags. Monies raised are donated to local charities and Massachusetts Lions Eye Research (to fight preventable blindness).

Do you have any used eyeglasses hanging around? We'll take them! Please bring them to the Police Substation (located next to Nick Pizza on Main St.), Market Basket (Pond St. / Rte.126), or the Town Hall on Main Street.

Looking to get involved with a fun, low-pressure group of service-oriented folks - that's us! New members are always welcome! If you'd like to learn more about the Lions and our club, please contact Lion Alexis at [cvarnie@hotmail.com](mailto:cvarnie@hotmail.com). Check us out on Face Book: Greater Ashland Lions Club. #weserve #kindnessmatters.

Submitted: Lion Rosalie Porter, 2nd VP

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# Real Estate Corner

## Ashland Recent Home Sales

Date	Ashland	Amount
10/19/2022	296 America Blvd	\$615,000
10/17/2022	38 Lantern Way	\$705,000
10/13/2022	40 Tudor Lane	\$805,000
10/07/2022	15 Raymond Marchetti St	\$515,000
10/07/2022	Lot 8 Burnham Circle	\$985,000
10/07/2022	195 Trailside Way	\$330,000
10/06/2022	16 Green Street	\$575,000
10/05/2022	51 Tri Street	\$350,000
10/03/2022	52 Cutler Drive	\$520,000
09/30/2022	66 Lantern Way	\$800,000
09/29/2022	87 Voyagers Lane	\$420,000
09/29/2022	11 Eliot Circle	\$460,000
09/29/2022	11 Mountain Gate Road	\$435,101
09/28/2022	93 Cedar Street	\$615,000
09/23/2022	350 Union Street #A	\$390,000
09/23/2022	350 Union Street #B	\$365,000
09/23/2022	421 America Blvd	\$665,000
09/22/2022	85 Howe Street	\$690,000
09/22/2022	55 Trailside Way	\$535,000
09/22/2022	327 America Blvd	\$487,000
09/22/2022	435 America Blvd	\$655,000
09/21/2022	125 Spyglass Hill Drive	\$405,000



85 Howe Street in Ashland recently sold for \$690,000.  
Source: www.zillow.com / Compiled by Local Town Pages

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# Mattress Ban Notice

Things are changing in Massachusetts. As of November 1, 2022, mattresses and textiles will no longer be allowed in the trash. New state rules require mattresses and textiles be kept out of the trash so they can be recycled or donated for reuse. In order to comply, the Town of Ashland will change the way we collect mattresses and textiles as of November 1st 2022. Waste management will no longer be allowed per state regulations to pick up old mattresses and box springs. Ashland residents can continue to utilize SimpleRecycling as a means to recycle clothing & textiles by scheduling a pickup by visiting <https://simplerecycling.com/> or by calling SimpleRecycling at 866-835-5068.

It is important to note that this is an unfunded state mandate. The cost of disposal of these items is \$45 per unit. Due to the diligent work of David Miller, DPW Program Manager in securing grant funding we are able to provide this service at no charge to residents receiving trash removal services for the time being. The program and grant

opportunities will be reviewed annually.

Please see below for new options that allow for disposal of these items. If you have any questions please contact David Miller at 508-532-7943 or [dmiller@ashlandmass.com](mailto:dmiller@ashlandmass.com).

### What to do with your old mattress

If you're not sure what to do with your old mattress, there are a few options to consider.

- You can donate mattresses in good condition (we recommend a quick google search to find donation sites).
- If you are buying new, you can check with the retailer to see if they will recycle your old one.
- You can recycle it by utilizing the drop off times at the Department of Public Works, (DPW) at 20 Ponderosa Road on the first Saturday of every month between the hours of 9am-12pm or every Friday between 6:30am-2:30pm. Please note that proof of Ashland residency and participation in the Town's contracted curbside solid waste removal

program are required for mattress/box spring disposal.

### Background information

Why the change? The 2020 Solid Waste Master Plan has set a goal to reduce trash 30% by 2030 (from 5.7 million tons in 2018 to 4 million tons in 2030), and 90% by 2050. One of the strategies the State uses to achieve that goal is to exclude certain materials from the trash. This strategy is known as the "Waste Bans."

What is a waste ban?

Massachusetts was one of the first states to implement a waste ban on easy-to-recycle and/or toxic materials. Things that are included in the list of materials banned from the trash are what the State considers too good or too bad for the trash. The waste bans were created to:

1. Promote reuse, waste reduction, and recycling by keeping good stuff out of the trash
2. Protect human health and the environment by keeping toxic stuff out of the trash

3. Prolong the life of our landfills and incinerators while mitigating their environmental impacts

4. Support local recycling and composting businesses by ensuring a reliable supply of materials

...all good things! The first MA waste ban went into effect on December 31, 1990, and prohibited lead acid batteries from landfill and incineration. Since then, MA has added several more items to the list.

### Why Mattresses?

MA residents throw out 300,000 mattresses each year. That's a lot of potential material that could be used to make new products. In fact, over 75% of mattress and box spring components can be easily disassembled and recycled.

Mattresses also take up a lot of space! Separating them for recycling is better for the planet and reduces the need for additional landfills and municipal waste combustion facilities.

## Ashland Business Association Comedy Night

The ABA invites the entire Ashland Community to an engaging and funny live event on Friday, Nov. 18, at 7 pm at the VFW located on 311 Pleasant St.

Join in-person and laugh away with Corey Rodrigues and Friends. Corey is a comedian, actor, radio personality, and local resident!

Purchase your ticket to benefit the ABA Scholarship Program, and the Ashland Emergency Fund. The cost is \$20 per person to attend. Visit the website, [ashlandbusinessassociation.com](http://ashlandbusinessassociation.com) to register and purchase your ticket.

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