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May 2023

Sharing The Gift Of Life

BY PATRICIA ROY

You might say that Carl Twomey won the lottery twice.

When he needed a kidney donor in order to save his life, both times one was there for him.

That's not always the case. At any given time, more than 100,000 people are on the national waiting list for donors.

Diagnosed in his early thirties with IGA Nephropathy, a condition that in Twomey's case caused his kidney function to deteriorate, he was told by his doctors that he would need a kidney transplant.

"Some people can live for years with the condition," he said, "but in my case it caused my kidneys to deteriorate rapidly. I got my first kidney transplant when I was 36 years old."

Fortunately, his sister was found to be a perfect match and the kidney she donated allowed Twomey to live a normal life for the next 26 years.



Carl Twomey and Janet, his wife of 27 years, are all smiles in the recovery room at Beth Israel Hospital after their live donor kidney transplant in March. *Courtesy photo*

About a year ago, Twomey's doctors began to notice that his creatine levels in his blood were rising, an indication that his kidney wasn't filtering waste normally.

"So the doctors put me on alert that sometime in the not too distant future, I would have to go on dialysis or get a kidney transplant," he said.

Twomey was monitored for a time and by the fall, doctors at Boston's Beth Israel Hospital said it was time for a transplant.

His wife Janet, an Advanced Placement history teacher at Ashland High School, was the first donor option; She has the universal donor blood type O but rigorous pre-transplant testing revealed a mild cardiac abnormality, ruling her out. Neither of Twomey's two adult children met the medical criteria either.

Where to turn? Where else

LIFE

continued on page 2



Ashland High School students teamed up with the Simple Gesture program to provide groceries and personal items for the community's food pantry. *Courtesy photo*

A Simple Gesture can mean the most

BY PATRICIA ROY

The cost of grocery staples has increased over the past year, with butter, eggs, dairy and proteins hitting record highs before retreating just a bit.

Along with the increases in fuel and utilities, it's hitting families and people on fixed incomes right in the wallet.

Ashland High School students are attempting to mitigate the effects of rising prices and ensuing hunger by collecting donations for the Ashland Food Pantry

through an organization called "A Simple Gesture: Ashland."

Maggie Carter, a junior at AHS, is working to raise awareness of the project and to enroll more residents in supporting the effort to stock the pantry.

Each year two AHS students head up the resupply effort. This year, Mia Tel and Anika Tripathi, members of AHS class of 2024, assisted by parent lead Tracy Terry are in charge.

GESTURE

continued on page 2

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LIFE

continued from page 1

but Facebook? In the space where others go to look for a handy man, house painter or landscaper, Twomey carried on his search for a kidney.

As he made the post in January, Twomey knew the odds were stacked heavily against him. The waitlist for even a cadaver kidney is about three to five years long, he said.

There were hopeful moments, though. Twomey is a member of the Faith Community Church in Holliston and the congregation offered their prayers. Two church members went so far as to

put their faith in action and put themselves forward as transplant volunteers.

In the meantime, the Beth Israel medical team took another look at Janet Twomey, in order to re-evaluate her cardiac testing.

“They decided the slight [cardiac anomaly] was nothing to be too concerned about,” said Twomey.

The family found out in February that the transplant surgery using Janet’s kidney was on, seemingly an answer to their prayers.

“The notion of accepting a stranger’s kidney is less appealing, though obviously it’s a blessing” Twomey said.

The successful surgery took place on March 21. Janet was in the hospital for two days and her husband for three.

Carl Twomey has to return to the hospital for frequent blood work and recently stayed in overnight for an ultrasound and to get some fluid drained from his kidney. The problem along with excessive fatigue after the transplant led to an alteration in his medicine protocol which includes an immunosuppressant that is easier on the system seems to have solved the problem.

“I was sleeping after the transplant 10 – 11 hours a day and taking a nap,” he said. “But now I’m back to normal. I have a new lease on life.”

Janet, too has recovered from her surgery. She dealt with fatigue and nauseated after her donation, but like her husband, she’s on the mend.

Her donation did keep her from accompanying Ashland High School students on a trip to Italy, though.

Pleased that his wife is also on the mend, Twomey said he has a new lease on life. He is able to enjoy golfing including a weekly nine-hole league associated with Raytheon Co., his longtime employer.

Janet told her husband that the kidney donation and acceptance “was almost like a renewal of our vows,” said Twomey.

He felt he was lucky that he

had so many people cheering for him and praying.

“I just turned it over to God,” he said.

Twomey feels for the people who are waiting for a kidney and hopes his story inspires others to donate.

“My heart goes out to the people who are waiting,” he said.

On the home front, he’s collecting travel brochures to offer a rain-check on Janet’s planned trip to Italy.

He went on to thank the medical teams at Beth Israel for their expert care. “I feel luck to live where I was able to get the best care,” he said.

GESTURE

continued from page 1

The goal is to collect food and household necessities like shampoo and soap for distribution through the food pantry.

People are generally hyper-aware of the need for food

pantry donations during the winter holidays, but the need is constant throughout the year.

Families who can donate are encouraged to pick up a grocery bag that can be filled with food to be picked up on five or six Saturdays throughout the year. Volunteers will collect the bags on the assigned days and leave an empty bag for the next pick-up.

The full bags are sorted and brought to the food pantry. Non-perishable food items are requested along with personal care items like soap, deodorant, shampoo and diapers, pet food and gift cards.

Interested residents can visit A Simple Gesture – Ashland.org for information on how to donate.

Residents are can volunteer as sorters and delivery drivers through the website.

Town Meeting

Town Clerk Corner

The Town Clerk’s Office is here to guide you as you participate in your local government.

The Town of Ashland Annual Town Meeting is on Wednesday, May 3, at 7pm, at Ashland High School located on 65 East Union St. If you are unable to attend Town Meeting in person, the local cable station, WACA TV, broadcasts the meeting live, and

has the footage available to view on its online streaming services. Additionally, you can view the Warrant Articles and the results on our website, ashlandmass.com.

Annual Town Election takes place on Tuesday, May 16, from 7 am to 8 pm at Ashland High School. The Town of Ashland has six precincts. Check your precinct number online with the Secretary of State’s Website, “Where

do I vote?” at sec.state.ma.us/wheredoivotema/bal/MyElectionInfo.aspx. All six precincts vote at Ashland High School. On Election Day, there will be election workers present at the information table to assist you in determining your polling station.

Access this information directly from the Town of Ashland website, ashlandmass.com, Town Clerk Department page.

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POLITICAL ADVERTISEMENT

ELECT PAM MIMMS FOR SELECT BOARD

Dear Ashland Resident,

My name is Pam Mimms and I am running for Select Board and I ask for your vote at the Ashland Town election, on May 16, 2023.

Being a lifelong resident of Ashland, I am vested in the community. I was

born and raised in Ashland and have been a life-long resident of Ashland for over 60 years. I was educated in the Ashland School System. My family was welcomed as members to the local church community in the early 60's. I have had the opportunity to

see the town grow from a mere 7000, to the population of over 18,000. Though I have had the opportunity to live in other areas, I have always come back to Ashland, because I am vested in community and want to see a bright sustainable future for Ashland.

Your vote means...

- My commitment to Ashland is affordable living.
- My commitment to Ashland is to ensure fiscal responsibility.
- My commitment to Ashland is to ensure a community that we can grow through the next generations.
- My commitment to Ashland is to ensure that every resident has a voice in the community.

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- 60 year resident of Ashland
- Born and raised in Ashland
- Ashland Advocate
- Committed to Ashland

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Your Vote Today Will Change Our Tomorrow

Credit: Rev. Jeffrey Cox

Thank you for your support

PAID FOR BY THE CAMPAIGN TO ELECT PAM MIMMS

Jacques represents Ashland as Project 351 Ambassador

Ashland Middle School student Grace Jacques is this year's Project 351 Ambassador.

Before being called into the principal's office last fall, Jacques did not know anything about the program that was started in 2011 by then-Governor Deval Patrick as a way to focus on the potential of the state's youth.

"I did not know that I had been nominated, however I was very excited when Mr. DiGirolamo told me that I was the one who had been selected to participate," she says. "I wanted to participate in Project 351 because it seemed like a great opportunity to be able to meet new people and serve my community."

The statewide project taps eighth grade students who can be described as "unsung heroes and quiet leaders" from all 351 municipalities in Massachusetts.

Jacques describes herself as "a very loud and energetic person" who values spending time

with close friends and family. She believes one of the most important things in life is to make sure everyone feels included.

"It is a terrible feeling to see someone who has been excluded or be that person yourself. Therefore, I strive to make sure that everyone around me feels included in every situation. I believe the people who view me as a leader mainly recognize me for the fact that I always try to include people and make sure that everyone feels welcome."

One of the lessons Jacques has learned so far is that "service does not end when you are in eighth grade, it lasts for a lifetime. There are a wide variety of activities that I will participate in in my coming years at Project 351 that I am looking forward to."

She already completed the Spring Service clothing drive at Ashland Middle School to benefit Cradles to Crayons, which she described as a wonderful

experience.

"Through my clothing drive, I learned that service does not have to come in a big or small act to be defined as service, anything that people can contribute is helpful. As for what I am most looking forward to, I would say that helping future ambassadors tops my list. I was so inspired on Launch Day by seeing so many who had served in the past."

Ashland Middle School Principal Dave DiGirolamo says Jacques was "nominated by her 8th grade team and myself because the group truly felt that she embodies the Project 351 values: Kindness, Compassion, Humility and Gratitude. We felt she had a true passion for service and possessed the leadership skills to rally her peers to run a successful community service project."

For more information on Project 351, visit www.project351.org.



FOOD PANTRY NEEDS

- canned fruits
- canned vegetables
- baking mixes
- pancake mix
- syrup
- cereal
- oatmeal
- sugar
- ketchup
- mustard
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- bottled juice
- juice boxes
- diapers (size 4-6)
- pull-ups
- sponges
- cleaning wipes
- snacks

The Food Pantry needs your help!

Phone: 508-532-7949

Physical Address: 162 W. Union Street (Lower Level) Ashland, MA 01721

Food Pantry Hours: Appointment Only Monday 9 am - 1 pm, Wednesday 11 am- 6 pm, Thursday 9 am - 2 pm

For more information go to the Food Pantry page on the towns website



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Yard Waste

Spring Yard Waste Collection


The 2023 Spring Yard Waste curbside collections will be held on Mondays through June 5, with the exception of Memorial Day, 5/29.

Yard waste brown paper leaf bags or barrels should be left at curbside by 7am on the design-

nated pick-up days. Yard waste in plastic bags will not be accepted. No brush, branches or stumps.

If you have followed the correct procedures and still have not had your yard waste picked up, please contact David Miller at 508-532-7943

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Quilling Card & Gallery – destination for handcrafted cards and gifts

BY LINDA CHUSS

Ashland residents Huong and Rafe Wolf recently opened the first-ever retail venue for their high-end card and craft business. Quilling Card & Gallery in Holliston features an extensive display of the stunning, unique hand-made greeting cards they have been selling online and through retailers worldwide for over a decade. The cards are created by artisans in Vietnam following fair trade practices. And while the roomful of art in the form of cards is reason enough to visit the store, three additional rooms contain exquisite new offerings, from bright sculptures and decorative tables to woven bamboo purses, also handmade in Vietnam.

Huong said that when they founded their quilling card business, “we didn’t know the industry, but we had a passion for the art of quilling and learned the

trade. Even before we started, greeting card sales were declining. But ours are a work of art, a reasonably priced gift at \$11, so we’ve been able to thrive.”

The novel cards have been sold in local establishments like the Wellness Center on Main Street, but for anyone not familiar with them, they are a wonder to admire. People often frame the cards, as they would a painting. The picture is a three-dimensional design, made from strips of Japanese paper, each of which is rolled up, carefully shaped, and glued to the card stock. Crafters train intensively for six months before achieving the high-quality results needed. While quilling may have originated in ancient Egypt, in more modern times, it’s been adopted in Vietnam, with a culture known for perfecting fine crafts.



Rafe described the company’s expansion. “The cards are distributed from our facility in Framingham and make their way to retail stores all over. We had to add more space and wanted to include a store. While we preferred an Ashland location because it’s our community and our children are in school here, it just wasn’t feasible. So we chose nearby Holliston, in the downtown area where people come to shop, plus it’s right along the bike trail.

“Then we took it a step beyond the quilling cards. We’ve spent a lot of time in Vietnam, admiring the unusual handmade items that we know would be valued here. We decided that in addition to the cards, we’d offer that artwork too, for people and decorators.”

For creation of their cards, the company adheres to fair trade practices and the just treatment of employees. “We provide our crafters with a safe work environment and healthcare benefits. They are passionate about their work and we’re glad to help them earn a sustainable living from it,” explained Huong. Rafe added, “The Fair Trade Federation verifies our operations, and some of the largest companies in the greeting card industry regularly audit us for conformance.”



A skilled artisan makes a quilled card by rolling up the strips of paper (shown at right), shaping each into part of the design, and precisely gluing them to the card



Ashland residents Huong and Rafe Wolf in their new retail store, Quilling Card & Gallery at 326 Woodland St., Holliston

Patrons can appreciate the principled origins as well as the stunning beauty of the items at Quilling Card & Gallery, 326 Woodland Street, Holliston. The store is open Tuesday through

Saturday from 10:00 am to 4:00 pm. For more information, call (508) 405-2888, or visit Quilling-Card.com, where cards are available for purchase.

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Dell Technologies Cleanup

So many people in town help make Ashland beautiful in so many ways! This shout out goes to Dell Technologies out of Hopkinton! Dell started a cleanup day in Hopkinton along Route 135 in 2015 and partnered with Keep Massachusetts Beautiful. The program quickly grew and three years ago the clean up efforts extended into Ashland.

Two weeks prior to the Boston Marathon, Dell employees cleanup along the marathon route to ensure a clean space for one of our communities biggest events.

About 80 Dell employees spend this day cleaning trash and items dumped 10-15 ft. off both sides of the road from Hopkinton to the Framingham line. This

year they collected 113 30-gallon trash bags of litter and other large items such as tires, signs, a bikes and more.

They collected debris across both sides of 6.5 miles of roadway with 75 people volunteer-ing their day to make Ashland look good!



Continued Cleanup At Nyanza, Thanks To Federal Funding

On Monday, April 4, I was proud to join Congressman Jim McGovern, EPA Administrator David Cash, Senate President Spilka, DEP Commissioner Bonnie Heiple, and members of the Ashland Select Board and Board of Health in officially announcing \$20 million in funding through the Bipartisan Infrastructure Law to continue the clean up of residual groundwater contamination from Nyanza. The improvements include a more sophisticated extraction system as well as in-place

treatment designed to neutralize the chemicals.

While today's event was a positive experience, we must continue to remember that Nyanza has left deep scars both on and in our community. Thank you to Marie Kane and the Ashland Citizens Action Committee for consistently reminding us that Nyanza is an important part of our history and how we address it is an important part of our future.

MICHAEL HERBERT, TOWN MANAGER

Construction Update: 126 & Downtown

The warmer weather brings with it the start of a new construction season for downtown and on Pond Street. Crews have begun working in these areas again as they work to complete these projects.

The scope of work downtown has narrowed a bit with the majority of the work left to be completed on Main Street between Front and Homer/Summer. Crews will continue to place new curbing and sidewalk along Main Street which will finish the sidewalk portion of the project. The work left to be completed includes reconstructing the medi-

ans, constructing new sidewalks, final paving and restriping on the roadways.

New benches, bike racks and final landscaping will also be installed.

The final step of the project will be to connect homes and businesses to the underground utilities and remove the existing poles.

The Route 126/Pond Street project is back in full swing. The geographic scope of the work on Pond Street this year will be similar to last year. Crews will be working throughout the corridor again this year completing drain-

age work, sidewalks, retaining walls at Spyglass and Eliot Street, as well as new lighting fixtures and crosswalks. Final paving will finish off the work nearing the end and we will see the final vision that so many had leading up to this.

We all know that construction work is difficult to live with on a daily basis. The crews working on these projects are working as expeditiously as possible to complete this work and we are confident that the end result will be worth it.

Electronic Collection

The electronics recycling drop-off at the DPW will run on the following schedule for 2023:

Saturday, 6/3/2023, 9 am – 12 noon

Saturday, 8/5/2023, 9 am – 12 noon

Saturday, 10/7/2023, 9 am – 12 noon

The following fees will be assessed at electronics drop-off:

- TVs & computer monitors (up to 20" screen, measured diagonally): \$10 each
- DVD/CD players; printers; CPUs; receivers; misc. household electronics: \$10 each

- TVs & computer monitors (over 20" screen, measured diagonally): \$20 each
- Window A/C units, dehumidifiers & microwaves: \$20 each
- Refrigerators (small dorm size): \$25 each
- Refrigerators (full size): \$45 each

As always, our monthly recycle program for used motor-oil, oil based paints, fluorescent light bulbs, contained mercury, Ni-Cad batteries (found in cell phones, cordless phones and camcorders) and rechargeable batteries will

continue to be held on the 1st Saturday of each month at the DPW yard located at 20 Ponderosa Road (behind the salt shed) 9 am – noon.

Please refrain from illegally dumping any waste at the facility during non-collection days. The DPW yard is located in a heavily wooded watershed area right next door to the Ashland Animal Shelter and any items that are left while the facility is unattended by staff is subject to ingestion by area wildlife and spillage having obvious negative effects on the environment which only defeats the purpose of the collection facility.

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RFP for Fire Station

The new Ashland Public Safety Building is now complete and our first responders are settling in nicely.

The vacancy left behind at the downtown Fire and Police Stations have now brought new opportunity. After listening to the residents of Ashland and reaching out to the public it was concluded that leasing the fire station would be most beneficial to the town instead of selling the properties.

A Request for Proposals (RFP) was posted this winter and resulted in only one application. Clover Road Brewing Co. expressed interest in the initial stages of the process and submit-



ted an application to utilize the fire station for a tap room.

The company already owns and operates a full brewery in Hudson. They will continue to brew beer in Hudson and utilize the Ashland location for a tap room to include beer, wine, live music, food trucks and other community events.

The renovation of this space will include a patio featuring

fire pits, outdoor seating and cornhole that will be directly connected to the indoor space including 70 seats and maintaining the uniqueness and history of the fire station.

The Clover Road team wants to create a warm and memorable experience for all visitors.

A committee of Ashland residents reviewed the application and was also reviewed by the Select Board before being brought to the Town Meeting floor. Ashland residents will have the opportunity to discuss the plan at Town Meeting on May 3.

Your Money, Your Independence

“Hey, I showed this last year, do something!”, Sincerely Your Tax Returns.



Glenn Brown

I get it, dealing with your taxes can be emotional.

Add the IRS stating that the average tax refund paid out was 9.8% less than 2022. Ugh.

You’ve had some separation, it’s time to return for an honest conversation. Maybe even bring in some outside help.

A CFP’s goal with tax planning is to help clients take proactive steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Consider potential ways to make impact for 2023:

Exercising Restricted Stock Units (RSUs) - Sold some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of concentrated positions as well as short-term versus long-term capital gains.

Adjust your W-4 - If you got a large refund, lower your withholding and do more with your money, like ~4% money market interest. Also, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated taxes on a growing small business.

Track Your Side Hustle - Government announced Venmo and payment apps report income for goods and services worth \$600 or more annually — a sharp drop from previous \$20,000 threshold. Panic and confusion followed, so the IRS postponed by a year.

Whether you receive a 1099-K form or not, you’ve always been obligated to report income. To help offset, get up to speed on potential deductions including expenses, amortization, and dedicated home office space.

Revisit Work Benefits - You can impact your adjusted gross income (AGI) through 401k contributions as well as funding a HSA, FSA for dental/vision, FSA dependent care and Commuter Benefits - especially if required to go back into the office.

While some changes can’t happen until open enrollment (and impact 2024), don’t forget if you have a life event - new child, spouse loses or changes job - you have 30 days to revisit and reset your work benefits.

Minimize Taxes In Retirement

Taxes are inevitable with retirement savings, deferred compensation and/or pension income, but consider:

Before Retirement - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free. Added bonus is Required Minimum Distributions (RMDs) don’t exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

During Retirement - Distribute funds in certain years that you claim large deductions, such as the breaks for medical expenses or charitable gifts that temporarily lower your tax rate.

Before or During - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits of Roth later. Consider larger conversions in years of lower income if self-employed and/or time away from work. Also, when 20% (or more) market corrections occur consider an opportunity to convert investments over to Roth, paying less in taxes and allowing for rebound inside Roth.

Tax planning is complex, but it doesn’t need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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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A Day Of Pride In Ashland

Ashland Rainbow—A Celebration Of Pride will be presented by Ashland Is United, on Sunday, June 4, from 1 to 4 PM, at The Corner Spot, 6 Cherry St., Ashland.

The event is aimed at creating a culture of inclusivity and acceptance.

It is a day for the LGBTQIA+ community and allies to celebrate Pride Month together.

Participants include:

- BAGLY, RISE/JRI,
- OUT Metrowest and Ashland Public Schools.



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Why a Budget Is So Important When Buying a Home



John Szolomayer

REAL ESTATE INSIGHTS

If you're like most homebuyers, you'll need a mortgage loan to finance the purchase of your home. This means you'll have to pay a monthly mortgage payment, usually for 15 or 30 years depending on the term of your loan.

You don't want to struggle to make this payment each month. Doing so makes you house poor, meaning that you are spending

more on your home than you can comfortably afford. Being house poor can drain the joy out of owning a home.

How to avoid this? Create a budget.

The power of a budget

It's true: Few people enjoy creating a household budget. But if you have a budget in place before you start looking for a home, you'll know exactly how much of a mortgage payment you can afford each month. And this will reduce future financial stress.

A budget simply tracks your monthly spending and income. When creating your budget, list the money you receive each month, including salary, expected commissions and/or bonuses, payments from investments, Social Security payments, alimony, rewards from legal disputes, and other income sources.

Next, track your monthly spending. This can be a bit more complicated. Include fixed expenses you incur each month, such as your auto loan payment, student loan payment, minimum

required credit card payment and insurance costs.

Next, account for the expenses you incur each month that vary, e.g., utilities, cellphone, cable TV and streaming services, internet, transportation. Calculate what you spend on average on these costs each month. Also include the estimated amount you spend on groceries, eating out, doctors' visits and entertainment.

Compare your monthly income with your monthly debts. This will tell you how much of a mortgage payment you can afford to make each month.

Don't overspend on a mortgage

Be careful to not overspend on a mortgage. You shouldn't let your mortgage payment consume all your extra income. That will leave too little room to cover financial emergencies. You should always have enough money to create an emergency fund — a pool of money that you use only to cover unexpected expenses. Financial experts recommend that you keep enough money in this

fund to cover three to six or more months of your average monthly expenses.

Keep your budget in mind when searching for a home

When looking for a home, remember your budget and how much of a mortgage payment you can afford. This will help you avoid overspending.

In fact, you should get preapproved for a mortgage before you even start hunting for a house. In this process, a lender will look at your credit score, income and expenses to determine how much of a mortgage you can afford.

Once your lender preapproves you (which is a free process) your lender will give you a preapproval letter stating how much of a mortgage, and how expensive of a house, you can afford.

Armed with this letter, you can avoid viewing or making offers on homes that could bust your budget and bring you financial stress.

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

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Getting Rid of Ants, The Most Common Home Invader

WPC Pest and Termite Control reminds families that ants are more than a nuisance pest.

While homeowners across the country enjoy the warm weather and the sights, smells and activities of the season, they also must contend with increased pest activity. This season, WPC Pest Control is reminding homeowners to be on the lookout for one of the most prevalent pests — ants.

Often considered the No. 1 nuisance pest, ants also pose significant health and property risk as they destroy wood and contaminate food items. And with more than 700 types of ant species in the United States, it's not surprising that ants can quickly become a source of disgust, frustration and concern for homeowners.

"Most ants thrive in warm and moist conditions, which is why it's best to eliminate moisture or standing water near or inside the home," says Jim Mazzuchelli, Owner at WPC Pest and Termite Control. "In some cases, the only

way to completely remediate an ant infestation is to call a qualified pest professional who can locate and remove the identified species' nests."

Jim from WPC Pest Control reminds homeowners that the first step to remediation is to properly identify which ant species is present in the home.

Some of the most common home invaders include:

- **Odorous House Ants:** These ants get their name from the unpleasant odor they give off when crushed, often described as smelling like a rotten coconut. They typically nest in wall voids and crevices and prefer sweet foods.
- **Pharaoh Ants:** Pharaoh ants prefer sweets, but also consume grease and even shoe polish. They live in extremely large colonies and keep warm near artificial

heating sources like baseboard heaters and ovens.

- **Carpenter Ants:** This species hollows out nests in both dry and moist wood, though they prefer the latter. They can be particularly hard to remove since their nests can be more difficult to locate.
- **Fire Ants:** Fire ants can cause severe allergic reactions in addition to structural damage caused by chewing through the insulation around electrical wiring.

Homeowners who suspect an ant infestation should contact a licensed pest professional who can identify ant species and recommend a course of treatment. To learn more about ants, please visit www.nobugnopests.com or call 508-366-1820 to talk with Jim.

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The b.LUXE *beauty beat*

Get Ready to Glow!

BY GINA WOELFEL

Although June 21st is technically the first day of summer, we Bostonians know that Memorial Day Weekend is the true *summah* solstice. If it's sunny and 70°, we're heading to the beach!

Summer in New England is synonymous with fun. Whether you're swimming, biking or gardening, summer is the perfect time of year to relax and bask in the glow of the sun (safely, please).

The b.LUXE esthetics team wants you looking and feeling your best, so let's get your skin warm-weather-ready with these 3 essential tips for feeling confident no matter the temperature.

Summer Skincare Essentials

1. AM & PM skincare routine
2. Sunscreen (Well, duh)
3. Regular facials

Wait, what? No crazy, cutting-edge treatments? No miracle in a bottle? That's right! Say it with me now - Cleanse, protect, treat and repeat! That's it!

Unfortunately, there's no one treatment that can protect your skin or reverse sun damage, but keeping your skin healthy throughout the warmer months is easier than you think.

Summer's heat and humidity can increase sebum production. Sebum is the sticky, oily substance produced by your sebaceous glands that helps to protect your skin. Although some sebum is essential, an overproduction of it can trap heat and moisture, which leads to congestion, blackheads, and an unhappy complexion.

You wouldn't go an entire day without washing your hands,

so why are you ghosting your face? Dust, allergens, sweat and makeup, **SHOULD NOT** be lingering about when your head hits the pillow. These freeloading particles deserve the boot! Washing your face in the morning and night with a gentle cleanser and mid-temperature water is the foundation for all solid skin care routines. We also recommend a toner, a targeted serum and an AM & PM moisturizer. But more on that in a bit.

Recommendation #2 - Arm your skin with a great **SPF 50 - Broad Spectrum Sunscreen**. The letters SPF stands for Sun Protection Factor and an SPF 50 blocks 98% of the sun's harmful UVA and UVB rays. In general, the SPF number on your sunscreen refers to the amount of time you can stay protected in the sun without burning, compared to unprotected skin. SPF 50 allows you to stay in the sun fifty times longer than you would if you weren't wearing sunscreen.

According to skincancer.org, "Unprotected exposure to UVA and UVB damages the DNA in skin cells, producing genetic defects, or mutations, that can lead to skin cancer and premature aging." Yikes! Remember, skin can burn within 15 minutes of sun exposure, with sun being strongest between 10 AM and 4 PM during the summer months. Apply sunscreen 30 minutes before sun exposure and reapply after swimming or strenuous exercise. You'll also need to reapply throughout the day to maintain UV protection. No SPF can offer 100% protection, so for maximum gorgeousness and the ultimate in sun-safety, our esthetics team also recommends wearing a hat, polarized sunglasses and covering up with UV protective

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clothing. And if a summer tan is your ultimate goal, try an organic spray tan. They're quick, easy and in as little as 3 hours, your skin will have a natural-looking, bronzy glow.

And lastly, in our opinion, nothing promotes and enhances cell turnover and skin tone quite like a monthly facial. Short of cosmetic surgery, regular, professional facials are the best way to maintain your skin's health.

As if the relaxation of a monthly facial wasn't reason enough, scheduling and prioritizing this service will deeply cleanse and exfoliate your skin. Your esthetician will perform a full-skin analysis and determine your problem areas and goals. They'll also recommend products tailored to your specific needs. Picking these with your esthetician allows for the utmost in customization when selecting targeted, high-impact products like serums and moisturizers. The biggest benefit to having a monthly skin care routine: the deep exfoliation of a regular facial allows for those skincare products to actually do their job post-facial and penetrate your skin for maximum performance.

This month, b.LUXE is celebrating healthy skin and of course, Mother's Day with two specials that will get your skin glowing and ready for summer!

Unfortunately, we are unable to accept Donations at this time due to space constraints due to construction.

May Specials

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(See images for details.)
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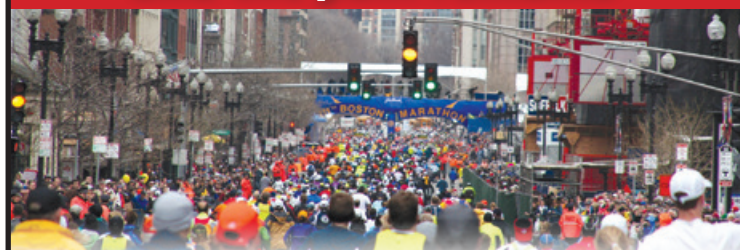
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- No-Pest strips
- Car wax
- Fiberglass resins
- Lighter fluid
- Drain cleaners
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- Arts & crafts supplies

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- Floor cleaners
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- Dry cleaning solvents
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- Herbicides
- Wood strippers
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- Turpentine/Paint thinners
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New law may offer financial opportunities



Mark Freeman

FINANCIAL FOCUS

Your own decisions and actions typically determine your financial strategies. But outside events can affect your choices, too. And that may be the case with the recent passage of the SECURE 2.0 Act.

This piece of legislation covers many areas. But here are some changes that may be of interest to you, depending on your situation:

If you're a retiree ...

- **Higher age for RMDs** – The age at which you must take withdrawals — known as required minimum distributions, or RMDs — from your traditional IRA and 401(k) has increased from 72 to 73, effective this year. (If you turned 72 in 2022, but still haven't taken your first RMD, you will need to do so this year.) And in 2033, the RMD age will increase again, to 75. You don't have to wait until these ages before taking withdrawals, but the new age limits may affect your withdrawal decisions.

- **Lower penalties for missed RMDs** – If you don't take at least the RMD for a given year, you could face tax penalties. Previously, this penalty was 50% of the amount you were supposed to have taken but now it's reduced to 25%.

- **New options for qualified charitable distributions** – If you're 70½ or older, you can make a one-time qualified charitable distribution (QCD) of up to \$50,000 to en-

titles that previously couldn't receive these QCDs, including charitable remainder annuity trusts, charitable remainder unitrusts and charitable gift annuities that meet certain criteria. Because QCDs are typically excluded from your taxable income and could satisfy some or all of your required RMDs, which are otherwise taxable, these expanded opportunities may prove beneficial from a tax standpoint. Consult with your tax advisor to determine if and how QCDs make sense for your situation.

If you're still working ...

- **Roth contributions to retirement plans** – Starting this year, if you participate in a 401(k) or similar plan, you can take your employer's matching and other contributions on a Roth basis. While these contributions will count as taxable income, they can ultimately be withdrawn, along with any earnings they generate, tax free, provided you meet certain conditions.

If you're a business owner ...

- **Increased tax credit for starting a retirement plan** – If you have 50 or fewer employees, you can now claim a startup credit covering 100% — up from 50% — of the administrative costs of opening a 401(k) plan, up to \$5,000 for each of the first three years of the plan.

- **Employer contribution credit** – You may now be able to get a tax credit based on employee matching or profit-sharing contributions. This credit is capped at \$1,000 per employee and phases out gradually over five years.

- **Military spouse tax incentive** – If you have 100 or fewer employees who earn at least \$5,000 annually, you can earn a tax credit of up to \$500 for three years if you make military spouses eligible for a retirement plan, such as a 401(k) or SEP IRA. You can receive the credit for the year in which the military spouse is hired, plus the next two taxable years.

These aren't the only provisions in the SECURE 2.0 Act that may be relevant to you, and some parts of the new law go into effect in the future. You may want to contact your financial and tax advisors to see just how you might ultimately be affected by this legislation, and how you could take advantage of it.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

If you would like to discuss your personal situation with a financial advisor contact:

Mark Freeman
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA
508-293-4017
Mark.Freeman@edwardjones.com

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Downstairs Gallery

"After the Fact" Recent Paintings by Jim Eng

May 2 – June 17, 2023

Waltham resident Jim Eng was a Professor of Painting and Drawing at Framingham State College for 32 years. He was also a teacher, and the Curriculum Director, for the Massa-

achusetts Prison Art Project. He has also taught at the Danforth Museum of Art, the Massachusetts College of Art and the Cambridge Art Association. Jim's work has been exhibited



in museums, public and private galleries, universities and libraries throughout the Northeast (including the APL several times).

In Jim's words:

"For this exhibit I am including both figurative and abstract work completed over the past six years. The figurative paintings were all done in water-soluble oils on board or stretched canvas. Some were painted on site while others were done from photographs, (taken by my wife), during our many travels. The abstract works are mostly on stretched canvas with a few mixed media pieces done on Masonite panels.

"I have also included two self-portraits on canvas painted 56 years apart. In the first one I am 23 and in the second I am 79. For both of these paintings I observed my reflection in the very same mirror."

There will be a "Meet The Artist" reception on Saturday, May 13, 1-3PM in the Gallery.

All are welcome.



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Police Department Promotions

Last month, Ashland Police promoted Larry Rodkey to the rank of Sergeant, and Michael Vinciulla to the rank of Lieutenant for the Ashland Police Department.

Sgt. Rodkey began his journey with the Ashland Police Department as a Dispatcher in 2016 and was appointed as a full-time Police Officer in 2018. After Sgt. Rodkey's appointment

to Police Officer, Sgt. Rodkey quickly established himself as a leader in the patrol division and has developed an exemplary record within the department.

Lieutenant Vinciulla began his career with the Ashland Police Department in 2004 as a Permanent Intermittent Police Officer and was hired a few months later as a full-time Officer. In early 2020, Lt. Vin-

ciulla was promoted to the rank of Sergeant. Since that time, Lt. Vinciulla has handled many of the administrative duties within the department and has been an integral part of the development of the new Public Safety Building, including the transfer of dispatch and the Police Department to the new facility on Union Street. We are looking forward to the many contributions Lt. Vinciulla will make in shaping the future of the APD.

Both men have been eligible for promotion for some time, and we thank them and the men and women of the APD for their patience.

The Town of Ashland anticipates making additional promotions in the very near future. At that time, we will hold a more formal promotional ceremony honoring Sgt. Rodkey, Lt. Vinciulla, and additional officers.

Please join us in congratulating both Sgt. Rodkey and Lt. Vinciulla on their recent promotions.



New Officer Sworn In

Ashland Police recently swore in Officer Arek Gasiorski as a Town of Ashland Police Officer. Officer Gasiorski was born in Gdansk, Poland in 1994 and immigrated with his parents to Worcester when he was 5 years old. He became a U.S. citizen in 2009. He grew up in Worcester and graduated from Abby Kelley Foster Charter Public High School. In 2017 he was hired by the Springfield, MA police department and had a successful career there. He enjoyed the work but ultimately decided that the type of Community Policing he

longed to do and that suited his personality better could be found in a community like Ashland. He was given a conditional offer of employment a few months ago and after successfully completing mandatory testing, he joined our department this week. He will complete an abbreviated field training program and then be on his own. Officer Gasiorski brings unique experience to the role with his background in another country, his history as an officer in Springfield, and being bilingual (Polish and English).

Ashland's Amazing Sylvia Temple

BY DEB SKEATH

Sylvia has been bringing hope and support to people who are lonely, sad and sometimes suicidal for 26 years. She is a founding volunteer member of the United Way of Tri-County TeleCheck team, which is part of the Call2Talk mental health, emotional support and suicide prevention program. Founded in 2008, TeleCheck is a peer-to-peer outgoing call service for adults age 60 and above. Through this program, Sylvia makes outgoing calls to seniors in the MetroWest community who may need additional support because of a major life transition, such as bereavement, a medical diagnosis or a change in mobility. Sylvia calls participants twice a week, providing warmth, support and companionship during a difficult time in their life. Most of the folks she calls are younger than she is. Sadly, many have passed away over the years, which is understandably difficult for the TeleCheck volunteers who have built supportive relationships and forged a bond with them. The seniors who Sylvia calls love speaking with her and look forward to their conversations.



For many years Sylvia was also a Call2Talk helpline volunteer, where she answered incoming calls from people who are emotionally despondent, feeling isolated or lonely and struggling with suicidal ideation. She talked with callers to help them feel less alone and to find hope, and helped them move from a place of crisis to a calmer state. As one of the organization's original volunteers — she staffed the very first shift in 2013 — she has been recognized by the International Council of Helplines for serving more than 1,000 hours of helpline hours.

In addition to providing support for the people served by TeleCheck, Sylvia also serves her fellow TeleCheck and Call2Talk volunteers. Over the years, she

has helped dozens of other call takers as a shift supervisor by talking with them after they have had a difficult conversation with a caller and being available for any other support they might need. She also contacted rescue services on many occasions when a caller was experiencing an emergency. Sylvia has also served as a wonderful mentor to new volunteers by listening, providing feedback and coaching them. She has interviewed new potential call takers and screened them for their readiness to provide service. As a kind-hearted, generous person, she frequently brings snacks and little gifts to the call center and treats everyone to a monthly pizza lunch to show her appreciation for her co-volunteers.

And as if this weren't enough, Sylvia contributes to and attends almost every single fundraiser Call2Talk has ever held. At 90 years young, she still walks nearly every Call2Talk 5K. This amazing lady is truly representative of what it means to be a dedicated volunteer. Sylvia is a beloved volunteer, shift partner and friend who many of her co-volunteers refer to as our program's mascot. We are so lucky to have her.

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Sports

Lacrosse Captains Taking Their Game To The Next Level

BY CHRISTOPHER TREMBLAY
STAFF SPORTS WRITER

Ashland's Patrick Dwinells and Tim Connors developed a friendship at a very young age and although both became involved in lacrosse during those early days, their paths getting there were rather different.

Despite both having a different route to the sport, their end results are very much the same as both athletes will be taking their game to the next level following graduation from Ashland High School.

Dwinells, a midfielder, will be taking his talents to play for the University of Massachusetts Boston, while Connors, an attack, will be gracing the field at Bentley University in Waltham.

Clocker Coach Bill Graham believes that both athletes have the potential to make a difference at their respective colleges next year.

"Tim is your prototypical attacker with a great shot and can hurt you in so many different ways, while Patrick is a leader by example and is one of the most even-tempered kids that I have ever coached. He is our link from defense to offense and can create his own shot," the Ashland Coach said. "On the college level they both should be able to step right in and play. Tim should find his way onto the field right way with the ability to make things happen and Patrick, who is a good attacker and midfielder, has the makeup to contribute right away."

Although their coach has believed in their ability neither athlete really saw themselves playing on the collegiate level when they first picked up a lacrosse stick.

"Lacrosse was something that I got involved in to just have fun," Dwinells said. "Getting to play it on the next level is something that just happened."

Dwinells has had a stick in his hand as long as he can remember. His older brother by two years was already playing lacrosse so going to all those games, the younger Dwinells found the game fascinating and to his liking. Needless to say he wanted to be part of that creativity of the sport. It wasn't long

after that he joined his first club team the Coyotes before eventually switching over to the Piatelli Central Lacrosse Club.

While Dwinells was swinging the stick at an early age, Connors didn't find lacrosse until the fourth grade when a lot of his friends who were already playing asked him to try the sport out.

"I have always loved football and the contact that came with it and to get to play lacrosse with a stick while using finesse really in-



nells was entering high school he was hoping to play lacrosse with his older brother, who was a senior that year. However, his older brother gave up lacrosse before the season was to begin.

"Losing that season, I was extremely disappointed. I couldn't wait to play lacrosse for the high school with all my brothers' friends," he said. "That team would have been very good,

and we were robbed in a way. Without that experience of playing with all those talented athletes, whatever my role may have been, I feel that I would have been a different player."

Although both athletes are heading to a college that they are very interested in playing for, much like their beginnings the duo did things indifferent ways. Dwinells was contacted by UMASS Boston, and he was all in, while Connors had originally made a verbal commitment to St Michaels College of Colchester, Vt., before eventually choosing Bentley.

"For me it was a quick decision," Dwinells said. "Once I talked with the coach and visited the campus I couldn't see myself anywhere else (although he had already visited schools in Maryland, Florida, Connecticut and New York prior to hearing from the Massachusetts school)."

Making it even easier was the fact that UMASS has had a lot of success, including winning back-to-back Conference Championships.



Connors, who had verbal commitment to St Michaels was still awaiting a letter from Bentley.

"I committed to St Michaels last summer to hold a spot, but my eyes were on Bentley as my number one choice," Connors said. "At Bentley, academics are a top priority as they want you to be successful on the field as well as in the classroom Lacrosse is only for four years, your education will take you beyond that."

Once Bentley realized that Connors most recent grades were up to snuff, then they sent him a letter. When Connors committed he was told that he was coming to further his education at Bentley but would get a chance to play lacrosse.

The twosome, who have played lacrosse for a long time together have come to realize each others tendencies and are hoping to use that to put together successful final season with the Clockers.

"He's a power dodger and if he can draw the opposition to him he'll get the ball to me and I can release a quick shot and I try to feed him as much as I can," Connors said. "I'm hoping that I can leave Ashland on a good note and have a winning season."

Dwinells is on the same page with his counterpart hoping that Ashland can earn themselves a spot in the tournament and make a deep run before they head off to college.

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Ashland loses beloved resident



Courtesy photo

a proud member of the Framingham Fire Department, serving the city of Framingham for over 20 years.

Izzy loved the town of Ashland and deeply cared about happenings there. He received recognition as Ashland Citizen of the Year and Hometown Hero from Boston 25, both in 2013.

He was a member of the Ashland Lions Club, having served as its President, and was involved in many of the club's activities. Izzy could always be counted on to support the club. He also belonged to the Knights of Columbus, and advocated for Ashland's senior citizens by serving on the Friends of the Ashland Council on Aging.

Many remember how he played Santa Claus at the senior center's holiday parties.

His larger than life personality always brightened everyone's day. A gentle giant, he was a kind, compassionate and caring man and a friend to all.

Donations in memory of "Izzy" may be made to the Ashland Lions Club, Box 150, Ashland MA 01721.

SUBMITTED BY JULIAN DOKTOR

Ashland lost one of its most beloved residents, Igidio "Izzy" Assencoa, who died Tuesday, March 28, at UMass Medical Center.

"Izzy", as he was affectionately known, graduated from Framingham High School in 1957. He served his country in the United States Air Force and later became

Chicken Permits and Regulations

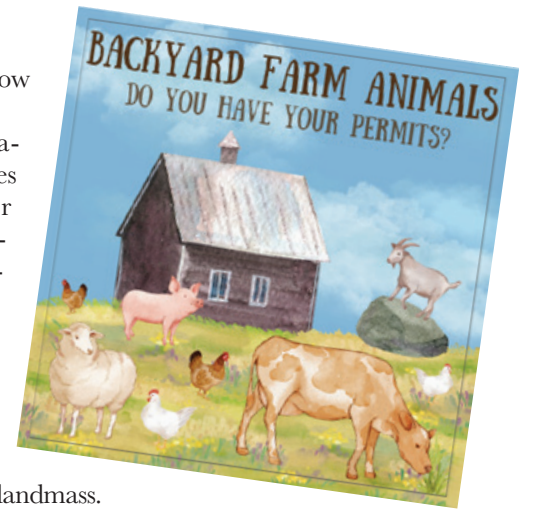
The Town of Ashland requires that residents, who wish to house and maintain chickens/barnyard animals, first obtain an Animal - Equine Permit from the Board of Health.

Applicants will need to complete a Permit Application which will be reviewed by the Board of Health. Assuming the application provides the Board with no concerns, an inspection will be conducted by the Animal Inspector. If approved, Permits will need to be renewed annually. Please note that the Ashland Animal Regula-

tions DO NOT allow Roosters to be kept.

Permit applications and the full rules and regulation for keeping and maintaining these animals legally can be found on the Town of Ashland website on the Health Departments "Animal" page.

<https://www.ashlandmass.com/240/Animals>
508-881-0100 ext. 1975



Greater Ashland Lions Club

Happy May Day!! Happy Cinco de Mayo!!

We Thank all those that attended another successful Quiz Night.

For those of you who have (or plan to) donate used eyeglasses and wondered what the Lions do with them. Recently members participated in an Eyeglass Project. This involved washing, checking the prescription and packing 1,000 pairs that will be sent to countries where citizens cannot afford them.

We thank all the students who applied for one of our scholarships. We will be awarding one to an Ashland High School and a Keefe Technical School Student.

Again this year, seedlings were given to each fourth grade student at the David Mindess School to celebrate Arbor Day. In conjunction with Arbor Day, we sponsored a Book Reading. The book "The Tree in Dock Square" was read by Author Jean Woodbury

at the Ashland Public Library on Saturday, April 22nd from 1-3pm. The story is about community spirit, hope, and renewal, a timely topic for National Arbor Day and is aimed at both children and adults.

Do you have any used eyeglasses hanging around? We'll take them! Please bring them to the Police Station (located on Main Street), Market Basket (Pond Street / Rte.126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).

Wanting to get involved in the community? We're a low-pressure group of service-oriented folks always looking for new members. If you'd like to learn more about the Lions and our club, please contact Lion Alexis at cvarnie@hotmail.com.

For more club information, please check us out on Facebook: 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
04/07/2023	150 Green Street	\$985,000
04/03/2023	42 Wilbur Drive	\$1.21 mil
04/03/2023	2 Braeburn Lane	\$575,000
03/31/2023	122 Fountain Street	\$567,000
03/31/2023	54 Arrowhead Circle	\$586,000
03/30/2023	143 Spyglass Hill Drive	\$408,000
03/27/2023	147-149 Concord Court	\$485,000
03/24/2023	115 Algonquin Trail	\$550,000
03/17/2023	12 Royal Colony Circle	\$1.15 mil



150 Green Street in Ashland recently sold for \$985,000. . Source: www.zillow.com / Compiled by Local Town Pages

Ashland Lions Club May 2023 Update

Ashland Lions 3rd Annual Regatta

The weather was great for the Lions Regatta on Sunday, March 26th. Close to 300 small toy boats raced down the Sudbury River from the bridge by Burnams to a finish line behind the VFW. Thanks to all who supported the event by buying boat tickets, and to the Ashland Lions and Boy Scouts Troop 232 for making the event a huge success!

Community Shred-it Event

Please join us on Saturday June 3, 2023, 9am-12pm (or when truck is full), to have your personal documents safely shredded on site at the Ashland VFW 211 Pleasant St. The event is open to Ashland residents only. We are accepting paper only (staples OK), limit 3 bankers boxes

or paper grocery bags per car. The event is rain or shine.

Ashland Lions Meat Raffles

Ashland Lions would like to thank the community and TJs for all their support with meat raffles. We had a record-breaking year, and we couldn't have done it without you! Hope to see you when we start again next season.

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
- TJ's Food and Spirits
- The Residence at Valley Farm

Stay up-to-date on Lions happenings

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

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