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July 2016

Ashland High School Grads Told to Keep Asking the Hard Questions



By CYNTHIA WHITTY

Pincipal Kelley St. Coeur told the Ashland High School Class of 2016 on June 5 to keep asking the hard questions as they face constant societal changes.

One hundred eighty-three students graduated from Ashland High School on June 5

In her remarks, St. Coeur said (excerpts): "I have to take a moment to say how much I

appreciate you for being the class that has challenged me each and every day for the past four years. And I mean

GRADUATION
continued on page 2

Citizen's Group Vows to Stop Development Near Nyanza Superfund Site

By CYNTHIA WHITTY

Early this spring, after learning about a proposed development, Ashland residents concerned about blasting on Megunko Hill near the Nyanza superfund site formed a group called, Stop Nyanza Ashland Citizens Action Group. The group hired an attorney and filed an appeal under the Ashland Conservation Commission Order of Conditions and the town's wetland regulations.

In early June, the developers Campanelli & Thorndike began clearing trees on the 200-acre site. They plan to build 398 one- and two-bedroom apartments near Nyanza and off the MBTA access road. These apartments are phase one of a three-phase multi-million dollar project.

Around 60 residents attended a public forum held by town man-

agement and the Board of Selectmen at the Community Center on June 9 where the Citizens Action Group and others voiced their concern for public health and safety and made it clear, they want the project stopped.

Residents are concerned that blasting will disturb the 28-year-old Nyanza cap, which the Environmental Protection Agency (EPA) said is good for 30 years, and the 150-year old culvert, a piecemeal pipe carrying runoff to the Sudbury River, which could fail and flood the downtown.

Resident Paul Pehoviak, who lives nearby on South Street, said at the forum, "This project must stop." He spoke about the 20-plus people he knew who have died from cancer from the sludge under the cap. He de-

SUPERFUND SITE
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GRADUATION

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that as the sincerest of compliments. I can't tell you how much I value that trait. You are young adults who never hesitate to ask the hard questions. You are people who are willing to take risks. From the moment you walked into Ashland High as freshmen, you have engaged in discussions that helped me to think about what is best for the entire Ashland High School community.

"As a class, you have been faced with societal changes that we could not have begun to imagine back when I was finishing high school. And sometimes change is painful and ugly and unfair. But often it is necessary and leads us to a place of better understanding and unity. You are an exceptionally talented and passionate group of students, probably one of the most diverse I have seen in the many years I have been in education. I believe that among you there will be scientists who do find cures for the diseases that still haunt us and politicians that



Salutatorian Zachary Schiffman and Valedictorian Eric Zhou.



Han Tran accepting the Kane Scholarship from classmate Erika Kane.



Ethan Bourque

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change government in ways we can't yet imagine and educators who continue to take inclusive schools to the next level.

" . . . My challenge to you is that you keep thinking about and changing what you know to be true. Keep asking the difficult questions and having the hard conversations. Keep speaking up when you think something isn't right. I hope you keep showing the world that you are willing to talk about what you believe in and that you are willing to listen to others' viewpoints."

*Graduation day photos
courtesy of
Grynn & Barrett Studios.*



Members of the Class of 2016 exiting; Mitch Porter facing the camera.

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Senior members of the AHS chorus: (l to r) Eric Zhou, Kevin Lewis, Julia Tranguch, Tiffany Brouwers and Katie Forcier.



Ashland Farmers Market Celebrates the Town's Diverse Community

By DEBORAH BURKE HENDERSON,
CONTRIBUTING WRITER

This month, the Ashland Farmers Market (AFM) at 125 Front St. is the perfect place to celebrate and embrace the diverse Ashland community, from its many cultures to man's best friends.

Each Saturday, between 9 a.m. and 1 p.m., visitors will discover great local produce and products for sale, meet neighbors, make new friends, enjoy savory eating delights, and, on July 16 at "Culture Fest," experience music, song and dance from a variety of countries.



Ashland residents Tim and Num Govan with their children Max (8), Cici (12), and Sam (14), who are in Thai dress, prepare to perform in a recital of classical Thai music and dance. The children are students of the Thai Buddhist Sunday School of Wat Nawamintararachutis.

July 2: The Big BBQ for the 4th will have two popular ready-to-eat food vendors, including The Carve with its famous smoked pulled pork and Mohammed's Kabob House with his tasty Mediterranean cuisine. There will be a parade for kids and interactive exhibits at Kids' Corner, 9:30 to 10:30 a.m., including a demonstration by local resident Bryan Lepor and his Harmonograph, a mechanical device, first invented in the 1860s that has one or more swinging pendulums. Gravity and muscle power are the harmonograph's energy source, and the swinging pendulums create delightful visual images and geometric designs for all to enjoy. The music stage will feature Cindy Lane Adams, cowboy boots and all, as she delights the audience with her country and western-style music. Unique clothing items will be on sale at the Federated Church of Ashland Thrift Shop booth.

July 9: Moonshine Alley, Collage Crafts and More. Come for breakfast, stay for lunch with Foodie Café and The Kabob House. Enjoy Moonshine Alley's mountain music at the Arts! Ashland Alliance Music Stage, 10:30 a.m. to 12:30 p.m. At Kids Corner, 9:30 to 10:30 a.m., make a collage craft with Tobi Hoffman and watch a potter's wheel demonstration with potter Deb Griffin.

July 16: Culture Fest will celebrate diverse food, art, music and dance. Visitors will find Henna tattoos at Kid's Corner and experience two special, half-hour

and Sam, who have studied at the Raynham, Mass.-based Temple for several years—will join other performers to demonstrate three traditional Thai folk dance arrangements choreographed by Thai dance teacher Kawetide Teskaew, showcase typical Thai dress, and perform music they have learned under the tutelage of Siriwan Riteuengrung.

The "Serng pong larnng," a folk dance of the Northeastern region of Thailand, is performed during traditional celebrations and festivals.

The "Seng kra tob mai" or "tapping bamboos" dance illustrates the activities of a group of villagers from the southern part of the region, known as Isan. The dancers each hold two sticks, with which they execute complex choreographic movements, shaking the sticks and tapping them lightly.

Fon, or the "Cow bell dance" is typically seen in northern Thailand. It is performed in groups and has very slow, graceful, almost meditative movements.

The music of Thailand is a treat to enjoy. Some of the native musical instruments will include the "ranat ek," similar to our alto xylophone; the "jakhe," a crocodile-shaped, fretted floor zither with three strings; the "saw u," a bowed, string instrument and its cousin, the "saw duang," a two-stringed instrument played vertically on the lap; and the "khim," a hammered dulcimer.

Culture Fest will also feature the beautiful voice of Jorbley De Souza, a local resident of Brazilian heritage. Nine different food vendors will offer items inspired by a

FARMERS MARKET

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SUPERFUND SITE

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Developers Campanelli & Thorndike have cleared trees on the Megunko Hill property. (Photo/JFTphotos.com)

scribed how "28 acres, or 250 football fields, have been cleared and the disruption will cause the culvert to be flooded. It's a no brainer," he said. "We have to try harder."

Jon Fetherston, Ashland Board of Health (BOH) chair, said that his committee voted 5 to 0 not to support this project. "We must start to do the right thing. Public health and safety must be assured," he said.

Town Manager Michael Herbert told resident Pricilla Bennett that the BOS would not approve the blasting plan if the blasting study that is due back at the end of June shows "the worst case scenario."

Herbert has commissioned two studies – one on blasting and the impact it could have on the Nyanza site and one on the culvert and the flooding risk. Town officials will review the

studies before issuing a blasting permit.

BOS member Carl Hakansson said that "something of this magnitude should have started with town participation." Hakansson said that his recent site walk was "a game changer" for him. He saw "how the whole thing was rock and needed to be blasted. Blasting and the slope of the land had never been mentioned," he said.

Cara Tirrell, an organizer for the Citizens Action Group, said that she "will continue to fight and do the right thing."

To find out more about the Stop Nyanza Ashland Citizens Action Group, go to Facebook, www.facebook.com/StopNyanzaProject; GoFundMe, www.gofundme.com/Stopnyanza-project; and Twitter, @ACAC_StopNyanza.

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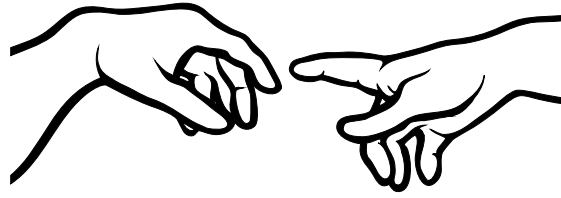
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FARMERS MARKET

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variety of ethnic traditions. Check out the Bon Me Food Truck, known for its delicious Asian cuisine, Doris' Peruvian Pastries, Mama Lucia's Biscotti, Dulce D Leche Café gelato, Eastern European-inspired Halvah Heaven, and French- and Spanish-inspired artisan cheeses from Couet Cheeses and Fromagerie.

July 23: Three Special Activities. In addition to the usual food and product vendors, this day will highlight three special activities: trained volunteers with the Lion's Club EyeMobile will offer visitors free screenings for vision, glaucoma, hearing, and blood pressure; gazpacho lovers will enjoy a cooking demonstration by Chef Christopher Ryan of the

Residence at Valley Farm who will incorporate ingredients from local farms in his special recipe; and talented students of Annemarie's Dance Center and the Backstage Dance Center will perform. Bring your dull knives, garden tools and scissors for sharpening with Patti of On the Edge Knife Sharpening, who comes the 4th Saturday of each month.

July 30: Dog Day, Parade and Master and Dog Look-Alike Contest! The Dog Day-themed market day is a sure winner. The Baypath Humane Society of Hopkinton will be present, as will a local groomer, a pet masseuse, and vendors who specialize in trinkets, bowls, and healthy foods and treats for our four-legged friends. Join in the Dog Parade and see which entrants win the hearts of our three expert judges.

Your canine companion may win a prize for tricks performed or for the wildly-popular Master and Dog Look-Alike Contest!

A Unique Venue in Metrowest

AFM organizers are delighted that Ashland residents and those from surrounding communities have responded so well to their theme-based programs, which now attract weekly crowds of more than 1,350 visitors.

The market success is based on a number of factors. There is strong community and business support and sponsorship, which helps the market in its commitment to keep prices low. New businesses continue to come on board, which help augment the types of fun and educational activities the organizers can make available.

Adult and teen volunteers assist vendors with break down and set up on market days.

There is plenty of free parking on Front Street, in the adjacent municipal lot, nearby at town hall on Main Street, and at the Mindess School on Concord Street.

Visitors who want to support the market might consider

purchasing a gift certificate for someone special. Gift certificates may be purchased at the Market Managers' tent or by completing a form online for a gift of any denomination.

To sign up for eNewsletters of weekly events or to purchase a gift certificate, visit www.ashlandfarmersmarket.org.

With Help From Their Friends: Team Elka STRONG Prepares for Pan Mass Challenge



Members of Team Elka STRONG (l to r) Francois Sicard, Tracey Lydon, Randy Krauss and Mark Barsamian prepare for the August ride to raise money for cancer research.

Team Elka STRONG continues to prepare for the Pan Mass Challenge, to be held on August 6 and 7. The team members will be riding with a heavy heart as their friend, Ashland resident Elka Troutman, lost her battle to cancer on April 7.

The two-day event has team members riding varying distances, from 84 to 170 miles,

to raise money for the Dana Farber Cancer Center. The team trains on weekend mornings, riding beyond Ashland to Southborough, Holliston, Hopkinton, Sherborn, South Natick, Wellesley, Framingham, Dover and Needham.

Team members are Ashland residents Randy Krauss, Tracey Lydon and Francois Sicard and

their friends Lisa Campopiano, Dan Cullaty, Mark Barsamian and Edward Nigro. The team hopes to raise \$25,000 to help eradicate cancer.

To help support the team, Wine Empire, 12 W Union St. (Rt. 135) in Ashland, will hold a wine-tasting event on July 14 from 7 to 9 p.m. The \$10 admission fee plus 10 percent of the proceeds will be donated to the team's campaign.

To make a donation in support of Team Elka STRONG or any individual team member, visit <http://profile.pmc.org/TE0069> or go to www.pmc.org and search "Team Elka STRONG." The team's fundraising deadline is October 1, 2016.

To follow each day's route or cheer the riders on in person, visit www.pmc.org/rides/wellesley-bourne for the Saturday leg of their journey and www.pmc.org/routes/bourne-babson for the Sunday challenge.



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Town Election Winners

By CYNTHIA WHITTY

Most of the 13 seats for the May 17 town election were uncontested. However, some contested seats and especially the vote on the Prop 2 ½ override brought out lawn signs, emails, postcards and a flurry of postings and discussions on social media. The discussions centered on the schools and town planning and growth.

The Board of Selectmen (BOS) had four candidates running for two three-year seats. Incumbents Carl Hakansson (1,917 votes) and Joe Magnani (2,513), the current BOS chair, beat out Stanley Daner (715) and Peter Kopecky (879).

Hear From the Winners



Photo/Courtesy WACA TV

Carl Hakansson

"I am grateful to all of the Ashland voters who cast their ballot for me this May. The current Board has prepared a vision for projects moving forward in order to make the town a more vibrant and inclusive place to

live. Among these projects are: a strategic plan for new growth that is affordable, safe and aesthetically pleasing to all; a revitalization of downtown; expansion of the Warren Woods area to include 22 Eliot Street and parts of the Warren Conference Center to provide for an ecological educational center for future generations; restoration of our state parks; a sustainable water policy; strong programs for youths and seniors, and a commitment to making Ashland a holistic community where people feel well represented and at home.

I was offered the opportunity in the past year to try to link Ashland's colorful past with a vibrant future, and with some assistance of the residents of Ashland, I hope to be able to play a role in shaping this vision in the foreseeable future."

Joe Magnani

"Thank you for allowing me an opportunity to thank the residents of Ashland who re-elected me to a third term as a member of the Board of Selectmen. It is humbling to know I have the confidence in the residents to keep the Town moving in the right direction as we have seen over the past few years. During this recent campaign, I had the opportunity to talk with many residents with diverse opinions about the two ballot questions concerning the potential override. One very surprising note



during these discussions was how many residents were still

uninformed on the issues facing the town, after the many public forums and numerous fact-based publications provided to them regarding these two initiatives. Our discussions were very productive and I hope enlightening to each resident I had the pleasure of speaking with.

"I am extremely excited to work with the current Board for an additional three years. This Board has much to offer, yet we also have much to learn as we forge through another year balancing the Town's budget as well as providing the services the townspeople are accustomed to receiving. The voters told our Town Management Team loud and clear to work within the current budget restraints. So we are doing just that! The Board faces many challenges, as Chair we are certainly up to the task of resolving problems and setting future policies for a sound future. I certainly am up to the challenge, as is the Board and our entire Management team. Thank you!"



The Ashland School Committee had two available three-year seats. Paul Kendall (1,619 votes) and Erin Williams (2,219) beat out Mark Larson (1,248). For information on election results, visit www.ashlandmass.com. Photos/Courtesy WACA TV



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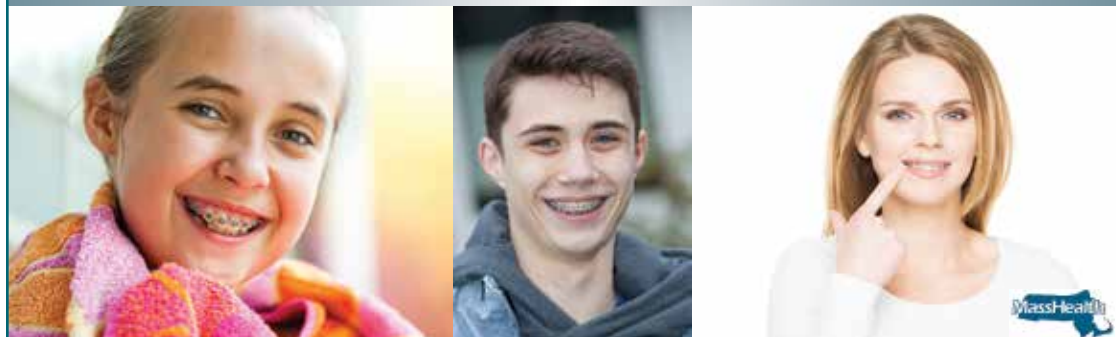
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Ashland Business Association: Scholarship Winners, Maps and Meetings

By CYNTHIA WHITTY

The Ashland Business Association (ABA) recently awarded two scholarships. Tucker Ahlers and Amanda DeBonnee each received a check for \$1,500. Ahlers will attend Brandeis University to study history. Amanda DeBonnee will attend the University of Massachusetts Amherst to study nursing.

Each year the ABA awards scholarships to high school seniors residing in Ashland who best demonstrate good work ethics, motivation, creativity and business/community interests. Scholarships are funded by contributions from local businesses.

Tucker Ahlers: On a Mission to Better His Community

As a student, Ahlers had a number of responsible positions and broadening experiences. He played on 29 sports teams and coached nine different sports teams. In 2014, he spent 10 days in New Orleans at a Social Justice Youth Leadership Training in the classroom and the community, learning about the devastation of Hurricane Katrina and the efforts there to assist in the reconstruction. In the summer of 2015, Ahlers spent eight weeks volunteering at Minute Man National Historical Park in Lexington and Concord, giving historical talks and tours.

Ahlers' idea for an ABA project is to expand on one he developed at the end of his junior year. In his application, he wrote: "On Halloween, the members of the National Honor Society would 'trick or treat' around Ashland, except instead of trick or treating for candy, we would trick or treat for items to be donated to the Ashland Food Pantry. The members of the society and our mentor agreed to participate, and after meeting with various town organizations, we publicized the event. In the end, we collected almost 3,000 items for the food pantry and donated them just before the Thanksgiving holiday. My plan of action for the future is to make this activity more permanent, impactful and organized."

Ahlers is proposing broadening the project to include all high school students and partnering with the ABA and local businesses

"to make this a bigger event that incorporates more people, heavier publicity and fresh strategies."

"This activity would provide teens the incentive to embrace their inner child while embarking on a mission to assist the Ashland community," Ahlers said. "I have found that I have a gift and a passion for teaching and organizing, and I strive to use these gifts to better my community."

Amanda DeBonnee: Personal Connections Make for Business Success

DeBonnee has a personal understanding of all that goes into owning a small business. Her parents own a restaurant in Newton, where she has worked. She worked as a home health aide at Golden Pond Assisted Living; and as a babysitter. As a volunteer, her community service has included serving in the St. Matthew Youth Ministry where she traveled to Mississippi to repair damaged homes following Hurricane Katrina; in the Make a Wish Club traveling to Florida to help families with children who had life-threatening illnesses; and in 2015 at the Newton-Wellesley Hospital post surgery patient care unit "doing everything I could to make the patients feel as comfortable as possible throughout their long and stressful recoveries."

"My community service experiences have been unbelievably humbling," DeBonnee said. "All too often I get caught up in minor, personal matters that I forget how fortunate I am. Community service always has a way of grounding me, which is extremely important."

For her proposed community project, DeBonnee recommends a way for the ABA to better connect with residents. She is suggesting an *Ashland at Your Fingertips* book with detailed information on every small business that is given to residents as a way of "personalizing each business." This suggestion of creating a personal connection is based on her observations of her family business. "For the past 18 years, I have watched my parents develop and manage their small business in Newton and have discovered the importance of business owners making personal connections with their customers," DeBonnee said. "My parents' welcoming and friendly attitudes, along with their appreciation for their customers, has contributed greatly to the success of their business."



ABA members congratulate the 2016 scholarship winners: (l to r) ABA President Alex Carleton of Acumentri, business coaching; M.R. Fletcher of Earthly Wealth Jewelry; Claudette Rowe of KnowledgePoints Learning Center; students Tucker Ahlers and Amanda DeBonnee; Scholarship Committee Chair Adam Sachs of Centinel Financial Group; and Bill Gath of Realty Executives Boston West. (Photo/Cynthia Whitty)

ers," DeBonnee said. "My parents' welcoming and friendly attitudes, along with their appreciation for their customers, has contributed greatly to the success of their business."

Businesses Donate to Fund Scholarships

Funds for the 2016 ABA scholarships were provided by the following local businesses: 126 Self Storage; Adam (& Joy) Sachs of Centinel Financial Group; Ann Marie's Dance Centre; Bill Gath of Realty Executives Boston West; M.R. Fletcher of Earthly Wealth Jewelry; Hanto Restaurant; Main Street Wine and Spirits; Mexico City Taqueria; Metro West Bookkeeping & Tax Service; Needham Bank; Nick's Pizza & Grill; Purple Ink Insurance Agency; Southborough Website Design; The Red Dress; and Tricia Kendall, Architect.

ABA Maps Help Find the Way



A new ABA map, 5th edition, will be available soon to all residents.

In addition to streets, trails, schools and town buildings, the full-color map identifies town forest and other hiking trails, open spaces, historic and scenic areas, boat launches, and bike rack locations.

The ABA hopes the map, con-

households, and will be available in public venues, such as the post office, police and fire departments, and town hall, as well as at local storefronts.

An online version of the map is available at www.ashlandfirst.com/map.html and allows zooming in on important features. Also available on the site is a detailed map of the Ashland Town Forest/Cowassock Woods area (Courtesy of Sudbury Valley Trustees), which hikers can download and print.

Upcoming ABA Events

August 2: Summer Social at Mike Kane's 126 Self Storage

September 6: Guest speaker Alan MacIntosh of Bay State Support will explain website design available for low, medium and high-end budgets.

For more information, contact info@ashlandbusinessassociation.com, call 508-735-9473, or visit www.ashlandfirst.com.

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Does the Sun Cure Acne?

By LISA MASSIMIANO,
LICENSED ESTHETICIAN,
CERTIFIED ACNE SPECIALIST
OWNER SKIN SMART SALON

Many acne sufferers believe baking in the sun cures their acne. Although, sun exposure can have the desirable effect of causing skin to dry out and peel, it also damages the follicles, exacerbates hyperpigmentation (dark spots), and causes skin cancer and premature aging of the skin. In fact, heat and humidity often make acne worse. Here are some tips on how to protect acne prone skin from the sun.

Use the right sunscreen.

Many acne sufferers shy away from using sunscreen because they think it will make their acne worse. I always advise my acne clients to use a mineral sunscreen. Mineral sunscreen does not contain any irritating chemicals. It is made up of zinc and or titanium oxide and protects the skin by physically blocking the UV rays. Zinc and titanium do not clog pores and are soothing on the skin, perfect for acne and rosacea prone skin.

Don't skimp when applying sunscreen.

Most people don't apply enough sunscreen to get the protection indicated on the label. Apply a generous coat to cover the skin evenly. And, don't forget to reapply if you sweat a lot during the day or go swimming.

Put your watch away.

UV rays in the early morning and late afternoon are just as damaging as sun exposure between 10 a.m. and 4 p.m. So, be sure to apply sunscreen before early morning or late afternoon activities.

Think outside the beach.

Everyday exposure can contribute more to sun damage than the occasional burn you get at the beach. Make applying sunscreen part of your daily, morning skin care routine like shaving or applying makeup. Once it becomes a habit you will never forget.

Questions about acne or skin care? Email me at skinsmartsalon@aol.com. Or call (508) 881-1180. Visit the salon website skinsmartsalon.com for information on Skin Smart's Acne Clinic and other services.

Long-Time Facilities Director Bob Hebden Honored with Warren School Clock Tower Dedication

By DEBORAH BURKE HENDERSON,
CONTRIBUTING WRITER

This spring, the town honored Bob Hebden in a special way for 42 years of service to Ashland.

Hebden was the Supervisor of School Buildings and Grounds, served as a football and softball official for Bay State and Tri-Valley schools, including Ashland high school, and was responsible for having one of the three remaining original Telechron clocks in town, made by Henry E. Warren, installed in the Warren School clock tower. This spring the clock tower was dedicated to him.

A Love for Solving Problems

Robert "Bob" Hebden loves Ashland. "First and foremost, I am a blue-blood Clocker, and always will be," Hebden quipped in a recent interview. Born and raised here in Ashland, his long-standing dedication to the community began at a young age.

Hebden recalls a childhood fascination with the renovation of the nearby Mindess School in 1952. He hung out at that work site on Concord Street for hours and pumped the laborers with all kinds of questions.

Hebden admits he has an unquenchable thirst for knowledge, loves problem-solving and building things.

As a teenager attending the old high school on West Union Street, he joined the school department for a summer job mowing the athletic fields, washing floors and cleaning furniture. After graduating in 1957, he worked in a local carpentry shop for a short stint but then got a job as a mail boy at the Telechron Company on Homer Avenue, delivering mail to all the departments. Telechron was owned by the late Henry E. Warren, inventor of the first synchronous electric clock—the first electric clock to keep perfect time.

Admiration for Henry Warren

Hebden's admiration and respect for Warren and the history of the town has never faded.

"Warren was a genius," Hebden said. "He invented timers, movements, and all types of governors that were used in engines and



Bob Hebden stands proudly at the kiosk in front of the Henry E. Warren Elementary School Clock Tower. (Photo/Deborah Burke Henderson)

power plants." Hebden also recounted with pride that as a young boy he was Warren's personal usher at the Federated Church. "Once, I asked Mr. Warren about the definition of Telechron, and he said 'That's an excellent question. Telechron means time from afar or time from a distance.'"

Hebden's grandfather, Clarence Morey, had worked for Henry Warren for 50 years. Morey owned a glass-domed Telechron clock made by Warren in the little red barn behind the Warren residence near what is now the Warren Conference Center playing fields. That clock is one of Hebden's prized possessions.

Long Tenure as Director of Facilities

After working at Telechron, Hebden became a full-time maintenance worker at the high school and worked his way up to director of facilities for the school district, where he served for 35 years. He reported to former Ashland Su-

perintendent of Schools Dr. Barry Ruthfield. Hebden created annual budgets for operations and maintenance and oversaw the daily maintenance staff.

"When there was a problem, I was happy to get in the trenches and get my hands dirty working to solve the problem. I loved every minute of it," Hebden remarked with a grin. "My mother used to say, 'It's only work if you'd rather be doing something else,' so I guess I haven't worked a day in my life!"

At the time, Hebden managed a staff of 21 and is known for saying of them, "They would go to hell and back for me, and I would go to hell and back for them."

Keeping the town's school buildings looking pristine was always his aim. "I used to say that in order to maintain buildings correctly, I only needed three things: a superintendent who believes in maintaining the schools, a school

CLOCK TOWER

continued on page 9

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CLOCK TOWER

continued from page 8

committee that believes in maintaining the schools, and a very capable staff," Hebden said. "And over the course of my career, and I say this sincerely, I was blessed with all three."

"In 1995, when we were adding on to the old high school and doubling the size of the Henry E. Warren Elementary School, both Dr. Ruthfield and I were part of the building committee," Hebden noted. "Since we were expanding the square footage of the cafeteria, I suggested we add a clock tower at the front of the elementary school, and I had just the clock in mind for it."

Hebden offered to meet with the owners of the Telechron building (known today as the Ashland Technology Center) to ask if they would sell the original Telechron clock made by Henry Warren, which had been installed on the Homer Avenue-side of that building in 1927. Even though the clock had not been working for many years, Hebden envisioned having the historic clock refurbished and felt it rightfully belonged at the Warren School. After a period of negotiations, the owners agreed to sell the clock.

The next day Hebden took a ladder down to the Telechron building and measured and made a template of the clock, which he gave to the architects to incorporate into the tower design. After the clock was refurbished, it was permanently installed in the tower.

In 2000, Hebden retired from his post as Supervisor of School Buildings and Grounds. During his long tenure, he oversaw the renovation of every school in Ashland and when the town approved the funds and plans for a new high school in 2005, Hebden returned as the clerk of the project. It was the first "green school" around and the building became a model for others. As a result of Hebden's efforts and dedication, every school project was completed on time and under budget.

Clock Tower Dedication

Plans to honor Hebden with a dedication of the Warren School clock tower in recognition of his 42 years of service were first presented to the Ashland School Committee in 2011 by Ruthfield. "Because of his vast knowledge in plumbing, electrical, carpentry, and many more areas of school maintenance, he (Hebden) saved the school system hundreds of

thousands of dollars," Ruthfield wrote in a letter to the School Committee in 2012 asking the district to recognize Hebden's many contributions to the town and schools.

Unfortunately, Ruthfield passed away in June 2015 before the dedication could occur, but Hebden's step-daughter, Cara Tirrell, stepped in and, with the approval of Ashland School Superintendent Jim Adams, Tirrell and others, including Ruthann Ruthfield, got to work coordinating the dedication ceremony.

On May 15, 2016, in the naming ceremony of the Henry E. Warren Elementary School Clock Tower, Hebden was honored for serving the Ashland school district for more than four decades.

"Bob and my husband, Barry, worked closely together," Ruthann Ruthfield said. "They were true friends who had great trust in one another and saw each other through good times and bad. Bob is one of a kind, someone you can always depend on, and an incredible problem-solver. He always made sure things ran smoothly for the Ashland schools and did so much to help the town of Ashland."

Ruthfield noted that although 120 guests were confirmed for the dedication, more than 200 came to express their love, respect, and admiration. The gathering included town officials, current and former teachers, principals through the years, members of the School Committee and Board of Selectmen, the Ashland police and fire chiefs, Hebden's wife, Kathy, his family and friends, as well as the exceptional team members he supervised during his career.

"When I was growing up my mother used to say, 'My son, Bob, is so soft that he cries at supermarket openings.' And true to her word, as soon as I started to speak that afternoon, I started crying," Hebden recalled. "I was so humbled and touched by it all."

A kiosk with images of Hebden and a historical narrative about his service as a dedicated town employee was created and fitted in the ground just below the clock tower. Hebden thanks his daughter, Coni Hebden, and Board of Selectmen member Carl Hakanson for that unique tribute.

Today, at 77 years young, Hebden continues to find great enjoyment in his work. Currently, Hebden is an onsite construction supervisor working 20 hours a week for the Framingham Housing Authority.

Milford Federal Savings & Loan Association Announces Appointments



Milford Federal Savings & Loan Association is pleased to announce the appointment of Hildee Lewis to AVP Branch Administration. She will be responsible for the oversight of direct daily retail operations for all locations. In addition, she will provide support to the SVP Retail Banking.

Lewis, a resident of Douglas, MA, has over 14 years of experience in Retail Banking Management. She most recently has been an AVP/Branch Officer at Dean Bank

and VP Branch Administration/Retail Operations at Edgartown National Bank.

Milford Federal Savings & Loan Association is pleased to announce the promotion of Kimberly A. Tarasiak to AVP Loan Origination. She will be responsible for managing the underwriting and processing of mortgage and consumer loans to ensure compliance with secondary market, state, and Association guidelines. In addition, she will provide support to the VP of Loans.

Tarasiak, a resident of Douglas, MA, graduated from Providence College with a Bachelor of Science in Business Management and a Minor in Finance. She also obtained a Master of Business Administration Program from Providence College. She has been employed at Milford Federal since 2001 and held the position of Teller, Manage-



ment Trainee, Loan Servicing Assistant, and most recently Loan Origination Manager.

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Ashland's Residents In Need

By JULIE NARDONE,
CONTRIBUTING WRITER

Although Ashland may lie geographically in toney Metrowest surrounded by the upscale likes of Sherborn, Southborough and Hopkinton, this doesn't mean all our residents live in the lap of middle class luxury.

Quite the contrary, Ashland has quite a few families struggling to pay for their next meal, their next utility bill or their next mortgage payment. You just don't see them.

But Cara Tirrell does.

As Ashland's Director of Youth and Family Services, Tirrell spends her days in the basement of the Community Center overseeing the Food Pantry, writing grants to get food, matching residents with volunteer opportunities and searching for area programs that will assist our most vulnerable citizens. She has one part-time employee, Tammy Griffin, who coordinates the Food Pantry and a small travel budget of \$300. Together, their hours equal one full-time employee. Food donations come from a variety of sources, such as individual Ashland residents, the Federated Church of Ashland Theta Phi Delta Women's group, the Boy Scouts, the National Honor Society, the Greater Ashland Lions, the Ashland Farmers Market, businesses and the Ashland Emergency Fund (AEF). More recently, Tirrell has obtained food grants from Project Bread and the Hopkinton Country Club.

Food Pantry statistics paint the true picture of Ashland's current need.

In the past year, the Food Pantry has provided food to 451 fami-

lies. These families averaged 1,176 visits to obtain 21,168 meals. Policies allow families to "shop" at the food pantry twice a month and individuals, once a month, although no one who is hungry will be turned away. Food Pantry customers can find personal hygiene products, paper goods, orange trash bags, milk, juice, snacks baked goods, breads, pasta and sauce, cereal, beans, soup, potatoes, rice, and canned veggies and fruit. The recent arrival of a refrigerator purchased with a grant matched by the Ashland Board of Selectmen has made it possible to offer perishable items.

Ashland's Invisible Poor

Residents might be surprised to discover who shops at the food pantry. It might be their next-door neighbor, the parents of their child's best friend or the senior citizen they see checking out a book at the library.

One such person was former Ashland resident and Boy Scout Leader David Dumont. "I never thought I'd be a patron of the Food Pantry. I had a decent job. I wore nice suits. I looked successful." But when his wife Andrea fell ill with a brain tumor in 2006, Dumont's income couldn't keep pace with the rapidly escalating medical bills.

"I didn't have two nickels to rub together," Dumont said. "Yet, I felt guilty and embarrassed to ask for help." In an ironic twist of volunteer fate, Dumont had long been overseeing Scouting for Food, an annual local food drive program sponsored by the Boy Scouts of America. During his participation in the scouting program, he developed a friendship with Sue



Tammy Griffin, Carola Girvan and Holly Veum (l to r) work as volunteers for the Ashland Food Pantry.

Williams, the former director of Youth and Family Services. When Dumont confessed his financial situation, Williams said, "Please take advantage of our services for all you've done for the boys. It's time to take care of your own family." Over the next two years, Dumont shopped at the food pantry about 25 times. "It was a hard, hard thing to do," he said. "I had become a member of the working poor, struggling to take care of my sick wife and young son."

In addition to frequenting the food pantry, Dumont also received financial assistance from the AEF, a private, nonprofit 501(c)(3) charitable organization incorporated in 1987 to quietly provide short-term emergency funding to Ashland residents in need. According to AEF Chair Rosemary Fedorchak, "In the past 30 years, the AEF has given approximately \$1 million to over 1,750 residents. We bridge the gap between an unplanned catastrophic event, such as an illness or a fire, and other forms of aid or insurance." To ensure that donated monies go to residents truly in need, applicants meet with the director of Youth and Family Services, followed by additional financial screenings by members of AEF. In 2015, 24 families received financial assistance.

Dumont called the AEF "a life saver" during his darkest financial hours. "Twice when I was struggling, they paid my rent, gas and electric bills." It's been a long haul for Dumont. Sadly, his wife

Andrea passed away in January 2016 after fighting a 10-year battle with a succession of cancers, but Dumont is now back on solid financial footing, enough to make several donations to the AEF.

Despite the increased demand for food pantry services, Tirrell has just 25 hours a week to work her humanitarian magic, which also includes lending support to Decisions At Every Turn (DAET) to reduce substance abuse among Ashland's teens. Tirrell, who has a master's degree in mental health counseling, also works part-time in Framingham at Advocates Psychiatric Emergency Services where she matches vulnerable residents in distress with available mental health programs.

Fortunately, the Ashland community has noticed her good deeds. On May 22, 2016, the Deacons of The Federated Church awarded Tirrell their inaugural Good Samaritan Award. She received a plaque and a check for \$1,000, made out to the AEF/Ashland Food Pantry.

The humble Tirrell willingly shares her Good Samaritan credit by commending Ashlanders for being so generous. "We have wonderful residents. Hopkinton and Holliston have tried—unsuccessfully—to duplicate the Ashland Emergency Fund."

Dumont had nothing but superlatives for Tirrell. "Thank God for the compassionate Cara's of the world. They make a huge difference."

Lend a Helping Hand

If you'd like to lend a helping hand to fellow residents in need, consider participating in the Holiday Program, which matches residents with families. Every September, Tirrell invites residents who want to adopt a family to support during the holidays to submit an application, and residents who want to be adopted to submit an application as well as their wish lists. She then matches adopters with adoptees. Last year, the Holiday Program provided wishes to 112 families. In fact, the program has become so popular there are now more adopters than adoptees.

Tirrell cautions that it doesn't mean there are only 112 families in need of adoption. "Some residents feel embarrassed and often refuse help from others saying 'someone else needs it more than we do.'" Fedorchak concurred, "People are very proud and don't like to accept help, a character trait many people share."

Dumont understands the desire to want to maintain one's dignity and privacy in the face of financial instability. However, that didn't stop him from coming clean about his two-year journey into charitable assistance. "Yes. I used the food pantry and emergency fund when my wife was sick," he told a shocked crowd of Boy Scouts and other leaders. "To share my story and stop hiding what I'd been through lifted a big weight off my shoulders. Honestly, I felt relieved."

How to Help

Once the holidays pass, the Food Pantry tends to slide off the giving radar. Help is needed to keep the food pantry stocked year round. To donate goods to the Ashland Food Pantry or participate in the Holiday Program, contact Cara Tirrell, Director of Youth and Family Services, by email, ctirrell@ashlandmass.com, or by phone, 508.881.0140 x3. To donate to the Ashland Emergency Fund, send a check in any amount to The Ashland Emergency Fund, PO Box 112, Ashland, MA 01721. To lobby for an increased budget for the Ashland Department of Youth and Family Services, email the Ashland Board of Selectmen at boardofselectmen@ashland-mass.com.

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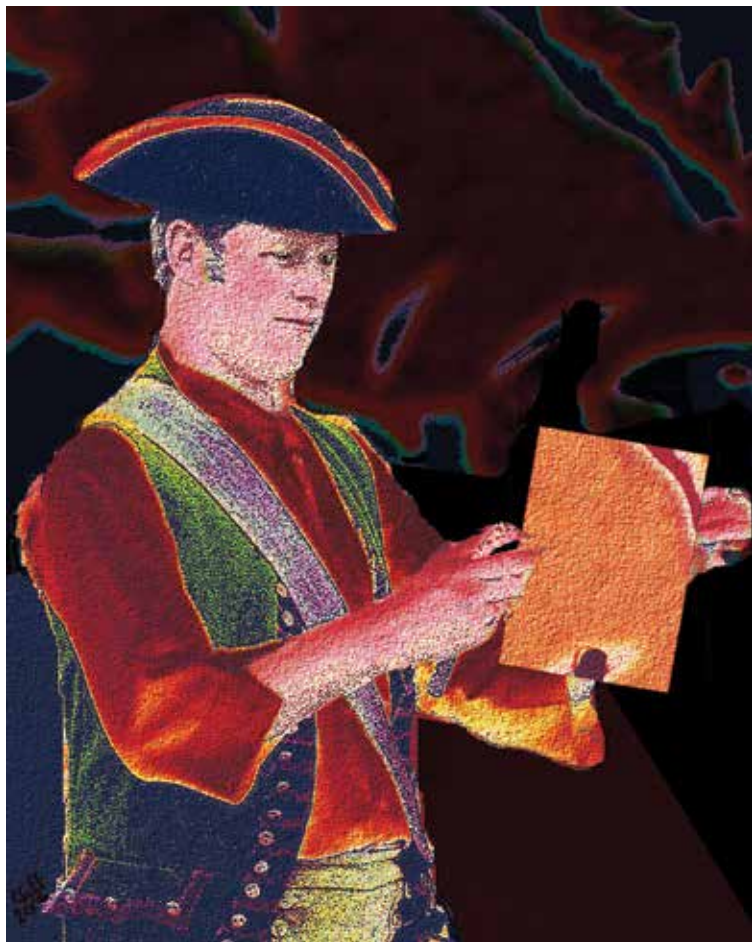
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Letter From Home,

a painting by Cliff Wilson



WACA TV to Hold Film and Acting Summer Workshop for Teens

WACA TV invites 13 to 15 year olds to participate in this summer's film and acting workshop at its Community Media Center, 200 Butterfield Dr.

The session will be held the week of August 1-5 from 10 a.m. to 3 p.m. with a ½ hour break for lunch, provided by the participant. The maximum size of the class will be 12 with a minimum of at least 5 participants.

Attendees will learn how to write a screenplay as well as act in and film their screenplay. When applying, specify your interest: performing in front of the camera as an actor or working in the technical operations behind the camera. Every effort will be made to accommodate interests.

Participants will receive a complimentary DVD as a keepsake of their experience.

The cost for this weeklong session is \$300. Register by

calling 508-881-9222 or downloading the application from <http://bit.ly/1O7HbaE> or the WACA-TV Facebook page. Return the application to Barbara Chisholm, c/o WACA TV, 200 Butterfield Drive, B1, Ashland, MA 01721.

WACA-TV looks forward to offering a fun and memorable experience. To view the film from last summer's participants, visit <https://vimeo.com/136827551>.

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Bicycle Camp for Individuals With Disabilities Now Accepting Applications

The iCan Shine Bike program is a five-day camp that teaches individuals with disabilities to ride a conventional two-wheel bicycle. The program will take place August 14 to 19 at Cambridge Rindge and Latin School.

iCan Shine is a non-profit organization that collaborates with local organizations to host camps in their communities. The iCan Shine Bike program is being hosted by local high school students Nina Katz-Christy and Zaida Block in collaboration with the Cambridge Recreation Department.

iCan Shine uses adapted equipment, trained professionals and volunteers. With 75 minutes of instruction over five days, over 80 percent of riders learn to ride a conventional bicycle indepen-

dently by the end of camp.

To be eligible to enroll, riders must be at least eight years old, have a disability, must be able to walk without an assistive device, such as a walker or cane, and must be able to side-step quickly to both sides. They must have a minimum inseam measurement of 20 inches and weigh no more than 220 pounds.

Cost of the camp is \$250. Rider registration and volunteer registration forms can be found at: <http://icanshine.org/icanbike-cambridge-ma>. For more information, contact Nina Katz-Christy and Zaida Block, iCan Shine Cambridge Bike Camp Coordinators, at icanbikecambridgema@gmail.com.

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Ashland Student Receives Scholarship to Attend Berkshire Hills Music Academy

Ashland High School student Jennifer Lynn Barrett has been selected to receive a scholarship from the National Down Syndrome Society (NDSS). Barrett is one of 18 outstanding students who has Down syndrome to be awarded a scholarship to help cover the cost of postsecondary or enrichment courses through the NDSS O'Neill Tabani Enrichment Fund.



Barrett will attend Berkshire Hills Music Academy where she plans to take part in a two-year certificate program. The courses she plans to take are Transition to Independence, Music, Vocational Training/Employment, Self-determination and Interpersonal Skills and Residential Life.

As more individuals with Down syndrome are being included in K-12 and graduating with their peers, the next step for many young adults with Down syndrome includes pursuing postsecondary education. NDSS is proud to be a part of this growing trend.

"The National Down Syn-

drome Society's O'Neill Tabani Enrichment Fund encourages and recognizes the hard work and accomplishments of young people who are changing society's perception of what individuals with Down syndrome can achieve," NDSS Director of Programs & Community Outreach Vanessa Quick said. "By continuing to enrich their lives through taking classes or enrolling in postsecondary educational programs, these students prove that the talents, skills and abilities of individuals with Down syndrome are limitless."

Flamingo Flocking: Help Support Ashland High School Service Trip to Orlando

Help raise money for the Ashland High School Make-A-Wish Club service trip to Orlando in November by 'pranking' your friends. Choose a "victim" and have flamingos migrate to their yard in the middle of the night. Flamingos will nest for 24 hours and then they will flock to another yard.

- Small Flock (10 flamingos): \$10 donation
- Large Flock: (20 flamingos): \$20 donation
- Anti-flocking insurance (to not be flocked): \$10 donation

To place your order, email ashland.gktw@gmail.com or Jennifer Pavia-Shiels at jpaviashiels@ashland.k12.ma.us.

Thirty-nine students are participating in the service trip to assist Give Kids the World, which provides lodging, activities and meals to Wish recipient children and their families. The summer-long Flamingo Flocking event will help offset travel costs.



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Middle School Students Learn Aeroponics

By Terri Henry,
Contributing Writer,
STEM Teacher

Ashland Middle School (AMS) has brought gardening indoors, and the adventures have been bountiful. It has become a morning ritual for students to stop by and see how our garden grows. Earlier this winter, Dr. Richard Wexler from Wexler Chiropractic Wellness Center in Framingham donated his tower garden to the STEM (science, technology, engi-



neering, math) class at AMS.

The tower garden uses a form of hydroponics, namely aeroponics. The tower holds 20 gallons of water, which is pumped up through the tower every 15 minutes. The root systems of the plants do not sit in water; they live in an air and mist environment. There is no dirt. The plants are grown on cubes called rockwool. The rockwool provides the plant roots with oxygen and helps them stay constantly moist, which encourages rapid growth. An all-natural mineral blend of plant food is mixed in the water reservoir. Students regularly check the pH levels of the water feeding the plants. Because our tower garden is in-

doors, we also use a light system.

We have been through two growth cycles. Students have watched the very rapid growth of baby greens, arugula, stevia, chives and other herbs. Our first strawberry went to a girl celebrating her birthday. During snack time, the



students would harvest and enjoy a fresh salad. We were overjoyed with the results and the delicious food source.

Unfortunately, we were not the only ones enjoying the garden. We first noticed a web around the strawberries, which instantly became an infestation of spider mites. Once we got over

Aeroponics

is the process of growing plants in an air or mist environment without the use of soil or an aggregate medium (known as geponics). The word “aeroponic” is derived from the Greek meanings of aero (air) and ponos (labour). Unlike hydroponics, which uses a liquid nutrient solution as a growing medium and essential minerals to sustain plant growth, or aquaponics, which uses water and fish waste, aeroponics is conducted without a growing medium. Because water is used in aeroponics to transmit nutrients, it is sometimes considered a type of hydroponics. (Source: Wikipedia)

planting seedlings already germinated in the rockwool, we spread mixed flower seeds over the cubes. This allowed the students to watch the growth from germination. The tower garden is alive and thriving. We have our first flower blooms and many buds. The promise of a bouquet of flowers is as exciting as watching the plants grow. The STEM students at AMS are emotionally involved in their garden.

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Ashland Documentary Film & Discussion Series Explores the Brain

The Documentary Film & Discussion Series meets 7-9 pm in the Ashland Library, Community Room, every 2nd Thursday and 4th Tuesday of the month for an in-depth look at important topics of our day. The moderated discussions are often lively and thought provoking. All points of view are welcome. Admission is free. The films are sponsored by the Friends of the Ashland Library. For more information, call the library, 508-881-0134, or visit www.friends-of-the-ashland-library.com.

The six-part series, hosted by Dr. David Eagleman, neuroscientist, *New York Times* best-selling author, explores science of the brain while employing innovative visual effects and compelling personal stories. Eagleman takes viewers on a fascinating journey through the brain's inner cosmos, exploring its neural landscape while asking

profound questions like "What is reality?" and "Who is in control?"

Thursday, July 14 – The Brain: Why Do I Need You? (60 min) (Part 5) Eagleman explores how the human brain relies on other brains to thrive and survive. This neural interdependence begins at birth. Dr. David Eagleman invites a group of babies to a puppet show to showcase their ability to discern who is trustworthy, and who isn't.

Tuesday, July 26 – The Brain: Who Will We Be? (60 min) (Part 6) Eagleman journeys into the future, and asks what's next for the human brain, and for our species. Mother Nature has evolved a brain that is eminently flexible, able to rewire itself according to whatever environment it finds itself in, which means that as technological advances continue apace, our technology is on a crash course with our biology.

Fourth of July Photo/Cliff Wilson



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Ashland Education Foundation Receives Grants From Staples and MutualOne

The Ashland Educational Foundation, Inc. (AEFI) Board of Directors recently awarded over \$28,000 to fund Literacy Programming at the Warren School. This grant was made possible in part by a very generous donation of \$7,500 from Staples to AEFI and will be used to purchase literacy-related materials designed to invigorate and enrich learning and provide the Warren School K-2 staff with valuable professional development in the area of literacy.

In addition, AEFI received \$2,500 from the the MutualOne Charitable Foundation for Chromebooks for their Classrooms Campaign. This donation will put Chromebook technology directly in the hands of students.



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Spotlight on Student Writer Neha Shabeer

By CYNTHIA WHITTY

This year *Ashland Local Town Pages* had the privilege of working with two talented student writers: Freshman Neha Shabeer and Sophomore Olivia White. Each month, through their thoughtful reporting, the students provided the Ashland community with a unique view into their world at Ashland High School.

This interview introduces readers to Shabeer, who wrote seven articles, beginning with the December issue and continuing through June. Her topics, which she chose each month, ranged from the welcoming of French exchange students to participating in Junior Statesmen of America to exploring the heavy workload seniors face. Shabeer writes with passion and deep personal and factual insight. To read her articles, visit archived issues on the *Local Town Pages* website, www.ashlandtownnews.com.

What inspires you to write each month? Why do you like to write? What do you like least about writing?

Personally, I believe writing is about passion and getting your voice heard. There is something beautiful about getting the thoughts swirling around in your head down on paper and making a difference or influencing others that read it. Writing is a forum where I can get my opinion heard without feeling like I am just screaming into the void. It's a drug, like performing—seeing your work in print is the best feeling in the world. The only thing I don't like about writing is getting a block. Penning an article or story has to have a flow or emotion behind it and, at times, you can't find it. It can often be frustrating to have an idea in your brain or sometimes lack of it, which leads you to feel powerless looking at the blank page in front of you. Although, there is always a hurricane before a rainbow. Once you reach an epiphany and the words start flowing, writing captures its magical touch once again.

How do you decide on your topics?

I look back on my calendar

and think about the significant events that have happened in my life in the past month. It is no grandiose process; I pick whatever I feel has the most impact or I can tie to a bigger picture element. Then I brainstorm in my head for a little bit and once I feel confident about the direction I'm taking, I spread my fingers over the keyboard and begin typing!

What is your process for writing an article? How do you approach the topic? Do you keep a list of topics you'd like to write about, for example? Do you read about the subject before writing?

I don't believe in a specific process for writing an article. It varies depending on the topic, whether it is a personal account or an event, opinion piece, or simply an interview. Writing is an art and the way an artist strokes their brush on the canvas always changes. I am the same way. I get some points down on my subject and decide how I want to conclude the article, but after that, I let it take its own direction. That is one of my favorite things about writing; it is very free and liberating.

Tell us about yourself: what are your personal interests, what do you want to do when you graduate? How will this writing experience help you?

The only way I can seem to describe myself is as the most rebellious good girl you will ever know. I sound like some sort of cliché or a '90s boy band song, but hear me out. I have always been a very independent person, which is very hard when you have just turned 14 years old. I love the confidence from being in control, which is why I love writing and dancing. I like to push the boundaries on what "a



Ninth-grader Neha Shabeer shared her innermost thoughts and views on Ashland student life this year as a *Local Town Pages* student writer.

kid can do" because I believe the future is now. Kids can make just as much of an impact as adults. That is why involvement is my most important mantra. I am involved in many school clubs and activities and enjoy taking active leadership roles.

For example, I am currently the president of the STAND club, which is a positive social norms campaign to encourage kids to make healthy choices in Ashland. Being part of these clubs, I get the privilege of going to conferences, which I have written about in my articles, but I also love travelling to experience cultures. I have been curious since the moment I left

the womb and embrace authenticity, differences, passion and uniqueness between individuals. Diversity and different people's infatuations are what truly inspire me.

This drive makes me imagine my future in New York City

once I graduate from Ashland High School. There, I would like to study to be a surgeon. I love the sciences, caring for others and hearing their stories so I believe it will be the perfect profession for me. I also want to continue the tradition and be a third-generation doctor!

All in all, I believe this writing experience helps me by allowing me to have an outlet and not feel like a kid whose opinions don't matter. So thank you for this opportunity and thank you to the readers who read my rants and babble. My absolute favorite moments are when I get stopped in the supermarket or some other obscure place and hear compliments about my writing from people I don't know. It still blows my mind that the inner most workings of my mind are shared with you all, but maybe this vulnerability is the most valuable part of it all. I hope my writing rings raw and true like my personality and future ahead of me.

Do you want to add anything?

Multiply the size of an elephant by three-hundred-thirty-nine and a half and that will be how thankful I am to the wonderful editor of this newspaper, Ms. Cynthia Whitty. Thank you for taking me on, editing my work, responding to my questions and publishing my work! It means the world to me.

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Garden Tour Delight

Visitors enjoyed six private gardens in June as part of the Ashland Garden Club tour. All proceeds from the tour help to fund plantings in public spaces around town. *Photos/Cynthia Whitty*



Cathy Dirlam greets visitors from under the shade of her Kolkwitzia (Beautybush) tree. The garden is a colorful collage inspired by the owner's sojourns in Ireland.



Jack Lammerding maintains his manicured gardens, spread over five acres.



Maria Raffi welcomes fellow gardener and friend Becka Breslin. Raffi's garden is Italian-inspired with fountains and other water elements.



Safe Streets/Smart Trips

Massachusetts Department of Transportation Announces 2016 High School Video Contest

The Massachusetts Department of Transportation (MassDOT) has announced its third annual Safe Streets/Smart Trips High School Video Contest. High school students from throughout Massachusetts are invited to participate. The contest calls on students to write and produce a one-minute public service announcement video to promote safe driving, bicycling and pedestrian behaviors with the added message of the benefits of active and healthy transportation. The contest calls on students to highlight showcasing what they are doing to keep our streets safe whether walking, biking or driving.

Video submissions should include a call to action that demonstrates what high school students, their peers and families, along with the greater community, all need to do to see a world where there are no pedestrian or bicycle injuries or fatalities. All video submissions must be submitted no later than 5 p.m., Monday, Oct. 3, 2016. For more information, visit www.massdot.state.ma.us/GreenDOT/HealthyTransportation/RoadwaySafetyVideo.aspx.

2015 winning video submissions

Freshman/Sophomore

Grand Prize: Natick High School

Second Place: Millis High School

Honorable Mention: Global Learning Charter Public School

Junior/Senior

Grand Prize: Lexington High school

Second Place: Everett High School

Honorable Mention: Mashpee High School

To view all videos, visit MassDOT's YouTube Channel, www.youtube.com/user/you-movemass.

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Ashland Public Library

New Saturday hours coincide with the Farmers Market!
Saturdays, 10 am to 4 pm, June 11 to October 8.

Seeds of Hatred: A Response

BY REV. LARRY IANNETTI,
PASTOR, FEDERATED CHURCH
OF ASHLAND

Our hearts and prayers go out to the families and friends of the Gay, Lesbian, Bisexual, and Transgender (LGBT) victims of the tragic shooting in Orlando one early Sunday morning on June 12. The 50 men and women who were killed, along with the 53 who were injured, were our brothers and sisters, our sons and daughters, our neighbors and friends, and most importantly children of God. Those who were shot and killed were victims, not because of the teachings or beliefs of Islam, but because of ignorance and hatred. By all accounts, they were sadly singled out simply because of their sexual orientation.

Ignorance and hatred are weaknesses that infect all of our hearts. Our biases and prejudices, our own intolerances, our fears, and our suspicions have a way of seeping out through our misplaced words, our unconscious actions, the kinds of people with whom we choose to associate, and our own timidity and failure to speak out when we hear ignorance and hatred on the lips of those around us. This not only applies to sexual orientation but to people of color, other re-



ligions, ethnicities, immigration status, language, gender or which side of the tracks someone comes from.

While it is hard to comprehend such hatred and violence against so many innocent people, we react with horror to such evil while being blind and deaf to the seeds of hatred which are planted around us each day. Some would say that we must be more vigilant to the potential dangers a lone gunman or extremist might pose to all of us, yet the real vigilance must be for those people who scream intolerance, defend prejudice and bigotry and racism, and plant the seeds of evil that divide us from one another.

The lesson to be learned is

not to have better security, not to screen people before entering public spaces, not to better arm ourselves, and not to become *more* suspicious of strangers, but rather to be become *more* outspoken against ignorance and hatred, more self-aware of our biases and prejudices, and more courageous in confronting those forces, and to seek the guidance and inspiration of the Holy Spirit that we might first see the face of God on our neighbor, and be willing to lay down our lives for one another as Jesus has taught us.

Join us some Sunday morning at 10 a.m. at the Federated Church, 118 Main St., where "All Are Welcome."

Ashland Cub Scouts Pack 1 Heads Into Summer

The Ashland Cub Scouts are heading into summer having completed an exciting array of activities and adventures, including hiking, participating in a Memorial Day ceremony, camping overnight on the Paw-Sox baseball field, building campfires (and making s'mores, of course), designing and launching rockets, and learning about filming and editing at a behind-the-scenes tour of Ashland's cable station, WACA-TV. The scout also recently held its annual Cub Scout Crossover Picnic at Hopkinton State Park, where they advanced to the next level of scouting for the coming year. For information on the Ashland scouts, visit www.pack1-ashlandma.org.



Pack 1
Ashland Cub
Scouts enjoy
the Crossover
Picnic at
Hopkinton
State Park.



Bear Scouts
learn about
TV filming
and editing at
WACA-TV, the
Ashland cable
station.

Premier Image Gallery Holds 26th Photography Exhibit, Competition

Premier Image Gallery, Ashland, is holding its 26th celebration photography exhibit and competition featuring the combined talents of fourteen local artisans. The Photography Exhibit and Competition is on display now through July 29, 2016 at Premier Image Gallery, Ledgemere Plaza, 290 Eliot Street, Ashland. The exhibit is open Monday through Friday from 9 a.m. to 4 p.m. and Saturday from 9 a.m. to 2 p.m. Admission is free to the public.

Awards and ribbons were presented at an open house held to honor the artists. Ashland Photographer Larry DeJong was awarded third in the com-

petition for a piece titled, Glass Abstraction, Fingers and Ashland's Evelyn Melancon won Honorable Mention for her work, Colorado River.

First place was awarded to Lisa Shea from Sutton for her photo titled Worcester City Hall while second place went to Bob Evan, also from Sutton for his piece, Dreamstate.

Premier Image Gallery is family owned and is celebrating twenty-six years of featuring the art of talented artists from the local community. The gallery hosts five exhibits each year. For additional information call (508) 881-4730.



From Left to right: Bob Evans, Lisa Shea, Larry DeJong

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Sports

Ashland Joined the Circuit in the 1970s

Tri Valley League Celebrates Its 50th Birthday

By KEN HAMWEY,
STAFF SPORTS WRITER

Happy birthday to the Tri Valley League (TVL) as it celebrates turning 50.

The league, which was formalized in 1966, underwent some changes in its infancy but has evolved into one of the most respected conferences in Massachusetts. Its history and the way all the pieces of the puzzle meshed is a tribute to the high school principals who decided to form the league and the man who served as its commissioner for 23 years—Alfred “Hap” Mazukina.

Mazukina, now 92 and living in retirement in East Dennis, resided in Medfield during his days as the league’s first commissioner. His primary employment was as a guidance counselor at Wellesley High but his devotion to the league is what made it an immediate success. “I offered many recommendations to the principals over the years, and I’m proud of how well the league has done,” he said. “The coaches, players and athletic directors have played such a positive role.”

Most of the schools that joined the TVL 50 years ago were playing independent schedules. The circuit began with 12 members—



Matt Baker, left, is the Holliston High athletic director, and his father Dennis, right, was the athletic director at Bellingham High for 15 years. Matt starred for Ashland in three sports in the Tri Valley League and Dennis, who also excelled in three sports at Ashland, coached and refereed in the TVL.

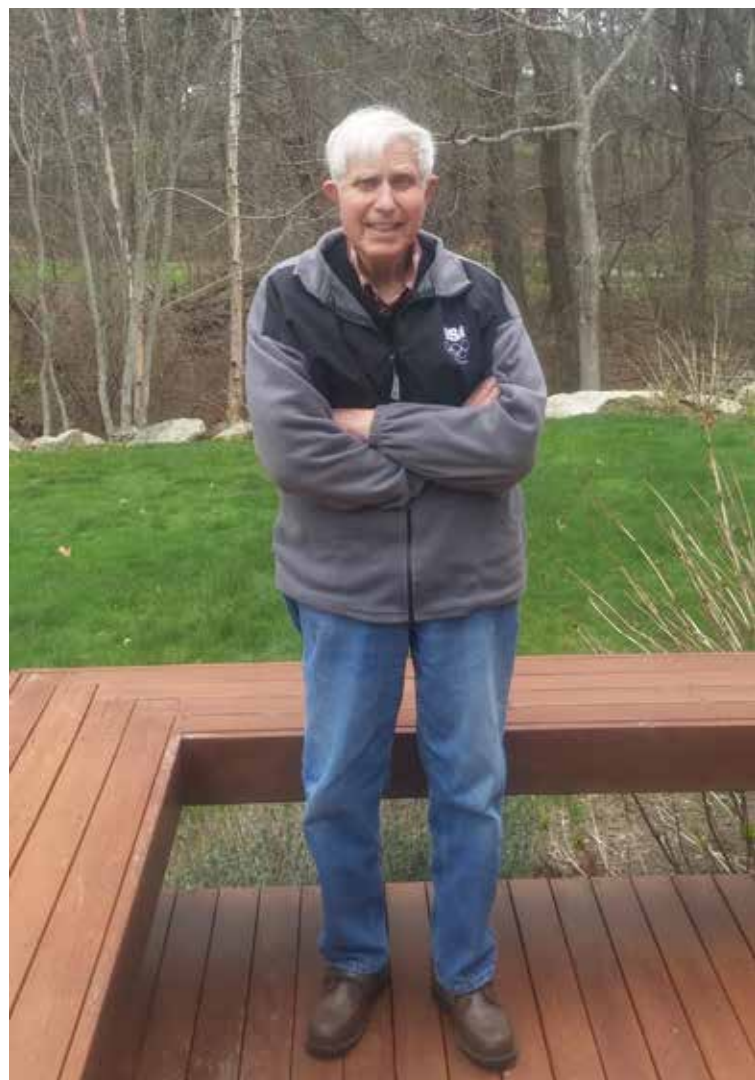
six schools formed an Eastern Division and six more comprised the Western Division. The six Eastern schools were Millis, Medway, Medfield, Dover-Sherborn, Holliston and Hopkinton. The six from the west included Bellingham, Norton, Hopedale, Nipmuc, Norfolk Agricultural and Blackstone (merger with Millville came in 1967).

Only seven of the original dozen schools played football. They were Millis, Medway, Med-

field, Dover-Sherborn, Holliston, Hopkinton and Norton. Bellingham started its varsity program a year later in 1967.

The only boys sports that Mazukina scheduled in 1966 were football, basketball, baseball, outdoor track and tennis. Eventually, new sports for boys were added and they included ice hockey, soccer, lacrosse, indoor track and wrestling. When the TVL was formed, no girls sports were scheduled. But, Title IX began changing the athletic landscape at college campuses, and that move spurred girls’ sports to become a fixture in the TVL.

Not everything was smooth sailing for the TVL in its early days. Some of the smaller schools weren’t able to compete with those with larger enrollments, so defections started to occur. Norton left for another league and the principals welcomed Blackstone Valley Tech to replace Norton. Norfolk Agricultural also left but the formation of the Dual Valley Conference (DVC) caused a major tremor in the TVL. Hopedale, Nipmuc, Blackstone-Millville and Valley Tech exited for the DVC, leaving the TVL with only seven members. Ashland and Westwood, however, wanted out of the Dual County League (not to be confused with the Dual Valley Conference) and that duo gained



Alfred “Hap” Mazukina was the first commissioner of the Tri Valley League when it began in 1966. He’s 92 years old now and living in retirement on Cape Cod.

TVL membership in the early 1970s. In 2002, Norton decided to return and was re-admitted, giving the TVL its current 10 members.

The 10 schools that currently comprise the league are Ashland, Bellingham, Dover-Sherborn, Holliston, Hopkinton, Medfield, Medway, Millis, Norton and Westwood.

“The principals had several suggestions for the league’s name,” Mazukina said. “They settled on Tri Valley, because three river valleys were located in the towns. The Charles River, Blackstone River and Taunton River are the trio that led to naming the league. It was a logical, geographic decision.”

During Mazukina’s 23-year tenure as the league’s chief, his tasks dealt with scheduling, assigning officials, administering a

TVL basketball tournament and cheerleading competitions, and handling complaints (protests). When Mazukina left in 1988, he was replaced by seven different commissioners. Individual sports had separate commissioners.

“Hap deserves lots of credit for the league’s success,” said Dennis Baker, who served as Bellingham High’s athletic director for 15 years and played three sports at Ashland when it was a Dual County League member. “He had excellent organizational skills and knew how to maintain cohesion within the league. Hap’s vision on how a league should operate was superb.”

Baker’s son, Matt, is now the A.D. at Holliston and he’s the youngest athletic director in the

TRI VALLEY
continued on page 19

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Sports

Clocker Kasey Thoresen: A Threat to be Reckoned With

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

When you are surrounded by athletes, you obviously gravitate toward becoming one yourself. Such is the case for Ashland's Kasey Thoresen. The senior, who also skates on the defensive line for the Ashland hockey team, has stepped into the circle as the Clockers number one hurler this season.

"I began playing softball around the age of four; I guess you can say we were a sporty family," Thoresen said. "My older brother and sister both played sports, and I would go to their games; eventually I was playing too."

In addition to pitching on the softball team and defending the Ashland goal on defense, Thoresen also played soccer up until middle school, when she gave it up to focus on hockey and softball.

"I love hockey because it's a fast-paced game, while softball is much slower and relaxed," she said. "Hockey is my passion, but I still love softball."

As a third year varsity athlete Thoresen found herself as the team's number two pitcher and playing the outfield on the other days during her sophomore and junior campaigns. This year in addition to being elevated to the number one spot and playing shortstop she was also named a co-captain of the team.

"I have always pitched, and things just carried onto high school," the senior hurler said. "I like being in control of the game and, although we didn't win as much as we could have liked, we



did have fun and were a positive team."

As the team's only senior to take to the field for the Clockers, Thoresen knew that she was going to have to take her game to the next level this spring. Under the request of her pitching coach, she decided to add a drop ball to her arsenal of pitches to go along with her fastball and changeup. However, she only had a few weeks to perfect the pitch before the season opened.

"I picked it up easily and, although I don't consider myself a strikeout pitche, the drop ball is a good pitch to get a strikeout," Thoresen said. "The ball looks as though it's coming straight and then all of a sudden drops."

Ashland Softball Coach Jaclyn Long may think otherwise of Thoresen's assessment of herself not being a strikeout pitcher.

"Over the last two years, she was the other pitcher, but this year she has definitely elevated

her game," Long said. "Kasey has pitched 86 innings, striking out 68 while walking 13 and, although we were only able to record six wins, it's the most we've had since she's been on the team."

Both Long and Thoresen iterated that despite only securing six wins on the season, their record doesn't speak for the Clockers performance on the diamond.

"You always like to win, but our record doesn't really show how good we actually were," the senior co-captain said. "We not only improved with each and every game, but we were involved in a lot of close—1- or 2-run—games."

As a well-rounded athlete, Thoresen considers herself to be at an advantage when she steps into the batter's box having been on the other side.

"Being a pitcher gives me a big advantage at the plate," Thoresen said. "I consider myself a smart batter. I have an idea as to what pitch I would throw in a certain



pitch count so I'm ready."

In addition to pitching for Ashland on a regular basis this season, Thoresen, who asked to play shortstop this year because that is the position she plays during the summer, is also a threat to be reckoned with at the plate. Batting in the number four spot of the lineup, she accounted for 18 hits (third best on the team), knocked in 9 RBI while batting .281. She was also named to the second team Tri-Valley League All

Star team.

Although it still wasn't the best of years for Ashland softball, Coach Long believes her number one pitcher grew in the circle and provided the rest of the team with a season to remember.

"This year her confidence grew as a pitcher," Long said. "Being that only senior on the team she took things to heart, she set the tone for a very fun and family-oriented season."

TRI VALLEY

continued from page 18

league in terms of service. He's now heading into his second year as the Panthers' sports chief. "I feel like everything has come full circle with me being a three-sport athlete in the TVL at Ashland and now working at Holliston running the athletic department," he said. "It's a top-notch league, as evidenced by the success our teams have in their respective state tournaments. The league has grown since I was

an athlete and it's exciting to see what the future holds. It's rewarding to be a former TVL athlete and now current A.D. and be able to help shape the future of this excellent league."

Mazukina, who still keeps tabs on how TVL schools are performing, admires the way various programs have dominated a particular sport. "Holliston has done well in football," he said. "And, Hopkinton is a power in track while Medway has been a soccer power. Westwood had a phenomenal run

in girls' basketball and seems traditionally strong in ice hockey."

Dennis Baker, who's been a field hockey referee in the league, has also coached baseball and softball in the TVL. An athletic director in the circuit at two different junctures, he was the dean of the league's A.D.s. Baker gives the league a pat on the back in its anniversary year with this comment: "There's no doubt that the TVL is one of the most respected and admired leagues in the state. And, it's still going strong at age 50."

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Ashland Travels

How the Vietnamese Make Weasel Coffee

BY HOWARD AXELROD,
CONTRIBUTING WRITER

I had never heard of or seen a civet, better known as a weasel, until my wife and I visited Vietnam last December. The civet (more specifically the Asian Palm Civet) is a small mammal weighing between 5 and 10 pounds. It has a body length of approximately 21 inches with a 19-inch tail when fully mature. The Vietnamese are ingenious, and have put this little weasel fellow to work. He is now responsible for one of the world's rarest coffees, aptly named "weasel coffee."

The Vietnamese learned the coffee growing and processing trade from the French who ruled the country for six decades. In most of Southeast Asia, tea is the drink of choice, but in Vietnam coffee is king. Vietnam is now world's second-largest producer of coffee behind Brazil, and gaining ground fast. The rich soil and perfect growing climate of Vietnam has the country poised to take first place soon. The people there love their Java as evidenced by all the Starbucks knockoffs (and even a few actual Starbucks) in Saigon and Hanoi.

The weasel is a cute little fellow, is nocturnal and loves coffee cherry. The coffee bean is actually the pit of a cherry. The "bean" should be called a "pit," technically speaking. The cherry, or bean, is shelled, processed, and then roasted. It is a bit more complicated than this, but from farm to table it is basically a three-step process. The little weasel lives in the areas where coffee is grown and has an appetite for the coffee cherry. In fact, he has a remarkably discriminating palate, and only eats the ripest and sweetest cherries, rejecting all others.

How the Weasel Makes Coffee

Somewhere along the way, somebody decided to remove the digested beans from what exits the weasel and then process the coffee. Shazam! A new coffee was born. Apparently, the enzymes in the weasel's stomach ferment the coffee, improving its taste. When all is said and done, the outcome is weasel coffee.

At the Me Linh Coffee Garden in Da Lat, Vietnam, many acres of coffee are grown. The Viet-

namese prefer the Robusta variety to the milder Arabica that we prefer here in America. Robusta is a stronger and more acidic tasting drink. They grow another variety known as Moka that seems to be right in the middle in terms of bean size and taste.

To produce weasel coffee, the weasels work indoors living in an 80-cubic foot enclosed wooden cage with a small bowl of ripe coffee beans and a bowl of water. They are tree dwellers in the wild, so high branches mimicking their habitat are part of this captive environment. To me, everything looked humane and harmless. The weasel is basically getting a free home, dinner and health care

(Photos/Howard Axelrod)



and plenty of sleep, in a predator-proof environment. He sleeps 16 to 18 hours and comes down to the tray to feed and drink for a few hours each night. Being a small creature, he can only eat a few beans before he reengages in his favorite activity—sleeping.

Once each night, the weasel leaves its "calling card" in the box. Our guide referred to it as a Mr. Peanut Junior bar, and the description is accurate. For each weasel only a few beans per day are collected. It is beyond my ability to tell you how many beans are in a pound of coffee and, at a few beans per day, how long it takes for one weasel to produce enough beans for a one-pound bag. The result is that authentic weasel coffee sells for between \$150 and \$250 per pound, and is sold mostly to tourists with money burning a hole in their pocket or shipped to Japan and Europe to be sold to the haves and have mores.



Buyer Beware

I am a coffee lover, and when I travel, I make it a habit to visit coffee farms and taste the product at its source. I have done this in Central and South America, Asia, Hawaii and even the Galapagos Islands. At the Me Linh Coffee Garden, they allowed us to sample their Arabica, Robusta and Moka coffees first, and then, saving the best for last, the weasel coffee. Let me be clear here. This is a great cup of java, but at \$150 to \$250 per pound, it is way above my pay grade. You will find genuine weasel coffee for sale all over Vietnam for \$12 to 15 per pound. It is on the shelf below \$12 Gucci handbags. Of course neither is the real deal—all counterfeit. Caveat Emptor—buyer beware!

This weasel coffee business is not as easy as it looks. Weasels are very expensive as attempts to breed them in captivity have been economically unsuccessful. As such the little fellows sell for



about \$1,000 each. The weasel is not really "with the program" as far as attempting to put a few more beans through their systems. So, there is very little throughput from the weasel, and \$1,000 per critter is the bottom line.

To give you a better perspective, in Hanoi a full lunch with more than you can eat costs between \$3 and \$5. In the countryside, it is half that. So owning this little weasel is like owning a Bentley! As you might expect, I purchased a pound each of the Robusta, Arabica and Moka beans and left without the authentic weasel coffee, making a mental note as we left the coffee farm to purchase a few of those lottery tickets I saw sold on the street near our hotel. One never knows, and I would sure like to bring that weasel coffee home as the ultimate souvenir.

The Vietnamese are very clever entrepreneurial folks, and have found a way to chemically create that magic enzyme in the

weasel's stomach. They use high quality beans, the synthesized weasel enzyme, and the three-step process. The result is weasel coffee without the weasel. They sell it in every major city in the country. I tried it in both Hanoi and Saigon, and to me it was almost as good as the real McCoy, at a tenth of the price. A better life through chemistry!

Howard Axelrod is an Ashland resident, travel photographer, sometimes writer and former high technology executive. He has photographed in 74 countries on six continents and has travelled to 38 of the U.S. states. Axelrod is primarily interested in native and tribal cultures, architecture and wildlife, which he feels are all disappearing at an alarming rate. His goal is to document through photographs as much of this as possible, while it still exists. He can be reached at highwind@verizon.net

Community Events

Every Tuesday

12 pm to 1 pm: Ashland Business Builders Weekly Networking Group, a networking lunch (bring your own bag lunch), meets at Fitness Together, 126 Commerce Park Plaza (Past UPS) 200 Butterfield Dr. RSVP to Bob Savin, 508-438-0050, or bobsavin@fitnessstogether.com.

Every Fourth Tuesday

7 pm: The Front Street Readers book discussion group meets at the Ashland Library, 66 Front St. The next meeting will be on August 30 when the group will discuss the book, *The Amazing Adventures of Kavalier and Clay*, by Michael Chabon. Call for more information, 508-881-0134.

Every Third Wednesday

5:30 to 6:30 pm: The Residence at Valley Farm, 369 Pond St., hosts a Dementia Caregiver Support Group and free memory screenings, 9:30 am to 5:30 pm. Contact Emily Beauchemin, 508-532-3197, ebeauchemin@residencevalleyfarm.com.

Every Third Thursday

5 to 6 pm: Golden Pond Assisted Living and Memory Care, 50 West Main St., Hopkinton, hosts an Alzheimer's and Dementia Support Group in The Lodge. The group focuses on individuals who care

for people in the mid to late stages of Alzheimer's and related dementias. This support group is an Alzheimer's Association-Approved Support Group in New England. Light refreshments served. Free and open to the public. To register, call Liz Kemp, LCSW, 508-435-1250 ext. 29.

Last Thursday of Each Month

6:30 to 7:30 pm: Library Teen Advisory Board meets to discuss programming for young adults. Teens may earn community service hours. For details, call the library, 508-881-0134.

Every Friday

10 am: Tai Chi class at The Residence at Valley Farm, 369 Pond St. Free. Sign up in advance, 508-532-3197.

7 pm: Friends' Friday Night Film Series shows predominantly independent or foreign films. Many of the films are shown with subtitles in English. Ashland Library, 66 Front St. www.friendsoftheapl.com, 508-881-0134.

Saturdays Through the Summer

Children's Fairy Tale Garden: Build a fairy house this summer. The garden is located along the side of the library,

behind the cannon. We will provide natural materials, such as bark, pine cones, acorn caps and sticks. Photos of the fairy houses will be posted on our Facebook page. All ages are welcome to build. Ashland Library, 66 Front St. www.friendsoftheapl.com, 508-881-0134.

Through July 30

"On Your Mark, Get Set . . . Read!" Summer Reading Program. All new this year! New types of prizes, new ways to show what you've read, and more! For ages 2 and up. <https://ashlandmaya.wordpress.com/> Ashland Library, 66 Front St., 508-881-0134.

Through August 31

Art in the Library: Artwork from Ashland High School art students at the Ashland Library, 66 Front St., 508-881-0134.

Saturday, July 2

9 am to 1 pm: Ashland Farmers Market, 125 Front St., on the grass across from the library. www.ashlandfarmersmarket.org

Saturday, July 9

9 am to 1 pm: Ashland Farmers Market, 125 Front St., on the grass across from the library. www.ashlandfarmersmarket.org

Thursday, July 14

7 to 9 pm: The Documentary Film & Discussion Series presents *The Brain: Why Do I Need You?* The moderated discussions are often lively and thought provoking. All points of view are welcome. Ashland Library, 66 Front St. www.friendsoftheapl.com, 508-881-0134.

Friday, July 15

Deadline to register for fall in-town Ashland Youth Soccer (grades K-3).

Saturday, July 16

9 am to 1 pm: Ashland Farmers Market, 125 Front St., on the grass across from the library. www.ashlandfarmersmarket.org

Saturday, July 23

9 am to 1 pm: Ashland Farmers Market, 125 Front St., on the grass across from the library. www.ashlandfarmersmarket.org

Tuesday, July 26

7 to 9 pm: The Documentary Film & Discussion Series presents *The Brain: Who Will We Be?* The moderated discussions are often lively and thought provoking. All points of view are welcome. Ashland Library, 66 Front St. www.friendsoftheapl.com, 508-881-0134.

Saturday, July 30

9 am to 1 pm: Ashland Farmers Market, 125 Front St., on the grass across from the library. www.ashlandfarmersmarket.org

Tuesday, August 2

5:30 to 7:30 pm: Ashland Business Association Networking Social at 126 Self Storage, 162 Pond St. Free and open to the public. www.ashlandfirst.com, 508-735-9473.

Saturday, August 13

2 to 8:30 pm: Save the Date! 3rd Annual Dragonfly Festival—music, arts, crafts and lanterns, fun for all ages. dragonflyfestivalashland@gmail.com, www.artsashland.org

Town Committees and Boards

For times and dates, visit the town website, www.ashland-mass.com, and click "Public Meeting Calendar."

Email your event, with "CALENDAR" in the subject line, by the 15th of every month to editor@ashlandtownnews.com. Events will be included as space permits.

Ashland's Decisions at Every Turn Coalition's Tip Sheets Help Parents

Ashland's Decisions at Every Turn (DEAT) Coalition has a series of Parenting for Prevention tip sheets for parents and other adults to increase awareness and knowledge about important youth issues and to encourage dialogue about making healthy choices.

Tip sheets include facts, statistics, prevention tips and suggestions on how to start important parent/child conversations and helpful resources. All tip sheets are available for download at www.AshlandDecisions.org/

parent-tip-sheets.html.

- Alcohol
- Communication
- Electronic Nicotine Delivery Systems (ENDS)
- How to Talk to Your Kids at Any Age about Alcohol, Other Drugs & Making Good Decisions
- Marijuana
- Mindset
- Opioids
- Risk & Protective Factors
- Safe Prom & Graduation
- Sleep

- Teen Stress
- The Teen Brain
- Tobacco

To contact the DAET Coalition Leadership Team, email CoalitionInfo@AshlandDecisions.org. Visit www.AshlandDecisions.org.



Sha'arei Shalom Community Announcement

Sha'arei Shalom is a member-driven, diverse congregation offering the warmth of a small community. We recognize the wide range of views in our congregation and provide both tradition and innovation, giving us the opportunity to learn and grow as a community.

Shabbat Service: Friday, July 22, 7:30 pm

Experience the warmth of the Sha'arei Shalom Community. Join us for a traditional Friday night service with Rabbi Margie. A community

Oneg Shabbat will follow. Ashland Community Center, 162 W. Union St.

For more information, call 508-231-4700, email info@shaareishalom.org, or visit www.shaareishalom.org.

Solid vs. Engineered Wood Flooring

There are two types of hardwood flooring: solid and engineered. Both of them are made of 100% wood. Both of them come pre-finished (with a factory applied finish), both can also be sanded and refinished on-site. From this point there are differences between the two. The following will define those differences, which will help you decide which product is better for your project.

Solid vs. Engineered Wood Flooring

Solid: Solid hardwood flooring comes as a 3/4" thick piece of solid wood, either with a smooth, unfinished surface which can be finished on-site, or a factory applied, pre-finished surface. Solid hardwood can be installed on or above grade, but not on a slab. It is normally nailed into the plywood subfloor. Because solid hardwood is a full piece of wood, it is going to react to moisture and humidity like any wood: it will expand when exposed to moisture and it will shrink when exposed to dry surroundings. Therefore, if you live in an area where the humidity tends to be extreme one way or the other, solid hardwood will likely not perform well.

Further, with wider plank (4"-8") styles, gaps from shrinking will be larger (the wider the plank, the wider the gap) than with the thinner planks (2.25"-3.25") which are more stable as a result.

Other things to consider with solid hardwood: if the floor is being finished on-site, it is difficult to show an exact match of



what the finish will look like because the actual flooring being finished will be impossible to sample. However, if the flooring is pre-finished, samples are available that show the finish as it will appear. Also, on-site finishing commonly encompasses several coats (at least three) of oil-based polyurethane. We recommend the homeowner vacates the premises (or at least closes off the area if that is possible) during this process, to avoid the smell. Each coat takes overnight to dry before the next coat is applied, plus a day or two for the entire finish to cure, so plan on being out of the house for at least 5 days for the finishing process. Water-based polyurethane finish is also available for an upcharge, without the smell. Oil-based polyurethane



will slightly yellow over time, water-based will not.

Solid hardwood floors can be sanded and refinished many times.

Engineered: Engineered hardwood flooring is a real wood floor manufactured using several layers of wood veneers (composite material), topped with a layer of quality wood that can be fin-

ished 2-3 times, depending on the thickness of the wear layer. The grain of each veneer layer runs in perpendicular directions from the next layer, so the effects of humidity or lack of humidity on engineered flooring is limited to each veneer thickness, resulting in a much more stable product: it will expand and contract much less than solid hardwood. Engineered flooring can be nailed or glued to a subfloor or to a concrete slab. It can also be "floated" depending on manufacturer's specifications. So, it can be used on, above or below grade. Engineered flooring is almost always pre-finished, so the variables and conditions to consider with floor refinishing don't apply until it is time to sand and refinish the engineered floor.

It's as simple as that. This



Nancy Werneken
Lead Designer at Masters Touch
Design Build

simple guide should help you to choose between solid vs. engineered hardwood flooring. Either way, wood floors are a beautiful choice and will add warmth and texture to any room in the house!

Nancy Werneken is a lead designer at Masters Touch, a local design build firm located at 24 Water St., Holliston. For more information, contact (508) 359-5900, e-mail info@MastersTouchWeb.com or visit www.MastersTouchWeb.com.

Art in the Library

UPSTAIRS DISPLAY CASE and DOWNSTAIRS GALLERY

**Ashland High School
10th Annual Summer
Exhibition
Through August 31**

and creating this year in the high school art classes. This event is always one not to be missed. Special thanks go to Scott Smith, one of the art instructors at AHS, for organizing and installing this exhibit.

If you are a collector and would like to share your collection with the library community by exhibiting all or part of it in the locked display case near the main circulation desk, contact art exhibit coordinator Larry DeJong at leftaris@gmail.com. Leave a short message and the best way to get in touch.

The Ashland Library is once again proud to be exhibiting the artwork from Ashland High School (AHS) art students. The work is in a variety of mediums, and displays a wide range of images done by some of the most talented art students working

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Real Estate Corner

Mudroom Organization Tricks to Keep You Sane

By JOHN SZOLOMAYER,
REALTOR

First of all, mudrooms are fantastic; there is just no other way to say it. Any floor plan that includes a mudroom is a good one. The downside to a mudroom is that the mess can get out of hand in a hurry. But that's where these five mudroom organization tricks to keep you sane come in handy.

1 Set expectations and be realistic, because there is no point in venturing off to find the ultimate mudroom organizer if it doesn't match your lifestyle. Keeping the clutter to a minimum is the goal. What is the best means to an end for your household? Consider the most urgent need and buy accordingly. If you're a 1,000-pairs-of-flip-flops family, find the right shoe system for you. The same theory applies if your Hunter rain boot collection appears in lifestyle magazine features. One suggestion is that before you purchase anything, you address your flooring situation. Are you happy with it or could it use improvement? Rugs or carpet tiles absorb sound and outside debris, which means less noise and dirt in the house.

2 The simple route is to buy a mudroom organization kit, and if you're not into DIY, have someone else put it together and install it. This course lets the experts do what they do best, and you reap the rewards. A win-win for everyone.

3 For the DIY crew out there, mudroom organization is an upcycler's dream come true. Repurpose old lockers, TV stands, bookshelves or shoe racks for storage containers.

Get crafty with paint colors, stains and structural engineering to create a customized schematic for your busiest room.

4 Pegboards are ideal for families with youngsters. As the wee ones grow, the pegboard adjusts to fit their needs. You can insert coat hooks made from durable materials in shapes safe for the age of your child. Bags, baskets, shelves, cubbies or whatever container works best for you all fit nicely onto pegboards.

5 You can never own enough storage baskets — end of story. Somehow they manage to wander off to some distant basket vacation land. For mudrooms, baskets (in theory) keep matching shoes together and act as a hamper for dirty socks, and they look good. And, if you have budding athletes, baskets are good targets for practicing one's aim.

Bonus trick: Do a test run before committing to your final scheme. The placement may work great in your head, but what about in real-life application? Additions like a bench or other seating might be necessary to maximize the organizational possibilities. Or, in the desire to avoid clutter, did you overbuy containers? Does the room still feel chaotic? Don't forget about wall space to keep things off the floor.

Good luck with your new super-useful mudroom!

Information provided by John Szolomayer, Realtor from Hallmark Sotheby's International Realty in Hopkinton. Each office is independently owned and operated. John can be reached for more information at (508) 259-4788 or at Johnszolomayer.com

Andy Paleologos Joins Buliung-Todaro Team of RE/MAX Executive Realty

Creating a top ranking team is a feat that few accomplish. The Buliung Todaro Team of RE/MAX Executive Realty is one of the few real estate teams to soar to the top of the charts in a very short period of time.

Being selective with their choice of team members is a key component of a successful team. Eric Buliung and Tammy Todaro have recently invited Andy Paleologos to join forces with them, and their collective journey has begun.

Andy comes to RE/MAX Executive Realty in Franklin with a strong background in education. His extensive teaching experience has served him well in the real estate business with his passion for guiding people and providing the proper direction for his clients.

Andy is a graduate of Boston College and holds a Bachelor's degree and Master's degree in education. He is a member of the National Association of

Realtors, Massachusetts Association of Realtors and the Greater Boston Real Estate Board. Andy has received several RE/MAX awards for his top production in residential sales.

Andy is a lifelong resident of Massachusetts and lives in Franklin with his wife and two sons. The Buliung Todaro Team and RE/MAX Executive Realty in Franklin welcome Andy Paleologos to their mighty force.

Andy can be reached at (617) 413-0480. Your calls are



welcome, and you'll appreciate the conversation.



Coldwell Banker Residential Brokerage Welcomes 2 New Agents



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Changing the World One Child at a Time

BY DEBORAH BURKE
HENDERSON,
CONTRIBUTING WRITER

There's a tangible feeling of people relating to people when you walk through the classrooms at Dream Station, the early childhood learning center located on Pleasant Street near the Ashland train station.

"It's a family atmosphere," Michelle McGrath, center director, stated. "It's important to us to focus on relationships. We like having a connection with our families, and we invest in our teachers, personally and professionally. Everybody matters."

Preschool teacher Kelly Marshall experienced this kind of personal investment firsthand as she encountered family difficulties. "I don't know what I'd do without my Dream Station family," Marshall stated. "I love them."

The Dream Station opened in 2005. McGrath has served as the center's director since 2013.

Twenty-year-old Courtney Brown, a Holliston resident and college student, started at the Dream Station as a seasonal teacher for the December holidays. "Michelle's a great boss," Brown quipped with a smile, although McGrath readily added, "I'm more of a supporter."

Business spotlight

Brown's experience was so meaningful she switched her major to early childhood education. She just joined the Dream Station team, and will fit college classes around her work schedule.

Another teacher is taking a month's leave to travel, and McGrath is happy to accommodate. "The core team is pretty stable, because they appreciate being part of a family community," McGrath added.

Awakening Potential in Each Child

Dream Station teachers focus on helping youngsters learn self-help and social-emotional skills through individual and group play. They provide a safe and engaging environment for young teens, too.

"We're helping to formulate the foundation of every child's life by teaching them the life-long basics of communication, respect and confidence," McGrath added. "As we instill these qualities in children, they will grow into productive, self-aware adults."

A One-Stop Shop

The learning center houses a variety of educational interactions for children as young as 6 weeks through 13 years of age.

The Group Care Program caters to infants, toddlers and preschoolers, each with a specific, structured track. Children experience a nurturing environment that enables learning and creativity through play. A curriculum is designed specifically so each child learns at his pace.

Summer School Program

June 27th launched the Dream Station's popular Summer School program, which runs through August 26th and offers students entering first through seventh grade an amazing variety of hands-on learning experiences.

Families from Holliston take advantage of a week-by-week enrollment or sign up for the full nine-week summer program. A one-time \$50 fee is assessed for any new enrollee. Weekly rates are \$225 and shorter stays are available.

Themes for the five-day programs include arts or science-based activities and off-campus trips to local state parks for hiking, swimming, and organized sports.

On-campus treats include a bounce house, petting zoo, and visits from a magician and storyteller. The summer culminates in a circus-type event to which all students' families are invited.

Before and After School Care

During the academic year, parents of youth ages 5 through 13 take advantage of the Before and After School Child Care program. Children are dropped at the center at 7 a.m., Monday through Friday, in order to catch a bus to their elementary or middle school. "With morning care," McGrath added, "we help set the tone for the child's day. We send each child off with a smile on their face. It can turn around their whole day."

After school care begins at 3:30 p.m. and involves time for youngsters to eat a snack, do homework, and enjoy the state-of-the-art playgrounds. The center closes at 6 p.m.

A Successful Team

McGrath, Sarah Vallee and Casey Bishop complete the Dream Station administrative



Sarah Vallee, office manager; Michelle McGrath, director; and Casey Bishop, school-age coordinator, make up part of the Dream Team early childhood education team. (Photo/Deborah Burke Henderson)

team. They work closely with 26 teachers and five seasonal helpers who nurture, educate and care for upwards of 200 youngsters. All employees are CPR-trained and First Aid-certi



Bright, cozy, colorful classrooms provide the perfect environment for preschoolers to learn developmentally-age appropriate concepts. Dream Station teachers focus on relationships and individualized education plans to accommodate students learning at their own pace. (Photo/Deborah Burke Henderson)

Concerts, Films and Lunch at Stone Park

This summer the Ashland Day Committee will host, free of charge, a concert series at the Stone Park Gazebo and a family film series at the Stone Park Pavilion. In addition, the Committee will sell lunch (hot dogs, pizza, P&B sandwiches, soda, cookies and ice cream), Monday through Friday, 11 a.m. to 1 p.m. at the Pavilion.

Concerts: The July concerts run Tuesdays, 7 to 9 p.m.; the August concerts run 6:30 to 8:30 p.m. at the Gazebo. Bring a blanket or folding chair.

July 12:	Bobby Watson Band
July 19:	Lights Out Blues Band
July 26:	Beatles Band Studio Two
August 2:	Railroad House Band
August 9:	MetroWest Community Band
August 16:	Show Cause Band
August 23:	Flash Back 60s 70s Band
August 30:	Songs for Ceilidh

Films: The family films are rated G or PG and run, rain or shine, Thursday evenings, 7 or 7:30 p.m. at the Pavilion through August 25. Popcorn is free for kids.

For more information, email ashlandday@gmail.com or visit www.ashlandday.com or www.facebook.com/Ashland-Day