

Robot Rodeo for All at Ashland High, Nov. 18

By CYNTHIA WHITTY

Ashland high school senior, Sabrina Liu, and her fellow Robotics Club members are gear-

ing up for the Robot Rodeo, Saturday, Nov. 18, 10:30 a.m. to 3 p.m., in the Ashland High School cafeteria. The public is invited to attend.



The Ashland Robotics Club will host its annual Robot Rodeo on November 18th. Students will share their experience and enthusiasm with younger kids. Shown here, Ashland Robotics Club members Jewel Han and Daphne Garcia remodel the popular bobsled station.

"There's a lot of behind-the-scenes work, making sure everything goes smoothly, a lot of people-managing," said Lui, who has been president of the Robotics club for the past three years. The 30 students in the club will build and run the stations at the Rodeo.

"I love seeing kids get excited about robots," Lui said. Over 125 kids attended the Rodeo last year.

The Rodeo is the Robotics club's main fundraising event of the year. The culminating activity for the Robotics Club is the annual New England Botball® Tournament held at UMass/Lowell in the spring.

Snacks and lunch will be available for purchase throughout the day. The cost for admission is \$5 per child. "We will

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Celebrate Our Veterans

*American Legion Veterans Day BBQ Fundraiser,
Sat. Nov. 11 at 5:30 p.m.*

By DEBORAH BURKE HENDERSON,
CONTRIBUTING WRITER

Rich Powell, Marie Laskowsky and Post Commander Arthur O'Leary gear up for the first annual American Legion Veterans Day BBQ Fundraiser, Saturday, November 11th. (Photo/Deborah Burke Henderson)

Traditions are important, and Marie Laskowsky, owner of The Carve Café, is working with veteran Rich Powell and other representatives of the American Legion James O. Carey Post 77 to create a new tradition of celebrating and honoring our veterans on Saturday, November 11th, with a delicious barbeque fundraiser. The event commences at 5:30 p.m. at the Post, located at 40 Summer St.

Steve Spector, lead vocal and founding member of the popular, versatile classic rock band Hot Acoustics, will perform live. Other local artists are stepping up

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ROBOT RODEO

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also have a \$10 price point that gets kids some food and Robot Rodeo keepsakes. The price of the Microbit Workshop will be \$50 and will include a Microbit, an hour-long workshop and entry to the Robot Rodeo," Chad McGowan, club advisor and computer science teacher, said.

"This year there will also be an additional workshop for families to sign up for, where they learn to program a fun and easy-to-use circuit board with lots of built-in lights and sensors," McGowan said. Attendees can register for the Microbit workshop at <http://bit.ly/RodeoMicroBit>.

"The Robot Rodeo is a community event that provides a fun, hands-on learning experience for kids of all ages with robot-themed activities throughout the day," McGowan said. "From



Ashland Robotics Club. First row, left to right: Eli Prybyla, Ethan Prybyla, Matthew Levine, Eileen Gutierrez, James Lee, Arthur Wang, Joshua Mitchell. Second row: Alex Vernes, Avo Bazarian, Jewel Han, Ira Katolichenko, Mei Kawabe, Daphne Garcia, Benjamin Esenther, Aaron Greenstein, Braiden Panike, Maky Kotob. Back row: Josef Komissar, Conrad Tulig, Austin Cavallaro, Nathan Savard, Sabrina Liu. Not pictured: Tara Yadav, Hunter Steele, Sarah Chapelle, Srijan Srivasta, Ben Pepper. (Photos/supplied)

well-known robot toys, like Sphero and Ozobot, to robots designed more for education, like Finch robots and Edison Bots, the Robot Rodeo provides people with a hands-on experience programming, moving and building robots. The Ashland High School Robotics Club runs this event as a fund raiser, but more importantly, they get an opportunity to design

and run activities with kids."

"This family-friendly event gives kids of all ages a chance to experience a wide array of robots in just one day," McGowan said. "Kids love getting to play with all of the robots and their parents may get some insight into how their kids connect to this evolving field. Everyone who attends will walk away with a new experi-

ence. They will see that robots are friendly and quite approachable. We hope to spark the imagination of the kids who attend, so they can say to their parents, 'I can't wait to join the Robotics Club!'"

Robots for Girls and Boys

"This event is just as popular with girls as it is with boys," McGowan noted. "We want to encourage parents to bring their daughters and increase their exposure to STEAM (science, technology, engineering, art and mathematics) fields in every way possible. By attending the Robot Rodeo, kids will hopefully be encouraged to start playing with other robots and technology in general, not just as a consumer, but as a maker and developer. These fields are expanding at a rapid rate, and while robots themselves may be primed to do certain jobs, the people who design, program and build better robots will be needed even more."

Liu, who wants to study electrical engineering in college, said she wants to create technology to help people in their daily lives.

To donate to the Robotics Club, send a check, with "Robotics Club" in the memo line, to Ashland Student Activities, Ashland High School, 65 E. Union St., Ashland, MA 01721.

For more information on the November event, visit <https://sites.google.com/a/ashland.k12.ma.us/ahs-robotics/robot-rodeo>.

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Correction!

You Still Have Time to See Premier Image's Art Exhibit!

Last month, *Local Town Pages* reported on Premier Image Gallery, Ashland's 25th Celebration Art Exhibit and Competition featuring the combined talents of twenty-six local area artists from the Framingham Artists Guild. Over forty-seven works, oils, watercolors, acrylics, photography and pastels are featured.

We mistakenly noted that the Art Exhibit and Competition ended in October, but it will run through November 9th at Premier Image Gallery daily from 9 a.m. to 4 p.m. and Saturday 9 a.m. to 2 p.m. Admission is free to the public.

The gallery is located at 290 Eliot Street, Ashland in the Ledgemere Plaza. For additional information please call (508) 881-4730.

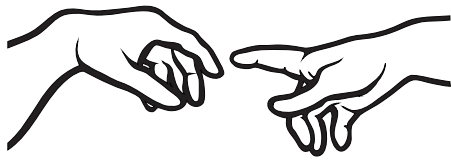
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to design tablescapes for ambiance; Boy Scouts will help serve; veterans will meet with guests, sharing stories and answering questions at individual tables; and guests will enjoy a delicious-sounding menu of St. Louis spare ribs (cooked low and slow), quarter chicken and pulled pork with homemade BBQ sauce, Settler's beans, fresh Carve slaw and homemade apple crisp. Laskowsky works with local farmers whenever possible. The Legion will also offer a cash bar.

Individual tickets or tables of eight may be purchased online. One hundred percent of the proceeds raised will directly benefit the American Legion's Post 77.

"Two of our company's leading principles are giving back and creating opportunities for connections in the community," Laskowsky stated. "This Veterans Day event combines both. I'm calling this our first annual Veterans Day BBQ Fundraiser because my husband, John, and I are committed to keeping this event going and growing in the years to come."

Powell and Laskowsky enjoy working together on this event. Their passion is palpable.

Powell is a veteran who trained and served as a combat medic during the latter part of the Vietnam War. Originally a Pittsfield native, Powell has called Ashland home since 1983 and found a tight-knit, welcoming family within Post 77.

"When I joined, there was a need for a general manager to run the Legion Senior Baseball program for boys under 19," Powell noted. "My love of baseball and my sports background came in handy. I'm proud to say I've been the general manager for 22 years."

Last year, his team took first place in the Senior Sectional Championship and captured fourth in the State Champion-



Rich Powell loves his job – serving proudly as the American Legion Post 77 Baseball General Manager for the past 22 years. You'll meet him at the fundraiser. (Photo/Deborah Burke Henderson)

ships. "Needless to say, the kids are already excited about training for next year," Powell added.

The baseball program was originally supported by funding from the Post, however, after three years as general manager, Powell made the program self-sufficient. Monies are generated through the annual golf tournament he organizes, grant appli-

cations to the Town of Ashland for BAA (Boston Athletic Association) youth sports funding and team member fees.

Laskowsky is strongly committed to this event.

"Even as I started The Carve Café four years ago, I felt the need to contribute to the community," Laskowsky added. "The vision for this event includes in-

roducing residents of all ages to our local veterans, creating a celebratory experience, enjoying great food and making new friends. I can never repay veterans like Rich for their service, but I can help celebrate their commitment to securing our freedom."

About Post 77

The American Legion James O. Carey Post 77 has been a landmark in Ashland for more than two decades and was named for 21-year-old James O'Neil Carey (1897-1918), the first soldier from Ashland who lost his life in the "war to end all wars," World War I. Carey had been part of E Company, 6th Massachusetts Infantry of Framingham.

According to Post Commander Arthur O'Leary, the American Legion is not only a lobbying resource to keep veteran issues in the forefront, it is home to members of our current military who are transitioning back into society. The Legion sponsors children and

youth programs and provides scholarships and financial aid to military families.

Post 77 also provides outlets for counseling, conducts blood drives twice annually with the American Red Cross, and opens their hall to Boy Scouts as a meeting place and for Eagle Scout ceremonies. The Legion's senior and junior youth baseball teams teach leadership skills and the art of working together as a team with a common goal.

"The American Legion is more than a place that keeps history alive," Laskowsky stated, "it's a place that helps build our community's future, and that's why we're involved. You cannot change the hearts of many all the time, but you can make an impact one at a time. We hope guests will walk away feeling good about being part of this celebration and have new-found respect and appreciation for our vets."

To purchase tickets for the American Legion Veterans Day BBQ Fundraiser, visit thecarve-cafe.com.

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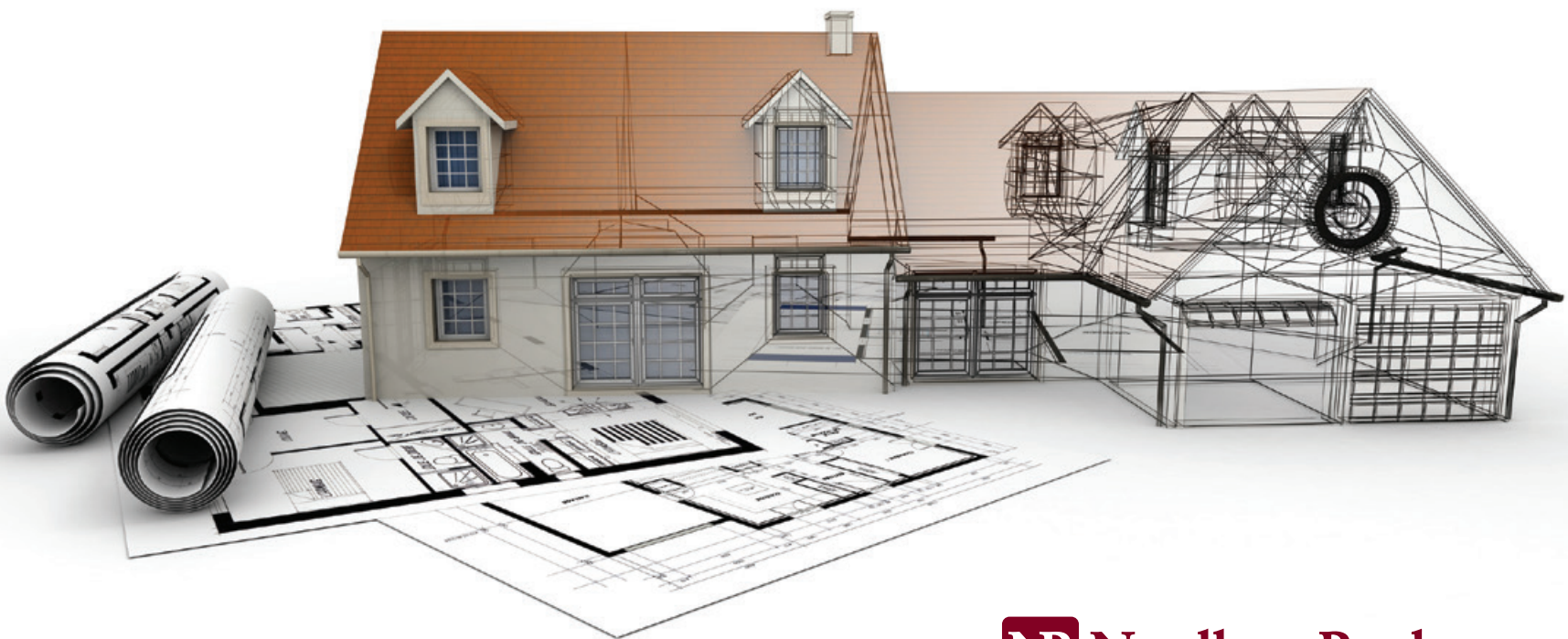
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Ashland's Business Scene

BY CYNTHIA WHITTY

Business coach Ken Erdelt will be the presenter at the next Ashland Business Association program, Tuesday, Nov. 7. Erdelt's talk, "Time Management: A Challenge to Business Owners Everywhere," will discuss some techniques participants can use to deal with things that really matter—in business and in personal life—and get more control over their use of time.

"Participants will leave the session with some practical and simple ideas to help them better manage one of their most important assets – their time!" Erdelt said.

Erdelt helps aspiring and existing small business owners achieve their goals using the AdvCoach® system and his 35 years of corporate experience. He has taught Entrepreneurship for graduating seniors and continuing education students at Framingham State University and has worked as a senior vice president of information technology and of operations for several companies. He has an MBA and has served as a Captain in the U.S. Air Force.

Early networking is 5:30 to 6 p.m.; the program is 6 to 7:30 p.m., at the Ashland Library, Community Room, 66 Front St. Refreshments will be provided by Mayra Ramirez of Mexico City



Business coach Ken Erdelt will help business owners with work and personal time management at the Nov. 7 ABA program. (Photo/supplied)

Taqueria. The program is free and open to the public.

Also on the program: Ramirez, a native of Mexico City, will give a brief presentation on her recent trip there to help earthquake victims. The Business Table will feature Simplify-Managed IT Services, which simplifies IT for businesses by removing the stress and aggravation of trying to manage, support and maintain technology. Another feature will

be the Ashland Emergency Fund (AEF), a nonprofit that provides temporary financial support to Ashland families and individuals in need. The ABA is a regular supporter of AEF.

New Businesses in Town

Ashland's Economic Development Director Beth Reynolds reported that the town recently welcomed the following businesses:

Martell HVAC, Corp.: Mechanical contractor providing installation, service and repair for residential and commercial/industrial HVAC, heating, air conditioning and ventilation systems. New offices are open in Ashland on Rt. 135. (508) 366-7867, Messages@Martellhvac.com

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New Home for Ashland Community Theater at the Ashland VFW

Ashland Community Theater Partners with Ashland VFW and Marconi's Co. to Renovate Theater Space

Ashland Community Theater (ACT) entered a long-term partnership with the Ashland Veterans of Foreign Wars (VFW) and Marconi's Co. and renovate and use a theater space at 311 Pleasant Street.

"We are thrilled to have ACT join our list of partners collaborating to renovate our facility and bring more business through our doors." Said Kim Walbridge, Owner Marconi's Co and manager of the Ashland VFW Pleasant Street building. "ACT has endless opportunities to grow with our partnership and bring more arts and entertainment to the town of Ashland. In addition to investing in our facility, every ACT production will bring more

patrons to our facility, enabling us to raise funds to support our ongoing renovations."

"We couldn't be happier about this partnership" said Ashland Community Theater founder, Joe White. "It's a win-win-win for ACT, the VFW, and the community. It provides ACT with a long-term home, giving us greater flexibility in scheduling events and rehearsals. It also enables us to invest in a space we can use long-term while supporting the renovation goals of the VFW.

The renovated stage will be unveiled during ACT's next production, Gate 19, on December 7, 8, and 9 at the Ashland VFW at 311 Pleasant Street.

About Ashland VFW

The Ashland VFW was established in 1960 to assist veterans with a mission to foster camaraderie among United States veterans of overseas conflicts, support and serve the Ashland veteran community and partner with and support local community members and organizations for the good of us all. As membership has shrunk over the years due to attrition, the Ashland VFW has found it difficult to maintain their facility. They are seeking partners to support ongoing renovations at their 311 Pleasant Street building. Contact Richard H. Smith, President Ashland Memorial Associates & Past Commander VFW Post 2331 for more information on support opportunities.



About Ashland Community Theater

Ashland Community Theater was founded in 2013 with a mission to produce quality theater productions that entertain, enrich and educate. They encourage original written material revolving around social issues and values pertinent to our

lives and community. Through community building and involvement, ACT provides skill building experiences for adults and teens interested in acting, directing, writing, technical theater design and stage crew. Contact Joe White at AshlandCommunityTheater@gmail.com for more information.

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Ashland High School Announces Commended Students

The principal, Kelley St. Coeur, of Ashland High School announced today that the following students have been named Commended Students in the 2018 National Merit Scholarship Program: Eva Bruklich, Paulina Chumakov, Samantha Leblanc, Sabrina Liu, and Arthur Wang. A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, was presented by the principal and their guidance counselors to these scholastically talented students on September 19, 2017.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2018 competition for National Merit Scholarship awards, Commended Students

placed among the top 50,000 scorers of the more than 1.6 million students who entered the 2018 competition by taking the 2016 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT).

"The young men and women being name Commended Students have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success."

Congratulations to these hard-working, bright young adults! We are very proud of them!



Ashland Education Foundation Inc. to Host Casino Night

Join the AEFI on Friday, November 3rd for Casino Night! The event will be held at Hanto Restaurant, 380 Union Street, Ashland at 7:30 p.m. Gather your friends and neighbors for a fun evening playing Blackjack, Craps, Texas Hold'em and Roulette to raise money to fund innovative projects within the Ashland Public Schools!

Tickets can be purchased for \$20 online or at the door. To purchase online, visit the AEFI website at <http://www.ashland-education.org/casino-night>.

Common Training Mistakes

By: BRITTANY FRAMSON

According to dog trainer Marisa Bellis, a common mistake that people make is actually waiting too long to start training. Ideally, training should begin the moment your dog comes home with you, regardless of his age. Don't wait until he gets older and develops bad habits! In dog training, the goal is to shape your dog's behavior and teach them how to respond to specific phrases. Young puppies might not be ready to learn advanced actions, but you should begin to work on house training and basic commands. Over time, this will help you form a deeper bond with your dog.

Training is not something you can do once and be done. You will get the best results if you train your dog regularly. Find fun, new things to teach your dog, but occasionally revisit an old action that your dog already does well. Ideally you will always be training your dog, even as he ages and ongoing training can help keep your dog's skills sharp. Training sessions are fun for your dog and are a great way for you two to bond! You want to make sure you stay very consistent, as consistent responses are essential



to dog training on every level. When you are inconsistent, you confuse your dog and may find yourself accidentally reinforcing unwanted behaviors. If you have a rule to not allow your dog on the bed, and you find yourself making exceptions, it's very confusing to your dog as to why he's allowed up sometimes and not others.

Training takes time, and each dog learns at a different pace. Getting stressed out and frustrated because your dog isn't

catching on is not going to help the situation, and in fact, it makes things worse because your dog will also become stressed. If your dog is struggling to learn something, consider whether or not it's a good time to train. Remember to keep your training sessions short and always end on a positive note! If you want to learn more, consider signing up for obedience classes! Email questions to familypet@comcast.net or call (508) 231-1223 for more information!

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Beware Common Acne Myths

BY LISA MASSIMIANO,
LICENSED ESTHETICIAN,
CERTIFIED ACNE SPECIALIST
OWNER SKIN SMART SALON
AND ACNE CLINIC

There are a lot of urban myths out there about acne. Here are five common acne myths and the real truth behind these fallacies.

Myth: Washing your face multiple times a day prevents break outs.

Fact: Washing your face several times a day will not prevent break outs, and it may even irritate and dry out your skin. Acne lesions start deep inside the pores, and you need products that penetrate inside the pores to prevent acne from forming.

Myth: Acne is caused by candy and french-fries.

Fact: A diet high in iodides (the salt on the French fries) can make acne worse, but neither candy nor fried foods cause acne. Acne is an inherited disorder – you are either acne prone, or you're not.

Myth: Toothpaste can cure acne.

Fact: This is truly one of the most bizarre urban myths. While toothpaste may dry out existing acne lesions, it does nothing

to prevent acne from forming. Toothpaste can burn your skin and many types of toothpaste contain pore clogging ingredients.

Myth: Moisturizer will make you break out.

Fact: Products that are strong enough to control acne are often drying, so it's important that you hydrate your skin. Many moisturizers do contain pore clogging ingredients, so you have to be careful that you use one that is acne safe.

Myth: Accutane will cure your acne, and you will never break out again.

Fact: I have many clients come to me who have taken Accutane and whose acne has come back. Accutane can work well for some people, but it's not the magic treatment people think it is, and it comes with a lot of potential side effects.

The best way to clear skin and keep acne under control is with the correct home care, modified lifestyle habits and professional treatments from an acne specialist.

Questions about acne? Email me at skinsmartsalon@aol.com, call me at (508) 881-1180, or visit my website skinsmartsalon.com

Shop and Shmooze at Ashland's Pre-Thanksgiving Market, Nov. 18

BY CYNTHIA WHITTY

Ashland Farmers Market (AFM) will once again host a Pre-Thanksgiving holiday market, Saturday, Nov. 18, 9 a.m. to 1 p.m., at the Ashland Middle School cafeteria, 87 W. Union St. (Rt. 135). Shoppers can stock up on foods and traditional delicacies for their Thanksgiving table from 22 food vendors. In addition, 11 artisans will make finding the perfect gift just a little bit easier with stocking stuffers, winter accessories, jewelry and holiday-themed specials. AFM gift certificates will also be available from the market managers' table.

This year crepe-maker La Maison a Gateau, the Coffee Trike and pastry baker/chocolatier/gelato maker Dulce D Leche will offer lunch and snacks to enjoy in a special seating and 'shmoozing' area, new this year.

Food vendors will include season favorites: Arcadian Farm of Holliston, Long Life Farm of Hopkinton, Upswing Farm of Ashland and several of the market's sweets vendors, cheese and hummus vendors. Shoppers can stock up for the winter with honey, maple syrup, sauces,



Upswing Farm will be one of the vendors at Ashland's Pre-Thanksgiving market, Nov. 18. (Photo/supplied)

jams, pickles and pasta.

Thanksgiving turkeys can be pre-ordered from Shady Pine Farm and will be avail-

able for pick-up on Wednesday, Nov. 17, at the AFM outdoor location, 125 Front St. (on the grassy area across from the library).

Holiday pies can be pre-ordered from OMG Bagels at the Pre-Thanksgiving market for delivery at a local site to be determined on Wednesday, Nov. 22.

For information on how to reserve a turkey and pick up pre-ordered pies and for a complete holiday market lineup, visit www.ashlandfarmersmarket.org.

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Town Meeting to Vote on Banning Plastic Bags

By CYNTHIA WHITTY

One article on the Nov. 14 town meeting warrant will be a bylaw, sponsored by the Ashland Sustainability Committee, to ban single-use plastic bags in Ashland. If the bylaw passes, Ashland would join 55 other communities in Massachusetts, such as Framingham, Natick, Shrewsbury, Sudbury and Wellesley, to enact a ban.

It is also possible that Massachusetts will enact a statewide plastic bag ban in the future (Bill S.424, malegislature.gov/Bills/190/S424).

In a recent public forum, the committee said they are striving to:

Protect Ashland's natural beauty and resources: Plastic bag trash can be found throughout our neighborhoods and parks: at Stone Park, the MBTA railroad station and along Routes 135 and 126, to name a few places.

Protect animals and the environment: One way plastic harms marine and terrestrial animals is through entanglement. One in three sea turtles have ingested plastic, with plastic bags being the most common plastic item reported. Plastic bags pollute and degrade marine and terrestrial environments. The Ocean Conservancy reported that plastic bags made the top 10 list of trash found along waterways, along with plastic beverage bottles, plastic lids and plastic straws.

End clogged storm drains and lessen the burden on solid waste

Plastic Bag Pollution in Ashland



disposal and recycling facilities: Only three percent of plastic bags are properly recycled.

Making the Transition

The proposed bylaw says: Thin-film single-use plastic bags shall not be distributed, used, or sold for checkout or other purposes at any Retail Establishment within the Town of Ashland.

The committee said that there would be a grace period: This bylaw shall take effect six (6) months following approval of the bylaw by the Town of Ashland and the Attorney General or on July 1, 2018, whichever is later.



tomer for bringing their own bags and charge for paper bags.

Some Bags Will Be Exempt

"I have spoken to a few people who were concerned about other types of bags being eliminated, such as trash bags or dog waste bags. Those bags will still be available for purchase in the town," Matt Marshquist, a committee member, said. "It is

important to know that there are several types of bags that will be exempt; thin-film plastic bags, typically without handles, used to contain dry cleaning, newspapers, produce, meat, wet items and other similar merchandise, will still be allowed."

Plastic Bags Are Not Free

Plastic bags are convenient and cheap, but the environmental expense of plastic bags far exceeds the cost retailers are currently paying to provide them. Simple alternatives such as reusable shopping bags and biodegradable single-use shopping bags are available and already used in many stores throughout Massachusetts.

"Hopefully, we can encourage all residents to use reusable bags whether the town ban passes or not. Although most people consider plastic bags to be free, they do cost businesses money. The best thing for the environment and for businesses in town would be for residents to bring reusable bags," Marshquist said. "A reusable bag, reused 50 times, can eliminate the need for more than 100 plastic bags, due to their greater carrying capacity, and cost less per use over their lifetime than even the cheapest plastic bag."

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Having a Heart for the Elderly

New appointees to Ashland's Council on Aging bring tremendous experience

By DEBORAH BURKE HENDERSON

Ashland residents Jean Delouchry and Donna Vuilleumier were recently appointed by the Board of Selectmen to the Ashland Council on Aging, solidifying their selection for one-year terms which will run through next August.

Ashland's Elder Services promote the independence and well-being of the Town's senior citizen community. They provide advocacy, leadership and management expertise to maintain a continuum of services responsive to the needs of all elder residents,

their families and caregivers. With the guidance of the Council on Aging (CoA) and assistance from the Friends of the CoA, the department offers social and recreational activities, trips and events, and educational seminars. They also provide information and services relating to health and finances for seniors.

The Council on Aging, now under the chairmanship of James Zebrowski, serves in an advisory capacity, working with the paid staff of Elder Services. The group meets monthly at the Ashland Community Center at 162 West

Union St. to discuss policy and set objectives with Elder Services Director Joanne Duffy who, in turn, manages daily operations.

"We're delighted to welcome Jean and Donna to the Council," CoA Chairman Zebrowski said. "Each member brings a wealth of relevant experience and caring to the table in support of elder care. Our top priority is to determine how we can best serve the needs of our aging population. The Senior Center provides a variety of programs and services, so the questions are: How can those programs and services be improved? How do we encourage more people to take advantage of them? What more can be provided?"

Delouchry and Vuilleumier complete the nine-member volunteer Council.

Jean Delouchry

Delouchry has been a caregiver to her mother and other relatives in their later years of life. "I have a heart for the elderly, and I want to give back," Delouchry stated.

"After moving my mother to Ashland, she found great enjoyment in her last nine years being actively involved in everything the Senior Center had to offer," Delouchry added. "The staff made those years so special for her. I wanted to be a part of that and as an active senior, myself, I want to help ensure others know what services are available to them."



An active senior, herself, Jean Delouchry looks forward to helping others understand the many services available in town.
(Photos/Deborah Burke Henderson)

A woman of great faith, Delouchry is the mother of two grown daughters (both teachers in Ashland) and feels blessed having her five grandchildren and first great grandchild living locally as well. She brings her compassion for elders, her caregiving experience and a 40-year business background to the Council.

Delouchry is excited about this new chapter of life and will see how her gifts best fit in with the Council's work. "When I take something on," she said, "I want to do the best job I can. I want to grow with this Council."

Rev. Donnta Vuilleumier

Describing herself as family-oriented, compassionate and hard-working, Vuilleumier's faith journey includes pastoral and spiritual care, elder care, and community education and support about dementia.



Rev. Donna Vuilleumier brings 14 years' experience of helping older adults face challenging health issues.

Published works include *Never Forgotten: The Comfort of Spirituality in Dementia*, *Talking About End-of-Life Decisions with Your Parent* and *How Hospice Can Support Your Family's Grieving*.

She has served for 14 years in both hospice and parish ministries in and beyond the MetroWest area. She is an affiliated clergy member with the Eliot Church in Natick and serves as a spiritual care and bereavement coordinator for Kindred Hospice in Marlborough.

Ordained in 2005, Vuilleumier received her Master of Divinity with honors from the Andover Newton Theological School in 2003. Coursework included serving as a clinical pastoral education chaplain for three months at Beth Israel Deaconess Medical Center in Boston.

"I've developed and led many community education programs about spirituality and dementia, advanced directives and honoring one's healthcare choices," Vuilleumier stated, "and I'm passionate about sharing my unique perspective, based on my life and work experiences, to enhance the quality of life for seniors here in Ashland."

Vuilleumier is married, has two grown children and adores spending time with her two-year-old grandson, Christian.

"I love my work," Vuilleumier added, "I find it energizing and rewarding. Working with the Council feels like a good fit and I am honored to have been appointed."

Both appointees will undergo a special half-day training this month provided by the Council and continue meeting monthly with their fellow Council members to help develop new strategies to promote and support the health and well-being of Ashland's seniors.



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GreenUp Ashland Doing More to Make the Town Green

BY CYNTHIA WHITTY

The GreenUp Ashland group, which started about 14 years ago as Ashland Earth Day, is known for inspiring residents of all ages to volunteer for its annual clean-up-the-town event the first Saturday in May. Now, the group is doing even more to make the town "green."

"We are expanding our efforts into year-round cleanup and recycling to help our environment," Janet Gamache, a GreenUp member, said. "The idea of expanding started this past year with my idea of purchasing public recycling receptacles; Adam's [Elbirt] idea of the Adopt-a-Street program; and Karyn's [Dann] idea of reaching out to sports teams to reduce their use of disposable plastic water bottles."

Reducing Landfill Waste by Recycling

"Through funding we obtained from the Boston Athletic Association (BAA) grant and WAITT-We're All in this Together, we were able to purchase a combination trash/recycle bin that we placed at the Community Center athletic fields," Gamache said. "We hope that kids and parents from weekend soccer games and other sports will recycle their plastic water bottles on site."

"To my knowledge, this is the first public recycling container in Ashland," Gamache said. "David Miller and his DPW crew have agreed to empty it regularly. This



GreenUp members Karyn Dann, Janet Gamache and Jeanne Walker stand by the newly installed public recycling/trash bin behind the Ashland Community Center. (Photo/supplied)

is a one-year trial. Miller has said that a past attempt didn't work because people stuff garbage into the recycling side, and it's a lot of work to sort it. We are hoping that people respect our efforts to reduce landfill waste and use the receptacle the way it is intended."

Keeping Clean by Adopting a Street

Another committee member, Adam Elbirt, is heading an adopt-a-street program. Over the summer, Elbirt appeared at the Ashland Farmers Market community tent several times to educate residents and get individuals to sign up.

"The idea behind adopt-

a-street started during walks around town, seeing a lot of trash on the streets and realizing that one day each year wasn't enough to keep Ashland clean," Elbirt explained. "The plan is that from May through October we ask Ashland residents to adopt a street or streets of their choosing and keep them clean by picking up trash. They can pick up trash any day they want. We provide the super-thick yellow trash bags to everyone who signs up. Waste Management then picks up the bags as part of normal trash pickup, so there is no cost to volunteers and they don't have to do anything special to dispose of the trash they pick up."

"About 25 streets or street sections adopted, but there are still many streets that need attention," Elbirt said. "Whenever a street is adopted, GreenUp updates the map. More than one person can adopt a street."

A street map of Ashland showing the streets that have been adopted can be found at http://greenupashland.org/images/StreetsOnly_forGreenup_updated_4_.pdf.

To volunteer, access the vol-

unteer/participant waiver form at <http://greenupashland.org/adoptastreetprogram.html>. Participants can fill out the form, electronically sign it, and then email it to adoptastreet@greenupashland.org with the name of the street they want to adopt.

Reusing Water Bottles

This fall, another GreenUp member, Karyn Dunn, is initiating a reusable water bottle campaign. Dunn is contacting soccer players through the sports coaches and parents to encourage them to reduce waste and trash by using reusable water bottles instead of disposable plastic bottles. She hopes to work with all sports. At the end of the season in November, she wants to poll parents to follow up on the effort.

Join the Team

GreenUp members are Karyn Dann, Adam Elbirt, Janet Gamache, Mark Oram, David Rubenstein and Jeanne Walker. The committee recently welcomed a new member, high school student Ira Katlochenko.

For more information or to volunteer, contact GreenUp Ashland at info@greenupashland.org or visit the website, www.greenupashland.org.

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Ashland's Decisions at Every Turn (DAET) Coalition

*Ashland Raises Happy and Healthy Kids:
Tips to Foster Kindness in Children*

Parents can help make kindness second nature by giving children opportunities to practice, both at home and in your community. Here's how:

AT HOME

Pitch In

Include your children in regular housework such as cleaning and helping with dinner. They will learn to appreciate how tough it is to run a household and will feel good about contributing.



Respect

Don't accept being tired or angry as an excuse to be disrespectful toward other family members. Explain why those emotions are okay to feel but why it's not acceptable to lash out at someone. Calmly ask for an apology and brainstorm a healthier solution together.

Be Grateful

Start this tradition: Every day, at dinner or at bedtime, say something you're grateful for. This practice promotes happiness, self-reflection, and appreciation. It will help make positive thinking a habit.

IN YOUR COMMUNITY

Support

Lend a hand when those around you need it, like when a friend or neighbor is hurt or sick. Include the children by having them make a card, help out with chores, or deliver home-baked cookies or dinner.

Open Up

Expose children to different cultures and backgrounds through books, festivals, traveling, movies and friends. Remind them that our world is full of all kinds of people with similarities and differences to discover and celebrate.

Serve

Volunteer as a family. When youth and teens serve others, they can see firsthand the importance of giving and receiving help and kindness.

You can find Ashland Raises Happy and Healthy Kids featured on the AHS Principal's Blog, and the AMS principal's Weekly Update, Mindess Magic Moments, Warren School Clocker Talk and

Ashland High School Calendar

November 2017

- November 3-4 AHSTS Fall Play – Museum 7 – 9 p.m.
- November 5 AHSTS Fall Play – Museum 2 – 4 p.m.
- November 6 Term 1 Ends
- Maximizing Eligibility for Need Based Financial Aid for College 7 – 9 p.m.
- November 8 MCAS Make-up – ELA
- November 9 MCAS Make-up – Reading
- November 10 Veteran's Day – No School
- November 13 Report Cards – Grades open for IParent
- November 14 MCAS Make-up – ELA Reading
- November 15 MCAS Make-up – Math Session 1
- November 16 MCAS Make-up – Math Session 2
- Band Night Concert 7 – 9:30 p.m.
- November 18 Robot Rodeo 10 a.m. – 3 p.m.
- November 21 Girl's Football – Juniors vs Seniors 7 – 9 p.m.
- November 22 Pep Rally 10:35 a.m.
- Early Dismissal 11:20 a.m.
- November 23-26 Thanksgiving Break

the Ashland Youth & Family Services Facebook page. For more information about the Social Emotional Mental Health working group please contact CoalitionInfo@AshlandDecisions.org.

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Learn about Massachusetts Aviation History November 12th

Local historian and author John Galluzzo will talk about Massachusetts Aviation History on Sunday, November 12th, 2017, at 2 p.m., at the Ashland Historical Society, 2 Myrtle St., Ashland, MA.

Since the earliest days of powered flight, people in Massachusetts were fascinated with the

possibilities it offered for travel, commerce and military needs. By the 1920s, Massachusetts had become home to the first Naval Air Reserve Base, in Quincy, and the Boston Airfield, which evolved into Logan International Airport. Come hear the stories of how we've been all affected by people such as Edward Lawrence Logan,

Frank Otis, Oscar Westover, and Laurence G. Hanscomb and the airfields that carry their names.

All are welcome! For more details and links (and any possible weather-related postponements) please see the Upcoming Events page at www.ashlandhistoricalsociety.com.

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Ashland Officials Attend District Attorney's Annual Breakfast

On Tuesday, September 26, 2017, Ashland Police Chief Craig Davis and Ashland Public Schools Superintendent Jim Adams joined more than 115 school superintendents, police chiefs, fire chiefs and elected officials from Middlesex County to attend the annual Middlesex Dis-

CARE, which works to provide mental health services to children who experience trauma, as well as our juvenile diversion program, which offers an alternative to prosecution, are examples of the proactive measures that the Middlesex District Attorney's Office and Middlesex County edu-

for cosmetology students, including those at vocational high schools, that educates future aestheticians to recognize the signs of domestic abuse.

"This is a wonderful opportunity for community partners to join together and discuss vital jail diversion programs and student



Left to Right: Ashland Police Chief Craig Davis, Middlesex District Attorney Marian Ryan and Ashland Public Schools Superintendent Jim Adams. (Photo Courtesy of the Middlesex District Attorney's Office)

trict Attorney Marian's Superintendents and Chiefs Breakfast, held at UTEC in Lowell.

The breakfast is designed to bring staff from the district attorney's office together with educators, law enforcement and community leaders to collaborate on students' safety, juvenile justice and crime prevention strategies.

"The Superintendents and Chiefs Breakfast presents an important opportunity for bringing together educators, police and fire chiefs as well as legislators to discuss innovative initiatives to intervene with children before they become involved in the justice system," District Attorney Ryan said. "Partnerships like Project

cators are implementing to keep students safe and healthy."

During the event, District Attorney Ryan discussed the work of the Middlesex District Attorney's Office in encouraging students to make safe and healthy decisions, addressing topics like opioid and substance misuse and its impacts on children and adolescents. Additionally, she shared information about the Middlesex District Attorney's Office's Juvenile Diversion program, which is designed to work with first-time juvenile offenders as an alternative to prosecution. District Attorney Ryan also spoke about educational initiatives like the Cut-it-Out program, a training

safety initiatives," Chief Davis said. "I thank District Attorney Ryan for hosting another successful event this year and look forward to continuing to work with the District Attorney's Office on these strategies."

ASHPAC in November

Tuesday, Nov. 7th

ASHPAC Monthly Meeting, All are welcome.
7-9 p.m., AMS Activity Room

Wednesday, Nov. 15th

ASHPAC Workshop - Building an Inclusive School and Community by Joseph Petner, Ph.D.
7-9 p.m., AMS Activity Room, 87 W. Union Street, Ashland

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Thanks to Yanks has just launched its annual Hope for Heroes donation drive, which it will hold from November 8-11. The drive is a collection for homeless veterans residing at various veteran shelters, and a drop-off location will be located at DCH Milford Toyota, 300 Fortune Blvd., Milford. More information follows below:

Donation Hours:
Wednesday and Thursday, November 8 & 9 (9 a.m. - 8 p.m.)

Friday, November 10 (9 a.m. - 6 p.m.)
Saturday, November 11 (9 a.m. - 5 p.m.)

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- **Gift Cards** - CVS, Target, Walgreen or Walmart
- **Non-perishable Food Products**
- **Hygiene Items** - Men's/Women's Deodorant, Shampoo, Conditioner, Body Wash, Toothbrushes and Toothpaste, Razors, Feminine Hygiene Products, Shaving Cream

• **Clothing** - New or Gently Used Coats (L-XL), Winter Hats, New Men's Underwear (L-XL), Men's/Women's Gloves (L-XL), Socks, Sweat Tops and Bottoms (L-XL)

On the morning of Saturday, November 11th, DCH Milford will be providing free coffee and donuts for all who come in to donate.

For more information or to donate, please visit www.thankstoyanks.org, Facebook, Twitter, LinkedIn and Instagram.



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Contact us at: info@ashlandgardenclub.org

Holiday Wreath Making Workshop

With Paul Split

Come and have fun as Paul Split returns to instruct us on how to make our own 22" wreath. After selecting from a tableful of fresh seasonal greens, and an assortment of decorations, Paul will lead us through creating our own beautiful wreath.

Paul has been part of the green industry since 1971. He has been a principal of Walden Gifts and Nursery. Paul is the director of Horticulture at the Comcast Center for the Performing Arts, a teacher, lecturer and nationally recognized horticultural consultant. He has served as a judge at various flower shows in New England and lectures widely for gardening organizations and clubs.

Date: Saturday, December 9, 2017 (NOTE: no snow date if the workshop is cancelled due to impending bad weather; we will notify you and send a full refund) **Time:** Refreshments at 11:00 - Program begins at 11:30 - 1:00

Place: Ashland Public Library, 66 Front St., Ashland, MA, lower level

Refreshments will be provided by Garden Club Members *Door Prizes !!*

Pre-Registration with payment is required. Class size is limited to 25, so please send in your registration early!!

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Sha'Arei Shalom Community Announcements

SHABBAT SERVICES –
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leading the service. A community Oneg Shabbat will follow. Ashland Community Center, 162 West Union Street

SHABBAT CIRCLE
POT LUCK DINNER –
FRIDAY, NOVEMBER 17TH,
6:30 – 9 p.m.

Join us for a family-friendly Shabbat Circle Potluck Dinner at the Ashland Community Center. Relax with old friends and meet some new ones over Shabbat din-

ner. Attendees are asked to bring a potluck vegetarian/dairy dish to share. Ashland Community Center, 162 West Union Street

Sha'arei Shalom Contact Information:
Web: <http://www.shaareishalom.org>
Phone: (508) 231-4700
Email: info@shaareishalom.org
Address: Sha'arei Shalom P.O. Box 454 Ashland, MA 01721



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Planned Actions of Kindness: A Service Trip to South Africa

BY STUDENT COLUMNIST
NEHA SHABEER

Like most of you, all I used to know about South Africa was that it is an exotic land with a picturesque landscape, Shakira sang about at the World Cup, and it was the home of Nelson Mandela. This all changed on December 15, 2015, when a group of South African students from Elkanah House, a private school in Cape Town, visited Ashland High School on their "Bite the Big Apple" trip run by the non-profit, Hammer & Chisel. That day, I met a tall, intimidating South African man, who I would soon learn was Pete Le Roux, the Biology teacher at Elkanah House and CEO of Hammer & Chisel. He made an eloquent speech about high schoolers having the power to make an immediate change, living below poverty line, and effects of apartheid on South African racial sentiments. I left school that day truly empowered to make a difference in the community and world, while also confronting my own racial identity. It was truly one of those pivotal days in my life.

Fast forward one year and seven months later, I was standing in the Cape Town International Airport, after over 23 hours of flight, ready to begin my one-month service internship working in impoverished Cape Town communities with Hammer & Chisel. Now, I was officially a Strike Intern for Hammer & Chisel. During my stay, I realized that in the midst of abundant natural beauty, post-apartheid Cape Town holds many complexities between its wealthy first-world and poverty-ridden third-world aspects. Countless necessities we take for granted, such as food, water, education, and clothing, are, unfortunately, luxuries for so many Africans. There is such a severe water shortage in Cape Town; people need to collect shower water to flush their toilets. It is so easy to forget the privileges we have in the USA, because poverty does not surround us, and it

is awakening to view how different life is for people across the world.

During my four weeks there, I personally planned and executed five service projects with a team of 90 high schoolers from Elkanah House's Social Outreach team. One of my favorite projects was IGNITE, a mobile academic enhancement workshop, at two public primary schools. We taught grades 4 through 7 quality lessons in English, Science, and Math that their teachers typically didn't have the materials, technology, or time to plan. Seeing the eyes of students filled with excitement and hope in cramped classrooms of 40 students (or more) made me realize that they were not any different from how I was at that age: filled with curiosity. Sadly, they weren't blessed with same opportunities I had to fulfill that potential. While that was heart-wrenching to know, I knew that being there and showing these kids that someone outside of the four walls of their schoolhouse cared for them made all the difference. I was living by the Elkanah Social Outreach team motto of "Planned Actions of Kindness," and it felt so fulfilling.

My time in South Africa re-



energized me and helped me recognize the need hidden within our own MetroWest community. This newfound perspective gave me the drive to address these issues by collaborating my club at Ashland High, Breaking the Barriers, and Hammer & Chisel's Strike Action Network. The Strike Action Network harnesses students' passion for service after they go on the service trip and makes philanthropy a sustainable way of life. I am currently working on a project, with Arlington High School students, collecting unused food from restaurants and delivering it to homeless shelters to address our country's enormous food waste problem while feeding the hungry.

I encourage other Ashland

high schoolers to take part in "planned actions of kindness" and go on service trips. Service trips broaden perspectives, challenge comfort zones, and help you experience new cultures. If Ashland High's population of over 800 students and faculty came together every year to conduct a community service project like that, the impact would be insurmountable. We have assemblies on diversity, love, inclusion, and trust- but now we should put that into action with more emphasis on philanthropy.

A service trip is a powerful way to begin your journey of philanthropy and global humanitarianism. Breaking the Barriers is hoping to run a service trip (open to all AHS students) to Cape Town through Hammer & Chisel during April vacation 2018. For more information, visit hammerchisel.org or email Neha Shabeer (shabeerneeh@ashland.k12.ma.us).

For more about the world through my eyes, keep reading my monthly column.

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Sports

Graham No Stranger to Ashland or Its Lacrosse Program

By KEN HAMWEY,
STAFF SPORTS WRITER

Bill Graham is the new boys' lacrosse coach at Ashland High, but he's no stranger to the school, the sport or the community.

The 37-year-old Graham grew up in Ashland, graduated as a Clocker in 1998, and as a senior, played on the school's first varsity lacrosse team. An English teacher at Ashland High for the last 14 years, Graham, his wife Christine and seven-month-old son Jack live in town. And, as far as coaching goes, Graham isn't new to that role at all. He coached the Ashland boys' varsity lacrosse squad from 2006-2009 and later coached as an assistant at Framingham High, as defensive coordinator at Regis College, as an Ashland High volunteer and also as the Clockers' junior varsity girls' coach.

"I knew when I left in 2009 that I wanted to be a head coach again," Graham said. "We got to the tourney my first year, but we

had some ups and downs. It was the right time to leave and for a new voice to be heard. I coached in other places and immersed myself in the sport."

Graham's other stops helped him to become a student of the game, always learning, always growing. "I wanted to learn how to be better at working with kids and to help motivate them," he noted.

When coach Fred Federico stepped down after three seasons at Ashland, Graham knew that the opportunity was right for a return.

"I coached in the system and I'm a teacher at the school," he said. "I also admire the community. Fred did a nice job and I'd like to build on that. My prime goal is to create an environment where players want to pursue the sport and become part of Ashland lacrosse. I also will stress that our players be consistently competitive and strive to qualify for tourney berths."

Graham, who graduated from

UMass-Amherst in 2002, says he wears Ashland pride on his sleeve, and his coaching style will emphasize the values and ideals the school and the athletic program promote. "I want our kids to be respectful and responsible," he noted. "And, to focus on achievement, involvement and integrity. As far as my coaching philosophy goes, I want our players to be prepared and competitive. Winning, reaching one's potential and enjoying being part of a team all are in the mix, too."

Graham's game approach will depend on his players' talents and skills. "Maybe I'd like for us to be an up-tempo team, but if I don't have the players to implement that approach, then I have to adjust. Being flexible is a big key. Coaching is all about determining abilities and skill sets and putting the players in the right positions."

When Graham meets with prospective players, they no doubt will discover quickly the attributes he admires when he's assembling a roster. He wants players who have a sense of being highly competitive, who want to improve daily, and who have passion for lacrosse.

"Those are qualities I look for, but I also want candidates



Bill Graham is back at the helm of Ashland lacrosse.

who have a good IQ in the sport, who are quick, skilled and have a strong work ethic," he said. "Endurance also is a plus."

Having previously coached in the Tri Valley League, Graham knows it's a circuit that has capable players and quality coaches. "Medfield and Dover-Sherborn are the crown jewels," he said. "Playing in what is one of the best leagues in the state, we have to compete consistently and be flexible if we're to succeed. Brian McLaughlin is Dover-Sherborn's

coach and he was also on board when I was directing Ashland. He's an example of how good the TVL coaches are."

Graham will inherit a team that's young and has no seniors. "That's a plus, because it'll allow me to build a nucleus of kids who are familiar with each other," Graham said. "We'll have players who are skilled and know technique, but we'll still need to focus on basics and maintain a clear vision."

Graham indicated that his one and only year of playing lacrosse at Ashland was "exciting," and that he learned a lot in that one year.

"We were young, had only three seniors and didn't get to the tourney," he recalled. "It was a thrill to be part of Ashland's first-ever lacrosse squad. I was recruited to play by Mel McKee, who was an assistant coach when I played basketball. He started the youth lacrosse program and also the high school team. He was a fine teacher of lacrosse."

Graham's discusses own top thrill in his previous coaching stops. "When I see kids that I instructed now working as coaches, that's rewarding," he emphasized. "I coached Dan Norton in 2006 and he's now the head coach at Hopkinton. That's a good feeling."

Having Bill Graham coaching at Ashland again is a solid move.



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Sports

Ashland Golf, Small but Promising

BY CHRISTOPHER TREMBLAY

Over the last three years, the Ashland golf team has not had all that much success on the golf course, but despite the lack of wins, the Clockers golfers enjoy teeing off for their school.

"Golf is not a big sport in Ashland. Our numbers are low, we have no middle school team like other towns, and the Tri Valley League is very strong," Ashland Coach Rick LeBlanc said. "At one point, we had a middle school team, which acted as a feeder program, but somehow, we lost it."

This fall, 11 golfers came out for the team; eight will play each match, with the top six counting for the matches score. Ashland

has four athletes that take to the links each and every match, while the other seven team members rotate for the other four vacancies.

Senior Jordan Silverman is the one who would usually tee off first or second for the Clockers, and according to his coach, he has had some really good rounds of golf, with a low of 40. He is Ashland's most solid golfer. Rachel Greenberg, a four-year starter for the Clockers, is the only other senior on the squad.

With only two seniors, the majority of the team is relatively young and should provide the Clockers with a strong foundation for the future. Sophomore female Laasya Thatavarty is an up and coming golfer who shows a lot of potential.

"She is a very promising up and coming player who plays a lot of Junior New England Tournaments," LeBlanc said. "She's shooting around 43-48, but is the most serious golfer on our team."

Another sophomore who will see action at either the second or third spot is Brett Erwin, who has plenty of potential, but has yet to really tap into it and golf at a consistent pace. Rounding out the top four golfers will be freshman Nick Simpson. The freshman has already posted a low round of 40 and has shown a high upside.

"Nick has shown a lot of potential so far, but he isn't all that consistent," the coach said. "He's a freshman, and you see

the nerves kicking in, especially when we're playing bigger schools, but he does have an overall good golf game."

As the young golfers get accustomed to the play in the Tri Valley League, LeBlanc is hoping that he and the other TVL Coaches can convince the school's AD in changing the rules.

"We're looking to get only the top five scores to count instead of the current six. We would really like to go with the same format that the States follows (counting only four scores)," he said. "Cutting out that one score could make a lot of difference, especially for a school like ours with no depth."

While the schools continue to have discussions about the pos-

sible scoring change, Ashland will just have to go about playing golf the way they have in the past; knowing there will be no team tournament play, but striving for the individual golfers to have success.

"I'm sure it's (losing) is in the back of their minds when they take to the course," LeBlanc said. "But it's hard to push a player to become better when there is no one pushing them; that's where the depth would play an important role."

Currently Silverman and Thatavarty have a possible shot at making the Individual State Tournament, but they will have to put forth a strong effort over the last four matches of the season.

Ashland Athletic Hall of Fame Nominations Sought

Former Ashland High School students will be eligible for nomination for membership in the Ashland High School Athletic Hall of Fame anytime after the 10th anniversary of their original class's graduation from high school. Coaches are eligible for induction 5 years after leaving the coaching position in the Ashland Public Schools for which they were nominated, or immediately after attaining the age of 60. Coaching candidates must have contributed toward promoting sound educational values in their athletes. Teams are eligible

for induction after the 10th anniversary of the graduation of the senior members of the team.

Applications will only be ac-

cepted by completing an ASHLAND HIGH SCHOOL ATHLETIC HALL OF FAME OFFICIAL NOMINATION

FORM. To access the nomination form online, please visit our website: <http://ashlandathleticall.weebly.com/>.

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Ashland Community Calendar

November 1

Federated Church of Ashland Thrift Shop, 10 a.m. – 7 p.m., 118 Main Street, Ashland

November 3

Ashland Education Foundation Inc. Casino Night, 7:30 p.m., Hanto Restaurant, 380 Union Street, Ashland, \$20 online or at the door. <http://www.ashland-education.org/casino-night>

Shabbat Services, 7:30-9 p.m., Ashland Community Center, 162 West Union Street, Ashland

November 7

ASHPAC Monthly Meeting, 7-9 p.m., AMS Activity Room, 87 W. Union Street, Ashland, All are welcome.

“Time Management: A Challenge to Business Owners Everywhere,” presented by Business coach Ken Erdelt, sponsored by Ashland Business Association, Ashland Library, Community Room, 66 Front St., Ashland.

Networking begins at 5:30 p.m. Refreshments provided by Mayra Ramirez of Mexico City Taqueria. Free and open to the public.

November 8

Academy MetroWest in Natick hosts: Parent Workshop - Strategies for Working With Your Child's Educational Team, 7:15 p.m., 218 Speen St., Natick

<https://www.eventbrite.com/e/parent-workshop-strategies-for-working-with-your-childrens-educational-team-tickets-38008749192?ref=ecal>

Federated Church of Ashland Thrift Shop, 10 a.m. – 7 p.m., 118 Main Street, Ashland

November 11

American Legion Veterans Day BBQ Fundraiser, 5:30 p.m., American Legion James O'Carey Post 77, 40 Summer Street, Ashland. To purchase tickets for the American Legion Veterans Day BBQ Fundraiser, visit thecarve.com.

cafe.com.

Speaker Kari Mashos, CSB, Spiritual Christianity that restores health, 3:30 p.m., Best Western Royal Plaza Marlboro, Mass.

November 12

Speaker Kari Mashos CSB, Spiritual Christianity that restores health, 2 p.m., Cushing Memorial Chapel, 60 Dudley Rd, Framingham, Mass.

Massachusetts Aviation History, presented by local historian and author John Galluzzo, 2 p.m., Ashland Historical Society, 2 Myrtle St., Ashland, MA. For more details and links (and any possible weather-related postponements) please see the Upcoming Events page at www.ashlandhistsociety.com.

November 13

Wayside Youth & Family Services in Framingham hosts:

Connected: The Impact of Social Media on Children's

Friendships and Emotional Lives, Presented by Elizabeth Englander, Ph.D., 6-8:30 p.m., Costin Room, Framingham Public Library, 49 Lexington St, Framingham

November 14

Ashland Special Town Meeting, November 14, 7 p.m., Ashland High School 65 East Union Street, Ashland

November 15

Federated Church of Ashland Thrift Shop, 10 a.m. – 7 p.m., 118 Main Street, Ashland

ASHPAC Workshop - Building an Inclusive School and Community, by Joseph Petner, Ph.D.

7-9 p.m., AMS Activity Room, 87 W. Union Street, Ashland

November 17

Shabbat Circle Pot Luck Dinner, 6:30-9 p.m., family-friendly Shabbat Circle Potluck Dinner at the Ashland Community Center, 162 West Union Street, Ashland

November 18:

Robot Rodeo, 10:30 a.m. – 3 p.m. Come join the Ashland Robotics Club at the High School. 65 E Union Street. Ashland, for the Third Annual Robot Rodeo! \$5 per child. Build, code, and learn about all kinds of engineering! Perfect for ages 3-13. <https://sites.google.com/a/ashland.k12.ma.us/ahs-robotics/robot-rodeo>.

Ashland Pre-Thanksgiving Market, 9 a.m. – 1 pm., Ashland Middle School cafeteria, 87 West Union Street, Ashland.

November 22

Federated Church of Ashland Thrift Shop, 10 a.m. – 7 p.m., 118 Main Street, Ashland

November 29

Federated Church of Ashland Thrift Shop, 10 a.m. – 7 p.m., 118 Main Street, Ashland

November at the Ashland Public Library

HOLIDAY CLOSURES:

The Library will be closed on Saturday, November 11th for the Veterans Day Holiday. The Library will be open regular hours on Friday, Nov. 10 (10 a.m.– 6 p.m.) and Monday, Nov. 13. (3 – 8 p.m.)

The Library will close at 1 p.m. on Wednesday, Nov. 22 and remain closed on Thursday, Nov. 23rd and Friday, Nov. 24th so out staff can enjoy Thanksgiving with their families. The Library will be open regular hours on Saturday, Nov. 25th. (10 a.m. – 5 p.m.) A Family Movie will be shown at 2 p.m. on Saturday – call for title.

SCULPTURE RECEPTION:

Please join the Friends of the Library at noon on Sunday, Nov. 5th for the unveiling of a new sculpture honoring Elka Troutman. Elka was a much-loved member of the Ashland community, who passed away in April 2016 after a long battle with cancer. She was a tireless volunteer who was passionate about children's literacy.

CHILDREN:

EARLY RELEASE / NO SCHOOL DAYS:

Wednesday, Nov. 1 1:30–2:30 p.m., Veteran's Day Card Making, Kind – Gr. 5 Kids will make cards to be sent to Veterans to show them how much we appreciate their service.

Thursday, Nov. 2 1:30-3 p.m. Tinkering Time, Kind – Gr. 5 Kids will

use a variety of recycled materials to create something from their imagination.

Friday, Nov. 10, 2 p.m. Family Movie. Popcorn will be served – please bring your own drink. Title available by calling the Library

Saturday, Nov. 25th, 2 p.m., Family Movie. Title available by calling the Library

S.T.E.A.M. STORY TIMES:

Friday mornings from 10:30 – 11:15 a.m. For kids age 3 ½ - 6, Each week we read stories and non-fiction books about one topic and then do a related activity. No registration needed. No program on Nov. 24th – the Library will be closed.

LAP SIT:

Wednesdays mornings from 10:15 to 10:45 a.m. For Infants and Toddlers through age 3 ½. Join us for stories, songs & fingerplays. This is a very large group and space is limited. Free tickets are handed out as people arrive.

READ-TO-A-DOG:

Mondays, Nov. 6th & 20th 6:30 – 7:30 p.m. Kids of all ages can improve their oral reading skills by reading to one of two certified therapy dogs.

YOUNG FAMILIES:

Saturday, Nov. 18 10:30 a.m. Mr. Magic All ages. Come to a Magic Show starring Mr. Magic, otherwise known as Richard Rothstein. Admission is free, but space is limited. Tickets will

be passed out near the Children's Room beginning at 10 a.m. the day of the show.

YMCA PLAY, LEARN & GROW GROUP:

Tuesdays 11 a.m. – 12 p.m. OR Thursdays 11 a.m. – 12 p.m. For infants through age 5. You may attend one program per week. This program is offered at the Library by the Metrowest YMCA for children and their caregivers.

LEGOS CLUB:

Thursday, Nov. 9th 3:15 – 4:30 p.m. Kids of all ages build creations using the Library's huge stash of Legos.

PAJAMA STORY TIME:

Tuesday, Nov. 21st, 6:30 – 7 p.m., For ages 3-6 Come in your pajamas to hear stories with Miss Lucie.

HOMEWORK HELPERS:

Coming soon -- Thursdays evenings at 6 p.m. Ashland High School students will mentor students from the David Mindess School. Sponsored by the Friends of the Library and the Children's Department. Please contact the Children's Room for starting date.

TEENS:

ANIME CLUB:

Thursdays Nov. 2nd & 16th from 5:30–7 p.m. Anyone between the ages of 10 and 18 is welcome to join.

TEEN ADVISORY BOARD:

Thursday, Nov. 30th from 6-7 p.m. Open to any high school student.

Join the Teen Advisory Board (TAB) to plan programs, pick books, and generally make the Library a place you want to visit. Each meeting counts as one hour of community service.

ADULTS:

ADULT ART PROGRAMS

All workshops are free and open to anyone over 18, living in Ashland or any other community. Please call the Main Circulation desk to register. Space is limited. Unless otherwise noted all supplies will be provided.

Gardening Art: Creating a Succulent Garden Saturday, Nov. 18th from 1 - 4 p.m.

DOCUMENTARY FILM & DISCUSSION SERIES:

The Documentary Film & Discussion Series meets from 7-9 p.m. every 2nd Thursday of the month. www.friendsoftheapl.com.

Resistance and Repression: Origins of U.S. Capitalism will be shown on Thursday, Nov. 9th Part III of a three part series on the origins of US capitalism.

FRONT STREET READERS:

The Front Street Readers book discussion group meets (usually) on the 4th Tuesday of the month at the Library at 7 p.m. The next title will be *The Elegance of the Hedgehog*, by Muriel Barbery which will be discussed on Nov. 28th.

WEDNESDAY NIGHT READERS:

The Wednesday Night Readers meets to discuss a book (usually) every other month. *The Couple Next Door*, by Shari Lapena will be discussed on Nov. 1st at 6:30 p.m. The next book will be *In the Time of the Butterflies*, by Julia Alvarez, which will be discussed on Dec. 6th at 6:30 p.m.

FRIENDS' FRIDAY NIGHT

FILM SERIES:

Feature films are shown every Friday evening at 7 p.m. The movie schedule is available in the entrance lobby of the Library.

The Ashland Public Library is located at 66 Front Street, Ashland.

ART IN THE LIBRARY:

DOWNSTAIRS GALLERY

“Reflections” Oil Paintings by Rob Franco, November 1 - December 4, 2017

UPSTAIRS DISPLAY CASE

“Nantucket Lightship Baskets” by Lisa DiMarino September 1 - December 2, 2017

More info can be found at www.saxonvillebaskets.com.

Photographer Bill Horsman is sharing some of his creative photographic work on an extended loan. The photos will be on view on the lower level in the Cheevers conference room and in the large meeting room.

Don't Hire a Cheap Contractor. You'll Pay More in the Long Run!



Doug Masters

I've been in sales for 35 years, and I've owned Masters Touch for over 20 years. When I need a service provided at my home, or when I'm looking for a mechanic, or if I'm looking to purchase a new lawn mower, I don't want to get multiple prices. Really. Instead, I ask friends and family what company they recommend. Nothing beats a personal referral. Rather than worry about price, it's money in the bank in most cases. Whether you're looking for a contractor or a great local shop to buy your lawn mower, don't worry so much about price. Instead, focus on service and quality and you'll be better much better off in the long run.

So why do so many Massachusetts homeowners drive themselves crazy chasing unprofessional contractors hoping to get their home updated for the lowest price possible? Good question. For most families, their home is their number one investment. Why cut corners or expose yourself to undue risks by hiring a cheap, unprofessional, and many times inexperienced contractor? When it comes to home improvements, the old cliché "you get what you pay for" is on point. Here are some tips to help you find a reputable contractor that is a good match for your needs. (Hint, price is not an important factor.)

Establish a budget, and share it with your contractor at the beginning of the process. If you are just gathering prices and haven't established a budget, a savvy sales person will pick up on this right away. On that. Just be honest and talk about the budget together. An experienced home improvement contractor will help you make adjustments to your gross budget and allowance items such as cabinetry, windows, and flooring. They also will be frank with you and let you know if your budget is realistic or not. So, instead of wasting everyone's time, make sure you are on the same page

from the start. I will not visit with a client if they will not provide a budget over the phone. It usually means they are not serious about the project or haven't put much effort into planning yet.

A cheap contractor is not likely to provide an accurate assessment and estimate of your project. First of all, an estimate is not a fixed quote. Estimates can vary wildly in price and accuracy depending on how experienced the person preparing it is. It's not reasonable to expect a contractor to look at your blue prints or prepare a conceptual design and budget in 30 to 60 minutes. Depending on the type of project, this is several hours of work, or more. An experienced bidder will have systems in place to help flesh out a budget range, and will have many dozens of similar jobs to reference for pricing.

Initial budgeting really comes down to experience and mutual trust between the client and the contractor. I have lost many jobs over the years to "cheaper bids" or as some clients like to say, "more competitive." More often than not, I hear from those

folks a year or two later wanting me to work with them on their next project. "What about the contractor with the more competitive bids?" I ask.

"What a disaster. The job was under-bid. We were hit with 30% cost over runs in change orders and things we assumed were included but were not. We really messed up and should have hired you to begin with. You were honest about the price, about what it would cost to do the job. Even worse, the work took forever, and it still isn't right. We didn't save a nickel going with the cheap guy, and now he won't call us back!"

Alas, inexperience is only one way a cheap contractor may underbid work. Unfortunately, there are more than a few unethical companies out there that will intentionally under bid work. They know that once demolition is done, they have you trapped and you'll be forced to sign change orders. The relationship quickly deteriorates and the entire experience becomes a disaster.

Another disadvantage with cheap contractors is their lack of organizational skills. A small,

cheap contractor might be juggling too many tasks and unable to focus on your job. Running several jobs and trying to keep them stocked and financed, bidding work, payroll, making sure all the subs are properly insured, keeping you updated on your job. It's a lot to handle. An inexperienced contractor will not have the business savvy to deliver a positive experience. Again, you get what you pay for. Simply ask your family and friends. How was the experience? Was the job on time and on budget? Good quality work?

Trust referrals and you'll be a lot better off than spending months looking for the lowest bidder. Hiring a low cost, uninsured, unprofessional contractor will cost you more in the long run every time. You'll also be stressed out and miserable living through the process, and likely have a fractured relationship at the end of the job. That means

you'll never get them to come back for follow up visits when you need them.

I know there are many folks out there reading this and nodding along because they've been through this. Frankly, my best and most loyal customers are the ones who've been burned (or victimized) screwed by a cheap contractor. Once you've been through that, you'll never want to relive the experience. You might say I'm preaching to the choir, but hopefully this article will be read by newer homeowners and help them understand that to focus on price and make that a priority over a trusting relationship and quality work is a recipe for heartbreak.

Doug Masters is the owner of Masters Touch, located at 24 Water St., Holliston. For more information contact (508) 359-5900, e-mail info@MastersTouchWeb.com or visit www.MastersTouchWeb.com.

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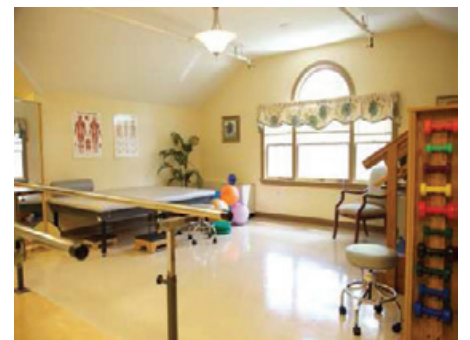
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Ashland to Become a Dementia-Friendly Town

Like Cancer, Dementia Touches Everyone

BY CYNTHIA WHITTY

Ashland is on its way to becoming a designated dementia-friendly town.

Last spring Ashland senior center director Joanne Duffy learned about a program, COME 2 B Dementia Friendly, that will help the community recognize individuals with dementia and have successful interactions with them. She pulled together a committee that will survey businesses and individuals, and then from the data, decide how to proceed, such as plan trainings, create a website with resources and present the results to the community.

"This program is for people who touch the public on a regular basis," Steve Mitchell, a selectman and an Ashland dementia-friendly program committee member, said. "We want to educate businesses and individuals—beauticians, restaurants and gas stations, bank and town hall employees, and police and fire departments—to help them

identify the signs of dementia and have successful interactions. Like cancer, dementia touches every family."

A dementia-friendly community is defined by CareGiving MetroWest, a nonprofit organization located in Marlborough, as informed, safe and respectful of individuals with dementia and their families and caregivers, and provides supportive options that foster quality of life.

The committee, co-chaired by Duffy and Mitchell, is comprised of the following community members: Fran Blake, Diane Hanson, Ruth Remington, Susan Robie, Mary Mortenson, Susan Wells, Jenn Ball, Beth Reynolds and Jennifer Weulding.

The COME 2 B Dementia Friendly program was started by BayPath Elder Services, Inc., with funding in part from the MetroWest Health Foundation. BayPath, which is replicating the ACT on Alzheimer's initiative in Minnesota, has begun the process of creating dementia-friendly com-

munities in Metrowest. Ashland will join these other communities: Northborough, Marlborough, Hudson and Westborough. BayPath is providing these communities with administrative and training support.

Duffy said the first stage of the project is to survey local businesses, town government and community organizations. The surveys, which are lengthy and thorough, will be completed in November. BayPath will then compile the results and the Ashland committee will work on actions early next year.

Number of Americans with Dementia Growing

The number of Americans living with Alzheimer's disease is growing — and growing fast, according to the Alzheimer's Association. An estimated 5.5 million Americans of all ages have Alzheimer's disease. Of the estimated 5.5 million Americans living with Alzheimer's dementia in 2017, an estimated 5.3 million are age 65 and older and approximately 200,000 individuals are



under age 65 and have younger-onset Alzheimer's. As many as 16 million will have the disease in 2050.

In Massachusetts, Alzheimer's disease is the 6th leading cause of death.

There are approximately 3,500 people in Ashland who are 60 years and older, though the number of people with dementia living in Ashland is unknown, according to the senior center.

Ashland Support Programs

Susan Wells, leader of the caregiver support group and a certified dementia practitioner, explained, "There are at least nine types of dementia. Dementia can result from age, Alzheimer's and Parkinson's disease, and brain injury, for example. Early onset, which can start in a per-

son's 50s or 60s, is particularly difficult."

Wells holds a caregiver support group at the senior center two times each month, where half of the six to 10 people attending are caring for a loved one with dementia.

In addition to the support group, Wells also runs a program started a year ago, called Two Together, that matches a volunteer buddy with someone with dementia who is attending an activity at the senior center. Before the individuals are matched, the senior center trains the volunteer buddy and conducts an assessment of the participant and caregiver.

"Any stimulation is important and can help slow down the progression of the disease," Wells said.

To become a volunteer buddy or to find out more about the support programs, contact Wells directly at (508) 532-7945.

Duffy, who has been the senior center director for 15 years, said that when there is a need, the people of Ashland are there to help each other.

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