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July 2017

*The Voice of Your Community*



## Traits of the Ashland High Class of 2017

BY CYNTHIA WHITTY

Principal Kelley St. Coeur, on June 4, welcomed family, friends, community leaders, and students to the 2017 Ashland High School graduation--the 144th graduating class. St. Coeur thanked many people in the audience, including the

**CLASS OF 2017**  
*continued on page 3*



## Farmer Spotlight: Yia Ly Hang

*A Look Inside the Flats Mentor Farm Tent at the Ashland Farmers Market*

BY DEBORAH BURKE HENDERSON,  
CONTRIBUTING WRITER

Yia Ly Hang started farming at age 5 in her native Laos, Southeast Asia, but today works a plot of land at Flats Mentor Farm in Lancaster, Mass., and her freshly-grown produce is sold at several farmers' markets, including the Ashland Farmers Market on Front St. which opened last month.

Our wet spring dashed her hopes of planting in early May, but June brought sunshine back to the Farm, the floods of the adjacent Nashua River subsided to a trickle, and Hang and other immigrant and refugee farmers could be seen tilling the soil by hand and getting to the honest, labor-intensive work of planting seedlings.



Yia Ly Hang, a Hmong native from Laos, inspects her garlic crop at Flats Mentor Farm in Lancaster, Mass., where she's been farming for 10 years. (Photo/Deborah Burke Henderson)

Her youngest child is 22 and often helps his mother at the Farm. Suny Hang is excited to bring their freshly-grown specialty crops to market this month. Under a tent touting the Flats Mentor Farm banner, the

**YIA LY HANG**  
*continued on page 2*

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**YIA LY HANG***continued from page 1*

young man will sell his mother's popular pea tendrils and snow peas, scallions, Asian greens, including bok choy, water spinach and Chinese spinach, parsley and cilantro.

Her story is an inspiring one. Yia Ly Hang's family fled their homeland in the aftermath of the Vietnam War in the mid-70s and was offered sanctuary in the United States. Although Hang did not know English upon her arrival in the U.S., she successfully searched for work and held various factory jobs in plastics, first in Pennsylvania, then Rhode Island and Michigan. As a people, the Hmong are quick learners and at the time of the war, they only needed a short time to become accustomed with work tasks in the United States.

After learning about the Flats



**Maria Moreira, co-founder and executive director of World Farmers organization (far right) advocates for refugee and immigrant farmers to have fair access to markets. She is joined by Ger Hang (far left), his wife, Yia Ly, and their youngest, Sunny, at Flats Mentor Farm. (Photo/ Deborah Burke Henderson)**

immigrant and refugee farmers from diverse communities representing Southeast Asia and Africa are given the opportunity to learn sustainable growing techniques and receive support and guidance in bringing their crops to market.

Maria Moreira, a native of the Azores, came to the United States at age of 12 with her parents. Later she fell in love with Manny, a dairy farmer, settled in Central Mass., and went about raising a family of four and starting her own small business making a soft Portuguese fresh cheese.

One day a Hmong woman, an immigrant from Laos, approached Moreira about using the small space between the cow barns to grow crops. Moreira said yes. Word spread and little by little more Hmong came and asked if they could farm the nearby acreage where the Moreira family grew silage corn to feed their cows.

Moreira saw the Hmong as hard-working and committed farmers whose needs were compelling. Passionate about helping others, she and her husband opened the family's 70 acres to immigrant and refugee farmers, each in charge of his or her own plot, and in 1984 Flats Mentor Farm sprouted roots.

In 1999, the United States Department of Agriculture (USDA) looked at this program as a national model for what a beginning farmer training program should look like.

"I totally identify with these farmers," Moreira said, "because I was new to this country once and could not speak the language. But I am a farmer at heart and knew I could be successful. I love what happens here. We help people move forward to become independent farmers and landowners."

She didn't realize it at the time, but now that her own children are grown and have families of their own, they share that their upbringing on the farm helped give them a strong work ethic. "Hard work was the norm for my children," Moreira added.

In 2010, Moreira and two colleagues, Ali Berlow and Frank Mangan, created the World Farmers Organization, a non-profit entity that represents farmers' needs in this country as well as internationally. Moreira serves as the executive director, working with a staff of three. For the past five years, World Farmers has completed extensive evaluation and community surveying to identify ethnic crops that are in high demand by immigrant communities, yet unavailable at grocery stores and farmers' markets.

"I am entrepreneurial by nature," Moreira said. "Crops selected for production trials and market assessments are exclusively grown by farmers at Flats Mentor Farm for diverse markets serving communities with limited access to fresh, culturally-relevant food. Our organization helps ensure farmers are getting equal access to markets and receiving fair prices for their labors."

In 2016, Flats Mentor Farm produce was sold at over 40 farmers' markets across the state.

Discover more about Flats Mentor Farm and the World Farmers Organization at [worldfarmers.org](http://worldfarmers.org).

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**FLASH COOKED PEA SHOOTS WITH GARLIC**



1. Trim the tough stems and wilted leaves from the pea shoots.
2. Wash well and dry thoroughly.
3. Place wok on high heat, add the oil and heat until very hot.
4. Add the pea shoots and garlic and toss lightly for 30 seconds, then add the rice wine and salt, and stir-fry for 1 minute, or until the shoots are slightly wilted, but still bright green.
5. Transfer to a platter, leaving behind most of the liquid.
6. Serve hot, at room temperature, or cold.

**INGREDIENTS:**

- 350g (12 oz.) Pea Shoots
- 1 teaspoon oil
- 2 garlic cloves, finely chopped
- 1 ½ tablespoon Shaoxing rice wine
- ¼ teaspoon salt

**Tip:** These shoots are harvested when the pea plants are 12-18 inches out of the ground. They are best used when freshly picked as they rapidly toughen and, like peas, lose their sweetness. Often found stir-fried with garlic sauce at authentic Chinese restaurants. Pea tendrils can also be used as an alternative salad green.

Nutrition Facts: Serv size: 95g; Calories: 90; Fat: 2.5g; Fiber: 4g

Mentor Farm through relatives in Massachusetts, Hang started growing vegetables ten years ago to economically feed her family and make extra money on the side. Eventually, she was exposed to wholesale and finally farmers markets. Now owning various plots and a high tunnel at the Flats, Hang keeps herself busy growing for her family and

filling the demand of wholesale and farmers markets in Ashland, Framingham, and Harvard.

**A National Model for the Beginning Farmer**

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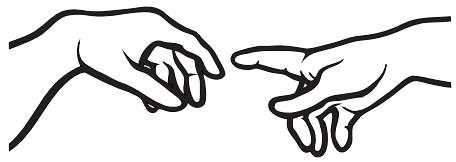
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CLASS OF 2017

continued from page 1

military, first responders, past and present educators, and parents, who "make Ashland the wonderful school system it is." She noted, "Your sacrifice ensures we have the opportunity to offer free, appropriate, and inclusive education to all."

St. Coeur spoke about the class of 2017 being a united class, "that cares about each other, despite your differences."

She cited traits she noticed over the year: the students were eager to ex-



Photos/G&B Photography, www.grynnandbarrett.com



pand their world and learn more about those who aren't necessarily like them; spoke up when they saw or heard an injustice; experienced high school as a whole experience; willing to keep trying, even when something is hard or they don't like the answer; and had fun.

The principal said, "You do everything with a smile but also with a great deal of respect. You are a group who enjoys each other, life, has the ability to be serious when you need to, but knows not to take life too seriously. Those are traits you need to be successful adults. There are

going to be some great times and there are going to be falls. As long as you keep getting up and trying, then you will be living the best life you can. Maya Angelou, whose words have always spoken to me said "Each new hour holds new chances/For new beginnings. Do not be wedded forever/To fear"

"Thank you; you have left a mark on Ashland High School because of your willingness to look at each day as a chance to live life fully," she concluded. "I truly hope that all of you take that ability with you wherever life takes you. You are and will be legendary."

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# Ashland's "The Corner Spot" Now Open

The Town of Ashland will officially open "The Corner Spot" on June 28th. This project was designed to create a community gathering place as well as serve as an incubator for pop-up businesses. The project was created to help improve the overall look of downtown, increase foot traffic, and test drive the market for new businesses considering opening a store front. The project was funded by personal contributions from residents and businesses as well as grant funding through MassDevelopment's Commonwealth Places funding program. 126 Self Storage's "Top Corner" sponsorship highlights the strong business community in town and its support for economic development in Ashland.

The land at 6 Cherry Street, which is in the heart of Downtown Ashland is being transformed into a beautiful park that residents will enjoy throughout the summer and fall months. A new business will pop into the lovely storefront every few weeks.

With the overall goal to revitalize downtown, "The Corner Spot" will not only provide an opportunity to expose Ashland to potential new businesses and create additional foot traffic downtown but it will serve as a location for people to gather. There will be an area for children to play, café tables, and porch swings. "The Corner Spot" will have entertainment and activities for all ages, food trucks, and mobile boutiques will be popping in and out weekly. "This project will create a sense of community downtown, it will begin to reshape how we use and think about our downtown", said Jenn Ball, Assistant Town Manager of Ashland.

"It is wonderful to see "The Corner Spot" come alive due to the support and encouragement from the residents in town, says Beth Reynolds, Director of Economic Development and Community Outreach, this project has already strengthened our community in ways I never imagined."



"The Corner Spot" will become a destination for people throughout the MetroWest Region. The goal is to bring community together and stimulate economic activity in Ashland. There is plenty of opportunity in Ashland; it is a business-friendly community that supports growth. Although this project

is temporary it has already created permanent changes in the way the community thinks about downtown. It will, without a doubt, be "the place to be" this summer. The Coffee Trike will be the first business to kick off the start of the season, followed by Firefly's BBQ, The Ceramics Garage, Sweet Home Hand-

made and Jennifer's Handmade Soaps. There will be more to follow as "The Corner Spot" will be open through October.

For more information, visit [www.ashlandmass.com/488/The-Corner-Spot](http://www.ashlandmass.com/488/The-Corner-Spot). Or follow us on facebook at [www.facebook.com/thecornerspotashland/](http://www.facebook.com/thecornerspotashland/)

## Town Clerk's Office Thanks "Hidden Gems"

BY CYNTHIA WHITTY

Some of the many folks you see working in the Town Clerk's Office are working there through the tax work-off program. They are trained by Town Clerk Tara Ward and Assistant Town Clerk Cindy Livingstone and bring their wealth of knowledge and experience. "This program affords the town the honor and privilege of tapping into these 'Hidden Gems,'" Ward said. "These folks come in when they are available and perform office work."

"We honestly would be lost without them," Ward added. "I hope when these folks read this column they understand just how important their role is in the Town Clerk's Office and how much they are appreciated. We thank them every time they

are here, but it's always nice to hear it again."

The town clerk's office is continuing to look for election workers. Anyone interested should contact the Town Clerk's Office and place their name on the election worker list. Elections run smoothly because of the dedication and hard work of our election workers.

The office would like to remind residents to visit their website, [www.ashlandmass.com](http://www.ashlandmass.com), for frequent updates. The office tries to keep residents informed as rules and/or regulations change. The website contains information on campaign finance reports, dog licensing and elections and voting. For more information, contact the Town Clerk's office, 508-881-0100, ext. 7127, [townclerkoffice@ashlandmass.com](mailto:townclerkoffice@ashlandmass.com).

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# Ashland Business Association Awards Scholarships to Ashland High Seniors, Madeline Graves and Shane Leary

By CYNTHIA WHITTY



The Ashland Business Association (ABA) awarded two \$1,500 scholarships at its June 6 program to Ashland High School seniors Maddie (Madeline) Graves and Shane Leary.

“Both students more than exceed the scholarship criteria: good work ethics, motivation, creativity, and business/community interests,” Adam Sachs, scholarship committee chair, said.

As a sophomore, Maddie Graves created a photography business (Maddie Graves Photography) and now photographs weddings and bat/bar mitzvahs. For the past two summers Graves traveled to Mississippi for service work, building homes, and serving in soup kitchens. In 2015-16, she interned for the ABA’s social media program, helping the Friends of the Library to increase their outreach. She plans to attend the University of

Maryland. She hasn’t decided on a major but wants to keep photography as “something she can fall back on.”

Having worked almost his entire life, Shane Leary said that he gets his strong work ethic from his parents. In 8th grade, Leary worked three jobs solely for community service. He is still employed with his first jobs, the MetroWest Sports Center and Fitzzy’s Car Wash, and has moved up in responsibility. He also has a third job with Fleece and Tee’s, where he markets apparel. Leary has also been active in community service activities through his church helping elderly with yard work. He plans to attend the University of New Hampshire to study business ad-

ministration and minor in sports management.

This year, top donors to the scholarship program (\$100 and up) were 126 Self Storage; Adam and Joyce Sachs, Anne Marie’s Dance Center, Bill Gath, Realtor; Calculator Soup; CPR Services; Hanto Restau-

rant; Metro West Bookkeeping & Tax Service; Mexico City Taqueria; Needham Bank; The Family Pet Hospital; Tricia Kendall, Architect; and Zarella Dentistry. A complete list of donors is available on [www.ashlandbusinessassociation.com](http://www.ashlandbusinessassociation.com).

The 2017 scholarship com-

mittee consisted of Adam Sachs, chair (Centinel Financial Group), Bill Gath (Realty Executives Boston West), Adam Elbirt (Ashland Education Foundation Inc.), M.R. Fletcher (Earthly Wealth Jewelry), and Claudette Rowe (Knowledge Points Learning Center).



ABA scholarship winners with committee members (l to r): MR Fletcher, Shane Leary, Adam Sachs, Maddie Graves, and Bill Gath. (Photo/Cynthia Whitty)



Ashland High School Students Shane Leary and Maddie Graves are the 2017 ABA scholarship winners. (Photo/Cynthia Whitty)

## Fire Department Bingo is Back

The Ashland Fire Department Bingo that started in Ashland 30 years ago is moving back to town. Effective July 2nd they will be housed at the Ashland VFW located at 311 Pleasant Street.

**Bingo will run 2 times a week.**

Sunday Bingo starts at 1:00 pm  
and doors open at 11:00 am.

Monday Bingo starts at 6:45 pm  
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If you need additional information please feel free to contact Wayne Richards who is the member in charge at 508-410-8547.

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# Ashland Farmers Market Offers a Summer Fun, Family Destination

By CYNTHIA WHITTY

## Scholarships and Mini-Grants Awarded

Olivia Francis-Anspach and Cailan O'Leary, graduating seniors of Ashland High School, each received a \$1,000 scholarship from the Ashland Farmers Market (AFM), under the umbrella of Ashland Healthy Harvest. This is the first time AFM has granted scholarships to individual students.

Francis-Anspach, who has been a valuable market volunteer for the past three summers, will be attending Georgetown University. O'Leary, who helped form the Earth Club to promote sustainable living at the high school, will major in environmental studies at the University of Vermont.

In addition, Mini-Grants of \$500 each were awarded to GreenUp Ashland, an organization that mobilizes individuals and groups to clean up parks and neighborhoods and along streets and rivers, and Home2Homes, an Ashland-based nonprofit serving families and individuals going through challenging times.

## It's HIP to be Healthy, and a SNAP to Participate!

The new statewide Healthy Incentives Program (H.I.P.) is available for those families who receive SNAP benefits at AFM this season. SNAP recipients can purchase freshly picked fruits and vegetables (no ready-to-eat food) from a participating produce vendor (currently

Long Life Farm) and receive an instant, dollar-for-dollar reimbursement credited back to their card. There is a monthly limit per size of household.

Then SNAP holders can go to the Market Host tent, with the big orange water cooler, and slide their SNAP card through the EBT machine for the amount they want to spend at other vendors. AFM will match that amount up to \$20 each week. That means that a four-person family can receive \$60 in free produce and \$160 in other foods by just spending \$80 SNAP in one four-week month.

SNAP holders can use these benefits to maximize the amount of fresh fruits, vegetables, breads, meats, fish, eggs, and dairy products they can buy.

## AFM Summer Calendar

AFM's schedule of special events, Kid's Corner activities, and free concerts at the Arts! Ashland Alliance Music Stage:

**Saturday, July 1:** The Carve celebrates the 4<sup>th</sup> with breakfast and BBQ lunch. Free Concert: Cindy Lane Adams country western, 10:30 a.m. to 12:30 p.m. Kid's Corner: Orthodontist Dr. Pardo creates tooth brushing fun, 9:30 a.m. to 10:30 a.m.

**Saturday, July 8:** Free Concert: Blues, swing and classic country with Peter Ward, 10:30 a.m. to 12:30 p.m. Kid's Corner: butterflies and tattoos with Ashland Mom's Club, 9:30 a.m. to 10:30 a.m.

**Saturday, July 15 - Tropical Fiesta:** Customer Appreciation Day! Free drinks and smoothies!

Kid's Corner: Bryan Lepore's Harmonograph, 9:30 a.m. to 10:30 a.m.

**Saturday, July 22 - Health & Wellbeing:** Free Concert: Always in Season bluegrass band 10:30 a.m. to 12:30 p.m. Kid's Corner, 9:30 a.m. to 10:30 a.m. Ashland Lion's Eyemobile offers free vision, hearing and heart screenings; also, free acupuncture, massages, and more.

**Saturday, July 29 - 100th Market Day:** Free Concert: Dale Show world music, 10:30 a.m. to 12:30 p.m. Kid's Corner: pottery demonstration, 9:30 a.m. to 10:30 a.m. Bring your dull knives, garden tools and scissors for sharpening with Patti of On the Edge Knife Sharpening (her only visit of this season).

**Saturday, August 5 - Dog Day:** Free Concert: Ampersand folk rock, 10:30 a.m. to 12:30 p.m. Kid's Corner: Dog craft with Samali Perera-Charvet, 9:30 a.m. to 10:30 a.m. Bring your four-legged friend to the

July 1	July 4 <sup>th</sup> BBQ
July 15	Tropical Fiesta/Customer Appreciation Day
July 22	Health & Wellbeing
July 29	100 <sup>th</sup> Market Day
August 5	Dog Day
August 19	Farm Day
August 26	Tomato Fest
September 2	Harvest Brunch
September 9	Ashland Kids Create Day
September 23	Wine & Cheese Fest
September 30	Unity Day
October 7	Pumpkin Painting/Closing Day

market and check out the special services, events and treats for them. All dogs must be crowd friendly, on leash, and well behaved to participate in the Dog Parade.

Join AFM, a fun, family destination in downtown Ashland every Sat-

urday from June 10 through October 7, 9:00 a.m. to 1:00 p.m., on the green across from the Ashland Public Library. Come for breakfast, stay for lunch. Remember to bring your reusable shopping bags or borrow ours. Sign up for e-blasts at [www.AshlandFarmersMarket.org](http://www.AshlandFarmersMarket.org).



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# Ashland Documentary Film & Discussion Series Presents "Resistance and Repression: Origins of U.S. Capitalism," July 13th

BY CYNTHIA WHITTY

The Ashland Documentary Film & Discussion Series will present a film, "Resistance and Repression: Origins of U.S. Capitalism" on Thursday, July 13, 7 to 9 pm at the Ashland Library, Community Room, 66 Front St. The event is free and open to the public.

The film, "Resistance and Repression: Origins of U.S. Capitalism," views the birth of



the Republic not as an idealized achievement of gifted minds and

great men but rather as a history of repression and resistance between the propertied classes and the property-less workers and laborers.

Beginning just after the civil war, this documentary examines the bitter, violent struggle between working people and owners of capital. The film includes the role of race before, during and after Reconstruction and examines Irish slavery and immigration. Shay's Rebel-

lion in Western Massachusetts was about civil war veterans who could not afford the taxes levied against them. Owners of property feared the rebellion would spread, and indeed it did to Rhode Island, Virginia and elsewhere. A federal militia was formed to crush the rebellion. The film covers the 1877 railroad insurrection and the rise of socialism and anarchism as workers sought to implement systems of production con-

trolled by workers for the benefit of workers.

The Ashland Documentary Film & Discussion Series meets in the Ashland Library Community Room every second Thursday of the month. The films are sponsored by the Friends of the Ashland Library. For more information, call the library, 508-881-0134, or visit [www.friendsoftheapl.com](http://www.friendsoftheapl.com).

## North Star Lodge of Ancient Free and Accepted Masons

BY SCOTT A. STANNEY,  
JUNIOR WARDEN,  
NORTH STAR LODGE

There are many different reasons why men decide to become Freemasons. I became a member in 2014 because I wanted to be part of something that can make a difference in my local community and the philosophies of Freemasonry appealed to me. I want to use this space to write about the happenings of North Star Lodge in Ashland and help raise awareness for our organization. This month, I thought it would be appropriate to give a little history of the Lodge and

explain how we got where we are today.

North Star Lodge was chartered on June 14<sup>th</sup>, 1864, just over 153 years ago. We were not always located at 54 Front Street on the so-called "Greenwood Block," but we purchased the building in 1922 allowing us our own space for the first time. During that time, the Lodge has gone through many phases and reached a peak membership count of almost 200 Masons around the time of the 1960s. At that time, it was a thriving organization and very active in the community. Unfortunately, in the 80's and 90's, the Lodge

experienced a steady decline until, in the early 2000s, there were barely enough members to officially hold meetings.

Then, in 2009, a few Masons from other Lodges began attending North Star in an effort to keep its charter active. They slowly rebuilt the membership, one stone at a time. When I joined, we decided it was time to begin reaching out to the community, and so we re-established the Charity Committee and Events Committee and began reorganizing ourselves as a publicly facing group. Today, North Star Lodge supports several local charities and organizations.

Family Promise Metrowest: FPMW provides comprehensive

assistance to homeless families through community support by offering shelter, skills training, and life skills management ultimately leading to the point of sustainability and permanent housing.

Masonic Angel Fund: North Star Lodge hosts a chapter of this charity that is run by the Grand Lodge of Massachusetts. The MAF provides modest anonymous assistance to children whose needs are otherwise not met by social programs. It typically acts through positions of authority in contact with children such as school administrators and the Boy and Girl Scouts of America.

North Star Lodge Masonic Scholarship Award: We give

this scholarship to seniors graduating from high school based on financial need, scholastic achievement, and community service.

Decisions at Every Turn: DAET is dedicated to helping children and families make healthy choices to avoid problems with substance abuse later in life. We provide coalition support as a Fraternal Organization and are looking forward to new ways to get involved.

As time goes on, I look forward to keeping the community up to date with what we are doing in the local community and explain more about what makes us tick. Until then, have a great summer and enjoy!

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# Es, Ashland, The Movie Set

By LES CLARK,  
CONTRIBUTING WRITER

Who needs a Hollywood back lot, sound stage or exotic location when you can shoot a major movie scene on the football field at Ashland's Middle School? Produced by Ridley Scott (*Alien*) and directed by Jake Scott (*Welcome to the Rileys*), it stars Sienna Miller, Christina Hendricks, Aaron Paul, Amy Madigan, and Will Sasso. The movie, covering a time span of 11 years, takes place in the fictional town of Ashland, Pennsylvania and concerns a woman, whose daughter is missing, and who is left to raise her infant grandson.

I spoke with David DiGirolamo, principal of the Middle School, who said he was there when trucks and trailers started filling the school's parking lot. The prep work involved real "extra" actors and preliminary shots of the computer lab, front entrance and football field. "It was a busy afternoon and a unique look at movie production" DiGirolamo said.

Barbara Durand, Assistant Superintendent of Finance and Operations, filled in some blanks. She said a production scout had been in the area looking for locations to film, and after a tour of the high school computer lab and football field wanted to see the same at the middle school which more resembled the time period of the film. That brought the director of the film and staffers back where they made their choice. Also taking part were members of the Ashland and Hopkinton football teams who suited up and were filmed running mock plays with athletic director Mike Grimes playing a referee.

When she received the email notice looking for volunteer extras from Ashland Superintendent of Schools, Jim Adams, Denise Montoya, mother of middle school

daughter, Ruby, and AHS freshman, Sofia, jumped at the chance to be extras in the stadium stands during a night football game scene. The formality, however, involved the signing of a photo release form.

"They told us to fit in the stands real tightly for one scene and then spread out for the wide shot and then for some of us go to the other side for background shots," Montoya said. She added, "It was a lot of sitting around and waiting and we had to be quiet while Sienna Miller did her lines." Montoya laughs when she describes one scene where there is an incomplete pass, and "we were told to yell and cheer and when the pass was dropped "to go 'awww.'"

I asked Montoya if there was any compensation for their bit parts. "No," she said again with mirth, "but they did throw T-shirts at us."

In William Shakespeare's play, *As You Like It*, Jacques states "All the world's a stage, and all the men and women merely players; They have their exits and their entrances," and that certainly applied to Ashland Middle School last May 19.

# Fleas and Ticks

By DR. CRISTINA VALAS

There are several diseases that can be transmitted to your pet from a little tick bite. Some of the most common tick-borne diseases seen in the United States are Lyme disease, Anaplasmosis, and Ehrlichiosis. Lyme disease is a zoonotic disease and is transmitted by the deer tick and western black-legged tick. Common symptoms include spontaneous and shifting leg lameness, reluctance to move, and fatigue. Anaplasmosis is also a zoonotic disease that is transmitted by the deer tick and the western-black legged tick. These are the same ticks that transmit Lyme disease, which increases the risk of coinfection with Anaplasmosis. Symptoms include loss of appetite, lethargy, lameness, reluctance to move, and neck pain. Ehrlichiosis is again a zoonotic disease, but is transmitted by the brown dog tick and the lone star tick. Signs of Ehrlichiosis include depression, loss of appetite, lameness, and joint pain, spontaneous nose bleeds, and bruising on the gums or belly.

Protecting your pets from fleas and ticks is the most important part of disease prevention. We recommend Nexgard oral for puppies younger than six months and Bravecto, a chewable preventative given every twelve weeks, for dogs older than six months. There is a Bravecto topical product for cats given every twelve weeks. Our



doctors recommend Feline Advantage Multi for all cats from June through November, which is a topical product that protects against fleas, heartworm, ear mites, and some common intestinal parasites. Cats get heartworm disease from mosquitoes, and this disease can cause severe chronic problems, which need to be managed for the life of the cat. If you find yourself dealing with pesky fleas at some point this season, remember to

gather anything your pet may have walked on and wash it in hot water. Anything that cannot be laundered or vacuumed should be put in trash bags and tied tight for 30 days to suffocate any hatching fleas. Remember to tie the vacuum bag in plastic and throw in trash as it is packed with eggs! Then, protect all your pets with one of these products to break the cycle. Email [dr-crisvalas@thefamilypethospital.com](mailto:dr-crisvalas@thefamilypethospital.com) with questions!

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# Kindness Rocks! Spreads Color and Cheer Throughout Ashland

By ERYN FLYNN, FRESHMAN, ASHLAND HIGH SCHOOL

In the past two months, Mrs. Libby Belli, a teacher at the Warren School, and Mrs. Visi Tilak, a parent volunteer and writer, organized and ran the Kindness Rocks! project at the Warren School. Their goal was to help bring the community together, in more ways than one.

To begin the project, young students and families were invited to paint rocks in the Warren art room. Kids chose from a wide array of colorful paints, and more often than not, blended colors to make their unique rock. After the rocks dried, they decorated them with inspirational words or phrases. Although the target audience for the project was primarily Warren students from grades K-2, middle schoolers and parents also decorated rocks, as well as played games to brainstorm motivational words to use.

During the first session, which was from 4:00 to 6:00 p.m. on Tuesday, May 30, fifteen children came in the first hour alone, and more came later. About 30 children participated in the second session, which was the following Friday from 5:00 to 7:00 p.m.

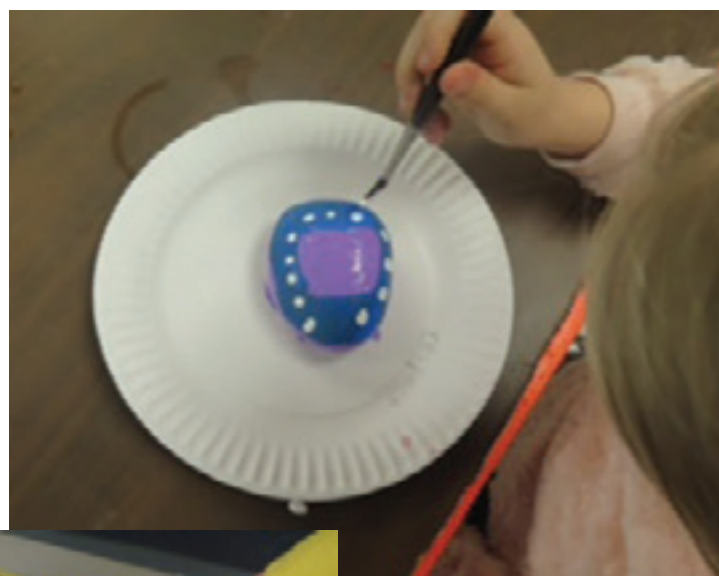
Some high school students also helped run the second session.

Once enough rocks are collected, Belli and Tilak will use them to make two rock gardens—one at Ashland Middle School, and one in the court-

yard of the high school. They hope they will receive enough help from Ashland families and students to plant the gardens during the summer.

Tilak says her inspiration for

Tilak and Belli both reached out to the Warren School principal, Mr. Peter Regan, who was very supportive of the idea. To help spread the word, he sent out news of Kindness



Photos by Eryn Flynn

the project came from her eight-year-old-daughter. When painting rocks for a similar activity for the Ashland Public Library, she exclaimed, "I wish we could do this more!" Tilak then decided to turn her wish into a reality.

Rocks! in an email to Warren parents. Friends and supporters also posted on Twitter and Facebook on the Ashland Bulletin.

Belli and Tilak believe and hope that this project will unify the community in numerous ways. Already it has brought together families and classmates during the painting activities. Belli said she enjoys watching the children get messy and creative while painting and deciding which motivational phrases to use on their rock. She hopes the project will demonstrate the core values of the Warren School—kindness, respect, responsibility, and safety. Tilak stressed that she believes Ashland should be doing more unifying projects like this in times like these. She said that this is a critical time for the community to bring itself together. She hopes the gardens will send a good message to the other schools in town—that is, that the families of Warren are ready to give. While she is passionate about connecting the whole of Ashland, she also hopes the project will beautify the town by literally adding a splash of color.

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**RUBBISH & RECYCLING NEWS**

# Ashland's Monthly Recycle Program

The next drop-off recycle day at the Ashland DPW will be on Saturday, July 1<sup>st</sup>, 9am-12 noon. We will be accepting used motor oil, fluorescent light bulbs & CFLs, contained mercury, rechargeable batteries and oil-base paints. The DPW is located at 20 Ponderosa Rd. in Ashland. **\*\*** The collection takes place behind the RED salt shed.....not in the DPW garage, office or in the middle of the parking lot. **\*\***

**NEW RECYCLING CARTS:** All Town of Ashland residents that are enrolled in the town's curbside rubbish & recycling program will be receiving a wheeled recycling cart to replace all other recycling bins/containers, at the curb.

- The carts will be delivered to each enrolled household between Monday, 7/10/2017 & Saturday, 7/15/2017. Please contact Dave at the DPW at [DMiller@ashlandmass.com](mailto:DMiller@ashlandmass.com) or 508-532-7943, if you haven't received your cart by Monday, 7/17/2017
- All household recycling must be contained within the carts. No other recycling containers/bins will be accepted at curbside.
- **NO PLASTIC BAGS or PLASTIC WRAP.** Please do not bag your recycling
- The carts are for recycling **ONLY.** All trash is still required to be within the orange "Town of Ashland" trash bags.
- Carts should be set no further than 3 feet from the road's edge and the arrows on the lid of the container should be facing the street.
- Carts are property of the Town of Ashland. They are assigned serial numbers that correspond to each residential address and should not be removed from the address that they are assigned to.
- Residents may personalize carts with a sticker or decal, to more easily identify them. **DO NOT** mark-up carts with paint or markers.
- For repairs to cart wheels or lids, call Waste Management

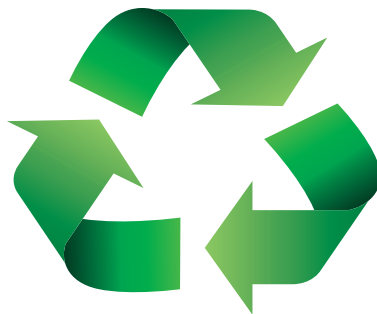
at 800-972-4545.

- There's a handy and very informative guide molded right into the lid of every cart which instructs what should and should not be placed into the cart for recycling.
- Many residents will want to keep their old blue recycling bins for other uses around the house. For residents that choose to dispose of their unwanted blue recycling bins, **DO NOT** leave them at curbside for removal. Residents that choose to dispose of their unwanted blue bins, may bring them to the DPW (20 Ponderosa Road) to be recycled from Monday, 7/17/2017 through Saturday, 7/29/2017. There will be a dumpster on-site during this period for the blue bins to be deposited into.
- Recycling will continue to be picked up on a weekly basis, with your trash. If you don't fill your cart every week... wheel it out to the curb every other week.

**ENJOY** the new covered, wheeled recycling carts! They are surprisingly easy to maneuver and eliminate the need to carry multiple bins to the curbside, they prevent recyclables from becoming wet on rainy/snowy days and best of all they will keep recycling from blowing throughout town on windy days.

**FY17 ANNUAL RUBBISH & RECYCLING CHART** is mailed in June to every Town of Ashland household. The information contained in this mailing changes from fiscal year to fiscal year and should replace the previous fiscal year's chart once

you receive it in the mail. The "2017/2018 Recycling Chart" covers FY18 (from 7/1/2017 thru 6/30/2018). These charts are also viewable on-line at [www.AshlandMass.com](http://www.AshlandMass.com) located



in the "Document Center" within the "Public Works - Rubbish & Recycling" folder.

**ILLEGAL DUMPING AT THE DPW YARD:** Please refrain from illegally dumping any waste at the facility during non-collection days. The DPW yard is located in a heavily wooded watershed area right next door to the Ashland Animal Shelter and any items that are left while the facility is unattended by staff is subject to ingestion by area wildlife and spillage having obvious negative effects on the environment...which only defeats the purpose of the collection facility. It's understandable that some individuals have to work on Saturdays and that you may not be available to drop off your waste motor oil and paints during the scheduled collections. However, making other arrangements like asking a neighbor to drop off your waste when they drop their waste off at the facility or returning it to the store where you bought your oil from is a much better option than just leaving it on the ground and open to the elements. It would be very unfortunate if our collection facility were to be permanently closed down if it were

to be viewed as an environmental hazard by the Massachusetts Department of Environmental Protection.

**RUBBISH AND RECYCLING IS DUE AT THE CURB NO LATER THAN 7AM ON THE MORNING OF YOUR SCHEDULED TRASH DAY.**

If your rubbish/recycling is not out when the drivers pass your house while picking up the rubbish/recycling on your side of the street, it will not be picked-up until the following week's rubbish removal day. In the interest of keeping its employees safe, Waste Management does not allow its drivers to cross streets on their route.

**LATEX PAINT DISPOSAL:** Latex paint is not a hazardous

material and can be disposed of with regular trash. To properly dispose of latex paint, please follow these steps: 1.) Remove the cover from the paint can and deposit it in your orange trash bag. 2.) Allow the paint in the can to dry-out (add "Quick-Dri", clean kitty litter, shredded paper, etc. to speed up the drying process). 3.) Place the cans of dried paint next to your trash bags....not in the bags....so the Waste Management driver can make sure that the paint is dry. **DONE!**

If you have any questions with regards to rubbish/recycling removal or any of the special collections and drop-offs, please contact Dave at 508-532-7943 or e-mail at [DMiller@ashlandmass.com](mailto:DMiller@ashlandmass.com).

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# Class Day: A Celebration of the Graduating Class of 2017

BY NEHA SHABER, SOPHOMORE,  
ASHLAND HIGH SCHOOL

Graduating high school is a paradoxical event. It is a time of sadness because a journey has come to an end but it is also a time of great excitement and new beginnings! Leaving everyone and everything you are familiar with and to go into the unknown outside world seems like a formidable and daunting task. This is especially the case for the close-knit Class of 2017 who has spent their entire eighteen years of life sheltered in our small town of Ashland with a majority of their memories housed in the Ashland Schools. They have gone through Ashland Public Schools as pre-schoolers finger painting together all the way to diploma-carrying high school graduates. Most of their significant memories must have been in the high school, during the years one changes and grows into their true selves, making some of your closest friends, and discovering what you are passionate about. Most can agree that high school is an unforgettable time of success, failures, achievements, hard work, and adventure. This year's graduates took a trip down memory lane with Senior Week



events such as visiting all former Ashland schools, conducting community service projects, signing yearbooks, and dressing up for a Boston Harbor cruise (similar to the eighth grade Boat Dance in Washington DC). To celebrate the achievements of the 142nd graduating class of AHS, parents, friends, students, and faculty congregated on the

last Friday before graduation for Class Day.

Class Day has a long-standing history with many Ivy League schools who originally started the tradition with mock awards and a day of rambunctious entertainment which slowly grew into a formal ceremony to recognize students' achievements, receive awards, review class history, and grant the graduating class a key to the campus. While Class Day is traditionally a college tradition, our school finds it important to commemorate the achievements of graduates on a day additional to graduation, as well!

This year's class had a procession into the Gym in their cap and gown to music played by the Ashland High Band. Senior Class President, Maggie Duich then addressed her class, speaking about the phases of their high school life and reminding her classmates to always live spontaneously. She

ended by saying, "Do great things, I expect nothing less from the Class of 2017." Afterward, Kelsey Collins and Rebecca Hopmayer dedicated the yearbook to their Class Advisor, Mrs. Janet Twomey, and nurse, Mrs. Mary Beth Curry. After the gracious honor, Superintendent Jim Adams introduced the outstanding Salutatorian and Valedictorian of the class. Salutatorian Jessica Wright graduated with an impressive 4.74 GPA and is attending the University of Vermont while valedictorian Alex Mariona, who scored a perfect 800 on all of his SAT Subject Tests, is attending Harvard University. Unsurprisingly, Mariona was also honored as a National Merit Scholarship recipient. Core Value award recipients were Sam Rothkopf for Respect, Nick Fetherston for Responsibility, Kelsey Collins for Integrity, Jake Peterson for Involvement, and Jillian Celatka for Achievement. Ad-

ditionally, Student Council and National Honor Society members and board were recognized. The Class of 2017 was able to earn an outstanding amount of scholarships towards their higher education, as well. Two of those were memorial scholarships that were established after our community lost James Bredin and Brendan Petry. The second Bredin memorial scholarship was awarded to Sydney Jablonowski and the first Petry memorial scholarship was awarded to Marcus Illingworth. The losses of both these community members were tragic but hopefully, these scholarship winners will use the money they were awarded for education that will continue the legacy of those who were lost too soon. There were many other awards and scholarships granted and my hearty congratulations to everyone who received them!

Throughout the ceremony, students also performed musical pieces. Fantastic job to Kaitlin Carson, Danielle Carson, Zach Greenstein, and Jon Walter who showcased their talents in singing and playing instruments! I wish the Class of 2017 success in all they do in the future and hope they will keep the memories and lessons they learned at Ashland High with them for the rest of their life. For more about the world through my eyes, keep reading my monthly column.)



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# Camp Bailout to Hold Summer Program July 10-14

In coalition with the Ashland Fire Department and the Ashland Board of Selectmen, Camp Bailout Summer Program will be held, for the seventh consecutive year, July 10-14, 2017.

Camp Bailout is a week long program designed to educate young women on firefighting and emergency service skills, in a dynamic and fun environment. The week long curriculum is interactive and physically challenging, where the girls will gain strength and knowledge while building confidence and leadership skills.

During the week, the girls will be taught basic skills in: Rappelling from the training tower; motor vehicle extrication with the Jaws of Life; search and rescue; CPR Certification; live fire extinguishment and much, much more.

Campers should possess a positive attitude, be in good physical conditioning and be prepared to have fun!

Camp Creator and Director, Lieutenant Lyn Moraghan will be looking forward to receiving



environment to gain strength and knowledge while building confidence and leadership skills.

Every year, young women are invited to join this FREE program to explore their options in this wonderful and rewarding profession.



ing applications, which can be downloaded from our website [www.campbailout.org](http://www.campbailout.org).

### About Camp Bailout:

Fire Service women of Metro-West are dedicated to

the advancement of education, professionalism and leadership to young women, from 14 to 19, in the Fire and Emergency Services.

The primary mission is to encourage young women to become more involved in the Fire and EMS services, either as a career or volunteer. The curriculum is designed to provide young women a safe, dynamic interactive and physically challenging



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## Does 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.

I always recommend to 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 rosa-

cea prone skin.

### A little does not go a long way.

Don't skimp when applying your sunscreen. Most people don't apply enough to get the protection indicated on the label. Apply two coats to make sure you cover what you missed with the first application. And, don't forget to reapply if you sweat a lot during the day or go swimming.

### Think outside the beach.

Everyday exposure contributes more to sun damage than the occasional burn you get at the beach. Use an SPF daily. Make applying sunscreen part of your 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 [skinsmart-salon@aol.com](mailto:skinsmart-salon@aol.com). Or call (508) 881-1180. Visit the salon website [skinsmartsalon.com](http://skinsmartsalon.com) for information on Skin Smart's Acne Clinic and other services.*

## The Basics of Interior Lighting Design



Interior lighting is vital to the overall interior design of your home. In fact, it is arguably the most significant factor of the interior design; your home's "atmosphere" will be created by the types of light fixtures used and how they're placed.

**Nancy Werneken, Lead Designer at Masters Touch Design Build**

It's important to note that what works in one room does not necessarily work in another. Interior lighting should respond to the different functions of each space: family room lighting is different from kitchen lighting, etc. So, it's important to listen to your interior designer or lighting designer when it comes to planning the lighting in your home. The added science of the dif-

ferences between LED, incandescent, halogen, Xenon, and others, is something these experts can help explain and is not covered here (for another day) but must be considered when selecting lighting for function. This all sounds complicated and it can be, which is why bringing in experts will bring better results, but understanding the basics will go a long way to helping you see the process through to a successful result.

It's best to begin by thinking about what you want to highlight and what you don't want to highlight. When planning lighting in a sitting room (living or family room) for instance, you may want to highlight a fireplace and/or artwork above the mantel, but not the TV. Your designer will plan fixtures accordingly. Also, you'll want more indirect lighting in a sitting room, because you don't want overhead lights shining on guest's heads when entertaining and a sitting room is predominantly used for reading, watching television and/or conversing, so task lighting is not

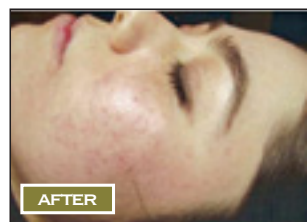
abundantly needed here (other than reading lamps at seating areas, and/or a piano lamp) for example. Overall, highlighting specific objects like artwork with directional recessed fixtures strategically placed around the room (to balance the light), coupled with good lamps in appropriate places will generally provide ample ambient lighting in a sitting room, or at least most of it. If additional light is desired, wall sconces can add style as well as indirect lighting to fill in where needed. Or, integrated lighting in a tray ceiling or similar architectural feature will add balanced, ambient lighting to any space, providing a nice atmosphere.

The kitchen, on the other hand, will require more task lighting: over countertops to highlight work areas, over islands and/or dining tables, in front of pantry cabinets, inside glass front cabinets, etc. Adding under cabinet lighting in the kitchen provides additional task lighting on countertops as well as ambient, indirect lighting at off times when the kitchen isn't in use.

To summarize, start your lighting plan by analyzing each space/room for its function, then determine what you want and don't want to highlight and how much overall lighting you are seeking, all the while looking for an overall balanced light allocation. Next, consider the lighting fixture options available by determining which types of lighting accomplishes the objectives best, where to add stylized fixtures (your interior designer will help you select just the right thing to play off the style of the décor) and other indirect options if desired. These tips should get you off to a good start – understanding these basics of interior lighting design will help you and your designer to implement an effective and stylized lighting plan, creating the perfect atmosphere in your home!

*Masters Touch is located at 24 Water Street, Holliston, MA For more information contact (508) 359-5900, e-mail [info@MastersTouchWeb.com](mailto:info@MastersTouchWeb.com) or visit [www.MastersTouchWeb.com](http://www.MastersTouchWeb.com).*

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# Ashland Cub Scouts Celebrates End of Season



The Ashland Cub Scouts and Slyde the Fox (the New England Revolution's Mascot) at the end-of-year picnic at Hopkinton State Park.



The Scouts reciting the Cub Scout Oath at Hopkinton State Park.



Webelo Scouts Ethan Hutter, James Bodnar, William Pyne, and Nathan Gerlovin with ceremonial face paint, celebrating their promotion to the next rank.

As the weather has gotten warmer, the Cub Scouts have spent a lot of time outdoors, building and launching rockets, exploring nature, creating campfires, and enjoying outdoor adventures.

The Scouts celebrated the end of the season with a picnic at Hopkinton State Park, where the Scouts who completed the necessary requirements received ceremonial face paint and advanced to the next rank.

Join us and learn more about what Scouting is about! For more information, please visit us at: [www.pack1-ashlandma.org](http://www.pack1-ashlandma.org).



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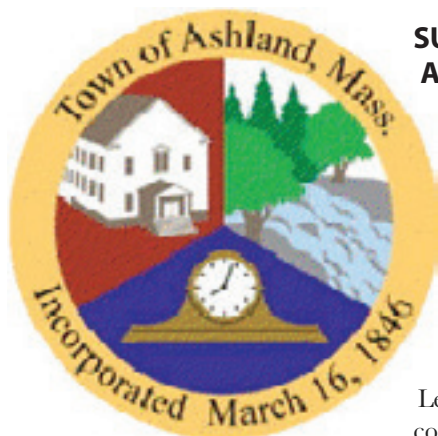
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# Ashland Public Library Happenings



### NEW MONDAY HOURS:

The Library will be open on Mondays from 3:00 – 8:00 p.m. starting on July 10.

### SATURDAY HOURS:

Remember! Our hours on Saturdays are 9:00 a.m.– 4:00 p.m. from June 10<sup>th</sup> to October 7<sup>th</sup> to coordinate with the Ashland Farmers Market schedule. Stop in at the Library after you shop the Farmers Market.

### ONE BOOK, ONE COMMUNITY READ:

The Friends of the Library and the Ashland Public Schools present the 2017 Community Read. Older kids and adults are reading *Wonder*, by R.J. Palacio, and younger children are reading *We're All Wonders*, by R.J. Palacio.

Please join us in reading these wonderful books. Watch for community wide activities and events from now until Sept. 18<sup>th</sup>.

### SUMMER READING FOR ALL AGES THIS YEAR!

Ashland Summer Reading is underway! This year all ages can participate – kids, teens and adults! Log how much time you spend reading, either on paper or online! You can participate even when you are away on vacation or at summer camp. Let's see if Ashland can reach our community goal of 1,000,000 (1 million) minutes this year! Earn free books, weekly rewards, and prizes at the end of the summer for completing different levels of reading. Find out more details at the Library, on the APL website, on the APL Facebook page, or on the Friends website. Summer Reading ends on August 25. **SUMMER READING WRAP-UP PARTY:** Saturday, August 26<sup>th</sup> from 1:00-3:00 Everyone who participate in the Summer Reading Program is invited to come celebrate!

### CHANGE IN DVD MANAGEMENT:

All Teen and Adult DVDs owned for over a year now have the discs stored in the cases on the shelf. DVDs that have a "NEW" sticker will need the discs picked up at the circulation desk when you check out. We hope this will reduce the amount of time you wait in line to check out your movies, and allow self-checkouts for most DVDs. Children's DVD

discs will still be kept behind the desk to prevent kids from handling the discs before checkout.

### CIRCULATING TELESCOPES

Two telescopes are now available to check out, thanks to generous donations from the Brandt family and MathWorks. A third telescope, partially funded by a BAA grant awarded by the Board of Selectmen, will be available at the Friends Star Parties. The Star Parties will be held at various Ashland locations and will be scheduled as clear skies allow. Please check [www.friendsoftheapl.com](http://www.friendsoftheapl.com) for Star Party updates.

### BUILD A FAIRY HOUSE OR GNOME HOME:

Come to the Library on Saturdays through July 29<sup>th</sup> between

9:30 – 3:00 and build a fairy house or gnome home in our "Friends Fairy Tale Garden". The garden is located along the side of the Library near Erica's, behind the cannon. We will provide natural materials (such as bark, pine cones, acorn caps, sticks, etc.) for you to create your own fairy house. Photos of the completed homes will be posted on our Facebook page. If you would like to contribute 'building materials' please bring them to Lois McAuliffe in the Children's Room.

### CHILDREN:

### SUMMER PROGRAMS:

There will be a variety of programs for kids every week. Please check the website for more details:  
• July 5<sup>th</sup> Family Movie

2:00–4:00 Rated PG Call for title

- July 6<sup>th</sup> Tinker Tots 4:00–4:30 Adults and toddlers
- July 10<sup>th</sup> thru 15<sup>th</sup> Story-Walk Enjoy the Library gardens as you read along in the story.
- July 11<sup>th</sup> Tech Take Apart 2:00–3:30 For Gr. 4-7
- July 12<sup>th</sup> Rapunzel's Tower 2:00–3:00 For age 4-10
- July 15<sup>th</sup> Family Games Day 10:00–1:00 All ages
- July 18<sup>th</sup> Tinkering Time For age 4-10 2:00–3:00
- July 20<sup>th</sup> Suspension Bridge Challenge For Gr. K-3 2:00–3:00
- July 25<sup>th</sup> Tinker Tots 4:00–4:30 Adults and toddlers



## COME EARLY TO THE SUMMER CONCERTS & HELP SHAPE ASHLAND'S FUTURE IN THE SUMMER OF FOCUS WEEKLY WORKSHOP SERIES

### July Schedule

TUESDAYS 6:00 - 7:00  
AT THE STONE PARK PAVILION

### Topics for discussion:

- 7/11 - Education
- 7/18 - Community Development & Housing

- 7/25 - Transportation
- 8/1 - Downtown

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- July 27<sup>th</sup> Solar Oven Challenge 2:00–4:00 For Gr. 3-6
- Aug. 1<sup>st</sup> Family Movie 2:00–4:00 Rated PG Call for title
- Aug. 2<sup>nd</sup> Solar Oven Challenge (Rain Date) 2:00–4:00 For Gr. 3-6
- Aug. 3<sup>rd</sup> Family Tinkering Time All ages 2:00–3:00
- Aug. 8<sup>th</sup> “Meet The Builders” 2:00-3:30 Come meet a variety of people who “Build A Better World”
- Aug. 12<sup>th</sup> Family Games Day 10:00-1:00
- Aug. 16<sup>th</sup> Tinkering Time For age 4-10 2:00–3:30
- Aug. 17<sup>th</sup> Tech Take Apart 2:00–3:30 For Gr. 4-7
- Aug. 23<sup>rd</sup> Tinkering Roller Coaster 1:00-3:00 For Kind.-Gr. 3

#### TEACHER TALES:

Come listen to some of your favorite teachers and principals read aloud in the Children’s Room. For the evening sessions kids are invited to come in their pajamas.

- 7/5 Wed, 6:30 p.m. Cecilia Owanisian
- 7/6 Thur, 11:00 a.m. Patricia White
- 7/11 Tues, 6:30 p.m. Stephanie Silverman
- 7/13 Thur, 11:00 a.m. Leigh Tripp
- 7/20 Thur, 11:00 a.m. Erika Schoaf
- 7/25 Tues, 11:00 a.m. Sue Nash
- 7/26 Wed, 11:00 a.m. Amy McDonald
- 8/3 Thur, 11:00 a.m. Meghan Robshaw
- 8/8 Tues, 6:30 p.m. Joanne Forrest
- 8/10 Thurs, 11:00 a.m. Meghan Clark
- 8/15 Tues, 6:30 p.m. Pete Regan

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

For ages 3 ½ - 6 from 10:30 – 11:15 a.m. Each week we read stories and non-fiction books about one topic and then do a related activity. No registration needed.

July 7 “Inventions” July 14

“Skyscrapers” July 21 “Hippos” July 28 “Sunlight” Aug. 4 “Volcanoes”

Aug. 11 “Butterflies” Aug. 18 “Recycling Paper” Aug. 25 “Ice Cream”

#### 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 & finger-plays. This is a very large group and SPACE IS LIMITED. *Free tickets are handed out as people arrive.* Sing along with Miss Lois on our Facebook page anytime!

#### YMCA PLAY, LEARN & GROW GROUP:

The YMCA Play Group will be meeting at Stone Park, 77 Summer Street in Ashland, on the following Fridays:

July 14<sup>th</sup>, July 28<sup>th</sup>, August 11<sup>th</sup> and August 18<sup>th</sup> from 10:30 – 11:30 a.m. For ages 5 and under. This is a program for parents & children offered by the Metrowest YMCA and the Early Childhood Alliance of Ashland & Framingham and includes stories, music, crafts, and sensory exploration.

Questions? Email [BHalloran-Donald@MetrowestYMCA.org](mailto:BHalloran-Donald@MetrowestYMCA.org)

#### LEGOS CLUB:

Thursday, July 13<sup>th</sup> & 27<sup>th</sup> August 10<sup>th</sup> & 24<sup>th</sup> 3:15 – 4:30 p.m. Kids of all ages build creations using the Library’s huge stash of Legos. The finished creations are displayed in the Children’s Room for several weeks. Kids younger than Grade 3 must be with an adult.

#### TEENS:

#### SUMMER PROGRAMS:

There will be a different program for teens every week. Please check the website for more details:

- 7/12 Wed. Cupcake War Challenge 6:00-8:30
- 7/18 Tues. Painted Bookmarks 6:00-7:00
- 7/25 Tues. Engineering Mystery Bags 6:30-8:30
- 8/5 Sat. Rube Goldberg Challenge 10:00-1:00
- 8/9 Wed. Ingredient Challenge 6:00-8:30
- 8/15 Tues. Book Binding 5:30-7:00
- 8/19 Sat. Japanese Festival 10:00-1:00 activities & refreshments

#### ANIME CLUB:

The Teen Anime Club meets twice each month, from 5:30 – 7:00 p.m. Anyone between the ages of 10 and 18 is welcome to join. Watch your favorite anime, and be introduced to new shows. Make new friends, do crafts, and learn about Japanese culture. The next meetings will be held on July 6<sup>th</sup>, July 20<sup>th</sup>, August 3<sup>rd</sup> & August 17<sup>th</sup>. Refreshments are served.

#### COMMUNITY SERVICE:

The Library has community service opportunities for teenagers in grades 9-12 over the summer. Help out weekly with shelving duties or help out with individual programs. Please contact Lois McAuliffe in the Children’s Room if you are interested.

#### ADULTS:

#### CUPCAKE WARS CHALLENGE:

Wed., July 12<sup>th</sup> at 6:00-8:30 Teens & Adults will compete to see who can decorate the best cupcakes.

Please check the APL website or the APL Facebook page for information about other Adult programming this summer.

#### DOCUMENTARY FILM & DISCUSSION SERIES:

The Documentary Film & Discussion Series meets from 7:00-9:00 p.m. in the Ashland Library every 2nd Thursday of the month. The moderated discussions are often lively and thought

provoking. All points of view are welcome. The films are sponsored by the Friends of the Ashland Library. For more information, call the library, 508-881-0134 or visit [www.friendsoftheapl.com](http://www.friendsoftheapl.com).

#### July 13 Resistance and Repression: Origins of U.S. Capitalism

The film, “Resistance and Repression: Origins of U.S. Capitalism,” views the birth of the Republic not as an idealized achievement of gifted minds and great men but rather as a history of repression and resistance between the propertied classes and the property-less workers and laborers.

Beginning just after the civil war, this documentary examines the bitter, violent struggle between working people and owners of capital.

The film includes the role of race before, during and after Reconstruction and examines Irish slavery and immigration. Shay’s Rebellion in Western Massachusetts was about civil war veterans who could not afford the taxes levied against them. Owners of property feared the rebellion would spread, and indeed it did to Rhode Island, Virginia and elsewhere.

A federal militia was formed to crush the rebellion. The film covers the 1877 railroad insurrection and the rise of socialism and anarchism as workers sought to implement systems of production controlled by workers for the benefit of workers.

#### ART IN THE LIBRARY: DOWNSTAIRS GALLERY & UPSTAIRS DISPLAY CASE

Ashland High School 11th Annual Summer Exhibition June 21-August 30, 2017

It is summer and time once again for the very popular annual exhibition of artwork by Ashland High School (AHS) art students. The work is rendered in a variety of mediums and displays a wide range of images done by some of the most talented art students working and creating this year in the AHS art classes. On July 22, from 1 to 3 PM, there will be a special reception for the student artists and their parents. The public is also most welcome.

#### FRONT STREET READERS:

The Front Street Readers book discussion group meets (usually) on the 4<sup>th</sup> Tuesday of the month at the Library at 7:00 p.m. Book clubs shall resume in September.

#### FRIENDS’ FRIDAY NIGHT FILM SERIES:

Feature films are shown every Friday evening at 7:00 p.m. The movie schedule is available in the entrance lobby of the Library.

#### MUSEUM PASSES:

The Library has passes to a variety of area museums which allow you to visit at a substantial discount. Information about museums, hours, parking fees, etc., is available at the Adult circulation desk or at [www.friendsoftheapl.com](http://www.friendsoftheapl.com). You will need a valid Minuteman card to pick up a museum pass.

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# Dragonfly Festival Preview: Something for All Ages

BY CYNTHIA WHITTY

Arts! Ashland Alliance will present the 4<sup>th</sup> annual Dragonfly Festival on Saturday, Aug. 12, from 2 to 8:30 p.m. at the Ashland Historical Society, Mill Pond Park and The Corner Spot. There will be something for everyone: live music on three stages, kids' entertainment, face painting, crafts, artisans, food, drumming, dance, a parade and, at dusk, floating fires on Mill Pond. Performers include Bruce Mattson and The Chili Brothers, Bobby Watson Blues Band, Railroad House Band, The Dale Show, Jorbley, Rick Goldin, Lori Diamond and Fred Abatelli, Crocodile River Music, and more!

The event takes place rain or shine and is free and open to the public. There will be plenty of tasty food choices and yummy desserts. New this year is the addition of The Corner Spot at 6 Cherry St., the Dragonfly Parade, and a bigger food court. A section of Myrtle Street will be closed to traffic. Attendees should bring folding chairs or a blanket and a flashlight if they plan to stay for the floating fires. Free parking is in the back of 50 Main St., 60 Pleasant St. and the Town Hall parking lot.

The event is funded by the Mass. Cultural Council, the Ashland Cultural Council and generous sponsorships from many local businesses. For more



At the this year's Dragonfly Festival, Children will enjoy Rick Goldin, with his interactive and humorous songs. (Photos/Andrea Green)

information, email [dragonfly-festivalashland@gmail.com](mailto:dragonfly-festivalashland@gmail.com) or visit [www.dragonflyfestivalashlandma.com](http://www.dragonflyfestivalashlandma.com).



Pottery from Dragonfly Studio of Northbridge will be one of the many artisans at this summer's festival. (Photos/Andrea Green)

## Summer at Stone Park: Lunch, Concerts and Films

The Ashland Day Committee, once again this summer, will sell lunch and host a free concert series and free family-friendly film series at Stone Park. For more information, email [ashlandday@gmail.com](mailto:ashlandday@gmail.com) or visit [www.ashlandday.com](http://www.ashlandday.com) or [www.facebook.com/AshlandDay](http://www.facebook.com/AshlandDay).

### Lunch, Weekdays at the Pavilion

The Committee will sell lunch (hot dogs, pizza, P&B sandwiches, soda, cookies, ice cream and more), 11 a.m. to 1 p.m. Proceeds fund Ashland Day Committee events.

### Concerts, Tuesdays at the Gazebo

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

**July 11:** New Magnolia Jazz Band

**July 18:** Railroad House Band

**July 25:** Beatles Band Studio Two

**August 1:** Lights Out Blues Band

**August 8:** Southern MetroWest Concert Band

**August 15:** Show Cause Band

**August 18:** Flash Back 60s 70s Band

**August 29:** Songs for the Celtic Band

### Films, Thursdays at the Pavilion:

The films are rated G or PG and run, rain or shine, 7 or 7:30 p.m. at the Pavilion through August 24. Free popcorn for kids.



# Ashland High School 11th Annual Summer Exhibition Held Through August 30th

It is summer and time once again for the very popular annual exhibition of artwork by Ashland High School (AHS) art students. The work is rendered in a variety of mediums and

displays a wide range of images done by some of the most talented art students working and creating this year in the AHS art classes. On July 22, from 1 to 3 PM, there will be a special

reception for the student artists and their parents. To be held in the downstairs gallery & upstairs display case. The public is most welcome.

## About the Ashland Garden Club

The Ashland Garden Club is a friendly group of about 25 members with widely differing experiences in gardening. Our main focus is beautification of the town and educating members and the public on gardening topics.

We sponsor talks during the year, take trips together to specialty nurseries and arrange tours to horticultural sites. With generous grants from the selectmen's BAA Committee, and funds from our yearly plant sale, W.A.I.T.T. and other efforts, we are able to fund many sites in

town such as the Post Office, the Main Street Median pots, the War Memorial on Main Street, the Clocktower, the library grounds, the fountain across from the library, the Winter Street Island, and many pots in public spots around town.

Friendships and love of all kinds of gardening have brought us together and we hope you will consider joining our club. If you love indoor and outdoor gardening, but have physical limitations – not to worry! Many of our members come to learn, contribute ideas and expertise, and

help with updating our scrapbook and/or photo albums or just to support our efforts in any way they can!

Our dues are \$25.00 per year payable in January. We meet at the Ashland Library on the second Saturday of the month at 10:00 a.m. However, please note that we do not have a regular meeting on Saturdays when we are sponsoring a program OR in July and August. Visit our website: [www.ashlandgardenclub.org](http://www.ashlandgardenclub.org) or contact us at: [info@ashlandgardenclub.org](mailto:info@ashlandgardenclub.org)

## Saint Cecilia Parish

*Located at 54 Esty Street, Ashland, MA*

### Saint Cecilia Parish Registration

Welcome! Registration forms are available on the rectory porch and in the Church. If you would like a form mailed to your home please call the rectory.

### Religious Education

Registration for next year will begin in the fall.

### Ministry Groups

Please consider volunteering! Please visit [www.saintceciaparis.org](http://www.saintceciaparis.org) for a list of groups to join.

A list of Ministries is available in the church as well.

### The RCIA (The Rite of Christian Initiation for Adults)

Our team of parishioners are ready to help Christian people looking to convert to Catholicism.

The RCIA team leads classes and activities culminating with full entry into the Catholic Church during our Easter Vigil Mass. Fr. Cornell leads our RCIA and is always available to talk to those interested in entering this program. If interested call the rectory at 508-881-1107. Sessions begin in September. All are welcome.

*Rev. Richard P. Cornell and the parish staff wish you all a joyful and safe summer*



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# Sports

## Despite Adversity Ashland Baseball Still Earns Post-season Bid

By CHRISTOPHER TREMBLAY

After making it to the Division 3 South Quarter Finals a year earlier, Ashland was primed to make another run this post season. Unfortunately things didn't go as planned during the beginning of the season and it looked as though the Clockers were in for a long season.

"We opened the season playing up and down baseball going 4-4 through our first eight games," Ashland Baseball Coach Matt Messer said. "This team just didn't have an identity. We mixed up the lineup, the bats flared up and we went on a seven game winning streak."

Just as the Clockers thought they were headed in the right direction, junior left-handed pitcher Luke Gustavson got injured and was put on the shelf for two weeks and the team once again struggled losing three straight.

"After beginning the season 6-0 in which he pitched well we lost Luke," the Coach said.

"Although he finished 7-1 it's tough to lose that type of player and the team starts to question themselves."

After falling to 11-7 the Clockers rebounded to the end of the season on a high note winning their last two regular season games before entering post season play. In the absence of Gustavson, Messer was forced to bring up freshman Dominic Cavanaugh. The first time varsity pitcher did well on the mound for Ashland going 2-1, despite the Coaches reluctance to use a freshman.

"I knew that in some point he'd be on the varsity squad, but I very rarely like to bring a freshman up, but we had no choice, we needed his arm," Messer said. "He's very mature for his age; a strong kid with a junior's body as a freshman."

Two other pitchers, senior Shane Leary and sophomore Alex Amalfi, also were key contributors on the mound for the Clockers. Leary posted some big



innings for Ashland in relief, and Amalfi pitched 33 innings doing a nice job to keep the Clockers in games.

Offensively, shortstop Jackson Hornung, the team MVP, did it all at the plate for Ashland. Not only was the sophomore named to the Tri Valley League All Star team, but found his name in the top 10 of every offensive category in the league. Batting .430 on the season, Hornung originally was the team's leadoff batter, but since he was crushing the ball at the plate, Messer dropped him down to the three hole.

Other athletes hitting the cover off the ball were Ronan Bates, who batted second and hit .345 with 24 hits, 20 runs scored and 9 RBI; cleanup hitter Eric Vinacco batted .368 and led the TVL with 26 RBI; Michael Crupi hit .348 with 24 hits and Joe Schelling bat-

ted .323 with 21 hits. When the season came to an end Ashland found that they had an impressive five batters with 20 plus hits.

If the Clockers continue to hit the ball they should be able to go deep into the tournament.

"Hitting has been our bread and butter all year. If we continue to out hit the opposition while scoring runs we'll be ok," the Clockers Coach said. "If our bats go south and die then so do we."

The Clockers were able to beat Bellingham 4-2 in the opening round, but fell to Norton in the Quarter Finals by the same score.




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# Sports

## Positive Results In Grimes' 2<sup>nd</sup> Year As Ashland A.D.

By KEN HAMWEY  
STAFF SPORTS WRITER

There was no sophomore jinx for Mike Grimes, who last month finished his second year as Ashland High's athletic director.

The 44-year-old Grimes not only enjoyed the success of 11 Clocker programs that competed in post-season tournaments, but he also was pleased that student participation in athletics increased, user fees will remain unchanged, and facilities have been effectively maintained.

"We had a lot of teams get to the playoffs," said Grimes, who was an alternative education teacher at Natick and also a soccer coach before taking the reins as Ashland's A.D. "A great deal of credit for our success goes to the coaches and the student-athletes. Our coaches are devoted to their programs, and the kids are dedicated and truly enjoy competition."

The football team, which had a 7-4 season, lost in the playoff semifinals to Hanover, but beat Hopkinton for the first time in seven years. Girls soccer (7-7-4) snapped an eight-year tourney drought while the girls volleyball squad finished 12-8 before bowing in the quarterfinals of the Sectionals to Canton.

Winter teams also experienced success. The wrestling squad finished second in the Tri Valley League and had a sectional champion in Nick Riordan at 220 pounds. The co-ed swim team had a 6-1 mark and also finished second in the league. The boys and girls hockey teams were tourney-bound — the boys went 10-8-2 and the girls co-op team (Medway-Ashland-Holliston-Millis) had an 11-7-5 record.

Also during the winter, the Medfield-Ashland-Dover-Sherborn co-op gymnastics contingent finished second in the New Englands and the ski team enjoyed success. Donnie Jones was a Boston Globe all-star who placed third in the giant slalom and sixth in the boys slalom at the state meet.

The spring produced two tourney teams — baseball went 13-7 and took second in the TVL



before bowing out in the second round of the playoffs; and boys lacrosse defeated Oakmont Regional in the tourney before losing to powerhouse Dover-Sherborn, 13-8.

Athletic fees will remain unchanged for the 2017-18 school year. All sports are \$290 except for football (\$300), boys ice hockey (\$450) and track/cross-country (\$230). "I'm glad there were no increases," Grimes said.

A total of 482 athletes (some of whom play more than one sport) competed out of an enrollment of 748. That's a 64.5 percent participation rate. "We had 313 students

playing in the fall, 191 in the winter and 269 in the spring," Grimes noted. "The numbers were up for all three seasons."

Grimes said he was pleased with Ashland's two turf fields and the manner in which they've been maintained. "We've done well in caring for the fields," he said. "They're groomed on a regular basis."

As Grimes prepares this summer for his third season, he's got three objectives he wants to see fulfilled. The first is already in the works and involves an information seminar for students and parents.

"It'll be held during an evening in November," he said. "The DAET group (Decisions At Every Turn) will be presenting guest speakers to focus on substance abuse, mental health, and injury prevention. There'll be other topics and messages, all designed and aimed at the well-being of student-athletes."

Grimes' second goal is for more students to get involved in leadership programs offered by the Mass. Interscholastic Athletic Association. "I want to see more students and more coaches par-

ticipate," he emphasized. "The MIAA offers summits and initiatives all year long on leadership that are excellent benefits for student-athletes."

Third on Grimes' list is starting a monthly athletic newsletter. "It would involve updates on teams and athletes and progress reports on our programs," he said.

Being an A.D. now is much different than it was decades ago because of added duties, more regulations and health reports. But, Grimes doesn't let the daily grind of budgeting, scheduling, hiring, and evaluating detract from what he enjoys. "I like seeing our athletes compete and I like getting to know them," he emphasized. "I also like collaborating with other athletic directors and other departments in town, like public works for our fields and police for various details. And, working with people at the youth sports level is enjoyable."

The most challenging situation, Grimes offered, is dealing with postponements because of inclement weather. "I have a list of 12 groups of people who have to be contacted when a game is

postponed," Grimes said. "Other A.D.s have to be called and also coaches, officials, and bus personnel, to name a few. Updates to the schedules also have to be made."

One change for the new school year will create some adjusting for Grimes. The school day, he said, will begin later. Instead of 7:30 to 1:55, it now will be 8:20 to 2:45. "That means practice times will change, sub-varsity football will start later and buses will be on the road later," he noted.

Grimes, who has a bachelors degree in athletic training from Keene State and a masters in special education from Fitchburg State, lauded the efforts of Lindsay Duane, an assistant in the athletic department. "Lindsay does a great job," he said. "She's creative and very resourceful."

Whether it's hiring new coaches (six since he started two years ago), implementing a new sport (skiing), or dealing with a new TVL member (Dedham starting in the fall), Mike Grimes is a diligent A.D. who's adapted and adjusted quickly to a very demanding administrative role.

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# Ashland Community Calendar

## Mondays

**11:45 am:** Lunch at the Ashland Community-Senior Center. Cost: \$3, must be paid in person by 3:30 pm the Thursday before. [www.ashlandmass.com/429/Activities](http://www.ashlandmass.com/429/Activities)

## First and Third Mondays

**9:15 to 11 am:** Blood Pressure check at the Ashland Community-Senior Center. [www.ashlandmass.com/429/Activities](http://www.ashlandmass.com/429/Activities)

## Tuesdays

**12 pm to 1 pm:** Ashland Business Builders Networking Group, bring your own bag lunch, at Fitness Together, 126 Commerce Park Plaza (Past UPS), 200 Butterfield Dr. RSVP to Bob Savin, 508-438-0050, [bobsavin@fitnesstogether.com](mailto:bobsavin@fitnesstogether.com).

**6 pm:** Weekly Goal Meetings held by Ashland's Strategic Planning Advisory Group for Phase II of Ashland Focus 2035. At Stone Park Pavilion prior to summer concerts: 6/27, 7/11, 7/18, 7/25, 8/1. [ashlandfocus2035@ashlandmass.com](mailto:ashlandfocus2035@ashlandmass.com)

## Every Second and Fourth Tuesday

**7 pm:** Ashland Lions Club meets at TJ Spirits, Rt. 135. Contact Julian Doktor, 508-881-4664.

## Wednesdays

**10 am to 7 pm:** Federated Church Thrift Shop, 118 Main St. Drop off donations while the shop is open. Additional parking behind town hall. 508-881-1355, [www.federatedchurchofashland.org](http://www.federatedchurchofashland.org)

**12 pm:** Cribbage for all levels at the Ashland Senior Center.

## Thursdays

**1 pm:** Films are shown at the Ashland Community-Senior Center. Refreshments served at intermission.

## Every First Thursday

**12 pm:** Friends of the Council on Aging meet at the Ashland Community Center. Call for information: 508-881-2574.

**6:30 pm:** Greater Ashland Lions meet at Erica's Restaurant, 78 Front St. Call for information: 508-875-4513 or 508-881-3987.

## Every Second and Fourth Thursday

**1 pm:** Caregiver Support Group at the Ashland Community Center. For information, contact Outreach Counselor Susan Wells, 508-881-0140, ext. 7945.

## Every Third Thursday

**10:30 to 12 pm:** TLC "The Lactation Club," meets at Backstage Dance Center, 300 Eliot St. Meet other breastfeeding moms and learn tips and techniques to help you and your baby get off to the best start. For questions and to reserve your spot, contact Gina Abbascia, R.N. and Certified Lactation Consultant at [tlc-massachusetts@gmail.com](mailto:tlc-massachusetts@gmail.com).

## Every Fourth Thursday

**6:30 to 7:30 pm:** Alzheimer's & Dementia Caregiving Support Group at The Residence at Valley Farm, 369 Pond St. RSVP by calling 508-532-3197.

## Last Thursday of Each Month

**6:30 to 7:30 pm:** Library Teen Advisory Board meets to discuss programming for young adults at the Ashland Library, 508-881-0134.

## Fridays

**10 am:** Tai Chi class at The Residence at Valley Farm, 369 Pond St. Free and open to the public. RSVP by calling 508-532-3197.

**7 pm:** Friends' Friday Night Film Series at the Ashland Library shows predominantly independent or foreign films. Many of the films are shown with subtitles in English. [www.friendsoftheapl.com](http://www.friendsoftheapl.com), 508-881-0134.

## Saturdays

**3 to 5 pm:** Meat Shoots at the Ashland American Legion Hall. Come for a good time and a chance to bring home steaks, chops and chicken. Raffles, too! Sponsored by the American Legion, Legion Auxiliary, Sons of the Legion and Greater Ashland Lions.

## Every Saturday thru October 7th

Federated Church of Ash-

land, Thrift Shop is Open 10 AM - 2 PM

## July 1

### Ashland Lion's Meat Raffle

Join the Ashland Lions for their popular meat raffle! Cheeses, Prime Rib, Spare Ribs, Hot Dogs, Hamburgers, Chicken, Turkey...the list goes on and on! Raffle tickets are drawn every 15 minutes. 15 Tickets for \$5 30 Tickets for \$10 60 Tickets for \$20. 12-3:30PM Location: TJ's Food and Spirits, 355 West Union Street, Ashland, MA 01721

### Ashland Farmers Market

The Carve celebrates the 4th with breakfast and BBQ lunch. Free Concert: Cindy Lane Adams country western, 10:30 a.m. to 12:30 p.m. Kid's Corner: Orthodontist Dr. Pardo creates tooth brushing fun, 9:30 a.m. to 10:30 a.m.

## July 2

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 1 pm: Sunday (doors open at 11:00 am) For more information contact Wayne Richards at 508-410-8547.

## July 3

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 6:45 pm: Monday (4:00 pm) For more information contact Wayne Richards at 508-410-8547.

## July 8

**Ashland Farmers Market Free Concert:** Blues, swing and classic country with Peter Ward, 10:30 a.m. to 12:30 p.m. Kid's Corner: butterflies and tattoos with Ashland Mom's Club, 9:30 a.m. to 10:30 a.m.

## July 9

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 1 pm: Sunday (doors open at 11:00 am) For more information contact Wayne Richards at 508-410-8547.

## July 10

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 6:45 pm: Monday

(4:00 pm) For more information contact Wayne Richards at 508-410-8547.

## July 10-14

**Camp Bailout Summer Program** is a week long program designed to educate young women on firefighting and emergency service skills. Girls will be taught basic skills in: Rappelling from the training tower; motor vehicle extrication with the Jaws of Life; search and rescue; CPR Certification; live fire extinguishment and much, much more. This is a FREE program for young women 14 to 19 to explore their options in the Fire and Emergency Services. For more information please visit [www.campbailout.org](http://www.campbailout.org).

## July 13

**Ashland Documentary Film & Discussion Series** will present a film, "Resistance and Repression: Origins of U.S. Capitalism" from 7 to 9 pm at the Ashland Library, Community Room, 66 Front St. The event is free and open to the public.

## July 15

### Ashland Lion's Meat Raffle

Join the Ashland Lions for their popular meat raffle! Cheeses, Prime Rib, Spare Ribs, Hot Dogs, Hamburgers, Chicken, Turkey...the list goes on and on! Raffle tickets are drawn every 15 minutes. 15 Tickets for \$5 30 Tickets for \$10 60 Tickets for \$20. 12-3:30PM Location: TJ's Food and Spirits, 355 West Union Street, Ashland, MA 01721

### Ashland Farmers Market

Tropical Fiesta: Customer Appreciation Day! Free drinks and smoothies! Kid's Corner: Bryan Lepore's Harmonograph, 9:30 a.m. to 10:30 a.m.

## July 16

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 1 pm: Sunday (doors open at 11:00 am) For more information contact Wayne Richards at 508-410-8547.

## July 17

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2

times a week. 6:45 pm: Monday (4:00 pm) For more information contact Wayne Richards at 508-410-8547.

## July 22

**Ashland Farmers Market Health & Wellbeing:** Free Concert: Always in Season bluegrass band 10:30 a.m. to 12:30 p.m. Kid's Corner, 9:30 a.m. to 10:30 a.m. Ashland Lion's Eyemobile offers free vision, hearing and heart screenings; also, free acupuncture, massages, and more.

### Ashland High School Special Exception

Annual exhibition of artwork by Ashland High School (AHS) art students from 1 to 3:00 p.m., there will be a special reception for the student artists and their parents. The public is most welcome. To be held in the downstairs gallery & upstairs display case.

## July 23

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 1 pm: Sunday (doors open at 11:00 am) For more information contact Wayne Richards at 508-410-8547.

## July 24

**Bingo at Ashland VFW**, 311 Pleasant Street. Bingo will run 2 times a week. 6:45 pm: Monday (4:00 pm) For more information contact Wayne Richards at 508-410-8547.

## July 29

**Ashland Farmers Market 100th Market Day:** Free Concert: Dale Show world music, 10:30 a.m. to 12:30 p.m. Kid's Corner: pottery demonstration, 9:30 a.m. to 10:30 a.m. Bring your dull knives, garden tools and scissors for sharpening with Patti of On the Edge Knife Sharpening (her only visit of this season).

Email your event, with "CALENDAR" in the subject line, by noon on the 15th of every month to [editor@ashlandtownnews.com](mailto:editor@ashlandtownnews.com). Events will be included as space permits.

# Three of Bills Co-sponsored by Rep. Jack Lewis' Pass the House

Over the past few of months, the Massachusetts House of Representative passed three of Representative Jack Patrick Lewis' co-sponsored bills.

The first, entitled the Pregnant Worker's Fairness Act, would add pregnancy and conditions related to pregnancy to the list of classes protected against employment discrimination. It also adds provisions for reasonable accommodation, similar to existing provisions for persons with disabilities, like more frequent or longer breaks, time to recover from childbirth, temporary transfer to a less strenuous positions, private non-bathroom space for breastfeeding or pumping milk, and modified work schedules. This bill was passed with the support advocacy groups and business leaders across the state.

The second, entitled An Act Limiting the Use of Prison Labor, would prevent an inmate

of a state correctional facility from laboring outside the Commonwealth, ensuring that taxpayer dollars are being spent responsibly. In ongoing fights for criminal justice reform, Lewis notes that this bill helps make sure that people who are currently incarcerated in the Commonwealth are receiving the proper re-entry supports like labor programs within their own communities.

The final bill, An Act for Language Opportunity for Our Kids, gives local school districts more flexibility in educating English language learners.

"In my short time in the legislature, it has been an honor to have taken part in approving these three important bills. These are bills that would provide crucial supports to Massachusetts residents, whether they are pregnant workers or members of our immigrant communities," said Lewis.



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<b>July 18</b>	<b>Railroad House Band</b>
<b>July 25</b>	<b>Studio Two Beatles Tribute Band</b>
<b>August 1</b>	<b>Lights Out Blues Band</b>
<b>August 8</b>	<b>Southern MetroWest Concert Band</b>
<b>August 15</b>	<b>Show Cause Band</b>
<b>August 22</b>	<b>Flash Back 60's 70's Band</b>
<b>August 29</b>	<b>Songs for the Celtic Band</b>

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Fishers in Ashland

# Living with Wildlife

BY THE MASSACHUSETTS  
DIVISION OF FISHERIES &  
WILDLIFE

The fisher is found throughout Massachusetts, except on Nantucket and Martha's Vineyard. Due to its alert, secretive nature and solitary habits, most people have never seen this interesting predator. It disappeared from the state by the 19th Century due to agricultural land clearing. Fishers have since made an amazing comeback, and now live in populated areas that offer mature forest habitat and the squirrels it preys on.

### DESCRIPTION

The fisher is one of the largest members of the Mustelid or weasel family. Fishers exhibit sexual dimorphism, which is physical differences in body size between females and males. Adult males weigh 8 to 16 pounds and measure approximately 3 feet in length. Adult females weigh 4 to 6 pounds and measure approximately 2 feet in length. In both sexes, the tail accounts for approximately one-third of the total body length.

The fisher exhibits the typical "weasel" shape with a long, slender body, short legs, and furred

tail. It has a pointed face with large, rounded ears set close to the head. It is well adapted for climbing and has sharp, retractable claws similar to those of a domestic cat. Its coloration is generally a rich brown to black grizzled grayish coloring on the head and shoulders. Females typically have the darkest fur. Individuals may have white patches of fur of their chest and lower abdomen.

### FOOD, HABITS, AND HABITAT

Fishers are shy and elusive animals that are rarely seen



Fisher cub spotted at Warren Woods. Photo by Brendon Curtis

even in areas where they are abundant. They can be active day or night. They tend to exhibit nocturnal and crepuscular (dawn and dusk) activity in the summer and diurnal (day me) activity in the winter. They remain active year round and do not hibernate. Their preferred habitat is mixed forest with heavy canopy cover, as they tend to avoid traveling in large open areas. They commonly use hollow logs, stonewalls, tree cavities, and brush piles to rest. Fishers are omnivorous. Their primary foods include small rodents, squirrels, rabbits, birds, eggs, fruit, porcupines, and carrion. They will also opportunistically prey on poultry and domestic cats. Although they are proficient climbers, most of their hunting takes place on the ground.

### TIPS FOR RESIDENTS

Problems with fishers may sometimes arise, but are usually restricted to predatory attacks on domestic birds, rabbits, and free ranging house cats. If you want to make your property less attractive to fishers and avoid having any problems with these predators, follow these basic practices. Remember, share these tips with your neighbors; your efforts will be futile if neighbors provide food or shelter for fishers.

**• KEEP BIRD FEEDER AREAS CLEAN:** Use feeders designed to keep seed off the ground, as the seed attracts many small mammals, like squirrels, that fishers prey upon. Remove feeders if fishers are regularly seen around your yard.

**• SECURE YOUR GARBAGE:** Exposed garbage, compost, and pet food can attract small mammals, which in turn attract fishers.

**• DON'T LET FISHERS INTIMIDATE YOU:** Don't hesitate to scare or threaten fishers with loud noises, bright lights, or water sprayed from a hose.

**• PROTECT PETS AND POULTRY:** Fishers are predators that prey on medium-sized mammals and poultry. Fishers view domestic cats and rabbits as food, and will prey on them when hunting. They will also raid chicken coops and can kill numerous chickens at a time. For their safety, cats should be kept indoors at all times. Pet rabbits and poultry should be kept in tightly secured buildings or hutches that prevent access by fishers.

Fishers are an important and valuable natural resource in Massachusetts. They are classified as a furbearer species, for which a regulated trapping season and management program have been established.

IF YOU ARE EXPERIENCING PROBLEMS WITH FISHERS OR HAVE QUESTIONS, VISIT [MASS.GOV/MASSWILDLIFE](http://MASS.GOV/MASSWILDLIFE) OR CONTACT YOUR NEAREST MASSWILDLIFE OFFICE: Field Headquarters, Westborough: (508) 389-6300.

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