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Adolescent Health Trends Show Growing Need for Education About Cyberbullying and Mental Health



By DEBORAH BURKE
HENDERSON,
CONTRIBUTING WRITER

The newly-released findings of the MetroWest Adolescent Health Survey (MWAHS) provide fresh data that is already driving improvements in the wellness programs at the Ashland Middle School (AMS) and Ashland High School (AHS). In a community meeting held last month, AMS Principal David DiGirolamo and AHS Principal Kelley St. Coeur presented highlights of the survey studies took in November 2014.

Funded by the MetroWest Health Foundation since 2006, this landmark survey is administered to middle- and high school-aged youth every

HEALTH TRENDS

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Ninth graders Selma Chamine and Neha Shabeer and 11th grader Elizabeth Cahill are part of Ashland's Decisions at Every Turn Coalition. The Coalition helps the middle and high school find innovative ways to further educate parents and students about such topics as cyberbullying and mental health. (Photo/Deborah Burke Henderson)

New Year, New Ashland Business Association

By CYNTHIA WHITTY

The Ashland Business Association (ABA) is planning new meeting hours, more educational meetings and stronger connections with town government and the community for 2016. In addition, the group is redesigning its website, www.ashlandfirst.com, to be more user-friendly and provide better exposure for local businesses.

"We want the ABA to be a more visible resource and easy for local business and consumers to find," Alex Carleton, ABA president, said. "Importantly, we want to be 'stone soup,' where each member adds their unique talent, and the result is more amazing than any one person or business."

Last fall the group revamped its logo with a more contemporary look. "Graphic designer and ABA member Julie Nardone helped us think through our vision," Carleton said. "People often cite the train

tracks that run through the town as a reason that the town can't have a vibrant business area. We opted to embrace this challenge and look for the opportunity. The new logo reflects something unique about Ashland, the railroad tracks that run through it, and uses the tagline, 'Keeping business on track.'"

For 2016 the ABA will add more first Tuesday of the month business meetings (Jan. 5, Feb. 2, March 1, May 3, June 7, July 5, Sept. 6, Oct. 4 and November 1). These meetings will provide more opportunity to present valuable topics, Carleton said. Also, the meeting time will change from 6:30 to 8:30 p.m. to 5:30 to 7:30 p.m. and the ABA will add several 'lunch and learn' meetings that cover specific topics of interest to business owners.

The Tuesday, Jan. 5 meeting will kick off the new year with a

NEW YEAR ABA

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