



# Ashland Directions

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A Green Community

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January 2016

Volume 43 Edition 5

## Happy New Year ~ 2016

### REGISTRATION OPEN HOUSE

For Sept. 2016 Preschool



Hope to  
see you  
there!

Wednesday, January 13, 2016  
William Pittaway School  
75 Central Street  
6:30-8:00pm

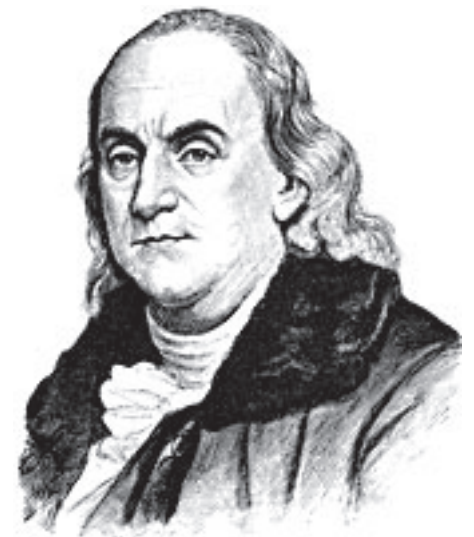
Parents will assemble for a short  
informational meeting, and then  
have time to view the preschool  
classrooms.

No children please. This event is  
designed for parents only.



ASHLAND PRESCHOOL PROGRAM  
(508) 881-0160

Happy Birthday  
Ben Franklin on January 17th &  
Dr. Martin Luther King Jr.  
on January 18th



The Ashland ZBA (Zoning Board of Appeals) has available seats for volunteers.

Please contact Susan Robie in the Board of Selectmen / Town Manager's Office, and fill out a Talent Bank form.

Participation is interesting and stimulating while serving your community.

Important Insert This Month:  
The Homes Connection

We Thank Our Supporters Very Much...  
Evelyn & Harold Gates

Ad Deadline for  
February 2016  
Edition is January 15th

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#### Business Notes

-- Now Open --

**La Pupusa Loca Grille**  
119 Pond Street  
(Next to Exxxel Gas Station)

-- Watch for the Opening --

**Los Cabos Mexican  
Bar and Grille**  
300 Eliot Street  
(formerly Nello's)

**33 All American Diner**  
33 Pond Street  
(formerly Sabrina Wong's)  
(in Market Basket Shopping Center)

**Mexico City Taqueria**  
1 West Union Street  
Is moving to the former Corner Pub space

-- Look For --

**Hamburgs & Fries**  
1 West Union Street  
(next to Mexico City Taqueria)

Ashland Public Schools  
Henry E. Warren School  
Ashland, Massachusetts 01721

Office of the Principal

Kindergarten Registration

The Ashland Public Schools will register Kindergarten Students for the 2015-2016 school year at the Henry E. Warren Elementary School, 73 Fruit Street on the following days:

**Saturday, January 30th, 2016: 9am - 12pm**  
**Tuesday, February 2nd, 2016: 9am - 2pm**  
**Thursday, February 4th, 2016: 9am - 2pm**

**Kindergarten Registration Information Night will be held at the Warren School on Thursday, January 28, 2016 from 6:30pm to 8:00pm.**

Please bring a birth certificate, dates of immunization and an original document that will prove residency. In order to be eligible for kindergarten, children must be 5 years old on or before August 31st, 2016.

If you have any questions, call the Warren School at 508.881.0188.

Children who have been enrolled in private kindergarten who will be entering Ashland Schools for the first time as first graders this fall are also urged to register at this time.

First grade students must be 6 years old on or before August 31st, 2016.

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**Ashland’s Decisions at Every Turn Coalition  
Taking Steps to Address Youth Social,  
Emotional, and Mental Health**

The topic of youth mental health is being discussed by community coalitions all across the country. Research shows that youth who report stress, depressive symptoms, self-injury or suicidal ideation are at a greater risk for substance use and other unsafe behaviors. Similar to other substance abuse prevention coalitions, Ashland’s Decisions at Every Turn (DAET) Coalition recognizes the importance of addressing the social, emotional, and mental well-being of our youth as part of a comprehensive prevention plan.

Ashland’s Decisions at Every Turn (DAET) Coalition recently announced that it would broaden its prevention efforts to address youth mental health. Ashland has continually shown its dedication to family-, school-, and community-based strategies to support the social, emotional and mental well-being of its youth. DAET, in collaboration with partners throughout the community, have already taken steps toward addressing youth mental health and have more planned for the upcoming year.

On October 27th, parents and other concerned community members gathered at Ashland High School for our *Community Discussion: Social, Emotional, and Mental Health – How to Support your Child through the School Years*. Representatives from Ashland Public Schools and the Ashland Police Department participated in a panel discussion to share their concerns about Ashland youth with respect to student mental health, strategies currently being used to address these concerns, and tips for parents to support mental health at home. The panel presentation was followed by a facilitated discussion that provided an opportunity for participants to share their primary concerns about youth social, emotional and mental health and thoughts about what the schools’ and broader community’s role should be in these efforts.

A significant outcome from the *Community Discussion* is the establishment of a new Mental Health Working Group. The Mental Health Working Group is open to any community member who has an interest in advancing the Coalition’s efforts to support youth social, emotional, and mental health. The group’s first task will be to review the concerns that were identified during the October 27th discussion and develop an action plan. Anyone interested in learning more about the Mental Health Working Group is encouraged to contact Betsy Emberley at [PositiveNorms@AshlandDecisions.org](mailto:PositiveNorms@AshlandDecisions.org).

On December 2nd, the Coalition was happy to support the Ashland High School and Ashland Middle School presentation of the 2014 MetroWest Adolescent Health Survey results. The event was an opportunity for parents and other interested community members to learn about choices Ashland students make around a variety of health-related issues and the steps the schools are taking to help students make positive decisions. Of particular concern was an increase in the percentage of high school students reporting stress, depressive symptoms, self-injury and suicidal ideation in 2014 compared to prior years. At the middle school 11% of students reported that their life was very stressful in the past 30 days, although the overall reports of stress among middle school youth have been similar since 2006. The percentage of middle school students reporting depressive symptoms, self-injury, and suicidal ideation were slightly higher in 2014 than in previous years. Principals Kelly St. Coeur and David DiGirolamo are both very active Coalition members and we will continue to work together to ensure that Ashland Public Schools have the resources necessary to support student mental health concerns.

Beginning in January, the Community Programming series will offer three different opportunities for parents, other adults, and youth to learn more about social, emotional and mental health and to acquire strategies for developing and promoting behaviors that support youth health.

- **January 7th, 2016** at the Ashland Public Library from 7-8:30pm: *An Evening of Mindfulness & Meditation* with Lisa Campbell, HHT, MMIC. For adults and children 12+.

DAET continued in next column>

DAET continued from previous column

- **January 21st, 2016** at the Ashland Public Library from 7-8:30pm: *So Much to Worry About - What is Causing Anxiety in Our Youth, Why We Should Be Concerned, and What We Can Do* with Carolyn Chapman, MSW LICSW; Mara Acel-Green, MSW, LICSW; Lauren Morris, MSW, LICSW; and Kerry Luoma, LMHC. For parents of all aged children.
- **February 11th, 2016** at Ashland High School from 7-8:30pm: *Social - Emotional Learning and Resilience Building* with Susan Rivers, PhD. For Parents of all aged children and community members.

To learn more or to access materials associated with the initiatives mentioned in this article, please use these links:

- Community Discussion: Social, Emotional, and Mental Health – How to Support your Child through the School Years: [www.ashlanddecisions.org/community-programming-events-materials-2015-2016.html](http://www.ashlanddecisions.org/community-programming-events-materials-2015-2016.html)
- Mental Health Working Group – discussion themes: [www.ashlanddecisions.org/community-programming-events-materials-2015-2016.html](http://www.ashlanddecisions.org/community-programming-events-materials-2015-2016.html)
- 2014 MetroWest Adolescent Health Survey Middle School Results: <http://ams.ashland.k12.ma.us/>
- 2014 MetroWest Adolescent Health Survey High School Results: <http://ahs.ashland.k12.ma.us/>
- Community Programming: [www.ashlanddecisions.org/daet-community-programming-2015-2016.html](http://www.ashlanddecisions.org/daet-community-programming-2015-2016.html)

*Ashland’s Decisions at Every Turn (DAET) Coalition is a community-based group with stakeholders from many organizations throughout Ashland. The group is dedicated to creating a safe and healthy Ashland by working as a community to prevent, reduce, and solve the problems that can lead to youth substance abuse. DAET is proud to recognize the federal Drug-Free Communities Support Program for funding and Wayside Youth & Family Support Network as its fiscal agent. To learn more about Ashland’s Decisions at Every Turn Coalition, contact us at [CoalitionInfo@AshlandDecisions.org](mailto:CoalitionInfo@AshlandDecisions.org) or visit our website at [www.AshlandDecisions.org](http://www.AshlandDecisions.org).*

**Spring 2016 Ashland Youth Soccer  
Registration is Now Open!**

[AshlandYouthSoccer.org](http://AshlandYouthSoccer.org)

The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.

Registration for the AYS Spring 2016 Soccer program is now open. Programs are available for players in grades pre-K/age 4.5 through 12th grade (ages 4.5-18 years). Travel players (grades 4-12), must register by January 3rd. In Town registration (grades pre-K/age 4.5 - grade 3) is open until March 1st.

Please visit our website at [AshlandYouthSoccer.org](http://AshlandYouthSoccer.org), and click on the Registration link to get more information about the program, and to register online. The season will begin in early April.

Please be sure to indicate when completing your online registration, your willingness to volunteer to support the Ashland Youth Soccer program. We always have openings for coaches, assistant coaches, and general logistics support. We offer training for coaches (both new and existing), and appreciate whatever time you can contribute.

Please feel free to contact the AYS Registrar at [AYSRegistrar@gmail.com](mailto:AYSRegistrar@gmail.com) if you have any further questions about the program.

The printing and/or distribution of this newspaper is made possible in part by sponsorship of the following:

Ashland Lions Club,  
Greater Ashland Lions Club,  
Massachusetts Office of Elder Affairs and the  
Warren Conference Center & Inn

**Through The Eyes Of...  
By Neha Shabeer**

**“Inspired by South Africa”**

As Americans, we struggle with the topic of race. In fear of being racist, we just ignore the subject as a whole and pretend that we live in an ideal world where all colors are stripped back and that we’re just the human race. The issue with this ideology is that race does exist. It will never go away and should be acknowledged by youth and adult alike. Race isn’t something to be scared of, it’s the evidence of cultural awareness and diversity. It is a characteristic that can unite people. It is beautiful and natural, not something to be afraid of.

Although, I can honestly say that I didn’t always think that way. In first grade, on an especially humid day in Gym class before summer vacation, my best friend, Isabella and I needed nothing more than a popsicle and ice cold bath to undo the effects of the sweltering heat. Clearly, unable to provide us with that, our Gym teacher got us the next best thing - a fan. The fan was old, creaky, full of dust. Isabella was desperate and didn’t care, so she stuck her face inches away from the dust and hot-air blowing fan. Playing my role as the good, concerned best friend, I told Isabella, “Stay away from the fan, you’re going to get dirty.” With that, Isabella quickly responded, “Why do you care? You’re already brown and dirty.”

I was taken aback. This was the first time I was ever criticized because of my Indian heritage. I spent a very long time afterward trying to blend in and hide my culture from my friends and in school. I started buying lunch from the school cafeteria because I was ashamed of the pungent aroma my mom’s naan and chicken curry would create in the lunch room. I was what the Indian community liked to be called an ABCD (American-born confused Desi). It wasn’t until much later, I met friends who unapologetically embraced their own ethnic background which began to make me feel more confident in my own heritage.

I had pushed all these memories aside in current years but when twenty-five students from South Africa recently visited Ashland High, these memories resurfaced again.

On December 15, Elkanah House students from South Africa travelled to America to visit New York and Boston to sightsee, take college tours, visit private and public schools in the area, and do community service with *Hammer & Chisel*, a nonprofit that one of their teachers pioneered. *Hammer & Chisel* is a company born out of the experiences of two South Africans during the years of Apartheid (systematized racial discrimination), to encourage students and teachers to get involved to create dynamic change in our unjust world. *Hammer & Chisel* works around the world to reach out to all people and engage them in education and service-related efforts, especially in the U.S.A. and South Africa. They are a company staffed by passionate individuals who seek to connect with other passionate people as they work and serve those affected by discrimination, poverty, and heartache of our world.

When the South African students arrived at Ashland High, we were each assigned a student to shadow us for the day. I got a lovely, hilarious girl named Trinity who I taught to play the drums in band and bonded over our mutual hatred for coordinate geometry. She introduced me to her friends while musing over how gross our cafeteria food was and just how rude New York City security guards were. She was everything I hoped for and better. We clicked very quickly and became instant friends. It was surprising that two girls from across the world had so much in common in spite of such different cultural upbringings.

At the end of the day, during an open discussion of the differences between South African and American schools and any other questions students had, I heard the Biology teacher at Elkanah House and CEO of *Hammer & Chisel*, Pete le Roux speak. He has such passion for his cause; powerful but laced with a bit humor. He absolutely loves his job as a teacher and wanted to expand his area of influence beyond the classroom, so he created the nonprofit, *Hammer & Chisel*. He believes in educating people on apartheid instead of being shamed by the horrible word and want to make sure it never happens again. He isn’t afraid to use words like “blacks” or “whites” as they are part of the vocabulary and reasons why apartheid happened. He taught me that standing by and being ignorant was almost as deadly as the sin itself. In the hour I met him, I had changed. I was inspired. He had the power to move and connect with people more than any TED Talk speaker. His outspokenness about racism and education stirred up emotions and memories people can resonate with.

Neha continued on Page 10 >



## Beyond the Historic Properties Survey

by Cliff Wilson, President  
Ashland Historical Society

### Stone Park

What do you think of when you hear the words Stone Park? Do you think of Ashland Day? Do you think of the summer concerts? Perhaps your first thought is the movies, or KidSpot. Some of you may even think back to the “I love Susie Benefit Field Day” in 1983.

One thing that you probably don’t think of is the history of Stone Park. I would like to change that. Stone Park used to be Stone’s field, John Stone’s field to be more precise. Yes, the same John Stone of Stone’s Public House fame.

John was a farmer long before he built the inn. His farm comprised most of what is now downtown Ashland. His wife was Nancy Stimson, great-great granddaughter of Savil Simson, the original settler of the area we now know as downtown Ashland. We’ll leave the genealogy of the Simpson, Stimson, Stimpson, Jones, Stone, Clark family for another time and return to the field. John used the field as any farmer would. Some for crops and some for grazing. But John was also a Captain of the militia, so guess where the militia trained. If you said Stone’s field, you would be correct.



As John approached his sunset years, a new sports craze was emerging in this country, baseball. Local town teams were formed. Ashland had its own team, the Alphas. Where did they play? Stone’s Field, of course. In 1859, the year after John Stone died, the Alphas offered their field and a \$100 prize to the two teams competing for the Massachusetts state championship. On July 28th and 29th, over 7,000 people came to Stone’s Field to watch the competition between the Union Club of Medway and the Excelsior Club of Upton. Medway won 100 to 78. In the 1870s and 1880s, firemen’s musters were held on the field.



Let us now fast forward to 1907. In June of that year, Charles F. Homer (John Stone’s grandson) of Yonkers, NY, expressed a desire to convey to the Town of Ashland, as a memorial to his family, a large tract of land comprising a portion of the original Stone homestead. In consideration for the land, the town would take perpetual care of the Stone lot at Wildwood Cemetery, continue to carry on the old agreement to maintain the ancient burial ground on Union Street, and lay out a new street between Summer Street and Cherry Street. The only restriction to the conveyance of the land should be that the property be known as Stone Park and never sold or used for other than public purposes.

Selectman Henry Ellis Warren wrote an appeal to the town to accept this property. Henry wrote, “Scarcely once in a lifetime do the people of a town have offered to them such a gift as Col. Charles F. Homer desires to bestow upon the Town of Ashland. Located as it is in a beautiful region of hills and valleys, streams and lakes, its citizens hardly realize that the time is approaching when with Boston’s expanding growth it will suddenly find itself within the suburban circle.

“Thoughtful fathers and mothers are beginning to understand the importance of natural surroundings for their children, and are learning that healthy men and women cannot be developed amidst the artificial restrictions of modern city apartment houses.”

As a proof of this one needs merely to cite the conditions around New York City, which forecast what will eventually

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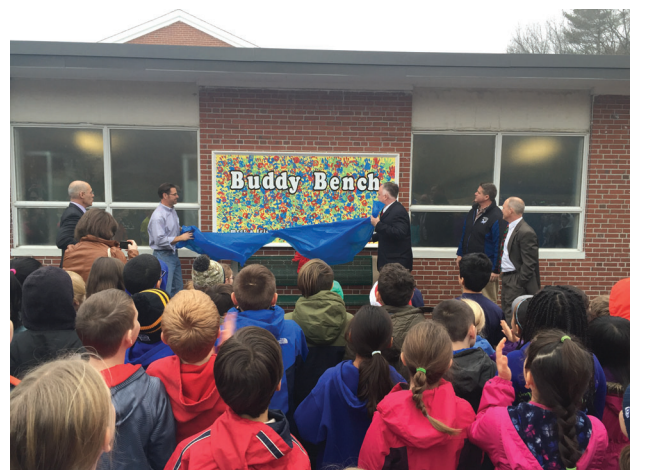
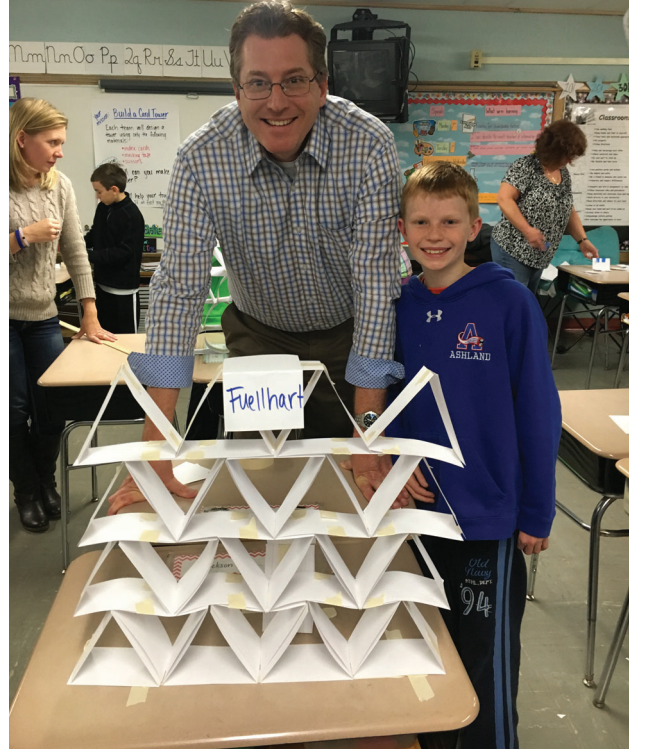
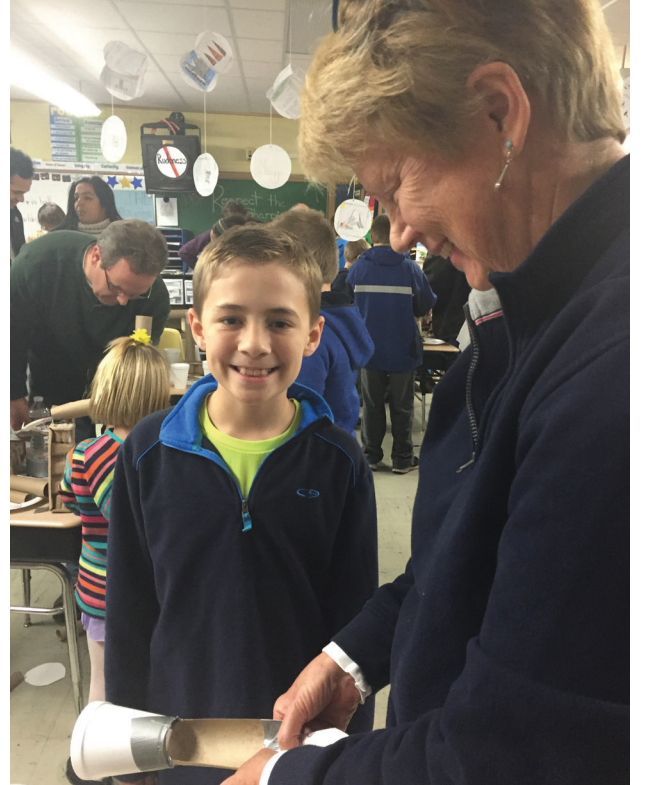
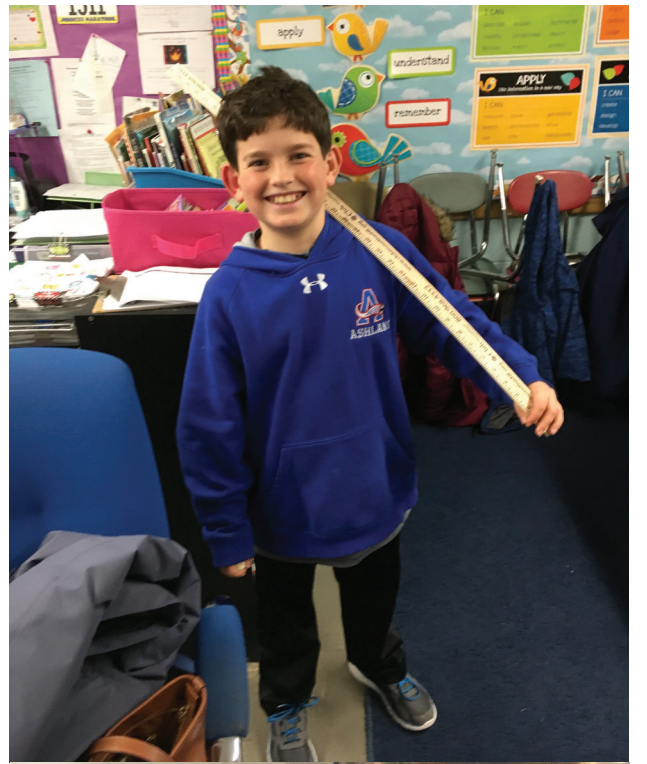
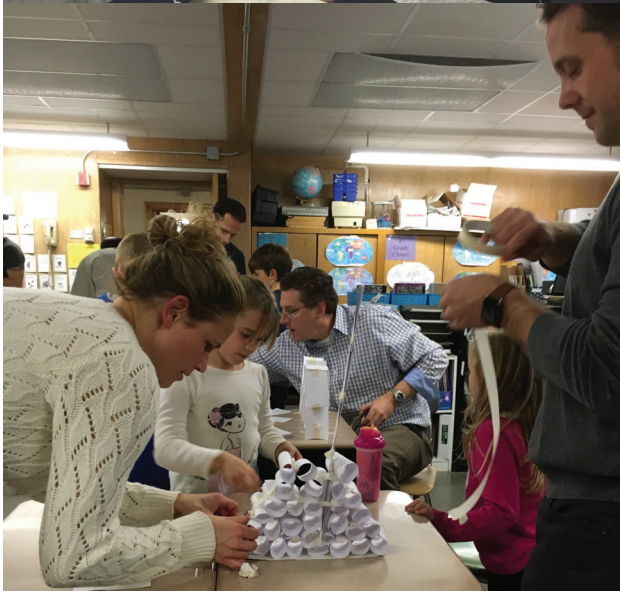
Neha continued from Page 8

When it was time to bid farewell with my South African friends, I couldn’t help but feel heartbroken. It overwhelmed me that although we had exchanged numbers, the chances were that we would probably never meet again. I had spoken to Mr. Le Roux about Ashland students visiting South Africa and he seemed extremely positive. But this sort of exchange takes a lot of planning and effort. That is why I hope that we can start a proper foreign exchange program at Ashland High for students to experience culture and have experiences outside of our ‘small town bubble’ of Ashland. It could broaden student’s horizons with culture, create a lifelong passion for community service work, and help student’s take on challenges. Working with *Hammer & Chisel* in the future could create experiences that make a profound impact on the rest of our lives. I hope I beat the odds and see my South African friends again.

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



STEAM Night in the Neighborhood program  
Mindess Photos  
by Claudia Bennett



Buddy Bench Unveiled at Mindess School  
Photos by Claudia Bennett