



HELP!!!

It's that time of year again! Santa's helpers are awfully busy getting ready for the Holidays. But they sure could use your help.

There are over 60 families who have so far asked for holiday gifts. Perhaps you, as individuals or groups, can be of help. We would hope that you can adopt a family and purchase new clothing and age appropriate toys.

Please contact (508) 881-0109, Ashland Youth Advisory, for more information. The only requirement is that everything be new and unwrapped. You can drop your gifts for your adopted family at the Community Center on Rt. 135 or The Homes Connection, 81 Main St, Ashland. For pick up call John or Margot at 508-231-4566.

Thank you, in advance, from all those smiling faces.

Operation Kee

US Army Sgt. Bill Kee, Ashland's Fire Chief and Ashland native, is stationed in Iraq, flying MedEvac missions with the Army. It's tough duty and he is asking for some help.

Bill has made himself a supply point for "stuff" from home—lip balm, sun screen, hard candies, non-perishable food (mini-Oreos in small packets, etc.), foot powder, Tums or Roloids, gum (durable kinds like Chiclets), medicated Handi-Wipes in small dispensable packets, etc.

The Federated Church is coordinating the shipments and many folks are pitching in with donations. Our office is helping, as well.

Call 508-231-4566 if you want to donate something or bring it by 81 Main Street. We will get your gifts into shipment to Bill. Thanks.

Ashland Emergency Fund—

Each Holiday Season, the Ashland Emergency Fund (AEF), Ashland's own charity that assists town's people financially, makes a fund raising appeal. And each year, the town responds wonderfully.

Earlier on this page, there are directions on how to provide gifts through the Ashland Youth Advisory office. Each year, the AEF assists their efforts and this year will be no different.

But the AEF also helps in many other ways: with oil delivery, gas heating bills, food, clothing, electric and phone bills, etc.

Word Scramble

Holidays

1. Sdsertse
2. Ensrtpes
3. Yilmaf
4. Sreinnd
5. Uhrhcc
6. Dlcaen hgiti
7. Rvltae
8. Styo
9. Lcosthe
10. Cnoitdsaoer

Can you help the AEF help others? Send your check (no cash please) to AEF, PO Box 112, Ashland, MA 01721. You can be a big part in making the Holidays brighter for those having difficulty doing it on their own. Call John—



Framingham

Updated 3 bedroom, 1 bath ranch in great location. Central air, security system, tiled kitchen w/ slider. Whirlpool, fireplace, Berber carpet throughout. 1 car garage & more. Neutral décor, well-maintained. \$329,900
 Call Tracy 508-380-9296

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HOMES SOLD



Single Family Homes

184 High St.
3 Indian Brook
6 Robert Gonfrade Way
20 Cedar St.
16 Lakeview Terrace
30 Williams Rd.
167 Winter St.
155 Union St.
1 Wenzell Rd.
93 Cedar St.
18 Bellview HTS.—lot 3
130 Pond St.
97 Eliot St.
20 Frankland Rd.
169 Fountain St.
59 Cedar St.
25 Olive St.

Avg. Sale Price—446,438

Avg. Mkt. Time—59 days

Condominiums

276 Trailside Way U: 276
67 Spyglass Hill U: 67
185 Leland Farm Rd U: 0
106 Mountain Gate Road U:106
117 Arrowhead Circle U:117
13 Mountain Gate Road U:13
151 Leland Farm U:151
11D America Blvd U:D,11
9 Mountain Gate Road U:9
75 Leland Farm Road U:B,32
226 Algonquin Trail U:226
203 Trailside Way U:203
163 Leland Farm RD U:163
35 Eastbluff Road U: A,14
11A America Blvd U:A, 11
12B America Blvd U:B,12
309 Meetinghouse Path U:309
8B America Blvd U:B,8
24 Algonquin Trail U:24
61 Haven Way U:NA
48 Haven Way U:NA

Avg. Sale Price—\$333,548

Avg. Mkt Time—58 days

One of the greatest gifts my parents gave me was their love for each other.

— Jamie, age 16

Wit and Wisdom From The Peanut Butter Gang, H. Jackson Brown, Jr.

ASHLAND PROPERTIES CURRENTLY FOR SALE

We specialize in Real Estate Sales in Ashland and surrounding communities. This is a summary of the homes listed for sale in Ashland as of October 14, 2004:

Single Family

41 single family homes are presently listed for sale from \$275k to \$989.9k. Average List Price for single family homes currently on the market is \$464,573 and average market time is 57 days; six are new construction. There are 26 houses awaiting closing at an average list of \$448.5k and market time of 53 days; one is new construction.

Condominiums

35 condominiums are for sale from \$210k to \$464.9k. 27 are resale, 8 are new construction; of those latter, 6 are over-55 units. Excluding new construction, average price is \$326.9k and average market time is 36 days. There are 40 condos awaiting closing with an average list price of \$366.8k and 70 days on the market.

For more information or to view a property, contact any member of

**The Homes Connection of
MetroWest
81 Main Street
Ashland, MA 01721
508 231-4566**

Each member of our Team is a licensed Mass. real estate agent and a member of the Multiple Listing Service (MLS), giving us access to any Mass. property listed in MLS.

Heat Your Vegetables

The best way to cook vegetables is in the microwave, despite the results of a recent study which suggested this cooking method depletes important antioxidants. This study was flawed, say experts.

Researchers in Spain microwaved 1 3/4 cup of raw chopped broccoli in 2/3 cup of water and found that the food lost up to 97% of three key antioxidants. But the vegetables were nuked for five minutes—much longer than necessary—and with too much water, says Berry Swanson, a food scientist at Washington University and a spokesperson for the Institute of Food Technologists. “They cooked it to death,” he says.

The more time and water you use in cooking vegetables, the more the nutrients are destroyed or leak into the water. Even for frozen vegetables, microwaving is best since it's fast and requires little water. The right way to do it: Place broccoli in a container, loosely covered, and add a tablespoon or so of water. Then zap it for just a few minutes.

Cynthia Dermody
Reader's Digest March 2004



Enjoy your very own Townhome set in privacy at the top of the hill. Offering 2 bedrooms, 2.5 baths, 2 car garage, it also features a lower level office. \$312,900 Call Margot: 508 881-5242

Secrets Of A Happy Commuter

Experts say the key to cool-headed commuting is maintaining sense of what's in—and what's not in—your control, and using strategies to defuse tension.

Feed Your Mind

You know that book you keep meaning to read? Listen to the audio version. Or try a taped course to learn a foreign language.

Take Your Time

Expect to encounter at least one or two delays along the way. And cover up the dashboard clock; watching minutes tick by is only going to add to your stress.

Soothe The Beast

Listen to whatever music you find the most relaxing. *And*, Mozart is probably a better bet than Metallica. Several studies at the University of South Alabama have found classical music to be more mellowing than hard rock. (That's right—it's been proved scientifically.)

Easy Does it

When you tense up behind the wheel, try relaxation techniques. Take deep, deep breaths. Also, scrunch up your shoulder muscles and then relax them.

Timothy Gower
Reader's Digest, September 2003

It's funny how God uses simple people to do great things.

— Elana, Age 15 - Wit and Wisdom
From the Peanut Butter Gang, H. Jackson Brown, Jr.

When you're throwin' your weight around, be ready to have it thrown around by somebody else.

- Will Rogers

Showing Your Kitchen

Your kitchen absolutely must be spotless. After you have thoroughly cleaned, you may want to place your trash container in the garage, laundry room, or basement, while showing the house. You don't want an unpleasant smell to cancel out all your hard work. Simple garbage disposals can often stubbornly retain smells; run a lemon-half through it daily to eliminate odors.

How's the floor look? Since new linoleum is expensive, most sellers don't want to spend that much to replace it. About all you can do is to see that it looks clean. A new coat of wax will bolster its image quickly and cheaply. The same goes for a hard wood floor. If your kitchen is carpeted, it can be replaced easily. But, only do so if it is badly stained or worn.

When showing the kitchen, open all blinds and curtains, and turn on all lights. Most people want a bright kitchen. Be sure to point out any extra conveniences the kitchen may be equipped with, such as sliding shelves, turntables, a convection oven, or trash compactor.

Remove clutter from countertops. The idea is to make the kitchen look like it has ample counter space and cabinets for anyone's needs.

Fix dripping faucets.

Agents say many buyers judge overall housekeeping by how clean the oven and range are. Don't give them any reason to turn up their noses.

Clean the inside of the dishwasher door, too.

--101 Ways To Prepare Your Home, Brokers Advantage

Produce, Decoded

Those little stickers on the fruits and vegetables at the supermarket aren't just for the checkout clerk to find the price. You can use the numbers to figure out how the produce you're buying has been grown. A sticker with four digits means the food was grown conventionally. Five digits starting with an 8 indicate the food's genetic material has been altered, and five digits starting with a 9 means the food was organically grown (without the use of most conventional pesticides or synthetic fertilizers).

Also, don't worry if you can't remove all the sticker adhesive—its required to be safe to eat.

Neena Samuel
Reader's Digest, March 2004

If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could be better be changed in ourselves.

— Carl Jung, Wits and Wisdom From The
Peanut Butter Gang, H. Jackson Brown, Jr.



Commuter's Delight

Comfortable, updated home on almost a quarter acre in Newton. 4 bedrooms and two full baths. Updated heating system, kitchen, and much more. Patio with built-in fireplace extends the charm of this house outside. Close to Route 128, 9. and Mass Pike. Not a drive-by. Call Lynn at 508-789-4510

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Holiday Greetings

Agent
Of
The
Month



Lynn 508-789-4510

Learn How to Buy and Sell Your Home!

If you would like to learn the basics of how to buy or sell your home, watch **Buying and Selling Your Home, 101** on WACA-TV Ashland Cable Television, hosted by **Susan Fosner**. Susan is a licensed real estate agent with **The Homes Connection of MetroWest**. She has local experts on each show discussing topics important to you including; mortgage financing, legal issues, home inspections, new construction, and much more! If you are considering buying or selling your home, be sure to watch; you'll be glad you did!

Decorations
Travel 8. Toys 9. Clothes 10.
Diners 5. Church 6. Candle Light 7.
1. Desserts 2. Presents 3. Family 4.

WORD SCRAMBLE
HOLIDAYS



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Suzan Herrmann