

**Ashland Properties
 FOR SALE**

Below is a summary of properties currently listed for sale or pending in Ashland as of April 7, 2006

Single Family Homes For Sale

72 presently listed for sale.
 Average list price = \$518,629
 Average time on market = 104 days
 New construction = 12

Single Family Under Agreement

13 under agreement, awaiting close
 Average list price = \$533,754
 Average time on market = 114 days
 New construction = 1

Condominiums

75 presently listed for sale
 Price Range = \$225,000-499,990
 New construction = 18
 Adult communities = 2
 Average list price = \$362,374
 Average time on market = 100 days

Condominiums Under Agreement

8 under agreement, awaiting closing
 Average list price = \$333,525
 Average time on market = 65 days

**4 Things You Can Do
 Today to Feel Better &
 Live Longer**

Small changes can make a big difference, especially when it comes to your health and well-being. So rather than enduring another fad diet or making a long-term commitment to a gym membership, here are four small things you can start doing today. Each one will make you feel better immediately. And each one will contribute to a healthier you in years to come.

1. Eat Breakfast
2. Take a Walk

“Walking is just about the best health bargain around—fun, easy and absolutely free,” says Dr. J.D. Ferritto, Jr., President of the American Podiatric Medical Association (APMA). Not only that, but just 30 minutes of walking every day can help prevent hypertension and other chronic diseases. “Americans must continue to take steps towards better health by building physical activity into their day,” says Michael Leavitt, secretary of Health and Human Services.

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**Ashland Properties
 SOLD**

Single Family Homes

145 Cherry St	\$290,000
20 Raymond Marchetti	\$290,000
Birch Hill Rd	\$362,500
315 Cordaville Rd	\$387,500
60 Raymond Wy	\$417,000
6 Robert Gonfrade Wy	\$441,000
Woodridge	\$464,000
Thurston Ln	\$725,000
Average Sale Price:	\$422,125

Average Market Time: 130 days

Condominiums

61 Pleasant St	\$246,000
59 Pleasant St	\$247,000
332 Trailside Wy	\$267,450
282 Trailside Wy	\$273,500
122 Mountain Gate Rd	\$287,500
12 East Bluff Rd	\$280,000
258 Captain Eames Cir	\$330,000
42 Voyagers Ln	\$335,100
33 Captain Eames Cir	\$343,500
475 Captain Eames Cir	\$350,000
56 Arrowhead Cir	\$372,000
365 Captain Eames Cir	\$389,000
6 Robert Gonfrade Wy	\$441,000
Average Sale Price:	\$320,158

Average Market Time: 89 days

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Forest Trail



A great subdivision on the Sudbury line. It is a 16 lot wooded area surrounded by land, wonderful views, and in a great commuter location. 4 lots left. Will sell lot or Builder will build your dream home. Buy now and get into your new home before school starts.

Listing Price: \$279,900

Dan Aho
508-326-3793

For more information on market statistics or to see a property currently for sale in Ashland or surrounding communities, please call:

(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.

Word Scramble

- 1. shower
- 2. wind
- 3. rains
- 4. flowers
- 5. sunshine
- 6. cloudy

How to Make Yourself Bubble-Proof

One in three homebuyers took out adjustable-rate or interest-only mortgages in 2004, SMR Research reports. In last year's first half, 38 percent of homebuyers borrowed more than 95 percent of the purchase price.

Tactics like these work fine when home values are going up and interest rates stay low. But when rates skyrocket and home prices drop—both of which are real possibilities—owners can end up in a double bind. People who bought homes they couldn't really afford suddenly land in trouble when their mortgage payments jump. Yet they might not be able to sell either, because as prices drop, their homes could be worth less than what is owed on them. Here are three ways to shield yourself from market turns:

1. Lock in your mortgage rate. Take out a 30- year fixed rate loan or a 15-year loan if you can afford payments.
2. If you've shed high-interest credit card debt by borrowing against home equity, pay down the loan as soon as possible. Home equity shouldn't be used to buy a car or cover everyday living expenses. It's better suited to buying more real estate or improving your house in ways that will increase its value.
3. Build equity by paying a bit extra on the mortgage every month.

David Bach
AARP March & April 2006

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

—Andy Rooney

I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

—Maya Angelou

Uxbridge



So much house! This home needs nothing...it's all been done for you. UPDATED 2184 SF, 3 bds, 2 baths on double cul-de-sac in a great neighborhood. Newer appliances in kitchen, hardwood floors, great room w/wood stove and slider, 2 decks & big private yard. Just remodeled family room in lower level is wired for home theater w/office area, full bath and laundry. Newer roof and windows.

Listing Price: \$349,900

Tracy Beaudoin
508-380-9296

Ashland Colonial



Step into the foyer of this bright, spacious and airy 3 bedroom, 2 1/2 bath colonial and wander the three floors of living. A true cook's kitchen w/lots of cabinets and big center island, large pantry and gas stove. Oversized family room w/hardwood floors, skylights & window seat. Bi-level deck overlooks private yard.

Listing Price: \$524,900

Judi Teller
508-380-1933



Margot Ellsworth
508-881-5242



John Ellsworth
508-881-3404



Tracy Beaudoin
508-380-9296



Judi Teller
508-380-1933



Janet Fournier
508-881-3492



Lynn Schreiner
508-789-4510



Stephanie Streit
617-519-9043



Susan Fosner
508-333-8543



Mary Stilwell
508-561-0256



Paul Gustavson
508-254-6069



Cathy Mariani
508-789-9995



Stacey Meninno
774-217-3729



Hugh O'Rawe Jr.
774-232-2043



Dan Aho
508-326-3793



Peter Parassidis
508-887-6883



Shah Alam
508-333-9459



Yanwen Kao
508-259-6656



Gerry Connors
617-913-6171



Michelle Mullin
508-361-4303

Meet Our Agents



Sales
Judi Teller



Rental
Lynn Schreiner

For additional information or photos of any properties listed here or for sale in the area, please go to:

www.homesconnection.com

Store Front For Rent

Store front space for rent in Ashland \$650/month. Updated. Call Margot for info — (508) 881-5242.



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Suzan Herrmann

Condo



Rare end unit facing woods, playground and tennis courts. Updates include Harvey vinyl windows and 4 sliders, furnace HW heater. Master bath completely renovated. Built-in cabinets in LR. FP refaced with beautiful custom tiles and mantel. Interior painted with warm designer colors. Custom lighting, cable throughout. Third floor loft with plenty of room for a bed. Fin. basement poss. 3rd bedroom, with closet, now an office. This unit is a must see!

Listing Price: \$374,900
Janet Fournier
508-737-4527

Dollar a Door!!

In an effort to recover revenues that were lost to the Ashland Emergency Fund (AEF) when the No Smoking law was implemented and attendance crashed at the AEF bingo, the AEF is launching a Dollar a Door campaign in Ashland.

If every the family behind every front door could send \$1.00 to the AEF, PO Box 112, Ashland, MA 01721 once a month, every month, then the difficulties the AEF is having running its giving programs would disappear. Better, all the programs that the AEF has been forced to stop for lack of funding can be re-instituted.

Consider it. Send a dollar to the AEF, once a month, each time you do your bills.

4 Things to Feel Better continued from page 1

“Thirty minutes of moderate activity on most days of the week can improve people’s quality of life and reduce the chance of chronic illness.” Walking can also give you instant gratification. Health research shows that a 20–to 30 minute walk can reduce your stress, improve your sleep and improve your mood. And we’re not talking power-walking. A simple brisk stroll will do the trick. You can even divvy up your 30 minutes of walking time into several shorter sessions of five or ten minutes. You’ll still reap the same benefits.

3. Play Hooky

4. Get Your Zzzs

Lack of sleep can cause more problems than just making you cranky. A growing body of research indicates that sleep is essential for mental and physical performance, as well as emotional and physiological health. The National Sleep Foundation reports that lack of sleep can affect major health problems, including type 2 diabetes, hypertension, cardiovascular troubles and obesity. “Sleep is more important than we thought,” says Robert Ballard, M.D. “If you deprive yourself of sleep, you put yourself at risk for chronic illness, reduced immune function, cardiovascular disease, impaired mental function and accidents.”

Chris V. Horn
Health Matters Volume 22 2006

Word Scramble

1. swosher
2. dwin
3. snair
4. erslfwo
5. shnunsie
6. dylouc

Colonial



Enjoy this young, 4 bed, 2 bath colonial. Imagine cross breezes in the family room (2000) with the sliders and the many windows. The wood stove adds cozy warmth in winter. Oversized back deck and private yard perfect for summer barbecues. The completely renovated kitchen features skylights, an abundance of maple cabinetry, island, granite and corian countertops, newer appliances, and ceramic tile flooring.

Listing Price: \$419,900
Susan Fosner
508-333-8543

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult. - Andy Rooney

Ashland Garden Club Plant Sale

Join us for the 11th Annual Ashland Garden Club Plant Sale on Saturday, May 13th, from 9 AM to 12 noon. The sale will be held, rain or shine, at Montenegro Square (across from the library on Front Street). A wide selection of perennials will be available. Proceeds will help fund plantings in the public areas throughout Ashland.