



## Ashland Farmers Market Is Fresh and Flourishing

BY PATRICIA ROY

At 9 a.m. on June 10, the bell at the Ashland Farmers Market bandstand will ring, signaling

another season has opened for the sale of fresh fruit and produce, baked goods, delicious meal kits and a wide array of

international foods.

**MARKET**

*continued on page 3*

## Stone Park Music Festival Shares Classical Music With Community

BY PATRICIA ROY

The Stone Park Music Festival was created with the intention of sharing the joy and benefits of classical music to the community. This family-friendly festival welcomes all fans of classical music and those who would like to learn more about it, whether adult, young adult or child.

The festival made its debut last year, Grace Soonjoo Moon, founder and director of the SPMF, said in a press release.

"It's intended to be an entry point for those who are interested in classical music, but find it hard to approach," Moon, a pianist and composer, said.

The SPMF has as its vision making a better society through music through having great artists perform in concerts. It also provides performance opportunities for both amateur and professional musicians through competitions. The open air venue of Stone Park was chosen to enhance the event and concert-goers' enjoyment of the music.

This season, the SPMF will host a piano competition along with its slate of concerts.



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**MUSIC**

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**MARKET***continued from page 1*

Florence Seidell could be called one of the founders of the weekly feast that takes place Saturdays beginning June 10, and running through October at 125 Front St. The market closes at 1 p.m. and it's rain or shine except in the case of severe weather.

Seidell got involved 12 years ago, as a member of the Garden Club. She was one of the volunteers planting raised boxes on an unused tennis court when former select board member Steve Mitchell, called over the fence, "Hey, when you gonna start a farmers' market?"

It seemed like a good idea because "the town has no farms or farm stands, but surrounding towns do have access to locally grown fruits and vegetables," Seidell said.

They investigated farmers markets all over New England, bringing back a set of best practices like having all kitchens inspected by the town's Board of Health.

They also wanted to spread the word about healthier food choices because even then, plant-based diets weren't much discussed, she said. Even the idea of getting bakers to participate was taken on because there were no bakeries in town at the time and they wanted to get people back downtown.

"We wanted to bring locally grown and/or prepared foods to Ashland," said Seidell. "We even have a new local vendor who roasts imported coffee beans." So you can have a locally brewed cup with your locally baked muffin.

The Farmers Market has strong guidelines, with the intention of creating a business incubator, Seidell said.

"Some people have started with us 12 years ago and have gone on to be very successful entrepreneurs," she said.

She offered the example of Yummy Mummy Bakery, who has her own brick and mortar store in Westborough and also sells throughout the metro Boston area at various locations.

"She started out very humbly at our farmers market," Seidell said. "There have been several others and we're very proud of them. We pride ourselves on having started a number of women who wanted to get into business and had to start small. We give them a leg up."

The farmers market has also delivered a sales venue to the Indian community and in the past given a stage to dancers and musicians celebrating that culture.

The market has at least 25 food vendors on any given Saturday, plus three artisans. Besides the coffee roaster, this year's new food vendors include Off Our Rocker bakers with sweet potato cookies and other plant-based treats and Basil N Spice, from Worcester, with Pad Thai meal kits.

In addition to the tented food vendors, there are food trucks that change from week to week, the market has kids events like facepainting and crafts with recycled materials sponsored by the Moms Club. Certain Saturdays are reserved for special celebrations – like Dog Day, or Strawberry Day where vendors are invited to include strawberries in their creations.

"We've had strawberry muffins and strawberry raviolis," Seidell said.

There's also Green Living Day with the Ashland Sustainability committee, and a real kids' favorite – Farm Day with petting zoo and farm equipment. Health Day will likely see a dentist, acupuncturist and physical therapist on hand, she said.

Seidell is proud of the variety of food goods available. Vegan and vegetarian, gluten-free, pickles, jams, Asian dumplings, hummus, Indian yogurt balls and Banh Mi Vietnamese sandwiches, African barbecue, paninis, kebabs and samosas.

SNAP cards are accepted and by speaking with the Market Manager and the SNAP assistant, participants may double their value, up to \$50.

"It's a big undertaking," Seidell said. There's always a need for more volunteers, she added.

To get on the eblast list, go to [info@ashlandfarmersmarket.org](mailto:info@ashlandfarmersmarket.org) or check out [ashlandfarmersmarket.org](http://ashlandfarmersmarket.org).

**MUSIC***continued from page 1*

"The purpose of the competition is to inspire music students to reach higher levels in their piano studies, to provide a stage for talented amateur musicians and provide more performance opportunities for professional musicians," Moon said.

The SPMF Piano Competition is open to everyone who loves music and playing piano, she said.

"Playing piano is the collective work of our brain, body and mind. Learning how to play notes takes a lot of time and effort, but learning how to create music demands even more time, patience and effort, both physically and mentally," she said.

Through the competition, the SPMF will celebrate the competitors' hard work, encourage them to move forward with their piano studies and become a part of their music journeys.

Complete information about the competition can be found online at [stonemusicfestival.com/competition](http://stonemusicfestival.com/competition).

There are four age divisions with categories for young students, adult amateurs and professionals. The website also contains guidance for repertoire and lists prizes ranging from \$50 to \$250.

The competition process is also outlined on the site. Applications opened March 31 and close July 8. The application fee is \$25. Submission forms can be found at [stonemusicfestival.com/competition](http://stonemusicfestival.com/competition).

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## Employment spotlight

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## Ashland Food Pantry - May Wish List

The Ashland Food Pantry needs your help! Here are the current products on their May wish list:

Feminine hygiene products (pads and tampons), jelly, pasta sauce, Ashland trash bags, tooth-

paste, toothbrushes, pasta, cereal, diapers (larger sizes, 6 in particular), pull-ups, baby wipes, cleaning wipes, canned vegetables, snacks, rice and pasta mixes, macaroni and cheese, and women's Depends.

Thank you to everyone who is able to donate as it helps the Ashland Food Pantry help those in our community that need it most.

## Police Officer Sworn In

On May 2, Town Manager Michael Hebert swore in our newest member of the Ashland Police Department. Connor Dempsey is a 2019 graduate of Ashland High School and successfully completed the Police Academy last week. Officer Dempsey took the oath of office in front of family, friends, and fellow members of the Ashland Police Department. His dedication to public safety and his strong work ethic make him a fantastic addition to our force.



# Financial Advisor Mark Freeman is a Portfolio Problem Solver

BY CHRISTIE VOGT  
CONTRIBUTING WRITER

When work travel became too much for Mark Freeman and his family, he decided it was time to make his hobby his new career. “My mom was a CPA, and she got me into investing right out of college,” he explains. “From my 20s on, I was spending up to two hours a day on Yahoo Finance.” That passion paid off with Freeman finding the perfect professional fit as a financial advisor with Edward Jones. “It’s a job I love doing,” he says.

Prior to his career in finance, Freeman worked as a mechanical engineer and later as a software sales representative. “When I was in sales, I was encouraged to move on quickly after making a sale, and I didn’t enjoy that because I wanted to develop relationships with clients,” he says. “As a financial advisor, this job requires you to understand people and really develop a connection with them so you can provide individualized advice.”

Freeman says that when it comes to personal finance, “a lot of people struggle with trying to figure out how to achieve everything.” They might already be putting away some money for retirement, for example, but

## Business spotlight

soon additional factors come into play. “They start thinking: ‘How do I pay for college? How do I get a bigger house? And how do these things affect each other?’” Freeman explains. “The problem starts getting more complex, and that’s where I come in and start identifying what’s really important to them and putting a plan together to help them achieve their goals.”

With many local financial advisors to choose from, Freeman says his engineering background makes him unique. “I’m always asking ‘Why?’ and I’m always asking what can go wrong,” he says. “When I was an engineer, I used to create predictive equations based on looking at how things performed in the past. And that’s what I’m doing now with people’s portfolios.”

Edward Jones as a company also stands out among its competitors, Freeman says. “When I was interviewing with other companies, they spoke more about what was in it for advisors versus clients. Edward Jones, by contrast, spoke more about how



Mark Freeman lives in Holliston with his wife and daughters.

its services benefit clients, and that was important to me.” Freeman notes, for example, that he is transparent with clients about anything that will cost money up front, and he might work with someone for years before receiving compensation himself.

Integrity is especially meaningful to Freeman given his community connections. He lives in nearby Holliston on the Ashland/Holliston line and his office is in Hopkinton. “I love the local community,” he says. “I’m also glad to sponsor organizations like the HCA Regional Arts Center and to be a director on the board at Project Just Because.”

Freeman insists on crediting his wife when it comes to his success as an advisor and father. “She is the smartest person I

know and has really helped me and our daughters through everything,” he says. “Raising kids is challenging, especially with us both having demanding jobs, but we’ve been able to balance it because of how smart and intuitive she is.”

Money is one of the biggest things people argue about in relationships, Freeman says. “So, my job is to eliminate that.” Whether it’s saving for retirement or buying a first home, Freeman concludes that it all comes down to one thing: “I’m giving them advice to reduce stress in their life.”

For more information, contact Mark Freeman at 508-293-4017 or email [Mark.Freeman@edwardjones.com](mailto:Mark.Freeman@edwardjones.com).

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The Ashland Diversity, Equity, and Inclusion Task Force Presents the First in a Series of Public Forums: Public Safety

Ashland Public Safety Building, 12 Union St., Sunday, June 11, 4- 6 PM.

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# Cookies and Community

## Gaetano's Bakery Brings North End Quality to Holliston

BY JANE LEBAK

Nestled at the junction of 16 and 126 is Holliston's answer to the best Italian pastries and cookies.

Gaetano's Bakery highlights their fancy Italian pastry, cookies, and cakes, but this unassuming shop holds so much more. "We make everything here," says Gaetano. "Cakes and cupcakes, cream puffs, cannoli. We've got pizzas and calzones if you want to stop by for lunch. A lot of people who want Italian food will go to Bertucci's for dinner and come next door to us for dessert."

Bakery assistant Amber Rose adds, "Plus, Gaetano makes the best cup of cappuccino in town."

Gaetano (that's his first name, by the way) moved to Holliston in 2017, and he's been a part of the community ever since.

Gaetano has been professionally baking for over 40 years. He began as a young boy working

with at his father at a bakery in the North Shore. "Summertime, with no air conditioning, it used to be a thousand degrees in back." He laughs when he remembers. "We'd spend the whole day hauling bread in and out of ovens, but I found something there that never let me go."

For Gaetano, the joy of baking is not just in the cookies, but in the community. The bakery has a family atmosphere, with lots of laughter and regulars known by name. "We get to know our customers," says Gaetano. "They tell us about their lives."

"Gaetano talks to everyone as if he's known them all his life," says Amber. "You could be the pope, or you could be walking in the store the first time, and he talks to you the same." Gaetano says that's because he's Sicilian. "It's a comfortable atmosphere. We're always laughing about something, joking around, just making everyone feel welcome."

Customers tend to stop in the first time for coffee and a cookie, just to try it. "But then they start coming back for everything," Gaetano says. "Birthday cakes, cookie trays for parties, wedding cakes—whenever they're getting together with family or friends,

### Business spotlight

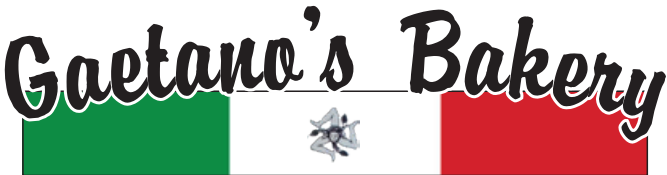
they think of us first."

Amber says, "My favorite customers are the ones who want a box of cookies and then go back and forth in front of the cases. 'A few of these. Some of those. Oh, do you have these, too?' They get so excited. For some customers, these cookies are nostalgic, and tasting them again brings them right back to their childhood."

A sign over the display case says, "I'll have one of everything." It's a gift made by a loyal customer.

The biggest sellers are the pistachio macaroons. Gaetano says, "Come Thanksgiving and Christmas, people stand in line out the door, waiting for cookies to come out of the oven. Customers will be walking outside with the box lids open and the hot cookies steaming in the cold."

Amber adds, "One customer brings them to tailgate parties." It turns out, he brought them once, and ever since, everyone demands he bring nothing else. "He came



Gaetano and Brea Rose show off the cookies at Gaetano's Bakery.

in asking for five pounds to take on a plane to Philadelphia. The host said, 'You're bringing those pistachio cookies, right?' and he said, 'I guess I am.'"

Another customer came in with an emergency request for a wedding cake. "Normally there'd be no way to do this," says Amber. "We need at least a week's advance notice. But because it was such a unique circumstance, Gaetano got it done in a few days. The community is that important to him."

A glance at the online menu shows an overwhelming selection of cookies, pastries, and cakes that rotate through the bakery. While not every option is available every day, if a customer knows they're coming in for one specific item, they can call ahead. "We're flex-

ible," says Amber. "Moreover, if it's not on the menu, just ask. Nine times out of ten, Gaetano can make it."

One break with tradition is the list of allergy-friendly offerings. The menu offers gluten free bottomless cheesecakes, gluten free cannoli, gluten free cakes, and even vegan options for froyo. The famous pistachio macaroons? Also gluten free.

"It's about making what people love, in the way they need it, when they need it," says Gaetano. "People tell me what they want, and I'm here to bake it for them."

Gaetano's bakery is located at 412 Washington Street in Holliston, at the junction of routes 126 and 16, and you can visit online at [www.guyscakes1.com](http://www.guyscakes1.com).

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# Outdoor Entertaining in the Summertime



**John Szolomayer**  
Real Estate Advisor

## REAL ESTATE INSIGHTS

Having guests over is a great way to celebrate milestones or have fun with friends and family, but you need a place to entertain. How is your outdoor entertainment area? Here are a few things you can do to improve your outdoor living space for guests this summer.

### Build a fire pit

While you don't require warmth in the summertime, a fire pit can be a great way to gather in any season. There are commercially available fire pits that use gas, propane or wood, so you'll want to choose what works for you. Make sure it's situated in a safe place to prevent injuries or unintentional fires. Build or place seating around it to create a cozy spot for gathering.

### Install a water feature

Water can also make a great focal point for outdoor entertainment spaces. A fountain keeps the water flowing and provides guests with relaxing white noise. If you're ready for more maintenance, you can install a koi pond with plants to create a relaxing setting in your yard.

### Focus on seating

The key to entertaining is to ensure that you have seating. Choose comfortable outdoor seats, maybe a sectional sofa or chairs on a deck or patio. You can also have additional seating,

such as folding lawn chairs or stools.

### Sunshades for hot days

The summertime can be hot, but that doesn't mean you have to take the party inside. Consider adding a sunshade to protect you and your loved ones from the sun. You can install a roof system, an awning or sunshades to keep your outdoor space cool.

### Cooking and beverages

Having friends and family over means pulling out all the stops on hospitality. You can create a cooking space outside to entertain. A barbecue, smoker, outdoor burner, refrigerator or wet bar can be installed depending on the size of your area and entertaining interests.

Information provided by John Szolomayer, RE/MAX Executive Realty. For more information, John Szolomayer can be reached at 508-259-4788 or [JohnSzolomayer.com](mailto:JohnSzolomayer.com)

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## ABA Celebrating Route 126 Businesses

The Ashland Business Association, better known as the ABA, continuously offers opportunities for business owners and the greater community to engage with one another.

Coming up this June, the ABA and their local business sponsors invite you to the 2nd Annual Celebrate Route 126 community event on Thursday, June 15th, from 5pm to 7pm, in the parking lot of Habitat for Humanity Re-Store located on 310 Pond Street.

"We are looking forward to an interactive and fun event, celebrating the wide variety of wonderful Ashland businesses located on and near Route 126. A special thank you to our sponsors, Ashland Mini Storage, Minucci Auto Body, 126 Self Storage, MAZI Kitchen & Bar, Shaw's and Star Market, Modelville Hobby, and Ashland Ale House for making this a free event for the community," said Peter Waisgerber, the ABA Events Chair.

This fun outdoor party is a special celebration of the future

of an improved Route 126/Pond Street in Ashland! There will be food, music, games, raffles, and more! If you plan to attend, please register on the ABA website, [ashlandbusinessassociation.com](http://ashlandbusinessassociation.com).

Also on the horizon, the ABA will proudly award two scholarships to Ashland students who exemplify community service at the upcoming Ashland High School graduation.

Earlier this year, the ABA sponsored two events- including a Town Leader Panel Discussion at the Ashland Town Hall- "A Vision of Ashland," to help business owners better understand development and plans for the community from local government partners. Additionally, the ABA co-sponsored a second panel discussion, "Navigating Senior Care," at Residence of Valley Farm, creating a space for individuals and their caregivers. Early this Spring, the ABA partnered with the MetroWest Chamber of Commerce to host

a joint networking event at Ashland's Dulce D Leche with a tour of the neighboring business- Zeta Fencing, showcasing potential future Olympian fencers.

The ABA is a volunteer organization of dedicated business owners committed to help businesses flourish here in Ashland, and make a difference within the community.

"I would like to thank Attorney David Rucando, Peter Chisolm, and Bill Gath for joining the ABA Board and Sara Moussaid and Kelly Grill for volunteering on the membership and events committee, respectively. We are also excited to welcome our new Marketing Director, Ashley Place," shared Adam Sachs, President of the ABA.

For more information on the ABA, visit <https://ashlandbusinessassociation.com>, or contact Membership Chair, Paul Ne-topski by phone, 413-209-0682 or by email, [info@ashlandbusinessassociation.com](mailto:info@ashlandbusinessassociation.com).

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

## Business spotlight

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by



renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and

customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job

site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.takeawayjunk.com](http://www.takeawayjunk.com).

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## Prescription Drugs... Are They Necessary for Acne?

BY LISA MASSIMIANO,  
LICENSED ESTHETICIAN,  
CERTIFIED ACNE SPECIALIST,  
OWNER SKIN SMART SALON

Going to a dermatologist and getting prescription drugs is often the first option for many acne sufferers. Patients are usually given antibiotics and a prescription retinoid to use. When this approach fails, the dermatologist will often prescribe a different or stronger drug.

### Antibiotics for Acne

While oral antibiotics may suppress inflammation, a common symptom of acne, they don't treat the root cause of acne, hyperkeratosis, an inherited condition of excessive shedding of skin cells inside the pores. When acne sufferers stop the antibiotics,

the inflamed acne often returns. So, they go back on the drug, creating a constant cycle of antibiotic use.

### Retin-A

Prescription strength topical Retin-A is commonly prescribed for acne. However, this topical drug can be very drying on the skin. Since many people who struggle with chronic acne don't have oily skin, it often makes their skin so dry and irritated that they stop using it before it can become effective.

### Isotretinoin

Accutane is an oral medication often prescribed for acne. Although Accutane can work well for some people, it is not a magic treatment, and it comes with a lot of potential side effects.

### Treating Acne Without Drugs

There is no quick fix for acne. For acne sufferers seeking an alternative approach to clear skin, consider going to an Acne Specialist. A licensed skin care professional who is specifically trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

Questions about acne? Email me at [SkinSMARTsalon@aol.com](mailto:SkinSMARTsalon@aol.com) or call me at 508 881-1180. Visit my website [SkinSMARTsalon.com](http://SkinSMARTsalon.com) for information about Skin Smart's acne program and other services.

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*Your Money, Your Independence*

# Establish Access When Things Are Good, Not When Times Turn Bad



Glenn Brown

Planning for the unexpected when things are good is a necessary evil.

This is true for electing work benefits, insurance, estate planning and access to equity.

When engaging in discovery with new clients, I often encounter misconceptions or bias against Home Equity Line of Credit (HELOC).

Their mindset is to seek one only when there is a large home repair or renovation project. True, it can be used for this purpose and the interest could be tax-deductible. But there's other benefits to consider in using access to the equity you've built as a tool.

Let's take a step back, make we sure understand the tool.

**What's a HELOC?** - A second mortgage that allows you to borrow money using the equity in your home as collateral - a secured line of credit. There is an underwriting approval process with a hard credit pull and home appraisal, which determine terms including duration (usually 10-15 years), variable rate benchmark (-/+ Prime Rate) and credit limit.

Most banks/credit unions allow 70% or 80% Loan-To-Value (LTV) minus mortgage balance. For example, your house now appraises for \$800K. At 70% LTV is \$560K less mortgage balance of \$400K means potential \$160K HELOC. At 80% LTV, \$640K - \$400K = \$240K HELOC.

Upon closing, you're provided a checking account to move money into and out of the HELOC as you please. If you do borrow, you will only owe interest for a monthly payment. However, keep the balance at \$0, then no interest or fees.

**And that's the strategy - keep the balance at \$0 for the "what ifs" in life.**

Take a dual-income household with slightly positive cash

flow each month. When bonuses or RSUs vest, they build savings, pay cash for big expenditures, take vacations, etc. They could be approved for ~\$150K HELOC but choose not to plan and apply.

Then the following happens:

**Job-Loss** - Instead of coming from a position of strength, you're now at the mercy of a lender - good luck on those terms, even if approved.

**Bank Balance Sheets Gone Mad** - Fall 2008 saw banks stop issuing new HELOCs almost 2 years. Some tried to reduce, even close HELOCs, but regulators stepped as it is secured line of credit. As long as the collateral (house) and borrower uphold terms of agreement, the banks couldn't change terms - even if you lost your job. Same is not true for credit cards.

**World Gone Mad** - Remember when we'd shut down for 2 weeks to end a pandemic but instead laid off 38 million by end of April 2020? Banks stopped issuing new HELOCs and slowed new mortgages until October. And those with high limit HELOCs at \$0 balance became cash buyers of vacation homes from cash-seeking sellers. More opportunistic planning occurred using cash-out refi in 2021 on new property to lock in a low, fixed rate.

**Economic Downturn** - Banks reduce lending in anticipation of economic slowdowns. Regardless of your opinion on recession, we can all agree banks need deposits in order to underwrite new loans/lines. What's been a recent problem banks are having to maintain? Deposits. Declining deposits equals declining new lending applications.

There are more strategies to consider for HELOCs. Like using as an emergency savings proxy to reduce opportunity costs or delay/spread out taxation from selling investments over calendar years to meet unexpected cash needs.

Talk to your Certified Financial Planner to learn more.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, [www.PlanDynamic.com](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

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## Ashland Lions Club June 2023 Update

### Save the date: Annual Lions Golf Tournament

Join us for the Ashland Lions Annual Golf Tournament, to be held Monday, September 18th, 2023, at the Highfields Golf and Country Club in Grafton. There will be golf, a meal, raffles and a day of fun to support the Ashland Lions and their mission of donating to Eye Research and Local Charities. Sponsorship opportunities available. For details email to [golf@ashlandlions.org](mailto:golf@ashlandlions.org) or visit our Facebook page.

### Lions Mobile Kitchen at the Ashland Farmers Market

The Ashland Lions mobile kitchen will be at the Ashland Farmers Market on Saturday,

June 10th 8am – 1pm. Stop by for a bite to eat, meet some Ashland Lions and learn what it means to be a Lion. Hope to see you there!

### Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones.

### Collection boxes are located at:

- Ashland Post Office
- Ashland Senior Center
- Old train station - Ashland
- Moody Optical - Ashland
- Middlesex Bank – Ashland
- Fayetteville, MA Post Office

- Studio Optics – Framingham
- Southborough Senior Center
- Southboro Post Office on Rt.85
- TJ's Food and Spirits
- The Residence at Valley Farm

### Stay up-to-date on Lions happenings

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button and you will be automatically notified of changes or cancellations. While you're at it, be sure to follow Ashland Town News too!

LION DAN MITCHELL

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# The b.LUXE *beauty beat*

## Balayage or Highlights? Here's a Little Secret...

BY GINA WOELFEL

**Client:** "I'd like to lighten my hair today."

**Stylist:** "Great! What do you have in mind? Or better yet, did you bring an inspiration picture?"

**Client:** "No, I don't have any pictures, I just want a blonde balayage."

**Stylist:** "Ok, we can highlight your hair a number of ways. What kind of look are you going for?"

**Client:** "Oh no, I don't want highlights, I just want a blonde balayage."

Balayage or Highlights? Confused about what to ask your hairstylist for? You're not alone. If you're fretting on which service is best for you, stop worrying! Here's something I bet you didn't know:

Balayage is simply a highlighting technique to get you to the desired look you want. In recent

years, though, the word Balayage has become synonymous with dark-rooted, blonde hair, and most clients that request it are actually just looking for that specific style. In reality, multiple techniques are used to attain that look. Balayage, Foilayage, Baby lights, Teasylights and Foil Highlights are all just different names for coloring techniques used to lighten (and sometimes darken) your hair.

These techniques aren't just for blonding anymore. The brunette Balayage is huge this summer and the perfect way for all you darker haired beauties to boost your brown tresses.

With that, let's chat about our two most popular coloring services - Balayage and Foil Highlights.

Balayage, pronounced BAH-LEE-AHGE, means "to sweep" in French, and is, by far, the most requested color service at The

b.LUXE  
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b.LUXE Studio. Highlights are hand-painted directly on the hair to create a natural gradient from dark to light. The lightened pieces appear more naturally placed and lived-in, which mimics what the sun does to our hair naturally. This free-form color application can be heavy or subtle, depending on how the stylist sections your hair. But, (and this is a big but) Balayage is not for everyone and can only lift (lighten) hair about 3-4 shades. So, if you're a dark brunette looking for light, honey-blonde highlights, this technique is not for you.

But, fear not, blonde-seekers! The Balayage "look" you so desire is still well within your reach.

If your hair does need a considerable amount of lift, your stylist will need to use foil highlights.

Now, I'm sure for some of you, the word "foils" is conjuring up painful memories of the overly-streaky highlights of the early aughts. But, take a deep breath. Today's highlighting techniques and products are far superior to their predecessors and allow for precision placement and tone.

Here's a breakdown of both services:

### BALAYAGE:

- Free-hand, non-foil highlighting technique that can lift hair 3-4 shades
- Creates a soft, natural gradation of lightness, usually deeper closer to the root and lighter towards the ends, giving that beachy-blonde, lived-in look.

## Balayage or Highlights

Here's a little secret

We bet you didn't know...

- Takes between 2 to 5 hours, depending on the length and thickness of your hair.
- Maintenance: Every 12-18 weeks with a gloss/toner refresh around the 6-8 week mark to revive your blonde tone. With the darker root and no obvious demarcation line of regrowth, Balayage is considered a more low-maintenance highlighting technique with more time between appointments.

A few important things to remember...

You DON'T need to be well-versed in cosmetology to book a color appointment, but you do need to plan ahead. First, bring a few pictures to show your hairdresser the exact style and color you want. Why? Well, for example, your idea of what honey-blonde looks like may be wildly different than what your stylist thinks. An "inspiration photo" lets your hairdresser know exactly what you want and how they'll go about getting it.

Be flexible. Describe the "look" you want and let your stylist use their expertise to suggest what method would work best for you.

Lastly, (and we can't stress this enough), before any new color service, book a consultation. At b.LUXE, we offer them virtually or in-person, and they're always complementary. These 10 minute appointments are game-changers and give your stylist the chance to analyze your hair, gauge the timing of your appointment, and determine what it will take to achieve and maintain the hairstyle you desire.

We look forward to seeing you (and your inspiration pictures) at the studio this summer!

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# When can you choose retirement?



Mark Freeman

## FINANCIAL FOCUS

If you're like most people, your work has been a central part of your life. So, wouldn't it be nice to have the flexibility to decide when you no longer want to work?

Many people of retirement age have achieved this type of control. In fact, two-thirds of workers ages 65 and older say they work primarily because they have to, not because they want to, according to a 2021 study by Edward Jones and Age Wave. But that means that one-third of workers in this age group feel financially compelled to work. This doesn't necessarily mean they dislike the work they do — but it's probably fair to say they would have liked the option of not working. How can you give yourself this choice?

You can start by asking yourself these questions:

### • When do I want to retire?

You'll want to identify the age at which you wish to retire. You may change your mind later and move this date up or back, but it's a good idea to have a target in mind.

### • What sort of retirement lifestyle do I want?

When you retire, do you anticipate staying close to home and pursuing your hobbies, or do you hope to travel the world? Would you like to spend your time volunteering? Open your own business or do some consulting? Clearly, some of these choices will require more resources than others, so you'll want to follow a financial strategy that aligns with the retirement lifestyle you intend to pursue.

### • Am I saving and investing enough?

As you chart your course toward your retirement journey, you'll want to assess the sources of income you'll have available. If you think you may be falling short of achieving your retirement goals, you may need to consider saving more.

### • When should I start taking Social Security?

You can begin collecting Social Security benefits as early as 62, but your monthly payments will be much bigger if you wait until your "full" retirement age, which will likely be between 66 and 67. Your decision about when to take Social Security will depend on several factors, including your other sources of income and your family history of longevity. Of course, as you're probably aware, the Social Security system is facing significant financial stress, so it's possible that we may see changes to Social Security, based on actions Congress could take. In any case, you might want to be fairly conservative in estimating how much Social Security can contribute to your retirement income.

By addressing the above questions, you can get a clearer sense of when you might reach the point at which work is optional. But you'll also need to consider other factors, too, such as how much you enjoy working or when your spouse or partner is planning to retire. In any case, the sooner you start planning for this next phase of your life, the better position you'll be in when it's time to make the transition.

If you would like to discuss your personal situation with a financial advisor contact:

Mark Freeman  
Edward Jones Financial Advisor  
77 West Main Street,  
Hopkinton, MA  
508-293-4017  
Mark.Freeman@edwardjones.com

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## A Day Of Pride In Ashland



Ashland Rainbow—A Celebration Of Pride will be presented by Ashland Is United, on Sunday, June 4, from 1 to 4 PM, at The Corner Spot, 6 Cherry St., Ashland.



The event is aimed at creating a culture of inclusivity and acceptance.

It is a day for the LGBTQIA+ community and allies to celebrate Pride Month together.

Participants include: BAGLY, RISE/JRI, OUT Metrowest and Ashland Public Schools.

## Greater Ashland Lions Club

Happy Father's Day and Juneteenth

Fly the American Flag on Flag Day, Wednesday June 14th

I would like to take this opportunity to Thank everyone who have supported our fundraisers.

As you read this month's Greater Ashland Lions Club news, we will be celebrating our club's 30th Anniversary on June 16th of serving our community as well as Lions charities.

Among our service projects are providing each 4th grader with a pine tree seedling. This is in conjunction with the curriculum the teachers are teaching the students about Arbor Day.

At the Student Awards Nights

we will be presenting a scholarship to an Ashland High School and a Keefe Technical School Student.

Do you have any used eyeglasses hanging around? We'll take them! Please bring them to the Police Station (located at the Public Safety Building at 12 Union St), Market Basket (Pond Street / Rte.126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).

Wanting to get involved in the community? We're a low-pressure group of service-oriented

folks always looking for new members. If you'd like to learn more about the Lions and our club, please contact Lion Alexis at cvarnie@hotmail.com.

For more club information, please check us out on Facebook: Greater Ashland Lions Club. #weserve #kindnessmatters.

Members of our club will be at the Ashland Farmers Market and the upcoming Ashland Day with information on joining the Lions. Bring your change, as we'll be collecting 'Pennies for the Blind'.

We hope you all have a relaxing summer and look forward to seeing you in September.

Submitted: Lion Rosalie Porter, 2nd VP

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# Update on the Comprehensive Plan

The Comprehensive Plan Project Management Team has been hard at work since Town Meeting approved funding for the project in November 2022. One of the priorities has been to assemble our Steering Committee, which will guide the comprehensive/strategic planning project for the next two years. This Steering Committee is comprised of representatives from boards and committees in town, plus one resident from each of the 6 voting precincts, as well as an Ashland High School student. Our goal was to create a diverse committee, representing expertise in many aspects covered in the Comprehensive Plan, as well as encourage new voices from the community to participate. We were so fortunate to have over 50 applications from our community for the precinct representatives, and had the daunting task of having to choose only one per precinct. Thank you to everyone who applied to be a part of this project. There will be so many more opportunities to participate.

The following members of the Steering Committee were formally appointed at a joint meeting of the Select Board and Planning on May 11th and met as a group for the first time on May 18th:

- Town Manager: Michael Herbert

- Town Planner: Peter Matchak
- Select Board: Brandi Kinsman
- Select Board: Yolanda Greaves
- Planning Board: Catherine Jurczyk
- Planning Board: Anna Tesmenitsky
- Library Trustee's Representative: Claire Goss
- Open Space and Recreation Representative: Roberta Soolman
- Sustainability Committee Representative: Chuck Lidz
- Affordable Housing Trust Representative: Alan Galiwango
- Board of Health Representative: Ed Burman
- Cultural Council Representative: Stacey Grant Lewis
- DEI Task Force Representative: Moala Kitayimwba
- Historical Commission Representative: Karen Coleman
- Upper Charles Committee Representative: Tony Lewis
- Conservation Commission Representative: Carl Hakansson

- Council on Aging Representative: Steve Mitchell
- Design Review Committee Representative: William Novakowski
- Econ Dev Advisory Comm Representative: Beth Reynolds
- Town Forest Committee Representative: Cara Hulme
- ZBA Representative: Nathan Band
- School Committee Representative: Mike Caira
- Precinct 1: Kortni Wroten
- Precinct 2: Leah Suarez
- Precinct 3: David Evancho
- Precinct 4: Aroon


- Manoharan
- Precinct 5: Rajashree Ghosh
- Precinct 6: Lisa Churchill
- High School Representative: Hasini Reddy

Please reach out to any members of the Steering Committee for updates on the project.

The Project Management Team has also been working on finalizing the consultant we will be working with for the Comprehensive Plan. The Town issued a RFP and we received 3 responses from impressive firms. It is important that we hire the right consultant with extensive Comprehensive Plan and community outreach experience to guide the Steering Committee

and create a plan that represents Ashland vision for the next 20 years. The Select Board and Planning Board will be jointly interviewing consultants and finalizing our decision at an upcoming meeting.

We anticipate that the Comprehensive Plan process will take approximately 2 years to complete and the Steering Committee will be working with the community to make sure everyone's voice is heard. Please watch for updates through Town Pages, the Town Manager's newsletter, social media, and come visit us at events around town this summer. If you have any questions, you can email us at [complanpmg@ashlandmass.com](mailto:complanpmg@ashlandmass.com).



JUNE CALENDAR

June 2nd Fri. 4 pm - 8:30 pm	<b>CLOVER ROAD BEER GARDEN &amp; BEES AND THANK YOU</b> Join Clover Road Brewing Company for a night of cold local beers with friends down at The Corner Spot! Food will be available for purchase from Bees and Thank You grilled cheese food truck!
Sat. June 3 3 pm - 7 pm	<b>OPENING DAY</b> Help us kick off our event season, here, at the #bestspotintown! Enjoy a performance by <u>Hit the Bus</u> , fun games, & face painting/ airbrush tattoos by <u>Imagine That Face Painting!</u>
Sun. June 4 1 pm - 4 pm	<b>ASHLAND RAINBOW: CELEBRATION OF PRIDE</b> Ashland is United is hosting the first Pride Month celebration in Ashland. Please mark your calendars and <u>everyone</u> should feel welcome to celebrate our friends and neighbors in the LGBTQ+ community and each other.
Thurs. June 8 & 22 6 pm - 8 pm	<b>OPEN MIC NIGHT</b> Calling all musicians, spoken word artists, & comics to have a turn at the mic. This event has become a fan favorite and has a nice following! All are welcome to join in the fun. There is no cost to participate, just write your name on the sign up sheet, bring your instrument and have fun!
June 9th Fri. 5 pm - 8 pm	<b>CLOVER ROAD BEER GARDEN &amp; BEES AND THANK YOU</b> Join Clover Road Brewing Company for a night of cold local beers with friends down at The Corner Spot! Food will be available for purchase from Bees and Thank You grilled cheese food truck!
June 10th Sat. 12 pm - 8 pm	<b>CLOVER ROAD BEER GARDEN &amp; LALOS MEXICAN</b> Join Clover Road Brewing Company for a night of cold local beers with friends down at The Corner Spot! This beer garden will also have food for purchase from Lalos Mexican food truck!
June 11th Sun. 12 pm - 6 pm	<b>CLOVER ROAD BEER GARDEN</b> Join Clover Road Brewing Company for a night of cold local beers with friends down at The Corner Spot!
Wed. June 21 6 pm - 9 pm	<b>DECANTED WINE: SUMMER SOLSTICE WHITE PARTY</b> Decanted Wine Truck has partnered with other local, acclaimed business to celebrate the summer solstice in style. Gather a friend or two, dress up in your favorite all white outfit and don't miss out on this exclusive event!
June 23rd Fri. 4:30 pm - 8 pm	<b>CLOVER ROAD BEER GARDEN &amp; LALOS MEXICAN</b> Join Clover Road Brewing Company for a night of cold local beers with friends down at The Corner Spot! This beer garden will also have food for purchase from Lalos Mexican food truck!
June 24th Sat. 12 pm - 8:30 pm	<b>CLOVER ROAD BEER GARDEN &amp; BEES AND THANK YOU</b> Join Clover Road Brewing Company for a night of cold local beers with friends down at The Corner Spot! Food will be available for purchase from Bees and Thank You grilled cheese food truck!





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OFFICE & CANDIDATE	PRECINCT 1	PRECINCT 2	PRECINCT 3	PRECINCT 4	PRECINCT 5	PRECINCT 6	TOTALS
SELECT BOARD - 3 YEARS							
BLANKS	3	1	2	1	2	4	13
CLAUDIA M. BENNETT	87	173	139	67	74	117	657
PRESTON FLETCHER CROW	57	83	59	48	56	51	354
PAM V. MIMMS	25	15	22	35	65	21	183
WRITE IN	0	0	0	0	0	0	0
TOTAL # OF VOTES	172	272	222	151	197	193	1207
ASSESSOR - 3 YEARS							
BLANKS	25	43	40	14	36	31	189
DAVID G. ROSENBLUM	147	229	182	137	161	162	1018
WRITE IN	0	0	0	0	0	0	0
TOTAL # OF VOTES	172	272	222	151	197	193	1207
SCHOOL COMMITTEE - 3 YEARS							
BLANKS	8	6	6	3	15	10	48
LAURA B. TOSTI	98	183	149	75	127	118	750
SHAUN E. ADAMEC	66	83	67	73	55	65	409
WRITE IN	0	0	0	0	0	0	0
TOTAL # OF VOTES	172	272	222	151	197	193	1207
BOARD OF LIBRARY TRUSTEES - 3 YEARS							
BLANKS	47	85	88	43	81	64	408
CAROLYN E. BELL	149	239	186	135	161	163	1033
ELIZABETH WYPLER RABINOWITZ	147	220	170	124	152	159	972
WRITE IN	0	0	0	0	0	0	0
TOTAL # OF VOTES	343	544	444	302	394	386	2413
BOARD OF HEALTH - 3 YEARS							
BLANKS	64	120	103	51	77	91	506
BARBARA SEKESOGUNDU SIMON	112	179	147	111	118	113	780
NKIRUKA CHRISTINE AGU	68	118	97	77	95	82	537
DAVID A. KINSMAN	99	127	97	63	104	100	590
WRITE IN	0	0	0	0	0	0	0
TOTAL # OF VOTES	343	544	444	302	394	386	2413
PLANNING BOARD - 5 YEARS							
BLANKS	33	56	54	16	42	36	237
ANNA TESMENITSKY	139	216	168	135	155	157	970
WRITE IN	0	0	0	0	0	0	0
TOTAL # OF VOTES	172	272	222	151	197	193	1207

	Votes by Precinct	Registered Voters	Percent Voted
Precinct 1	172	2047	8.40%
Precinct 2	272	2361	11.52%
Precinct 3	222	1784	12.44%
Precinct 4	151	1946	7.76%
Precinct 5	197	1957	10.07%
Precinct 6	193	2226	8.67%
	1207	12321	9.80%

Last day to register to vote was - May 5, 2023

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# May 3, 2023 Annual Town Meeting Recap

The Moderator, Adam Shuster, called the May 3, 2023 Annual Town Meeting to order promptly at 7:00 PM. 126 voters were present.

## Article 1: Hear Town Reports

We heard from Laurie Tosti, School Committee Chair with a report from the School Committee.

Town Manager, Michael Herbert, gave a short report on the Town.

No vote is required on Article 1. Town Meeting moved on to the business of the night.

## Article 2: Fiscal Year 2024 Budget

Sponsor: Town Manager/Finance Director

To see if the Town will vote to raise and appropriate from available funds and/or transfer from available funds in the treasury such sums of money as are necessary to defray charges and expenses of the town, including debt and interest, for the ensuing fiscal year, or pass any vote or take any action relative thereto.

## Article 2 passed unanimously

## Article 3: Transfer to OPEB Trust

Sponsor: Town Manager/Finance Director

To see if the Town will transfer \$300,000 from (the) OPEB Contribution Account to the OPEB Trust, or pass any vote or take any action relative thereto.

## Article 3 passed unanimously

## Article 4: Transfer from Special Education Stabilization to General Fund

Sponsor: Town Manager/Finance Director

To see if the Town will transfer \$250,000 from the Special Education Stabilization Fund to the

General Fund, or pass any vote or take any action relative thereto.

## Article 4 required a 2/3 vote. The Moderator declared that Article 4 passed.

## Article 5: Annual Consent Article – General

Sponsor: Select Board

To see if the Town will vote the following consent articles:

1. Grant Program Authorization
2. Road Contracts
3. Contracts in Excess of Three Years
4. Lease Purchase Agreements
5. Revolving Funds
6. Grant Easements

## Article 5 required a 2/3 vote. The Moderator declared that Article 5 passed unanimously.

## Article 6: Annual Consent Article: Community Preservation Act

Sponsor: Community Preservation Committee

To see if the Town will vote the following items (full article can be found in the Town Meeting warrant):

1. Community Preservation Funds–FY24 Annual Appropriations
2. Oak Street Bond Payment
3. H.S. Athletic Fields Bond Payment
4. Warren Woods Bond Payment
5. Valentine Estate

## Article 6 passed unanimously

## Article 7: Appropriate Funds to Restore Antique Fire Truck

Sponsor: Community Preservation Committee

To see if the Town will vote to appropriate up to \$175,000 to enable the Fire Association to complete the restoration of the original 1947 town Mack fire truck and that to meet this appropriation, the sum of up to \$175,000 be transferred from the Historical Resources Reserve Account from the Community Preservation Fund balance, and so long as there is a Grant Agreement executed between the Fire Association and the Community Preservation Committee prior to the disbursement of any funds hereunder and with unexpended funds as of December 31, 2025 being returned to their funding source; or pass any vote or take any other action thereon.

## Article 7 passed by a majority

## Article 8: Dispose of Real Property: Lease of Main Street Fire Station

Sponsor: Town Manager

To see if the Town will vote to support the Select Board to lease, for a term of up to thirty (30) years, for the Town owned property at 151 Main Street, for use as a tap room and restaurant and other related uses, and for the Select Board in their discretion to enter other related agreements which are necessary to effectuate the lease and on such terms and conditions as the Select Board shall determine to be in the best interest of the Town, or pass any vote or take any other action relative thereto.

## Article 8 passed by a majority

## Article 9: Establishment of the Capital Stabilization Account Keefe Tech

Sponsor: Keefe Tech

To see if the Town will authorize the South Middlesex

Regional Vocational Technical School (Keefe Regional Technical School) District Committee to establish a Capital Stabilization Account for the South Middlesex Regional Vocational Technical School (Keefe Regional Technical School) District, pursuant to Section 16G1/2 of Chapter 71 of the Massachusetts General Laws, or take any action other action or relative thereto.

## Article 9 passed by a majority

## Article 10: Citizens' Petition

To see whether the Town Meeting will vote to amend the Town Code by inserting a new Section §63-10, Speaking Time, as follows:

§63-10 Speaking Time: Any individual who wishes to address the Town Meeting shall, when recognized by the Moderator, complete their remarks in three (3) minutes, or less, unless extended by leave of the Moderator and yield the floor.

## After being counted by tellers

## Article 10 passed 63-46

## Article 11: Remove Police Department from Civil Service

Sponsor: Town Manager

It was determined after the posting of the warrant that Town Meeting action was not required relative to this matter and the article is being withdrawn.

## Article 12: Funding for I&I

Sponsor: Town Manager

To see if the Town will appropriate a sum of money to make infiltration and inflow improvements to the Town's sewer system, including improvements for infiltration and inflow reduction purposes that are eligible for loans or other financial assistance through the Massachusetts Water Resources Authority's I/I Local Financial Assistance Program - Phase 12 Funding Allocation, said funds to be expended under the direction of the Department of Public Works; to determine whether such amounts should be raised by taxation, borrowing, transfer from available funds or otherwise, and to authorize the Select Board to apply for and accept, any grants that may be available to pay costs of such projects; or pass any vote or take any other action relative thereto.

## Article 12 passed unanimously

## Article 13: Update Bylaw: Accept Specialized Stretch Code

Sponsor: Sustainability Committee

To see if the Town will vote to amend Section 98.7 of the General Bylaws of the Town of Ashland Bylaws, entitled "Stretch Energy Code" as follows:

- a. Section 98.7 change the title to the following: "Stretch Energy Code and Specialized Energy Code"
- b. Add a new Section 98.8 as follows: Specialized Energy Code: The Specialized Energy Code shall be adopted for the purpose of regulating the design and construction of buildings for the effective use of energy and reduction of greenhouse gas emissions, pursuant to the entirety of 225 CMR 22 and 23 including Appendices RC and CC, including future editions, amendments or modifications thereto, with an effective date of September 1, 2023.
- c. Change the existing numbered Section 98.8 Enforcement to 98.9. or take any other action relative thereto.

After quite a bit of discussion both for and against, the tellers were called to count the votes. Article 13 failed 59-42

## Article 14: Net Zero Greenhouse Gas Emissions by the Town of Ashland

Sponsor: Sustainability Committee/Town Manager

To see if the Town will vote to amend Section 98 of the General Bylaws of the Town of Ashland Bylaws to add an Article IV, the details of which area stated on the warrant.

As with the last article, there was much discussion both for and against. Article 14 passed by a majority

There was no further business and a motion was made and passed to dissolve Town Meeting

Town Meeting adjourned at 9:01 PM.

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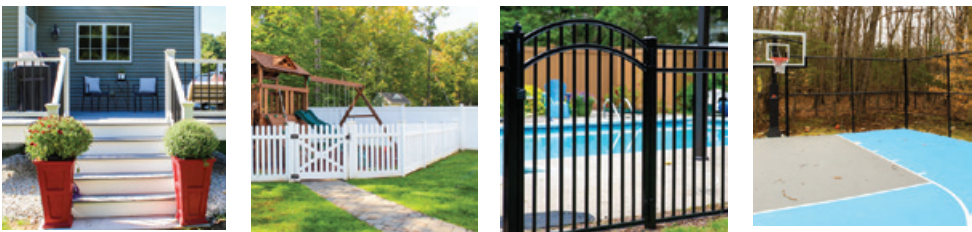
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# Community Center: Events and Information

## Senior Center June Calendar

### June 1st

**9 am:** The Lions FREE Breakfast

**11 am:** COA Meeting to be held at the Library

**1 pm:** FOCOA Meeting to be held at the Library

### BIRD Watching:

**June 7th at 9 am:** (Rain date 6/9 at 9 am) Bird Watching and walk with Lorraine at Trolley Brook Trail. We will walk the trail and learn about the different types of birds along the way.

**June 14th at 9 am:** (Rain date 6/16 at 9 am) Bird Watching and walk with Lorraine at Mill Pond. We will walk along the trail and learn about the different types of birds along the way.

**June 21st at 9 am:** (Rain date 6/23 at 9 am) Bird watching and walk with Lorraine at Waseeka in Holliston. We will walk along the trail and learn about the different types of birds along the way.

**June 6th at 11 am:** Sustainability Office drop-in at the senior center! Have questions about making your home more energy efficient come chat with Saman-

tha, the Town's sustainability coordinator. She can help you figure out rebates, connect you with contractors, and simply answer any of your home energy questions.

**June 6th 1:00:** Bingo

**June 12th at 10:30:** Hearing Aid Cleaning

**June 20th at 11 am Donna Halper presents: How the Civil Rights Movement Changed Society**

The fact that we now celebrate both Martin Luther King Jr. 's birthday and Juneteenth demonstrates the importance of the civil rights movement in making our society more equitable. But many people know about Dr. King, there were other important men and women in the movement who worked to bring about social change. In this talk, you will not only learn how the Civil Rights movement grew; you will meet the men and women who worked with Dr. King to make it happen. Some of these people, you probably know-- like Rosa Parks and John Lewis. But others may not be as familiar-- like

Carter G. Woodson, Fannie Lou Hamer and A. Philip Randolph. We will explore what the people of Dr. King's time thought of the Civil Rights movement-- how he overcame strong opposition in the south; how he attracted media attention to his cause; and how his "I Have a Dream" speech became a key moment in the Civil Rights Movement. Finally, we'll look at how Dr. King's birthday finally became a holiday, and how similar advocacy led to the recognition of Juneteenth.

**June 21st at 10 am:** Town Manager Coffee Hour

**June 22nd at 10 - 11:30 am:** Clocktown Memory Cafe. Music by Wendee Glick & Steve Heck RSVP to Cheryl Bell at 508-532-7945

**June 28th at 10 am:** Computer Class How to use Email

**LUNCH MENU:** (12 PM EVERY MONDAY) Join us for a delicious meal and socialization

6/5: Chicken Parmesan

6/12: Roasted chicken dinner

6/19: Closed

6/26: BLT with Gazpacho soup with Trivia at 12:30!!!Prizes!!

### MONDAYS:

12:00 : LUNCH

1:30: PITCH CARD GAME

### TUESDAYS:

9 AM: WALKING GROUP

9:30-11:30: WATERCOLOR DROP IN

1 PM: CHAIR YOGA

### WEDNESDAYS:

9:30: EXERCISE WITH JONI

9:30-11:30 : WATERCOLOR DROP IN

10:30: BLOOD PRESSURE CLINIC

11:00 AM : TAI CHI

### THURSDAYS:

9 AM : WALING GROUP

12:00 : LINE DANCING

12:30: CRIBBAGE

1:00: MINDFUL MEDITATION

### FRIDAYS:

9:30: EXERCISE WITH JONI

10:30: MAHJONG

**PARKINSON'S BOXING:** June 7th & June 21st at 1:30

**PARKINSON'S SUPPORT:** June 14th at 1:30

SHINE Counselor Available to assist with Medicare questions on Thursdays. Please call the office at 508-881-0140 x 1 to make an appointment.

**Legal Advice:** June 9th 20 minute consultations with Arthur Bergeron (10-12) Call the office at 508-881-0140 x 1 to make an appointment

Donations: We are unable to take donations at this time.

## Ashland Town News

now has its own Facebook page!



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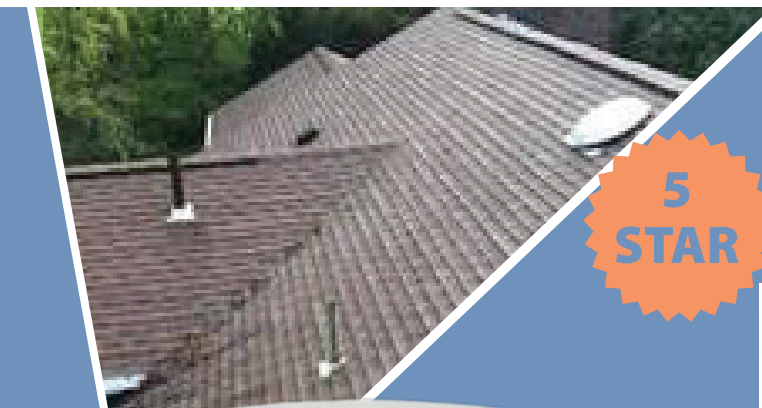
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# Sports

## Ashland Softball, New Coach New Philosophy

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Last spring the Ashland softball team encountered a season many want to forget, as the Clockers went a dismal 1-17 and needless to say didn't get the opportunity to advance into the State Tournament.

This year Ashland has turned the coaching duties over to Matt Matsen, who is taking a hard, strong look at the program and looking to make some changes so that the Clockers are relevant once again.

Over the last five years, Matsen has been coaching Vertex Softball, a girls travel team and when he was losing 4 or 5 girls to the next level he decided that he was going to sell the program and take a different approach to coaching.

"Travel softball takes about 10 months of the year and eventually takes a toll on you," Matsen said. "I decided to start looking at the possibility of coaching high school softball instead. To my surprise there was so many schools looking for coaches, so I posted my resume on Indeed."

It wasn't long before someone with his experience was contacted to come in for an interview. Matsen, who is from Shrewsbury, eventually decided on Ashland. He was really impressed with the interviewing process, which not only included the Athletic Director Stephan Marks, but also had

players, other coaches and parents sit in on the interview.

Matsen, who thought that his background would be a good fit for the Clockers, also liked the fact that there was an opportunity to build something at Ashland.

Coming in the new coach knew that the first thing that he needed to do was surround himself with some good coaches and then needed to get the word out to get enough girls to come to the tryouts.

He found that a lot of the junior varsity players were not coming out due to a bad experience last year. Not having enough athletes for two teams, Ashland joined forces with the Holliston JV team, forming a co-op for at least the year.

"I found that the coaches from the different teams didn't talk to one another, so in order to begin building a program here I reached out to the middle school softball coach and the Ashland Recreational Softball League," the first-year coach said. "I wanted to bring structure to the program while putting together a solid staff. Fortunately enough I was able to bring back Pam Curtis, who pitched for Ashland in the 80s, from last year's coaching staff. I also added Haley Young (a high school softball player and college lacrosse player) as well as Manny Gomes, who has been with me for a while."

Putting together a good coaching staff was really important to the new Clocker Coach and he specif-



ically wanted to have at least one female on his staff, as they bring a different aspect to the game. Luckily for Matsen he was able to secure not only one, but two females on his staff.

In addition to bringing structure to the program as well as a solid coaching staff Matsen also wanted to change the philosophy, primarily attitude and effort two phases of the game that the players can do something about.

"I wanted to make sure that the players knew that it was ok to make mistakes as long as you were learning and improving from them. This has been a real change for the players," he said. "I also wanted to bring fun back to the game. Nowadays there is a lot of pressure to play on the next level and the kids get stressed out. This is an opportunity to show what they can do while having fun. They are students first and athletes second."

Upon meeting all the girls, the incoming coach found out that the previous coach had named five captains for this season. Although this is more than Matsen has ever had he honored the girls named and allowed them to remain captains. According to the Coach, the five girls have been a key source of understanding the new philosophy and keeping the team focused.

The five captains include three seniors Carlie and Cassie Marrella as well as Sophie Porter and two juniors in Paytyn McMullen and Maya Dickinson. The Marrella twins are both good role models that bring a lot of skill to the game. Cassie plays a solid second base, while Carlie was a first baseman in the process of transferring to the outfield when she injured her knee. Being that she will be attending Brandeis to play basketball Matsen is being cautious with her getting back on the field.

Porter is the shortstop and is an outspoken individual and the first person who showed understanding and leadership. She is the team's leadoff hitter, a skillful bunter and very fast on the base paths. Dickinson is the team's catcher and has done an excellent job behind the plate and according to Matsen one of the best fundamental blockers that he's seen.

Last year's Clockers team had two pitchers, one was a senior who has since graduated and the other opted for track instead of returning to the diamond this spring. Thus, leaving the new coach with nothing in the circle – enter McMullen.

"Having no pitcher coming into the season we needed to find someone and noticed what Paytyn was doing in practice and approached her," he said. "She is not a natural pitcher, she played different positions prior and with no varsity experience Pam has been able to work with her to get her up to speed."

So far the junior hurler has been able to give Ashland a solid five innings a game before she begins to break down, but once she builds her endurance things should begin to fall into place. In addition to McMullen, Matsen also has a sophomore and two freshman who have pitching capabilities, but do not possess varsity level experience.

As Matsen gets this year's squad to buy into his philosophy he likes what he has seen so far in the progression of his new team.

"I am really excited to see what the second half of the season brings," the Coach said. "We have a good mix of seniors (4) with four freshman whom I've seen good things from so far; they all seem to be multi-talented athletes."

In addition to what he has been working with this year, Matsen has noticed that there is a lot of talent that will be moving up from middle school next year and should help the future of the Ashland program move forward.

Making the drive into Ashland each day, the Coach passes the sign that says Softball State Champions and wonders how long it'll be before he has the Clockers ready to make another run at a State Title.

## Kevin Anderson Named New AD

For several months, a small search committee, composed of various school community members, has been searching for a new director to lead the district's athletic programs. After a careful and thorough process, the district is excited to welcome Kevin Anderson to serve as its next athletic director.



he will build upon our current athletic offerings and set the bar high for our coaches and student-athletes. I want to thank our search committee for their support and hard work."

Anderson has worked with athletics administrators, coaches, students, and staff in both K-12 and higher education settings. He comes to Ashland most recently from the Grafton Public Schools, where he implemented a strong social media presence, introduced livestreaming and oversaw the mascot rebranding process as the director of athletics. Previously, he

served as assistant athletic director at Dean College.

"I am thrilled to be headed to Ashland, a district with great traditions and a spirited fan base. I want the Clocker community to know that I am deeply committed to excellence, on and off the field, in each of our athletic programs," Anderson said.

Anderson holds a Bachelor of Arts in Communication Arts from Framingham State University and earned a Master of Science in Professional Communication from Clark University in May 2019.

He will take the helm on July 1, and succeed Stephen Marks, who announced his decision to step down at the end of the school year in March.

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# June 2023 at the Ashland Library

## Special Event:

**Boston Kids Comics Fest @ Northeastern University**

**Saturday, June 3, 2023**

The 3rd annual Boston Kids Comics Festival, celebrating comics for children and the love of reading, is back and in person on Saturday, June 3rd after a three-year pandemic hiatus. This is a passion project of the Ashland Library Director and the Friends of the Ashland Library are happy to be a sponsor of this event.

The premiere dedicated annual children's comics festival in the country, BKCFest is a community celebration of comics, learning, and laughter for elementary and middle schoolers, and their parents, educators, and librarians. As ever, BKCFest will host a marketplace of independent comics creators, spotlighting local authors and illustrators whose work ranges from hand-crafted zines to published graphic novels. Admission is free and open to all ages.

BKCF's free-to-all programming includes hands-on workshops, where young comics-makers can get advice and guidance from professional comics-makers as well as opportunities to draw with our exhibitors and creators. The Fest always has a host of amazing headliners, as well, so stay tuned for more information as our comic creators are confirmed.

Learn more about the Fest on the BKCFest Website.

This program is sponsored, in part, by the Friends of the Ashland Public Library.

## Adult:

**HYBRID - Romance Book Club**

**Thursday, June 1 @ 6:30pm**

Read Science Fiction Romances

**The Garden of Words: A Writing Workshop @ the Ashland Library \*For Adults 18+**

**Friday, June 2 @ 10:30am**

**Friday, June 16 @ 10:30am**

**Fixit Clinic at the Ashland Public Library**

**Saturday, June 3 @ 1-3pm**

Bring in your broken item(s) and participate in troubleshooting and repair with help from our volunteer Fixit Coaches. Bring any parts and tools you already own that might be helpful. Come ready to describe what's wrong and what you've already tried. Don't toss it, fix it!

**Virtual: Author Led Horror Book Club Featuring Paul Tremblay!**

**Monday, June 5 @ 7pm**

Read any book by Paul and come ready to ask your questions, join the conversation, or just spectate. All are welcome.

**Virtual: A Trip To The Louvre In Paris**

**Tuesday, June 6 @ 10:30am**

Discover the history of the building, from the medieval castle of the early 13th century to the pyramid of the late 20th. Then, examine the ten greatest works of the Louvre: from antiquity to the French romantic painter, highlighting the wonderful women of the Louvre, including the Venus de Milo and the Mona Lisa.

**Virtual: Gender Equality & The Carter Administration with the Carter Presidential Library**

**Tuesday, June 6 @ 2pm**

Explore the state of Women's Rights issues in the 1970s, the Equal Rights Amendment of 1972, and the

Constitutional means the Carter administration embraced to address gender inequality.

**Essential Oils with Hannah Stein: Lavender**

**Tuesday, June 6 @ 6:30pm**

Lavender Oil can be used to clear the skin, treat bug bites, and even combat fungal infections. As well, it has many uses based on its gentle, pleasing scent. Join us to learn about these and other uses of this versatile essential oil.

**Virtual - "Queen Charlotte" Discussion: Season One**

**Tuesday, June 6 @ 7pm**

If you love the Bridgertons and need something to tide you over until Season Three comes out, join us for this discussion, set in the world of Bridgerton!

**Virtual - Environmental Book Club**

**Wednesday, June 7 @ 6:30pm**

Read "Things You Can Do: How to Fight Climate Change and Reduce Waste" by Eduardo Garcia.

**Virtual: Establishing A Herb Garden**

**Thursday, June 8 @ 12pm**

Herb gardening has been popular for centuries but herbs were not grown solely for culinary use, as we think of them primarily today. We will explore the world of herbs and take a look at a modern-day herb garden.

**Art for Adults with Nancy Atkinson**

**Thursday, June 8 @ 6:30pm**

Nancy will teach us drawing techniques with different mediums, papers, and ideas. We hope you can join us and up your artistry game.

**Virtual - Friday Night Film Discussion**

**Friday, June 9 @ 7pm**

Watch "Songs My Brothers Taught Me"

**Virtual: Trivia Night -- PRIDE Month**

**Friday, June 9 @ 7pm**

We will be celebrating PRIDE Month with questions involving LGBTQIA+ history and culture. Play solo or organize a team! For security purposes, participants' videos will be disabled, so no need to worry about having a working webcam to play. The ability to view slides on a screen is all you need for this fantastic trivia fun! Please note that trivia questions are geared towards adults in terms of difficulty.

**Cookbook Club**

**Saturday, June 10 @ 12pm**

Cook from "The Aleppo Cookbook: Celebrating the Legendary Cuisine of Syria" by Marlene Matar

**Virtual: The Trial of Lizzie Borden -- Whacks and Hacks**

**Saturday, June 10 @ 12pm**

The arrest of Lizzie Borden for the murder of her parents turned into international news and her murder trial into a spectacle unparalleled in American history. Reporters flocked to the scene. Well-known columnists took up conspicuous seats in the courtroom. The defendant was relentlessly scrutinized for signs of guilt or innocence. Was she a cold-blooded murderess or an unjustly persecuted lady?

**Card Making with Jan Poppendieck**

**Monday, June 12 @ 6:30pm**

Jan will teach embossing, die cutting, proper stamping, and use of equipment individually and group techniques of creating unique cards.

**Virtual: LGBTQ Terminology 101**

**Monday, June 12 @ 7pm**

Join Emily Lunardi for a program that is for anyone looking for clear

explanations of LGBTQIA+ lingo, presented in a personable and attainable way. Do you feel confused or overwhelmed by LGBTQIA+ terminology? Do you ever get worried you'll say the wrong word or pronoun? Then this workshop is for you!

**Virtual: The Adventures of Two Grannies on the Road**

**Tuesday, June 13 @ 10:30am**

Join "Grannies" Beth Sobloff and Marcia Rothwell as they share stories and reflect on their adventures touring all over the Commonwealth. Come hear their story about how they've re-invented themselves later in life, and are living their retirement years to the fullest!

**Virtual: Bert & Lou -- The Story of the Herbert Hoover Family with the Hoover Presidential Library**

**Tuesday, June 13 @ 2pm**

Learn about the life of the 31st President of the United States, Herbert Hoover, and his wife Lou Henry Hoover. Born in Iowa, the Hoovers would become world travelers and spend much of their lives in public service, helping provide food relief to millions of people around the world.

**Virtual - The Two Nerdy History Girls Ride Again!**

**Tuesday, June 13 @ 7pm**

We keep having so much fun with Loretta and Susan that we had to keep bringing them back for encore performances! We, once again, have Loretta and Susan here to answer all of our burning questions on historical research and publishing.

**Mystery Book Club**

**Wednesday, June 14**

Read "The Madness of Crowds" by Louise Penny

**Virtual: A Celebration of Massachusetts Libraries -- A History of Libraries In The Bay State**

**Wednesday, June 14 @ 7pm**

Massachusetts author and historian Alan Earls will present a slideshow and discussion of some of the important milestones, architectural gems, and key figures in this story as well as an overview of just how richly endowed we are with libraries of all kinds today.

**Great Decisions**

**Thursday, June 15 @ 6:30pm**

Discuss Economic Warfare

**Virtual - Nature Photography (Discussion Session) with Steve McGrath**

**Thursday, June 15 @ 7:30pm**

Do you love to view and discuss nature photos? Then join us for this virtual discussion of images you've taken during the month or to just spectate!

**Saturday Knit and Crochet Club and Workshop- Ripple Blankets**

\*For Ages 14+

**Saturday, June 17 @ 2pm**

Join us and learn how to crochet a fun and cozy ripple blanket! Just bring your own crochet hook or knitting needles and some yarn and we will supply the know-how.



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**LIBRARY**

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# Real Estate Corner

## Ashland Recent Home Sales

Date	Ashland	Amount
05/18/2023	15 Hickory Road	\$750,000
05/17/2023	52 Algonquin Trail	\$525,000
05/15/2023	60 E Bluff Road	\$540,900
05/12/2023	8 Sherborne Circle	\$725,000
05/10/2023	15 E Bluff Road	\$525,000
05/05/2023	15 Webster Road	\$455,000
05/04/2023	7 Braeburn Lane #9B	\$569,000
05/03/2023	2 Taggart Court	\$950,000
05/03/2023	64 Mountain Gate Road	\$450,000
05/01/2023	68 E Bluff Road	\$510,000
04/28/2023	121-123 E Union Street	\$850,000
04/28/2023	19 Old Connecticut Path	\$1.26 mil
04/27/2023	53 Haven Way	\$445,000
04/27/2023	54 E Bluff Road	\$458,000
04/27/2023	24 Oregon Road	\$629,500
04/27/2023	53 Haven Way	\$445,000
04/24/2023	43 Shadow Creek Lane	\$550,000
04/21/2023	135 Waverly St. (0.77 acres)	\$365,000
04/20/2023	78 Woodland Road	\$611,000
04/20/2023	187 Prospect Street	\$605,000
04/18/2023	81 Spyglass Hill Drive	500,000
04/12/2023	18 Cutler Drive	650,000



121-123 E Union Street in Ashland recently sold for \$850,000.

Source: [www.zillow.com](http://www.zillow.com) / Compiled by Local Town Pages



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LIBRARY

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**Virtual: A Trip To Scotland -- Finding the Underwater Gannet in the Shetland Islands**

Tuesday, June 20 @ 10:30am

Follow Ken Carlson's journey to the Shetland Islands in Scotland as he searched for a way to photograph the graceful Northern Gannet seabird diving underwater to fish. Not being a scuba diver made this a challenge, but Carlson finds a way after following up on a clue.

**Virtual: Interrogating Presidential Photos with the Ford Presidential Library**

Tuesday, June 20 @ 2pm

Since John F. Kennedy, most Presidents have had an official photographer, resulting in a wealth of primary source material. But what can Americans of all ages learn by taking a deeper look, past the subject matter and into the backgrounds and material culture represented in these photos, to learn more about how the lives of our leaders are presented?

**Bio/Memoir Book Club**

Wednesday, June 21 @ 11am

Read 'Dinners with Ruth' by Nina Totenberg

**Virtual: Explore Massachusetts -- Off The Beaten Path**

Tuesday, June 20 @ 7pm

Author Maria Olia will discuss her

brand new book, "Massachusetts Off the Beaten Path".

**Virtual - Paranormal Romance Authors Ilona Andrews and Nalini Singh in Conversation**

Wednesday, June 21 @ 5pm

We are so excited to be chatting with two titans of paranormal romance - wife and husband team Ilona & Gordon Andrews and Nalini Singh! We'll be chatting world building, character development, keeping the ideas fresh, and anything else we can think of.

**Half-Past Crafts: Needle Felted Cacti**

Wednesday, June 21 @ 6:30pm

This month we are learning how to needle felt and make cute cacti! This program is generously funded by a grant from the Ashland Cultural Council.

**Virtual: Ashland Adult Book Club**

Wednesday, June 21 @ 6:30pm

Read "The Edge of Summer" by Viola Shipman.

**Virtual: The Story of Route 1 in Maine, New Hampshire & Massachusetts**

Wednesday, June 21 @ 7pm

Author Susan Mara Bregman will give a presentation based on her new book, Along Route 1: Maine, New Hampshire, and Massachusetts".

**Paint Night with Ashwini Chitnavis**

Thursday, June 22 @ 6pm

We're excited to bring Paint Night to Ashland! We welcome Ashwini Chitnavis to host this session where you learn to paint on canvas. No art ex-

perience necessary, just an open mind and a can-do attitude. This program is generously funded by a grant from the Ashland Cultural Council.

**Virtual - The Big Dig with Author David Kruh**

Friday, June 23 @ 1pm

In this illustrated slide show talk David, a former Big Dig spokesperson, will show how Boston has changed over the past 400 years, from the reduction of Beacon Hill, through the filling in of the Back Bay, ending with the country's most expensive construction job - the Big Dig.

**Virtual: Over The Rainbow -- The Hollywood Career of Judy Garland**

Friday, June 23 @ 2pm

This talk will examine Judy's remarkable Hollywood career, which began in her young teens at MGM and continued with such timeless classics as "The Wizard of Oz," "Meet Me in St. Louis," "Easter Parade," and her stirring comeback in 1954's "A Star is Born."

**Virtual - Friday Night Film Discussion**

Friday, June 23 @ 7pm

Watch "Columbus"

**Another Mini Horror Book Festival @ The Ashland Library!**

Saturday, June 24 @ 12:20-3:30pm

We welcome horror authors Victoria Dalpe, Gretchen Felker-Martin, Bracken MacLeod, and Tom Rimer to Ashland for our 2nd Mini Horror Fest! The day will include a panel discus-

sion, small group conversations, and a book sale/signing. So, grab your horror lovin' friends (because it's no fun to be so scared on your own :), and come on down to the Ashland library!

**Virtual: Out Of The Archives - A Look Back At The Marshall Plan with the Truman Presidential Library**

Tuesday, June 27 @ 2pm

Two years after V-E Day, Europe lay in ruins, with its economies devastated and its people facing famine. In a commencement address at Harvard University, Secretary George Marshall called for American assistance in restoring the economic infrastructure of Europe. Western Europe responded favorably, and the Truman administration called for legislation. The resulting massive aid package - the biggest of its kind and named for Marshall - provided more than \$13 billion in funding for housing, infrastructure and industry. The story of Europe's post-WWII recovery is often told with numbers.

**Virtual: Author Alex Myers to Speak on Revolutionary Heroine Deborah Sampson and Gender Identity**

Tuesday, June 27 @ 7pm

In 1782, Deborah Sampson ran away from home and disguised herself as a man in order to serve in the Continental Army during the Revolutionary War. More than 200 years later, Sampson's ancestor, author Alex Myers, was so inspired by her story that he wrote "Revolutionary", a fictionalized novel based on the true story of Sampson's 17 months as a soldier.

**HYBRID - Red Sox Nation with Boston Globe Sports Writer Chad Finn \*For All Ages**

Wednesday, June 28 @ 6:30pm

Chad will discuss his book "The Boston Globe Story of the Red Sox: : More Than a Century of Championships, Challenges, and Characters". Baseball fans of all ages are welcome to join us in-person or online for a conversation about the Sox, the sport, the stories, and the future of baseball in Boston. Hope you can join us! Play Ball!

**Virtual - Author T.R. Johnson discusses "New Orleans: A Writer's City"**

Thursday, June 29 @ 7pm

Join us for this conversation with author & professor at Tulane University, T.R. Johnson as he discusses his book "New Orleans: A Writer's City" which unfolds a book-lover's map of this unique city, inviting us to experience what it means to live in a great city of literature.

**Adult Recurring:**

**Knit and Crochet Club**

Saturdays at 2pm

Mondays @ 6pm - Beginning ELL Conversation Circles

Thursdays @ 2pm

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