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August 2023

Ashland Resident Neal Gerber Riding In The PMC

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Seventeen plus years ago, Ashland's Neal Gerber was introduced to the Pan Mass Challenge when a friend of his approached him to ride with him after losing his sister to brain cancer.

The Ashland native originally thought that there was no way that he could possibly ride the two-day 192-mile event. However, he eventually gave in and decided to give it a try and has been doing it since.

"After participating in that first ride, I've become addicted," Gerber said. "I was riding with

Team ZipCar back then and when one of our leaders came down with cancer and passed away it gave me even more incentive."

Over the years Team ZipCar became Team BMW and now Polar Beverages is looking to pick up the team.

Over the first 13 years, Gerber took part in riding the full two-day 192-miles along with his teammates, but then Covid hit and put a stall on the event. For the next two years the PMC was reimagined and when it finally got back to being the original ride to the Cape, Gerber decided to only ride one day from Wellesley to Bourne.



With the majority of the team residing in the Cohasset area, Gerber and two other riders are miles away, which makes it rather tough to train. The Ashland resident also noted that the team is also much younger than his age of 73.

"That first year was really hard for me, the first 40 miles have a lot of hills and people think that it's much easier once you get to the Cape, but there are a lot of hills there too," he said. "Although it is tough, once you start riding through the towns and see all the people thanking you, it makes you feel important."



PMC

continued on page 4

MusicFest Returns With Concert Classics

BY PATRICIA ROY

The Stone Park Music Festival returns on Sept. 9, at 3:30 p.m.

CONCERT
continued on page 3

2023
Boston Metrowest
Stone Park Music Festival



Piano Competition - 1:30PM
Final Round and Award Ceremony
Concert Series - 3:30PM

September 9, 2023
Stone Park: 73 Summer St. Ashland, MA

 Andrus Madsen harpisichord	 Susanna Ogata violin	 Constantine Finehouse piano	 Grace Soonjoo Moon piano	 Robert Patterson clarinet
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A. Vivaldi | H. Biber | F. Chopin | J. Brahms | W.A. Mozart | G.S. Moon
Director: Grace Soonjoo Moon

For more information, visit:
www.stonemusicfestival.com
Sponsored by: the Town of Ashland BAA Grant, Centre Music House, Falcetti Pianos, and Scherneck Property Services





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CONCERT*continued from page 1*

with a program of classical music featuring superb professional musicians from the metropolitan Boston area who are also recognized nationally.

Pianist and festival founder Grace Soonjoo Moon was eager to serve communities in the area through music, starting up the free-admission festival just last year.

“As a musician, I have seen how music touches people’s hearts and improves their lives in various aspects. I hope people can become happy and heal through the SPMF,” Moon said.

She described the outdoor festival’s early days as “baby steps,” but expressed the hope that it will continue to grow “just like the Central Park music festival in New York and contribute to enriching the culture of the Boston Metrowest area.”

Moon herself will open the concert with Sonata no. 1 from Water Music featuring move-

ments, Water Dance in e flat minor, Winter Storm Rain Drops in a minor, and Tranquil Waves in G Major.

She will also accompany clarinetist Robert Patterson in performing Mozart’s Clarinet Concerto in A Major, K. 622.

Patterson is Assistant Professor of Clarinet at Boston University’s School of Music, founder of the online program The Clarinet Sessions and Acting Principal Clarinet of the Modesto Symphony Orchestra. He is also on the faculty for the Curtis Institute of Music’s Mentor Network and a coach with the Boston Youth Symphony Orchestra. He has been a guest instructor at the Curtis Institute and at Rice University’s Shepherd School of Music. Additionally, he has performed with the Baltimore and Louisville Orchestras and played internationally in North and South America, Europe and Asia.

In the second portion of the program, pianist Constantine Finehouse will present two works by Johannes Brahms – Acht Klavierstücke, Op. 76 (Capriccio in F

sharp minor and Capriccio in C sharp minor) and Sechs Klavierstücke, Op. 118.

Finehouse has performed extensively in the United States and abroad, including Salzburg, Trieste, London, Ghent, Moscow, St. Petersburg and Odessa. His 2009 solo release, “Backwards Glance,” interweaves works by Brahms and Richard Beaudoin. “The Bolcom Project”, a collaborative work yielded a CD along with a national tour with concerts in Boston, New York, Denver, Santa Barbara, Spokane and at Yale University.

During recent concert seasons Finehouse has performed at the Mozarteum (Salzburg), Miaskovsky Hall (Moscow Conservatory), Merkin Recital Hall, Weill Recital Hall (Carnegie Hall) and Jordan Hall (Boston), as well as at Harvard, Yale, and Emory universities, and St. Vincent’s and Elmira colleges, among others. With degrees from Juilliard and Yale, Finehouse teaches at New England Conservatory, and serves as Visiting Artist/Faculty at Westmont College, CA.

Susanna Ogata on violin and Andrus Madsen on harpsichord will play Sonata Representativa by Heinrich I.F. Biber in the third portion of the program. This Baroque period piece will delight youngsters with its sections that imitate a nightingale, cuckoo, frog, cock and hen, quail and a cat, followed by the Musketeer’s March and finale.

The pair will also present Sonata no. 3 in d minor, Op. 3 by composer Antonio Vivaldi.

Ogata has appeared as chamber musician and soloist with the Handel and Haydn Society, where she serves as Assistant Concertmaster, as well as with the Bach Ensemble, Sarasa, Boston Early Music Festival, Newton Baroque, Ashmont Bach Project, and Upper Valley Baroque. Solo appearances for this season include performances of Beethoven’s Violin Concerto with the Connecticut Early Music Festival and the Reading Symphony Or-

chestra and baroque concertos with the Ashmont Bach Project and Upper Valley Baroque.

Madsen is an active performer on the organ, harpsichord clavichord and fortepiano. He resides in Wayland, and is the Minister of Music at Second Church in Newton. He is the founding director of Newton Baroque and also plays with Exsultemus. He spearheaded a project combining the forces of Newton Baroque and Exsultemus to perform the entire Harmonischer Gottesdienst cantata cycle of Georg Phillip Telemann during the year of 2011.

Madsen is also known for his eloquent Baroque style improvisation.

The Stone Park Music Festival is sponsored by the Town of Ashland BAA grant, Centre Music House, Falcetti Pianos and Scherneck Property Services.

Warren School Students Learn Process of Publishing

The K-2 students at Warren School in Ashland have been finding out firsthand what a writer experiences when their writing goes from first draft to final copy. Given the opportunity to publish their essay, our young authors have experienced what responsibilities authors take when ready to share their writing with an audience.

Writing instruction takes place daily in every classroom at Warren School. Students write about what they know and care about and complete many instructional units in various writing genres, ranging from poetry to nonfiction report writing. The children are taught grade-appropriate writing rules, check their work to ensure it makes sense, and are inspired to write with an eye on detail and description.

This school year, a pilot volunteer program providing teacher support to students during “Writers’ Workshop” was introduced to encourage student publication.

The program was organized by Donna Shaw, a retired Literacy Curriculum Specialist who has worked with teachers to provide publication conferences for their

students. This experience taught students how to reread their work with a reading audience in mind, thinking about what more their readers would want to know and providing a real reason to check for capital letters, punctuation, and spelling. Students began to edit and revise their work and found benefits from collaborating and peer conferencing.

When students of any age feel their writing is ready for publication, they now have a heightened awareness of how people will read their work, so there is a sense of ownership and pride that goes into the writing process. Furthermore, they are building good writing habits and confidence in the writing process. Student publication was realized when a class anthology of student writing was printed, bound, and presented to students.

As this program expands for the next school year, volunteers are needed to help with student conferencing and typing of student work. We are exploring other ways to publish student work. We give special thanks to our Ashland News Staff for sharing a sample of the Warren School student

work. For more information, contact Warren School Principal Peter Regan (pregan@ashland.k12.ma.us).

Doggy, Doggy, Woof, Woof

BY ETHAN
GRADE 2. MRS. CLIFFORD

It was a cold Christmas night. I wanted a dog. A newborn little guy dog. I could see his fur in the fade of my eye.

My family and I put a tray of cookies out for Santa.

I shut my eyes and thought, “Santa Claus is coming.”

I heard a ding from the living room. He is here! I tried to sleep, but all I could do was close my eyes.

On Christmas Day, I woke up everyone and went downstairs. Stomp, Stomp, Stomp!

I saw it! A present with no name on it. I opened it, and a picture frame popped out; I saw a cute and noble dog in the frame. A note said that I would have him in a few weeks.

“How does that work,” I thought.

PUBLISHING
continued on page 4

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Gerber use to think of himself as someone who was in good shape, but to take part in the PMC was something totally different and somewhat difficult at the beginning. It took the Ashland resident a few years of training for the event before he found it getting easier, but he says it was all worth it.

“While you’re riding, you start to think of all the family members and friends that you have lost to cancer (Gerber has lost a brother-in-law, his wife’s sister, her son and now her daughter who is battling cancer),”

Gerber said, “As I’m riding I’m focusing on those individuals (this year he will have those deceased family members and a friend, who was also a co-rider photos on the back of his jersey as he treks along the PMC route), and it gets me through. The PMC is a well-organized ride and an amazing event that raises so much money to help those in need.”

Gerber also added that the volunteers are also a very important aspect of the entire weekend,

and they are the ones that make the PMC what it is today.

In addition to all the family members who have been afflicted with cancer, Gerber has a good friend who is going through some hard times and although Dana Farber is doing all that they can, he is suffering terribly, and the Ashland rider thinks about him all the time.

Gerber’s wife continually asks her husband why he keeps taking part in the ride, especially at his age.

“I’ve got to do it. I’ve cut down from the two-day ride to only riding one day and people are still donating because it is a very good cause,” he said. “There are so many types of cancer, and it just doesn’t go away like the common cold after a few days. We must never stop pedaling, there are way too many lives that are still battling this deadly disease.”

At 73 years young Gerber has no plans of giving up the ride anytime soon. In fact, he said he knows that he definitely wants to do at least another 7 years as he enters his 80s.

“No one knows what tomorrow will bring, but at least for now I have the opportunity to take it one year at a time and try to help all that I can,” Gerber said.

PUBLISHING

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The Disney Cruise

BY AVERY
GRADE ONE MS. ELBAUM

Ariel and Flounder are going on a Disney Cruise. The Disney Cruise was very bumpy because the waves were high.

Ariel fell off the ship. Then a sea monster grabbed her and brought her to a cave.

All of a sudden, Ariel noticed she had turned into a mermaid. The sea monster took away her voice. Then she gave her a very magical potion.

Next, Flounder found Ariel alone in the ocean. When Ariel saw her tail, she was very scared. He helped her get back onto the ship. She was saved, but she was still a mermaid.

After a while, the potion was gone, and Ariel was back to normal.

A Warm Spring Day

BY WESLEY
GRADE 2 MRS. CLIFFORD

The sun is shining,
The flowers are in bloom.
Fields of dandelions and
Grass being blown by the wind.

Pools will soon open,

Trees are getting their leaves.
Rainbows in the skies
Telling us it is getting warmer.

All About Poland

BY LANDON
GRADE 2 MRS. CLIFFORD

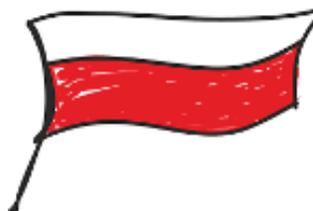


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1. Introduction
 2. The Food
 3. The Capital
 4. Language
 5. Famous Places to Visit
- Conclusion

Introduction

Do you like Europe, hot summers, and white eagles? Then you would like Poland!

The people speak Polish. More than thirty-eight million people live in Poland.

The Food

People in Poland like to eat dumplings and beet soup. The dumplings are stuffed with meat and cheese. They are called pierogies (pi-rogee).

The Capital

The Capital of Poland, is Warsaw. It is a colorful mix of old and new buildings. Almost two million people live there.

Famous Places to Visit

A cool place to visit is Malbark Castle. It was built in 1400. It is the highest castle in the world.

All About Argentina

BY WILLIAM
GRADE 2 MS. FARRELL

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1. Introduction
2. The History of War
3. The Flag
4. The Food
5. Conclusion



Introduction

Argentina is a beautiful rocky land from the high Andes to the low Atlantic forest. In this book, you will learn all about Argentina. Have fun!

The History of War

Argentina had a lot of wars in the nineteenth century. Many people died in the war. Now Argentina is a beautiful quiet land.

The Flag

Argentina’s flag has two blue lines and a white line in the middle with a picture of the sun. The flag is very important because it represents Argentina.

PUBLISHING
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localtownpages

Published Monthly
Mailed FREE to the
Community of Ashland
Circulation: 7,884
households & businesses

Publisher

Chuck Tashjian

Editorial

Susan Manning

Send Editorial to:

editor@ashlandtownnews.com

Advertising Sales

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508-954-8148
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Creative Design & Layout

Michelle McSherry
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Ad deadline is the
15th of each month.

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Ashland Family & Implant Dentistry Pairs Comfort and Excellence

BY CHRISTIE VOGT
CONTRIBUTING WRITER

“I fell in love with dentistry because dentistry is an art and science,” Dr. Ali Almaawi shares. “When you combine art and science together, you get medicine.” Almaawi, the owner of Ashland Family & Implant Dentistry on 37 Main Street, speaks with passion about his craft and his team, noting that their shared goal is to “provide the finest quality dentistry possible in the most comfortable, caring environment.”

After years of practicing as an associate and gaining extensive clinical knowledge, Almaawi felt ready to set off on his own. “There’s a side of me that really likes to grow things and bring ideas to fruition, and I felt that owning a business would allow me to do that. I’ve been able to create a vision and grow the practice with my team.”

Ashland Family & Implant Dentistry, which Almaawi acquired in 2021, offers more than 30 services, including dental cleaning, whitening, implants, veneers, dentures, sealants, Invisalign, bite guards, bonding, root canals, tooth extractions, crowns, bridges and more.

The practice places a strong emphasis on continuing educa-

tion, Almaawi says, to ensure the team stays up-to-date on new techniques and the latest developments in the field.

The office’s use of advanced technology and equipment is one of the things that sets it apart, Almaawi adds. Such tools include the CEREC machine (same-day crowns), CBCT (3D imaging for computer-guided implants), digital panoramic radiographs, diagnostic photographs, digital radiography and ZOOM! teeth whitening. The CEREC machine, for example, “allows us to create crowns and bridges at the office, so there’s no second visit needed for the patient,” Almaawi explains.

In addition to its cutting-edge technology, Almaawi says his staff is key to providing an exceptional and comfortable experience for patients. “Our office has a great reputation because of our entire staff, not just my work,” he says. “What we have here is true teamwork; from our front desk team to our dental assistants, we work as one team focusing on one patient at a time.”

“Coming to the dentist can be challenging,” Almaawi acknowledges. “It could be the cost, it could be fear, it could be because of a previous experience a patient



has had, but a lot has changed in dentistry in recent years,” Almaawi explains. He says new techniques have “nearly eliminated” the pain of many dental procedures.

As for the cost of dental care, Almaawi says the team “works to find ways to take care of patients without breaking the bank” by exploring payment plans and working within patients’ budgets to make treatments as affordable as possible. He also notes that regular, twice-yearly visits are a way to save money because proactively maintaining oral health is more cost-efficient than remedying unattended dental issues.

Referring to the artistic side of dentistry, Almaawi says: “When a



Dr. Ali Almaawi is the owner of Ashland Family & Implant Dentistry.

patient comes to me for a smile makeover, I have to have a vision of the end result. In this profession, you have to have an artistic capability.” He recalls one patient, a college professor, whose teeth positioning was affecting her pronunciation and confidence — and hence her job performance as a lecturer.

“She came to us and said, ‘I need to get my smile and pronunciation back,’ and over the course of eight months, we were able to get her where she wanted,” Almaawi shares. “At her final

appointment, she sat in the chair crying and gave hugs to everybody in the office because of how happy she was with the results.”

Almaawi says that “at the end of the day, that’s what makes us happy — changing and improving lives. It’s life-changing work we do here.”

To make an appointment at Ashland Family & Implant Dentistry, call 508-881-7700 or visit familydentistryinc.com.

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Beginning to Plan for Ashland’s Future

Hello from the Comprehensive Plan Steering Committee! We are excited to start working on our



community-wide master plan, which will create a roadmap for our town’s planning and decisions for the next 20 years. This Steering Committee (which will guide the project for the next 2 years) 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.

Meet our Committee Members...

- Nathan Band, Zoning Board of Appeals
- Ed Burman, Board of Health
- Mike Cairra, School Committee
- Lisa Churchill, Precinct 6
- Karen Coleman, Historical Commission
- David Evancho, Precinct 3
- Alan Galiwango, Affordable Housing Trust

- Rajashree Ghosh, Precinct 5
- Claire Goss, Library Trustee
- Yolanda Greaves, Select Board
- Stacey Grant Lewis, Cultural Council
- Carl Hakansson, Conservation Commission
- Michael Herbert, Town Manager
- Cara Hulme, Town Forest Committee
- Catherine Jurczyk, Planning Board
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- Tony Lewis, Upper Charles Committee
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- Hasini Reddy, High School Representative
- Beth Reynolds, Economic Development Advisory Committee
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PUBLISHING*continued from page 4***Summer**BY ELLE
GRADE 2 MRS. CLIFFORD

Summer is when

Flowers bloom in beautiful colors,
The sun is as bright as its ever
been.The air is as thick as the thick
ocean in summer.The birds are chirping,
Singing in happy conversation.The tree's leaves are like rainbows,
Dancing in the sky.The sky is as blue as the bluest sky
ever.The grass is beautiful, swaying
from left to right.

Oh, Nature, you are so beautiful.

**An Adventure to the
Aquarium**BY SHANAAYA
GRADE ONE MS. ELBAUMOne summer day, Kate, Bella,
and Rose wanted to go to the Bos-
ton Aquarium. Kate is forty-nine,
Rose is ten, and Bella is eight.Kate drove to the aquarium.
When they got there, they went
inside.At the aquarium, they saw
crabs. Kate and Rose went off
to see the penguins. Kate stayed
back to watch the crabs.Bella looked back and noticed
that Kate and Rose were not
there. Bella cried. Kate saw her
best friend and asked her if she
saw Bella."Yes," she said. "She's watch-
ing the crabs."Kate and Rose went over to
the crabs. Bella was there. Kate
and Rose were happy.Fred worked at the juice stand,
and Bob worked at the lemonade
stand.Now they have enough to rent
the rocket ship. They were off to
Mars! They were so happy. They
both got a house there. They
went to the movies and got a
Bugatti. They rented a hotel for
one million dollars and made an-
other lemonade stand. They now
own Amazon.**At the Park**BY ADA
GRADE ONE MS. ELBAUMOne day Lily and Bob went to
the park to play fetch. Lily threw
the ball too far. Bob looked sad.Lilly said, "We will find the red
ball."They found something red,
but it was not Bob's red ball. It
was a red balloon. Bob looked
sad again.Lilly saw red apples and said,
"Bob, look at the red apples."Bob rushed over to the apple
tree."BOB! Wait!" said Lilly.
"Where are you going?"Bob stopped at the apple tree.
Lilly said, "Why did you do
that?"Bob sniffed and sniffed and
sniffed."Do you smell anything,
Bob?" said Lilly.Bob barked and sniffed. Lilly
looked around the apple tree.
Then, Lilly saw a basket.

"Let's have a snack," Lilly said.

Lilly saw that Bob was about
to eat his red ball.

"STOP!" said Lilly.

Bob stopped and looked down.
He saw his ball and was so happy!**Nature**BY MAX
GRADE 2 MRS. CLIFFORDSoft air,
Blooming flowers,
Beautiful bird feeders,
Hot weather, green grass
All around.Rocks on the ground,
Broken sticks,
Dirty baseball fields,
Waiting to be cleared.Birds chirping,
Kidds playing,
Thick blue skies,
Nature is amazing.**Spring**

BY ETHAN

Splashing in the water.
Perfect day to play in the backyard,
Refreshing lemonade.
I like Spring.
Nice weather for a swim.
Green grass grows.**It's Spring**BY LOGAN
GRADE 2 MRS. CLIFFORDBeautiful butter dandelions,
Wet fluffy grass,
Beautiful baby blue sky,
It's Spring!
The rough tree bark looking
like lily pads,
Beautiful birds chirping,
Hard sandy dirt beneath your
feet.It's Spring!
Hot air burning your skin,
The beautiful hot, bright sun,
White fluffy clouds swishing in
the wind.

It's Spring!

Bob and Fred Went to MarsBY LOGAN
GRADE 2 MRS. CLIFFORDBob and Fred heard that there
was a new planet that humans
could live on. They wanted to go.They went to NASA head-
quarters. They were told that the
rental of the spaceship was thirty
thousand dollars. Bob and Fred
only had twenty thousand dol-
lars. They went home and began
to think so much!They had an idea to make a
lemonade stand. The lemonade
was one dollar, soda was one
dollar and twenty-five cents, and
water was one dollar.They also made a juice stand.
Apple juice was a dollar, orange
juice was a dollar, cranberry juice
was one-dollar, grape juice was
one dollar and twenty-five cents,
and tomato juice was fifty cents.It went on for one hundred
days. They made so much money.
They made ten thousand dollars.

Saint Bridget School Early Childhood Program Gets \$100K Refresh Ahead of School Year

The staff and administration at Saint Bridget School in Framingham are busy getting ready for the 2023-2024 school year. Courtesy of a \$100,000 grant from the Lynch Foundation, its Early Childhood Program – which offers Preschool and Pre-Kindergarten for students starting as early as age 2.9 years – is getting significant updates to its curriculum, classrooms and teacher support and development.

The Lynch Foundation's Early Education Initiative is a comprehensive strategy to support the launch and redesign of early childhood programs across the Archdiocese of Boston Catholic Schools. This unique initiative has leveraged \$3.6 million to date in private philanthropic investment toward the establishment of new high-quality early childhood classrooms and the redesign of existing early childhood classrooms.

As part of the grant, the Saint Bridget School Early Childhood Program will benefit from new classroom design, furniture and materials; refreshed, high-quality curricula; and professional development for teachers through the Summer Learning Institute for Teachers and monthly coaching and mentoring offerings.

"The Early Childhood team at Saint Bridget School is excited to become a part of the Lynch Foundation's Early Education Initiative," said Director of Early Ed, Lauren Nazzaro. "We strongly believe in the importance that early childhood education plays in setting the foundation for all learning. We are excited to have a partner that shares our beliefs in providing quality educational experiences to our youngest scholars."

Saint Bridget School School has a six-decade legacy of providing high quality Catholic education to MetroWest families. Serving students ages 2.9 through Grade 8, the school is currently enrolling for the 2023-2024 school year. Prospective families are encouraged to reach out to Ms. Amanda Popp, Vice Principal for Admissions, to schedule a tour of the school. An Open House will be scheduled at the end of August 2023. Learn more at www.sbsframingham.org or by calling 508-875-0181.



Retirees: Talk finances with your grown children



Mark Freeman

FINANCIAL FOCUS

When you're retired, you'll likely have some financial concerns — just like all retirees. However, if you've invested regularly and followed a long-term financial strategy, you should be able to address most issues that come your way. But there's one important action that's sometimes overlooked by retirees: sharing their financial situation with their grown children. And

this knowledge can benefit everyone in your family.

You might be surprised by the concern your children have for your financial well-being. Consider these findings from a 2023 study by Age Wave and Edward Jones:

- 66% of millennials (generally defined as ranging from 27 to 42) worry that their parents or in-laws may not have enough money to live comfortably in retirement.
- 83% of millennials would rather know their parents are financially secure in their retirement, even if it means their parents pass on less money to them.

If you have children in this age range or older, or who soon will be, how can you address their concerns and potentially improve your financial outlook? Communication is the key. By openly communicating with your family about your financial status, you can reduce anxieties

and misperceptions. If you're in good financial shape, your adult children may be reassured that you won't be needing their assistance. And if you are feeling some financial pressures, you can inform your children of the steps you are taking to improve your situation.

One such step may be to reduce your cost of living — the less you spend day to day, the better your ability to preserve your investment and retirement accounts. You may be able to reduce costs in many small ways, such as ending streaming services you no longer use, but you could make an even bigger impact by downsizing your living arrangements. In fact, 72% of today's retirees have downsized or are willing to downsize to reduce their housing costs, according to the Age Wave/Edward Jones survey. Downsizing isn't for everyone, but if it's a possibility for you, it may be worth considering because the savings could be significant.

You may also be able to reduce or consolidate your debts. Start by understanding how much and what kinds of debt you have. Then, consider ways to lower your payments, such as refinancing. For example, if you're carrying a balance on multiple credit cards, you might be able to transfer the amounts you owe onto a single card with a more favorable interest rate.

Here's another move to consider: Adjust your investment mix to possibly provide you with more income in retirement. During your working years, you may have invested primarily for growth — after all, you could be retired for two or more decades, so you'll need to draw on as many financial assets as possible. But once you're retired, your investment focus may need to shift somewhat toward income-producing opportunities. Keep in mind, though, that you'll still need some growth potential to help keep ahead of inflation.

One final suggestion: Let your children know if you already have a strategy in place to meet the potentially high costs of long-term care, such as a nursing home stay. This burden is certainly something you won't want your children to take on.

By informing your children about your financial picture, and how you're trying to improve it, you can ease everyone's minds — so keep the lines of communication open.

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
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PUBLISHING

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The Park

By NICO
GRADE 2 MRS. CLIFFORD

Mike, Jill, and Casey are at the park playground. They heard a noise in the woods. They froze with fear.

Mike went into the woods. He saw a wolf. He told his friends to run for their lives.

Casey jumped on her bike. She went home because she was safe there. The others joined her. They hid in the basement.

The wolf was outside in their backyard looking for food. The wolf found a rabbit to eat.

They looked outside and saw the wolf eat the rabbit. They felt sad for the rabbit, and the wolf went back into the dark wood.

All About Isreal

By Laila Renee
Grade 2 Ms. Farrell



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1. Introduction
2. The People
3. The Flag
4. The Clothing
5. Conclusion
6. Speaking Hebrew

Introduction

So, you want to be a world traveler? Israel is the place to start. It is so much fun. Israel is a very young country, only founded in 1948.

Let's see what we can learn about Isreal. I think you are going to like it. I hope you do.

The People

Isreal's population is a complex blend of cultures. A famous face in Israel is Gal Gadoat. She's famous because she was the winner of Miss Isreal in 2004 and an action star who played Wonder Woman in the DC Superhero movies.

The Flag

The flag of Isreal was adopted on October 28, 1948. The flag has a blue Star of David on a white background between two blue stripes. White and blue are the Jewish colors.

The Clothing

Israeli's clothing reflects the country's blend of cultures. Or-



thodox Jews dress in black pants and buttoned-up shirts.

Muslim women wear headscarves.

Conclusion

Jews in Isreal love to celebrate Jewish holidays. I hope you celebrate holidays in your culture. Like Christmas and New Year's Eve. Don't forget that holidays are about family, not presents.

All About Panama

By MEERA
GRADE 2 - MS. FARRELL



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The b.LUXE *beauty beat*

End of Summer Facial - Why you need it!

BY GINA WOELFEL

Did you know that your skin cells regenerate every month? Cell turnover is the continuous process of shedding dead skin cells and subsequently replacing them with younger ones.

On average, we naturally shed our older skin cells every 28-40 days. New cells are “born” in the deepest layer of the epidermis and gradually make their way to the surface of the skin. By the time these new cells emerge, the outermost layer of cells have turned rough, dry, and flaky. These are what we often refer to as “dead” skin cells.

An uninterrupted assembly line of ascending skin cells is key for achieving a healthy complexion. Cell renewal firms skin and rids the face of fine lines and wrinkles. When this regenerative process is hindered in any way, you get buildup, and just like a

traffic jam, clogging and congestion set in. This type of stagnation can't simply be washed away and oftentimes leads to issues like acne, hyperpigmentation, milia, and dry, uneven texture (aka - wrinkles.)

Now, if you're wondering how your favorite sunny season plays a part in premature aging, here's the skinny; harmful UV rays, heat and humidity create the perfect condition for bacteria to take up residence in your pores and when bacteria's trapped under a tough layer of dry, damaged skin cells, irritation and breakouts develop.

An end-of-summer facial jump starts the cell-renewal process by removing spent skin cells, decongesting pores, brightening tone and eliminating stubborn buildup on the surface of the skin, clearing the way for your targeted skin care products to do what they do best!

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WHY AN END-OF-SUMMER-FACIAL IS JUST WHAT YOU NEED

DEEP CLEANS

Although we like to think our daily cleaners reach the depths of our pores, the truth is, they can only go so deep. A targeted, clarifying facial deeply exfoliates and helps eliminate the stubborn buildup that an everyday cleanser can miss. To elevate your facial experience, try adding a dermaplaning treatment for the deepest level of exfoliation. Using a specialized, surgical blade, dermaplaning carefully scrapes away the top layer of dry, dead skin cells, freeing the face of debris and (BONUS) fine vellus hair (aka peach fuzz.) Skin is left remarkably smooth without harsh chemicals, excessive downtime, or pain. Paired with a customized peel, these services pack the one-two punch to revitalize fatigued, summer skin.

CIRCULATION BOOST

Facials help to circulate blood flow under the skin's surface, stimulating our lymphatic drainage system to decrease puffiness and fluid buildup in the face. Good circulation brings oxygen,



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proteins and nutrition to the skin, while ridding it of harmful toxins.

ANTI-AGING

As we mentioned before, facials aid in cell turnover and cell turnover stimulates collagen production. Collagen, the primary building block of your body's skin, muscles, bones, and connective tissue, is naturally produced, but unfortunately starts to decline at about age 25. It plays a key role in strengthening skin, as well as preserving its elasticity and hydration. Facials and clarifying treatments like dermaplaning and chemical peels boost cell turnover and step-up your body's collagen production. The result is smoother, softer skin with fewer fine lines and wrinkles. For an even bigger beauty boost, incorporate foods that contain vitamin C and antioxidants in your diet, avoid smoking, limit caffeine, and protect your skin from the harmful rays of the sun with a high-quality, non-comedogenic SPF.

RELAXATION

Getting a facial is not only relaxing to the face, but also the mind. Facials allow you to focus on your breathing and regain your confidence with a healthy,

glowing complexion. We all know that taking care of your skin is important, but taking a little downtime for yourself is just as important and an essential part of finding your balance.

As we transition from summer to fall, remember, your skincare routine should adapt, as well.

b.LUXE Hair and Makeup Studio is now offering a specially priced, end-of-summer facial for the months of August and September.

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Includes dermaplaning, light steam, T-Zone extractions, brightening peel, hand, arm and neck massage and a soothing mask.

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Police Officer Swearing In

Earlier this summer, Officer Patricia Vosikas proudly joined the Ashland Police Department after recently graduating from the Cambridge/Northeastern Police Academy. Surrounded by her family, friends and fellow officers,

Officer Vosikas took the oath of office, symbolizing her dedication to upholding law and order. Officer Vosikas most recently worked in the mental health field, an area of expertise that is critical in today's world of law enforcement. I

am confident that Officer Vosikas will have an outstanding career here. Please join the town in welcoming her to the Ashland Police Department.

Greenleaf Landscaping – The One Stop Shop For All Your Outdoor Needs

BY LINDA CHUSS
CONTRIBUTING WRITER

“We work with clients to create a customized outdoor living space that fits their lifestyle so they can enjoy quality time with family and friends,” said Chris Hopkins, co-founder of Greenleaf Landscaping. A lifelong MetroWest resident, Hopkins brings his 30 years of experience in the industry to Greenleaf. He started as a boy, gardening alongside his mother in his hometown of Wayland. One of his first jobs was for a friend mowing lawns and spreading mulch. Hopkins eventually started his own business when he bought a truck for plowing and went door to door to sign on 28 clients the first year. Realizing how much he enjoyed working outdoors, he stuck with the career and over time, hired employees, took on a partner, expanded into other facets, and built a successful business.

After his first partner moved on, Hopkins teamed up with Roger Martin to form Greenleaf Landscaping. Hopkins and Martin had first known each other as friends. They share similar interests and values when it comes to business. Roger was working on a home renovation project when he asked Chris to bid on a masonry



Chris Hopkins and Roger Martin recently partnered up to form Greenleaf Landscaping, bringing their combined 60 years of experience in landscaping, hardscaping, and construction

project and a business relationship was formed. In the spring of 2023, they founded Greenleaf.

Greenleaf offers a broad range of services, from lawn mowing, property maintenance, irrigation, tree work, plant preservation, to snow removal. The company sets itself apart by also performing hardscaping – paver pool decks, stone walls, patios, and walkways. They also build and expand decks and install pergolas and accent lighting – things that really beautify a yard and welcome people to spend time with friends and family. “People have been saying they

don’t need to go away to relax or have a good time when they have a nice pool or deck in their backyard,” said Hopkins. “So instead of going on vacations, people are investing in improving their outdoor living space. It’s been a more recent trend.

“Roger’s background in construction is especially helpful with the building aspects of the work and with coordinating the projects from conception to completion. It’s great having a partner to bounce ideas off of and make decisions with.”

Because Greenleaf is a full-service provider for outdoor living

spaces, clients don’t have to worry about all the things that need to be coordinated. “For example,” said Hopkins, “before installing the pool deck, outdoor kitchen, or pool house, we start with all the work that can’t be seen such as drainage, electrical, and plumbing. As another example, people will focus on selecting pavers or natural stone they like but we also make sure they have the appropriate base material so the final product lasts for years to come.

“Even for the basic maintenance, having expertise that comes from years in the business

provides a real benefit. We make sure their irrigation is adjusted properly for the time of year. We discourage excessive watering through automatic sprinklers, which is especially important in the hot months. Deep root growth is essential for the long-term health of turf and plants. By avoiding frequent, shallow watering, root development increases, and reduces water consumption. In the fall, we provide core aeration to allow water and fertilizer to penetrate and keep the grass healthy.”

As client Jack Fuller of Natick said, “Greenleaf was professional and had great communication throughout the project, and the results speak for themselves! Our landscaping has been the envy of the neighborhood.”

“We really like serving the community,” said Hopkins. “In the past, I’ve had a lot of clients in Ashland, so I know the town very well and enjoy working there.”

To talk with Greenleaf about your landscaping and hardscaping needs, email MyGreenleafLandscaper@gmail.com or call 508-358-4231.

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PLAN ASHLAND

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Project Budget and Consultant

At the November 2022 Special Town Meeting, the town allocated \$250,000 to the Comprehensive Plan process, specifically to hire an experienced consulting firm to provide the expertise needed to complete and draft our plan.

Following an extensive RFP process, the Select Board and Planning Board held a joint meeting on June 21st, to interview the two consulting firms that were put forward as finalists. Both firms had extensive experience in municipal Comprehensive Plans as well as community engagement. The next step is to review the bids from the consultants and determine the final consultant. We hope to have the consulting firm on-boarded to the project by the July 20 Steering Committee meeting.

What’s in a Comprehensive Plan?

Do you love green space in Ashland, such as the Ashland Town Forest? Are you concerned about keeping housing affordable in Ashland? Do you want to see a thriving Downtown? Is Education important to you? A Comprehensive/ Master Plan covers all these aspects of life in our community and so many more.

Over the next 2 years, we will be covering all the following topics and once completed will begin the implementation phase. We will be asking for your input in all the following areas:

- Community Vision
- Land Use
- Housing
- Economic Development
- Natural & Cultural Resources
- Open Space & Recreation
- Services & Facilities

- Circulation (Transportation) Implementation Program
- Energy, Sustainability, and Resilience
- Education
- Public Health & Wellbeing
- Community Engagement/ DEI
- Downtown & Pond Street

What’s Coming Up Next

In July the committee will have an initial meeting with their consultant and begin to map out the process for the next two years. They will be starting community outreach this summer too- look for the committee at upcoming events (such as the Farmers Market on Oct 7). Your input is crucial in making this project a success!

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PUBLISHING

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Introductions

Panama is a nice place. It has lots of animals like frogs. They live in ponds.

More than thirty million people live in Panama. The tropical climate of Panama makes it a great place to visit.

Animals

The national bird of Panama is the Harpy eagle. There are many types of frogs found in Panama. There are more than fifty species of them. They communicate with their feet.

Mammals like monkeys can also be found in Panama. They are mammals because they have hair.

Visit Panama, and be sure you visit Panama's wildlife area.

Food

There are also very different kinds of food in Panama. Some of it looks weird, but it tastes really yummy. Panamanians' favorite fish dinner is called ceviche. Follow me for more about food.

The People

People also live in Panama. They speak Spanish. Hola means Hello in Spanish. They are Panamanians, people who live in Panama. There are over three million people living there.

A Florida Failure

By WESLEY
GRADE 2 MRS. CLIFFORD



One day, Mom and Dad were planning a trip to Florida. Mom watched the weather, and there was an eighty-three percent chance of a tornado.

Mom told Molly and Holly that they can't go to Florida.

"Why?" said Molly.

"There is an eighty-three percent chance that there will be a tornado," she said.

The girls felt scared. They all went to the basement and went to bed.

The next day, Molly woke up. She

got out of bed and went to Mom's bed.

"Has the tornado happened yet?"

She asked.

"Yes," said Mom.

Molly said, "YAY!"

Then Holly woke up and asked, "Did the tornado happen yet?"

Mom said, "Yes."

"So, can we go to Florida tomorrow?" they both asked.

"Sure," said Mom.

Molly and Holly said, "Yeah?"

A day later, Dad asked, "Are you ready?"

"Yes," said Molly and Holly.

They all got in their car and went to the airport. Everyone was so excited when they got on the plane. Three hours later, Molly said, "We're here!"

They got off the plane and realized they had forgotten their suitcase. They were so mad. They took a plane back, but when they tried to get a plane back to Florida, it would take two weeks before they could go.

They went to bed. The next day when they woke up, Molly and Holly had breakfast and rode their bikes. They played tag and came back inside and played Roblox for three hours!

Later they ate lunch and went back outside. They went into the pool. After dinner, they went to bed.

Two weeks later, Dad said, "Let's try this again. Are you two ready?"

"Yes," said Molly and Holly.

They went to the airport and got on the plane. Three hours later, they arrived.

They got off the plane and went to their hotel room. They sat down to watch Sonic Two. They had popcorn and ice cream. When the movie was over, they went to bed.

The next day they got up and ate Frosted Flakes.

Mom said, "Kids, it's time to go home." "WHY!" said Molly and Holly.

Mom said, "Because."

So, they got their bags and went home.

The Day I Went to New York City

By ADA
GRADE ONE MS. ELBAUM

I went to a hotel with my family.

We went on a boat to the Statue of Liberty. The ride was bumpy. I saw the Statue of Liberty. I saw lots of people going inside. I felt so happy.

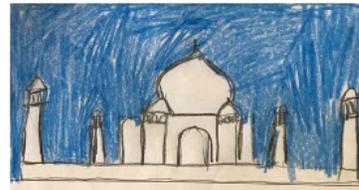


All About India

By VIAAN
GRADE 2 - MS. FARRELL

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2. The Flag
3. The Land
4. Gandhi
5. Festivals
6. Sports
7. Landmarks
8. Money
9. All About the Author



Introduction

In this book, you will learn about India. You will learn about the different parts of India. This book will require you to have a lot of fun and experiences. I hope you like it. Now let's read.

The Flag

India's flag is very cool. The Indian flag has an orange stripe on top, a green stripe on the bottom, and a white strip in the middle. In the middle of the white stripe is a wheel with twenty-four spokes.

The Land

The northern part of India is called the Himalayas. The Himalayas are the mountains where it also snows. Mt. Everest, the tallest mountain in the world, is in the Himalayas.

The southern part of India is the Deccan Plateau. It is higher than the land near it, which is what a plateau is. It is a beautiful land full of nature.

Gandhi

A long time ago, Great Britain ruled India. The people wanted it to be a free country not ruled by the British people.

The British and Indian people had a fight. A nice man named Mahatma Gandhi come and nicely made the British people understand that India should be a free country. Gandhi had done a good job. India is now a free country.

Festivals

One really cool festival in India is Diwali. Diwali is called the Festival of Lights. That's because at Diwali you put something in your house called diyas. Candles that are lite or have batteries.

The festival of Holi is a really fun festival. Holi is the festival

where you put colored powder on people's faces. In the end, you may have your whole face colored.

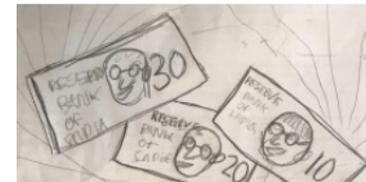
Sports

Indians play cricket, hockey, and tennis; they like sports. The sport of cricket is the most popular sport in India. Cricket is almost like baseball.

Landmarks

India is a large country; it's the seventh largest country in the world. One of India's famous structures is the Taj Mahal. Someone named Shah Jahan built it for his wife Mumtaz.

The Money



Indian money is called "RUPEE". The person on the Rupee is Mahatma Gandhi, the person who stopped Great Britain from ruling India.

Spring

By MIKE



Dandelions yellow as the sun,
Leaves full of color.
Brown, purple, gray.

Trees getting their leaves,
Bugs flying past my eyes.
Birds chirping in my ears.

Trees growing moss,
Butterflies all around me,
It's Spring!

Going to the Dolphin

Research Center
By Harsha
Grade 1 Ms. Elbaum

I went to the Dolphin Research Center with my family. I watched the dolphin show. The dolphin jumped high.

Then it was time to ride the dolphin. I was so, so, so excited.

I got on the dolphin's fin. The dolphin was fast. I had lots of fun.

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Your Money, Your Independence

Yes, even the Nasdaq-100 Index rebalances. What about you?

On July 24th a special rebalancing was held to reduce the Nasdaq 100 Index's concentration in its largest holdings.

This is the third such special rebalancing (1998, 2011) as part of the methodology that states:

"A special rebalancing may be conducted at any time based on the weighting restrictions described in the index rebalancing procedure if it is determined to be necessary to maintain the integrity of the Index".

Some questions to consider:

- What is the potential impact to you as an index investor?
- Do you practice a similar rebalancing process for individual holdings and asset classes?

How did we get here?

The performance of a small group of mega-cap stocks drove returns for the index and the broader market. These stocks include:

- Microsoft (Year-to-date return as of 7/17/23 is 38.9%)
- Apple (45.5%)
- NVIDIA (188.7%)
- Amazon (51.4%)
- Tesla (118.9%)
- Meta Platforms (144.4%)
- Alphabet Class A (32.0%) and Class C (31.7%).



Glenn Brown

These seven companies (combining Alphabet's share classes) represented over 55% weighting of the index and will reduce to 38% with smaller companies within the index being purchased.

Potential impact to index investors.

Selling high-performing stocks comes with the potential for a tax bill for funds.

Per Morningstar, "Mutual funds may be especially susceptible to capital gains distributions. An ETF like QQQ is among the most heavily traded securities in the United States, which results in plenty of opportunities for it to utilize in-kind creations and redemptions to purge low tax-basis securities, making capital gains distributions unlikely."

The importance of rebalancing.

A challenge investors have with rebalancing is selling or trimming winners and reallocating proceeds to other areas of a portfolio, including underperformers.

Some envision these 7 companies to continue their dominance, but consider Top 5 Nasdaq-100 holdings in 1998: Microsoft, Cisco Systems, Intel, Dell and Worldcom, yes that Worldcom. By 2008, only Microsoft was still in Top 5 and it had a total 10-year return of -33%. Again, negative 33%.

In ten years the leadership will look different, so will returns.

Rebalancing asset classes within diversified portfolios.

Given S&P 500 Index 15 year outperformance over other asset classes and recency bias toward 4% money markets, many avoid rebalancing or other asset classes entirely like bonds, small company stocks, international stocks, REITs, commodities, gold, etc.

Again, the next 10 years will not look like the past 10 years.

For example, on January 1, 2000 a diversified portfolio of index funds may have included S&P 500 Index, US Bonds (Barclays US Aggregate Bond Index), International Stocks (MSCI EAFE Index) and Gold.

By start of 2010, total returns were Gold 274%, US Bonds 84%, International Stocks 12% and S&P 500 Index -9%, aka "The Lost Decade".

Go out to January 1, 2017, US Bonds 137% are still outperforming S&P 500 Index 112%.

Some would argue it made sense not to rebalance, until see a rebalancing to "out of favor" S&P 500 Index to start 2010 would lead 7 years later US Bonds 30% and S&P 500 133%. As for top performer during 2000's Gold, it was the worst at 5%.

There's more to consider that allowed in this space, consider reaching out to your Certified Fi-

ancial Planner to discuss further.

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. 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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Friends of the Ashland COA Fund Raising Event

The Friends of the Ashland COA are working diligently to plan a fundraising event to support the Ashland Senior Center. A committee of supporters has been formed to organize a Prom Themed Murder Mystery Dinner Party to be held on Friday, evening Oct. 27, beginning with a cocktail hour at six-thirty, followed by a family-style full-course pot roast dinner prepared by TJ' Food and Spirits of Ashland, Ma. A fun-filled evening of mystery and good food will take place at the VFW Hall at 311 Pleasant St., Ashland.

This fun-filled evening will fill the room with mystery and murder while the Prom goes experience a live, interactive murder mystery show. Christine Strickland Photography, from Hopkinton, will offer opportunities to pose for a Prom picture so come dressed for the prom or casual and be our chaperone.

The theme for the night will bring you back to the 1950s prom days, a doo-wop disaster! When a death on the dance floor makes this prom night a party foul, it is up to you to figure out whodunit and get this



Friends of the Ashland COA

dance back on track. Trade clues with your friends, gather information about the crime, and reveal the punk that made this prom nowhere-ville. This night of laughter and dancing is now too heavy to razz anyone's berries, so it's up to you to find the murderer!

This night promises to be a night to remember; it will be one show you don't want to miss. It's destined to be fun despite the disaster. Get ready to put on your thinking caps; you'll need your wits about you to solve this crime.

Tickets will soon be available online and from any member of the Friends of the Ashland COA. Feel Free to contact Donna Shaw at dcshaw5@gmail.com for more details or to reserve a table for your family and friends.

Ashland Business Association awards two scholarships to Ashland High School Seniors

This year, the Ashland Business Association [ABA] awards Ashley Sachs and Thomas Giglia each a \$1,500 ABA Scholarship Award.

The business association's Scholarship Committee selects high school seniors residing within Ashland students whom best demonstrate good work ethics, motivation, creativity and business/community interests.

"I am impressed with the accomplishments of the applicants and thoroughly enjoy reading their ideas on how to change the Ashland community for the better. The applicants are diverse in their academic achievements, extracurricular activities and accolades yet those who are chosen seem to have personal drive as a common denominator. It is a pleasure getting to meet them on senior award day and shake their hand. In their short time as young adults they have already contributed to the community of Ashland in a positive way. If it wasn't for the generous donations of the Ashland Business community we wouldn't be able to continue this program and so we are grateful to the Ashland businesses who've donated and made this scholarship program a success year after year," says Chrissy Reynolds, ABA Scholarship Committee Chair and owner of Annemarie's Dance Centre.

Thomas Giglia will attend Tufts University studying Civil and Environmental Engineering in the fall. During his time at Ashland High School he was a class officer from 2021-2023, and was the Student Body Representative for School Committee Meetings during both his Junior and Senior years. In addition to receiving this scholarship from the ABA, he was also awarded a Coaches Award in Soccer during his Sophomore year. More impressively, Thomas ranks .5% of students nationally as a recipient of the National Mert Scholar Award, and earned the AP Scholar with Distinction.

To complement his academic achievements, Thomas also worked his way up to Eagle Scout over the course of six years, earning 26 merit badges on topics like community service, cooking and first aid.



Ashley Sachs will attend Syracuse University studying Political Science (Pre-Law) in the fall. Ashley is a proud National Honor Society(NHS) Inductee, and completed her community service hours tutoring a fifth-grade student as part of her enrollment in NHS. She served as the Class President during her Freshman & Sophomore years. Ashley is also a journalist herself having served as the Editor in Chief of the Ashland High School newspaper - The Union Street Journal.

"Being involved with community-based activities makes me feel fulfilled. I am grateful for the leadership experience I have gained through my roles as class president, editor-in-chief, and media manager. I look forward to pursuing similar activities in college to help others," says Ashley Sachs.

These two scholarships were appointed by the ABA Scholarship committee comprised of members, Chrissy Reynolds of Annemarie's Dance Centre, Paul Netopski of Critical Prism Defense LLC, Valerie Gaines a Reiki Practitioner, Ron Stone of Law Office of Ronald M Stone, Peter Chisholm of Expedia Cruises, and Bill Gath of Oak Realty



The Ashland Business Association (ABA) is a group of professionals passionate about their community. This organization is dedicated to increasing profitability and visibility for its members, and for advocating towards a positive business environment within the town. The ABA is also dedicated to increasing the success of its members' businesses within the Ashland community and beyond.

Become a Member

If you are a resident of Ashland or have a business in town, there is a membership option for you! We offer memberships for Ashland residents with businesses out of town, and memberships for non-residents with businesses within the town of Ashland. We welcome all professionals, and not just business owners. Learn more about ABA's memberships by visiting our website, ashland-businessassociation.com/join-us.

Partner with Us

We offer great events for members, as well as the extended Ashland community. Becoming a sponsorship partner with the ABA is a way to help us host these engagement opportunities, and advertise your business. Learn more about partnering with the ABA by contacting us by email, info@AshlandBusinessAssociation.com

Connect with us

Did you know The Ashland Business Association has its own website, email newsletter, and social media accounts with Facebook and Instagram? Let's keep in touch!

Visit our website for upcoming events!

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Ashland Community Blood Drive
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 Ashland Senior Center - Great Room
 162 West Union Street
 Ashland, MA 01721
Tuesday, August 22, 2023
12:00 p.m. to 5:00 p.m.



NALOXONE (NARCAN) AVAILABLE AT ASHLAND BOARD OF HEALTH DEPARTMENT

WHAT IS NALOXONE?

Naloxone (Narcan) is an emergency medical treatment used to reverse the effects of an opiate overdose. Naloxone is to opioid overdoses as a fire extinguisher is to fires. Both products can be lifesaving and are important to have in the case of an emergency. Naloxone gives the individual another chance at life and recovery.



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- An individual who may have a long term and/or a strong dose prescription of an opioid.
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Ashland Senior Center - Great Room

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SCAN ME

Back to School Clothing & School Supplies Swap

In preparing for going back to school look to reduce the amount of new clothing and supplies you buy. According to a survey conducted by The Street, on average households spend over \$500 preparing kids to go back to school. In addition to that the average American citizen throws away 70 pounds of textiles annually. To reduce this number look to reuse and swap with other Ashland residents. Bring clothing, shoes, outerwear, lightly used school

supplies, and sports equipment. Anything that is not swapped will be donated to Cradles to Crayons to be donated to families in need. School-age clothing is encouraged but all are welcome to attend and swap.

Location: Corner Spot
Time: Wednesday, August 23rd from 4 pm -7 pm
Questions: Reach out to Sam Riley at sriley@ashlandmass.com

THE CORNER SPOT

SHOP ON THE SPOT

Shop On the Spot is back!
 Come enjoy shopping at pop-up booths from women in business all over our region!
 There will be entertainment, food, beer, wine, shopping, laughing and fun!

**SATURDAY, AUGUST 26TH
 4 - 7 PM!**

www.thecornerpotashland.com
 Follow us @TheCornerSpotAshland #BestSpotinTown

AUGUST CALENDAR	
August 3rd Thurs 10 am - 11 am	TOT SPOT Shen's Gymnastics Academy brings Superkids Gymnastics to the Corner Spot in Ashland. Led by an instructor, this 45-minute class includes obstacle courses, basic gymnastics, and fun games. Ages 18 months and up.
August 10th Thurs 10 am - 11 am	TOT SPOT Lou Lou's Music Together: Playful, rich and engaging. Music Together mixed-age classes help little ones discover their inner music-makers, while supporting social, emotional, language and cognitive development. During each music class, the teacher will lead music activities for the whole family.
August 10th Thurs 5:30 pm	OPEN MIC NIGHT 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!
August 11th Fri. 10:30am-11:30am	TEDDY BEAR EMERGENCY WITH THE FIRE DEPARTMENT More information to come.
August 17th Thurs 10 am - 11 am	TOT SPOT Annmarie's Dance Centre: Join a fun and creative movement class where you float like a fairy and stomp like an elephant! Participants will skip, gallop and leap while exploring the many fun ways we can move our bodies. Enrollment starts at age 3.
August 23rd Wed. 4 pm - 7 pm	CLOTHING & SCHOOL SUPPLIES SWAP Bring clothing, shoes, outerwear, lightly used school supplies, and sports equipment. Anything that is not swapped will be donated to Cradles to Crayons to be donated to families in need. School-age clothing is encouraged but all are welcome to attend and swap.
August 24th Thurs 10 am - 11 am	TOT SPOT To be determined. They bring a variety of fun all summer long to kids and parents! Check out all their events, you won't want to miss any of them!
August 24th Thurs 5:30 pm	OPEN MIC NIGHT 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!
August 26th Sat. 4 pm - 7 pm	SHOP ON THE SPOT This event features women owned businesses of all kinds! Come for food, drinks, entertainment, and a variety of women owned popup shops!
August 31st Thurs 10 am - 11 am	TOT SPOT Rain Date

Calendar as of 5/10/23
 Stay in touch with the #BestSpotinTown
 6 Cherry Street | thecornerpotashland.com | @TheCornerSpotAshland | @cornerspot01721

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Back to School

Clothing Swap

Bring Clothing and lightly used school supplies

WEDNESDAY, AUGUST 23
 Corner Spot Ashland - 6 Cherry Street 4pm-7pm

All leftover clothing will be donated to Cradles to Crayons
 More info : sriley@ashlandmass.com

Family-run Affordable Junk Removal takes the stress out of cleanups

BY CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store, Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely



important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a

Business spotlight

pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Ashland in particular, Schadler says they are proud to have many repeat customers and friends in the area. Prior to owning Affordable Junk Removal, Schadler was a chef at Stone's Public House, and he also has relatives in town. The Schadlers also sponsor Ashland's girls high



Christine and Jason Schadler, shown here with their children and dog, started Affordable Junk Removal in 2005.

school hockey team.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat

business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Ashland Lions Club August 2023 Update

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 golf@ashlandlions.org or visit our Facebook page.

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
Fayville, 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

Lions Club Red looks good on you!

Why not make Lions Club Red your color this Fall and participate in service to the community while meeting some great people and having some fun? We will be holding 3 informational events this Fall where you can learn what Lionism is all about. If you're interested in becoming a member of the Ashland Lions, please reach out to us via email at membership@ashlandlions.org for details.

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!

KING LION DAN MITCHELL
ASHLAND LIONS CLUB
PRESIDENT

Ashland Senior Community Center Activities:

- August 4 at 11:00** - Make your own Ice Cream Sandwich Day
- August 7 at 12:00** - LUNCH and Karaoke with Rick Ferrera
- August 8 at 10:30** - Ice Tea Social - Join us for flavored iced teas and desserts at Ashland Commons
- August 9 at 10:00** - Computer Class
- August 11 at 10 am** - 12pm Legal Advice - 20 minute appointments - Call the office for an appointment
- August 14 at 12:00** - LUNCH and Karen Spilka's Listening Hour
- August 15 at 1:00** - Flower Arrangement with Leiby's Flowers at Leiby's Shop
- August 16 at 10:00** - Town Manager's Coffee Hour
- August 21 at 12:00** - LUNCH and Trivia sponsored by the Ashland Fire Department
- August 21 at 1:30** - Animal Adventures with a Kangaroo
- August 22 at 10:30** - Ice Tea Social - Join us for flavored iced teas and desserts at Ashland House Housing
- August 23 at 1:30** - Subzero Intergenerational Ice Cream Event
- August 24 at 10:00** - Clock Town Memory Cafe
- August 28 at 12:00** - LUNCH
- August 30 at 12:30** - Mini Golf for Seniors at Murphy's

Tai Chi - Wednesdays at 11:00

Line Dancing - Thursdays at 12:00

Chair Yoga - Tuesdays at 1:00

Stress Reduction Class - Thursdays at 1:00

Exercise with Joni - M,W,F at 9:30

Bowling - Tuesdays at 9:00 - Ryans Amusement in Millis

Cribbage - Thursdays at 12:30

Pitch Card Game - Mondays at 1:30

Mahjong - Fridays at 10:30

Legal Consultation - August 11 - Call the office for an appointment

Watercolor Drop in - Tuesdays & Wednesdays at 9:30

In stitches Knitting Group - August 8 and 22 at 11 am

Parkinson Boxing - August 2 and 16 at 1:30

Blood Pressure Clinic - August 9 and 23 at 10:30

August 2023 at the Ashland Library

Special Event:

Minuteman Library Crawl

Wednesday, August 2, 2023

We invite you to spend a day visiting local libraries - find out what is special about each and what they have to offer to you and your family. This is an event for all ages - all you need is a love of libraries and a way to get from place to place (feet, bikes, cars, llamas :)!

The challenge is to visit as many libraries as you can and take a picture of yourself with a designated item in each library - it's a 21st century scavenger hunt! Post your pics and tag the libraries #mlncrawl2023. Each library will have handouts and giveaways - show your pictures to a librarian (or if you don't have a camera, just tell a librarian you're on the crawl, we're pretty trusting) and receive a PRIZE!

Download your "passport" with all of the relevant information.

In addition to the Ashland Public Library, other participating MLN libraries include:

Acton, Concord, Concord/Fowler Branch, Framingham Main, Framingham/McAuliffe Branch, Lexington (Cary), Lincoln, Maynard, Millis, Natick (Bacon), Natick (Morse), Sherborn, Sudbury, Wellesley Fells, Wellesley Hills, Wellesley Main.

Adult:

Virtual - Environmental Book Club

Wednesday, August 2 @ 6:30pm

Watch "2040"

HYBRID - Romance Book Club

Thursday, August 3 @ 6:30pm

Read Romances By Authors of Color & Indigenous Authors

Nature Photography Special Field Session with Steve McGrath

Saturday, August 5 @ 10am

Join photographer Steve McGrath out in the "field" for this nature photography program. Learn how to use your various devices to take the best nature photographs that you can! Steve will assist you in how to get the best light, best angles, and how to pay attention to your surroundings to find magic all around.

Virtual - Q&A with Romance Author Tracey Livesay

Monday, August 7 @ 7pm

We are so excited to be chatting with romance author Tracey Livesay! We loved her book "American Royalty" and are celebrating the book birthday of "The Duchess Effect". Bring your questions because we're going to have a rapid fire Q&A!

Mystery Book Club

Wednesday, August 9 @ 6:30pm

Read "City of Windows" by Robert Pobi.

Virtual - Q&A with Gail Sahar, Author of "Blame and Political Attitudes: The Psychology of America's Culture War"

Wednesday, August 9 @ 7pm

Have you been asking yourself "what does culture war even mean" and "what does it mean to be 'woke'" and how do these questions contribute to the current divide in America? If you have been, please join us for this conversation with Professor Gail Sahar, author of "Blame and Political Attitudes: The Psychology of America's Culture War".

Local Writer Poetry Reading

*For Teens and Adults

Thursday, August 10 @ 6pm

We're excited to be hosting local poets Lillian Breen, Cynthia Franca, Howard Kogan, Cheryl Perreault, and Jason Tandon for an evening of poetry and camaraderie! Join us to listen to our panel read their own poetry and feel free to bring your own to grab the mic for a couple of minutes. It's a community poetry event!

LIBRARY

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LIBRARY

continued from page 16

Virtual - Friday Night Film Discussion

Friday, August 11 @ 7pm
Watch "Wilaya"

Virtual - Seaside Escapes: The Art & Architecture of the New England Coast

Monday, August 14 @ 7pm
From artist colonies to robber baron "summer cottages," the New England shoreline has inspired countless creative works. This program looks at seascapes by beloved American artists including Winslow Homer and Edward Hopper as well as the over-the-top elegance of Newport, RI summer homes designed for the titans of industry in the nineteenth century. Gloucester's eccentric summer retreat Beauport is also featured.

Bio/Memoir Book Club

Wednesday, August 16 @ 11am
Read "The Fox Bridge Ladies" by Betsy Lerner.

Half-Past Crafts: Cardstock Embroidery

Wednesday, August 16 @ 6:30pm
We will be using some simple but decorative stitches to dress up our cardstock birds with embroidery floss. All materials will be provided, just bring yourselves! Virtual - Zero Waste Kids: Birthdays, Lunches, and More with Sarah Robertson-Barnes
*For All Ages

Wednesday, August 16 @ 7pm

We learned so much from Sarah last time she was with us, we just had to have her back! This time, we'll dig into practical tips to make your children's birthday parties and school lunches eco-friendly and low waste. We'll also be discussing how kids, families, and communities can be more sustainable as some towns/cities/states move towards free lunches for all. All ages are welcome!

Great Decisions

Thursday, August 17 @ 6:30pm
Discuss Global Famine

Virtual: An Evening with Author Jane Roper

Thursday, August 17 @ 7pm
Don't miss MA author Jane Roper in conversation about her latest book, "The Society of Shame" - about how a viral photo of a politician's wife's "feminine hygiene malfunction" catapults her to unwanted fame in a story that's both a satire of social media stardom and internet activism, and a tender mother-daughter tale

Cookbook Club

Saturday, August 19 @ 12pm
Cook from "Indian-ish: Recipes and Antics from a Modern American Family" by Priya Krishna with Ritu Krishna

Saturday Knit and Crochet Club & Workshop

Saturday, August 19 @ 2pm
Crochet a Mitered Square Pillow Live @ the Harvard Bookstore: Author Katee Robert in Conversation with APL Director Meena Jain

Saturday, August 19 @ 7pm
Harvard Book Store welcomes KATEE ROBERT—New York Times and USA Today bestselling romance author—for a discussion of the fourth book in her Dark Olympus series "Cruel Seduction". She will be joined in conversation by director of the Ashland Public Library and lifelong reader of romance, MEENA JAIN.

Card Making with Jan Poppendieck

Monday, August 21 @ 6:30pm
Come join us for an evening of card making with Jan. We will learn stamping and card making techniques using our huge stash of supplies. Jan will teach embossing, die cutting, proper stamping, and use of equipment individually and group techniques of creating unique cards.

Virtual - An Evening with Author Nan Fischer, Discussing "The Book of Silver Linings"

Monday, August 21 @ 7pm
We're excited to be celebrating a book birthday with author Nan Fischer! Her new book, "The Book of Silver Linings" just came out on

August 15th and is a must read for anyone who loves uplifting books with a touch of magic (seriously, who doesn't!?!). It's a timeless love story - our favorite kind! We hope you can join us for this very special Q&A.

HYBRID - Nature Photography (Discussion Session) with Steve McGrath

Thursday, August 24 @ 6:30pm
Do you love to view and discuss nature photos? Do you want to learn a little more about nature photography? If you said yes to either of these questions, join us for this HYBRID discussion of images, perhaps taken at a field session earlier this year or one's you've taken on your own.

Virtual: An Evening with Bestselling Authors Lisa Jackson & Nancy Bush

Monday, August 28 @ 7pm
Bestselling authors (and sisters!) Lisa Jackson and Nancy Bush will discuss their latest books in this ZOOM webinar. Jackson will discuss "The Last Sinner", a gripping novel of suspense featuring two veteran homicide detectives matching wits with a twisted serial killer lurking in the shadows of New Orleans. Bush will discuss "The Camp", a chilling novel of suspense where a diabolical modern twist on Friday the 13th meets Yellowjackets at a summer sleepaway camp isolated in the woods of Oregon.

Adult Recurring:

Knit and Crochet Club

Saturdays at 2pm

Mondays @ 6pm

Adult Bingo

Tuesdays

July 11-Aug 22nd @ 6:30pm
ESL Conversation Group

Tuesdays

July 11-August 29th @ 7pm

Tweens and Teens:

Friday Video Games

Friday, July 21 @ 2:30pm

Come to the library this summer to play switch games with your friends! Nintendo Switch, Xbox, games and snacks will be provided.

Children:

Special Events:

Summer Reading Program for Kids!

Come in to pick up your summer reading packets and join us Teacher Tales all summer long! Check our website calendar to see if your favorite teachers are reading this summer.

LIBRARY
continued on page 18

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Peering Into the Crystal Ball at Interest Rates



Kim Foemmel

REAL ESTATE INSIGHTS

There's good news for prospective home buyers hoping for competitive mortgage rates — the most recent Fannie Mae forecast predicts rates will drop toward the end of 2023.

In May of this year, a typical 30-year fixed-rate mortgage had an interest rate of about 6.4% according to Freddie Mac. If Fannie Mae's predictions are correct, the same mortgage could have an interest rate of 5.7% by the end of the year.

And it gets better. Fannie Mae predicts the rate for a 30-year fixed mortgage to fall to 5.2% by the end of next year.

Lower mortgage rates could make selling a more attractive option to homeowners who may feel they need to stay with their current mortgages rather than risk paying a higher rate if they move — the mortgage rate lock-in effect. Between 2020 and 2022, rates from 2% to 3% were available for 30-year fixed mortgages. Homeowners who purchased at those rates may be reluctant to move since they would likely have a much higher rate on a new mortgage.

Should mortgage rates drop below 5%, more of those homeowners would be able to sell their homes and buy new ones. Lower rates also would make it easier for new buyers to purchase homes, driving up the demand for mortgages.

With more homeowners potentially upgrading, more affordable starter homes will be available, opening up new growth in the housing market. That potential for growth is reflected in Fannie Mae's 2023 home sales forecast, which has been revised from 4.63 million to 4.84 million units.

Overall, Fannie Mae raised its projection for total residential

loan origination volume from \$1.55 trillion to \$1.66 trillion for 2023 and increased its 2024 forecast from \$1.89 trillion to \$2.02 trillion. This is still significantly lower than the 2021 actual figure of \$4.6 trillion.

When interest rates drop, I expect more buyers to be out, and that demand for homes will further increase the values of homes. If you are looking for a home, now is a great time to purchase with consideration of a lower rate with a 5/1 or 10/1 ARM and then refinance when rates hopefully come down as with that high demand we will see with lower interest rates, we will likely be seeing prices rise significantly again next year.

For more information on today's real estate market, contact:

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FoemmelFineHomes.com

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Special Programs:

Author Visit with Carrie Finison

Tuesday, August 15 @ 2pm
Author Carrie Finison will read her picture book *Dozens of Doughnuts*, followed by a Q & A session. Kids will then meet LouAnn the bear from the story (a large stuffed animal) and make a doughnut craft activity.

Curious Creatures - Live Animals!

Tuesday, July 25 @ 3:30pm
Curious Creatures brings their interactive and educational program to the Library, featuring an assortment of live animals. Come meet some small mammals and a variety of reptiles, including lizards, big snakes and possibly an alligator! Fun for all ages. This program will be held in the large meeting room for the comfort of the animals.

Space is limited. Free tickets will be handed out starting at 2:30 pm on the day of the event.

Stem Thursdays:

Engineering Exploration

*For Ages 5-9

Thursday, August 3 @ 4pm

Build a Bridge - Participants will work together to build a suspension bridge between two chairs.

Lego Club

*Ages 5-9

Thursday, August 10 @ 4pm

Each child will be given a box filled with an assortment of Lego blocks to build a creation using only what's inside the box within the 45 minute time limit.

10-Minute Creation Stations

*For Ages 5-9

Thursday, August 17 @ 4pm

Kids will be given a mystery box filled with a variety of building materials. As the timer counts down, they will have 10 minutes to create something using only the materials in their own box. Everyone will have a chance to build with at least 5-6 different boxes.

Lego Club

*Ages 5-9

Thursday, August 24 @ 4pm

Each child will be given a box filled with an assortment of Lego blocks to build a creation using only what's inside the box within the 45 minute time limit.

10-Minute Creation Stations

*For Ages 5-9

Thursday, August 31 @ 4pm

Kids will be given a mystery box filled with a variety of building materials. As the timer counts down, they will have 10 minutes to create something using only the materials in their own box. Everyone will have a chance to build with at least 5-6 different boxes.

Saturday Story Time

*For Ages 3 and up

Saturday, August 5 @ 10:30am

Saturday, August 12 @ 10:30am

Come listen to Ryan read some of his favorite stories aloud!

Read to a Dog with Knives and Machete (yes, those really are the dog's names!)

*For kids who are reading on their own

Saturday, August 5 @ 1:30pm

Children with some reading ability will have the chance to read to one of our registered therapy dogs for 10 minutes.

Children Recurring:

Hybrid Lapsit

For Infants & Toddlers and their Caregivers

Wednesdays @ 10:30am

Wednesday Afternoon Story And Craft

*For Ages 4-7

Wednesdays @ 3:30pm

Moving to Wednesdays for the summer on

Wednesday June 28th\

Friday Afternoon Story And Craft

*For Ages 4-7

Fridays @ 4:00pm

Crafty Saturdays

Drop in Crafting

Saturdays @ 10-3pm

Friends of the Ashland Public Library Donation Day & Mini BookSale!

Saturday, August 5 @ 10-1pm

Shop or Drop is the name of the game! Join us to buy gently used books, audiobooks, DVDs and games. You can also donate from your home shelves to make space for the "new". The Friends accept donations in the library parking lot. Friends volunteers will be available to assist donors during this time.



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Real Estate Corner

Ashland Recent Home Sales

Date	Ashland	Amount
07/17/2023	157 Leland Farm Road	\$485,000
07/14/2023	167 Trailside Way	\$480,000
07/13/2023	355 America Blvd	\$550,000
07/10/2023	11 Blueberry Hill Lane	\$951,000
06/30/2023	26 Goodnow Avenue	\$928,000
06/30/2023	28 Lyndon Lane	\$470,000
06/30/2023	125 Arrowhead Circle	\$532,500
06/30/2023	82 Woodland Road	\$505,000
06/30/2023	125 Arrowhead Circle	\$532,500
06/29/2023	45 Rockwood Drive	\$736,000
06/29/2023	89 Trailside Way	\$473,000
06/28/2023	25 Rockwood Drive	\$965,000
06/28/2023	13 Water Street	\$660,000
06/28/2023	23 Half Crown Circle	\$540,000
06/28/2023	9 Half Crown Circle	\$574,000
06/28/2023	186 Algonquin Trail	\$605,000
06/27/2023	162 Captain Eames Circle	\$540,000
06/27/2023	41 Spyglass Hill Drive	\$365,400
06/23/2023	135 Olive Street	\$580,000
06/22/2023	40 Hardwick Road	\$1.21 mil
06/21/2023	30 E Bluff Road	\$470,000
06/20/2023	64 Heritage Avenue	\$626,000
06/16/2023	43 Half Crown Circle	\$565,000



The home at 40 Hardwick Road in Ashland recently sold for \$1.21 million.
Source: www.zillow.com / Compiled by Local Town Pages



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you can get hired with just a regular driver's license. Then, instead of paying thousands of dollars out of pocket for a CDL, MWRTA will pay to train you while you spend nothing. That's right, you'll get paid for something you would normally have to pay for!

If you're seeking employment within a company that cares, MWRTA is the place you're looking for. Helping people is their number one priority. Whether it's getting folks to and from work, or transporting them to life-saving medical appointments, you'd be making connections that will leave you feeling fulfilled every day.

MWRTA values diversity, both in the people they employ and those they serve. Their goal is to make everyone feel welcome, comfortable, and accepted. So, whether you're a retiree looking for a new career, or you're sick of commuting on the Mass Pike, MWRTA offers a professional and fulfilling work environment. There is room for growth and advancement op-



Employment spotlight

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