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Vol. 11 No. 1

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September 2023

Ash Hop Porchfest Sept. 30

BY SEAN SULLIVAN

The porch. Many a sunrise and sunset has been savored in the shelter and serenity of this sacred space, many a conversation and much quality time shared with family and friends.

Porches are a place between privacy and publicity, indoors and out. It's the perfect stage from which to watch precipitation play out, a rain or snowstorm, sheltered from the elements.

It's also a space that seems to have fallen somewhat out of favor in a culture often frantic to beat rush hour roadways, race from one youth sporting event to another, juggle multiple jobs or gigs.

But porches were reclaimed for a time during the pandemic pause, liminal spaces that became landing places - where neighbors, friends and family could gather during those uncertain days and months.

And if it happens to be one's preoccupation, the porch is a prime perch from which to survey a property line, scolding neighborhood kids and dogs to scam off one's lawn.

COME SEE!
AshHopPorchfest.org
ASHLAND-HOPKINTON PORCHFEST facebook/AshHopFest
FEATURING! Road Dawg's Band
ASH HOP Porchfest 2023
Saturday, September 30th
2 pm - 6 pm Porches
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Town of Ashland
Town of Hopkinton

In stark contrast to the spirit of that latter function, Natick's Porchfest repurposes this unique space into a stage, onto which residents welcome perfect strangers. There, the guests

will play guitar (or other instruments) for audiences gathered on the green of lawns.

PORCHFEST
continued on page 3

Car Show for a Cause

Tenth Annual Kidde-Fenwal Relay for Life Car Show Sept. 9

It might be a 1966 Mustang convertible, or a 1941 Chevrolet pick-up, or maybe it will be a rebuilt hot-rod.

One thing's for certain, on Sept. 9, from 9 a.m. - 2 p.m. on the grassy grounds of Kidde-Fenwal at 400

Main St. in Ashland, is that you'll see lots of love, care and detailing that went into a host of participating vehicles at the Kidde-Fenwal's Relay for Life Car Show. The event is held to raise funds for the Relay for Life of Ashland and Holliston.

"The first year we had 60 cars, last year we had 280 cars, and we will probably break 300 this year. We have a huge lawn area, and these guys love having grass as opposed to parking on a paved parking lot" said Peter Kamitian, Relay for Life Team Captain for Kidde-Fenwal.

When it comes to raising money for the American Cancer Society, Kidde-Fenwal, which



produces fire detection, suppression and temperature controls equipment for commercial, industrial applications for over eight decades, doesn't play around. They've been the top fundraising team for the Ashland/Holliston Relay for the last nine years. The Company Relay for Life Team has raised over \$280K over the past 10 years.

The car show, said Kamitian, is one of the team's biggest fundraisers. Participating vehicle owners pay \$10 to enter the show. People who want to see the cars can get in free, and they can enjoy

RELAY
continued on page 4

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PORCHFEST

continued from page 1

Porchfest is a grassroots, hyperlocal music festival, one that puts community center stage. Performers are paired with residents eager to lend their porches for a few hours, providing a venue for local artists to play before the public.

A unique feature of the events is that performances are pro bono, as are the procurement of porches. The event is jealously guarded as a music-making (not money-making) enterprise.

Porchfest isn't a Natick original. It's a sharing of space and sound that's been a highlight for years in other towns and cities.

The history of Porchfest dates back more than a decade, when the inaugural performances were held in Ithaca, New York in 2007. That first festival featured about twenty acts, but has evolved into an annual extravaganza sometimes featuring over a hundred performers.

In recent years, many Massachusetts municipalities have hosted their own versions of

Porchfest, some adopting the event into an annual ritual of community culture.

Porchfest has also spread since its inception to all corners of the country and beyond, even crossing the border into Canadian provinces.

This month will welcome Ashland's inaugural version of the event, a Porchfest that will traverse the town border it shares with Hopkinton. The two towns have joined forces in the endeavor, an effort to pool resources and populations to make the event a splash.

As Ashland and Hopkinton have fewer residents than neighboring towns, said Allison Burba Horgan, the communities have combined their Porchfest into a single show. This will be the first concert of its kind for the two towns.

"We were hoping to get more of a critical mass," said Burba Horgan, an Ashland resident who volunteered to promote Porchfest in a media-relations role. "We're trying to get the word out a lot."

Music Go Round, a local music store chain, has long been a sponsor of these events, and will

donate instruments for a raffle at what's been dubbed with snappy shorthand as "Ash Hop" Porchfest.

Ash Hop is scheduled for Saturday, September 30th, from 2pm to 6pm. The event will culminate in a grand finale performance by the band "Road Dawgs," between 5:30pm and 7:00pm at Ashland's Corner Spot.

The communications role she accepted wasn't one that Burba Horgan had formal experience in, though she'd previously lived in a community for whom Porchfest was and remains a favorite feature.

"So, this is a new hat for me to wear, but it was a need that needed to be filled."

Planners for Ash Hop Porchfest looked to neighboring Holliston for lessons on how to successfully pull off their first foray into the hyper-local music scene. That town's previous attempt at the event wasn't as well-attended as hoped, a result planners attribute to a shortfall of volunteers and investment.

As of mid-August, Burba Horgan said Ash Hop had already signed about 20 performers,

slated to play at the homes of 12 residents.

She was also readying to attend Jamaica Plain's August 19th production of Porchfest, where Burba Horgan lived before very recently moving to Ashland. JP's vibrant creative community and proximity to Boston proper provides the perfect recipe for lively and well-attended Porchfests, which the neighborhood has been hosting since 2014.

Burba Horgan will be helping a friend there who's hosting musicians, offering logistical and emotional support during the busy day.

"And so I'm hoping to recruit more people from there," as well, she added, referring to musicians who might be interested in joining the bands scheduled to play in the 'burbs of Ash Hop. "It's a community of artists and musicians."

JP's Porchfest boasted an impressive slate of performers, a

slick website and schedule for the many dozens of acts slated to play that day, an afternoon that Burba Horgan said attracts a crowd of about 10,000 people that make up its migrating audience.

Somerville has a similarly successful event, and Burba Horgan looks to those towns' experience and expertise as models to strive for. She calls the original, Ithaca NY event the "Mother Ship," the show that serves as a model for what can come from creativity and a dedicated group of volunteers.

The hope with Ash Hop is to create a self-sustaining show that will attract more volunteers, interest and talent - that "critical mass" and momentum that will allow this first Porchfest to grow in future iterations.

"We're trying to build a solid foundation," said Burba Horgan. "I think it's shaping up to be something special."

Trash fee will now be billed twice a year

Recent rate jump prompts new billing structure

BY THERESA KNAPP

The Town of Ashland currently bills residents a trash fee once a year but that will soon change to twice a year.

"There's been a significant adjustment to the base fee to the tune of \$50, bringing it up to over \$200...and we've heard some concerns, especially from seniors, and what we've decided to do is actually break it up into two billings so people don't have to come up with as much cash up front," said Town Manager Michael Herbert at a recent meeting of the Select Board.

Herbert said the cost to the town to put that system in place is about \$4,000. "In the grand scheme of our budget, it's very little compared to what a difference this could make in a number of households' lives and budgets."

When residents receive their next bill, they will see it is lower but should note it is biannual and a second bill will arrive six months later.

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RELAY

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music by DJ, Bryan Rivas Depaz, as well as a 50/50 raffle, breakfast and lunch items cooked up by the Ashland Lions, as well as ice cream from an ice cream truck.

"100% of the proceeds is going to go to the American Cancer Society, our DJ donates his time, the band donates their time, and the company pays for other expenses. You can bring your whole family to it. The atmosphere is positive, because the

folks who bring their vehicles to show are the most down to earth people, so friendly" said Kamitian.

Over 100 Trophies / Awards will be given for some of the outstanding vehicles.

"So many people have been impacted by cancer," said Kamitian, who said employees and others seem eager to help raise funds for this cause.

"We're making a difference, and I'm absolutely amazed," he added.

Anyone with questions can contact Peter Kamitian at 774-279-0497 or email pkpk77@yahoo.com.



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Special town election approves withdraw from Civil Service requirements

Ashland voters approve measure overwhelmingly

By THERESA KNAPP

On July 26, the Town of Ashland held a special town election with one ballot question:

"Shall the Town's acceptance of Chapter 31 of the General Laws (Civil Service law) in 1957 be revoked for all officers below the rank of Chief within the Police Department?"

At a meeting of the Select Board on Aug. 16, Town Manager Michael Herbert reported that 314 residents voted in that election, which is approximately 2.56% of the town's registered voters.

"It passed overwhelmingly, 253 for and 61 voted against that measure," reported Herbert, which means voters voted to "get out of Civil Service."

Herbert said there had been some urgency in pulling together

this election because "the quicker we were able to do this, the quicker we were able to address some of our hiring issues within the police department which, as you know, the staffing had gotten down to critical levels."

Herbert said the town has forwarded the required paperwork to the Massachusetts Civil Service Commission for review, and says the town could receive a final letter of acknowledgement within one or two months.

According to the National Archives, the Civil Service Commission was established in 1883 to enforce the Pendleton Act which "established a merit-based system of selecting government officials and supervising their work." The Act was put in place after 20th U.S. President James A. Garfield was assassinated by a disgruntled job seeker. Source: www.archives.gov/milestone-documents/pendleton-act

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Dr. Lauren LaPaglia
OPTOMETRIST

Select Board denies request to place Spencer statue at Ashland Community Center

By THERESA KNAPP

The Ashland Select Board has denied a request to place a statue of Spencer, the official dog of the 126th Boston Marathon, on the lawn of the Community Center, just a stick's throw away from where he used to cheer on Marathon runners.

After an hour-long discussion at a meeting on July 12, the measure was supported by members Robert Scherer and Yolanda Greaves, but denied by Joseph Magnani Jr., Brandi Kinsman, and Claudia Bennett.

Spencer was a local therapy dog who cheered on Marathon runners from 2015 to 2022 at Ashland State Park. When he died in February, he had a worldwide following, and his death was covered by many news outlets including the Boston Globe, New York Times, and People Magazine.

Spencer's owner, Rich Powers of Holliston, made a presentation to the Select Board and requested that specific spot for the 40-inch bronze statue because of the dog's unique connection to that area of Ashland. He said runners looked forward to seeing Spencer in Ashland, and he knows runners will stop to take photos with the statue.

Powers said, "Spencer had been cheering on the Marathon since about 2015 out there, and runners would stop. He had quite the modest following until 2018 when it was the most disgusting weather out there...but Spencer and I were out there and he was wearing my raincoat and we stood and cheered the runners and the reaction from the runners was incredible...and he became like an icon right after that, he was definitely a symbol of perseverance."

Powers is in the process of



A 3-2 vote of the Ashland Select Board denied a request to place a bronze statue of Spencer, the official dog of the 126th Boston Marathon, near the spot where he sat for many years cheering on Marathon runners. Source: bit.ly/GoFundMe_SpencerStatue

raising the \$50,000 (with a GoFundMe account) needed to build the statue, and said "I would love to say 'the Town of Ashland graciously donated this spot so Spencer could have his forever home.'" He said there is a retail location in Ashland that has agreed to host the statue if the town denies his request.

Select Board member Yolanda Greaves supported the proposal and said, "I remember when he passed away, they're like 'the dog from Ashland,' and I remember telling a reporter, 'No, no, he doesn't live in Ashland, he just sat in Ashland; but that was his connection to the Marathon, was Ashland.'"

"This is something unique to that spot and linked to the Marathon," Select Board Chair Robert Scherer said in support. "I think it's one of those little local, I won't call it 'quirky,' but it's kind of like there's a statue of a dog on the Marathon route in Ashland based on these events and it's important

to people; I kind of look at it as a bit of an opportunity for us, frankly."

Resident Helen Nickole expressed her support during the meeting. "I think it's totally appropriate to have the statue exactly where the dog was because it's a remembrance...I really think that the statue of the dog who sat there supporting the runners is a wonderful tribute not only to the dog but for the runners to see when they go by."

But the majority of the board was against the proposal for various reasons.

Brandi Kinsman said, "I'm not against statues but what I do feel, very strongly, is that if we are going to put a statue on town property, it needs to have a deep connection to the community, not the Marathon but to the community. And this is not a canine that served in the Ashland Police Department; this is not a dog - and I know that he was at a vaccination clinic but it wasn't like he was at

About the Spencer statue

Rich Powers and a small team of volunteers have selected a sculptor to create the statue of Spencer. Buccaccio Sculpture Services is based in Canton and currently has other statues along the marathon route that he maintains, according to Powers.

A GoFundMe to raise \$50,000 needed for the project can be found at www.gofundme.com/f/statue-of-spencer-boston-marathonofficial-dog

the Community Center working with our seniors; he wasn't in the schools; this wasn't a dog that was part of our community. So I personally feel like it is not appropriate for us to put a Spencer statue on town property."

Kinsman suggested the statue would be more appropriate on private property or at the International Marathon Complex that is being built in Hopkinton.

She also suggested Ashland could honor Spencer in the way "we generally honor volunteers and people in the community" with a proclamation or a plaque.

"I think what he is and how his memory is preserved is important, I don't think a statue is an appropriate way on town property to do that."

Board members Magnani and Bennett also opposed the request.

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Chris Hopkins

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- 1) **Take stock** — how's your lawn holding up? One way to find out: walk your entire lawn. Look closely. Sure, all that rain brought-out the green, but you need to check for problem areas, too. Are there brown or "dead" spots? And look for threadlike or powdery coatings on grass blades — that's fungus. Fungus won't go away by itself. Left untreated it will spread, destroying years of hard work. Lawn health is critical going into to fall.
- 2) **"Feed Me Seymour"** — your lawn has been on a liquid diet, all summer. When grass takes up water, it takes up all the soil nutrients, too. The more it rains, the faster nitrogen is used up. An under

nourished lawn is susceptible to disease. Good lawn nutrition makes all the difference. And now is the time to feed your lawn. In some cases, new lawns require Phosphorus for new root growth. But nitrogen is the go-to for promoting grass growth all the way into fall.

3) **Do a quick chemistry check** — what's your lawns pH? You may need a soil amendment, like lime or compost. Heavy rainfall dissipates calcium in the soil making for more acidic conditions (not a great environment for any living thing). That's why September is lime time. Test your soil to determine if you need less acidic/more alkaline.

4) **Let it breathe** — aerating your lawn is critical after a summer of heavy rain. Aeration punches small holes into your soil allowing air, water, and nutrients to reach the grass roots. Aerating creates

space between soil particles for essential nutrients like nitrogen to reach grass' roots. Aeration is one of the most important steps to maintaining a lush, healthy lawn.

5) **You can't have too much of a good thing** — Overseeding involves spreading fresh grass seed over your existing lawn. It's a great way to patch bare spots and establish new growth. Overseeded areas "green up" fast because there's already an established grass root system

there ready for germination. And consider planting different varieties of grass seed for a thicker, disease resistant lawn.

Information provided by Chris Hopkins, Greenleaf Landscaping LLC — experts at fall lawn care. And for more information on any of these topics, contact Greenleaf today. Talk to Greenleaf today: 774-421-9570.

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BIOHEAT

Ashland Public Schools Offers Another Year of Meals at No Cost for Students

Ashland Public Schools will be participating in the National School Lunch Program and the School Breakfast Program. As part of this program, Ashland Schools will offer healthy meals every school day. The Massachusetts legislature has provided funding to make meals available at no cost to all students during school year 2023-2024, regardless of household income. However, families should still complete a Meal Benefit Application as this provides data for key funding for academic resources and may also connect families to additional benefits. This data will also support the additional funds provided by the Commonwealth for this pilot.

Household size and income criteria are used to determine eligibility for free and reduced-price benefits if the household does not receive assistance or the children are not in the other categories mentioned above. Children can get free or reduced-price meals if the household's gross income falls at or below the limits on the Federal Income Eligibility Guideline chart.

To apply for free or reduced-price meals, households can fill out the application and return it to the school unless the household has already received notification that their children are approved for free meals this year. Application forms are being distributed to all households with a letter informing households of the availability of free and reduced-price meals for their children and what is required to complete on the application. Applications are available on the Ashland Public Schools district website and in the main office in each school.

Only one application is required for all children in the household and the information provided on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified at any time during the school year by the school or other program officials. An application for free or reduced-price benefits cannot be approved unless it contains complete eligibility information as indicated on the application and instructions. In the operation of child feeding pro-

grams, no child will be discriminated against because of race, sex, color, national origin, age, or disability.

Families can apply for benefits at any time. If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Guidelines. Contact Paula Caffrey at pcaffrey@ashland.k12.ma.us or 508-881-0165 in the Nutrition Services office at any time to request an application.

Under the provisions of the free and reduced-price policy, the Nutrition Services office will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the determining official on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Chris Mathieu, Director of Finances 87 West Union Street, Ashland or call 508-881-0156 or e-mail at cmathieu@ashland.k12.ma.us.

When known to Ashland Public Schools households will be notified of their children's eligibility for free meals if they are members of households receiving assistance from the:

- Supplemental Nutrition Assistance Program (SNAP);
- Food Distribution Program on Indian Reservations (FDPIR); or
- Temporary Assistance for Needy Families (TANF), if the State program meets Federal standards.

An application is not required for free meal benefits for Assistance Program participants and all the children in the household are eligible for free meal benefits. If any children were not listed on the notice of eligibility, or if a household does not receive a notice of eligibility, the household should contact the school to have free meal benefits extended to them. Participants in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be eligible for free or

FEDERAL ELIGIBILITY INCOME CHART For School Year 2023-2024						
Household size	Maximum Household Income Eligible for Free Meals			Maximum Household Income Eligible for Reduced Price Meals		
	Yearly	Monthly	Weekly	Yearly	Monthly	Weekly
1	\$18,954	\$1,580	\$365	\$26,973	\$2,248	\$519
2	25,636	2,137	493	36,482	3,041	702
3	32,318	2,694	622	45,991	3,833	885
4	39,000	3,250	750	55,500	4,625	1,068
5	45,682	3,807	879	65,009	5,418	1,251
6	52,364	4,364	1,007	74,518	6,210	1,434
7	59,046	4,921	1,136	84,027	7,003	1,616
8	65,728	5,478	1,264	93,536	7,795	1,799
Each additional person:	+6,682	+557	+129	+9,509	+793	+183

reduced-price meals, but they will need to turn in an application including household size and total income.

When known to Ashland Public Schools households will also be notified of any child's eligibility for free meals if the individual child is considered "Other Source Categorically Eligible", because the child is categorized, as defined by law as:

- Foster
- Homeless,
- Migrant,
- Runaway,
- Enrolled in an eligible Head Start, or
- Enrolled in an eligible pre-kindergarten class.

If any children were not listed on the notice of eligibility, the household should contact the school about their eligibility through the list above, or should submit an income application. Households notified of their children's eligibility must contact the school if the household chooses to decline the benefits. For more information, you may call Paula Caffrey at 508-881-0165 or e-mail at pcaffrey@ashland.k12.ma.us.

Non-Discrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alterna-

tive means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online

at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax%20Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of

the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov
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The b.LUXE *beauty beat*

More Beauty For Your Buck

BY GINA WOELFEL

Nowadays, it's essential for beauty products to be worth the money we spend on them and to last as long as possible. That's why b.LUXE Hair and Makeup Studio is so excited to introduce you to the three treatment products we've formulated to target today's most common beauty concerns. We make our **BEFORE BRAND** and **NUTRIR** products from only natural, vegetarian ingredients, and to help you get the most from these beauties, we've put together three alternative ways to use them effectively. How's that for multi-tasking?

Allow me to introduce you to our three unique products.

- **b.LUXE BEFORE OIL** - Preventative, pre-shampoo treatment oil designed to be your first line of defense against hair damage. Applying BEFORE OIL just 10 minutes before shampooing allows you to wash and clean your

hair without drying it out. It penetrates the hair shaft, depositing just the right amount of hydration to keep hair smooth, healthy, and well-protected. It can also help with hair color retention and is safe for all hair types. This formula includes organic sunflower oil, prickly pear seed oil, and our powerhouse ingredient - broccoli seed oil.

- **NUTRIR HIGH-IMPACT FACIAL SERUM** - Antioxidant-rich serum formulated with an ideal blend of 2% Bakuchiol extract, hyaluronic acid, tetrapeptides, Coenzyme Q10, and niacinamide to target fine lines, discoloration, and enlarged pores. Bakuchiol is an all-natural, non-irritating alternative to retinol (which can often have unpleasant side effects.) When used regularly, our high-impact serum leaves skin visibly smoother

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and firmer with a more radiant-looking appearance.

- **NUTRIR HYDRATING MIST & BODY OIL DUO** - Moisture-rich body hydration set packed with some of nature's most potent ingredients. Its unique blend of therapeutic emollients instantly plumps, soothes, and revives dry, fatigued skin. Start with the all-over body mist for a blast of aloe vera, silk amino acids, and hyaluronic acid. Next, seal in those hard-working ingredients with our NUTRIR Body Oil, blended with nourishing coconut, sunflower, avocado, argan, rice bran, and broccoli seed oils.

If those products weren't already good enough, let's make them work double time! Finding ways to cut time and spending is always good, right? So, here are three easy and effective beauty hacks to get more beauty for your buck!

b.LUXE Beauty Hack #1 - DIY Scalp Spa Treatment.

Fun fact about this product: every element of our BEFORE OIL is just as healthy for your hair as it is for your skin (and remember, your scalp is still your skin!) In a small dish, combine two tbsp of natural sugar, two droppers of BEFORE OIL, one tsp of apple cider vinegar, and one tsp of quality honey. Whisk with a fork until scrub forms. Cover shoulders with a towel, and part dry hair down the middle. Gently buff a small amount of scrub into the exposed scalp area. Continue working in sections over your

scalp until you've exfoliated every part. Now, take two more droppers of BEFORE OIL and work it through the ends of your hair. This is a great time to indulge in a relaxing scalp massage and remember, BEFORE OIL is beneficial for your skin and scalp, so feel free to move about the cabin and massage your temples, neck, and shoulders. Now, wrap your hair for one hour. Proceed with your regular shampoo and styling routine, and relish the nourishing effects of this easy DIY. Scan the QR code for a video tutorial.

b.LUXE Beauty Hack #2 - DIY Facial Lymphatic Drainage Massage.

If you've yet to hear about the benefits of Facial Lymphatic Drainage Massage, you don't know what you're missing! Your lymphatic system collects and eliminates your body's excess fluid, toxins, and waste. Facial lymphatic drainage (or FLD) is becoming incredibly popular because of its multiple benefits to your skin, appearance, and general wellness. When done daily, this gentle massage technique drains the buildup of lymphatic fluid trapped within your face, enhancing and improving blood flow, circulation, muscle tone, and cell renewal. This DIY superhero is an all-natural facelift you didn't know you had in your back pocket. When applying your NUTRIR High Impact Serum, incorporate this gentle massage into your nightly skincare routine or anytime you'd like to de-puff and sculpt your face.

Scan the QR code for an FLD video demonstration.



b.LUXE Beauty Hack #3 - DIY NUTRIR Bath Fizz

Is there anything like a hot bath at the end of the day? It's the ultimate way to relax and ease your body of stress and fatigue. Our bath fizz recipe combines the nourishing power of our NUTRIR Duo with soothing effervescence. It's also a great way to revive dry, tired skin. This treatment is b.LUXE owner Heather Cohen's favorite DIY beauty boost! Just sprinkle over a warm water tub for a fun and fizzy experience.

Scan the QR code for the recipe and video tutorial.

We hope you found our beauty hacks and video tutorials helpful. Your beauty routine should be fun and flexible. Many of the beauty products that live on your shelves are just waiting to be repurposed. Be creative, save money, and see how many uses you can get from one product!

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Your Money, Your Independence

Financial Aid Changes to Impact This Fall's College Applications

We've come to expect Congress naming new legislation that exaggerates impact but does little to be true to its name.

Inflation Reduction Act. Secure Act. American Rescue Plan Act.

Now add "FAFSA Simplification Act", which makes the upcoming 2024-2025 college admissions process a complicated mess.

To be balanced, here are the benefits per advocates:

- Easier FAFSA application process with a reduced number of questions.
- The Federal Pell Grant expands to more students and will link eligibility to family size and the federal poverty level.
- The Estimated Family Contribution (EFC) has been replaced by the Student Aid Index (SAI).

This last one is interesting because SAI is based on a comprehensive database of education costs that includes tuition and fees, room and board, and other living expenses. The index also includes data on financial aid awarded to students, such as grants, scholarships, and loans.

By calculating the average



Glenn Brown, CFP

cost of college for a given school and comparing it to the average amount of financial aid awarded, the index can provide a more accurate estimate of the student's EFC and help make more informed decisions about which school to attend.

Ok, enough of the accolades, let's get to the complications and impact.

Two Different Views. Both students and parents must create a Student Aid Account to get an FSA ID before completing the form. Previously a shared sign-on allowed for a singular view, now each completes their respective sections and continuity becomes more challenging.

No longer does the most capable parent complete. For divorced or separated parents, the one providing greater financial support over past calendar year must now complete the FAFSA. Yes, not the parent most engaged to ensure accuracy and meet deadlines, but the one who provides the most money. So much for a fiduciary process.

Paying for two or more kids in college at same time? Who cares. The number of students a family has enrolled in college will no longer factor into the FAFSA calculation.

You aren't selling the farm or small business you've built, but if you had to...? The net worth of family farms and small businesses with under 100 employees will now be required as part of the application. Maybe having to sell is a strong ask, but borrowing against isn't - otherwise, why ask now?

All applicants, especially Early Action / Early Decision (EA/ED), your school's deadlines will be before FAFSA opens. Historically, FAFSA opens October 1 and

EA/ED deadlines followed in mid-October through November. Per the federal government, this year FAFSA has "an anticipated December 2023 launch date". The colleges aren't waiting around, they're keeping October and November EA/ED application deadlines, including CSS Profile schools.

For example, state university UMass-Amherst has a Early Action deadline of November 5 and Regular Decision of January 15, but the FAFSA priority deadline is March 1 and state deadline for Massachusetts is May 1.

CSS Profile school Williams College states, "The FAFSA is not an initial requirement for the 2024-2025 academic year, given the uncertainty of the FAFSA Simplification Act application timeline. Enrolled students will be required to complete the FAFSA by May 15th."

So don't prioritize completing the FAFSA before submitting your college applications this year.

Instead work on the admissions application now, continue your student's building of a relationship with the university's local academic recruiter and stay focused on Return On Investment (ROI) during the selection process.

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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Updated Stretch Code

The current building stretch code in Ashland requires NEW construction of single family homes and additions over 1,000 square feet or over 50% of the current home is renovated¹, to be designed for one of three energy category:

1. Zero Energy
2. All Electric
3. Mixed- Fuel

These are measured by two pathways, HERS or Passive House².

Zero Energy:

Must have on-site electricity generation (PV solar) & meet minimum energy efficiency requirements prior to renewable offsets. Zero Energy homes must be heated using either an air source or ground source heat pump. For water heating it must be heated through a heat pump or solar thermal water heating. For homes under 4,000 square feet it must have a HERS 45 rating.

All Electric:

Requires all space heating, water heating, and cooking, and drying equipment be powered by electricity and meet minimum efficiency standards. Solar is NOT required to be installed, but homes must be wired for solar. All electric homes must be heated using either an air source or ground source heat pump. For water heating it must be heated through a heat pump or solar thermal water heating. The home must also have all electric appliances.

For homes under 4,000 square feet it must have a HERS 45 rating

Mixed Fuel:

Solar panels are required on mixed fuel homes, but homes are capable of using heating systems, water heating systems, and appliances that use fossil fuels such as natural gas, heating oil, or propane. Mixed fuel homes will have to be pre wired for future electrical fixtures, In

addition mixed fuel homes will have a minimal efficiency standard requirement for space and water heating. For homes under 4,000 square feet it must have a HERS 0 rating.

For all three categories:

Energy and Heat recovery:

The code adds that there must be ventilation requirements though either heat recovery or energy recovery system. Recovery systems replace stale indoor air with new outdoor air, this reduces energy consumption. Either through an ERV or HRV. The use of fireplaces, pellet stoves, etc. are allowed as long as the combustion chamber is sealed.

Blower door testing will be required for every new construction along with having all recessed lighting sealed.

Wiring for Electric Vehicles:

Current code requires all new construction for residential homes be wired for at least one EV charging station.

Existing Buildings:

Additions over 1,000 sq ft must follow the HERS Pathway for additions in Table R406.5.

Additions under 1000 sq ft. will continue to follow the Base Energy Code (IECC).

Additions that exceed 100% of the conditioned floor area of the existing dwelling unit (more than doubling it in size) must follow the HERS Pathway and meet the HERS requirements in Table R406.5.

Level 3 alterations (over 50% of the home renovated and reconfigured (as defined in the IEBC 2021) must meet the HERS requirements in Table R406.5. Levels 1 and 2 will continue to follow the Base Energy Code.

¹ The average 3 bedroom home in Ashland is between 1,500 and 2,000 square feet

² Both are nationally recognized systems for inspecting and calculating a home's energy performance

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Failure to plan: Is it planning to fail?



Mark Freeman

FINANCIAL FOCUS

Benjamin Franklin once said, “If you fail to plan, you are planning to fail.” But as you chart your financial course, what steps should you take to help you keep moving forward to where you want to go?

Consider these suggestions:

- **Establish and quantify your goals.** Throughout your life, you’ll have short-term goals,

such as an overseas vacation or a home renovation, and long-term goals, the most important of which may be a comfortable retirement. You’ll want to identify all your goals and put a “price tag” on them. Of course, it’s not always possible to know exactly how much it will cost to achieve each goal, but you can develop reasonably good estimates, revising them as needed.

- **Create an investment strategy to achieve your goals.** Once you know how much your goals will cost, you can create the appropriate savings and investment strategies to potentially help you reach the needed amounts. For your retirement goal, you will likely need to contribute regularly to your IRA and 401(k) or other employer-sponsored retirement plan. But for shorter-term goals, you may need to explore other types

of investments. For all your investment moves, though, you’ll need to consider your risk tolerance. You won’t want your portfolio to have such a high-risk level that you’re constantly uncomfortable with the inevitable fluctuations of the financial markets. On the other hand, you won’t want to invest so conservatively that you jeopardize your chances of achieving the growth you need to reach your goals.

- **Control your debts.** We live in an expensive world, so it’s not easy to live debt-free. And some debts, such as your mortgage, obviously have value. But if you can control other debts, especially those that carry high interest rates, you can possibly free up money you can use to boost your savings and investments.
- **Prepare for obstacles.** No matter how carefully you follow the strategies you’ve cre-

ated to achieve your goals, you will, sooner or later, run into obstacles, or at least temporary challenges. What if you incur a large, unexpected expense, such as the sudden need for a new car or a major home repair? If you aren’t prepared for these costs, you might be forced to dip into your long-term investments – and every time you do that, you might slow your progress toward achieving your goals. To help prevent this, you should build an emergency fund containing several months’ worth of living expenses.

- **Review your strategy.** When you first created your financial strategy, you might have planned to retire at a certain age. But what if you eventually decide to retire earlier or later? Such a choice can have a big impact on what you need from your investment portfolio — and when. And your circumstances

may change in other ways, too. That’s why it’s a good idea to review your strategy periodically to make sure it still aligns with your up-to-date objectives.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the right steps at the right times, you can greatly improve your chances.

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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Greater Ashland Lions Club

Enjoy Labor Day & Rosh Hashanah On Yom Kippur: “g’mar chatima tovah”

We hope you all had a relaxing and enjoyable summer!

Events we are working on:

- Club members plan on being at the Ashland Farmers Market on September 9th, and the upcoming Ashland Day (September 23rd), with information on joining the Lions. Don’t forget to bring your change, as we’ll be collecting ‘Pennies for the Blind.’
- A Porchetta Dinner is planned for October 19th. More info to come.

Monies raised through various events support local charities and organizations.

Do you have any used eyeglasses hanging around? We’ll take them! Please bring them to the Police Station (located in 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.

Are you an Ashland Resident looking for food assistance?

The Ashland Food Pantry is on the lower level of the Ashland Community Center on 162 West Union St. The only question asked is if you are an Ashland resident.

Need temporary financial assistance?

The Ashland Emergency Fund is here to help! Rent/Mortgage, Utilities, Insurance, Food, Medical, and other assistance.

Call Ashland Department of Human Services at 508-881-0140 x7946

All inquiries remain confidential!

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

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MBTA update: No parking available in Ashland lot during renovations

Town officials frustrated at sudden change in plans

By THERESA KNAPP

Ashland's MBTA commuter rail station closed on Aug. 19, and shuttle buses are available to take riders to the Framingham and Southborough stations, however, the parking lot at the Ashland station is closed.

At a meeting of the Select Board on Aug. 16, three days before the Ashland station was to be taken offline, Town Manager Michael Herbert gave an update on the project. "What was stated [by the MBTA to the town] is that people could park there and do that, and what we found out... there was conflicting information being posted on the MBTA website that said the parking lot was going to be closed."

Herbert confirmed with MBTA officials that, "Yes, the parking lot is going to be closed and the buses would only be available to walk-up riders." He also learned that buses will pick up only on the south (Route 135) side of the station, which is difficult for riders to reach that side of the street.

He said, "They are going to be doing some work in the parking

lot and they are also going to be using it as a staging area, but it is a huge parking lot."

Select Board member Brandi Kinsman said, "I do know that Daniel's Table, which is in Framingham, is offering to rent spaces," though she was unclear on the logistics and knows the lot fills up early. "That parking lot on the Howard Street side or Franklin Street side [near the Framingham train station] is a decent size but it really does fill up."

Herbert said, "I have heard that there are different businesses that are publicizing the fact that they have spots available for rent in Framingham, which I think is good, and I would just encourage them to advertise."

The board expressed frustration about the latest development and acknowledged residents are going to be inconvenienced and frustrated.

"It is MBTA property," said Herbert, noting the town has no real control in this issue. "My main disappointment has been that we were basically told 'these' were the options and 'these' are basically the mitigation measures that we're going to put in place and as we get closer to that date that seems to have kind of fallen apart," said Herbert.

"That's really weird," said Select Board Chair Robert Scherer. "They're discouraging ridership, they're making it difficult."

Shuttles will operate on a weekend schedule on Labor Day (Monday September 4, 2023) and a weekday schedule on Columbus Day (Monday October 9, 2023).

Neighboring Station Parking Information:
Framingham Station (4.1 miles, 12 min drive):
\$4/day M-F; \$2/day Sat/Sun; \$70 Monthly Pass
Zone 5 fare: \$9.75/One-Way; \$311/Monthly Pass

Southborough Station (2.6 miles, 5 min drive):
\$6/day M-F; \$2/day Sat/Sun; \$105 Monthly Pass
Zone 6 fare: \$10.50/One-Way; \$340/Monthly Pass
Same as Ashland

Special Town Meeting warrant open until Nov. 1

STM will be held on Nov. 29

By THERESA KNAPP

At its meeting on Aug. 16, the Ashland Select Board voted to open the warrant for the Special Town Meeting to be held on Wed., Nov. 29.

Assistant Town Manager Jenn Ball said people will have until Oct. 6 to submit a Notice of Intent to her so they can start building the warrant, and will then have until Nov. 1 to submit their final documentation. The plan is to have a finalized Special Town Meeting packet available for the public by Nov. 14.

Ball said a articles could include:

- Sustainability Committee's enhanced stretch code
- High Street easement for access
- Possible road acceptance
- Community Preservation Committee funding for dog park
- Senior tax exemptions

Town Manager Michael Herbert said, as a proactive measure, there could be a request to borrow funds to do work related to "a potential issue with our water treatment plant; nothing that can impact the safety of it or safety of our water source, but it could impact the color and taste. Again, nothing to do with safety, but those are important qualities."

He said "This isn't an emergency situation, we're trying to take care of it before it becomes an issue," but noted that, if the town does not do the work, the water's color and taste would eventually be impacted.



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Keep an Eye Out For Signs of a Rodent Infestation This Fall

WPC Pest and Termite Control and the National Pest Management Association are sharing the top seven signs that rodents have taken up residence in your home

It's that time of year again — football season, trips to your local farm, and crisp, fall weather.

But before you break out your favorite pumpkin spice-flavored treats, it's important to remember to keep alert for uninvited guests looking to join in on the fun. As temperatures begin to cool,

WPC Pest Control, in partnership with the National Pest Management Association, is sharing signs homeowners should look out for that could signal a rodent infestation.

"Disgusting odors that permeate from insulation in attic's and basement's are a sure sign that rodents are present", said Jim Mazzuchelli, owner of WPC Pest and Termite Control.

While rodent infestations are common throughout the year, they are particularly trouble-

some as colder weather arrives and food sources diminish. These stark changes to their environment make homes the ideal spot for them to hide out in.

Rodents are able to transmit more than 35 diseases to humans, posing a serious health threat to you and your family should they find their way into your homes insulation. Contamination from urine and droppings will cause serious respiratory issues, such as the deadly Hantavirus.

To help keep your family protected this fall, WPC Pest Control is offering FREE rodent inspections and suggestions on decontaminating your home.

WPC Pest and the NPMA have identified the following top seven tell-tale signs of a rodent infestation:

- **Droppings:** Finding droppings in the home is one of

the most common signs of a rodent infestation. Homeowners often find these where food is stored, such as kitchen cabinets or pantries, as well as under sinks, inside chewed cardboard boxes and along baseboards.

- **Gnaw marks:** Rodents will chew through almost any type of material to obtain food or water, causing serious damage to a home. Rats are also known to gnaw on wires behind walls, potentially resulting in dangerous house fires.
- **Nests:** Rodents prefer to hide in dark, secluded areas of the home and will use any materials available to build their nest. If you see items such as paper products or cotton strewn about, it might be a sign of a rodent infestation.

- **Tracks or rub marks:** As rats follow a trail between their nest and food sources throughout a home, they will often leave dark grease or dirt marks along walls and floorboards.

- **Strange noises:** Hearing strange noises at night could be attributed to a family of mice scurrying about the house, between the walls and up in attics and crawl-spaces.

- **An actual rodent:** Mice are known to reproduce quickly, as a female house mouse can give birth to a half dozen babies every three weeks or up to 35 young per year.

Chances are, if you see one mouse in the house, there are more hidden behind the walls!

- **Contamination:** Odors and staining of ceiling tiles and basement insulation is a sign of what could be droppings and urine caused by nesting rodents having their young.

For more information about rodent infestations, visit www.nobugsnopests.com or contact a licensed pest control professional.

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ASK ABOUT OUR INSULATION DECONTAMINATION

Ashland Cultural Council Announces FY 24 Grant Application

Each year the volunteer members of the Ashland Cultural Council (ACC), under the guidance of the Massachusetts Cultural Council (MCC), encourage corporations, organizations, schools, and individuals to apply for grants that support cultural activities in Ashland and neighboring communities. These grants can support a wide range of artistic projects and activities including, but not limited to, exhibits, festivals, field trips, artist residencies, performances, workshops, and lectures. ACC's cultural projects have taken place in schools, community centers, libraries, elder care facilities, town halls, parks and wherever else townspeople come together for the vitality of the community.

Between September 1 and the deadline, October 17, applicants may access the Mass Cultural Council's online Grants Management System to complete and submit applications to the Ashland Cultural Council and other local councils as well. Grant applications must be submitted to

the Ashland Community Council through the online system by the deadline, October 17, 2023, at 11:59:59 p.m. Eastern Time.

Application information can be found at the Massachusetts Cultural Council's website: https://massculturalcouncil.smartsimple.com/s_Login.jsp

Local guidelines and complete information on the Ashland Cultural Council can be found at <https://www.ashlandmass.com/236/Ashland-Cultural-Council>.

The Ashland Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year.

The state legislature provides an annual appropriation to the Mass Cultural Council, a state agency, which then allocates funds to each community.

Ashland Town Forest To Host DCR Event

Forests are quiet places – places to be with nature. But quiet belies a truth – there is a lot of work involved in the care and protection of these treasured resources. Ashland is lucky to have a lot of forested land.

One area stands above many others, the Ashland Town Forest. The original forest, a gift of the town's benefactor, Henry Warren, is now a 660-acre beauty. Additional parcels have been purchased by the town, and the Sudbury Valley Trustees (SVT).

The Ashland Town Forest Committee assisted by the town's DPW have made numerous upgrades: informational kiosks at trail heads, map posts at key intersections, and multiple bridges and boardwalks. Trailhead parking is provided by lots on Winter Street, Oak Street, and Oregon Road. Access from the SVT's Cowassock Woods section in Framingham is on Salem End Road. Last year a new trail section was added to the Bay Circuit Trail (BCT), a trail that stretches from the Town of Essex in the North to the Town of Kingston in the South.

In recognition of these efforts, the Massachusetts Department of Conservation and Recreation (DCR) has asked Ashland to host its annual town forest event.

Dating back to 1928 these gatherings welcome a diverse range of professionals, volunteers and other community members. This year's morning session will be held at the Ashland Community Center on Oct. 21, and will feature presentations on...

- The Impact of Climate Change on Forests by Jennifer Shakun, Director of the Bioeconomy Initiative of the New England Forestry Foundation;
- Forest Health, Forest Care, and Forest Protection by Laura Mattei, Director of Conservation for the Sudbury Valley Trustees
- Massachusetts Forest Health Year in Review by Nicole Kelleher, Director of the DCR Forest Health Program

The afternoon will offer participants a choice of one of four short family-friendly hikes in the Ashland Town Forest.

- Salem End Sanctuary Cave where one of the woman accused of witchcraft sought shelter
- Rain Garden and Quarry Hike along a portion of the Bay Circuit Trail to historic quarries that likely supplied foundation stones to many area buildings
- Historic stone bungalow, deer enclosure and forest replanting hike along another portion of the BCT
- Historic stone bungalow and Fairy House walk – a shortened version of hike #3

A limited number of seats are available for the public. Snacks and lunch will be provided. You can register by visiting: bit.ly/3Kf27wZ

Question can be emailed to the Ashland Town Forest Committee townforest@ashland-mass.com.

Place your Ad today!

Contact Susanne: 508-954-8148

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Save the date

2023 Town Forest Conference

Ashland Community Center & Town Forest

The Now and Future Forest

- Climate Change and the Future Forest
- Forest Health, Care and Protection
- Forest as Community
- Three interesting family-friendly hikes

Free lunch and refreshments included with your registration at bit.ly/3Kf27wZ






Ashland Community Center
162 W Union St
Ashland, MA 01721

Saturday
October 21, 2023
8:30 am to 3:00 pm



Sports

Changing of the Guard For Ashland Athletics

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

In 2018, Stephen Marks accepted the Ashland Athletic Director position with the Clockers. Now, five years later, he is saying goodbye to all that he built taking a position with Medfield as the K-12 Wellness Care.

Kevin Anderson will be moving over from Grafton high School to fill the vacancy left by Marks.

“Taking the Ashland AD position was my dream job, so it is very hard for me to leave, but it is 100 % due to family and work life balance,” he said. “Living in Ashland, I came here wanting to enhance the program that one day my kids and their friends could be proud to be a part of. I think that I did that leaving Ashland in better shape,” Marks said.

Marks believes that his time in Ashland was well worth it and that the Clockers had success on and off the field before his arrival and will definitely continue after he leaves the position. More importantly the ex-Clockers AD wanted to put together a program that had policies and procedures in place with a culture.

While he will continue to live in Ashland, he will try to attend as many high school sporting events whenever he has the opportunity. Although he will be at the games in the near future, not being the Ashland AD will



be tough on him.

“I am truly going to miss working at Ashland with all the incredible people; the administration, the coaches and of course the student athletes,” Marks said. “I am totally grateful for my time here and all the support that I received over that time. I’ll still going to support the program in any way that I can and will be Kevin’s biggest fan.”

Sliding into Marks’ position, Anderson is moving over from having three very fruitful seasons with Grafton. His first season with the Gators was 2020, the Covid year, so there was no

tournament, but during his first full season Grafton captured 13 Southern Worcester Country League Championships and this past season had three teams (soccer, football, and boys hockey) all reach the Semi-Finals.

Anderson came to Ashland with 20 years of service in collegiate athletics prior to his making the jump to the high school level.

“College athletics is extremely different than high school, there is much more parental interaction on the high school level,” Anderson said. “I had a lot of good experiences at Grafton, and we had our heart-



breaks as well, but the Ashland job was something that I felt that I could not pass up.”

The new Clocker AD is hoping to bring Cloyer to Ashland and states that he is not your typical high school athletic director.

“The best part of my day begins when the bell rings,” he said. “I’m out there with the athletes during practice and on the sidelines during the games. It all circles back to relationships in the best interest of the athletes.”

Ashland Superintendent Jim Adams is confident that the new AD appointee will build upon the current athletic offerings while setting the bar high for Ashland’s coaches and student athletes. Adams went on to say that he feels Anderson will be a great asset to the district.

“Ashland is a district with great tradition and a spirited fan base,” Anderson said. “I want the Clocker community to know that I am deeply committed to excellence on and off the field.”

New Assistant Principal

Coming from Warren Elementary School, Kate Altman has been named the new assistant principal for Mindess Elementary School, replacing Todd Kittleson, who stepped down from the role to take a position in another school district.

As a skilled educator with over 15 years of experience, Altman has served as the assistant principal at the Warren School for the last five years. She was recently named Elementary Assistant Principal of the Year by the Massachusetts School Administrators Association.

“I’m thankful for Mr. Kittleson’s years of service to our school



and wish him all the best in his new role,” Principal Jenna Larrenaga said. “While it’s a critical time in our transition to a new school year and a new building, our school community is excited to have Mrs. Altman join our team. She not only has the credentials but also leadership experience in our district, and we are fortunate to have her.”

School district officials have launched a search for a new assistant principal for the Warren School, intending to have someone in place by August.

The first day of school for grades 1-12 is Sept. 5.

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Ashland Lions Club September 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.



Lions love Car Shows

The Ashland Lions will have their food trailer at two car shows coming up. We will be selling hot food and cold beverages in our bright red trailer.

The first will be the Carrier Kidde-Fenwal Car Show on Saturday, September 9, 9am-2pm (rain date Saturday September 16). The address is 400 Main Street in Ashland, on the big field. There will be food,

fun, music, prizes and a bunch of great cars! The show is run by the company's Relay for Life team and proceeds of the show go to American Cancer Society.

The second car show will be held at MassBay Automotive Technology Center, located at 250 Eliot St, Ashland, on October 1, 8am-12pm. Proceeds benefit student scholarships, equipment, and emergency grants.



Lion Dok and Lion Beth along with Leo the Lion selling snacks and drinks at the Ashland Community Concerts on Tuesday nights at Stone Park

Senior Social

The Ashland Lions will sponsor a "Senior Social" at the Senior Center on West Union St on Tuesday, October 10 4-6 pm. The social will feature "musical bingo" as well as a free buffet supper complete with a full meal, coffee, tea and dessert. Seniors will need to sign up for the event at the Senior Center by Thursday, October 5. This event is open to all Ashland seniors.

Lions at Ashland Day

Ashland Day is back this year and so are we! The Ashland Lions will be on hand

with their food trailer selling a variety of food and beverages. The event is Saturday, September 23 at Stone Park in Ashland. We're also bringing back the Golf Ball Drop at Ashland Day. This is a fundraiser benefiting the Ashland Lions and the Ashland Fire Dept. Numbered balls (sold for \$5.00 each or 3 for \$10) will be dropped from the AFD's tower truck. Tickets (corresponding to the ball numbers) will be available from Fighter Mike Torosian @ 508-881-2323 or Lion Julian Doktor @ 508-881-4664 or from any Lion member. They will also be available at Ashland Day. A ball in the hole or closest to the hole will win \$500.00. The ball farthest from the hole wins \$100.00. You do not need to be present to win.

Ashland and Greater Ashland Lions Toll Road

The Ashland Lions and the Greater Ashland Lions are teaming up this year to do a toll road at the corner of Main Street and Union Street in Ashland, on Saturday September 30 with a rain date of October 7, from 9am to 1pm. Lions will be out collecting donations at the intersection to support community organizations and Mass Lions Eye Research Fund. Don't have any cash that day? You can always make a donation afterward on our website.

Ashland Lions Meat Raffles

Ashland Lions is kicking off another great year of meat raffles! Our first one will be held on Saturday, October 7 at 12pm, at TJs Food and Spirits in Ashland. As always there will be great food, fun people and great meat to choose from. 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
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

Downstairs Gallery

Architectural Esthetics

PAINTING BY RAFFI KODJIN

August 31 - September 30, 2023

Ashland resident Raffi Kodjian became interested in art at an early age. Combining his talents as a self-taught painter with his degree studies in architecture and art history, Raffi has been creating unusual images that challenge one's notion of reality. A most unusual and thought-provoking exhibit not to be missed.

Raffi says of his work:

"What is reality and what is

fantasy? This is the fascinating dilemma that I express in my art, with humor, gusto, and frivolity. Taking an ordinary object, I try to manipulate it to convey different meanings and interpretations. My goal is to make people stop, think, and use their imagination. I want people to say, 'What is he thinking?' Respectful of all genres and art expressions, I am inspired and influenced by the masters as well as nature and daily life"



September 2023 at the Ashland Library

Announcement:

The Library will be closed on Saturday, Sept 2nd through Monday, Sept 4th in observance of Labor Day Weekend.

Adult:

Virtual - Environmental Book Club

Wednesday, September 6 @ 6:30pm
Read "Thicker Than Water: the quest for solutions to the plastic crisis" by Erica Cirino.

Virtual - Romance Book Club

Thursday, September 7 @ 6:30pm
Read Gilded Age Romances

Virtual - Friday Night Film Discussion

Friday, September 8 @ 7pm
Watch "The Country Doctor"

Card Making with Jan Poppendieck

Monday, September 11 @ 6:30pm

Virtual: Unleash Your Potential with AI Technology: Igniting Productivity, Creativity, and Wellness

Tuesday, September 12 @ 10am
Do you have questions about how you can use AI to maximize your resources and play with your creative juices? Then this workshop is for you!

Live @ Brookline Booksmith: Author Lucy Score in Conversation with APL Director Meena Jain

Tuesday, September 12 @ 6pm
Live and in person with Brookline Booksmith, at Coolidge Corner Theatre! Celebrate the release of Things We Left Behind with author Lucy Score. She'll be in conversation with APL Director (and lifelong romance fan), Meena Jain.

Virtual: Andrew Carnegie & the Carnegie Libraries (Ashland Library is one!)

Tuesday, September 12 @ 7pm
The topic is a combination of Carnegie and the steel industry + the philanthropy and library project. Presenter Rick Feingold will cover both the Homestead and Braddock libraries in Pittsburgh.

Mystery Book Club

Wednesday, September 13 @ 6:30pm
Read "The Hunting Party" by Lucy Foley

Virtual - Author Heather Wolf Discusses "Find More Birds: 111 Surprising Ways to Spot Birds Wherever You Are"

Wednesday, September 13 @ 7pm
This one is for our bird and nature lovers! Author Heather Wolf will be with us discussing her new book "Find More Birds: 111 Surprising Ways to Spot Birds Wherever You Are". It will be a fascinating conversation about being in the moment and noticing the wonderful and varied birds around us. And, apparently, this is a high migration time, so perfect to see even more birds in your backyards!

Art for Adults with Nancy Atkinson

Thursday, September 14 @ 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.

HYBRID - Nature Photography (Discussion Session) with Steve McGrath

Thursday, September 14 @ 6:30pm
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.

The Garden of Words: A Writing Workshop

Friday, September 15 @ 10:30am
Join us to put into writing your story or come to commune with other budding authors as we learn how to put pen to paper (or fingers to keyboard :).

Cookbook Club

Saturday, September 16 @ 12pm
Cook from "Provisions: The Roots of Caribbean Cooking" by Michelle Rousseau and Suzanne Rousseau

Name That Tune - TV Theme Songs Through The Ages

*For Older Teens and Adults
Saturday, September 16 @ 2pm
Sunday, Monday, Happy Days! I'll Be There For You! The Youngest One in Curls... Shake off your TV theme song brain and join us for another fun afternoon of Name That Tune! We'll have several rounds with shorter and shorter clips of TV theme songs through the ages. If you can pick the show, stars, and director (maybe?), you could be a winner!

Virtual - Author Erica Cirino Discusses "Thicker Than Water The Quest for Solutions to the Plastic Crisis"

Monday, September 18 @ 7pm
As plastic pollution piles up, time to negotiate real solutions is running out, and meanwhile plastics' impacts on the Earth and our health grows worse. Erica hopes to share important facts and immediate action we can take to help our communities and protect our health from plastics.

Virtual - LGBTQ+ Book Club

*For 15-100
Monday, September 18 @ 7pm
Read "What If It's Us" by Becky Albertalli and Adam Silvera. Pure and Simple Flower Design with Monica Foley
Tuesday, September 19 @ 6pm
The class is open to adults who want to learn more about floral design. The class will include ideas on basic floral designs, sustainable mechanics, and floral conditioning. All materials supplied.

Virtual - Sharing Culture Through Food with Chef Trisha Pérez Kennealy

Tuesday, September 19 @ 7pm
Please join Chef Trisha Pérez Kennealy for a culinary celebration of Hispanic Heritage Month. Trisha will demonstrate how to make mofongo and empanadas and share cooking tips and tricks. She'll talk about some of the memorable dishes from her childhood. A fun program for the whole family.

Bio/Memoir Book Club

Wednesday, September 20 @ 11am
Read 'The Smallest Lights in the Universe' by Sara Seager

Virtual - Afternoon Tea with Author Louise Hare, Discussing "Harlem After Midnight"

Wednesday, September 20 @ 3pm
We're excited to be celebrating a book birthday with author Louise Hare! Her new book, "Harlem After Midnight" just came out on August 29th and is a must read for anyone who loves historical fiction, mysteries, and jazz music from the 1930s! Louise is joining us from "across the pond" - so BYOT (bring your own tea) for this very special Q&A.

Half-Past Crafts: Needle Felted Owls

Wednesday, September 20 @ 6:30pm
This month we tackle a new needle felting project, cute little owls!

Virtual: Ashland Adult Book Club

Wednesday, September 20 @ 6:30pm
Read "The Henna Artist" by Alka Joshi

Virtual - Q&A with Historical Fiction & Romance Author Piper Huguley

Wednesday, September 20 @ 7pm
Piper Huguley is an author of historical fiction featuring African American characters. She tells the untold stories of people who might have been lost to time. Her most recent book, "By Her Own Design: a novel of Ann Lowe, Fashion Designer to the Social Register" tells the inspiring story of the Black fashion designer of Jackie Kennedy's wedding dress.

Great Decisions

Thursday, September 21 @ 6:30pm
Discuss Iran at a Crossroads

Virtual - New England Shorebirds with Bill Gette

Friday, September 22 @ 1pm
Shorebirds are one of the most interesting and diverse groups of birds. In New England, we have the opportunity to observe not only species that nest in our area (e.g., Killdeer, Piping Plover), but also shorebirds (Whimbrel, White-rumped Sandpiper) that pass through our area on their long spring and fall migrations.

Virtual - Friday Night Film Discussion

Friday, September 22 @ 7pm
Watch "Rams"

Climate Week: Water is Life, Life is Water - Bharatanatyam Dance and Discussion

Tuesday, September 26 @ 6pm
NATyA Dance Collective presents an original suite of Indian classical and folk dances that explore and interpret how water pervades our bodies, our everyday lives and our environment. The dances invite the audience to embody water with gesture and movement, and to reflect on traditions of the past and present that have protected our water supply and healed our collective sorrows. All ages welcome.

Virtual - Imagine 2200: Climate Fiction for Future Ancestors with Tory Stephens Climate Fiction Creative Manager for Grist

Wednesday, September 27 @ 6:30pm
Join Tory Stephens of Grist Magazine, an independent non-profit media organization focused on the climate crisis, and learn how he created Imagine 2200: Climate Fiction for Future Ancestors. Imagine is a storytelling initiative that calls for fiction writers to envision the next 180 years of equitable climate progress, imagining intersectional worlds of abundance, adaptation, reform, and hope.

Virtual - At the Sports Stadium with NBC Sports Boston/ NBC 10's Sports Journalist, Trenni Casey

Thursday, September 28 @ 10am
Meet Trenni (Kusnier) Casey, on-air sports journalist for NBC Sports Boston/NBC 10! We'll be discussing how Trenni got to where she is, what it takes to be a sportscaster in New England, esp as a woman, and the current state of Boston sports! Bring your questions, this is sure to be a fascinating and enlightening conversation!

Select Board donates “up to \$5,000” to replace Nyanza Project glass panels

BY THERESA KNAPP

The Select Board has approved a donation of “up to \$5,000” from its gift account to the Ashland Nyanza Memorial to replace multi-colored panels with a material that is “more than plexiglass but it’s not glass.”

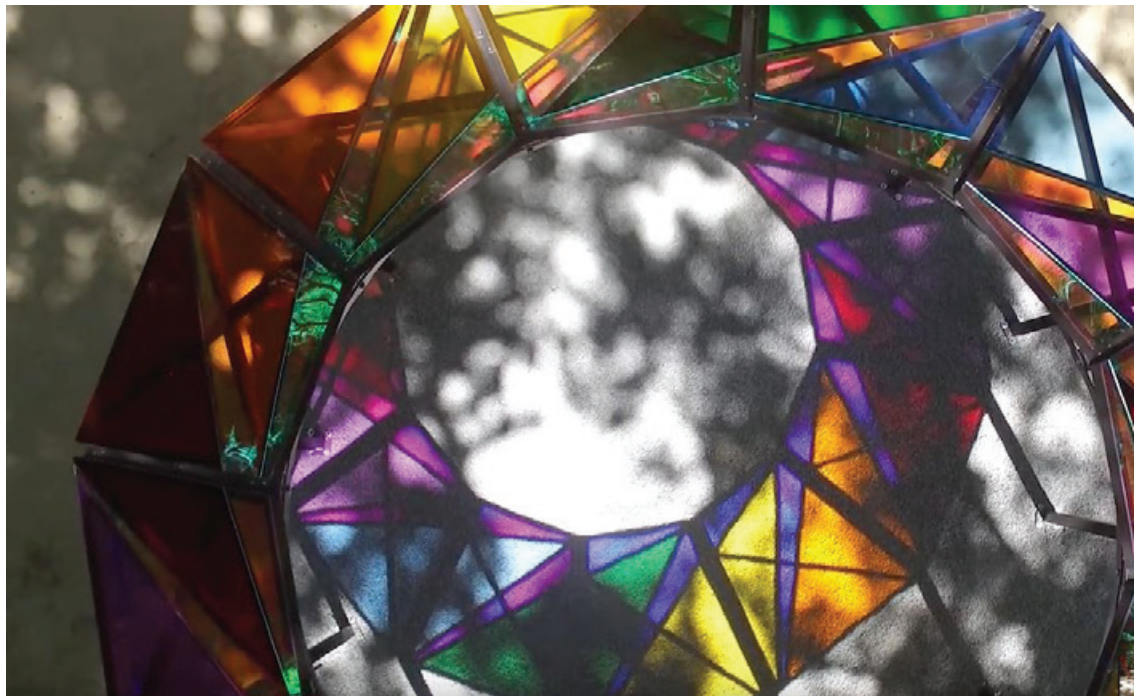
Town Manager Michael Herbert presented the request to the Select Board at its meeting on Aug. 16. He described the memorial as “a solemn reminder of the past and the history of Nyanza and the damage inflicted upon the community in terms of lives lost.”

According to www.ashlandnyanzaproject.com, “Nyanza is a Superfund Site in the middle of Ashland Massachusetts, it was listed as one of the first ten sites upon the founding of the EPA’s Superfund Program in the early 1980’s. The Superfund site is named after the now defunct Nyanza Chemical and Dye Company, the last company to operate on the land from 1965 until its closing in 1978 as a dye manufacture. Chemicals released from the Nyanza Color Plant into Ashland’s groundwater was

the direct cause of a cluster of rare, deadly cancers in several of Ashland’s youth. Kevin Kane was one of them. When Kevin was diagnosed with cancer, he knew the adjacency of ballfields to the Nyanza Chemical plant was the cause. He spent the last months of his life advocating for local and state officials to study the site and [its] relationship [to] the cluster of cancers in Ashland.”

The project includes a healing garden with an open-air canopy-style structure that has multi-colored “glass” panels that reflect sunlight around the site. There was some vandalism in recent years which is now being addressed.

“What’s happening now is a refresh of it and, essentially, it is going to be landscaped around the memorial site itself, and then an ADA-accessible trail will be built coming from the middle school,” said Herbert, noting the funding sources for that phase included monetary donations for the plants, and Keefe Tech volunteering the design and installation of the plants.



Fundraising is now taking place to replace the multi-colored glass panels in the original canopy structure with a material stronger than glass . Source: www.ashlandnyanzaproject.com

Now, they are fundraising to replace the multi-colored panels with a similar look but a different material.

“What we’re looking at doing now is looking at getting money for the replacement of those panels that were glass at the time, of

all different colors, [but] they’re going to be a much more durable material, not glass - it’s more than plexiglass but it’s not glass,” said Herbert.

Select Board member Yolanda Greaves said, “It was so sad. I remember when I heard about it

being damaged and it was glass and vandalized, so to be able to support this and make it a more durable memorial, I think is a great idea. It’s a great way to memorialize what our community has gone through.”

Senior Community Center Activities for September 2023:

Grand Re-Opening! Join Us September 12th 10:00-12:00 Come see what our New Senior Center looks like! Light Refreshments and activities in every room!

National Senior Center Month! Join us for Spirit Week! •for fun themed events every Day!

9/18 - Luau Day - Luau themed lunch - Wear your hawaiian shirt or hat

9/19 - Funky Hat Day - Wear you crazy hat to any of our activities

9/20 - Wacky Wednesday - You can choose how to dress wacky

9/21 - Dress Like a Star Day

9/22 - Comfy Clothes Day

NEW Programs starting in September!

Zumba - TUESDAYS at 10 AM

Beginner Watercolor Class - WEDNESDAY’S 12:30-2:00

Craft Classes - FRIDAYS TIME TBD

Senior Center Calendar:

Sept 4th: **Closed for Labor Day**

Sept 6th at 10:00 - Computer Class

Sept 7th at 10:00 - COA Meeting

Sept 7th at 12:00 - FCOA Meeting

Sept 11th at 12:00 - Lunch and Karen Spilka’s Office - Listening Hour

Sept 12th at 12:30 - GRAND REOPENING of Senior Center with Light Refreshments and Fun Activities!

Sept 15th at 10:30 - Ice Tea Social at Ashland Commons

Sept 18th at 12:00 - Lū’au Lunch Day

Sept 20th at 10:00 - Town Manager’s Coffee Hour

Sept 21st at 10:30 - “Native Americans”, Part 1 of 3 Life-Long Learning Sessions at Ashland Senior Center

Sept 21st at 1:00 - Golf Outing - 9 Hole Scramble at Southborough Golf Course (a.k.a. St. Mark’s Golf Course)

Sept 25th at 12:00 - Hearing Aid Cleaning with Hopkinton Audiology

Sept 25th at 12:00 - Lunch & Trivia sponsored by the Ashland Police Department

Sept 26th at 11 am - Apple Picking - carpool from Ashland Community Center

Sept 28th at 10-11:30 - Clock-town Memory Café

Sept. 18th at 6:00-8:00 - “Evening in Paradise” Jimmy Buffet Music and Dinner Tribute

Beginner Watercolor Class - Wednesdays at 12:30 pm

Bowling - Tuesdays at 9 am at Ryan’s Amusement in Millis

Bingo - Sept 19 at 1 pm

Blood Pressure Clinic - Wednesdays at 10:30

Chair Yoga - Tuesdays at 1 pm
Craft Day - Fridays, Time to Be Determined

Cribbage - Thursdays at 12:30 pm

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

In Stitches Knitting Group - Tuesdays, Sept 5 and 19 at 11 am

Intermediate and Advanced Watercolor Class - Tuesdays & Wednesdays at 9:30 am

Legal Consultation - Friday, Sept 8 - Call the office for an appointment

Line Dancing - Thursdays at 12 pm

Stress Reduction Class with Robin - Thursdays at 1 pm

Mahjong - Fridays at 10:30 am

Parkinson Boxing - Wednesdays, Sept 6 & 20 at 1:30 pm

Parkinson’s Support Group - Wednesday, Sept 13 at 1:30 pm

Pitch Card Game - Mondays at 1:30 pm

Tai Chi - Wednesdays at 11 am

Zumba - Tuesdays, 10 am

Schedule is subject to change. Please review Monthly Newsletter.

A 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, Oct. 27, beginning with a cocktail hour at 6:30pm, followed by a family-style full-course pot roast dinner prepared by TJJ Food and Spirits of Ashland. 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 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 dshaw5@gmail.com for more details or to reserve a table for your family and friends.

Ashland lottery for Boston Marathon bibs to follow same process as last year

Residents interested in invitational entry forms should contact Town Hall

BY THERESA KNAPP

Each year the Town of Ashland receives a certain number of Invitational Entry Forms for the Boston Marathon.

"Every year we receive 22 Invitational Entry Forms from the BAA [Boston Athletic Association] as a thank you for the town allowing the Marathon to go through town," explained Executive Assistant Susan Robie, at the Aug. 16 meeting of the Select Board.

Robie said the town typically distributes those entry forms to runners by giving 10 to the non-profit NORD (National Organization of Rare Diseases), and 12 to "interested parties" who contact her directly.

Everyone who receives one of these bibs has to raise \$3,000 which is then deposited into the town's BAA Scholarship Fund

to be disbursed twice a year to grant applicants. If all bibs are awarded, \$66,000 is added to the fund each year.

For the 2024 Marathon, the board agreed to follow the same process as in previous years and to review the process after the event to see if the town should

continue its current arrangement with NORD.

To enter the lottery for an Ashland bib, contact srobie@ashlandmass.com. Robie will place the entries into the lottery, draw names randomly and place them on a waitlist, and distribute the bibs accordingly.

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LIBRARY

continued from page 17

Adult Recurring:

Knit and Crochet Club

Saturdays at 2pm
Mondays @ 6pm ESL Conversation Group
Mondays at 7pm

Children:

Special Programs:

Wool Spinning with Angora Rabbits

Saturday, September 16 @ 1pm
Winterberry Homestead will bring their Angora rabbits for a fun program. Everyone will have a chance to play with the bunnies and learn how to make yarn.

For families. Space is limited. Ashland Moms - Little Crafters

Monday, September 25 @ 10:15am
Join us for a story & craft program for infants thru age 5. Caregivers are asked to participate with their children.

Stem Thursdays:

Lego Club

*Ages 5-9
Thursday, September 7 @ 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.

Engineering Exploration

*For Ages 5-9
Thursday, September 14 @ 4pm
Build a Bridge - Participants will work together to build a suspension bridge between two chairs. Lego Club
*Ages 5-9

Thursday, September 21 @ 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, September 28 @ 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, September 9 @ 10:30am
Saturday, September 23 @ 10:30am
Saturday, September 30 @ 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
Thursday, September @ 6pm
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 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, September 9 @ 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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BACK TO SCHOOL MOVIE NIGHT
 Brought to you by The Corner Spot and the Ashland Business Association

SEPTEMBER 8TH, 2023
 5:30 PM – 9:00 PM
THE CORNER SPOT
 6 Cherry St, Ashland, MA

ABA

Your Logo Here Partner with us for this community event

Partner with the Ashland Business Association

The Ashland Business Association (ABA) is a group of professionals passionate about their community. This organization is dedicated to increasing its members' profitability and visibility, and advocating toward 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.

The ABA offers events for members as well as the extended Ashland community. Whether you are an ABA member or not, becoming a sponsorship partner is a great way to help facilitate these engagement opportunities and advertise your business.

Become a new partner and participate in this exciting new opportunity!

Leading up to the upcoming community event on Sept. 8, at 5:30 pm, the Ashland Business Association and The Corner Spot invite you to sponsor our Back-to-School Movie Night! For only \$100, the ABA will recognize your business in all email and social media marketing

messaging. On the big screen at movie night, the ABA will display a short clip of your business before the movie begins.

Learn more about becoming a partner with the ABA for Movie Night or to explore more opportunities, contact us by email info@AshlandBusinessAssociation.com.

Upcoming Events

- Back-to-School Movie Night on September 8th from 5:30 - 9 pm at The Corner Spot | 6 Cherry St.
- ABA Members' Social on September 14th from 5:30 - 7 pm at 126 Self Storage | 162 Pond St.

Stay in touch with the ABA

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 ashlandbusinessassociation.com, for upcoming events!

The Corner Spot

Thurs. Sep. 7th 5:30 pm - 8:00 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!

Fri. Sep. 8th 5:30 pm - 9:00 pm

BACK TO SCHOOL MOVIE NIGHT WITH THE ABA

Back to School Movie Night is back! We will be showing The Super Mario Bros. Movie! Come for food, drinks, activities, and, of course, the movie! The movie will start at 7:00 pm.

Sun. Sep. 10th 1:00 pm - 5:00 pm

ASHLAND GIRL SCOUT FEST AND BRIDGING CEREMONY

Whether you're already a Girl Scout, thinking about becoming a Girl Scout, or just need something for the kids to do, this event is for you! There will be food, games, STEAM activities, and opportunities to support young entrepreneurs. Since no Girl Scout event is complete without cookies, there will be samples available as well! The afternoon will end with a bridging ceremony, where eligible Girl Scouts will "bridge" from one level to the next.

Thurs. Sep. 14th 5:30 pm - 8:00 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!

Sun. Sep. 17th 11:00 am - 4:00 pm

INDIAN BAZAAR

Hosted by the Ashland Indians. More information to come! Check the Corner Spot website for the most up to date information regarding this event.

Sat. Sep. 30th 4:00 pm - 7:00 pm

ASH-HOP PORCH FEST

Ashland-Hopkinton Porchfest is a grassroots community music festival. Musicians play on front porches, and attendees enjoy lots of free music and local color as they walk and bike around the neighborhoods. It's a great opportunity for local musicians to share their talents with their neighbors, and for residents to discover their neighborhoods anew! The event will end with a headlining act at The Corner Spot at 7:00 p.m.

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Understanding how your paint's LRV value affects room tone



Kim Foemmel

REAL ESTATE INSIGHTS

Have you ever painted a room, but the paint on the wall didn't turn out the way you expected?

It might not have been your paint's color, but its LRV value.

LRV – light reflective value – is a number that indicates how much light is reflected by your paint color. This value represents a percentage of the reflected light. A solid black paint that reflects no light has an LRV of 0%, whereas a bright white paint that reflects all light is rated at 100%.

The way you feel when you walk into a room is important, whether it's your home office where you work every day, the kitchen you love to cook and entertain in, or the entryway that greets your guests or potential buyers.

Lighter paint colors have higher LRV values — greater than 50% — and therefore reflect more light than darker shades. This makes them a great choice for areas where you'd like to use less artificial lighting. Rather than go to extremes such as taking down walls between rooms or adding windows, a trick of the trade to make your rooms light and bright is to paint your walls with paint that has a high LRV value.

The back of your paint chip card has information about your paint color, including its LRV value, or you can look up the LRV online.

Darker shades absorb more light rather than reflecting it and also absorb warmth. This makes them good economical choices for rooms that tend to be chilly, but the lack of reflected light can also mean that additional artificial lighting is needed.

The amount and type of light a room gets can greatly affect the way your paint color appears. The same paint color will look very different in a room that gets a lot of natural light than it does in an artificially lit room. Natural light tends to make the color appear lighter and brighter.

To get an accurate idea of what a particular paint will look like in your room, try painting a few sample swatches on different walls and different heights, then check out the results at various times of day. You might find that light gray paint you loved at the hardware store looks pink in one spot and blue in another, or that it appears much lighter or darker than the look you were hoping to achieve.

To learn more about how to choose the right paint color to ready your house for sale, contact

Kim Foemmel
Foemmel Fine Homes
1 Lumber Street, Suite 207C
Hopkinton, MA
(508) 808-1149
Kim@FoemmelFineHomes.com
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Police Promotion

Last month, Chief Cara Rossi and Town Manager Michael Herbert were delighted to announce the promotions of two exceptional individuals within the Ashland Police Department, in the presence of family and friends. Officer Ryan Puzzo was promoted to the rank of Sergeant, while Michael Vinciulla achieved the rank of Deputy Chief.

For over 10 years (slightly less for Ryan), Herbert had a front row seat, observing their dedicated efforts and their willingness to take on new assignments, not merely for personal career advancement, but to also further the goals of the Ashland Police Department and the field of policing at large. The Ashland Police Department is fortunate to have such outstanding officers as Ryan and Michael among its ranks.

New Members Welcome to Charles River Chorale Open Rehearsals in September

The Charles River Chorale will begin rehearsals for its Fall 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, Sept. 19, from 7:30 to 9:30 p.m. at the Church of Christ, 142 Exchange St., Millis.

Two additional open rehearsals will take place on Sept. 26, and Oct. 3, to allow interested new members an opportunity to explore the chorale opportunity.

Under the leadership of director and Holliston resident Ashley Nelson-Oneschuk, the Charles River Chorale is entering its 40th year as a nonprofit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 8th year with the Charles River Chorale, is also the choral director for Medway High School. Her goal for the chorale is "focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this."

Charles River Chorale members hail from many area communities, with several from Holliston, Natick, Ashland and

Hopedale, among others. Members range in age from teenager to octogenarians. The group typically holds winter and spring concerts, with the Winter 2023 concert planned for Sunday, Dec. 10, 2023, at 2pm, at Medway High School. The theme of the Winter 2023 concert is *Joy to the World, Celebrations from around the Globe*. This program will feature music celebrating cultures and seasonal events across the globe, including Chinese New Year, Kwanzaa, Christmas, Hanukkah, Diwali and more!

The Charles River Chorale rehearses on Tuesday evenings from 7:30 to 9:30 p.m. at the Church of Christ in Millis. Membership dues for the nonprofit organization support operating costs. There are no dues for high school students, and



scholarships based on need are available. There is also a separate children's choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit <https://www.charlesriverchorale.com>. Those who are interested in joining the chorale for the start of the season on Sept. 17, are asked to complete a short sign-up document via the attached QR code. Sponsorships and advertising opportunities are also available.

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Real Estate Corner

Ashland Recent Home Sales

Date	Ashland	Amount
08/18/2023	274 Cordaville Road	\$565,000
08/17/2023	148 Eliot Street	\$535,000
08/15/2023	50 Pennock Road	\$1.23 mil
08/14/2023	70 Winter Street	\$1.10 mil
08/14/2023	7 Arrowhead Circle	\$650,000
08/10/2023	157 America Blvd	\$610,000
08/09/2023	137 Leland Farm	\$435,000
08/04/2023	20 Independence Lane	\$1.10 mil
08/03/2023	1 Summit Lane	\$1.26 mil
08/03/2023	62 Woodland Road	\$500,000
08/01/2023	37 Bay Colony Drive	\$630,000
07/31/2023	51 Pennock Road	\$1. mil
07/31/2023	425 Captain Eames Circle	\$630,000
07/31/2023	27 Rosebay Drive	\$703,000
07/28/2023	14 Fatima Drive	\$1.19 mil
07/28/2023	115 Cedar Street	\$895,000
07/28/2023	25 Sheffield Drive	\$650,000
07/26/2023	23 Buckley Avenue	\$935,000
07/26/2023	79 Braeburn Lane	\$660,000
07/25/2023	132 W Union Street	\$975,000
07/25/2023	49 Woodland Road	\$615,000
07/24/2023	1 Blossom Lane	\$1.26 mil
07/21/2023	4 Woodridge Lane	\$850,000
07/21/2023	108 Algonquin Trail	\$565,000
07/19/2023	157 Leland Farm Road	\$485,000



The 4-bed, 4-bath, 3,608 st home at 70 Winter Street in Ashland recently sold for \$1.1 million.
 Image credit: www.zillow.com
 Source: www.zillow.com / Compiled by Local Town Pages



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Ashland contemplates additional liquor licenses over its current cap

Request could be on Nov. special town meeting warrant

BY THERESA KNAPP

Town officials started the process to request a total of 16 all-alcohol (on premises) licenses in the Town of Ashland.

After a lengthy discussion at its Aug. 16 meeting, the Select Board directed Town Manager Michael Herbert to draft a warrant article (for the Nov. special town meeting) for further discussion.

This request for a total of 16 licenses does not include retail sales of alcohol, but Select Board member Yolana Greaves noted the town has received a request for one additional retail license and asked if it made sense to combine the requests into one Home Rule Petition. "If it's not going to impact it, I would say let's see about moving forward with one more...all-alcohol retail."

Herbert will research that issue.

Select Board member Brandi Kinsman said her understanding from State Rep. Jack Patrick Lewis - who would ultimately present the Petition to state officials for approval - that "we should ask one time, take one bite at the apple."

Herbert said, "This is a Home Rule Petition so we can ask for anything, if we wanted to."

Kinsman said the town should be forward-thinking about the number of licenses it requests and not ask for too few, especially con-

sidering the amount of development going on in town and the realistic potential for additional licenses.

Greaves added, "We need to have that potential growth," noting the town's Director of Economic Development and Community Outreach has businesses interested in locating in town but are leary because of the limited number of liquor licenses.

Select Board Chair Richard Scherer suggested 16 licenses might be too many.

Select Board member Joseph Magnani, Jr. said that, if the town has the licenses, they need to be prepared to give them out or "you need to have a valid reason for not issuing them," and cautioned about potential litigation.

Herbert advised, "It's probably better to have more and issue less than to be in a situation where people want more and you don't have enough."

There was a suggestion by another town department that the licenses be dedicated to certain areas of town, but the board did not adopt that suggestion.

After a Home Rule Petition is approved at town meeting, it would then go to Rep. Lewis to be put on the State House docket. That process, said Town Counsel Lisa Mead, "can take between eight months to two years."

Ashland to install signs to share the road with 'vulnerable' users

Signs to be installed on Chestnut, Myrtle, Pleasant, West Union Streets

BY THERESA KNAPP

In April, a new law went into effect in Massachusetts that protects "vulnerable road users" and requires motorists to allow at least four feet between a moving vehicle and a bicyclist or pedestrian.

Mass. Gen. Law Chapter 90 Section 14 states, "Precautions for safety of other travelers 'In passing a vulnerable user, the operator of a motor vehicle shall pass at a safe distance of not less than 4 feet and at a reasonable and proper speed.'"

MassDOT will provide signs to help promote road safety. "We have not gotten the signs in yet but we have made the request," reported Town Manager Michael Herbert at a recent meeting of the Select Board. "And we'll be putting those up on Chestnut Street, Myrtle Street, Pleasant Street, and West Union Street."

For more information on the new law, visit bit.ly/MABikelaw2023

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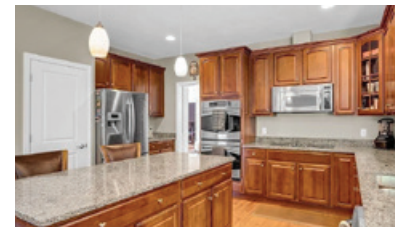


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