

Resident Running 15th 'Run to Home Base' to Benefit Veterans



BY SUSAN MANNING
STAFF WRITER

When Cheryl Edwards saw the opportunity to give back to those who give to our country, she took the chance.

"I saw a flyer for the first Run to Home Base at my gym and found out that Home Base provides critical care to veterans, service members and their families with no out-of-pockets

costs. Not having served in the military myself, raising money for this effort felt like a great

VETERANS
continued on page 4



Summer Reading Fun

Despite the blazing heat, Ashland showed up in record numbers to kick off the Summer Reading Program at the Ashland Public Library. It's not too late to sign-up if you haven't yet.

READING
continued on page 2

What's Your Home Worth?

Contact us for your FREE home valuation

PREMIER TEAM **REALTY EXECUTIVES**
BOSTON WEST

SCAN ME

TRACY BEAUDOIN | 508.380.9296
JUDI TELLER | 508.380.1933

Summer Sale!

1 PAIR 10%
2 PAIRS 20%
3+ PAIRS 25%
OFF SUNGLASSES!

508-435-4711
www.hopkintonvision.com

Save on prescription and non-prescription sunnies through 9/13/24

HOPKINTON VISION CENTER
Dr. Steven Perryman, O.D.

FULLY LICENSED & INSURED

SERVING METROWEST

Family Owned & Operated for 3 Generations
QUALITY & TRUST SINCE 1949

RESIDENTIAL ■ COMMERCIAL ■ INDUSTRIAL

Service Work ■ Repairs ■ Boilers
Water Heaters ■ Remodeling
New Construction ■ Air Conditioning
Heat Pumps ■ Mini-Splits

0% INTEREST LOANS & REBATES OF UP TO \$10,000 THROUGH MASS SAVE

CONTACT US TODAY!
508-875-3413

ShahoodPlumbing.com

READING

continued from page 1



FINANCING AVAILABLE

- 12 Months
 - No Interest
 - No Payments
 - Free Estimates
 - Get Instant Estimate Online @ <https://robertevansjrinc.com/>
- Or Call

508-877-3500

Millis, MA 02054

Fully Licensed & Insured
CSL 056746
HIC 108807

\$500 OFF Full Roof Replacement

On 28 Square Feet or More

Exp. July 31, 2024 • Offers May Not be Combined

ROOFING • SIDING • WINDOWS



Lifetime Roof Guarantee
Get a FREE Upgrade to a
CertainTeed
SAINT-GOBAIN

Lifetime Guarantee

Exp. July 31, 2024

Offers May Not be Combined



Town of Ashland Completes Its First Citizens Academy

By MICHAEL HERBERT

For the first half of 2024, sixteen Ashland residents took part in our inaugural Town of Ashland Citizens Academy. Over the course of nine meetings, these residents were able to develop a deeper understanding of our town government structure, get a first-hand look at the operations of the town, and meet and get to know some of our valued employees. While the concept of communities holding Citizens Academies is not a new one, it was nevertheless the first one Ashland has held, and as such we developed our own goals for the academy. Namely, the following outcomes were identified for the program, which met every other Wednesday night:

Education - We wanted attendees to gain a deeper understanding of how local government operates, including its functions, responsibilities, and decision-making processes. This fosters a more informed and engaged citizenry.

Developing Future Local Leaders - The Academy can serve as a pipeline for developing future leaders in the community. Participants may be inspired to pursue careers in public service or volunteer for local boards and commissions, bringing fresh perspectives and expertise to the governance process.

Increasing Transparency & Trust - By providing transparent insight into government operations and the staff who provide services, our Academy help build trust between citizens and their local government. When people understand how and why decisions are made, they are more likely to develop trust in their officials and government institutions.

Through presentations from department heads and staff, and on-site visits to important Town of Ashland facilities like the Public Safety Building and DPW buildings, attendees of the Academy got an up-close look at what our employees do on a regular basis. Departments and topics covered included the town charter and state laws governing the town, finance, public safety, public works, human services, library, planning and economic development, conservation, sustainability, the Town Clerk's office and information technology among others. We dedicated one meeting to get-



ting attendees feedback on the Comprehensive Plan and the last meeting was more of a "Ask Me Anything" format with our Assistant Town Manager and myself.

When we first announced the Citizens Academy, we had legitimate questions as to how much interest there would be in the program, but 35 residents applied, quickly quelling that concern. Ultimately, we had to make the tough decision to exclude people who were currently or had served on a board or committee in order to keep the class size manageable at sixteen. The remaining sixteen were chosen at random.

And what a great class it was! I was thoroughly impressed by their dedication to the program and their questions and insights. It was clear to us that the class is just as important to this initiative's success as the program itself. Speaking of success, we feel like we achieved the outcomes noted above, and we've been thrilled by the feedback that we have received from our class. Here are a few:

"The Citizens Academy gave me an understanding of how our town government works. I came away with an appreciation for what the various departments do and how it all comes together for Ashland." -Janet McKetchnie

"I was amazed by the complexity of managing a small-town government. The dedication of the professionals in their respective roles, starting with the Town Manager, is impressive. If you have the opportunity to attend the academy next year, it will be well worth your time." Bob Rombauer

This program made me feel more connected to Ashland, other residents and those who serve it. I have a better appreciation of our Town after learning about the day-to-day operations, goals, and challenges of each department. Engaging in this program, instills a sense of belonging, builds social support networks, and contributes to an overall balanced and fulfilling life within the community.

-Megan Momtaheni

Participating in Citizens Academy made local government more approachable for me. I learned that there are a range of ways to get involved in local government, whether it be running for a board or simply being an engaged resident who participates and provides feedback. - Matt Reynolds

The Citizens Academy is something that I have wanted to put together for a long time, but other initiatives took priority. But it has become clearer to me that the investment in time necessary to build this program is important as we try to encourage our society to have more policy discussions based around facts and knowledge, and not just who can scream the loudest or make the most posts on social media. Based on the feedback received,

we will definitely offer this again next year. Also, with one year of experience, we have a better understanding of what tweaks we need to make in order to make next year's program even better for residents.

In addition to the class, there are a number of people that deserve thanks for this program. First, our Select Board was very supportive of this program and what we are trying to accomplish. Second, Assistant Town Manager Jenn Ball deserves kudos for building such a great program. Finally, I have to thank the department heads and employees that put together the presentations and took the time to answer many, many questions.



We hope to see you at a future Citizens Academy!



Happy JULY 4th

Summer will be gone in the blink of an eye!
Now is the time to schedule your back-to-school eye exams!

Adult & Pediatric Eye Exams
Contact Lens Fittings • Medical Eye Conditions

Dr. Lauren LaPaglia
OPTOMETRIST

25 West Union Street, Ashland, MA
(508) 928-7300 • ashlandfamilyeye.com



Ashland PAVING

RESIDENTIAL & COMMERCIAL

**Paving - Sealcoating
Crack Filling - Excavation**

FULLY INSURED & FREE ESTIMATES

Schedule Now!

CONTACT MAURICIO

508-202-8602

BHRPaving@gmail.com

VETERANS

continued from page 1

way for me to contribute," said the Ashland resident.

Although she had never run much before she started training for this program, she is about to run her 15th Run to Home Base.

"Before the first Run 15 years ago, I had never run more than a mile, and that was required for gym class. Now, in addition to my 14 years of the Run to Home Base, I have completed 5 half marathons and one full marathon, as well as a number of local 5 and 10Ks," she said.

According to its website, "The Run to Home Base is a unique fundraising 9K run or 5K run/walk through Boston, ending with the unforgettable experience of crossing "home base" at historic Fenway Park."

The soon-to-be-50-year-old audiologist at Children's Hospital in Boston said her training schedule is what keeps her on track.



"I run about 3 days per week to prepare. My longest runs top out around 6 miles, which takes me about an hour. My running style is more stubborn than fast," she said.

In her 15 years of running in the event, she has raised about \$25,000.

"I have some very committed friends and family who have helped me raise almost \$25,000," she said.

For Edwards, who grew up in New Jersey and lives in Ashland with her husband of 20 years, it hits home. Family members have served in the military



going back for generations in the Army, Navy, and the Air Force.

"I appreciate that Home Base removes barriers for people to access their services and has now served thousands of individuals from around the country. It has been amazing to watch

the program expand over time to their current National Center of Excellence in Charlestown," she said.

To donate to Edwards' run, visit runtohomebase.org/support/#cheryl.

localtownpages

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

Publisher

Chuck Tashjian

Editorial

Susan Manning

Send Editorial to:

editor@ashlandtownnews.com

Advertising Sales

Susanne Odell Farber 508-954-8148 sue@odellconsult.com

Advertising Director

Jen Schofield 508-570-6544 jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry Kim Vasseur Wendy Watkins

Ad deadline is the 15th of each month.

Localtownpages assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.

© Copyright 2024 LocalTownPages

ASHLAND LANDSCAPE & CONSTRUCTION



LAWN & GARDEN

- Lawn Mowing Mulching Edging • Weeding Spring & Fall Clean-Up

STONEMWORK

- Patios Steps • Walls Walkways

FULLY INSURED

Call For A FREE ESTIMATE

508.202.8602

mbremermann@yahoo.com

PREMIER IMAGE GALLERY

- Specializing in Museum Quality Framing Finest Selection of Original Artwork by Local Artists



290 Eliot Street, (Ledgemere Plaza) • Ashland • (508) 881-4730 Open Monday thru Friday • 9 am - Noon

premier-image.com

PHARMACY OUTREACH

Helping MA Residents Lower Drug Costs Providing Free Medication Information

CALL Today 1-866-633-1617



MASSACHUSETTS COLLEGE of PHARMACY and HEALTH SCIENCES

Pharmacy Outreach Program

19 Foster Street, Worcester, MA 01608 | M-F 8:30 am to 5 pm

Celebrating the Bengali New Year

Hanshi Khushi club (of Ashland and neighboring towns) celebrated the Bengali new year on May 11 New Year 2024 at 6 pm at St. John's Parish, Hopkinton, MA.

Bengali is a language spoken in the state of West Bengal in India and Bangladesh. The members of Hanshi Khushi club are diaspora from those regions and currently live in Ashland and surrounding towns. Through cultural activities Hanshi Khushi Ashland -literally meaning smiling, happy people - celebrates multifaceted art and art performance of Bengal.

Living in Ashland, some members reached out to each other during Covid. In times of isolation, communities such as Bengalis and those speaking the language found purpose in reaching out to what was familiar and missing in the home far away from home. This is how the club was created. Members continued to meet as the world re-entered the post-Covid era and found greater meaning in celebrating together festivities and performances that Bengal is famous for.

As one of the first events organized by the club, they decided to celebrate the Bengali New Year called "Poila Baisakh" which fell on April 14 this year. This is a significant date as the year begins - there is rejoicing as the new year is welcomed by singing songs and performing dance, eating food and seeking blessings from elders.

School vacations and availability of venues determined that the celebration be organized at a later date. On May 11, St. John's Parish in Hopkinton became a hub for festivity as people came in wearing resplendent saris (clothes worn by Indian women) and kurtas (shirt/tunic worn by men) and colorful wear as is custom and enjoyed being together for a cultural purpose.

Emceed by Sutapa and Samik Sengupta - leaders of the organizing committee, welcomed one and all. One of the first performances was by children who welcomed the season. They matched their steps to the song with such grace and elegance that it was a sight to see!

Michael Herbert, Ashland Town Manager graced the occasion with words of support and encouragement for the group. As a planned surprise he presented a token gift of appreciation and



recognition to group member Sharmita Bhattacharjee for participating in the Boston Marathon this year. For the group, this was a moment of great pride.

As tribute to the Nobel laureate, Rabindranath Tagore, who incidentally was also from Bengal, an audio play "Khyatir Birombana" was performed. It received a lot of applause and appreciation. Tagore's songs have a soulful cadence and often are replicated in Bollywood music. A group of talented group members sang original songs by Tagore, followed by the Hindi versions that have been used in Bollywood films. This was such a treat and took the audience down memory lane.

In celebrating the divine feminine power, an amalgam of two Indian classical dances - Odissi and Kathak was performed with exquisite rhythm and energy. The dance forms evoked a sense of surrender to divine power as the movements were presented

with finesse and utmost elegance. These are never-before-seen performances and added so much value to the cultural experience.

Philomela, a band that has been in existence since over a decade performed their foot tapping numbers. The audience was enthralled by the vocals and the accompanying guitar and tabla performance. It was hard to sit still as some members took to the dance floor.

What was a celebration of Bengali new year was also an opportunity to showcase the multiple classical forms of dance and music from India. This was an event that truly represented the diverse forms of performing arts that immigrants respond to and remind them of continuing their traditions, providing new learning opportunities and sharing with those who are not part of this culture.

Clock Town Chronicles:

Exciting News, Ashland Residents!

Our Town Manager, Michael Herbert, has launched a podcast, Clock Town Chronicles! Stay updated with the latest town news, community projects, and more, wherever you are!

Make sure you checkout the episodes on WACA's YouTube channel or on Spotify!



Episodes on YouTube:

Episodes on Spotify:

THE CORNER MARKET

Wicked Good Fast Food



NOW OPEN MONDAYS

Salads & Wings

Acai & Smoothies



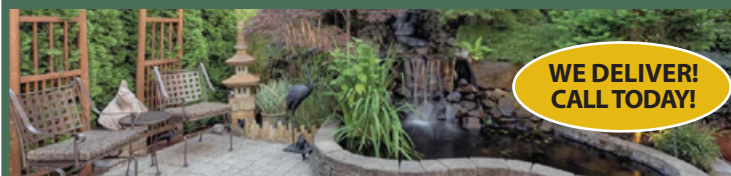
TAKE OUT



Perfected
774-233-1966

12 Concord St Holliston, MA www.CornerMarketHolliston.com

ASHLAND LANDSCAPE SUPPLY



WE DELIVER! CALL TODAY!

BARK MULCH

Pure Hemlock • Hemlock Blend • Black Forest Dark Pine • Red Cedar • Playground Chip

LOAM & STONE • PROPANE TANK FILL

PAVERS

Belgard • Keystone Hardscapes

(508) 881-0001 • AshlandLandscape.com
18 Waverly Street, Rte. 135, Ashland

Matt Gamache Realtor

Serving Ashland for over 10 years



Call for a market analysis

508.561.2757

www.MattGamache.com

What to know before ‘reversing’ your retirement



Mark Freeman

FINANCIAL FOCUS®
Provided by Edward Jones

If you’ve retired, you may have thought you closed the book on one chapter of your life. But what happens if you need to “reverse” your retirement?

Due to higher inflation and rising interest rates, many retirees are taking out more money from their retirement accounts than they had originally antic-

ipated. As a result, some are headed back to the workforce. If you’re thinking of joining them, you’ll need to consider some factors that may affect your finances.

First, if you’ve been taking Social Security, be aware that you could lose some of your benefits if you earn over a certain level, at least until you reach your full retirement age, which is likely between 66 and 67. Specifically, if you are under your full retirement age for the entire year, Social Security will deduct \$1 from your benefit payments for every \$2 you earn above the annual limit, which, in 2024, is \$22,320. In the year you reach your full retirement age, Social Security will deduct \$1 in benefits for every \$3 you earn above a different limit, which, in 2024, is \$59,520.

Social Security will only count your earnings up to the month before you reach your

full retirement age, at which point your earnings will no longer reduce your benefits, regardless of how much you earn. Also, Social Security will recalculate your benefit amounts to credit you for the months your payments were reduced due to your excess earnings. Social Security also allows you to pay back early benefits received if you withdraw your application within 12 months of starting benefits. This move could help you receive substantially higher benefits at full retirement age.

Your Social Security isn’t the only benefit that could be affected by your earnings. Your Medicare Part B and Part D premiums are based on your income, so they could rise if you start earning more money. Also, your extra income could push you into a higher tax bracket.

Nonetheless, you can certainly gain some benefits by returning to the working world.

Obviously, you’ll be making money that can help you boost your daily cash flow and possibly reduce some debts. But depending on where you work, you might also be able to contribute to a 401(k) or other employer-sponsored retirement plan. And regardless of where you work, you’ll be eligible to contribute to an IRA. By putting more money into these accounts, you may well be able to strengthen your financial position during your retirement years. You might also be able to receive some employee benefits, such as group health insurance — which could be particularly valuable if you haven’t yet started receiving Medicare.

In addition to the potential financial advantages of going back to work, you might get some social benefits, too. Many people enjoy the interactions with fellow workers and miss these exchanges when they retire, so a return to the workforce,

even if it’s on a part-time basis, may give you an emotional boost.

In the final analysis, you’ll want to weigh the potential costs of going back to work against the possible benefits. There’s no one right answer for everyone, but by looking at all the variables, you should be able to reach a decision that works for you.

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

THIS ARTICLE WAS WRITTEN BY EDWARD JONES FOR USE BY YOUR LOCAL EDWARD JONES FINANCIAL ADVISOR.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

COMPASSIONATE CARE, *Sensible Pricing.*

Experience the perfect blend of care and comfort with **Whitney Place Assisted Living and Memory Care** at Natick.

Call **508-655-5000** today to schedule a tour. Select apartments available **starting at \$4,995.**

SALMON
SENIOR LIVING

THREE VISION DRIVE, ROUTE 9 WEST
NATICK, MA 01760

Ashland Farmers Market to be Held June Through Mid-October

The Ashland Farmers Market will take place on Saturdays from 9 a.m. to 1 p.m., from June 1 to Oct. 12, in downtown Ashland, across from the Ashland Public Library.

To park, if the municipal lot adjacent to the market and street parking are full, please park at the Town Hall parking lot, the Mindess School or the Pittaway School.



Source: www.ashlandfarmersmarket.

Free Medical Clinic to Benefit Ashland and Framingham

A community host group of Ashland volunteers, working in collaboration with Remote Area Medical (RAM®), a major nonprofit provider of free mobile medical clinics, is once again hosting a free medical clinic at the Keefe Technical School in Framingham this August 10th and 11th.

Staffed by licensed volunteer medical providers, community partners, and translators, the clinic will offer a range of health services, including dental, vision, and primary medical care, at no cost to its patients on a first come, first served basis. Assistance with insurance enrollment and follow-up medical care will be offered as well, along with information and enrollment for social services programs, such as SNAP benefits.

Last year's clinic was a huge success, providing 450 dental, medical, and vision services to over 300 individual patients in a single weekend. In its second year, the community host group, led by Jay Byrnes of Ashland, expects to be able to serve even more members of Ashland and Framingham.

"I think that our clinic last August raised awareness in the community of the acute need for affordable medical services in our area. At that

clinic, we served 316 individuals, and we hope to provide services to even more people at our upcoming clinic in August."

Planning and staffing the clinic is an ongoing effort that involves the recruitment and coordination of over 200 volunteers from local health systems, provider groups, local health centers, and other individuals from the community for outreach, logistics, and general support. All of these volunteers are crucial to providing the medical services and perform essential functions, such as data entry, patient registration, logistics and language translation. There is a particular need for Spanish, Portuguese and Creole interpreters.

Those looking to help make the clinic a success by volunteering can register at the RAM volunteer recruitment website (<https://volunteer.ramusa.org>). Financial donations can be made through the event's fiscal sponsor, the Community Foundation for Metrowest (www.communityfoundationmw.org/donate/ and specify RAM Framingham Clinic August 2024 as the "Other Fund" you wish to support).

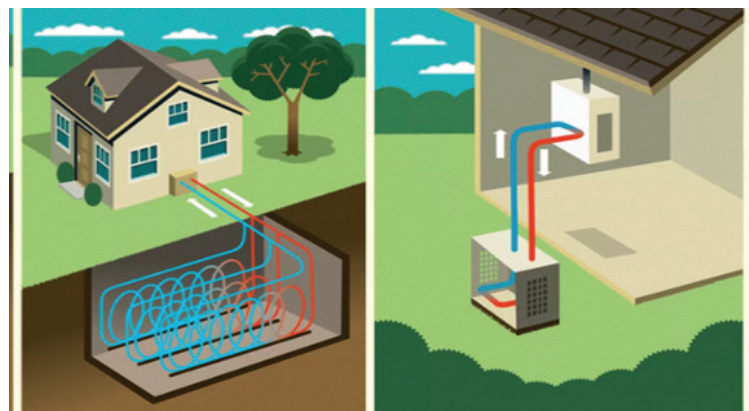
Get Some Help Upgrading Heating/Cooling Systems

Happy Summer Ashland, as we move into the dog days of summer with increasing temperatures it is more important than ever to stay cool. If you are looking to upgrade your current heating and cooling system, look for a greener alternative that will keep you cool in the summer and warm in the winter and can also save you some money.

Air source heat pumps and geothermal heat pumps are fossil fuel free ways to heat and cool your home. By using electricity instead of oil or natural gas they work just like a window unit AC only they have a switch that allows you to heat your home in the winter as well. (You also won't have to worry about installing them and removing them each at the beginning and end of summer).

Geothermal on the other hand is dug underground and uses the temperature of the ground to heat or cool water that runs through pipes beneath your home. Like an air source heat pump, they keep your home cool in the summer and warm in the winter. Both have been shown to work well in cold New England winters.

There are so many rebates and ways to make the upgrade to a heat pump more affordable. Most local banks are taking part in the Massachusetts 0 interest heat loan program, meaning residents can get a loan for an air sourced or geothermal heat pump with NO interest. In addition to the heat loan there are many state and federal rebates on heat pumps. If you are interested in learning more about local vendors and hear about Ashland Residents ex-



perience with heat pumps check out Energizeashland.org

If you have any questions about switching your heating

and cooling systems feel free to contact the Town's Sustainability Project Manager Sam Riley (sriley@ashlandmass.com)

WE ARE YOUR RELIABLE INSURANCE NEIGHBORS



Work with people you can trust: Christine, Brian, Sandra

Our family-owned and operated independent agency offers only competitively priced and time-tested insurance products designed to fit your individual needs. Specializing in home, auto, business, condo and renters insurance since our establishment in 1987, our agency is deeply rooted in the communities we serve and committed to providing the very best of value for your hard earned dollars. Whether new to the area or a lifelong resident you will benefit from the sound advice provided by our professional service advisers.



MAPFRE | INSURANCE®

Contact us today!

508-881-7800

25 West Union St., Ashland

MyAshlandIns.com

Interested in installing central AC?



CALL TODAY!

Beat the rush and long supply lines. Tax Credits and Mass Save Rebates available for Heat Pumps!



Specialists in Home Comfort & Energy Conservation

Coan Bioheat® Fuel Delivery

With significantly reduced greenhouse gas emissions & lower carbon footprint, it's the most environmentally friendly heat fuel, and the safest.



196 West Central St., Natick • 508-653-5050 • 800-262-6462 • coanoil.com

HOME • CONDO • RENTER • AUTO • BUSINESS

The b.LUXE *beauty beat*

The b.LUXE Mature Makeup Makeover

BY GINA WOELFEL

EMBRACE YOUR AGE WITH CONFIDENCE

b.LUXE Hair and Makeup Studio believes that age is just a number and women at every stage in life deserve to feel beautiful and confident in their makeup. Mature skin is unique, and what worked in our 30s may differ from what's best for us in our 40s and 50s. And as we reach our 60s and 70s, our makeup needs will change again. That's why we're thrilled to introduce our exclusive **Mature Makeup Makeover Service**, a tailored offering designed to address the specific needs of mature women.

Renowned Makeup Artist Madison Elliott is the face of the new Mature Makeup Makeover. With extensive experience in the industry, Madison has worked with numerous celebrities, fashion icons, and top brands. Her specialty is enhancing natural beauty and empowering women to embrace their unique features with grace and confidence.

Madison Elliott - "I started doing makeup because I loved seeing people's reactions when they saw themselves for the first time in the mirror. I love that

every client sitting in my chair feels like my friend when we're finished. Not everyone knows makeup, and learning the proper techniques can be overwhelming. I love teaching makeup! It makes me so happy when my clients tell me they love the eyeliner trick I taught them or that the foundation we chose feels so natural. When they tell me they love how they look, it's the most wonderful reminder of why I chose to be a makeup artist."

There's been a noticeable shift in recent years in social media, television, and advertising to better showcase and represent older women. New makeup companies are targeting the 40-plus age group, which shows progress in providing products for those of us with a few more smile lines. However, there is still much work to be done in makeup and department stores nationwide. While these products are a welcomed addition to our mature makeup selection, it would benefit cosmetic companies to educate their salespeople on appropriately recommending and applying their products to older skin.

We designed our Mature Makeup Makeover to help you



perfect the techniques that address age-related makeup concerns and focus on the colors, textures, and methods that best complement your style for every occasion. Our bodies typically begin to slow down collagen production in our mid to late 20s or early 30s. Around the age of 40, the decline in our collagen levels can lead to common signs of aging, such as wrinkles, fine lines, and sagging skin. Menopause can further contribute to these changes and also impact facial volume. Adjusting our cosmetics and application approach to better suit our current needs allows us to emphasize our favorite features and feel more confident



and comfortable with our outward appearance.

This month, Madison worked with one of our favorite, long-time clients, Deborah Sweet, for a session to discuss her makeup concerns and questions for someone over 50. Madison covered every aspect of makeup with Deborah, from product selection to application techniques, including brush and sponge selection. See Deb's before-and-after photos above or scan the QR code to visit our before-and-after gallery at bLUXE.com.

Deb Sweet - "Madison was incredible to work with! I've never had a makeover before and was initially a little uncomfortable with the idea. Madison immediately put me at ease. She helped me feel like I belonged in her chair and shared her passion and insight every step of the way. Madison's makeup expertise left me feeling like the best version of myself and has also carried over into my daily routine. I wouldn't hesitate to spend time in her chair again!"

Mature Makeup Makeover
90 Minutes \$175 with a \$25 Cosmetic Credit

You'll receive a personalized consultation with Madison, a personal makeup bag analysis, a skincare and prep tutorial, practical makeup techniques and application, tips and tricks for emphasizing your best features, a take-home step-by-step guide to your makeover, and confidence-boosting results you'll love!

b.LUXE Hair and Makeup Studio believes that beauty is ageless and that all women should embrace their age with grace and confidence. We're here to help you do that!

Schedule a consultation with Madison today for your transformative journey towards looking and feeling your best.

PAID ADVERTISEMENT

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

PLEASE RECYCLE

ANYTIME FITNESS
PERSONAL & GROUP TRAINING • HYDRO MASSAGE BED

Celebrate Your Independence JOIN NOW!

OPEN 24 HOURS

Shaws Plaza
309 Pond St • Ashland, MA
508-881-4900

Anytimefitnessashland@gmail.com

Priscilla Johnson Roberts, 1930–2024

Priscilla (Pat) Roberts, 94, passed on peacefully on March 26, 2024, at St. Frances Reflections Hospice in Melbourne, Florida. Originally married to Harold (Spike) Johnson who died in 1989, she later married Richard (Dick) Roberts who passed in 2022 in Florida. They had lived many happy years there with daughter Alane Diana. Pat was loved and adored by her children: son John (Jack) Johnson and his wife Katherine, of Brooksville, FL; a set of twins, Alan Johnson of Berlin, MA, and Alane Diana of Indian Harbour Beach, FL; and son Michael Johnson and his wife, Pamela, of Bellingham, MA. Pat was the proud grandmother of eight grandchildren and several great-grandchildren.

Originally from Mendon, MA, her parents were Frederick and Lolita Hartshorn. She was the eldest child and was pre-deceased by her siblings: Alice Perry, Beverly White, Audrey Arena, Allan Hartshorn and Robert Hartshorn.

Pat moved to Ashland upon marrying Harold "Spike" Johnson, where they raised their four children. She and Spike were two of the original members of the Ashland Fish and Game Club. Pat was a past President and past Vice President of the James O. Carey Post 77 American Legion Auxiliary in Ashland, where she also enjoyed being a part-time bartender.

Pat enjoyed traveling, playing golf and target shooting, gambling on the ponies at Foxboro, and going to casinos with her sister-in-law, Linda (Hartshorn) McPhee.

She had a long career as an executive at Carlin Insurance and CGT.

Any donations to St. Jude's would be appreciated. A Celebration of Life will be held on August 10th at the Ashland Fish & Game, beginning at 1 PM.

Anyone who would like to join the family in celebrating her life and memory are welcomed to attend. (Please RSVP by Aug. 5 to pamjj@comcast.net.)

Your Money, Your Independence

Summer, Summer, Summertime - Time To Sit Back and... Experience Spend



Glenn Brown, CFP

life while they can. It shifts focus from material wealth to emotional wealth — the happiness, satisfaction, and memories that come from shared experiences and personal adventures.

Why experience spending?

Beyond the concept of having greater value for experiences versus things, studies find people misjudge what purchases will make them happy, how happy they will feel, and how long that happiness lasts.

Spending money on experiences creates more and longer-lasting happiness than spending on material goods, which people are more prone to comparisons and buyer's remorse. Also, objects tend to deteriorate with time, while experiences can create lasting memories and become part of your identity.

The challenges of getting advice to spend money.

The financial industry, in particular investment management and financial planning, places too little emphasis on helping clients spend money for today's experiences.

There are various reasons as to why. Advisors paid solely by % of Assets Under Management don't want assets taken out, as it results in them earning less. For financial planners, it's easier

(and safer) to model goals 15-20 years out, whereas spending now makes analysis harder to balance future outcomes. Furthermore, clients see the impact of recommendations immediately and can judge accordingly.

Timing of experiences is critical.

Consider the family vacation to Disney, it is a different shared experience for all going when kids are 6 & 8 versus late teens.

Or the HS senior and family trip you've been meaning to do. What's their availability (and desire) once in college to go on a family trip with mom and dad? That window's closing.

It's not limited to just travel.

Saving up for a big purchase is admirable. But in terms of your happiness, is this the best way to allocate finite resources? For many, happiness is more closely aligned to the frequency and variations as opposed to intensity.

Ask yourself if you'd be happier with a few big-ticket items, such as a luxury car, or rather indulge frequently in small purchases, such as cooking clubs, memberships, kid's activities, and spa days?

Financial considerations.

While experience spending prioritizes moments over materialism, it also requires mindful financial planning of your resources. Budgeting involves allocating funds for activities that align with personal values and goals. It encourages responsible spending by focusing on the long-term benefits of enriching experiences while balancing your financial stability and security.

For instance, imagine parents trying to make up for lost time, now wanting to take the family on a luxury vacation. Sure, they could choose to do that. But would it have been better to have done prudent financial planning all those years of sacrifice by assessing current financial health,

setting a realistic budget, and exploring cost-effective alternatives that still deliver a memorable experience? Furthermore, this approach removes the build-up of unrealistic expectations and places the focus on making memories together.

I hope you enjoy your "summer, summer, summertime" and may you have "time to sit back and unwind" together.

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.

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

Recall your age 21 summer? Mine had DJ Jazzy Jeff and Fresh Prince's "Summertime" as a soundtrack. Days spent gathering with friends at backyard BBQ's, a pool or restaurant patios in Portsmouth, then 6 nights a week "working" as a DJ in various clubs on Hampton Beach.

When we reminisce about our past, we recall experiences. Examine further, you'll likely realize the small windows of opportunity to enjoy them. For example, two years later I'd be in Florida, working for a minor league baseball team and able to see just one of those friends.

Life is constantly evolving, and moments once passed cannot be relived. Embracing experience spending encourages individuals to seize opportunities to enjoy

Custom ice cream frozen to order

SUBZERO
EXPERIENCE THE DIFFERENCE
NITROGEN ICE CREAM

Town Hall Plaza
91 Main St. Ashland

SINCE 2003

CELEBRATING 21 YEARS IN BUSINESS

ALL TIMES CONSTRUCTION

HOME IMPROVEMENT

INTERIOR AND EXTERIOR RESIDENTIAL & COMMERCIAL

- › CONSTRUCTION
- › REMODELING
- › CARPENTRY
- › ADDITIONS
- › CLEANING
- › PAINTING

LEAD-SAFE EPA CERTIFIED FIRM

508-231-7703

FULLY INSURED • FREE ESTIMATES

alltimesconstruction1@gmail.com
www.alltimesconstruction.com
1244 Highland St, Holliston MA

GET **\$500 OFF**
*Any Exterior Painting for houses larger than 2,000 sq ft

Friends of the COA Hope To Launch Two New Initiatives

The Friends of the Ashland and Callahan COA have been

busy working to develop two new initiatives for the future with hopes of launching in January 2025.

The travel committee has been working successfully by offering many successful travel opportunities by offering many day and multi-day trips for Seniors 55 and older who are able to travel independently. Great memories and friendships have been made, and lots of successful adventures completed. All seniors are welcome to join our trips and membership to a Senior Center is not necessary.

After meeting with the Limited Vision Support group at the

Callahan Senior Center in Framingham, the Ashland Friends of the COA have decided to investigate ways both Senior Centers can safely include this group of hopeful travelers in the day trips we plan for the 2025 Trip season. This gathering enlightened us to the fact that efforts need to be made to include limited-vision travelers who can find it difficult or next to impossible to navigate most movements in unfamiliar territories, which many of us take for granted: reading a menu, climbing or descending stairs, keeping pace with a group, etc.

Travel does not require perfect eyesight. People dealing with low vision just need new ways and

support as they apply what they already know while navigating new territories they are not familiar with. When providing a guide, most travelers are given the guidance to figure it out.

The Friends have begun researching grant opportunities to support any budget needs that would sustain offering a stipend to any volunteer willing to partner with a traveler and chaperone for a day.

A chaperone's top priority would be safety. As a chaperone, the needs of the limited-sighted traveler will be a priority. As we research further and begin planning for this program, many issues will come up that will sup-

port the planning for this Limited-Sighted Travel Program and searching for people who would be willing to become a travel chaperone.

Our second goal is to create a Senior Travel Award Program, a one-of-a-kind initiative that will not just acknowledge the invaluable contributions of our seniors but also reward them with a well-deserved complimentary day trip. Our main objective is to raise funds to bring these two distinctive programs to life during the 2025 Travel Year.

Your support is crucial in making this a reality. We deeply appreciate your consideration and hope you can make a small

contribution to support these two hopeful programs. Your contribution, no matter the size, will significantly impact our ability to bring these programs to life.

In the meantime, it would be helpful to hear from anyone who could be a resource in support of the creation of these new visions. There is so much to think about, plan for, and find financial support for going forward. If you can offer us any guidance, ideas, a reference, or are willing to donate to this effort, please contact Donna Shaw at dshaw5@gmail.com or text at 508-740-8054.

Ashland rubbish and recycling fees increase on July 1

In Ashland, fees associated with trash and recycling have changed, due to an increase in Waste Management contract costs.

Effective July 1, 2024, for FY25, bills will be mailed to property owners in August 2024. Annual trash fees are increasing

as indicated below.

- Annual Trash fee will increase from \$204.40 to \$235.00;
- Annual Trash fee for seniors will increase from \$109.20 to \$125.58 (upon completion and approval of Application for Abatement); and

- Town of Ashland Trash bag fees are increasing as follows: Large (33 gallon) bags will increase from \$13.50 per roll of 5 bags to \$15.55 per roll of 5 bags; and small (14 gallon) bags will increase from \$7.88 per roll of 5 bags to \$9.10 per roll of 5 bags.

If you have any questions or concerns, please contact David Miller at dmiller@ashlandmass.com or 508-532-7943.

SOURCE: FACEBOOK @ TOWNOFASHLANDMA

Robert Roofing & Gutters

49 YEARS IN BUSINESS!

**ONE CALL SENDS
A ROOFER...
NOT A SALESMAN**

857-247-8709

- Roofing
- Siding
- Windows
- Gutters
- Residential Rubber
- Flat Roofs

**NO GIMMICKS,
JUST HONEST PRICING!**



CertainTeed



**FREE ESTIMATES
LICENSED & INSURED**

www.robertroofingandgutters.com • Rgreene465@gmail.com

Stay safe despite rising mercury

Summer is here and so are extreme temperatures. Where temps are likely to keep rising it is important to ensure that you are keeping cool.

At home: Make sure that your AC is working if you have one. If you struggle with a window unit, ask a family member or neighbor to install it (and remember to ask them to remove it in the fall). When the weather is warm and you are going to be in the sun make sure that you drink plenty of fluids and wear cool clothes.

Around Town: If you do not have access to air conditioning there are plenty of places around Ashland and our surrounding towns to cool down. Within Ashland look to community spaces like the library and community center. Along with cooling down they often host activities to keep you entertained while cooling down. In addition, Ashland is home to the Ashland State Park and the Town Forest which typically stay a little cooler and have water access.

Outside of Ashland there are tons of shopping centers, movie theaters, and community pools that will not only keep you cool but are also available via public transportation. If you are looking for a cooling center and not sure where to go, call 211 to find local cooling locations.

If you are spending a lot of time in a hot space, make sure you are staying hydrated to avoid heat related illnesses. If you have a preexisting condition, make sure to take it easy during extreme heat to avoid getting sick.

Alerts: If there is an extreme heat alert make sure you are signed up to be in the know. If you have social media, you should follow the Town of Ashland on Facebook along with the Fire Department. Additionally signing up for Code Red on the Ashland website (AshlandMass.com).

If you are looking for any other information on how to stay cool this summer look on the Ashland Health Department's website.

What's The Cleanest Source of Electricity?

BY KEVIN KAM FOR ENERGIZE ASHLAND



The obvious candidates that might come to mind are solar, wind, geothermal, hydro, maybe even nuclear energy because each is touted as having zero (marginal) emissions and is therefore less polluting than any fossil fuel-derived means of producing electricity; all are good answers, but none is the correct answer. So, what's the answer? The energy you didn't consume—a.k.a. the negawatt.

More than 30 years ago, a clean energy expert, Amory Lovins, popularized this term (at least in energy circles) to give a positive form to energy demand eliminated through conservation. He reasoned that not consuming a unit of energy was both cheaper and cleaner than producing that same unit of energy from any source.

In a 1989 keynote address to an energy conference (<https://www.cnr.org/amory.html>), he explained that the simple act of replacing a 75-watt incandescent light bulb with a 14-watt fluorescent bulb was the equivalent of activating a 61 negawatt power plant every time that light was used. He gave another example

of relatively simple lighting fixture changes which, if adopted across the U.S., would have the net effect of reducing electricity demand by the equivalent of 60 Chernobyl nuclear power plants (remember, this was 1989; a more relevant metric for New England would be 10 times the New England grid operator's forecasted 2024 summer daily peak demand of 24,553 megawatts). By any metric, that's a lot of negawatts!

How is this relevant to you? Our goal at Energize Ashland is to get fellow Ashlanders (and non Ashlanders, too!) to take specific, environmentally positive actions. The larger individual actions described on our website include swapping your fossil fuel heater or central air conditioner for a heat pump, installing solar panels on your roof or through a community solar project, replacing your gasoline powered vehicle with an

electric vehicle, or getting a free Mass Save insulation/air sealing evaluation (and then having a qualified installer perform the work with a 75% discount or even free for qualifying homeowners); each of which generates a lot of negawatts!

Our website also lists a number of smaller actions which require much less of an upfront investment in time and money such as composting food waste, reducing your hot water usage, eating more plant-based foods. These latter actions, though individually small, can add up because many are performed daily and even multiple times per day.

We encourage you to visit our website, sign up so that you can learn more about actions to take, and then take the actions that make sense for your situation, because every negawatt counts!

Place your Real Estate Ad today!
Contact Susanne: 508-954-8148 sue@sodellconsult.com

THE CORNER SPOT

JULY 2024 EVENT CALENDAR

| | |
|-----------|------------------------|
| July 8th | Teddy Bear Emergency! |
| July 11th | Ashland Moms: Tot Spot |
| July 11th | Open Mic Night |
| July 18th | Open Mic Night |
| July 25th | Ashland Moms: Tot Spot |
| July 25th | Open Mic Night |

FOR MORE INFORMATION ON THESE EVENTS AND MORE SCAN THE FOLLOWING QR CODE OR HEAD TO THECORNERSPOTASHLAND.COM

ASHLAND HOME IMPROVEMENT

- Kitchen and Bathroom Remodeling
- Basement Finished
- Window & Door Replacement
- Wood Flooring Installation & Refinishing
- Deck Replacement and Repair
- Siding - Roof
- Masonry - Walk Way & Patio
- Power Washing • Painting • Carpentry

Detailed & Meticulous • Reasonable Rates
CALL MAURICIO 508.202.8602

FULLY INSURED
MA HIC.#169427

Optimize your performance and unlock your full potential!

Our specialized sports rehabilitation programs will help you recover from injuries and prevent future ones.

Don't let pain hold you back - Your best self is just a phone call away!

PLATINUM

PHYSICAL THERAPY

All major insurances accepted

15 West Union Street
Ashland

1 Lumber St., Suite 201, Hopkinton
196 E. Main St., Milford (in The Gym)

Visit platinumptma.com or call 508-544-1540 for an evaluation

Senior Community Center Activities for JULY 2024:

PROGRAMS & ACTIVITIES:

- July 1st – 5th -** ASHLAND COMMUNITY CENTER CLOSED FOR CLEANING and INDEPENDENCE DAY
- July 8th at 12:00 -** Lunch – BBQ Sponsored by State Representative Jack Patrick Lewis' office including local students participating in his Summer Seminar.
Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.
- July 9th at 11:00 -** Cooking Class with Chef Lee – Pork Schnitzel (Tonkatsu)
Space is limited. Call to reserve your seat at 508-881-0140 x1. \$5 donation requested per person.
- July 10th at 10:00 -** Computer Class – “Managing your Notifications on your Cell Phone Tablet and Computer” Call to reserve your seat at 508-881-0140 x1.
- July 11th at 10:30 -** Downton Abbey 8th T.V. Episode Viewing
Tea and coffee provided. Call to reserve your seat at 508-881-0140 x1
- July 12th 10:00-11:30 -** Legal Phone Consultation with Arthur P. Bergeron
Call to make an appointment 508-881-0140 x1
- June 16th at 12:00 -** Bring Your Own Brown Bag Lunch then
12:30 NEW!!! “Make Your Own Ice Cream Sundae” with Toppings & Ice Cream Provided by the Ashland Senior Center
Call to reserve your seat at 508-881-0140 x1.
- July 17th at 10:00 -** Town Manager’s Coffee Hour. All are welcome!
- July 17th & 31st 9-11:30 -** Veterans Office Hours with Richard Sabounjian
Appointments recommend. Call 508-429-0629 to schedule.
- July 18th, 10:00-12:00 -** SHINE In Person Appointment with Fran Bakstran
Call to make an appointment 508-881-0140 x1
- July 22nd 12:00 -** NEW!!! Lunch followed by music w/ Bean Town Bound Quartet. Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person
- June 23rd at 11:30 -** NEW!!! “My Father’s War: Finding Meaning in My Father’s WWII Military Service” w/ author Helene Cohen
Call to reserve your seat at 508-881-0140 x1
- July 25th 10:00-11:30 -** Clocktown Memory Cafe w/ performance by Rick Ferreira
Clocktown Cafe provides a welcoming place for individuals with Alzheimer’s disease, dementia or a cognitive impairment accompanied by the care-partner
- July 26th, 10:00-12:00 -** SHINE On the Phone Appointment with Wayne Antio
Call to make an appointment 508-881-0140 x1
- July 29th at 12:00 -** Lunch and Trivia Contest
Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

2024 SPMF Piano Competition

Playing piano is the collective work of our brain, mind, and body. Learning how to play notes takes a lot of time and effort but learning how to create music demands even more time, patience, and effort both physically and mentally. Through the Stone Park Music Festival (SPMF) Piano Competition we would like to celebrate the competitors' hard work and encourage them to move forward with their piano studies. The purpose of the competition is to inspire music students to reach higher levels in their piano studies, to provide a stage for talented amateur musicians, and to provide more performance opportunities for professional musicians. The SPMF Piano Competition doesn't have an age limit; it is open to everyone who loves music and loves playing piano. The preliminary round is a recording submission, but the final round is open to the public and therefore everybody is welcome to come and listen to the final round of the piano competition at Stone Park. You can find more details on our website. We hope many talented musicians will participate in the competition. (www.stonemusicfestival.com)

WEEKLY PROGRAMS & ACTIVITIES

* Note: All classes are a suggested donation of \$4 per person * Unless otherwise noted.

- Monday Lunches at 12:00 pm weekly, except holidays. Reservations must be made by Thursday before the scheduled lunch. Please use the payment slip and locked box located outside of the main office to reserve your seat. Cost pp is \$5 unless otherwise noted.
- Bingo** - First and Third Tuesdays of the month at 1 pm
- Bowling** - Tuesdays at Ryan’s Amusement in Millis at 9 am
- Canasta** - Tuesdays at 1:30 pm
- Chair Yoga** - Wednesdays at 1 pm
- Chess** - Mondays at 1:30 pm
- Craft Class Free** - First and Third Friday of the Month at 11 am
- Cribbage** - Thursdays at 12:30 pm
- Exercise with Joni** - Mondays, Wednesdays and Fridays at 9:30 am
- “DROP IN” Knitting Group** - Second and Fourth Tuesday of the Month at 11 am
- Intermediate and Advanced Watercolor Class** - Tuesdays & Wednesdays at 9:30 am
- Line Dancing with Lisa** - Thursdays at 12 pm
- Mahjong** - Fridays at 9:30 am for beginners by appointment. Regular play at 10:30 am for all levels.
Call to make an appointment 508-881-0140 x1
- Mindful Meditation** - Thursdays at 11 am with Mary Green
- Parkinson’s Boxing** - First & Third Wednesday of the Month at 1:30 pm
- Pins and Needles (Free Sewing Class)** - Second & Fourth Friday of the Month at 9:30 am
- Pitch Card Game** - Mondays at 1:00 PM
- Tai Chi for Balance** - Wednesdays at 11:00–11:45 am with Jon Woodward
- Veterans Office Hours** - Every other Wednesday of the Month from 9 -11:30 am.

Mosquito Season

It’s Mosquito Season! Mosquitos can easily spread diseases to people. Human beings get Mosquito-borne diseases when an infected mosquito bites them. The CDC lists common Mosquito-borne diseases which include Eastern equine encephalitis (EEE), West Nile Virus, Zika virus, Chikungunya virus, Dengue, and Malaria (CDC). These diseases range in severity, while some have mild symptoms others can be even fatal. Luckily, the Town of Ashland is a Member Community of the Central Mass Mosquito Control Project (CMMCP) that help to stop the spread of Mosquito-borne diseases. Any Ashland property owner can request CMMCP to come spray their yard to prevent these mosquito-borne diseases for free! [Click the link below or visit the Ashland Board of Health website] <https://www.ashland-mass.com/978/Central-Mass-Mosquito-Control-Project-CM>

Mosquitos lay eggs in or near stagnant water! Here are 3 useful tips to prevent mosquitoes:

1. Make sure to remove/turn over storing equipment
2. Remove tires, buckets, bottles, or barrels that collect water
3. When outside after dusk wear insect repellent

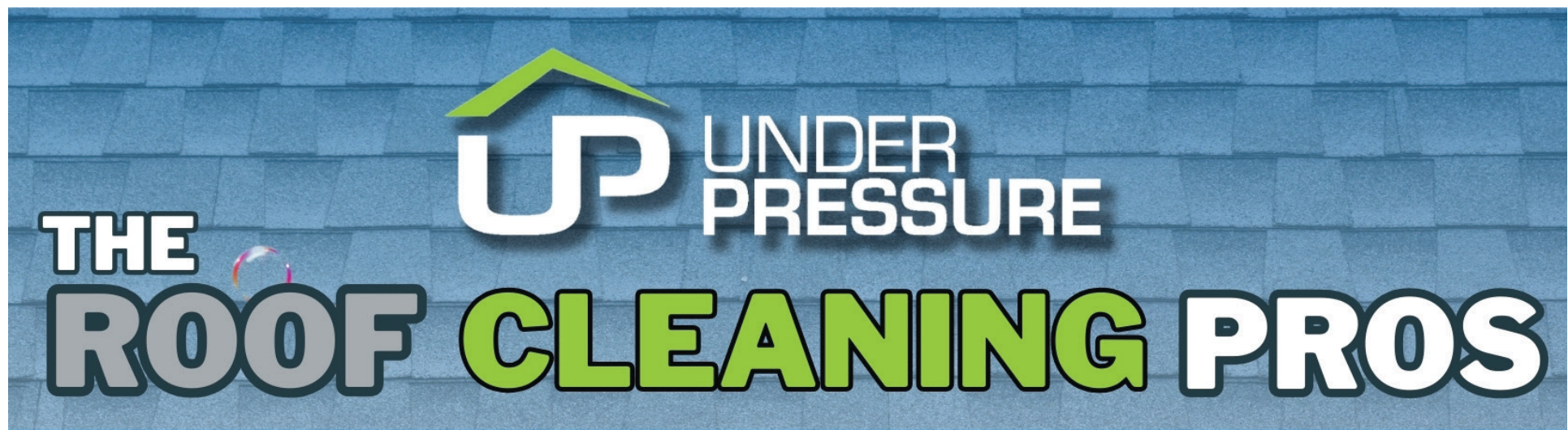


Please reach out to Board of Health Office at 508-532-7922 or you can email rgupta@ashlandmass.com if you have any questions.

References

Centers for Disease Control and Prevention. (2016, March 21). Mosquito-borne diseases. Centers for Disease Control and Prevention. Retrieved March 29, 2023, from <https://www.cdc.gov/niosh/topics/outdoor/mosquito-borne/default.html>

Central Mass Mosquito Control Project (CMMCP). Central Mass Mosquito Control Project (CMMCP) | Ashland, MA. (n.d.). Retrieved March 29, 2023, from <https://www.ashlandmass.com/978/Central-Mass-Mosquito-Control-Project-CM>



UP UNDER PRESSURE

THE ROOF CLEANING PROS

WHAT IS GROWING ON MY ROOF?



ALGAE

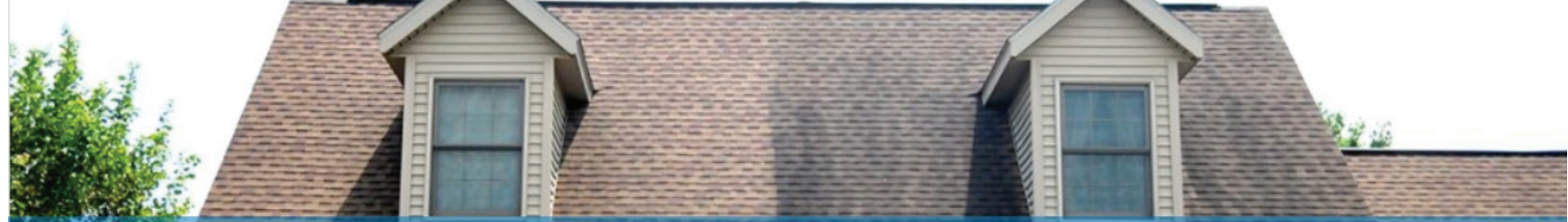


MOSS

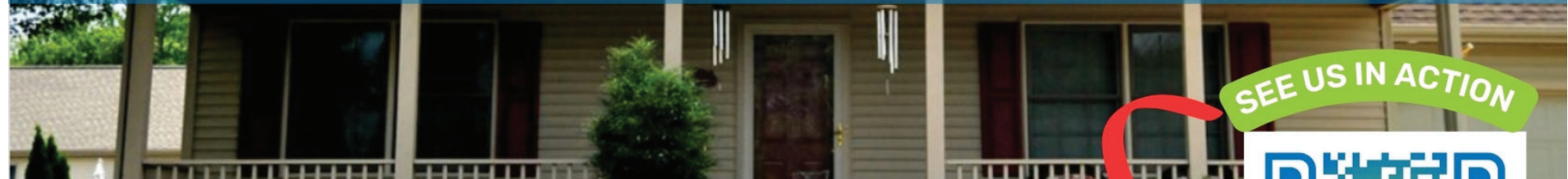


LICHEN

\$SAVE YOUR ROOF



WITH OUR GENTLE ROOF TREATMENTS



We wash: houses, windows decks, patios, gutters and more

508-944-6644

underpressurewash.com



July 2024 at the Ashland Library

Closed on Thursday, July 4th and Friday, July 5th for Independence Day

Adult:

Virtual: Armchair Travel To Barcelona, Spain

Tuesday, July 2 @ 10:30am

Over 19 million visitors a year come to Barcelona for its vibrant culture, architectural marvels, beautiful beaches, amazing food and much more. See the sights from a recent visit, and also learn how history and geography make the Catalan region unlike any other part of Spain.

Card Making with Jan Poppendieck

Monday, July 8 @ 6:30pm

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

A Virtual Tour of the Bata Shoe Museum

Monday, July 8 @ 7pm

Feet are the same around the world, but what we wear can be so different! Learn why with a virtual tour of the Bata Shoe Museum! As the only museum in North America dedicated to footwear (located in Toronto, Canada), the BSM showcases 4,500 years of history and nearly 15,000 artifacts in its collection. So put on your comfiest or fanciest shoes and join us (a virtual program in which you don't have to wear shoes at all!)

Virtual - Book Recs with Bookstagrammer Jody Blanchette aka @redreadreviews

Tuesday, July 9 @ 7pm

Not sure what to read next? Join Jody for 30 minutes of pure book recommendations - with a bent towards horror and thrillers and a few other genres thrown in! We're sure you'll find something to like from Jody's many enthusiastic reviews.

Virtual - Environmental Book Club

Wednesday, July 10 @ 6:30pm

Read "Avocado Anxiety: and other stories about where your food comes from" by Louise Gray.

Virtual - Introduction to Ornithology with Bill Gette: Feeding Ecology

Thursday, July 11 @ 1pm

Join us for this 5 part series all about Ornithology! During this PowerPoint lecture, Bill will teach you about what birds eat, when birds feed, physical and behavioral adaptations, feeding techniques, and food security. As one of our favorite speakers on the natural world, Bill will wow us with his knowledge and fantastic photographs!

Virtual - Bridgerton Discussion: Season Three

Thursday, July 11 @ 7pm

The highly anticipated Julia Quinn's 'Bridgerton: Season Three' is coming to Netflix in two parts on May 16 and June 13 brought to us by Shondaland! To celebrate, a few weeks ago we chatted about the book, "Romancing Mister Bridgerton" - which is actually book 4 in the series - what we liked and how excited we are for the show. Now we're talking about how the show was! Did it meet our expectations? What we liked or didn't like? How much did you love Penelope and Colin's story? Are your eyes bleeding from bingeing it?

Mystery Book Club

Friday, July 12 @ 12pm

Read "Rock, Paper, Scissors" by Alice Feeney

Virtual - Friday Night Film Discussion

Friday, July 12 @ 7pm

Watch "Swimming With Men" (Kanopy)

Cookbook Club

Saturday, July 13 @ 12pm

Cook from "Mastering the Art of French Cooking: Vol. I" by Julia Child

Virtual - The Two Nerdy History Girls Ride Again!

Monday, July 15 @ 7pm

We're at it again! We keep having so much fun with Loretta and Susan that we had to keep bringing them back for encore performances. You know them as the Two Nerdy History Girls - authors Loretta Chase and Susan Holloway Scott were the originators of the infamous blog. We, once again, have Loretta and Susan here to answer all of our burning questions. How do they find interesting tidbits of historical lore, which libraries of the world have they visited, and how do they avoid the inescapable "rabbit hole"? We can't wait for what we know is going to be a fascinating conversation between

these two friends and researchers.

Virtual: Witches: Evolving Perceptions with the Salem Witch Museum

Tuesday, July 16 @ 1pm

In the modern-day, the term "witch" evokes many different definitions and images. Despite its dark historical origins, when confronted with this figure today, most envision a cartoonish green-skinned woman flying astride a broomstick or a beautiful, supernatural, pop-culture heroine. Others still, such as those who practice Neopagan religions, think of this term as a sacred identity and view this word as a spiritual designation. In this program, participants will hear about the complex and fascinating evolution of the image of the witch, tracing this figure from the early modern period witch trials to the modern-day.

Bio/Memoir Book Club

Wednesday, July 17 @ 11am

Read "Three Wise Men: A Navy SEAL, a Green Beret, and How Their Marine Brother Became a War's Sole Survivor" by Beau Wise and Tom Sileo

Half-Past Crafts

Wednesday, July 17 @ 5:30pm

This month we will be needle felting adorable bunnies! Author Panel: The Intersection of Horror and Crime Fiction @ The Framingham Library!

Wednesday, July 17 @ 6:30pm

It's time to talk about Horror and Crime Fiction! To do so, we're welcoming V. Castro, Margot Douaihy, and Gabino Iglesias, along with our fearless moderator, Errick Nunnally! The day will include a panel discussion (which will be recorded), and a book sale/signing.

Great Decisions

Thursday, July 18 @ 6:30pm

Discuss NATO's Future

Virtual - Haunted Experiences with Jeff DePaoli: Knott's Scary Farm with Show Writer, Jeff Tucker

Thursday, July 18 @ 6:30pm

Knott's Scary Farm is the longest-running and most haunting Halloween theme park event in Southern California. With over 50 years of nightmares, unimaginable scares and innovative thrills, Knott's Scary Farm has left no tomb unearthed, no crypt un-rattled and no fear untouched. Join Jeff Tucker, Senior Writer and Entertainer, and Jeff DePaoli, host of "That Hal-



loween Podcast", as they talk all about this fantastic haunted place with a special emphasis on the "Trapped" experience - something to make your mind go numb!!

Virtual: Fast Fashion: Why New Clothes are Kinda Garbage

Thursday, July 18 @ 7pm

Have you noticed that new clothes just aren't as good as they used to be? From low quality synthetic fabrics to zippers that are a problem from the very first wear to lack of detail and poor fit...new clothes are kinda garbage these days. The low quality and short lifespan of this clothing is creating an environmental and ethical crisis for the planet and its people.

Virtual - LGBTQ+ Book Club

*For 15-100

Monday, July 22 @ 7pm

Bring Your Own Beach Read

Virtual - True Crime Writer, Dean Jobb, Discusses "A Gentleman and a Thief: The Daring Jewel Heists of a Jazz Age Rogue"

Monday, July 22 @ 7pm

We love true crime and author Dean Jobb's new book, "A Gentleman and a Thief: The Daring Jewel Heists of a Jazz Age Rogue" hits all the right notes! It's "Catch Me If You Can" meets "The Great Gatsby" meets Cary Grant in "To Catch a Thief" in this captivating Jazz Age true-crime caper about "the greatest jewel thief who ever lived". We hope you can join us for this special event!

Virtual - Author Jo Willett Discusses: "Sarah Siddons: The First Celebrity Actress"

Tuesday, July 23 @ 10am

This one is for our history and theater buffs! Author Jo Willett will be with us, discussing her newest book, "Sarah Siddons: The First Celebrity Actress". Learn all about her meteoric rise to fame, the challenges she experienced, and how she transformed the face of theatre. We can't wait for this fascinating conversation!

Virtual: Addison Gallery Tour of Laying the Foundation

Tuesday, July 23 @ 3pm

This presentation explores the eclectic mix of works that comprise the Addison's founding col-

lection, which reflects not just the best of what was available on the market at the time but also the specific tastes and predilections of those who contributed to its creation.

Virtual - Celebrating a Book Launch with Author Rachelle Bergstein: "The Genius of Judy: How Judy Blume Rewrote Childhood for All of Us"

Tuesday, July 23 @ 7pm

We are so thrilled to be chatting with author Rachelle Bergstein whose book "The Genius of Judy: How Judy Blume Rewrote Childhood for All of Us" is about one of our very favorite literacy warriors and an author who so many of us grew up with. How did she impact your life? How does she fight the good fight to keep books available and accessible to all? How has she become the icon that she is? Learn the answers to these and other questions to help celebrate the release of this book with Rachelle!

Virtual: Author Talk: Erin E. Adams

Wednesday, July 24 @ 7pm

We're excited to partner with the Watertown Free Public Library for what is going to be an amazing discussion! Join acclaimed author of JACKAL, Erin E. Adams, for a fascinating conversation on her novel and writing in myth, horror, and science fiction.

Virtual - Friday Night Film Discussion

Friday, July 26 @ 7pm

Watch "Romantics Anonymous" (Kanopy)

Virtual - Author Christina Dodd discusses her latest novel "A Daughter of Fair Verona" with Susan Elizabeth Phillips

Tuesday, July 30 @ 7pm

Icons of the romance genre, Christina Dodd and Susan Elizabeth Phillips are joining us for a rollicking fun conversation about Christina's latest release, "A Daughter of Fair Verona", a frothy, irreverent, witty new series with an irresistible premise—Romeo and Juliet's daughter as

LIBRARY

continued from page 14

a clever, rebellious, fiercely independent young woman in fair Verona—told from the delightfully engaging point of view of the captivating Rosie Montague herself. Of course, being Christine and SEP, they will also talk about books, romance, writing, tomfoolery, and whatever comes up. We hope you can join us for this very special event - we are just planning to sit back and enjoy the fireworks :)!

Make Your Own Smoothies with Heidi McIndoo

**For Adults Only*
 Wednesday, July 31 @ 6pm
 It's Summer - what better time to play with making the perfect smoothie? So you, love smoothies? Want to get more fruit in your day? Our DIY Smoothie night is for you! Bring your blender or bullet and join registered dietitian Heidi McIndoo as all of you make a yummy, choose-your-own-flavor smoothies.

Adult Weekly:

Knit and Crochet Club

Mondays @ 6pm
 Walk-In ESL Conversation Group
 Mondays @ 6:30pm
 Walk-In Gentle Yoga
 Tuesdays at 6pm
 Registration Requested

Children:

Plastic Free July

**for ages 3 and up*
 Monday, July 1 @ 1pm
 Registration is Required
 Kick off the month at this interactive event with Sam from the Sustainability Department! Learn about Plastic-Free July, make your pledges, and decorate your very own reusable library book bag.

Teddy Bear Emergency!

Monday, July 8 @ 10am
 Registration is Requested
 Does your special stuffed animal have an injury?! Come to the Corner Spot on July 8th to get it treated by a team of professionals! The Ashland Fire Department will be there with one of their awesome ambulances and staff to make your teddy bear feel better. Kids will meet our local EMT and fire professionals, check out the ambulance, and learn about emergency services.

Kids Combat Food Waste

**for grades K-6*

Tuesday, July 9 @ 2pm
 Registration is Required
 Did you know that about 40% of food produced for us to eat is lost or wasted globally? Sam from the Sustainability Department presents this hands-on workshop, where kids will explore practical ways to combat food waste at home. Then we'll step outside to "plant" common food scraps that will regrow into yummy foods!

Bee Storytime and Recycled Craft

Friday, July 12 @ 2pm
 Walk-in
 Learn about our friendly backyard pollinators and make your very own mason bee jar to support pollination at home!

Stories, Songs, and Stretches

**for ages 4-7*
 Monday, July 15 @ 10am
 Registration is Requested
 Kids and their parents or caregivers are invited to play together through stories, songs and yoga shapes. No experience or equipment necessary! Wingmasters: New England Birds of Prey
**for ages 6 and up*
 Wednesday, July 17 @ 2pm
 Space is limited and registration is required

Learn about and meet some amazing local feathered predators! We'll explore predation, the birds'; place at the top of the food web, their different hunting adaptations and their status in our rapidly changing world. For ages 6 and up ONLY. All attendees MUST be at least 6 years old!

Assorted Animal Storytime and Recycled Craft

Thursday, July 18 @ 2pm
 Walk-in
 Enjoy engaging stories about animals and choose from a variety of animal-themed craft projects to create something fun!

Minecraft Day!

Saturday, July 20 @ 10-3pm
 Celebrate all things Minecraft with games, crafts, prizes and more! No registration required.

Celebrate Seeds!

Monday, July 22 @ 10:30am
 Space is limited and registration is required.
 Becca from the Conservation Department joins us for this educational and interactive event! Learn about the importance of seeds, make a seed bomb for your yard and create a seed hanger for the birds! For families.

Stories, Songs, and Stretches

**for ages 4-7*
 Monday, July 29 @ 10am

Registration is Requested
 Kids and their parents or caregivers are invited to play together through stories, songs and yoga shapes. No experience or equipment necessary!

Flicknic: Families are invited to beat the summer heat for a series of special movie events! Bring your picnic blanket and lunch to enjoy while you watch a movie on our big screen! No registration required.

Flicknic: Haunted Mansion

Thursday, July 11 @ 12pm
 In this movie a woman and her son enlist a motley crew of so-called spiritual experts to help rid their home of supernatural squatters.

Flicknic: Migration

Friday, July 19 @ 12pm
 In this film, a family of ducks decides to leave the safety of a New England pond for an adventurous trip to Jamaica. However, their well-laid plans quickly go awry when they get lost and wind up in New York City. The experience soon inspires them to expand their horizons, open themselves up to new friends, and accomplish more than they ever thought possible.

Flicknic: The Lorax

Thursday, July 25 @ 12pm
 Twelve-year-old Ted lives in a place virtually devoid of nature; no flowers or trees grow in the town of Thneedville. Ted would very much like to win the heart of Audrey, the girl of his dreams, but to do this, he must find that which she most desires: a Truffula tree. To get it, Ted delves into the story of the Lorax, once the gruff guardian of the forest, and the Once-ler, who let greed overtake his respect for nature.

Saturday Story Time

**For Ages 3 and up*
 Saturday, July 6 @ 10:30am
 Saturday, July 13 @ 10:30am
 Saturday, July 27 @ 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 dogs' names!)
**For kids who are reading on their own*
 Saturday, July 13 @ 1:30pm
 Saturday, July 27 @ 1:30pm
 Children with some reading ability will have the chance to read to one of our registered therapy dogs for 10 minutes.

Weekly Storytimes:

Clocktown Rockers!
**For ages 2-5 with a caregiver*
 Tuesdays at 10:30-11am

Join Miss Katrina for this new music and movement program! We'll dance to favorite kids' tunes, have fun with instruments and other props, and read a story, all while building your child's early literacy and executive function skills. Story-time Sprouts

** For ages 0-3 with a caregiver*
 Wednesdays @ 10:30am

Join us for a fun and interactive story time filled with singing, reading, bounces, fingerplays, puppets, instruments, and more! This engaging program is designed to introduce young children to the joys of literature and music while promoting early literacy skills.

Weekly:

Ashland STEM Camp

**For kids entering grades K-5*
 A high school student-run summer camp that ignites curiosity with interactive exhibits, hands-on experiments, new innovations and take-home activities.
 Saturday, July 6 @ 11am
 Saturday, July 13 @ 11am
 Saturday, July 20 @ 11am

Teen:

Dungeons and Dragons

**Ages 12-18 Only*
 Mondays @ 5-7pm
 Registration is Required
 Join the most famous roleplaying game at the Ashland Public Library!

Teen Trivia Night

Wednesday, July 24 @ 5pm
 Prove your speed and smarts at Teen Trivia Night! Bring your phone to play our trivia quiz, earning points for how fast you answer correctly. July's theme is Disney. Each month we will have new trivia topics and new winners.



ners. Play each month to keep a points total for a chance to win our grand prize!!

Friends of the Ashland Public Library Donation Day & Mini Book Sale!

Saturday, July 6 @ 10-1pm
 Customers for all our sales will find thousands of titles on the permanent sales shelves including hard and soft cover fiction (all alphabetized by author for ease of shopping), a wide selection of history and politics titles, health and family living books, plus memoirs, biographies, and loads of additional titles, all arranged by genre. An entire section of the Book Sale Room is arranged for children to browse and select from a huge collection of board books, picture books, easy readers, and chapter books.

To keep the shelves stocked with fresh selections, the Friends accept donations in the library parking lot of gently used books, audio books and DVDs. Friends volunteers will be available to assist donors during this time. There is also a cart in the mezzanine lobby for donations at any time during library hours.

Proceeds from these monthly book sales and all fundraising efforts made by the Friends fund 100% of children, teen, and adult programs, our wonderful Museum Passes, and so much more!

GOT INSERTS?

Great for Big Events, Coupons, Menus & More!

You print or we print ... then we distribute.
 Reach more than 140,000 households.
 Contact Susanne for Pricing and Reservations:
 508-954-8148
 sue@sodellconsult.com

Sports

Sophomore Looking To Run Into Record Books

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Many athletes that play high school sports turn to track and field as a form of staying in shape for their number one sport. One such athlete, Ava Dittenhaffer, recently decided to give track a try in order to improve her soccer game and surprisingly she has had immediate success.

“I was looking to stay in shape for the soccer season and all my friends were running track, so I thought that I’d give it a try,” the sophomore said. “I only began taking part in track this past winter season.”

Going in Dittenhaffer was thinking distance running or sprinting and although she did compete in the 300 meters during the winter season, she also began running the 55-meter hurdles. While watching other athletes take part in the event, she thought that it looked like fun to jump over things and although she was quite nervous at first, she found that things went fine.

While having fun with the hurdles the sophomore found that she was much better at the 300 meters and was able to qualify for the State Tournament although she unfortunately couldn’t attend due to a pre-planned trip.

“I would have like to see what I could have accomplished. All season I was just trying to get my times down,” she said. “I was upset in some way as my season had gone really well, but at least I have another two years to get another chance.”

During the winter season Ashland sprinting, jumping and hurdling coach Ethan Doyan saw that Dittenhaffer had a lot of talent and the potential as a mid-distance sprinter. The former high school and college runner turned coach was ecstatic about what this young athlete could do during the spring season.

“I knew that after the indoor season she was poised to do great things in both the 400-meter and 400-meter hurdles due to her performances in the 300-meter and the well as being a proficient hurdler,” Doyan said.



While the Clocker coach was looking forward to what Dittenhaffer could do, the sophomore was not even sure that she was going to participate in spring track.

“I didn’t really plan on running track in the spring due to my club soccer team, NEFC,” she said. “I was unsure if I could even balance soccer and track with my schoolwork.”

After some encouragement, she decided to give it a shot. It was hectic at first but once she learned to make the necessary adjustments, she found things to be ok.

“I would go to track practice right after school and then attend soccer later that night. If I had a meet, I’d have to leave immediately after my event and head to soccer practice,” Dittenhaffer said. “I was surprisingly lucky in terms of schoolwork where I usually didn’t have to come home and study for tests the next day. I did spend time in the car or on weekends trying to get ahead.”

After her coach and other runners convinced her to take part in the spring season Dittenhaffer found herself running the 400-meters as well as the hurdles; the last leg of the 4x400 and long jump (she wanted to try an event that didn’t have stress related to it).

According to Doyan, the sophomore hit her stride during the outdoor season, and she

never lost a dual match in either the 400m or 400m hurdles. She would go onto become the Tri-Valley League Champion in the 400 meters as well as qualifying for both events in the Division 4 Championship where she finished fourth overall in the hurdles and 7th overall in the 400m.

With her fourth-place finish she qualified for the MIAA Meet of Champions in the 400m hurdles where the Ashland athlete placed 12 in the state with a time of 1:06.54, her time broke the Ashland school record previously set by Samantha Otten in 2010. Otten went on to run Division 1 track at the University of Massachusetts at Lowell.

Despite having success in the post-season with the hurdles, Dittenhaffer only took part in the event twice during the regular season, luckily one of those times was fast enough to qualify for the State Meet.

Entering the State Meet the young runner found herself really stressed out, but once she ran her race, she felt good at what she had accomplished.

“I really wasn’t thinking about the different grades. I was intimidated by the better runners though,” she recalled. “It’s always good to know the people in your heat and what they can do – that way I can get motivated to try and stay with them knowing that if I do I’ll have a better time and it will help me to improve.”

Having only taken place



in the event for the third time all year, Dittenhaffer not only found herself moving onto the All-States she was able to cut 3 seconds off her personal time. During the All-State Meet the Ashland hurdler was unable to improve upon her time but did gain valuable experience in the event on a prestigious stage.

Once school is out, Dittenhaffer doesn’t plan on any real track training, the only thing she plans on is taking part in playing soccer throughout the summer months.

With two more years taking part in both winter and spring track she knows there is plenty of time to improve her craft in all of her events. And although she currently holds the hurdle record, she would like to add more records to her accomplishments at Ashland.

“I want to keep on improving my times until I eventually get the school record in the 400, which I am only 2 seconds away from,” Dittenhaffer said. “It would defiantly be cool to get it and nice to add another record to my resume.”

Clocker Head Coach Sharon Ames noted that although she doesn’t work closely with the young runner, she does know that she is a shy and modest individual who works very hard at improving.

“Ava is dedicated to soccer,” Ames said. “She is an all-around athlete and all of her personal

times are on the Ashland top 10 list.”

While soccer is her favorite sport and something that she has been taking part in for quite some time, she has come to love track in the short time she has been involved with the sport.

“It’s something that I struggle with on a regular basis,” she said. “When I go to college, I believe that I could do either sport. The recruiting process for track is much easier than soccer, but I’ve got two years to worry about that, eventually it will be a wait and see thing.”

Doyan firmly believes that Dittenhaffer is a different breed when it comes to running.

“She has some intangibles that make a good runner great. She’s not afraid to get hurt and the last 100 meters tend to be the most powerful of her race,” he said. “She has a great stride, is mechanically sound and doesn’t use unneeded extra energy or movement which is crucial; in the longer sprints.”

With another two years and four seasons of track I front of her, who knows what this young runner can accomplish over that time. It is quite possible that she becomes extraordinarily successful on the track and decides to continue running in college, but as she noted it’ll be a wait and see type of situation. That situation could change her mind entirely about playing soccer and make the switch to track.

May 18, 2024, declared "Rob Scherer Day" in Ashland

The Ashland Select Board recognized Rob Scherer this past Wednesday for his extensive contributions to Ashland, as he retires from the Select Board. Rob moved to Ashland with his wife Marcia and quickly became an integral part of the community.

Elected to the Board of Selectmen in 1996, he worked on key issues like water quality, state funding, and community projects such as the MBTA station and a water treatment plant. He played a significant role in the Upper Charles Trail project and secured funds through the American Rescue Plan Act.

Rob is also a Lifetime Member of the Democratic Town Committee and has served on the board for 12 years with various members and town managers.

The proclamation designated May 18, 2024, as Robert Scherer Day to honor his dedication and achievements in Ashland as he steps down from his role.



Source: Newsletter from Ashland Town Manager Michael Herbert. Sign up at bit.ly/AshlandTMnewsletter

YOUR FUTURE STARTS AT DEAN

TRANSFER FRIENDLY

Generous transfer scholarships and flexible transfer credit policy

UNPARALLELED SUPPORT

Academic, learning and social support tailored to meet your needs

CLOSE-KNIT COMMUNITY

Small class sizes averaging 16 students

SUCCESS STARTS HERE

96% of graduates are employed or enrolled in graduate school



APPLY NOW AS A NEW OR TRANSFER STUDENT!

We are still accepting applications for Fall 2024 admissions. Visit dean.edu/apply or call (508) 541-1508.

Ashland Lions Club July 2024 Update

Congrats Lions Scholarship Recipients

The Ashland Lions Club awarded three \$2000 scholarships to graduating Ashland High School seniors this year.

Carlos Espino received the **David Fetig Memorial Scholarship**, which is awarded to an AHS student athlete and Ashland resident that exemplifies Mr. Fetig's love for Ashland High School sports.

Lily Rosenfeld received the **Harry Henchy Memorial Scholarship**, which is awarded to an AHS student and Ashland resident that

exemplifies Mr. Henchy's commitment to the Ashland community.

Marcelly Gomes received the **Ashland Lions Club scholarship**, which is awarded to an Ashland resident student who is graduating from either the Keefe Technical or Ashland High Schools, that demonstrates an overall commitment to their advancement and the success of their community.

Congrats to our scholarship recipients, and to the Class of 2024. Best of luck in the next phase of your adventure!



Lions Club President Dan Mitchell, left center, awards a scholarship to Carlos Espino, left

Annual Lions Golf Tournament

Join us for the Ashland Lions Annual Golf Tournament, to be held **Monday, September 16, 2024**, 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 visit ashlandlions.org/golf email us at golf@ashlandlions.org or visit our Facebook page.

Interested in volunteering?

Looking for a great way to give back to your community and help those in need around the world? Lions Clubs International has 1.4 million members in over 200

countries. The Ashland Lions Club is always welcoming new members, and we'd love to have you! Visit our website at ashlandlions.org/membership or send us a note via email or Facebook! You can also find several of our members at Honeydew on Union St most mornings between 9am-10am.

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. In the past year we have collected over almost 2000 pairs of glasses!

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

Stay up-to-date on Lions happenings

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

LION DAN MITCHELL
ASHLAND LIONS CLUB

SAVE THE DATE!

ASHLAND LIONS 16TH ANNUAL
CHARITY GOLF TOURNAMENT

**MONDAY
SEPTEMBER 16, 2024**
HIGHFIELDS GOLF AND COUNTRY CLUB
150 MAGILL DRIVE, GRAFTON, MA

All proceeds go to support local charities and Lions organizations

Register now, space is limited
Register and pay before July 31, and receive \$50 off your registration!

SCAN THE QR CODE TO ACCESS THE REGISTRATION FORM

QUESTIONS OR INTERESTED IN BECOMING A SPONSOR?
PLEASE REACH OUT TO: ASHLANDLIONS GOLFTOURNAMENT@GMAIL.COM




Library, Sustainability and Conservation Departments Team Up To Tackle Summer Reading Program

The Ashland Public Library is excited to continue the great selection of events as part of the Summer Reading Program, in coordination with the Sustainability and Conservation Departments. This July four fantastic events are planned open to all ages, providing an opportunity to learn and engage in sustainable practices for at home and outside.

Join Sam from the Sustainability Office on July 1st and 9th to learn how you can reduce plastic and food waste, and have the opportunity to decorate your own reusable library book bag and learn how you can grow vegetable from food scraps in your own kitchen!

Join Becca from the Conservation Department on July 22nd and 24th to learn about the ben-

efits of native plants, and what they can do for both our wildlife and for you! Join the events and take home your own "seed-bomb" and seed hanger to use at home, and learn about which wild plants are edible (and tasty!) in your own backyard.

More information available at the Ashland Public library. Registration required for some events.



Real Estate Corner

Ashland Recent Home Sales

| Date | Ashland | Amount |
|------------|--------------------------|------------|
| 06/14/2024 | 17 Waushakum Avenue | \$580,810 |
| 06/12/2024 | 262 Cedar Street | \$736,000 |
| 06/11/2024 | 35 Wadsworth Road | \$1.12 mil |
| 05/31/2024 | 11 Treasure Way | \$575,000 |
| 05/31/2024 | 98 High Street | \$561,000 |
| 05/31/2024 | 23 E Union Street | \$600,000 |
| 05/30/2024 | 11 Coburn Drive | \$1.09 mil |
| 05/30/2024 | 50 Oak Street | \$663,000 |
| 05/30/2024 | 85 Metropolitan Avenue | \$551,000 |
| 05/30/2024 | 15 Shadow Creek | \$709,900 |
| 05/30/2024 | 9 Buckley Avenue | \$1.21 mil |
| 05/28/2024 | 182 Fountain Street | \$765,000 |
| 05/23/2024 | 20 Oak Tree Lane | \$672,000 |
| 05/23/2024 | 1 Yankee Lane | \$1.13 mil |
| 05/22/2024 | 19 E Bluff Road | \$530,000 |
| 05/21/2024 | 106 Captain Eames Circle | \$555,000 |
| 05/17/2024 | 33 America Blvd. | \$711,000 |



The 3-bed, 3-bath, 1,443 square foot house at 50 Oak Street in Ashland recently sold for \$663,000. Image credit: www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages



Looking to advertise in our Real Estate Corner?

Contact
Susanne Odell Farber at 508-954-8148
or by email at sue@sodellconsult.com



JUST SOLD!






Ashland's Home for Real Estate

23 E. Union Street
Ashland, MA
Final Sale Price \$600,000

Alison Fiorenzi, Realtor
 Senior Sales Associate
Alison@cordaville.com
 508.254.1516


www.Cordaville.com



Direct: 508.989.0181
 Fax: 508.744.6991

10 West Central Street
 Natick, MA 01760

Email: BillGath@gmail.com
 Web: www.BillGath.com

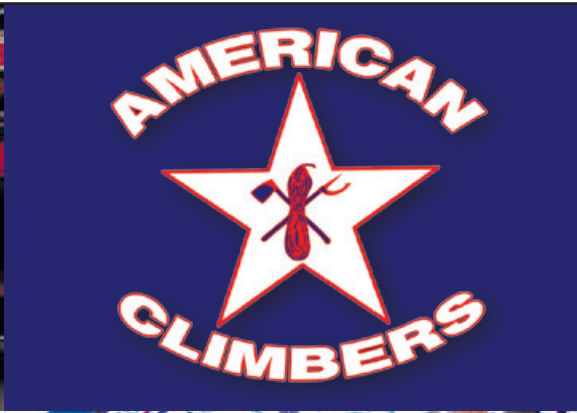


Bill Gath
Sales & Rentals

WANT YOUR PERFECT PROPERTY To COME To You?
 Visit www.BillGath.com
 On the top right click "New Listing Email Alerts"

- ✓ Receive daily emails of new listings in your criteria.
- ✓ Select up to 5 towns per email address
- ✓ Change your search criteria at anytime.
- ✓ Property information and pictures right to your inbox.

Call: 508.989.0181 Email: BillGath@gmail.com



EXPERT TREE CARE

- Tree Removals
- Tree Pruning & Trimming
- Emergency Services
- Storm Damage
- Lot Clearing
- Stump Grinding



- ★ Reliable Service Since 1996
- ★ FREE Estimates
- ★ All Calls Returned
- ★ DISCOUNTS for Senior Citizens & Veterans
- ★ All Major Credit Cards Accepted



Mention this Ad for a **HOMETOWN DISCOUNT**

508-928-3080

INFO@AMERICANCLIMBERS.COM
AMERICANCLIMBERS.COM



Time for Change!

JUST LISTED \$1,599,900



46 Greenwood Road • 46GreenwoodRoad.com

Beautiful colonial located in Hopkinton Highlands with 4 bedrooms and 3.5 bathrooms. Walkout lower level and owned solar panels.

Looking to achieve the highest and best results for your home?

Metrowest Single Family Home Sale Comparisons *

| TOWN | JAN 1 - JUNE 21, 2023 | | JAN 1 - JUNE 21, 2024 | | % CHANGE |
|--------------|-----------------------|--------------------|-----------------------|--------------------|----------|
| | No. of Homes Sold | Average Sale Price | No. of Homes Sold | Average Sale Price | |
| Hopkinton | 65 | \$969,150 | 68 | \$1,223,697 | 20.80% |
| Southborough | 41 | \$1,028,184 | 40 | \$1,131,802 | 9.16% |
| Ashland | 29 | \$757,142 | 43 | \$714,856 | -5.92% |
| Frammingham | 119 | \$657,832 | 160 | \$732,386 | 10.18% |
| Natick | 98 | \$1,013,037 | 116 | \$1,139,008 | 11.06% |
| Sudbury | 65 | \$1,206,260 | 77 | \$1,250,000 | 3.50% |
| Wayland | 37 | \$1,055,362 | 45 | \$1,432,989 | 26.35% |
| Wellesley | 101 | \$2,221,537 | 103 | \$2,396,309 | 7.29% |

Looking for better results in Ashland?

Call Kim to sell your home today!

Hopkinton's # 1 broker from 2022-2024 and Frammingham resident for 18 years.
Sold over \$250M homes in Metrowest!

*DATA COLLECTED FROM MLS 06-21-2024 at 2:40pm



Proudly Serving Boston Metrowest for 13 Years!

Kim Foemmel
BROKER/OWNER
508.808.1149

FOEMMEL
Fine Homes
FoemmelFineHomes.com



SCAN TO GET THE VALUE OF YOUR HOME

