

# Ashland

PRSR STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 142  
SPRINGFIELD, MA

Postal Customer  
Local

Vol. 12 No. 11

Free to Every Home and Business Every Month

September 2024

## A Wish Come True

BY SEAN SULLIVAN

Alan of Ashland took part in a most original ride-along this summer.

Coordinated by a local chapter of the "Make-A-Wish" foundation, the 4-year-old was adopted for a day by municipal contractors, allowing him to fulfill a longtime dream of riding in a common but under-considered conveyance.

Work vehicles have long occupied a place of celebrity status for young boys. They're in demand and arrive as toys for birthdays and holidays, play a central role in many a backyard action or creative scenario.

Certain species of these cars and trucks hold a special place in the hearts of children who play with them. Dump trucks and bulldozers occupy the construction category. The excitement associated with emergency vehicles another.

Alan's favored vehicle belongs to a class all its own. The garbage truck.

At first blush, these vehicles and their occupants might lack



the glamour of their more-famous municipal cousins. They seem bereft of the authority of the black and white cruiser, blue lights flashing as it races toward some urgency. Or the unmistakable rumbling engine of a massive red fire truck, sirens and red strobe signaling regular traffic to pull aside and let the crew pass.

But a moment's deliberation proves the garbage truck and those who ride it just as in-

dispensable as police and firefighters. Entertain the thought experiment of how you would otherwise dispose of the bags of refuse that accumulate weekly in our homes, and the sight of a passing garbage truck should inspire perennial gratitude (perhaps even a pang of patriotism).

"Like many kids," noted his mother Lola, "Alan has always

**WISH**

*continued on page 2*



MetroWest Humane Society officials pose with one-year-old Bambino whose adoption is pending. Pictured here are (L to R) Board Secretary Karen Liptak of Natick, Board President Maria Balzarini of Norfolk, and Shelter Manager Beth Harrop of Uxbridge.

Photo credit: Theresa Knapp

## Metrowest Humane Society Seeks Volunteers and Foster Caregivers

BY THERESA KNAPP

The MetroWest Humane Society is located at 30 Pond Street in Ashland. The split-level building includes three floors of felines waiting for their purrfect adoption match.

The cat-only no-kill shelter began in 1976 as the Framingham Animal Humane Society. Through generous donations, the organization was able to purchase

**VOLUNTEERS**

*continued on page 3*

## What's Your Home Worth?

Contact us for your FREE home valuation

PREMIER TEAM



SCAN ME

TRACY BEAUDOIN | 508.380.9296

JUDI TELLER | 508.380.1933



## HOPKINTON VISION CENTER

Welcoming New Patients



Dr. Steven Perryman & Office Team

- Quality/Detailed Eye Exams
- Contact Lens Fitting
- Optical Lab and Repairs
- Extensive Frame Selection
- Dry Eye Specialist

Schedule an Appointment Today!

10 Cedar Street, Hopkinton  
HopkintonVision.com  
508.435.4711

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



WISH

continued from page 1

been interested in big trucks.”

This particular one is a frequent passerby of Alan’s home, she added, which likely plays a role in her son’s affinity for the vehicle. It’s also green, his favorite color.

“And of course it can dump and smash things!”

Alan is living with cystic fibrosis, which has manifested for him as severe digestive symptoms. He has undergone two surgeries so far, and his protocol includes daily medications and treatments.

Alan’s brother Theo, aged 7, is also coping with the disease and is planning to take part in his own Make-A-Wish adventure soon. The older sibling favors the more-common fire truck as his vehicle of choice.

Alan’s ride-along in mid-July saw him seated next to his father and the driver of the truck. Their journey began in West Boylston, where he and his brother punched a time clock and met the rest of the crew.

A safety video was part of Alan’s initiation also, and his fam-



ily dined on donuts with workers before setting out onto the route. Some celebratory honking of other fleet vehicles was also part of the big send-off.

The route brought them from West Boylston back to Alan’s hometown, where a crowd of Ashland friends and family welcomed the travelers with celebratory cheer.

“Alan enjoyed the parade of big trucks, both before and after the journey,” recalled Alan’s mother. “I think his favorite part was getting to work the route in Ashland. He learned how to wheel the bins to the right place, and pull the levers so the truck would pick up, dump, and crush the recycling.”



The local chapter of Make-A-Wish that made Alan’s ride-along a reality did the same for the diverse dreams of about 150 kids over the course of this summer. Alan’s big day was also made possible in cooperation with Waste Management, the refuse and recycling company that Ashland contracts with.

“Behind the scenes, Alan’s wish took months of careful planning by WM employees,”

said Sean Holleran in a press release. He is CEO of Make-A-Wish Massachusetts and Rhode Island. Those preparations included “creating a special route to be flexible to Alan’s choices on his wish day.

“What a testament to the ripple effect of a wish to inspire and uplift not just a wish child and their family, but the community, too.”

# 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



**VOLUNTEERS**

*continued from page 1*

the Ashland property in 1994 and expand the shelter in 2007.

Beth Harrop has been the shelter manager for the last three years, and her love of the shelter's mission was obvious on a recent tour of the facility.

The first floor of the shelter was bustling with activity. Volunteers and fosters were in and

*“Foster care is a critical part of shelter and rescue work and can help save an animal’s life when a shelter is full.”*

*-Beth Harrop, shelter manager  
Metro West Humane Society*



The MetroWest Humane Society is located at 30 Pond Street, on the Ashland/Framingham town line. The shelter is currently in need of Fancy Feast canned cat food and gift cards. A complete wish list can be found at <https://metrowesthumanesociety.org/mwhs-wishlist/>. Photo credit: Theresa Knapp

out; long-time office volunteers (including Linda who started in 1998) were hard at work; rooms were being reorganized to better

**Shelter volunteer opportunities available:**

- Animal caregivers
- Foster care program
- Socialization program
- Animal transport
- Fundraising events
- Trapping/rescue
- Feral cat feedings
- Office volunteer

cially cats who might need special attention before they are ready to be adopted. Examples could include rescued feral cats, abandoned kittens that need to be syringe-fed, cats that are shy or skittish because of past trauma, etc. The shelter is able to provide that care because it has several different areas on its three floors to accommodate different needs.

“We always want to do as right by them as we can,” said Harrop. MWHS works with other area



shelters to try to match an animal’s needs with the right shelter. They also have a visiting veterinarian and a relationship with a veterinary clinic in Westboro that helps with medical needs.

But it is the volunteer staff that is most essential to the success of the shelter. Volunteer opportunities range from office work to socializing with the cats, feeding them and transporting them, and trapping and rescue.

But the shelter’s most pressing need, says Harrop, is the need for foster homes, a temporary home for animals prior to adoption. Some cats do not do well in a shelter environment for various reasons, and foster care can be their saving grace.

“Foster care is a critical part of shelter and rescue work and can help save an animal’s life when a shelter is full,” said Harrop.

Foster care can be a few days, weeks or months, and MWHS provides the food, litter, supplies, medical care, and support.

MWHS will provide foster care training in Ashland.

There is another great need for “socializers,” people who work with the cats to help them get adoptable.

“It’s a good way to learn about the cats, and you learn what tricks of the trade might work with what cats,” explained MWHS Board of Directors President Maria Balzarini.

In addition, the shelter is always accepting donations of cat and kitten food, litter, cat toys, and cleaning supplies. For a detailed list, visit [metrowesthumanesociety.org/mwhs-wishlist/](https://metrowesthumanesociety.org/mwhs-wishlist/).

[metrowesthumanesociety.org/mwhs-wishlist/](https://metrowesthumanesociety.org/mwhs-wishlist/).

For more information regarding the shelter, its mission, or its adoptable pets, call 508-875-3776, email [info@metrowesthumanesociety.org](mailto:info@metrowesthumanesociety.org), or fill out the form at <https://metrowesthumanesociety.org/about-the-shelter/>.

For more information, including age restrictions, or to volunteer even a small amount of time, call the shelter at 508-875-3776.

Source: <https://metrowesthumanesociety.org/volunteer/>

**ANYTIME FITNESS**  
PERSONAL & GROUP TRAINING • HYDRO MASSAGE BED

**Back to School • Back to Fitness!  
JOIN TODAY!**

**OPEN 24 HOURS**

Shaws Plaza  
309 Pond St. • Ashland, MA  
**508-881-4900**  
[Anytimefitnessashland@gmail.com](mailto:Anytimefitnessashland@gmail.com)

**Achieve Clear Skin**

**BEFORE** **AFTER**

**ACNE CLINIC FOR ALL AGES**  
*Take control. Manage your acne with a customized treatment program designed to clear your unique skin.*

**Education. Coaching. Support.**

**90% of my clients clear in 12-16 weeks**

LISA MASSIMIANO - LICENSED AESTHETICIAN, ACNE SPECIALIST  
CERTIFIED BY THE NATIONAL FACE REALITY ACNE CLINIC  
*Schedule your acne consultation today!*  
**508-881-1180**

**SkinSmart SALON**

**SkinSmartSalon.com**  
**SkinSmartSalon@aol.com**  
**44 FRONT STREET, 2<sup>nd</sup> FLOOR • ASHLAND**



# Car Show for Cancer

## Eleventh Annual KiddeFenwal Car Show Sept. 14

September has arrived and the Relay for Life Team of KiddeFenwal is well prepared for its annual Car Show. The show will take place on its spacious grounds at 400 Main Street in Ashland on Sept. 14, from 9 a.m. to 2 p.m.

The event, which is in its 11th year, is held to raise funds for cancer research.

“Last year the show attracted over 300 cars and over 900 spectators, our largest turnout to date, and I fully expect to beat that record this year” said Peter Kamitian, Relay for Life Team Captain for KiddeFenwal.

KiddeFenwal, which has produced fire detection, suppression and temperature control equipment for commercial and industrial applications in Ashland since the mid-‘80s, is well known for giving back to the community by lending its fields to many of the town’s local youth programs. Its Relay for Life Team has raised over \$300K throughout the years.



**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@sodellconsult.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 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

**PREMIER IMAGE GALLERY**

**INVENTORY CLEARANCE**

**50% OFF** Limited Editions, Prints, Gifts & Crafts (SOME ORIGINAL ART)

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

**35 Years in Business!**

**SALE**

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

**Sat., September 14<sup>th</sup>**

Show 9am - 2pm

**Kidde-Fenwal Car Show**

400 Main Street  
Ashland, MA 01721

**American Cancer Society**  
All Proceeds Benefit the  
**AMERICAN CANCER SOCIETY**  
Rain Date: Sat., Sept. 21<sup>st</sup>

AWARDS @ 1pm: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for Vehicle Categories • Sponsor Awards

On the Grass Show Parking!  
No Alcohol Please! **\$10 CASH** Day of Show

If you are interested in sponsoring please reach out to: [pkpk77@yahoo.com](mailto:pkpk77@yahoo.com) or 508.881.4610

“Car owners and spectators get hooked when they come to our show for the first time, with all types of cars, trucks and motorcycles dating from early 1900s to the latest Lamborghini, all in a family friendly environment,” said Kamitian. “Attendees are entertained by music from DJ Bryan Rivas Dipas and The Romeos Duo! and breakfast and lunch is available from the Ashland Lions and of course Refreshing Concessions ice cream truck. There is something for everyone.”

Over 100 trophies/awards will be given out to award winning vehicles, thanks in part to the many Show sponsors.

“I cannot thank our show sponsors enough as well as and all the people who have attended the show in the past who have donated money to the Cause. We are making a difference” added Peter.

If you or your company would like to be a show sponsor, contact Peter Kamitian at 774-279-0497.

Students who **SEE BETTER** learn better!

Schedule your child’s back to school exam **TODAY!**

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

**ASHLAND FAMILY EYECARE**

25 West Union St., Ashland  
508-928-7300 • [ashlandfamilyeye.com](http://ashlandfamilyeye.com)

Dr. Lauren LaPaglia  
OPTOMETRIST



# Environmental Ashland: A Web of Responsibility?

BY ROB ST. GERMAIN  
CONTRIBUTING WRITER

Our Environment -- Our air and our water, the whole complex on which our lives depend, whose responsibility is it? Somebody must be in charge, right? And, in a small town like Ashland with our tiny 12.9 square mile footprint, surely there must be someone tasked with overseeing all the environmental stuff, right?

The answer is “no”. The environment is far too complex for any one person, or agency, to oversee. It is so totally integrated with nearly every aspect of life that even an army of experts could not begin to manage it, nor would it be acceptable if they tried. What then is the answer?

In 1989 a man named Tim Berners-Lee needed a name for his invention, the protocol for connectivity to what became the Internet. He called it the World Wide Web (www). Web seemed to apply because it had so many parts and dispersed control. For the same reasons the word web is a perfect label for environmental management.

Environmental health is the sum-total of all our actions, and so it follows then that environmental action is the responsibility of all of us.

## Ashland’s Environmental Web.

Currently, in Ashland, there are over 20 entities that actively share environmental responsibility [see chart]. There are also

others that are not currently active or are peripheral but have had significant roles – think Nyanza.

Ashland citizens guided the creation of the new Public Safety Building and the replacement of the Mindess School. Both have geothermal heat, solar panels or wiring for them. Both have additional features that demonstrate Ashland’s acceptance of its environmental stewardship responsibility. Who is in charge – We Are! We, the people of Ashland, are the government. We made the decisions; and those two projects are only a fraction of all that is happening.

In 2021 Ashland was part of the consortium of towns sponsoring the MetroWest Solar and Clean Energy Challenge. That initiative encouraged many homeowners to install solar and heat pumps. It was spurred on by the Sustainability Committee – volunteer citizens!

A Girl Scout Troop, the Town Forest Committee and many homeowners have planted pollinator gardens, carefully choosing plants that help mother earth by supplying food for pollinating insects. These gardens are an improvement over lawns. They increase the uptake of carbon and production of oxygen. Every single tree planted or preserved is part of the solution to reduce global warming.

Environmental health is the result of a multitude of decisions, some big, most small, some good and some quite bad. Should you purchase a bug zapper? You can.

They are legal, but you will be killing the food supply of the local bird population and decreasing the ability of some species of trees and plants to pollinate. Not good!

GreenUp Ashland is a volunteer group that works with town staff to keep our roadways litter-free. “The effort required to put one’s car trash into a bag may seem insignificant, but it adds up when compared to the cost and effort of a community having to pick up tossed litter from the roadway,” says Karyn Dann-Barboza, chair of GreenUp. On average, GreenUp and its Ashland community helpers clean up 3.5 tons of debris/trash annually.

Samantha Riley is Ashland’s Sustainability Agent. While conservation is focused on protecting things now, Sam’s job is forward looking. “My focus is both inward and outward — inward to the town facilities and how to make them more sustainable, and outward to the public, educating and facilitating. My goal is to get as many people on board as possible.” On board to what?

## Every Citizen’s Role

The ‘what’ is your environmental preservation role. Your role, in fact, may be the most important. A recent ad from Mass.gov reads as follows, “No matter where you live, how you get around, where you work, or your budget, we can all help protect our communities, save energy, and save money.”

If you wash your car at a car wash facility, as opposed to your

driveway or street, the dirty water gets filtered and treated resulting in less pollution finding its way into storm drains and streams. Every less pound of fertilizer on your lawn means healthier streams. Every less ounce of pesticide means better public health.

You can help the town’s recycling efforts and keep fees down by reviewing chart at the following link.... <https://recyclesmartma.org> and then carefully following its guidance.

One big opportunity to make a difference is energy savings. You can get on board with Florence Seidell and Rob Moolenbeek and their program Energize Ashland. They are role models for all of us. Their challenge goal for 2024 is 500 additional energy-saving actions to mitigate climate change.

“To get anything done,” Florence offered “you need a strong

sense of commitment, not just opinions”. Rob provided an example. “When we worked on the plastic bag bylaw, we went to all the stores in Ashland and spoke with the management.”

It is that kind of commitment we need from everyone, not in terms of time but in terms of resolve. For the good of all we need a commitment to remove all food from your recyclables. We need a commitment to not litter, a commitment to wash your car responsibly, a commitment to environmentally responsible lawn care, and from dog owners, a commitment to responsibly dispose of your animal’s waste.

Each-and-every one of us are members of the web of life. Each-and-every one of us shares the responsibility for its wellbeing.

*See webiste for more information.*

# Select Board Community Grant

The Select Board offers two grant rounds annually. Each of the grants are slightly different which allows for more people and organizations to qualify.

The Boston Athletic Association provides the Town of Ashland Invitational Entries for being a host community. The BAA Marathon Grant funding comes from the fundraising efforts of those who run the Boston Marathon each year. Any organization applying for this grant is required to be an active 501(c) 3. Each applicant can apply for up to \$4,000 in



a grant round with a maximum of \$6,000 in two consecutive rounds.

The Select Board Community Grant is funded from the Select Board Gift Account. Applicants can request up to \$1,000 per grant application with a maximum of \$1,500 in two consecutive rounds.

Submissions are due by Sept. 30, and the grant applications and additional information can be found on the town’s website [www.ashlandmass.com](http://www.ashlandmass.com).

Please contact Susan Robie 508-532-7921 or [srobie@ashlandmass.com](mailto:srobie@ashlandmass.com) if you have any questions.

## THE CORNER MARKET

*Wicked Good Fast Food*

*Hand Tossed Pizza*



**NOW OPEN MONDAYS**

**Paninis & Subs**



**Salads & Wings**



**Acai & Smoothies**



**TAKE OUT**  
Perfected  
**774-293-1966**

12 Concord St Holliston, MA [www.CornerMarketHolliston.com](http://www.CornerMarketHolliston.com)

## Matt Gamache

Realtor



*Serving Ashland for over 10 years*



**Call for a market analysis**

**508.561.2757**  
**[www.MattGamache.com](http://www.MattGamache.com)**



# How should you respond to market cycles?



Mark Freeman

## FINANCIAL FOCUS®

Provided by Edward Jones

The movement of the financial markets can seem mysterious — and yet, if we look back over long periods, we can see definite patterns that consistently repeat themselves. As an investor, how should you respond to these market cycles?

To begin with, it's useful to know something about the nature of a market cycle and its connection to the business or economic cycle, which describes the fluctuations of the economy between periods of growth and contraction. Issues such as employment, consumer spending, interest rates and inflation can determine the stage of the business cycle. On the other hand, the market cycle refers to what's happening in the financial markets — that is, the performance of all the different types of investments.

The market cycle often anticipates the business cycle. In other words, the stock market may peak, or hit bottom, before the business cycle does the same. That's partially because the financial markets are always looking ahead. If they foresee an event that could boost the business cycle and help the economy, such as the Federal Reserve lowering interest rates, they may become more "bullish" on stocks,

thus driving the market up. Conversely, if the markets think the business cycle will slow down and the economy will contract, they may project a decline in corporate earnings and become more "bearish" on stocks, leading to a market drop.

Once you're familiar with the nature of market cycles, you won't be surprised when they occur. But does that mean you should base your investment strategy on these cycles?

Some people do. If they believe the market cycle is moving through a downward phase, they may try to cut their perceived losses by selling stocks — even those with strong fundamentals and good prospects — and buying lower-risk investments. While these "safer" investments may offer more price stability and a greater degree of preservation of principal, they also won't provide much in the way of growth potential. And you'll need this growth capac-

ity to help reach your long-term goals, including a comfortable retirement.

On the other hand, when investors think the market cycle is moving upward, they may keep investing in stocks that have become overpriced. In extreme cases, unwarranted investor enthusiasm can lead to events such as the dotcom bubble, which led to a sharp market decline from 2000 through 2002.

Rather than trying to "time" the market, you may well be better off by looking past its cycles and following a long-term, "all-weather" strategy that's appropriate for your goals, risk tolerance, time horizon and need for liquidity. And it's also a good idea to build a diversified portfolio containing U.S. and foreign stocks, mutual funds, corporate bonds, U.S. Treasury securities and other investments. While diversification can't protect against all losses, it can help protect you from market volatility

that might primarily affect just one asset class.

Market cycles often draw a lot of attention, and they are relevant to investors in the sense that they can explain what's happening in the markets. Yet, when it comes to investing, it's best not to think of cycles but rather of a long journey — one that, when traveled carefully, can lead to the destinations you seek.

Contact Mark for assistance with your personal finances.

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

# PLEASE RECYCLE



## Ashland PAVING

RESIDENTIAL & COMMERCIAL

**Paving - Sealcoating  
Crack Filling - Excavation**

FULLY INSURED & FREE ESTIMATES

**Schedule Now!**

CONTACT MAURICIO

**508-202-8602**

**BHRPaving@gmail.com**



# Town Considering Networked Geothermal

The town of Ashland is looking at Networked Geothermal as a strategy to provide clean heating and cooling to residents and businesses. Networked geothermal allows a whole neighborhood to be connected on one loop.

Networked geothermal does not use fossil fuels to heat or cool your home. It works by connecting a large loop below the frost-line in the ground. This area of the ground stays a consistent temperature in the 50s. The pipe is filled with water that circulates the system, which maintains the temperature from 40 to 90 degrees allowing each building to select their own desired temperature. Geothermal is the most efficient way to heat or cool your home. If you are interested in learning more about Networked Geothermal in Ashland feel free to reach out to sriley@ashland-



Image from HEET

mass.com.

**2 AWARD-WINNING GYMS in HOPKINTON**



**KKidsGymnastics.com 508-435-2401**

**REGISTER TODAY!**  
**For Fall Programs**



**SurgeNinjaGym.com**  
**508-435-2400**



**The St. Cecilia Flea Market**  
**All Welcome!**  
**Fri. & Sat., September 13 & 14**  
9am - 4pm  
**Sun., September 15**  
9am - 3pm



St. Cecilia Parish  
54 Esty St., Ashland

[saintceciaparish.org](http://saintceciaparish.org)

**Looking to advertise your business?**  
Contact Susanne: 508-954-8148  
or [sue@sodellconsult.com](mailto:sue@sodellconsult.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](http://MyAshlandIns.com)

**HOME • CONDO • RENTER • AUTO • BUSINESS**



# The b.LUXE *beauty beat*

## Unlock Your Best Look: Must-Know Haircut Trends for Fall 2024

BY GINA WOELFEL

We're unpacking the hottest trends for the autumn/winter 2024 season with the most sought-after hairstyles. After a mostly minimalist summer with styles that seemed to style themselves, we're seeing a return to bold, highly personalized looks that emphasize definition and texture and are poised to turn heads this season! Bangs are back, shorter and more voluminous bobs are adopting new angles, and there's a noticeable nod to the past with a resurgence of retro-inspired cuts like the mullet, the shag, and even "The Rachel."

One noticeable trend emerging in the salon industry is the increased customization of haircuts for both women and men. Clients want to express their individuality in a unique way instead of simply following what they see on social media. There's more freedom to mix and match looks and showcase inventive ideas; this departure from the norm reflects a deeper ownership of individual style.

### Get Ahead of the Curve with This Season's Hottest Style Trends!

#### THE MODERN SHAG AND WOLF CUT:

These styles appear similar but are actually different haircuts with similar elements. The **modern shag cut** combines long layers with shorter layers to frame the face, creating vol-

ume and lift. One key element to a great shag cut is bangs! For longer shag cuts, curtain bangs (see below) flow effortlessly into the shag's side layers. The popular butterfly cut is also another name for a longer shag. Its shorter, softer, chin-length side layers and long layers at the back create the illusion of butterfly wings, from which it derives its name.

The **wolf cut** is a popular haircut that combines the fringe of a shag and a mullet's statement style. It's known for its slightly edgy look with choppy bangs, shorter layers on the crown, and longer layers on the back. The style is said to resemble a wolf's wild and unkempt coat. The wolf cut has no exact, definitive shape. It can be long or short, with hair gradually layered thicker around the back and longer base layers that intentionally give a mullet effect.

#### BANGS:

Bangs are back, adding a fresh and stylish update to our hairstyles this fall season. The most significant trend we're seeing is all about the fringe that frames our faces. From the effortlessly chic **curtain bangs** that soften your facial features and blend beautifully into longer layers to the iconic **Birkin bangs** (inspired by Jane Birkin) that exude vintage charm, there's a perfect style for everyone! **Wispy bangs** add a touch of romantic softness, while **bold baby bangs** can be chunky and well-defined, with separated



strands for a daring statement. For an edgier look, **choppy short bangs** work great with cuts like the wolf cut and French bob haircut, while **layered bangs** are less committal with various lengths that blend into your hair. Whether you prefer a polished center part or the glamorous vibe of vintage **bombshell bangs**, this season's trend invites you to experiment and express your inner glam.

#### THE RACHEL 2.0:

The **Rachel 2.0** is a modern take on the iconic hairstyle made famous by Jennifer Aniston's character, Rachel Green, on the popular TV show Friends. We all sported this haircut in the mid-90s, even if it didn't quite suit our style. However, the modern version showcases a shaggy, layered, shoulder-length look with plenty of texture and movement and can be tailored to accentuate your best features. It's a versatile and stylish haircut that has gained popularity for its fresh, effortless



vibe. The Rachel 2.0 is a great option for those looking for a trendy yet timeless haircut.

#### ASYMMETRICAL BOB:

The **asymmetrical bob** is set to be a standout style for fall 2024. This modern twist on the classic bob haircut features a distinctive angled cut, adding edgy elegance and timeless sophistication. With a shorter back and longer front, this versatile haircut complements various hair textures and face shapes, making it a trendy choice for those looking to embrace individuality and defy symmetry. This variation of the bob haircut can be short, medium, or long and can vary in the sharpness of its angle.

These are just a few of this season's most popular hairstyles. We're also seeing significant de-

mand for high-end men's haircuts, hair extensions, toppers, and faux bangs, as well as no-heat natural styling solutions and layers for all hair lengths. We'll be discussing these in our upcoming Beauty Beats. Scan the QR code to follow along and read our full blog each month, where we share photo inspiration, promotions, and a more in-depth dive into the Beauty Beat.

With so many ways to personalize your style, embrace this season and make it your own.

We'll be here to help you do that!

See you at the studio!

PAID ADVERTISEMENT

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

**Keep cozy this Fall Season!**



**MITSUBISHI ELECTRIC**  
HEATING & AIR CONDITIONING

**COAN**  
HEATING & AIR CONDITIONING  
Specialists in Home Comfort & Energy Conservation

Interested in a new heating system?  
Ask about our preseason discounts!

HEATING • AIR CONDITIONING • HOT WATER • INDOOR AIR QUALITY  
Heating Service Plans, Heating Install and Repairs & More!  
Coan Bioheat® Fuel Delivery

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

**BIOHEAT**

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



Your Money, Your Independence

# Mastering the College Admissions Process



Glenn Brown, CFP

Navigating the college admissions process can be a complex and stressful experience for both students and parents.

Understanding nuances of early action and early decision, exploring merit-based aid, and utilizing 529 plans and loans effectively can impact this journey. Here's a guide to help clarify these crucial financial aspects.

## Early Action vs. Early Decision

When it comes to college applications, Early Action (EA) and

Early Decision (ED) are two options usually due November 1st, but they have distinct differences.

**Early Action (EA)** allows students to apply earlier than the regular deadline and receive a decision sooner, but they do not have to commit immediately. This means students can apply to multiple schools under EA and weigh their options.

**Early Decision (ED)** is a binding commitment as students agree to attend that college if admitted. Applying ED can enhance acceptance chances because admissions committees view ED applicants as highly motivated. However, it is crucial to request any needed merit aid in the application process, as later requests of needing aid to attend can jeopardize the acceptance.

## Focus on Merit-Based Aid

Merit-based aid is financial assistance awarded based on a student's academic, athletic, or artistic achievements rather than financial need. To maximize merit-based aid:

### Take The Road Less Traveled:

The "trophy schools" aren't giving a lot of merit, because they receive many applications and

don't need to incentivize top students. Therefore, look for niche colleges and/or programs in big schools that excite your student and align to their strengths.

**Build Student/Recruiter Relationships:** Merit is a relationship business, where personal interactions influence rewards. Encourage students to proactively connect with local recruiters and express their interest in specific programs. Ongoing communication leads to sharing campus visit plans, allowing the recruiter to set up meetings with professor(s) and admissions. Upon applying EA or ED, your student shares with the recruiter and admissions personnel their enthusiasm, application, and calculation of merit needed to attend. Now admissions has a personality with a name and need, plus the local recruiter is making your student's case.

Students must lead these communications, as recruiters are turned off when parents are writing, editing, and/or speaking for the student.

## Using 529 Funds

Contributions to a 529 plan grow tax-free, and withdrawals for qualified education expenses

are tax-free. To use funds from a 529 plan effectively:

### Adjust Investment Strategies:

If your child is only a couple of years from starting college, then shift a portion of future expenditures into more stable investments, such as bond funds or money markets, to help minimize future volatility and potential losses.

**Qualified Expenses:** Ensure that withdrawals are used for qualified expenses like tuition, fees, books, and room and board. Using funds for non-qualified expenses can result in penalties and taxation at the parent's AGI rate.

## Exploring Loan Options

Understanding the different types of loans can help in managing student debt:

**Federal Student Loans:** Typically offer lower interest rates and more flexible repayment terms compared to private loans. They include Direct Subsidized Loans, where the government covers interest while the student is in school, and Direct Unsubsidized Loans, where interest accrues immediately.

**Parent PLUS Loans:** These are federal loans parents can take

out. They have a fixed interest rate and offer flexible repayment terms but place the financial burden on parents.

**Private Loans:** Offered by banks or private lenders, have higher interest rates and fewer repayment protections than federal loans, so they should be the last resort.

In conclusion, informed parents and proactive students can achieve better financial outcomes and a smoother transition to college life. To learn more, talk with your Certified Financial Planner.

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

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

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

**Pre-Targeting:™**  
The New Way to Buy Online Display Ads

Want to reach your target audience?  
Contact Susanne Odell Farber at 508-954-8148 or by email at [sue@sodellconsult.com](mailto:sue@sodellconsult.com) today for more information.



Childhood is for playing, not pain!

**PLATINUM**  
PHYSICAL THERAPY  
*All major insurances accepted*

1 Lumber St., Suite 201, Hopkinton  
196 E. Main St., Milford (in The Gym)  
Additional locations in Ashland and Maynard

Visit [platinumpma.com](http://platinumpma.com) or call 508-544-1540 for an evaluation

Your healthiest self is our goal - Call us today!



SCAN ME

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](mailto:mbremermann@yahoo.com)



# We Could Use Your Help!

The Ashland Friends of the COA and the Friends of Callahan continue to research ways to support their Travel Committee's 2025 goal of creating a program that would include and support travelers whose limitations make travel impossible without a travel companion. 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 provided a guide, most travelers are given the guidance to figure it out.

A committee who is passionate about inclusion, believes this project has the potential to make a real impact in our community.

The problem we are facing is funding and recruiting travel support for those who need a little attention on our day trips. For the FOACOA and the Friends of Callahan this has begun to be a pressing issue that demands some attention and action. To be

ready to initiate this program in 2025 we are seeking to develop an innovative and effective program that would compensate those who are willing to become a travel companion for a day trip and financial support needed to provide our travel companions a stipend for their efforts.

If we are successful and able to implement this initiative, we will be given the opportunity to put a smile on someone's face who otherwise would be unable to participate in any of our day trips offered to the Senior Citizens in our area booking a trip offered at both the Ashland and Callahan Senior Centers.

If you are interested in this program and would be willing to become a travel companion we would love to hear from you. Your support would make a meaningful difference in the lives of our community members. Text or call Donna Shaw, Travel Coordinator, at 508-740-8054 with your questions, support or offers to help

# Ash-Hop Porchfest Returns

Ash-Hop Porchfest is back again!

This event has musicians playing at different porches in Ashland and Hopkinton.

The free, grassroots event is hosted by Ash Hop Porchfest and will take place on Saturday, Sept. 7, from 2-6 pm, followed by a community finale at Ashland's Corner Spot at 7 pm.

Musicians are invited to sign up to play (<https://ashhopporchfest.org/signup/band/>) and community members are invited to sign up to host musicians on their porches (<https://ashhopporchfest.org/signup/porch/>).

Volunteers are also being sought to make the event a success ([ashhopporchfest@gmail.com](mailto:ashhopporchfest@gmail.com)).



# Free COVID tests at Ashland Town Hall

Residents are welcome to pick up free COVID-19 testing kits at the Board of Health Office in Town Hall between the hours of:

- Mon.: 8 a.m. to 3:30 p.m.
- Tues.: 8 a.m. to 3:30 p.m.
- Wed.: 8 a.m. to 7 p.m.
- Thurs.: 8 a.m. to 3:30 p.m.
- Fri.: closed

SOURCE: WWW.ASHLANDMASS.COM/178/HEALTH

# 2025 Boston Marathon

The Select Board has a very exciting opportunity for anyone interested in running the 2025 Boston Marathon. Annually the Boston Athletic Association provides the town





**ASHLAND PUBLIC SCHOOLS**

APPLY TODAY!

KITCHEN STAFF NEEDED

Are you looking for a rewarding job that makes a difference? Join our Nutrition Services team and help us provide delicious, healthy meals to students every day!

**WHAT WE'RE LOOKING FOR:**

- Part-time or full-time availability
- A positive attitude and a strong work ethic
- Team players who enjoy working with others
- No food service experience required—we'll train you!

**WHAT YOU GET**

- Full healthcare benefits
- Uniform and shoe allowance
- Monday through Friday schedule when school is in session
- No nights, no weekends, and school holidays off

To apply or learn more, contact Director of Nutrition Services Regina Wilkinson at (508) 881-0165 or [rwilkinson@ashland.k12.ma.us](mailto:rwilkinson@ashland.k12.ma.us). Visit [ashland.k12.ma.us/jobs](http://ashland.k12.ma.us/jobs) for more information.



with Invitational Entry Forms for being a host community. We distribute the entries via a lottery and are soliciting individuals interested in running. In exchange for being a recipient you will be required to raise money for the grant program.

Anyone interested in being considered should complete the online form located on the town's website [www.ashlandmass.com](http://www.ashlandmass.com). All submissions are due by Oct. 15. Names will be drawn at random with preference given to Ashland residents and employees.

Please contact Susan Robie 508-532-7921 or [srobie@ashland.com](mailto:srobie@ashland.com) if you have any questions.

## Hey Ladies ...

### looking for **wide** shoes?

Sizes 6.5ww - 11ww, also 12m

## End of Summer Special

Great comfort.  
Walking Cradle sandal  
for \$59

Regular \$139

EXPIRES 10/01/2024



## The Forgotten Foot

"It's Worth the Trip!"

1255 Worcester Road, Framingham

Hours: Mon. - Sat. 11 a.m. - 6 p.m. • Sun. 12 - 4 p.m.

508-879-3290



# Ashland Lions Club September 2024 Update

## 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! There's still time to register! For details visit [ashlandlions.org/golf](http://ashlandlions.org/golf) email us at [golf@ashlandlions.org](mailto:golf@ashlandlions.org) or visit our Facebook page.

## Ashland Lions Little Free Library

Next time you're down by the Ashland Post Office, be sure to check out the new addition of the Ashland Lions Little Free Library. The bright red box is stocked with books for Ashland residents to borrow and return. Shout out to Lion Elaine and Lion Dok for their hard work on this project.

## Lions at Car Shows

The Ashland Lions will have their food trailer at the Carrier Kidde-Fenwal Car Show on Saturday, September 14, 9am-2pm

(rain date Saturday September 21). We will be selling hot food and cold beverages in our bright red trailer. 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.

We will be selling hot breakfast sandwiches, coffee and beverages the MassBay Car Show at MassBay Automotive Technology Center, located at 250 Eliot St, Ashland, on Sunday September 29, 8am-12pm. Proceeds benefit student scholarships, equipment, and emergency grants.

## Lions at Ashland Day

Ashland Day is back again this year and so are we! The Ashland Lions will be on hand with their food trailer selling a variety of food and beverages. We'll also have a booth to talk with people about Lions. The event is Saturday, September 21 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)

will be dropped from the AFD's tower truck. Tickets (corresponding to the ball numbers) will be available from Firefighter Mike Torosian @ 508-881-2323 or Lion Julian Doktor @ 508-881-4664 or from any Lion member. Tickets 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 Lions Meat Raffles

Ashland Lions is kicking off another great year of meat raffles! Our first one will be held on Saturday, October 5 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. In the past



Ashland Lions new Little Free Library in front of the Ashland Post Office

year we have collected over almost 2000 pairs of glasses! Help us break the record this Lionistic year.

### 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



Ashland Lions held their annual Toll Road for White Cane Day, raising money for local charities and eye research

Introducing

Get a great  
30-year fixed-rate  
**MORTGAGE**  
**NOW**, and if rates  
drop, **JUST TRIM™**  
**IT LATER...**

with  
**NO FEE!**

[msic.website/TRIM-it](http://msic.website/TRIM-it)  
[TRIM@msic.org](mailto:TRIM@msic.org)

Participating credit unions  
are NMLS Approved Lenders  
and Equal Housing Lenders



# Electric Vehicle Q and A

BY KEVIN KAM  
FOR ENERGIZE ASHLAND

Thank you for joining us at the Ashland Farmer's Market Sustainability Day on Saturday July 27!

We appreciated all the interest in our survey, quiz discussion about restaurant take-out container options, and of course, electric vehicles. One of our takeaways from our conversations was that there is both a lot of interest in electric vehicles, but also a lot of questions about electric vehicles' cost to own, cost to operate, range, and charging. While I can't discuss all of these points in depth here, I hope the following is a good introduction for anybody who might be curious about electric vehicles and why drivers and the environment can benefit from replacing gas-powered vehicles with electric vehicles.

- 1) How is an electric vehicle's efficiency measured?

For electric vehicles, the U.S. Environmental Protection Agency (EPA) uses two measures, MPGe (Miles Per Gallon equivalent) and watt-hours per 100 miles. To understand them, let's first start with a more familiar metric.

Most people probably know that MPG is the abbreviation for Miles Per Gallon, the basic metric for automobile fuel efficiency for 50 years. The U.S. Department of En-

ergy reports that in 2022 the average light duty vehicle's fuel efficiency was 24.8 MPG, down slightly from the all-time high of 25.3 in 2020, but up from 21.9 MPG in 2000. As a reference point, a 2024 Toyota Prius (front-wheel drive model) is rated at 57 MPG; a 2024 Ford F-150 (6-cylinder turbo) is 20 MPG; and a 2024 Subaru Outback (4-cylinder) is 28 MPG.

Because electric vehicles use stored electricity instead of burning gasoline, they require a different metric. Instead, the EPA first takes an electric vehicle's tested energy consumption per 100 miles. For instance, the 2024 Tesla Model 3 Long-Range AWD is rated at 26 kilowatt-hours (kWh) per 100 miles. The EPA uses a conversion factor of 33.7 kilowatt hours (kWh) of energy per gallon of gasoline. To calculate MPGe, divide 33.7 by 26 and multiply by 100. That's 129.61538 which the EPA rounds up to 130 MPGe.

- 2) Wait, a 2024 Tesla Model 3 with nearly 400 HP and zero to 60 in 4 seconds is nearly 2.5 times more energy efficient than a 2024 Prius with 194 HP and zero to 60 in 7.1 seconds???

Yes. Exactly. The reason is simple: heat loss. According to the EPA, the average electric motor used in an electric vehicle converts about 77% of the electric energy from the battery into forward motion. Compare that to 12% to 30% of the energy in gasoline which ends up propelling a gas vehicle—you may be familiar with the tremendous amount of heat lost if you've touched a car's hood after a long drive.

- 3) But we pay one of the highest electricity rates in the country!

True, Massachusetts is typically in the top 10. But, as suggested by the answer to question #2, the question of cost also depends on the total energy consumed. Resorting back to the Tesla getting 130 MPGe. The EPA's fuel cost estimates (see for yourself at [www.fueleconomy.gov](http://www.fueleconomy.gov)) which I adjusted to reflect the current AAA average gas price (\$3.43 for regular) and the total cost of electricity (\$.3355) using the Ashland Community Aggregation supply and Eversource distribution costs, show \$1,200 in annual fuel costs for the Tesla but \$900 for the Prius. Gas for the win, right? Not so fast. A fairer comparison for the Tesla might be a 2024 BMW 330i sedan which gets 29 MPG and runs on premium fuel, total cost \$2,250.



The point here isn't that there's a clear-cut answer on fueling costs, but rather that the reduced overall energy use by an electric vehicle means the details matter. I encourage you to adjust the default settings in the [fueleconomy.gov](http://fueleconomy.gov) comparison tool to reflect your specific options and costs. The answer might surprise you.

- 4) But electric vehicles are more expensive than gasoline-powered cars!

As in #3 above, it depends. Average transaction prices are higher for electric vehicles. But, unless you are shopping for an electric vehicle with 1,000 HP, you can find large discounts if you know just two tricks.

First, although the \$7,500 federal tax credit applies directly to relatively few vehicles, the dealer can still pass that savings to you if you lease (Massachusetts also offers up to \$3,500 in rebate through the MOREV program, so you could be looking at \$11,000 in price reduction already). Lease deals change all the time so I refer to the recurring article at [www.insideevs.com](http://www.insideevs.com) which lists some of the best deals, some as low as \$300 per month.

Second, if you'd rather purchase your vehicle outright, and after you test drive a few models and are ready to start negotiating, I encourage you to check the website [www.theevfinder.com](http://www.theevfinder.com) which allows you to search for all listings for a particular make and model (including by trim, color, and drivetrain among other categories) up to 999 miles from your zip code. Interestingly, the website also lists the date when the dealer took stock of that vehicle. As of this writing, I see a lot of 2023 model year vehicles still on dealer lots which means there are some motivated sellers looking to move 2023s before 2025 model year vehicles start arriving.

If you found this piece informative, please check out the Energize Ashland website (<https://community.massenergize.org/AshlandMA/>) for more information. Also, if you missed speaking to us on July 27, please mark your calendar for the 10th annual Kiddle-Fenwal Car Show on September 14. We will have a variety of electric vehicles on display, and you can talk to owners about their cars and their experiences owning their electric vehicles.



## Sha'arei Shalom

**RELIGIOUS SCHOOL – now enrolling grades K-7**

**Sha'arei Shalom** is a member-driven Jewish congregation serving the Greater Metrowest area. We offer a diverse congregation that understands the demands of busy families, the needs of seniors, and is affordable.

**CELEBRATE THE HIGH HOLIDAYS WITH US!**

**Rosh Hashana Services October 2 & 3**

*See our website for details*

**info@shaareishalom.org**  
**shaareishalom.org | 508.231.4700**

## Save The Date

Mark this date on your calendar: Friday, Nov. 8. You're invited! The Friends of the Ashland COA have begun planning their second annual Corporate and local Business fundraiser in hopes of gathering financial support for our 2025 goal to work toward making some needed simple adaptations to allow those with limitations the ability to join our trips and other events with safety in mind.

All this effort will culminate with a Wedding-Themed Murder Mystery Dinner Party to be held

on Friday, November 8, 2024 at the VFW Hall, 311 Pleasant St. in Ashland, MA. This event will begin with a cocktail hour at six-thirty, followed by a buffet dinner prepared by TJ's Food and so much more.

Wedding goers will enjoy an evening of interactive theater, trade clues with their friends, gather information about the crime, and solve the murder mystery. This night of laughter will include a cash bar, a 50/50 raffle, and a few raffle baskets.

All proceeds will benefit the FOACOA's mission statement. The goal is to financially assist the Ashland Council On Aging in providing social services to the Senior Residents of Ashland, MA, through membership, fundraising events, donations, and corporate gifts.

Tickets will be available for purchase in September, both online and at many events at the Ashland Senior Center. Stay tuned, you won't want to miss the wedding.



# Dragonfly Festival Morphs Into Bigger Faire-Like Event

BY SUSAN MANNING  
STAFF WRITER

For nine years, the Dragonfly festival was put on by Ashland Arts Alliance.

Until last year. It did not happen last year due to lack of capacity in planning the event

“I approached Arts Ashland Alliance asking if the town were to help with the planning could we bring it back as it was always a successful event and a way to celebrate the arts in Ashland. This was welcomed by the committee and planning was under-

way,” said Beth Reynolds, the town’s Director of Economic Development And Community Outreach.

With the amount of work that had taken place in the town, Reynolds said it was time to start it up again.

“With all the streetscape improvements in downtown Ashland we figured we could build on the previous Dragonfly event and create an event that incorporated the new sidewalks, existing and new businesses in town and get people walking around

## DRAGONFLY Street Faire

**Saturday, October 5th**  
**1:00pm - 6:00pm**

The Dragonfly Street Faire is an event that has it all! Enjoy shopping, music, street performers, activities, food, and drinks throughout the center of town. There’s something for everyone!

**Music - Food - Vendors**

take place at The Corner Spot, Ocean House/Historical Society and Clover Road Brewing Tap Room, all along Main Street. The event will consist of 9 musical acts on 3 different stages, 4 performances including dance acts, 3 street performers and face painting. Food will be set up at each location and beer and wine will be served at The Corner Spot and Clover Road.

The sidewalks along Main Street will be lined with 23 vendors, small business owners selling their products, and 5 nonprofits will be popped up with activities for kids.

The event will run from 1-6pm and Reynolds hopes to have a huge crowd.

Parking will be available on the street and municipal lots.

We hope for sunshine as there is no rain date for this event.

“The event is free to all to attend but we hope people spend their dollars supporting the local vendors, restaurants and downtown shops that day!” said Reynolds.

enjoying the beautiful downtown.

“So we named the event Dragonfly Street Faire because we have enhanced the event and hope it grows into something

bigger each year, with the hope that one day it might warrant us closing a street in downtown for the day to truly create the Street Faire feel,” she said.

This year, the event will

## Place your Ad today!

Contact Susanne: 508-954-8148

[sue@sodellconsult.com](mailto:sue@sodellconsult.com)

## 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

## Lifetime Roof Guarantee

Get a FREE Upgrade to a

**CertainTeed**  
SAINT-GOBAIN

Lifetime Guarantee  
Exp. September 30, 2024  
Offers May Not be Combined

**OVER 30 YEARS OF BUSINESS**  
**ROBERT EVANS JR CONTRACTOR**  
ROOFING, SIDING, WINDOWS & MORE  
**EST. 1992**

## \$500 OFF Full Roof Replacement

On 28 Square Feet or More  
Exp. September 30, 2024 • Offers May Not be Combined

# ROOFING • SIDING • WINDOWS



# Senior Community Center Activities for September 2024

**PROGRAMS & ACTIVITIES:**

**Sept 1st**  
CLOSED for Labor Day

**Sept 4th at 10:00**  
Computer Class –“Cyber Security: Learn How to Search the Internet Safely & Evaluate the Safety of Email and Texts -- Should You Open and Respond?”  
Registrations Requested. Walk Ins Welcome.  
Call to reserve your seat at 508-881-0140 x1.

**Sept 5th at 9:00**  
FREE Breakfast sponsored by Ashland Lions Club  
Call to reserve your seat at 508-881-0140 x1

**Sept 5th at 10:00**  
COA Meeting

**Sept 5th at 10:30**  
Downton Abbey T.V. Episode Season 2, Episodes 8-9 Viewing  
Tea and coffee provided. Call to reserve your seat at 508-881-0140 x1

**Sept 5th at 12:00**  
FOACO Meeting

**Sept 6th at 10:00**  
NEW!!! Paint a Silk Scarf w/ Karen Halloran & Jennifer Luna  
Call to reserve your seat at 508-881-0140 x1

**Sept 9th at 12:00**  
Lunch & Karen Spilka’s Of-

rice Listening Hour w/ a Staff Member  
Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

**Sept 10th at 2:00**  
NEW!!! In Person – “Medicare 101: Everything You Need to Know” w/ Carolyn Anderson. SHINE. For 60+ seniors who have recently retired or are at the point of retirement. Unbiased counseling on health insurance options & related benefits. Registrations Requested. Walk Ins Welcome.  
Call to reserve your seat at 508-881-0140 x1.

**Sept 11th at 9:30**  
NEW!!! “Statue of Liberty” discussion w/ Paolo DiGregorio, Ph.D.  
Explore why the statue was built and its meaning.  
Registrations Requested. Walk Ins Welcome.  
Call to reserve your seat at 508-881-0140 x1

**Sept 11th & 25th 9-11:30**  
Veterans Office Hours with Richard Sabounjian  
Appointments recommend. Call 508-429-0629 to schedule.

**Sept 12th & 26th**  
10-12:00 SHINE In Person Appointment w/ Fran Bakstran

Call to make an appointment 508-881-0140 x1

**Sept 12th**  
10:00NEW!!! “Downsizing and Selling: from Daunting to DONE!” w/ David Dowd of Kelleher Williams Realty & Founder of Sell Mom’s House. Registrations Requested. Walk Ins Welcome.  
Call to reserve your seat at 508-881-0140 x1.

**Sept 13th**  
9:30 Pins & Needles Sewing Class w/ Tobi – Fabric Bowls Bring your own sewing machine.  
Call to reserve your seat at 508-881-0140 x1.

**Sept 13th**  
10:00-11:30 Legal Phone Consultation with Arthur P. Bergeron  
Call to make an appointment 508-881-0140 x1

**Sept 16th 10:30**  
FREE Hearing Aid Cleaning with Hopkinton Audiology  
Call to reserve your seat at 508-881-0140 x1

**Sept 16th at 12:00**  
Lunch w/ Singer/Entertainer, Tommy Rull performing music of Sinatra, Diamond, Elvis, among others. Please use the payment box outside of the Main Office to reserve your seat. The cost is \$5 per person.

**Sept 17th 10:00**  
Craft w/ Elissa – Create an Indoor/Outdoor Suncatcher  
Call to reserve your seat at 508-881-0140 x1.  
Sept 18th  
10:00 Town Manager’s Coffee Hour All are welcome!

**Sept 19th at 10:00**  
NEW!!! “Ways to Save on Your Electricity Bill” w/ Samantha Riley,  
Town of Ashland Sustainability Program Manager. Using Mass Save Coupons  
To Afford Energy Efficient Appliances and Other Tips on Saving.  
Call to reserve your seat at 508-881-0140 x1.

**Sept 19th**  
10:30 Cooking Class with Chef Lee –BBQ Pork Flat Bread Pizza  
Call to reserve your seat at 508-881-0140 x1

**Sept 19th**  
1:00 NEW!!! Improvisation Games, Served with Pizza w/ Julia Nowak, Initiative Coordinator, Springwell.  
Dive into Improv games like “Poetry for Neanderthals” where you learn to communicate like a Caveman. Grab a piece of pizza, and give your wits a workout. Fun for everyone. Call to reserve your seat at 508-881-0140 x1.

**Sept 19th & 26th**  
1:30–2:30 NEW!!! Chair Volleyball w/ State Representative Jack Patrick Lewis  
All levels of players welcome. Come laugh and have fun with us.

**Sept 20th**  
10:00 Craft w/ Chaitanya–Block Printing on Cards  
Call to reserve your seat at 508-881-0140 x1.

**Sept 25th**  
10:30 NEW!!! “Homecare 101” w/ Matt DeWaele, Right at Home, Home Care.  
Registrations Requested. Walk Ins Welcome.  
Call to reserve your seat at 508-881-0140 x1.

**Sept 26th**  
10:00-11:30 Clocktown Memory Cafe  
Clocktown Cafe provides a welcoming place for individuals with Alzheimer’s disease, dementia or a cognitive impairment accompanied by the caregiver.

**Sept 27th**  
9:30 Pins & Needles Sewing Class w/ Tobi – Creating Fabric Boxes  
Bring your own sewing machine. Call to reserve your seat at 508-881-0140 x1.

**Sept 30th**  
12:00 NEW!!! FREE Lunch & Trivia – Sponsored by the Ashland

Police Department Reservations must be made for this FREE Lunch.  
Space Limited. Please call to reserve your seat at 508-881-0140 x1.

**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

## SEE MORE ‘GREEN’ THIS YEAR

Heat pumps are up to 5x more efficient than traditional HVAC systems— saving you energy AND money!

**CLAIM**

**\$10,000**

**IN HEATING & A/C REBATES**

PLUS

**UP TO**

**\$2,000**

**IN TAX CREDITS**

\*\*Restrictions apply. Call for details.

CALL OR TEXT FOR A FREE HOME EVALUATION!





PRO

COMFORT CONTROL

PLUMBING • HEATING • COOLING

508.301.3955

ProComfortControl.com



**SENIOR CENTER**

*continued from page 14*

- Blood Pressure Check Free** – Wednesdays at 10:30 am
- Canasta** – Moved to Wednesdays at 1 pm
- Chair Volleyball** – NEW!!!! Thursdays on Sept 19th & 26th at 1:30-2:30 pm. Beginners Welcome!
- Chair Yoga** – Wednesdays at 1 pm
- Chess** – Mondays at 1:30 pm
- Craft Class Free** – First and Third Fridays of the Month at 10 am.  
Check calendar for occasional other craft dates/times.
- 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 Drop In Class** – Tuesdays & Wednesdays at 9:30 am
- Line Dancing with Lisa** – Thursdays at 12 pm
- Mahjong** – Fridays at 10:30 am for all levels
- Mindfulness & 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 and Fourth Fridays of the Month at 9:30 am
- Pitch Card Game** – Mondays at 1:00 pm
- Tai Chi** – Wednesdays at 11 am with Jon Woodward
- Veterans Office Hours** – Every other Wednesday of the Month from 9 -11:30 am.  
Check Calendar for Dates.
- Zumba Gold with Kellie** – Tuesdays at 10 am.

# Greater Ashland Lions Club

## Fly the American Flag on Labor Day, Monday, September 2nd

Lions are always busy. Either helping out where needed or having events to raise money for Eye Research or other organizations supported by Lions Clubs International.

We would like to Thank those that visited us at the Farmers Market Community Table.

Once again this year we will be collecting gently used coats for children and adults from October to January. For further information, please contact Lion Debbi at 508.881.2117.

We will be at Ashland Day on September 21st. Come see us. We will be collecting any spare change that you might have, that will go to Eye Research for new born children. We will also be collecting used eye glasses and “tabs” from cans.

If you are unable to visit us at

Ashland Day, you can drop off any used eyeglasses or un-needed hearing aids at 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).

As in the past, we will be working with the Ashland Lions Club in sponsoring the Speech Contest and Peace Poster Contest. The Peace Poster contest, is for students in grades 3 through 5. The Speech Contest is for students in grades 10 through 12 and gives them the opportunity to practice their speaking skills.

Holidays of note: Patriot Day or September 11th (9/11). This is dedicated to remember and paying tribute to the 2,997 people killed and injured during the terrorist attack of 9/11/2001 in

New York city, Washington DC and Shanksville PA. (Note: This is not to be confused with Patriots Day held in April.) and Native Americans Day (9/27).

Wanting to get involved in the community? We’re a low-pressure group of service-oriented folks always looking for new members. If you’d like to learn more about the Lions and our club, please contact Lion Alexis at cvarnie@hotmail.com.

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

We are the Lions in Purple. We Serve!

SUBMITTED BY: LION ROSALIE PORTER, 2ND VP

## Police Officer Swearing In



Welcome Officer Frank Urbani to the Ashland Police Department! Officer Urbani joined our ranks on March 25.

Many may already know Officer Urbani, as he generously dedicated five years of his time serving as an Auxiliary Officer for the town of Ashland.

Frank is a familiar face at community events like the Farmer’s Market and Toys-For-Tots drives. Following the dissolution of our auxiliary force after police reform, he smoothly transitioned into the role of Civilian Traffic Constable, continuing his service to the community.

Officer Urbani has a strong law enforcement background,

starting in 2004 and rising to the rank of Sergeant at Wellesley College Police Department. He brings extensive training in diversity, sensitivity, and crowd management, along with certification as a R.A.D instructor. Recently, he served as a proactive Patrol Officer with the Southborough Police Department, earning recognition for his efforts.

We are certain that Frank’s expertise and commitment will bolster the safety and welfare of our town. Please join us in congratulating Officer Urbani as he begins this exciting new phase of his career with the Ashland Police Department.

**Looking to advertise your business?**  
Contact Susanne: 508-954-8148 [sue@sodellconsult.com](mailto:sue@sodellconsult.com)

## 30% OFF Select Wood Stove and Wood Inserts



Need service for your existing fireplace or stove?  
Call Us Today!  
**781-562-0771**  
1049 Turnpike St., Rte. 138  
Canton, MA  
Check us out on the Web!  
[www.NEHearthandHome.com](http://www.NEHearthandHome.com)



### 15% off All gas service

Expires 9/14/24

Jotul • Vermont Castings • Regency  
Marquis Collection • Stoll Fireplace Glass Doors






Come see our live burning displays in our Showroom.  
Many different wood stoves on display.

0%  
for  
6 month  
financing



# September 2024 at the Ashland Library

The Library will be closed Saturday, August 31st through Monday, September 2nd in observance of Labor Day Weekend.

## Adult:

Visit our Website Calendar for Additional Info & Registration links: <https://tinyurl.com/apl-calendar>

### Virtual- Fall Planting with Jen Kettell

Tuesday, September 3 @ 7pm

In this class, participants will learn tips for nursery selection, site preparation, proper planting technique, and aftercare for trees, shrubs, and woody vines.

### Virtual - Environmental Book Club

Wednesday, September 4 @ 6:30pm

Read "Wasteland: the secret world of waste and the urgent search for a cleaner future" by Oliver Franklin-Wallis

### Virtual- How To Become A Better Public Speaker with Barack Obama Speechwriter Terry Szuplat

Wednesday, September 4 @ 7pm

In his presentation, Terry will (1) take you behind-the-scenes of the White House to show you what it was like to write speeches for President Obama; (2) share tips on how anyone can become a better speaker and communicator; and (3) answer your questions about writing for a President, today's political rhetoric, and whatever else you'd like to ask.

### HYBRID - Romance Book Club

Thursday, September 5 @ 6:30pm

Read Siberian Romances

### Virtual - Lessons from the Climate Anxiety Counseling Booth with Author Kate Schapira

Thursday, September 5 @ 7pm

Kate Schapira, author of "Lessons from the Climate Anxiety Counseling Booth: How to Live with Care and Purpose in an Endangered World", will share methods for living with our emotional responses to climate realities and using them as guides to connection and action.

### Virtual- Declutter series with Jamie Novak: Tidy Your Kitchen and Bathrooms Fast

Thursday, September 5 @ 7pm

Join author and organizing

humorist Jamie Novak online, when she shares simple steps to declutter the bathroom and the kitchen.

### Card Making with Jan Poppendieck

Monday, September 9 @ 6:30pm

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

### Virtual - Author Evan Friss Discusses "The Bookshop A History of the American Bookstore"

Monday, September 9 @ 7pm

We can't wait to chat with author Evan Friss about "The Bookshop: A History of the American Bookstore" - an affectionate and engaging history of the American bookstore and its central place in American cultural life, from department stores to indies, from highbrow dealers trading in first editions to sidewalk vendors, and from chains to special-interest community destinations.

### Virtual - Book Recs with Bookstagrammer Jody Blanchette aka @redreadreviews

Tuesday, September 10 @ 7pm

Join Jody for 30 minutes of pure book recommendations - with a bent towards horror and thrillers and a few other genres thrown in!

### Virtual- Banned in America with Bill Thierfelder

Tuesday, September 10 @ 7pm

When you walk into a library, you're entering a controversial place--for it's a venue where you can read, listen to, and watch media that could be considered potentially "dangerous" depending on where (or when) you live. Join us to learn the history of the book banning phenomenon.

### Paint Night with Ashwini Chitnavis

Wednesday, September 11 @ 5:30pm

Join Ashwini to learn to paint on canvas. No art experience necessary, just an open mind and a can-do attitude.

### Virtual- Great American Unsung

### Heroes Who Changed The Course Of History -- Dr. Benjamin Rush

Wednesday, September 11 @ 7pm

Learn about one of America's forgotten founding fathers -- Dr. Benjamin Rush. Rush was a renowned writer, reformer and medical pioneer who touched virtually every page in the story of our nation's founding.

### Virtual - Introduction to Ornithology with Bill Gette: Migration

Thursday, September 12 @ 1pm

During this PowerPoint lecture, Bill will teach you about why birds migrate, adaptations for long-range migration, migration strategies, fuel for flight, timing, and navigation in birds.

### In Person - Women's Wisdom Circle: Living in Alignment

Thursday, September 12 @ 6pm

Join Meredith Bazirgan, LICSW in discussion with the library director, Meena Jain, as we chat about what tools we use in making life decisions - intuition, advice from family/friends, pressure from society, etc?

### Virtual - Auroras with Kelly Beatty

Thursday, September 12 @ 7pm

Auroras: Nature's Light Show Explore historical explanations for the "northern lights," how they're created, and when/where you're most likely to see them.

### In Person Mystery Book Club

Friday, September 13 @ 12pm

Read "Still Life" by Louise Penny

### Virtual - Friday Night Film Discussion

Friday, September 13 @ 7pm

Watch "A Sunday in the Country" (Kanopy)

### Virtual - Body Positivity in Romance Books: Author Panel with Olivia Dade, Julie Murphy, Sierra Simone, and Denise Williams

Saturday, September 14 @ 10am

We are so excited to chat with fantastic romance authors Olivia Dade, Julie Murphy, Sierra Simone, and Denise Williams on the topic of Body Positivity in romance genre books (or, how it should be in every genre!). We hope you can join us for this



very important, fascinating, and fun conversation with some of the very best romance authors advocating the message that every BODY is deserving of love and respect.

### Virtual - Author and Historian Helen Fry Discusses "The Walls Have Ears"

Saturday, September 14 @ 2pm

Helen will be discussing her book, "The Walls Have Ears", a history of the elaborate and brilliantly sustained World War II intelligence operation by which Hitler's generals were tricked into giving away vital Nazi secrets.

### Virtual- Lorelei of Lorelei's Lit Lair discusses Sports, Winery and Fall Themed Romance Book Favorites!

Monday, September 16 @ 7pm

Let's talk about Fall romance reading - sports romances, books set at wineries, and fun books with Fall themes on the covers (pumpkins, cinnamon, apple cider, etc).

### Cookbook Club

Tuesday, September 17 @ 5:30pm

NOTE new date/time  
Cook from "Koreatown: A Cookbook" or "The Korean Table"

### Virtual - Literary Café Welcomes Marjan Kamali, Author of The Lion Women of Tehran

Tuesday, September 17 @ 7pm

Marjan will be in conversation with Cary Memorial Library Foundation Board Member Kimberly Hensle Lowrance, discussing her journey to publication, the inspiration for THE LION WOMEN OF TEHRAN, writing historical fiction, and more.

### Virtual- Cole Porter with Clint Edwards

Tuesday, September 17 @ 7pm

Description coming soon!

### Bio/Memoir Book Club

Wednesday, September 18 @ 11am

Readg "Waiting to be arrested at night: a Uyghur poet's memoir of China's genocide" by

Tahir Hamut Izgil.

### Half-Past Crafts: Corner Bookmarks

Wednesday, September 18 @ 6:30pm

This month we are revisiting leather crafts by making cute corner bookmarks!

### VIRTUAL: Ashland Adult Book Club

Wednesday, September 18 @ 6:30pm

Read "Sparks Like Stars" by Nadia Hashimi

### Virtual - America's Spies -- Why Do People Betray Their Country?

Wednesday, September 18 @ 7pm

Retired Army Intelligence and CIA clandestine officer Tom Hofer will delve into the history of espionage in the US, from George Washington's Culper spy ring to modern times.

### Great Decisions

Thursday, September 19 @ 6:30pm

Discuss High Seas Treaty

### Virtual - Haunted Experiences with Jeff DePaoli: Halloween New England with Owner, Alexandra De Collibus

Thursday, September 19 @ 6:30pm

Join Alexandra De Collibus, Owner of Halloween New England, and Jeff DePaoli, host of "That Halloween Podcast", as they talk all about how HNE keeps us all informed about the events and programs in our own backyards!!

### Virtual - A History of Activism through Cookbooks

Thursday, September 19 @ 7pm

Food has often been a way for activist communities to fundraise, connect, and spread the word about their cause. We'll look at the origins of the link between food and activism through the ages

### In Person - Monster Romance Mini-Fest @ the Ashland Library!

Saturday, September 21 @ 12-4pm

We love monster romance and we love mini-fests! We're so excited to welcome monster



**LIBRARY***continued from page 16*

romance authors Kathryn Ann Kingsley, Lillian Lark, and CM Nascosta to our library! We'll have an afternoon of fun with a panel discussion, small group discussions, and book sales/signings! So, have a huge brunch to power up for this fantastic day. We can't wait to see you!

**Paper Craft Makerspace**

Monday, September 23 @ 6:30pm

Come create your own greeting cards, junk journals, art journals, altered books, etc. using the library's extensive collection of stamps, inks, papers, punches, dies, embellishments, and embossing materials.

**Virtual - Author Heather Wolf****Discusses: Find & Identify More****Birds: How to Pick a Patch**

Monday, September 23 @ 7pm

One of our favorite speakers, author Heather Wolf, will be discussing how to find and identify more birds by picking a "patch," a place close to home where you can watch birds often.

**Virtual - Breath of a Wok with Grace Young**

Tuesday, September 24 @ 7pm

Join us for a stir-fry class with three-time James Beard Award-winner, Grace Young. Come learn practical tips on how to stir-fry with success.

**Virtual - What Does Judaism Have To Do With Palestine/Israel? with Prof. Atalia Omer**

Tuesday, September 24 @ 7pm

This talk will examine recent ethnographic research on Jewish wrestling with Zionism and the social mechanisms underpinning processes of unlearning militarist accounts of Jewish safety as well as the conflation of Jews with the policies of a nation-state project.

**In Person - Medicare 101: Everything You Need To Know**

Wednesday, September 25 @ 6pm

This presentation is an overview of Medicare for people turning 65 or those just signing up for Medicare. We will be discussing Medicare enrollment as well as information about the parts of Medicare and coverage options.

**Virtual - Changing weather in MetroWest: Extreme heat,****flooding, and wind**

Wednesday, September 25 @ 7pm

Climate Change is here and impacting our weather systems. Come learn about how weather systems are changing in MetroWest and how we can prepare for extreme weather. Additionally learn about how extreme heat has impacted MetroWest. Last summer the three communities, along with Holliston, took part in a heat study conducted by the McAuliffe Center, the results show the relationship between nature and heat islands located within MetroWest.

**Virtual- Author Crystal King Discusses "In The Garden Of Monsters"**

Wednesday, September 25 @ 7pm

Author Crystal King will discuss her new book, "In The Garden of Monsters", a sinister romance and hypnotic Gothic fairytale with a fascinating twist on the story of Hades and Persephone.

**Virtual- Leonardo da Vinci: Invention & Creation with Jane Oneal**

Thursday, September 26 @ 7pm

This program provides an introduction to the artist and some of his most celebrated works including The Last Supper and the Mona Lisa.

**Virtual - Friday Night Film Discussion**

Friday, September 27 @ 7pm  
Watch "Mon Oncle" (Kanopy)

**Adult Weekly:****Knit and Crochet Club**

Mondays @ 6pm  
Walk-In

**ESL Conversation Group**

Mondays @ 6:30pm  
Walk-In

**Gentle Yoga**

Tuesdays @ 6pm  
Registration is requested

**Children:****Halloween Costume Swap**

\*lasts the whole month of October

Calling all mini ghouls and goblins! Join our month-long Halloween Costume Swap just for kids! Bring in those outgrown costumes and take home new ones to complete your spooktacular look. Whether you're on the hunt for a magical princess dress

or a dashing superhero cape, this is your chance to refresh your costume collection and share the Halloween spirit. Drop off old favorites and pick up exciting new ones all month long—because every kid deserves to be their favorite character!

**Special Programs:****Pirate Robbie Jones' Magic Show**

Saturday, September 21 @ 10:30am

Registration is required

Ahoy, mateys! Set sail for a swashbuckling good time at Captain Robbie Bones' Pirate Magic Show! Join us on Saturday, September 21 at 10:30 a.m. for a treasure chest full of spellbinding tricks and nautical nonsense that'll have ye grinning from ear to ear. With a sprinkle of pirate charm and a splash of magic, Captain Bones is sure to make yer heart race and yer laughter echo across the seven seas. Don't miss out on this plunder of a performance—it's bound to be a real gem!

**Lego Club with Kim the Lego Lady**

\*Grades K-3

Wednesday, September 25 @ 4:30pm

Registration is required

Calling all LEGO masters! Join Kim the Lego Lady for an interactive building adventure! Afterward, your awesome creations will be displayed in the library until the next LEGO club!

**La Hora del Cuento \*para familias | Spanish Storytime**

\*for families

Wednesday, September 25 @ 6:30pm

Los invitamos a disfrutar en familia de una sesión de cuentos en español en la biblioteca. Ofreceremos la oportunidad de sumergirse en historias cautivadoras, rimas divertidas y canciones alegres, ¡todo en español! Join us for a special story time, offering families the opportunity to immerse themselves in captivating stories, fun rhymes, and cheerful songs, all in Spanish.

La sesión será dirigida por voluntarios locales con fluidez natural en el idioma. Promoveremos un ambiente acogedor y estimulante donde niños y niñas podrán aprender y disfrutar del idioma de manera interactiva y emocionante. Esperamos contar con su presencia. ¡Acompañanos!

**Stories, Songs, and Stretches**

\*for ages 4-7

Thursday, September 26 @

6:30pm

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!

**Coding Class For Kids:** Gear up for a tech-tastic adventure with our Coding Class for Kids! Every other Saturday, kids from Kindergarten through grade 5 will dive into the thrilling world of coding, where imagination meets innovation. With hands-on projects and fun, interactive lessons, your child will master the basics of coding and create their own cool projects. Whether they're building games or solving puzzles, this class promises excitement and discovery at every turn. Join us for a coding journey that's out of this world! ??? Click here for more information.

Space is limited to 12 kids and registration is required.

**Coding Class for Kids**

\*for ages 5 and up

Saturday, September 14 @ 1-2pm Coding Class for Kids

\*for ages 5 and up

Saturday, September 28 @ 1-2pm

**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.

**Storytime 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.

**Read to a Dog with Knives and Machete**

(yes, those really are the dogs' names!)

\*For kids who are reading on their own

Saturday, September 7 @ 1:30pm

Saturday, September 21 @ 1:30pm

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

**Teen:****CALL FOR TEEN HAUNTED TRAIL ACTORS**

Do you love being spooky? Is October your favorite time of year? Do you love dressing up or getting in costume? Then the Ashland Public Library has the perfect opportunity for YOU. On October 25th, the library is putting on an all-out, after-hours Halloween bash including a haunted trail, and we need YOU to help make it as spooky as possible. The event is from 6:00-8:00PM, but we would start earlier for set up. Email Teen Librarian Laura Bernier at lbernier@ashlandmass.com for more information; volunteer hours available.

Want to help determine what goes on at the Halloween bash or other events from the Teen Room? Join the library's Teen Advisory Board. The board meets once a month; email lbernier@ashlandmass.com for details.

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

Saturday, September 7 @ 9:30am-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!



## Sports

# Nicole Barrett, Riding For A Cause

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Fifteen years ago, as a freshman in high school, Nicole Barrett lost her grandmother to breast cancer and carcinosarcoma.

Seeing her struggle with her battle it gave her a reason to want to help others with what she went through.

As an employer for MFS, she found out that there was a large group of employees who took part in the Pan Mass Challenge though water cooler chat. It wasn't until co-worker Elysa Aswad convinced her to join the group and take part in the event.

"Elysa was an inspiration, riding the PMC for 22 years," Barrett said. "She had so much success in raising awareness and money; she was inspirational and part of a supportive team whose efforts were a fantastic opportunity to get together as a group."

In addition to her grandmother having cancer, Barrett also saw her mother go through cancer as well when she was much younger, during her elementary school years. Riding the PMC would be something close

to her heart.

"Cancer has been part of my family life for so many years that I wanted to be able to do what I could to help," the Ashland resident said. "The PMC and Dana Farber Institute is so far beyond any other organization in efforts to eradicate cancer, it was something that I needed to become a part of in order to help."

The PMC's mission is to raise funds for cancer research and treatment at the Dana Farber Cancer Institute. Together they will get closer by the mile to a world without cancer; that is what a bike was meant to do. The PMC raises more money than any other single athletic fundraiser in the country and Barrett wanted to be a part of it all to be able to give back.

As a casual cyclist she decided that her first ride with the PMC wouldn't be one of the longer rides but decided to stick with the Wellesley to Foxboro ride (25 miles) especially due to a recent injury she wanted to start out slow. It's a possibility that she'll venture out on a longer ride.

"It was very nerve-wracking and I really didn't know what to



expect of my first ride, but we had weekly chats and rides together as a team, so it gave me the confidence that I needed," Barrett said. "Due to my recent injury my body was fighting a bit along the ride, but there was a lot of support along the route in so many different ways it keeps you going."

Barrett went on to say that the support coming from the volunteers all along the route was nothing short of remarkable and she met a lot of new people as part of her new adventure. Each and every rider she came in contact with was not only friendly and outgoing, but they welcomed the other riders as members of the family right away.

"The ride in general had a lot of excitement, but there was also a calmness

to it as well," she said. "The



support was all around you and it gave you a real feeling of happiness; each and every rider that I came in contact with would talk to you and you felt good because you were all there for the same reason."

Unfortunately, the world is filled with cancer and most people know someone that has had to deal with the disease. Barrett is hoping that she can not only continue to jump on her bike every August but is looking to expand her length of her rides.

"If I had participated in a longer ride this year I am sure that I would have been more physi-

cally exhausted, but I believe the highlights are at the finish lines of the longer rides," Barrett said. "I want to continue to make this a long-term thing in my life. Next year I will be looking to strive for 100 miles; it would be great to have a century ride under my belt."

Barrett is hoping to hop on her bike next year and ride those 100 miles with ease so that she can continue increasing her mileage each year all the while helping people who are battling with cancer all in the name of her beloved grandmother.

## Continued Progress For Healing Garden

BY SUSAN MANNING  
STAFF WRITER

The Nyanza Memorial Healing Garden continues to see improvements.

A stone dedicated to those who died from cancer was placed in the Nyanza Memorial Healing Garden, along with picnic tables for families to enjoy, said one of the founders, Marie Kane.

Kane said she hopes the placement of the memorial stone will encourage others to participate in the remembrance garden.

"What I want to do is for people, if they so choose, is to find a rock, inscribe as they choose, and we will place it around the dedicated stone," she said.

Moving forward, Kane said the plan is to clean the surrounding area and invite people to create a painted rock with a message of their choice.



"We have set up picnic tables, seating for 20 people. Great for gatherings, meditating, picnic lunches etc. All are welcome," she said. "We are very excited for people to spend time in the garden."





# Real Estate Corner

## Ashland Recent Home Sales

Date	Ashland	Amount
08/16/2024	8 Driftwood Way	\$557,000
08/16/2024	16 Annetta Road	\$999,000
08/15/2024	21 Trailside Way	\$515,000
08/14/2024	310 Cedar Street	\$800,000
08/14/2024	51 Braeburn Lane	\$759,900
08/06/2024	254 Myrtle Street	\$495,900
08/06/2024	7 Webster Road	\$420,000
08/06/2024	64 Mountain Gate Road	\$530,000
08/01/2024	39 Tri Street	\$600,000
07/30/2024	25 Meeting House Path	\$498,000
07/29/2024	251 Trailside Way	\$500,000
07/26/2024	251 Meeting House Path	\$485,000
07/24/2024	6 Constitution Street	\$949,720
07/24/2024	42 E Bluff Road	\$460,000
07/22/2024	385 America Blvd.	\$660,000



The 3-bed, 2-bath, 1,542 square foot home at 39 Tri Street in Ashland recently sold for \$600,000. Image credit: www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages



... is here to service ALL of your  
**PRINTING NEEDS**

- Full-service & high quality printing
- Ready to help with your business, school or organization's projects
- We are print specialists who can also assist with our expertise to develop, design & mail

**CALL TO GET A QUOTE TODAY!**

**508-533-4588 • ourtownpublishing.com**  
**printing@ourtownpublishing.com**



### MEET OUR ASHLAND REAL ESTATE TEAM



**ALISON FIORENZI, REALTOR**  
*Senior Sales Associate*  
508.254.1516  
Alison@cordaville.com



**JEN PARATORE, REALTOR**  
*Founder and Broker*  
617.974.7079  
Jen@cordaville.com


CONTACT US TODAY!  
HELLO@CORDAVILLE.COM

**Looking to advertise in our  
Real Estate Corner?**

**Contact**  
**Susanne Odell Farber**  
**at 508-954-8148**  
**or by email at**  
**sue@sodellconsult.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](http://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





# ENTER TO WIN TWO GENERAL ADMISSION TICKETS!



## Southwick's Zoo

# Winter Wonderland

### New England's Premier Holiday Lights Display

## TWO WAYS TO ENTER!

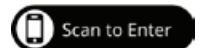
Winners will be chosen at random and notified by phone or email. Tickets are for entrance to Winter Wonderland display only.

Answer these two questions and send your response to: Our Town Publishing: CONTEST, 74 Main St., Suite 16, Medway MA 02053

1. What is your favorite animal or attraction at Southwick's Zoo? \_\_\_\_\_

2. What would you like to see more of in your local newspaper? \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



OR



By entering this contest, you are providing consent for Southwick's Zoo and Our Town Publishing (the publishers of The Yankee Xpress/Blackstone Valley Xpress, Free Press and the newspapers of Local Town Pages) to contact you via phone or email for this promotion or upcoming promotions. Only one winner per household. Cannot be an employee or family member of Southwick's Zoo or Our Town Publishing to win.

## Proudly Sponsored by Foemmel Fine Homes



### ASH HOP Porchfest 2024

Over 12 porches & 24 Bands!  
SEPTEMBER 7 • 1-6pm



Kim Foemmel  
508.808.1149  
FoemmelFineHomes.com



SCAN FOR DETAILS