

Ashland

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

Postal Customer
Local

Vol. 13 No. 7

Free to Every Home and Business Every Month

May 2025

Annual Town-Wide Cleanup Brings Ashland Community Together for a Greener Tomorrow



GreenUp Members in Green from left to right - Karyn Dann, Jeanne Walker, Janet Hart, and Lisa Ugialoro with Yolanda Greaves Center.

Every spring, Ashland comes alive—not just with blossoms and sunshine—but with the shared purpose of making our town a cleaner, healthier, and more beautiful place to live. The Annual

Town-Wide Cleanup Event has become a beloved tradition, rallying citizens, businesses, youth organizations, and community groups to roll up their sleeves and make a difference.

This year's cleanup promises to be bigger and better than ever, with participation from every corner of our town. The event invites individuals and families to join forces with local businesses, schools, and organizations in tackling litter, improving public spaces, and promoting environmental stewardship.

A Day of Collective Action

Set for Saturday May 3rd, the event begins bright and early. From 9am to noon at Ashland's Stone Park Pavilion, where volunteers come to gather to pick up supplies—gloves and bags. From some of bustling main streets to trails and parks, teams of citizens, businesses, youth groups, and community organizations fan out across Ashland, transforming neighborhoods, public spaces and natural areas

CLEANUP
continued on page 2



Karen Waldstein, AiU member welcomed everyone and introduced the event to all

Ashland Flavors: Cuisine, Culture, Connections

Our event took place at the Indian restaurant Spice Kitchen on April 3, 2025 with the intention of supporting a local business.

Ashland is United (AiU) also believes that food is a powerful connector fostering relationships and creating bonds across cultures and communities. It transcends borders, languages

and backgrounds. In this time when people are feeling isolated and divided, AiU developed a program to nourish your heart and mind. People were invited to not just a prix fixe menu but also an in-depth yet interactive session on Indian food practices while supporting one of our

FLAVORS
continued on page 2

SOLD
32 Independence Lane
\$1,375,000

FOR SALE
43 Haven Way
\$694,900

BUYING OR SELLING A HOME?

We can help you with that



SCAN ME



PREMIER TEAM



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

CLEANUP

continued from page 1

into cleaner, greener spaces.

Making It a Weekend of Impact

Every year, the Annual Town-Wide Cleanup extends the entire weekend, giving everyone the chance to participate on their own schedule. From Saturday morning to Sunday evening, volunteers can join the effort at their convenience, ensuring that every corner of Ashland gets the attention it deserves. To make the cleanup process even more convenient during the weekend-long effort, participants can leave their filled trash bags near their cleanup areas to be picked up by Ashland's DPW team.

Why It Matters

The Town-Wide Cleanup is more than just picking up trash; it's a powerful reminder of what we can achieve when we come together. By participating, volunteers contribute to a healthier environment, improved public

spaces, and a stronger sense of community. Businesses that sponsor or join the effort demonstrate their commitment to sustainability and local pride. Youth organizations and schools use the opportunity to instill values of responsibility and teamwork in the next generation.

Get Involved!

Whether you're an individual ready to make a difference, a local business eager to represent at the event, or a community group looking for a meaningful way to give back—there's a role for everyone.

The event's very quick and easy online registration is open from April 21st to April 30th. https://docs.google.com/forms/d/1n7A_DoVmcVH-5QT5B0nrZ4PI m2m mt-vwALiAMM9RgxvKE/preview

If you miss the online registration timeframe, you can always walk in and sign up the day of the event.

The Annual Town-Wide Cleanup is proof that small actions lead to big change—and that when we work as one, there's nothing we can't accomplish. So grab your gloves, invite your friends, and join in celebrating our town and our planet. Let's make this year's event one to remember! Together, we can ensure that Ashland stays beautiful for years to come.

Their website has more details on the annual one day event, as well as our "adopt-a-street" initiative. www.greenupashland.org or email them at info@greenupashland.org

FLAVORS

continued from page 1

local businesses. There was an overwhelming response to the announcement. AiU member Karen Waldstein welcomed everyone and talked about how this was an opportunity to renew connections and make new friends. The restaurant owner Abhishek Sharma and chef Deepak began with masala chai (Indian spiced tea) and tikki (spiced potato patties), jeera rice (cumin flavored rice), saag paneer (cottage cheese in a spinach gravy), aloo gobi (potato and cauliflower tossed in coriander, turmeric and cumin), dal makhani (black lentils cooked to perfection and laced with cream), butter chicken (skewered chicken cooked in a tomato and cashew cream sauce), Goan fish (salmon cooked with Goan spices; Goa is a western state in India) and jalebi (stringy fried dough dipped in spiced sugar syrup) for dessert! This was a treat for those who were familiar with Indian cuisine and those for whom this was a first time experience.

AiU member Rajashree Ghosh provided contextual information on Indian food. She began with how restaurants outside of India provided for a watered down second tier Indian food. The influences from Central Asia, British and Mughals have all made the cuisine complex and layered. Everytime you see a "naan", you know it is a Mughal gift - they brought with them new techniques of cooking in a "tandoor" or open clay oven. That eating with hand is a given

- preferably right hand just like you would eat a taco or a piece of cheese from a charcuterie. She mentioned ancient practices of Ayurveda that determined some of the ways of eating. Each state, region and linguistic group in India offered different kinds of food. Food is an important identity marker. She also mentioned how food is intertwined with life



Rajashree Ghosh, AiU member



Great time to connect with each other!



Sutapa Sengupta, resident of Ashland is a small business owner and shared her experiences of moving to Ashland.

cycle rituals from birth to death.

All in all this was an occasion for those present to engage with each other, provide opportunities for continued learning about food. Conversations ranged from recipes (that chef Deepak willingly shared), how long people have resided in Ashland, how

newer residents and those that have lived longer in Ashland are finding meaningful ways to engage with the Town.

In closing many of those present wanted a repeat of this event. AiU will be working on that in the near future. Another cuisine, another culture!

localtownpages

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

Publisher

Chuck Tashjian

Editorial

Susan Manning

Send Editorial to:

editor@ashlandtownnews.com

Advertising Sales

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

Advertising Director

Jen Schofield
508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry
Kim Vasseur
Wendy Watkins

Ad deadline is the
15th of each month.

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

© Copyright 2025 LocalTownPages

Put some SPRING in your style!

Schedule Your Eye Exam Today!

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

NOW OFFERING: Fashionable Frames & Quality Lenses

Dr. Lauren LaPaglia
OPTOMETRIST

300 Eliot Street, Suite 12A, Ashland, MA
(508) 928-7300 • ashlandfamilyeye.com

BREMANN HOME IMPROVEMENT

- New construction and additions
- Bathroom and kitchen remodeling
- Window and door replacement
- Wood flooring and refinishing
- Decks, siding and roofing
- Power washing, gutter repair
- Basement refinishing
- Carpentry and painting
- Masonry, stone patios and retention walls
- Handyman work

Detailed & Meticulous • Reasonable Rates

Call Mauricio
508.202.8602

FULLY INSURED MA HIC.#169427

Ashland Village Burial Ground Project Season Two

As the Village Burial Ground project continues in year two, we are grateful that Ashland Boy Scouts are continuing to assist in honoring the Civil War Veterans laying rest in the burial ground by placing new flags with medalion markers on their gravesites in time for Memorial Day.

This spring, the Village Burial Ground will also participate in the Green Up Ashland effort by having our first group project of the year on May 3rd, 9-noon, 118r Main Street. There is still much work to be done and we welcome volunteers to join us as part of the Green Up Ashland effort or to assist with other



projects such as documentation of gravesites. Among the work projects needing assistance, if you have photography experience, we would like to have

a photograph of each grave marker for the records. We have learned from preservationists that having good quality photographs showing the name, details on a stone and any inscriptions are very important. If a gravestone degrades with the passing of time, there would still be a suitable record for posterity.

Please contact ashlandvbg@gmail.com to inquire about the project or volunteer opportunities. Or just show up May 3rd 9-12 for Green Up Ashland at the Village Burial Ground.

SUBMITTED BY VILLAGE BURIAL GROUND WORKING GROUP

Annual "Stamp Out Hunger National Food Drive Saturday May 10th

Saturday, May 10th is the NALC's (National Association of Mail Carriers) annual "Stamp Out Hunger National Food Drive." On this day, residents can place non-perishable donations in or near their mail-

boxes for letter carriers to collect and donate to the food pantry. All donations collected in Ashland on this day will go directly to our town food pantry. Please place your items for the drive near your mailbox by 8am on

Saturday, May 10th. Your local mail carrier will collect the bags and products will be distributed to the food pantry. Your support is greatly appreciated.

Food Pantry Needs

The Food Pantry needs your help!

Phone: 508-532-7949

Physical Address: 162 W. Union Street (Lower Level) Ashland, MA 01721

Food Pantry Hours: Appointment Only Monday 9 am - 1 pm, Wednesday 11 am- 6 pm, Thursday 9 am - 2 pm

For more information go to the Food Pantry page on the towns website

When the run is done and the pain remains!

Our team is ready to help with your aches and pains using manual therapies, exercise prescription and modalities.

CALL US TODAY!

PLATINUM
PHYSICAL THERAPY
All major insurances accepted

15 West Union Street
Ashland
1 Lumber St., Suite 201, Hopkinton
196 E. Main St., Milford (in The Gym)

Visit platinumptma.com or call 508-881-6750 for an evaluation

The Corner Spot CultureFest

The Corner Spot is back for Season 8 and the #bestspotintownjust keeps getting better! All of the events you know and love will be making a comeback: Culture Fest, Opening Day, Earth Day, Pups on the Spot and more! We're excited to be introducing some new events, vendors, performers and food trucks this year to keep things exciting all season long!

The fun kicks off with Earth Day on Saturday, May 10th, followed by CultureFest on

Saturday, May 31st. These two events mark the official start of another unforgettable season at The Corner Spot.

Don't miss a beat—check out our full calendar, sign up for event reminders, and connect with us on social media through our website: thecornerpotashland.com.

Come for the events, stay for the vibe. It's going to be a great season at The Corner Spot.

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

HOME • CONDO • RENTER • AUTO • BUSINESS

Ashland Lions Club May 2025 Update

Senior Breakfasts

Seniors, why not join us and other members of the community for breakfast? Senior Breakfasts are on the first Thursday of each month (weather permitting), held at the Ashland Senior Center, 162 West Union St in Ashland. This event runs through June. Contact the Senior Center to sign up no later than the Monday prior to the event.



AHS Leos hosted a Bingo Night for Seniors

AHS Leos did Bingo for Seniors

On March 27th, the Ashland Leos Club, a service organization at Ashland High School sponsored by Ashland Lions, hosted a Bingo Night for the Ashland Community Center and its senior citizens. The energy was high and everyone had lots of fun! We had around twenty citizens come to play and ten Leos Club volunteers helped out. It was a successful and fun night! Thanks to the community for your support!

Square Pizza in Hopkinton on May 5, 2025, 4pm-8pm. No flyers or coupons needed, just get some pizza and 15% of proceeds will be donated back to Ashland Leos Club. Have different plans for Cinco de Mayo? Pick up a pizza to-go!

the VFW, and we're looking for community sponsors to keep this event free for Ashland Residents. Local businesses can show your support for the community and Lions programs like this one for a small donation and get recognition for your business. Email Lion Deb L at shredit@ashlandlions.org for details or visit ashlandlions.org/shred-it

Save the Date: Community Shred-it Event

Our annual community Shred-It event to have personal documents safely shredded on site for free is coming June 7 to

Save the Date: Annual Lions Golf Tournament

Join us for the Ashland Lions

Annual Golf Tournament, to be held Monday, September 15, at the Highfields Golf and Country Club in Grafton. There will be golf, a meal, raffles and a day of fun to support the Ashland Lions and their mission of donating to Eye Research and Local Charities. Sponsorship opportunities available. For details email golf@ashlandlions.org or visit us online at ashlandlions.org.

Collection boxes are located at:

- Ashland Post Office
- Ashland Senior Center
- Old train station - Ashland
- Moody Optical - Ashland
- Middlesex Bank - Ashland
- Fayville, MA Post Office
- Studio Optics - Framingham
- Southborough Senior Center
- Southboro Post Office on Rt.85
- TJ's Food and Spirits
- The Residence at Valley Farm

Lions Little Free Library

Bored? Grab a book! The Lions Little Free Library is located just outside the Ashland Post Office, across from Main Street Spirits. Stop by and check it out!

Become a Lion and Give Back

Do you love the feeling of giving back to your community, while meeting some new people and having some fun? If you're interested in becoming a member of the Ashland Lions, please reach out to our membership chairperson Dan Mitchell via email at membership@ashlandlions.org for details, or message us on Facebook! You can also find several Ashland Lions members at Honeydew on West Main Street most weekday mornings.

Musical Bingo is coming!

Musical Bingo is back by popular demand. The DJ will play music from different genres. If the song is on your bingo card, you mark it off. When you have the patten, you win! There will also be raffles and snacks. Date is TBD, keep an eye on our website at ashlandlions.org or our Facebook page for details!

Stay up-to-date on Lions happenings

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

Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. In the past year we have collected over 1100 pairs of glasses!

LION DAN MITCHELL
ASHLAND LIONS CLUB

AHS Leos Club Fundraiser - May 5

The Ashland Leos Club is holding a fundraiser at Blue

FRAME Sale!

IN-STOCK ITEMS ONLY

50% OFF **30% OFF**

- Carolina Herrera
- Gant
- MaxMara
- Adrienne Vittadini Mens
- Marc Jacobs
- Cosmopolitan

- Tom Ford
- Vera Wang
- Coach
- Kate Spade Sun
- Lilly Pulitzer Sun
- Ray Ban

IN-HOUSE LAB

Dr. Steven Perryman, O.D.
HOPKINTON VISION CENTER
508.435.4711
10 Cedar Street, Hopkinton • HopkintonVision.com
 OPEN 8am - 4pm MON through FRI • Appointment preferred but not required

ANYTIME FITNESS
 PERSONAL & GROUP TRAINING • HYDRO MASSAGE BED

Spring into Fitness!

JOIN TODAY!

OPEN 24 HOURS

Shaws Plaza
 309 Pond St • Ashland, MA
508-881-4900
Anytimefitnessashland@gmail.com

Dell Technologies Cleanup

Dell Technologies Employees Help Keep Ashland Beautiful

So many people in town help make Ashland beautiful in so many ways! This shout out goes to Dell Technologies out of Hopkinton! Dell started a cleanup day in Hopkinton along Route 135 in 2015 and partnered with Keep Massachusetts Beautiful. The program quickly grew and four years ago the clean up efforts extended into Ashland.

Two weeks prior to the Boston Marathon, Dell employees cleaned up along the marathon route to ensure a clean space for one of our communities biggest events. 84 Dell employees spent a day cleaning trash and items dumped 10-15 ft. off both sides of the road from Hopkinton to the Framingham line. This year they collected 104 thirty gallon trash bags of litter and other large items such as tires, signs, a bikes and more. Despite the fact that



there was enough trash to fill even one bag the counts were down year over year which is a good sign that people are being more mindful to keep our earth clean.

Here are the breakdowns of roadway where they tracked how much was recovered:

Ashland

Section 4 TJs Food & Spirits to Ashland Middle School - 13 bags

Section 5 Ashland Middle School to Fitzzy's Car Wash - 20 bags

Section 6 Fitzzy's Car Wash to Sri Lakshmi Temple - 16 bags

Hopkinton

Section 1 Starbucks to Hopkinton Lumber - 10 bags

Section 2 Marathon Starting Line to Legacy Farms Drive - 22 bags

Section 3 Legacy Farms Drive to TJs Food & Spirits (Ashland line)- 23 bags

They collected debris across both sides of 6.5 miles of roadway with 84 people volunteering their day to make Ashland look good! We are very grateful to the team at Dell Technologies for the work that they do to keep our community clean and pretty!



NEW SERVICE BIG MAIN CLOGS

LICENSED & INSURED

24 HOUR EMERGENCY CALL

Specializing in ALL Plumbing Repairs & ALL types of Water Heater Installations

Drains-R-Us



CHECK US OUT!

LOCAL RESIDENT: 508-663-7132

Drains-R-Us.com

10% OFF FOR NEW CUSTOMERS

NO JOB TOO SMALL DISCOUNTS FOR SENIOR CITIZENS & VETERANS



Garden Club Sale

The Ashland Garden Club is hosting its annual spring plant sale on Saturday, May 17.

On sale will be sun and shade perennials, as well as other plants.

The sale will be held rain or shine, from 9 AM to noon. It will be held in Montenegro Square, across from the Ashland Public Library.

For more information, visit ashlandgardenclub.com.

ASHLAND GARDEN CLUB
Spring Plant Sale
SUN AND SHADE PERENNIALS! AND MORE!
SATURDAY | MAY 17 | 9 AM-12 PM
RAIN OR SHINE
MONTENEGRO SQUARE
LOCATED ACROSS FROM THE
ASHLAND PUBLIC LIBRARY
[HTTPS://WWW.ASHLANDGARDENCLUB.COM](https://www.ashlandgardenclub.com)

THE CORNER MARKET

Wicked Good Fast Food



NOW OPEN MONDAYS

Salads & Wings

Acai & Smoothies



TAKE OUT
Perfected
774-233-1966



12 Concord St Holliston, MA www.CornerMarketHolliston.com

BOOK A FREE IN-HOME EVALUATION!

PRO COMFORT CONTROL
PLUMBING • HEATING • COOLING
508-331-4278 ProComfortControl.com

A/C • Heating • Water Heaters



508-301-3955
ProComfortControl.com



Matt Gamache Realtor

Serving Ashland for over 10 years



Call for a market analysis

508.561.2757
www.MattGamache.com

How to Cope With Market Volatility



Mark Freeman, CEPA

FINANCIAL FOCUS®
Provided by Edward Jones

The financial markets always go through periods of instability. And we may see more of that now, given concerns about tariffs, inflation and the economy. As an investor, how can you deal with this volatility?

Some investors try to take advantage of market ups and downs by attempting to follow the age-old advice to “buy low and sell high” — that is, they

seek to buy stocks when they feel prices have bottomed out and they sell stocks when they think the market has reached a high point. In theory, this is a great idea, but in practice, it’s essentially impossible, because no one can really predict market highs and lows.

Rather than trying to anticipate highs and lows, your best strategy for coping with the price fluctuations of the financial markets is to diversify your investment portfolio by owning a mix of stocks, bonds and other types of securities. Different types of financial assets can move in different directions at any given time — so, for example, stocks may be up while bonds are down, or vice versa. If you only owned one of these types of assets, and the market for that asset class was down, your portfolio could take a bigger hit than if you owned a variety of asset types.

And you can further diversify within individual asset categories. Stocks can be domestic or

international, large-company or small-company — and these groupings can also move in different directions at the same time, depending on various market forces. As for bonds, they too don’t always move in a uniform direction, or at least with the same intensity — for instance, when interest rates rise, bond prices tend to fall, but longer-term bonds may fall more than shorter-term ones, which are closer to maturity with fewer interest payments remaining. Conversely, when rates are falling, longer-term bonds may be more attractive because they lock in higher yields for a longer time. Consequently, one diversification technique for bonds is to build a “ladder” containing bonds of varying maturities.

Some investments, by their nature, are already somewhat diversified. A mutual fund can contain dozens, or even hundreds, of stocks, or a mixture of stocks and bonds. And different mutual funds may have different investment objectives — some

focus more on growth, while others are more income-oriented — so, further diversification can be achieved by owning a mix of funds.

Furthermore, some investors achieve even greater diversification by owning alternative investments, such as real estate, commodities and cryptocurrencies, although these vehicles themselves are often more volatile than those in more traditional investment categories.

While a diversified portfolio is important for every investor, your exact level of diversification — the percentages of your portfolio devoted to stocks, bonds and other securities — will depend on your individual risk tolerance, time horizon and financial goals. You may want to consult with a financial professional about creating the diversified investment mix that’s right for your needs.

Ultimately, while diversification can’t guarantee profits or protect against all losses, it can help you

reduce some of the risks associated with investing and better prepare you to deal with the inevitable volatility of the financial markets — two key benefits that can help you over the many years you’ll spend as an investor.

Contact Mark today to discuss this topic or any of your financial goals.

Mark Freeman, CEPA
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.

You must evaluate whether a bond or CD ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances. Including callable bonds may increase the interest rate risk of a bond ladder. Bonds may be called prior to maturity, which could result in lower yields with new investments.

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

Saint Bridget School Framingham, MA Spring Open House



**TUESDAY, MAY 13, 2025
5:30PM - 7:00PM**

Preschool - Grade 8



Police Swearing In

Please join us in welcoming the newest members of the Ashland Police Department, Officer Emanuele “Manny” Toscano and Officer Mario Sousa Jr.!

Manny was sworn in by Town Manager Herbert, to a standing room only crowd of family, friends and fellow K9 officers from throughout the State. He comes to us after serving for 23 years in the



and people of Ashland PD, that is something that I want to be a part of. I am looking forward to getting to know the people of Ashland and the community policing that’s done is something I have always wanted to do. I’m looking forward to many years serving the Town of Ashland.”

Officer Sousa Jr. was officially sworn in by Town Manager Michael Herbert surrounded by friends, family and a few former colleagues from the Hopedale Police Department. Officer Sousa Jr. joins us after serving the Hopedale Police Department for 10 years, bringing with him a wealth of experience and dedication to public service. A certified School Resource Officer, Motorcycle Officer, and Field Training Officer, Officer Sousa Jr.’s expertise will be a tremendous asset to our department and the Ashland community.

Please join us in congratulating and welcoming Officer Toscano and Officer Sousa Jr. to Ashland!

Norfolk County Sheriff’s Department. He brings with him a wealth of experience and qualifications, including as a K9 handler, firearms instructor, field training officer and defensive tactics instructor. Manny chose to apply to Ashland PD because, he says, “ the culture

How to Control the Deadliest Animal on the Planet!



Jim Mazzuchelli, owner of WPC Pest Control

Mosquito and tick populations are on the rise again as the country transitions to the Spring season. While these pests are certainly nuisances, they can also transmit harmful diseases like Zika virus, West Nile virus, Lyme disease, and more, which is why WPC Pest Control is helping to advocate for increased awareness of mosquito and tick prevention this season.

“One of the best ways to fight off mosquito and tick bites and subsequent disease transmission is to apply insect repellent before going outside,” said Jim Mazzuchelli, owner of WPC Pest Control.

Yet, many people don’t make it a priority to protect against these biting pests by taking this simple action. Those who do may not realize that there is a correct way to use repellent for it to be effective.

To properly apply insect repellent for maximum protection against mosquitoes and ticks, follow this five-step method from the National Pest Management Association (NPMA):

1. Look for a product containing an active EPA-registered ingredient, such as DEET, picaridin, oil of lemon-eucalyptus or IR3535.
2. Read the product label and follow the instructions carefully. If sunscreen is also being worn, repellent should be used over top of sunscreen.
3. Shake the product well. Then, hold it about 6-8 inches away from exposed skin and spray evenly in a sweeping motion.
4. Spray the palms of hands to apply the repellent to the face and ears, being sure to avoid eye and nostril contact.

5. Apply the repellent over clothing, which should completely cover feet and ankles.

“Another great way to avoid contact with mosquitoes specifically is to remove any standing water around the yard to deter mosquito breeding,” said, Jim Mazzuchelli of WPC Pest Control.

A licensed pest control professional can work with a homeowner to help identify these hot spots. The ultimate protection would be to have your yard treated by a professional pest control operator. You will get the knowledge and protection needed to combat these dangerous threats. Your loved ones deserve it.

For more information, visit nobugsnopests.com to schedule a complete inspection and treatment.

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

PREMIER IMAGE GALLERY

INVENTORY CLEARANCE

50% OFF

Limited Editions, Prints, Gifts & Crafts (SOME ORIGINAL ART)

35 Years in Business

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

290 Eliot St. (Ledgemere Plaza) Ashland • 508-881-4730 • MON-FRI 9 - noon

CHESS LESSONS

ALL AGES & SKILL LEVELS

CHESS TOURNAMENTS

FutureChessMasters.com

200 Homer Ave., Ashland ■ 508.622.5388

PROTECT YOUR FAMILY & PETS

WPC Pest & Termite Control

508-435-2211

nobugsnopests.com

LICENSED & INSURED
ALL WORK GUARANTEED
FAMILY OWNED & OPERATED

CALL NOW TO ELIMINATE Ticks & Mosquitoes in Your Yard

Ashland Emergency Fund presented with this year's Mary "Penny" Mortensen Public Health Award

The Ashland Board of Health presented the Ashland Emergency Fund the 8th annual Mary "Penny" Mortensen Public Health Award. Congratulations to this wonderful organization for all they do they Ashland!

Since its inception in 1987,

the Ashland Emergency Fund has provided over \$3 Million Dollars in support to over 2,050 Ashland families. Whether through providing assistance for rent or utility costs, or emergency housing costs after displacement, to helping to put food on the table, or helping

families deal with unexpected medical costs, the Ashland Emergency Fund has been a wonderful resource to the community.

The Ashland Emergency Fund provided \$170,166.46 in assistance in 2024, more than they have ever provided in a single



year in their 37-year history. The Ashland Emergency Fund provided Thanksgiving meals for 131 families in 2024 and spent over \$35,000 purchasing food from the Greater Boston Food Bank in support of the Ashland Food Pantry. The Ashland Emergency Fund is an Organization that was close to Mary Mortensen's heart; Mary was a founder of Ashland Fire Department's largest fundraiser, Friday Night Bingo, which provided tremendous support to the Ashland Emergency Fund.

The needs in the community are significant, and unfortunately

the need is growing each day. As an IRS recognized charity, the Ashland Emergency Fund relies entirely on donations and grants to be able to provide the assistance they do. Their volunteer staff ensures that 100% of every donation goes directly towards assistance. We are lucky to have them as a partner to our Town and residents. If you or someone you know is in need of assistance, or to learn how you can help, find more information about the Ashland Emergency Fund on their website at www.ashlandemergencyfund.org.



School's Out 2025

9 WEEKS OF FUN

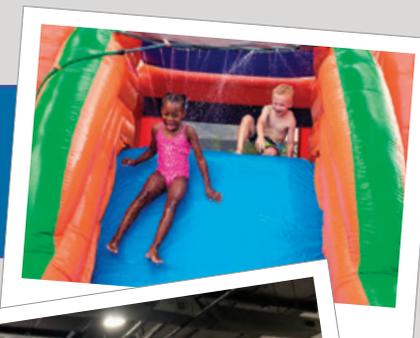
9 AM – 3 PM

Monday – Friday

Ages 5 – 12

Activities

- Ninja Obstacles
- Open Gym
- Group Games
- Arts & Crafts
- Water Fun
- Snack & Lunch Time



Register Online Today!
SurgeNinjaGym.com



88C Elm Street, Hopkinton • (508) 435-2400

Achieve Clear Skin



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



SkinSmartSalon.com

SkinSmartSalon@aol.com

44 FRONT STREET, 2ND FLOOR • ASHLAND

Your Money, Your Independence

Battle of The Ages: Wealth Effect vs. Experience Spending



Glenn Brown, CFP

The First To Go, But Should It?

When people react to a market downturn or economic uncertainty, one of the first things they scale back on is experience spending—travel, events, concerts, dining out, hobbies, and other non-essential but fulfilling activities.

For many, these aren't reckless purchases; they're often the things that create memories, deepen relationships, and improve well-being. Yet the negative wealth effect convinces people that now isn't the time.

"We'll go next year."

"Let's wait and host a big celebration on your ___th birthday."

"I'll take that art class when things feel more stable."

Here's the rub: markets are never stable but do come back, while specific opportunities don't.

Timing of Experiences Are Critical

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

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

Saving money to invest is smart.

Planning for the future is essential.

But there's a fine line between being financially responsible and letting portfolio values drive your decisions.

One of the most subtle yet impactful traps in financial planning is the negative wealth effect.

This occurs when a sudden drop in your perceived net worth (like a dip in your 401k or home value) causes you to feel poorer, even if your actual income and financial stability haven't changed. This psychological shift often leads people to cut back on spending—not just on luxuries, but on the very experiences that bring meaning, connection, and joy to their lives.

And that's when internal and external conflicts begin.

You might delay a trip only to find your health, schedule, or relationships have changed.

A Psychological Toll

There's a hidden cost to delaying experience spending, and it's not just about missing out on fun. It can lead to a sense of stagnation, disconnection, and even regret. As humans, we are wired for novelty, connection, and purpose. When we constantly suppress those desires due to financial fear, even when we can afford it, we shrink our lives unnecessarily.

Over time, this pattern will increase stress and negativity which creeps into your work and relationships. What's worse, these delays rarely improve your financial picture meaningfully. Even after skipping a few celebrations or delaying a vacation, it's not going to make your 401k come back.

Don't Let Perception Steal Reality

The key is recognizing that

the negative wealth effect is largely psychological. Your net worth on paper will fluctuate, but if your income, emergency savings, and long-term plans are still intact, then cutting off all experience-based spending will do more harm than good.

Ask yourself: "Is my fear based on the actual numbers—or how I feel about them?"

If it's the numbers, then review your historical net worth data and if it's close to 12-24 months ago, know this happens and will happen again. Move on.

Now if it's how you feel, then consider the sources driving your fear. If you're doom-scrolling politics, maybe it's time to put the phone down, go for a walk, listen to some music and think how to move forward with your planned experience spending.

Now if your budget doesn't have planned experience spending, that's another topic for another day.

Life Moves Pretty Fast...

To paraphrase Ferris Bueller, "Life moves pretty fast, if you stop until everything feels financially perfect, you could miss it". Spending mindfully on experiences that matter isn't wasteful—it's often the best investment you can make. Oh Yeeeah!

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

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

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



TRY A NEW SPORT THIS SUMMER: FENCING

LEARN FROM WORLD CHAMPIONS!

JULY 7-11, JULY 21-25, AUGUST 4-8

10AM-4PM • AGES 7-14

\$550 (SIBLING DISCOUNT AVAILABLE) • ALL EQUIPMENT PROVIDED, NO PRIOR KNOWLEDGE NEEDED

ZETA FENCING.NET • 200 HOMER AVE, ASHLAND
ZETA FENCING@GMAIL.COM
508.655.6480



HOPKINTON CENTER FOR THE ARTS

Summer Fun in the Arts

Ceramics, Dance, Music, Theater, Visual Arts, and Film

June 30 to August 15 | Ages 4 to 18

Kids love HCA!

Sign up for summer programs at HCA, the premier regional arts education center for dance, theater, music, and visual/creative arts in MetroWest. Summer classes at HCA provide the perfect creative outlet for students passionate about the arts!

SCAN ME!

HCA Summer Registration

98 Hayden Rowe Street, Hopkinton
HopArtsCenter.org | 508.435.9222

EARTH DAY Celebration

MAY 10TH 12-3PM

ASHLAND'S 3RD ANNUAL EARTH DAY CELEBRATION WILL BE HELD ON MAY 10TH

- SHOPPING
- LIVE MUSIC
- CARNIVAL GAMES
- FOOD & DRINK
- EDUCATIONAL ACTIVITIES

The Corner Spot
6 Cherry St



Spring Yard Waste Collection

The 2025 Spring Yard Waste curbside collections will be held on Mondays beginning on 4/7/2025 and will end on 6/9/2025 (with the exception of Marathon Monday, 4/21/2025 and Memorial Day, 5/26/2025).

Yard waste brown paper leaf bags or barrels should be left at curbside by 7am on the designated pick-up days. Yard waste in plastic bags will not be accepted. No brush, branches or stumps.

If you have followed the correct procedures and still have not had your yard waste picked up, please contact DPW at 508-532-7943.

Special Note: Please refrain from illegally dumping. The Town provides a bulky item pick up service through Waste Management. The number to call to schedule a bulk item pick up is 1-800-972-4545, one free pick up a month is allowed.

Spring Yard Waste Collection

The 2025 Spring Yard Waste curbside collections will be held on Mondays beginning on 4/7/2025 and will end on

6/9/2025 (with the exception of Marathon Monday, 4/21/2025 and Memorial Day, 5/26/2025).

Yard waste brown paper leaf bags or barrels should be left at curbside by 7am on the designated pick-up days. Yard waste in plastic bags will not be accepted. No brush, branches or stumps.

If you have followed the correct procedures and still have not had your yard waste picked up, please contact DPW at 508-532-7943.

Special Note: Please refrain from illegally dumping. The Town provides a bulky item pick up service through Waste Management. The number to call to schedule a bulk item pick up is 1-800-972-4545, one free pick up a month is allowed.

Electronic Collection

The electronics recycling drop-off at the DPW will run on the following schedule for 2023:

- Saturday, 4/5/2025, 9 am – 12 noon
- Saturday, 6/7/2025, 9 am – 12 noon
- Saturday, 8/2/2025, 9 am – 12 noon
- Saturday, 10/4/2025, 9 am – 12 noon

The following fees will be as-

essed at electronics drop-off:

- TVs & computer monitors (up to 20" screen, measured diagonally): \$10.00 each
- DVD/CD players; printers; CPUs; receivers; misc. household electronics: \$10.00 each
- TVs & computer monitors (over 20" screen, measured diagonally): \$20.00 each
- Window A/C units, dehumidifiers & microwaves: \$20.00 each
- Refrigerators (small dorm size): \$25.00 each
- Refrigerators (full size): \$45.00 each

As always, our monthly recycle program for used motor-oil, oil based paints, fluorescent light bulbs, contained mercury, Ni-Cad batteries (found in cell phones, cordless phones and camcorders) and rechargeable batteries will continue to be held on the 1st Saturday of each month at the

WASTE

continued on page 11

\$20 OFF CLEANOUT COUPON ONE COUPON PER CLEANOUT. *\$100 MINIMUM. **\$20 OFF**

JUNK it NOW!

PRO-JUNK-REMOVAL

"We empty - the Junk Bag"
(3 cubic yards) Call for Price
Buy at store - Fill it - We empty & Leave it

Homes • Apartments • Businesses • Yard waste
Pools • Boilers • Hot Tubs • Sheds Removed • Appliances
toll free * Fully Insured * Call Tom Cassidy

\$20 OFF **1-855-533-JUNK (5865)** **\$20 OFF**
1-508-308-2279 Call-only www.junkitnow.us



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



5 STAR

Lifetime Roof Guarantee

Get a FREE Upgrade to a



Lifetime Guarantee
Exp. May 31, 2025
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. May 31, 2025 • Offers May Not be Combined

ROOFING • SIDING • WINDOWS

WASTE

continued from page 10

DPW yard located at 20 Ponderosa Road (behind the salt shed) 9 am – 12 noon.

Please refrain from illegally dumping any waste at the facility during non-collection days. The DPW yard is located in a heavily wooded watershed area right next door to the Ashland Animal Shelter and any items that are left while the facility is unattended by staff is subject to ingestion by area wildlife and spillage having obvious negative effects on the environment which only defeats the purpose of the collection facility.

Hazardous Waste

Ashland's Annual Household Hazardous Waste Collection Day Ashland

DPW - 20 Ponderosa Road, Ashland, MA

Saturday, May 10, 2025 9:00 am to 1:00 pm

Acceptable Hazardous Waste:

Engine degreaser	Weed killers	Aerosol cans
Spot removers	Furniture polish	Driveway sealant
Epoxy resin	Radiator cleaners	Furnace cement
Roof cement	Caulking	No-Pest strips
Car wax	Fiberglass resins	Lighter fluid
Drain cleaners	Oven cleaners	Engine/Radiator flushers
Metal polish	Arts & crafts supplies	Transmission fluid
Photo chemicals	Floor cleaners	Chemistry sets
Dry cleaning solvents	Carburetor cleaner	Pesticides
Rust preventatives	Wood preservatives (except Penta)	Herbicides
Wood strippers	Oil based paint/Varnish/Stain	Insect sprays
Turpentine/Paint thinners	Solvents/Degreasers	Brake fluid
Sealants/Glues	Antifreeze	Rodent killers
Pool chemicals	Muriatic acid	Creosote
Batteries (auto & household)	Moth balls	Bleach
Ammonia	Cesspool cleaners	Motor oil
Mercury products	Oil filters	Gasoline/Kerosene

NO LATEX PAINT WILL BE ACCEPTED. Latex paint is not hazardous. Dry out paint with Quick-Dry, kitty litter or shredded newspapers and dispose of with your curbside rubbish. Be sure to leave the lids off of the cans.

Trident Environmental Group, Inc. reserves the right to refuse any waste deemed unsafe to handle or unsuitable for the collection. Such waste includes:

- Large quantities of unknown materials
- Radioactive waste (including

smoke detectors)

- Explosives (gun powder, flares, ammunition & fireworks)
- Asbestos
- Unsuitable waste
- Pressurized fire extinguishers

- Compressed gas cylinders
- Tires
- Commercial & Industrial waste
- Prescription medications, syringes, Infectious and Biological wastes
- Substances regulated by the Drug Enforcement Agency
- PCBs

*Please be sure to:

- Remain in your car
- Have your driver's license ready for proof of Ashland residency
- Pack waste in boxes (in their original tightly sealed containers, if possible)
- NOT SMOKE!
- Not to mix chemicals

Drive directly to site with hazardous waste

Hey Ladies ... looking for wide shoes?

Sizes 6.5ww - 11ww, also 12m

Come See All The New Wide Shoes For Spring



Mention this ad for \$15 OFF your purchase Expires May 31, 2025

The Forgotten Foot

"It's Worth the Trip!"

1255 Worcester Road, Framingham
Behind St. Mary's Credit Union, Rte. 9 West
Hours: Mon. - Sat. 11 a.m. - 6 p.m. • Sun. 12 - 4 p.m.

508-879-3290



Kartwheel Kids

School's Out Summer 2025



HALF DAY 9-12:30

FULL DAY 9-3

AGES 4-12

9 FUN-FILLED THEMED WEEKS!

You select the week and days

Gymnastics obstacles

Groups games, arts & crafts

Snack & lunch time



REGISTER ONLINE TODAY

KKIDSGYMNASTICS.COM

508-435-2401

34 Hayden Rowe Street, Hopkinton

May 2025 at the Ashland Library

For more events, look online.

The Library will be closed on Saturday, May 24th - Monday, May 26th, 2025 for the Memorial Day Weekend.

Special Events:

In Person - Mini Renaissance Faire @ the Ashland Library!

Saturday, May 3 @ 10:00 AM—4:00 PM

We are beyond excited to bring our 2nd Annual Mini Ren Faire to Ashland! If you love things Medieval, Pirates, Puffy Shirts, and so much more, this is for you. We'll have jousts, crafts, vendors, and something for every age. This is not just a turkey leg extravaganza, it is also an opportunity to learn how people lived (and survived) back in the day with demonstrations and hands-on activities. We hope that you'll bring the whole family (in costume, of course :).

In Person - RomCon 2025 - Romance Authors Festival at the Ashland Public Library

Saturday, May 17 @ 9:30 AM—4:00 PM

It's our 4th Annual RomCon - Romance Authors Festival - LIVE and IN PERSON! Meet some of your favorite romance authors, get signed books, listen in on panels, play along with romance jeopardy, and mingle with other romance lovers. It's going to

be a fabulous day!

Adult:

Visit our Website Calendar for Additional Info & Registration links:

<https://tinyurl.com/apl-calendars>

HYBRID - Romance Book Club

Thursday, May 1 @ 6:30pm
Read an American Romance

Virtual - Declutter series with Jamie Novak: How to Stop Procrastinating and Get Your Decluttering

Thursday, May 1 @ 7pm
Log on for this month's declutter club zoom when decluttering humorist Jamie Novak shares how to get and stay motivated when decluttering is last on your list. Plus, the ONE WAY that works every time. Then join the live guided tidy-up for a quick jumpstart!

Virtual - African Art Series: Shango to Shonibare: African Art in the Black Atlantic World

Sunday, May 4 @ 2:30pm
Today, we focus on the form, meaning and movement of the Thunder Deity Shango from Africa through the Diaspora (Cuba, Brazil, Haiti), and into the art of the Harlem Renaissance and Civil Rights movement in the United States.

In Person - Paint Night with Ashwini Chitnavis

Monday, May 5 @ 5:30pm
Brushes with varied paint on them

We're excited to bring Paint Night to Ashland! We welcome Ashwini Chitnavis to host this session where you learn to paint on canvas. No art experience necessary, just an open mind and a can-do attitude.

Virtual - Author Shannon Reed Discusses "Why We Read" (Take Two)

Monday, May 5 @ 7:00—8:00 PM

We had so much fun with Shannon last year, we just had to bring her back! We'll continue the conversation we were having and bring up new thoughts about why we read. This one is for readers everywhere (and, isn't that perfect that it's with a LIBRARY!)

In Person - Front Street Readers Book Club

Tuesday, May 6 @ 7pm
Read Long Island by Colm Tóibín

Virtual - Portrait Photography 101: Pro tips to taking better photos of people with Deborah Tual

Tuesday, May 6 @ 7pm
*Note: This program will NOT be recorded

Join Deborah Tual, our favorite iPhone and Photography aficionado, to learn the secrets professional portrait photographers use to take amazing photos of people. Look and feel better in photos you take of others and also when you are the subject. Topics include posing, clothing, lighting, and much more. For all skill levels and for all cameras and smartphones

Virtual - Author Andrew Lam Discusses Stories from the Edge of the Sea

Tuesday, May 6 @ 7pm
Andrew Lam discusses the fourteen pieces in Stories from the Edge of the Sea, exploring love and loss, lust and grief, longing and heartbreaks through the lives of Vietnamese immigrants and their children in California.

In Person - Mah Jongg

Wednesday, May 7 @ 6pm
Whether you have a rudimentary knowledge of Mah Jongg or have been playing for years, we would love to have you join us for an evening of strategy, luck and fun. This is an opportunity for the novice to hone their skills and experienced players to share their knowledge.

Virtual - Environmental Book Club

Wednesday, May 7 @ 6:30pm
Read Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do about It by Anna Lappe.

Virtual - Bill Gette: Churchill and Southern Manitoba - A Trip to Hudson Bay

Thursday, May 8 @ 1pm
Bill has led four travel programs to Manitoba, Canada. He explored beautiful areas in the southern part of the province and then traveled to the province's far northern port of Churchill. At Riding Mountain National Park, he will show you photos of Black Bear, Bison, and many species of breeding songbirds. In Churchill, Bill will take you to Cape Merry for views of Hudson Bay and the Beluga Whales that migrate into the Churchill River in early summer. Bill will also show you photos of many species of shorebirds that nest on the tundra.

In Person - Women's Wisdom Circle: Dating after 40s, 50s, and beyond

Thursday, May 8 @ 6:30pm
For this session Meredith Bazirgan will lead a discussion on Dating after 40s, 50s, and beyond - because it's never too late! We hope you can join us for this important topic!

Virtual - The Organic Approach by Blackstone Valley Veggie Gardens

Thursday, May 8 @ 7pm
Bugs taking over your life? Mold being bold? Weary of spraying the wrong stuff on your food? We'll help take all the guesswork out of everything.

In Person - Mystery Book Club

Friday, May 9 @ 12pm
Read The Book of Cold Cases by Simone St. James

Virtual - Friday Night Film Discussion

Friday, May 9 @ 7pm
Watch The Taste of Things (Kanopy)

Virtual - Author and Historian Toni Mount Discusses "How to Survive in Anglo-Saxon England"

Saturday, May 10 @ 10:00—11:15 AM

If you are planning to travel back to the England of Anglo-Saxon times and begin a new life without technology, how will you manage? If you were a king,

LIBRARY

continued on page 13



Timothy Daniels House



Exceptional Short-Term Rehab & Skilled Nursing Care

- ◆ Physician on Site
- ◆ Short Term Rehab
- ◆ Physical Therapists On Site
- ◆ 24 Hr Nursing Coverage
- ◆ Respite Stays Welcome
- ◆ Hospice Services

(508)429-4566

84 Elm Street, Holliston, MA

www.rehabassociates.com/timothydaniels



LIBRARY

continued from page 12

a thegn or even a slave, what rights do you have under the law? Are women treated well by their husbands, and if you become sick, what are your chances of recovery? How might you earn your living, and the biggest worry: what to do about those fearsome Vikings?

In Person - Card Making with Jan Poppendieck

Monday, May 12 @ 6:30pm
Jan will teach embossing, die cutting, proper stamping, and use of equipment individually and group techniques of creating unique cards.

Virtual - Author Heather Wolf Discusses: Experience Spring Bird Migration to the Fullest

Monday, May 12 @ 7pm
Join Heather Wolf, one of our very favorite speakers and author of "Find More Birds: 111 Surprising Ways to Spot Birds Wherever You Are" and "Birding at the Bridge: In Search of Every Bird on the Brooklyn Waterfront", as she shares tips for jumping into the nature documentary happening around you, also known as spring bird migration! Learn how to find more migrating birds and witness their fascinating behaviors, as well as cue into birds that will be breeding and raising young in your area. We can't wait for what will be another fascinating conversation!

Virtual - Garden Design Inspired by Magnificent Gardens with Kerry Ann Mendez

Tuesday, May 13 @ 6pm
Stunning gardens will be our classroom for emphasizing striking design essentials that elevate gardens from ordinary to sublime, regardless of the hardness zone or sunlight conditions. We will consider texture, movement, color, repetition, focal points, vertical elements and more.

Virtual - Historical Fiction Book Recs with Bestselling Author, Jane Healey

Tuesday, May 13 @ 6:30—7:00 PM
Love Historical Fiction but not sure what to read next? Join bestselling author, Jane Healey (and Ashland fave!), monthly for 30 minutes of pure book recommendations - the best of historical fiction out there!

In Person - Men's Discussion Group: Work/Life Balance

Tuesday, May 13 @ 6:30pm
For this session Ben Draper will lead a discussion on Work/Life Balance. What are the benefits of having a healthier relationship with work? How to create that balance? This is a safe, no judgement zone and we hope you can join us for this important topic. Maybe you'll learn something, teach something, or just make a friend.

Virtual - Make Your Money Work for You

Tuesday, May 13 @ 7pm
Are you overwhelmed by investing jargon? Unsure of the basic investing principles you should know? Tired of feeling out of the loop and behind? Start your fall off on the right financial footing with Ariel Nathanson, Founder of Finances for Feminists and Certified Financial Education Instructor.

Virtual - Thriller/Horror Book Recs with Bookstagrammer @redreadreviews

Tuesday, May 13 @ 7:30—8:00 PM
Not sure what to read next? Join Jody Blanchette (aka @redreadreviews), monthly, for 30 minutes of pure book recommendations - the best of horror and thrillers out there!

Virtual - Adult Book Club

Wednesday, May 14 @ 6:30pm
Read Dark Tide: The Great Boston Molasses Flood of 1919 by Stephen Puleo.

In Person - Great Decisions

Thursday, May 15 @ 6:30pm
Discuss U.S. - China Relations

Virtual - SciFi/Fantasy Book Recs with Kristen of the Fantasy Cafe

Thursday, May 15 @ 6:30—7:00 PM
Love Speculative Fiction, SciFi, and Fantasy but not sure what to read next? Join blogger, Kristen, of Fantasy Cafe for this quarterly session of her recommendations of some of the best SciFi/Fantasy books out there!

Virtual - Beekeeping Basics

Thursday, May 15 @ 7pm
Come see what it takes to be a beekeeper, the equipment you'll need to set up your first hive, adding bees to your hive, understanding all the work the bees do inside and outside the hive, and honey extraction. Also learn the important role the honeybees play in pollinating about a third of the

fruits and vegetables we eat every day!

Virtual - Inclusive and Diverse Book Recs with Bookstagrammer @sometimestleelynnreads

Thursday, May 15 @ 7:30—8:00 PM
Looking for the best books with BIPOC/LGBTQ+/Neurodivergent/Disabled etc. characters or by representative authors but not sure what to read next? Join bookstagrammer, Leelynn Brady (aka @sometimestleelynnreads), monthly for 30 minutes of pure book recommendations - any genre as well as YA and Middle Grade books, as long as they are by diverse authors or have inclusive storylines!

Virtual - Q&A with Romance and Mystery Writer Olivia Waite

Monday, May 19 @ 7pm
Oh, my gosh, we can't believe we're going to get to chat with romance author, Olivia Waite! If you haven't read her books, you are in for such a treat! We've been fans of her F/F historical romance books forever - who doesn't love knitting and celestial mechanics? - and her M/F books are full of heart and humor. We cannot wait for her latest book, "Murder by Memory", the first in the Dorothy Gentleman sci-fi mystery series! Bring your questions as this is going to be a rapid fire, AMA (ask me anything) Q&A!

In Person - Cook Book Club

Tuesday, May 20 @ 5pm
Cook from Aloha Kitchen : Recipes from Hawai'i by Alana Kysar.

Virtual - Masters of Song: Aretha Franklin: Fame, Faith & Atlantic Records with Clint Edwards

Tuesday, May 20 @ 7pm
Exploring Aretha's rise through the early R&B and gospel scene in Detroit, and her struggles in New York. We'll follow the influence of several figures in her life, and how Aretha melded all of these powerful forces into her music to become the Queen of Soul.

LIBRARY

continued on page 15

Call today for AC Preseason Specials!

COAN
HEATING & AIR CONDITIONING

Specialists in Home Comfort & Energy Conservation

AC • FURNACES • HEAT PUMPS • HOT WATER SYSTEMS • FUEL TANKS
Service Plans, Install and Repairs & More!
Coan Bioheat® Fuel Delivery

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

LiftMaster
POWERED BY myQ

Download the FREE myQ app

See clearly. Close securely.

Kids make it home from school? Did you close the garage door? Give yourself peace of mind that your family and home are safe and secure with the LiftMaster Secure View™ 84505R. The built-in camera lets you stream video, record it, and offers 2-way communication through the myQ app — which also allows you to remotely open and close your garage door from anywhere, at anytime.

Model 84505R

UNMATCHED REPUTATION, OVER 30 YEARS IN BUSINESS
Your trusted local professional service & installer.

Jolicoeur
OVERHEAD DOORS

Family-Owned since 1992

GARAGE DOOR EXPERTS
Call or visit our website today
JOLICOEUR OVERHEAD DOORS
745 South Main St., Bellingham, MA 02019
508-883-4522 • www.mygaragedoor.com

*View a live-stream of your garage for free. 7-day and 30-day video storage options are available via a monthly or yearly subscription. Apple, the Apple logo, iPhone, and iPad are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. Google Play and the Google Play logo are trademarks of Google LLC. © 2022 The Chamberlain Group LLC. All Rights Reserved. LiftMaster, the LiftMaster logo, myQ and the myQ logo are registered trademarks of The Chamberlain Group LLC. 300 Windsor Drive, Oak Brook, IL 60523 | LiftMaster.com | Wi-Fi is a registered trademark of Wi-Fi Alliance 19967801

The b.LUXE *beauty beat*

Tame the Mane—We've Got The Secret to Smooth Summer Hair

BY GINA WOELFEL

Has your frizzy hair gone rogue with a mind of its own? Don't sweat it! When the humidity hits, **The Saphira Mineral DeFrizz Treatment** will have you smooth sailing all summer long.

Frizz and lack of definition are common struggles, especially in the summer heat for people with curly, wavy and textured hair. But now, you can say “Buh-bye” to frizz and hello to the most smooth, defined curls with the Saphira Mineral DeFrizz Treatment, **available at b.LUXE Hair and Makeup Studio in Medway, MA.** “My curls have never looked this good—soft, defined, and totally frizz-free,” says one happy b.LUXE client, Linda Picard. “It's a total game-changer for summer.

Beach days and warm summer nights are calling—and we're here to help you look your best—effortlessly. Managing frizzy hair can feel like a full-time job, but what if we told you that you could say goodbye to frizz without losing your hair's natural texture or integrity? Imagine a summer where your hair stays smooth and hydrated—even in the muggy heat. We're talking about a **quick, easy, and effective solution** for everyone—from those with tough curls to fine,

damaged hair.

Ready to learn more? Let's dive into why the Saphira Treatment is the must-have summer service for you!

Frizz-Free Hair Without the Fuss

The magic behind this treatment is in the ingredients! Its mineral-based DeFrizz technology is composed of **26 Dead Sea Minerals, Lily Flower and Essential Oils.** These ingredients work together to soothe and refresh your scalp, promoting a healthy foundation for your hair. The treatment also includes **hyaluronic acid**, which is a humectant that helps seal in moisture to keep your hair hydrated, preventing dryness and minimizing frizz. It's like a spa day for your hair!

And did we mention the diamond powder? We're talking the fancy stuff here, folks—because diamonds are a girl's best friend, right? The Saphira Mineral Treatment infuses your hair with **diamond powder** for an extra dose of luxe, leaving it smoother, more radiant, and shining with a healthy, head-turning glow.

The Difference is in the Texture

Love your waves, curls and coils? Keep them! Not to be con-

fused with traditional smoothing or keratin treatments that relax and straighten the hair. The Saphira Mineral DeFrizz Treatment retains your natural texture while eliminating frizz, healing the hair and adding strength. A thermodynamic process occurs when the treatment is applied. One of the key ingredients, **Hyaluronic Acid** is a humectant which hydrates the hair and seals in moisture, eliminating protein bonds that create frizz. This new technology is unlike anything else on the market.

Quick, No-Hassle Treatment

One of the best things about the Saphira Mineral DeFrizz Treatment is how easy and fast it is—no hours spent in the salon or sitting under a hooded dryer. In fact, this treatment can be done in under **60 minutes**, with **no processing time required.** So, you can get an effortless, frizz-free look during your lunch break and be ready to take on the rest of your day! Plus, it's **formulated without harsh chemicals**, so no strong smells or waiting for the treatment to “process.” Another bonus! Air drying and blowouts are so much easier! By reducing frizz, your curls and waves dry smoother and sleeker.



SAPHIRA MINERAL DEFRIZZ SMOOTHING TREATMENT

- All natural
- No processing time
- No fumes
- No final rinse
- Heals and repairs
- Seals and improves color
- Fresh clean smell
- Uses low heat
- Lasts up to five months



Scan to visit bLUXE.com

b.LUXE
hair • makeup • skincare • editorial

Lasting Results That Will Keep You Frizz-Free for Months

Now, let's talk about longevity. After just one treatment, the Saphira Mineral DeFrizz Treatment will leave your hair **smooth, hydrated, and frizz-free for up to five months.** That means you can enjoy beautiful hair all summer long!

The Best Part? It Works on All Hair Types.

Tough curls, damaged strands, fine hair—you name it, this treatment's got it covered. It's the go-to solution for anyone looking to keep their hair healthy, shiny, and frizz-free.

Book Your Saphira Mineral DeFrizz Treatment Today!

Go on—you deserve it! Skip the daily frizz battle and spend more time enjoying your summer. The weather's heating up,

and it's the perfect time to level up your hair game. With the Saphira Treatment, you can finally say goodbye to frizz and hello to smooth, shiny hair—perfect for summer, and just as amazing year-round.

The Saphira DeFrizz Treatment is **priced at \$275** and **includes a full-sized Prep & Maintain Shampoo and Mineral Mist** for you to take home.

So, why wait? Book your appointment today and give your hair the **luxury treatment** it deserves.

To schedule a Saphira Mineral DeFrizz Healing Treatment, you can scan the QR code above, call us at (508) 321-1624 or go to **bluxe.com** to see all we have to offer.

PAID ADVERTISEMENT

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

“Quality and Professionalism Every Shingle Time”

OUR SERVICES

- ▲ Roofing
- ▲ Siding
- ▲ Gutters
- ▲ Windows
- ▲ Doors
- ▲ Skylights

OUR NEW SERVICE DIVISION

\$99 Service Calls

- ▲ Gutter Cleaning
- ▲ Small Leaks
- ▲ Ventilation Questions
- ▲ Flashing Repairs

**Experience the Best in Roofing:
60+ Years of Quality Service**



LICENSED | INSURED | CERTIFIED

CONNELL
ROOFING • SIDING • GUTTERS

781-444-7577

www.ConnellRoofing.com

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

LIBRARY

*continued from page 13***In Person - Bio/Memoir Book Club**

Wednesday, May 21 @ 11am
Read All the beauty in the world by Patrick Bringley

Virtual - A History of Guinness Beer with Guinness Brewery Ambassador, Mike Reardon, Take 2

Wednesday, May 21 @ 7pm
After some tech issues last time, we're excited to chat with Mike Reardon again to finish his slides and answer tons of questions! Mike is a Guinness Ambassador - a highly trained beer expert and storyteller who captivates Guinness lovers and audiences with the beer, culinary, and cultural history of this fantastic beer. So, sit back, relax, grab a pint (if you're over 21), and join us for this wonderful discussion!

Virtual - Transcendentalist Ramble—a photographic journey through nature and thought

Thursday, May 22 @ 7pm
Transcendentalist Ramble—a photographic journey through nature and thought Take a journey with local photographer Bruce Magnuson through the picturesque landscapes and historic locations that inspired some of the most profound thinkers of the Transcendentalist movement.

Virtual - Friday Night Film Discussion

Friday, May 23 @ 7pm
Watch The Cherokee Word for Water (Kanopy)

Virtual - Champions of Change with Charlotte Gordon

Tuesday, May 27 @ 7pm
Delve into the stories of Elizabeth Cady Stanton, Lucy Stone, and Frances Ellen Watkins Harper. Learn how three women fought for women's rights, but ended up fighting with each other. Professor Charlotte Gordon returns to Groton to discuss her newest research on these famous suffragettes.

Virtual - Q&A with Romance Author Nalini Singh on "Archangel's Ascension": There WILL Be Spoilers!

Wednesday, May 28 @ 7pm
We're so excited to chat with blockbuster romance author, Nalini Singh, on her most recent Guild Hunter Series book "Archangel's Ascension"! Since the book has been out for a few weeks, there will be spoilers so come prepared. This will be a rapid fire Q&A about all things

SparkleBell - we'll have our own but we know that Nalini fans are endlessly curious and enthusiastic so we expect this will be a wonderfully raucous discussion.

In Person - Has Anyone Seen \$500 Million in Art Lying Around Boston?

Thursday, May 29 @ 6:00—7:30 PM
An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead. Join us for an in-person conversation with author of "Duped", Bob Ainsworth, as he discusses our everlasting fascination with this unsolved mystery.

Virtual - Art on Thursday: Perennial Muses: Flowers in Art

Thursday, May 29 @ 7pm
This fascinating exploration of flora in art will unveil the language of flowers, revealing how these delicate blooms have shaped our visual culture and continue to inspire artists - and flower lovers! - to this day.

Adult Weekly:

Knit and Crochet Club
Mondays @ 6pm
Walk-In

Gentle Yoga
Tuesdays @ 6pm
Registration is required

ESL Conversation Group
Wednesdays @ 6:30pm
Walk-In

Children:**Special Programs:**

Clocktown Rockers!
*For ages 2-5 with a caregiver
Friday, May 9 @ 10:30am
Friday, May 23 @ 10:30am
A special Friday edition of this popular story time! 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. For ages 2-5 with a caregiver.

Intro to Dungeons & Dragons
*For ages 8-12
Monday, May 5 @ 4:30—6:00 PM

Greater Ashland Lions Club

Happy Cinco de Mayo (5)**Fly the American Flag on Memorial Day (26)**

We will be having a Pasta Night on May 9th, 2025 at the VFW Hall. Tickets are \$25 per person. For your entertainment we will have Tony Funches, former lead vocalist for The Platters singing golden hits like Only You, Smoke Gets in your Eyes and Great Pretender. For tickets, please contact Lion Mary Pimentel at 508.881.5515.

We Thank all those that attended our Quiz Night on April 11th. It was a fun night with players trying to answer the many questions.

On April 30th, 251 Douglas Fir seedlings were given to each fourth grader and their teachers. The Greater Ashland Lions Club worked with the fourth grade teachers of the Mindess School with their Arbor Day (4/25) curriculum.

Are you an Ashland High, Keefe Tech or home-schooled

Ashland student? Apply for the Greater Ashland Lions Scholarship. Contact your guidance counselor for more information.

Doing spring cleaning? Before you throw out those children or adult coats, contact Lion Debbie at 508.881.2117.

May 28th is World Hunger Day. Lions strive to improve food security and access to nutritious food to help alleviate hunger. You can help by donating to the Ashland Food Pantry (located at 162 West Union St, Ashland).

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

Wanting to get involved in the community? We're a

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

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

Some May observances: May Day (1), Free Comic Book Day (3), Kentucky Derby (3), Star Wars Day (4), National Nurses Day (6), National Teachers Day (6), Mother's Day (11), National Rescue Dog Day (20), World Turtle Day (23), National Wine Day (25) and National Burger Day (28).

For more May observances go here: <https://www.wincalendar.com/Holiday-Calendar/May-2025>

We are the Lions in Purple. We Serve!

SUBMITTED: LION ROSALIE PORTER, 2ND VP

Monday, May 12 @ 4:30—6:00 PM

Monday, May 19 @ 4:30—6:00 PM

Calling all young adventurers! Join our 4-week (bi-weekly) Dungeons & Dragons workshop and embark on an exciting journey into the world of role-playing games. With the guidance of an experienced Dungeon Master, beginners will learn the basics of character creation, storytelling, and gameplay. Each session will build skills and confidence, with the goal of empowering kids to launch and run their own campaigns. No prior experience needed—just bring your imagination and a sense of adventure! Space is very limited and registration is required.

Little Picassos Club

*Grades 2-5
Tuesday, May 6 @ 4:30pm
Looking to create your next masterpiece? Join Miss Kayla for Little Picassos Club, ideal for kids in grades 2 through 5. Each week, we will learn about a different artist or art style and work on unique art projects, ranging from painting to sculpting and everything in between! Come ready to get your

hands messy and let your creativity show! Registration required.

Mother's Day Craft

*for families
Thursday, May 8 @ 3:00—6:00 PM

Mother's Day is approaching, and you're welcome to join us in the Children's Room to create something special for whoever it is you're celebrating that day—whether it's mom, grandma, an aunt, or all of the above! Drop in anytime between 3:00 and 6:00 p.m. to make a special handmade card.

Ashland STEM Club

Saturday, May 10 @ 11:00 AM—1:00 PM
*For grades K-5

A high school student-run workshop that ignites curiosity with hands-on experiments, new innovations and take-home activities. This month, the theme is MECHANICS. Registration is required.

Coding Class for Kids

Saturday, May 10 @ 1pm
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 imagi-

nation meets innovation. With hands-on fun taught through an interactive game, your child will master the basics of coding. Whether they're building games or solving puzzles, this class promises excitement and discovery at every turn. Space is limited and registration is required.

Chinese Storytime

Tuesday, May 13 @ 6pm
Bring the whole family to the library for engaging stories, familiar songs, a fun art project and a special scavenger hunt, all in Chinese! Registration is requested and all are welcome.

Paint Your Own Flower Pot!

*for families
Friday, May 16 @ 2:00—4:30 PM

Spring has sprung, and that means it's time for beautiful flowers to bloom! Come join us to paint and decorate your own clay pot. Plus, you'll even receive a flower seed and take-home plant care instructions so you can see what sprouts from your pot over time! Drop in anytime between 2:00 and 4:30 p.m. to make yours. Registration is required (so we know how many supplies to have on hand).

Senior Community Center Activities for May 2025

PROGRAMS & ACTIVITIES:

May 1st at 9:00 - FREE Breakfast sponsored by Ashland Lions

Call to reserve your seat at 508-881-0140 x1.

Reservation due by Friday, April 24th at noon.

May 1st, 8th, 15th, 22nd, 29th 10:00 – 12:00- SHINE In Person Appointment w/ Lenore Tracy FREE

Call to make an appointment 508-881-0140 x1.

May 1st at 10:00 - Ashland Council on Aging Meeting. Public Invited.

May 1st at 10:30 - Downton Abbey Viewing: Season 3, Episode 6 FREE

Tea and coffee provided. Call to reserve your seat at 508-881-0140 x1.

May 1st 4:00-5:30 - NEW!!! Kentucky Derby Party! Savory Bites, Sweet Treats & Mocktails

Sponsored by the Friends of the Council on Aging. Dress as a member of High Society and wear a hat (women – hats w/ flowers, men – top hats). Prize given out for the best hat. Reservations for the party: please use the payment box outside the

Main Office to reserve your seat. The cost is \$5 per person.

Reservation due by April 24th at Noon.

May 2nd at 10:00 - NEW!!! Fun & Fast Improv Games w/ Julie Novak, Springwell FREE

START YOUR DAY WITH A SMILE and give your wits a good workout with some hilarious improv games! YOU are warmly welcome to join The fun, whether you're a seasoned performer or just want to try these unusual, easy-to-learn games. Call to reserve your seat at 508-881-0140 x1

May 5th at 12:00 - NEW!!! Cinco de Mayo Lunch & Karen Spilka's Listening Hour with liaison Momina Haidri. Lunch menu includes 2 chicken tacos, rice, beans, salsa, chips and churro with ice cream. Please use the payment box outside the Main Office to reserve your seat. The cost is \$6 per person. Reservation due by MAY 1st at Noon.

May 6th at 9:00 - Crafting – Pine Cone Bouquets w/ Milly FREE

Supplies will be provided. Call to reserve your seat at 508-881-0140 x1.

May 7th, 14th, 21st at 9:00 - Trail Walks & Bird Education w/ Lorraine

Trails and meeting places to be announced in May Newsletter.

May 7th & 21st 9:00-11:30 - Veterans Office Hours w/ Richard Sabounjian

Appointments recommend. Call 508-429-0629 to schedule.

May 7th at 11:30 - NEW!!! Extra Lunch w/ June Weiner, The Casual Chef Sweet & Sour Chicken & Rice Pilaf

Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$6 per person. Reservation due by MAY 1st at Noon.

May 7th at 12:00 - NEW!!! Ice Cream Social FREE! w/ talk About Local Cooling Centers in Ashland by Samantha Riley Sustainability Program Manager.

Call to reserve your seat at 508-881-0140 x1.

May 8th at 12:00 - Friends of the Council on Aging ANNUAL MEETING Public Invited.

May 9th at 10:00 - Pins & Needles Sewing Class w/ Tobi –Simple Curtains FREE

Bring your own sewing ma-

chine. Call to reserve your seat at 508-881-0140 x1

May 9th 10:00-11:30 - Legal Phone Consultation with Arthur P. Bergeron FREE

May 12th at 12:00 - Lunch and Learn: "Volunteer Opportunities with Springwell Elder Services" speaker Karen Chisholm

Please use the payment box outside the Main Office to reserve your seat. Cost \$6 per person. Reservation due by MAY 8th at Noon.

May 13th at 11:00 - NEW!!!! Coffee & Donuts Social at Leah Estate FREE!

Susan McNulty, Outreach Coordinator will be hosting a social for residents.

May 13th at 1:00 - NEW!!!! Popcorn & a Movie, "Knives Out" 1989 PG-13 FREE!

A classic whodunit it with clever twists and turns, in the tradition of Agatha Christie. This delightful puzzler stars Daniel Craig, Jamie Lee Curtis, Don Johnson, Christopher Plummer among other great actors. Every character is a suspect.

Call to reserve your seat at 508-881-0140 x 1.

May 15th 1:30-3:00 - Cooking Class with Chef Lee – Greek Dolmas (Stuffed Grape Leaves w/ rice & vegetables) Class \$5 pp.

Call to reserve your seat 508-881 0140 x1

May 16th at 10:00 - Crafting – Embossed Metal Picture Frames w/ Elissa

Supplies will be provided. Call to reserve your seat at 508-881-0140 x1.

May 19th at 10:30 - Hearing Aid Cleaning w/ Hopkinton Audiology FREE

Hopkinton Audio will clean your hearing aids

May 19th at 12:00 - NEW!!!! Lunch w/ music by Davis Bates, "This Land is Your Land"

Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$6 per person.

Reservation due by MAY 24th at Noon

May 21st at 10:00 - Town Manager's Coffee Hour – FREE. All are welcome!

Call to reserve your seat at 508-881-0140 x1. Drop ins welcome.

May 21st at 10:30 - Computer Class w/ Jonathan Baron – "Streaming Services & Social Media" Call to reserve your seat at 508-881-0140 x 1.

May 22nd 10:00–11:30 - Clocktown Memory Cafe w/ music by Catnip Junkies

Clocktown Cafe provides a welcoming place for individuals with Alzheimer's disease, dementia or a cognitive impairment accompanied by the caregiver. Light refreshments will be served. Please RSVP to Susan McNulty smcnulty@ashlandmass.com or 508-532-7945.

May 22nd at 11:00 - "Using AI to Assist Your Genealogy Research" w/ Marian Pierre-Louis, Genealogist and Educator Have you hit a wall researching your family heritage? Nationally known educator Marian Pierre-Louis can help. Call to reserve your seat at 508-881-0140 x

May 23rd at 10:00 - Pins & Needles Sewing Class w/ Tobi –Fabric Boxes FREE

Bring your own sewing machine. Call to reserve your seat at 508-881-0140 x1

May 26th CLOSED - CLOSED FOR MEMORIAL DAY

NOTE: We try our best to deliver correct information. Programs and events frequently alter after we produce our schedule. We appreciate your patience!

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 \$6 unless otherwise noted.

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

Blood Pressure Check FREE!!! – Wednesdays at 10:30 am (available only on May 7th this month)

Canasta – FREE!!! Wednesdays at 12:30 pm

Chair Yoga – Wednesdays at 1 pm

Chess – FREE!!! Mondays at 1:30 pm

Craft Class FREE!!! – First, Third & Last Friday of the Month at 10 am

Cribbage - FREE!!! – Thursdays at 12:30 pm

DROP-IN Knitting & Crocheting Group – FREE!!! Second and

SENIOR CENTER

continued from page 16

SALMON
HEALTH & RETIREMENT

A fresh start, A CARING COMMUNITY

As nature blossoms, so can you — at Whitney Place Assisted Living and Memory Care at Natick. With select apartments starting at \$5,995, there's no better time to embrace a fresh start in a caring, supportive community built to help you thrive.

Your next chapter starts here — call 508-655-5000 to schedule your personal tour today!

Whitney Place at Natick
— Three Vision Drive, Route 9 West
Natick, MA 01760



Board of Health Message

Lifestyle Factors in Hypertension

Risk factors for hypertension fall into two categories, modifiable and non-modifiable. The non-modifiable factors include:

- Age
- Gender
- Race/Ethnicity
- Family History

These factors have varying levels of impact. Incidence of hypertension increase as we age, as blood vessels tend to stiffen as we get older, requiring more pressure to circulate the blood. Over 80% of Americans have hypertension by their mid-70's.

Men have a higher incidence of hypertension until about age 60, when women catch up quickly. Women older than 80 have a 14% higher rate of hypertension than men.

Ethnicity can play a role in the development of hypertension, too. Black adults have the highest prevalence of hypertension, followed by American Indian/Alaskan Native adults. Hispanic adults have similar prevalence to White adults. Asian adults have lower prevalence overall than White adults.

Family history can be a strong predictor in the development of hypertension. A family history of hypertension increases an individual's risk of developing high blood pressure themselves, as genes related to blood pressure regulation can be passed down through generations. This risk increases further if multiple family members have hypertension, particularly at a younger age.

Modifiable Factors

These are the factors within your control, and having information can empower you to make changes to lower your risk of developing hypertension. The foods you eat can be beneficial in regards to blood pressure, and foods high in certain minerals can play a helpful role. (Talk to your doctor about this if you take diuretics or other cardiac medications, or if you have kidney disease.)

Foods that are high in the minerals Potassium and Magnesium can be helpful, along with high fiber, and whole grains, plant proteins like legumes and nuts, and low sodium foods.

Decreasing your sodium intake can be very helpful in decreasing blood pressure. Sodium intake causes the body to retain water, increasing blood volume and thus the pressure against blood vessel walls. Most of our sodium intake does not come from the salt shaker, rather it tends to come from processed foods. Items such as canned soups, lunch meats, frozen dinners, and other processed foods are high in sodium. Other culprits can include salty snacks like chips, crackers, and popcorn, cured meats, condiments, breads, and cheese. Learn to look at food labels and try to keep your daily intake of sodium at around 2300 mg.

Exercise

A number of studies consistently demonstrate beneficial effects of exercise on hypertension with reductions in both systolic and diastolic blood pressure with

as much as 5-7 point reductions in those with hypertension. Exercise helps to keep the blood vessels flexible as we age. Always check with your healthcare provider first if you are beginning a new program of exercise.

Smoking or Vaping

Both smoking and vaping can contribute to hypertension due to the presence of nicotine, which leads to increased heart rate and blood vessel constriction. Smoking and vaping can damage the lining of blood vessels, further contributing to hypertension. There are many products available to help you quit, reach out to your healthcare provider or call 1-800-QUIT-NOW (1-800-784-8669 for help by phone.

Alcohol Intake

High blood pressure is the most common alcohol-related health problem, even though most people associate alcohol intake with relaxation. Drinking too much can affect the muscles in your blood vessels, causing them to become narrower. This makes the heart work harder to circulate your blood around your body which makes your blood pressure go up. Reducing the amount of alcohol you consume can help you lose weight, which is also good for heart health.

Medication

When is anti-hypertensive medication indicated? If lifestyle changes are not enough to keep blood pressure in the normal range, there are a variety of medication options to help bring BP down. It can take some time to find the correct dose, but most people are able to find a medication that is effective at keeping them in the normal range. Keeping your pressure in that range helps you avoid the risks associated with chronic hypertension, like heart attack and stroke, kidney disease and vision problems.

All the lifestyle factors we discussed are also beneficial to your overall health and wellness, in addition to your blood pressure.

Please feel free to reach out to Ashland Board of Health at 508-532-7922 if you have any questions or concerns.

Town Clerk Corner

The Town Clerk's Office is here to guide you as you participate in your local government.

The Town of Ashland Annual Town Meeting is on Wednesday, May 7, 2025 at 7:00 PM at Ashland High School located on 65 East Union Street. If you are unable to attend Town Meeting in person, the local cable station, WACA TV, broadcasts the meeting live, and has the footage available to view on its online streaming services. Additionally, you can view the Warrant Articles and the results on our website, ashlandmass.com.

The Annual Town Election will take place on Tuesday, May 20, 2025 from 8:00 AM to 7:00 PM at Ashland High School. All precincts vote at Ashland High School. On Election Day, there will be election workers present at the information table to assist you in determining your polling station.

If you would like to vote by mail, please visit ashlandmass.com/807/Vote-By-Mail for more information and to download the Vote-By-Mail application. The deadline to apply for a Vote-By-Mail ballot is Tuesday, May 13th, please plan accordingly.

In-Person Early Voting will be held Wednesday, May 14th in the Town Clerk's Office from 8:00 AM – 7:00 PM.

Access this information directly from the Town of Ashland website, ashlandmass.com, Town Clerk Department page.

SENIOR CENTER

continued from page 16

Fourth Tuesday of the Month at 11 am

Dull Men's Club w/ Doc – NEW TIME!!! Tuesdays at 9:30. Coffee and Conversation. FREE!!!

Exercise with Joni – Mondays, Wednesdays and Fridays at 9:30 am

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

Line Dancing with Lisa – Thursdays at 12 pm

Mahjong – FREE!!! Fridays at 10:30 am for all levels

Mindful Coloring – FREE!!!! First and Third Thursdays of the Month at 1:30 pm

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 Sewing Class – FREE!!! Second Friday of the Month at 10 am

Ping Pong – FREE!!! Mondays at 2 pm. Table, rackets and ping pong balls provided.

Pitch Card Game – FREE!!! Mondays at 1:00 pm

Tai Chi – Tuesdays at 11:45 am with Jon Woodward (no Tai Chi on May 6th)

Veterans Office Hours – FREE!!! Every other Wednesday from 9 -11:30 am. Check Calendar for Dates.

Zumba Gold with Kellie – Tuesdays at 10 am

SUMMER GUIDE!



Think Summer!
Warm weather. Beaches. Golfing. Hiking. Outdoor dining. Are you looking forward to it as much as we are? Then promote your business and events with our annual Summer Guide – jam-packed with things to do this summer. Just add warm weather!

Reach more than 73,000 homes and businesses this June with our Annual Summer Guide. Direct mailed to Auburn, Charlton, Dudley, Douglas, Grafton, Hopedale, Mendon, Millbury, Northbridge, Oxford, Sutton, Upton, Uxbridge and Webster!

Reservation Deadline is May 8th! Contact Susanne Odell Farber at 508-954-8148 or by email at sue@sodellconsult.com to book your space today!

Sports

Ashland; One Step at a Time

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

The object of high school sports is to put together a team that can eventually challenge for a State Title. While not as easy as it seems the Ashland girls lacrosse team has been able to inch its way toward that goal over the last few years.

Under the guidance of Coach Katie Blasi, the Clockers have been able to work its way through the Division 3 State Tournament. Last spring Ashland was able to finish the season with a 14-6 record earning themselves a number six seed the tournament. The Clockers would dispatch of Archbishop Williams 19-4 and Nauset Regional 19-8 gaining their way into the Elite 8, where they would fall 14-8 to Hanover finishing their season with an overall 16-7 record.

From that season Blasi said goodbye to a lot of talented seniors but is not all that worried about it as those girls returning along with some new blood will give the Clockers enough talent to continue along their path.

“Year after year the goal is to try and continue on the track that we’ve been on,” the Ashland Coach said. “We want to make the playoffs and continue to creep further and further into it. We would like to stretch our season as long as we can while building upon what we have created in the past.”

Playing in the Tri-Valley League, a league the Clocker Coach believes is one of the



strongest in the state, gives Ashland a taste of what they need to do if they want to capture a Championship. The Clockers opened this year with a loss to Westfield (a team that went to the Division 2 Elite 8 last year).

“I expect this team to be in the top of the middle half of the league,” Blasi said. “Midfield (last year’s Division 3 State Champion) and Westwood are the tops of the league and we are

right behind them chipping away to get closer.”

The Clocker Coach is looking for her two captains midfielder Paige Tripp and attacker Abbey Lombardo to take the team to the next level this spring. According to Blasi, both girls are big-time players on the field and the ones that set the tone while getting the team organized and focused.

Tripp is an instrumental part of getting control of the draws to allow Ashland possession of the ball. She is also strong in transition, moving the ball well while able to get open when she doesn’t have the ball. She is the glue to the clocker midfield.

Lombardo, on the other hand, is the finisher with a great hard shot. Although the senior only recorded 2 goals and 2 assists last year, Blasi is looking for her to contribute a lot more this spring.

In addition to Lombardo putting the ball into the oppositions net, Blasi is looking for junior attacker Lilly Vitti to continue her success from a year ago where she had 30 goals and 12 assists for Ashland.

“She can really thread the

needle,” the Coach said. “She can find the smallest gap in the oppositions defense and get the ball there; she definitely makes things happen. When she doesn’t have the ball in her possession, she works extremely hard in getting it back.”

Senior Ayla Turncliff is looking to get back on the field and show she still can be an impact. Last year she was lost to an ACL injury and the team definitely missed her presence on the field. This year, Blasi has noted that the senior has show right away that she is going to make an impact and will be an important piece in the Clockers success.

Two sophomore midfielder that Blasi will look to take their game to the next level will be Maggie Magennis and Payten Tripp. The duo are talented athletes with the skills and speed to make things happen on the field.

While the offense will be providing the Clocker were goals, it will be the job of the defense to keep the opposition at bay. Leading the back line of defense will be junior Ashley Forster, the team’s top defensive player.

“She has a high lacrosse IQ and can read the play and know what is going to happen and communicate it to her teammates,” Blasi said. “She is also a strong attacker so she’ll get some playing time at midfield as well this year.”

The very last line of defense will be goalie Alannah Duffy. As a freshman keeper last year, the Clocker keeper recorded 120 saves with a 43% save ratio. As she enters her second season in goal, the sophomore finds herself much more confident in her game. According to the coach, she has been working with her club team on her skills to get ready for this season.

“She’s become more assertive this year,” Blasi said. “As a freshman she was trying to figure things out and now she is more confident and mature as well as vocal in the defensive end.”

If the Clockers can continue their success of moving another step deeper into the tournament, they should be able to find themselves in the Final 4 this year or maybe even further.

VOLUNTEERS NEEDED

ASHLAND COMMUNITY WEED PULL

SATURDAY, MAY 17TH | 10:00AM TO 1:00PM
ASHLAND ARBORETUM | 409 ELIOT STREET

**SIGN UP TO HELP REMOVE INVASIVE
PLANTS FROM THE FUTURE ARBORETUM**



SCAN TO SIGN UP

FOR MORE INFORMATION EMAIL:
BSOLOMON@ASHLANDMASS.COM




Real Estate Corner

Ashland Recent Home Sales

Date	Ashland	Amount
04/17/2025	65 Trailside Way	\$502,000
04/04/2025	98-100 Central St.	\$789,000
04/01/2025	6 Yankee Lane	\$1.25 mil
03/31/2025	2 Ivy Lane	\$870,000
03/28/2025	62 Cedar Hill Road	\$650,000
03/27/2025	49 Metropolitan Avenue	\$525,000
03/26/2025	18 Laurelton Drive	\$525,000
03/21/2025	85 Fruit Street	\$640,000
03/19/2025	2 Old Country Path	\$820,000



The 4-bed, 3-bath, 3,357-square-foot home at 6 Yankee Lane in Ashland recently sold for \$1,250,000. www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages

Looking to advertise in our Real Estate Corner?

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

PLEASE RECYCLE THIS NEWSPAPER

CORDAVILLE REALTY

MEET OUR ASHLAND REAL ESTATE TEAM



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





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

CONTACT US TODAY!
HELLO@CORDAVILLE.COM
 617.974.7079



Direct: 508.989.0181
 Fax: 508.744.6991

10 West Central Street
 Natick, MA 01760

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



Bill Gath
Sales & Rentals

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

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

Call: 508.989.0181 Email: BillGath@gmail.com

Radon Testing and Mitigation in Homes



Kim Foemmel
Real Estate Broker

REAL ESTATE INSIGHTS

Metrowest Boston tends to have high levels of radon in many homes, because we have a lot of rock or ledge in the area. As rock

and ground erode, they release a naturally occurring gas called radon into our atmosphere. You can't see, taste nor smell it. High levels of radon can cause cancer, but this problem can be easily addressed by installing a radon mitigation system. The system is relatively reasonably priced — around \$1,500 — and typically removes the radon from inside the property.

Start with testing your home

The Massachusetts Department of Public Health Indoor Air Quality Program offers free radon tests by calling 800-723-6695. You install the radon test in your lowest living area, let it sit for two days undisturbed, leaving doors and windows closed, then mail the radon test to the lab. You will receive an email with the results within a week. The Environ-

mental Protection Agency (EPA) recommends less than 4 picocuries (pCi) of radon per liter of air in the home, preferably under 2 pCi.

If radon levels in a home are higher than what the EPA recommends, call a radon mitigation company to inspect the home and provide a price quote. For installation of a mitigation system, a company typically drills a 6-inch hole into the basement foundation and installs a 6-inch PVC pipe that runs from the foundation up the side of a home and past the roofline. Workers then install a fan in the middle of the PVC pipe that pulls air from in and around the foundation and sends it up to the roof of the property. Typically when you install a system like this, it reduces the the radon to under 2 pCi, and some companies will guarantee or

warranty the level. Newer homes already might have a passive PVC pipe installed for future use. More recent home building codes require the pipes to be installed in case of future need. However, if you test a newly constructed home for radon, it might produce a false positive — as it can take a couple years for foundations to cure, because they are made with rock aggregate.

On the side of the PVC pipe, there is a blue or red gauge that sometimes can be misconstrued as showing the radon levels in the house. This is not accurate. What the gauge is indicating is only that the fan is working, that there's reverse air pressure in the system and that the system likely is doing its job. Just because your neighbor's home has high levels of radon doesn't mean that your home will. You are encouraged

to retest the home periodically. Further, radon testing can be done using a handheld detector to obtain a real-time reading, or you can use an alarm that you can place in a basement or the lowest-level living area that will continuously record the radon level in the home and alert you to elevated levels.

For more information, visit: mass.gov/info-details/fixing-radon-in-your-home.

Kim Foemmel, Real Estate Broker
Foemmel Fine Homes
Hopkinton, MA
508.808.1149
kim.foemmel@gmail.com
FoemmelFineHomes.com

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

Looking to advertise your business? Contact Susanne: 508-954-8148 | sue@sodellconsult.com

Spring into Action!

NEW TO MARKET • 15 Pennock Road, Ashland • 15PennockRoad.com



Northeast-Facing Colonial in Desirable Apple Ridge Estates!
Four bedrooms, 3.5 bathrooms, 3849 sqft
Walkout lower level ~ Situated on 0.73 acres

Thinking of selling your home? Call Kim today!



*Proudly Serving Boston
Metrowest for 14 Years!*

Kim Foemmel
BROKER/OWNER
508.808.1149

FOEMMEL
Fine Homes
FoemmelFineHomes.com



SCAN TO GET THE
VALUE OF YOUR HOME

