

# Ashland

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Free to Every Home and Business Every Month

September 1, 2025

## Indian Independence Day Celebration at Farmers Market

BY SUSAN MANNING,  
STAFF WRITER

Last month, Ashland is United celebrated the anniversary of the independence of India in 1947, at the Ashland Farmers Market.

Rajashree Ghosh, member AiU, said the mission of the organization is to highlight diversity and bring people together in an educational way.

“We organize events in Town that represent their mission for creating inclusivity and acceptance,” said Ghosh.

She said one of the primary projects of the group was to determine how many countries are represented in town.

“One of our primary projects is titled 'Flag Project' that celebrates flags and varied nations



represented in Ashland. In collaborating with the Ashland High School, we realized there were people from twenty-eight countries that

made Ashland their home. The Flag Project provides an

**INDIAN**  
continued on page 8

## Ashland Welcomes New Director of Planning and Economic Development

BY THERESA KNAPP

The Town of Ashland has welcomed Jasmin Farinacci as its new Director of Planning and Economic Development.

Farinacci, who started in June, has more than 11 years of experience in municipal work in Bridgewater, Raynham, Lancaster, and most recently in Dover as its Town Planner.

She said she looks forward to helping the town maintain its affordable housing after it meets its state-mandated 10%, and hopes to help Ashland businesses thrive.

She told the Select Board at its July 16 meeting, “I think our biggest challenge is traffic... We have to find a way to bring the people here. The businesses are here, we need them to thrive here.”



**Jasmin Farinacci is Ashland's new Director of Planning and Economic Development.** Photo source: LinkedIn

Town Manager Michael Herbert noted the town received more than 20 applications for the position, interviewed five finalists, and Farinacci “rose to the top.”

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# Car Show for a Cause

## Thirteenth Annual KiddeFenwal American Cancer Society Car Show Sept. 13

It might be a 1966 Mustang convertible, or a 1941 Chevrolet pick-up, or maybe it will be a rebuilt hot-rod. One thing for certain is that on Sept. 13, from 9 a.m. – 2 p.m. on the grassy grounds of KiddeFenwal, at 400 Main Street in Ashland, is that you'll see the love, care and detailing that has gone into a host of participating vehicles at KiddeFenwal's annual American Cancer Society Car Show. An event held yearly to raise funds for the fight against cancer.

"The first year we had 60 cars, last year we had 350 cars, and we will probably break 400 this year. We have a huge lawn area, and these car enthusiasts love showcasing on grass as opposed to parking on a paved parking lot" says Peter Kamitian the show organizer.

When it comes to raising money for the American Cancer Society, KiddeFenwal, which has produced fire detection, suppression and temperature controls equipment for commercial

and industrial applications for over eight decades, doesn't play around. Last year a team of people from KiddeFenwal (both past and present employees) as well as a group of Peter's friends who generously volunteer raised over \$23K at the show. Over the past 13 years this team has raised over \$330K for the fight against cancer. Come to the show and be a part of watching that total rise!

Participating vehicle owners pay \$10 to enter the show. People who want to see the cars can get in free, and they can enjoy music by a DJ, as well as a 50/50 raffle, breakfast and lunch items cooked up by the Ashland Lions, as well as view the cars and fire trucks from the Ashland police and fire departments.

"100% of the proceeds goes to the American Cancer Society, with most of the expenses being covered by KiddeFenwal and or donations. The car show is a family event. "The atmosphere is positive, because the folks



who bring their vehicles are the most down-to-earth people, so friendly" says Kamitian.

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

"So many people have been impacted by cancer," says Kamitian, who says employees and others seem eager to help raise funds for this cause. "We're making a difference"!

If you have any questions, you can contact Peter Kamitian at 774-279-0497 or email pkpk77@yahoo.com.



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## Board of Health Services for September and October

The Board of Health provides a number of services that help keep our residents healthy, from ensuring food safety, investigating communicable illnesses, providing vaccines, and generally protecting the health of the citizens of Ashland. The Board of Health also provides weekly blood pressure screenings and monthly health education programs at the Ashland Senior Center.

During these summer months we have focused on education around mosquito and tickborne illnesses, and provided tick removal kits to residents at events at the Community Center and Farmer's Market.

The BOH is also gearing up for fall activities with education programs on Adult Vaccination, Fall Prevention, and Travel

Health. We have scheduled Fall vaccine clinics for adults at Town Hall. See below for dates and times:

- Sept. 8 at 11 a.m. - 12:45 p.m.
- Sept. 15 at 11 a.m. - 12:45 p.m.
- Oct. 13 at 11 a.m. - 12:45 p.m.
- Oct. 27 at 11 a.m. - 12:45 p.m.

Pre-registration is required. Please visit <https://ashlandmass.com/178/Health> for more information on the vaccines available and to register.

We continue to provide weekly vaccine clinics for school age children who are uninsured or underinsured to help eliminate cost as a barrier to vaccination. The BOH also provides free flu vaccine for any uninsured/underinsured residents. Call the Ashland Board of Health Office at 508-881-0100 ext. 1975 for more information.

# Ashland welcomes Khul as New Assistant Human Resources Director

BY THERESA KNAPP

At its meeting on July 16, the Ashland Select Board welcomed the town's new Assistant Human Resources Director, Katie Khul.

Khul, who lives in Framingham and started in May, has experience in human resources and payroll in both the private and non-profit sectors. She told the board the transition from her most recent non-profit position to municipal work has been smooth thus far.

"It's all about helping people," said Khul. "I especially see that in the HR field. Where everyone else here is to help the public, we're here to support everyone who helps the public."

Khul has a master's in business administration from New England College of Business and a bachelor of arts from Regis College.



Ashland's new Assistant Human Resources Director Katie Khul speaks at the Select Board's meeting on July 16. Image source: WACA-TV

# Harvest Fest Sept. 20 in Bellingham

Harvest Fest is making a comeback in Bellingham.

The event, a family-focused activity, is scheduled for Saturday, Sept. 20, at Bellingham's Town Common from 11 a.m. to 3 p.m. A rain date, if needed, is Sept. 27. The town's two Baptist Churches — First Baptist Church and Bible Baptist Church — are organizing the day's activities.

Harvest Fest began in 2017 and had a three-year run until Covid-19 forced the two churches to curtail the program. It's being revived after a five-year absence.

For the youth, there will be pony rides, an obstacle course, gymnastic and karate exhibitions, and other exciting activities. A Christian concert is also scheduled.

Many vendors will be on hand to promote and sell their products. The churches are still seeking sponsors and vendors (fee for vendors is \$20). If interested contact Pastor Baron Rodrigues at 508 844-1843.

After expenses are paid (police detail, permits, entertainment costs, etc.), any funds remaining will go to area food pantries.

# Ashland Day Oct. 4

The 39th year celebrating Ashland Day is being planned for Saturday, Oct. 4 at Stone Park from 11 a.m. - 4 p.m. Organizers this year had a late start on planning for the annual community celebration day. In mid-July, it was announced that the Ashland Day Committee didn't have the funding it needed to plan the event, due to last year's low turnout with the pouring rain. Many people were disappointed with the news. A small group of organizers has recruited dozens of volunteers, and together with crucial support from the Ashland Day Committee, the team is working hard to make the event possible.

"It started as a conversation between myself, Claudia Bennett (Select Board), Josh Wiczer (AHS Teacher and Student Council Advisor), and Chrissy Reynolds (Ashland Business Association and owner of Annemarie's Dance) to see if we could pull something together. It became a true collaboration between AHS, the Select Board, and the ABA. And the community support to help make this happen has been amazing- it speaks to the love our town has for Ashland Day," said Brandi Kinsman, Select Board.

The group has reached out to both businesses and residents in Ashland, asking them to donate to help them reach their \$15,000 fundraising goal. Businesses that support Ashland Day receive pro-

motion on the event website and printed materials, on Ashland Day t-shirts, and even an attraction, such as a bounce house at the event. Individuals who donate can receive a "Proud Supporter of Ashland Day" yard sign or magnet, as well as special recognition on Ashland Day materials.

A great day is being planned that includes food, entertainment, and booths from organizations and local businesses. This year, all booths are asked to host an activity or game, very similar to Pumpkin Fest from 2022. All Ashland Day's activities and entertainment will appeal to a broad range of ages and cultures, and revenues will go to support local organizations and the planned 40th celebration of Ashland Day next year.

"The student organizations at Ashland High School are excited to participate in this year's Ashland Day. Past Ashland Days and the 2022 Pumpkin Fest have been great opportunities for the student groups to fundraise and connect with the Ashland community," said Josh Wiczer.

Donations are still needed to make this year's Ashland Day a success. Please visit the Ashland Day 2025 website at: [www.tinyurl.com/ashlandday2025](http://www.tinyurl.com/ashlandday2025) to donate and for more information. Questions can be directed to [ashlandday2025@gmail.com](mailto:ashlandday2025@gmail.com).



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# Ashland Garden Club Member Created Garden on the Rocks

Like most of us who garden in Ashland, rocks make our work more difficult. But Ashland Garden Club member and Master Gardener, Elena Lapitsky has taken full advantage of all the rocks and boulders on her property. While it took her many, many years and lots of hard work, Elena has created a variety of “garden rooms” or special spots that welcome you to sit and enjoy.

Gardening came later in Elena’s life. Gardening is her second passion. Her first was teaching. In last 20 years of her teaching career, she taught Russian language at Boston College and every minute in between she was working in her gardens. Growing up in a city founded in the 13th century and located on Baltic Sea, Elena was surrounded by beautiful gardens that created



many unforgettable images in her mind and in her heart. When she moved into her first house, Elena realized that she needed to be surrounded by beauty and color to be happy, and to feel complete. Many of Elena’s gardens reflect the influence of her European background.

The variety of Elena’s gardens is impressive. In fact visiting her gardens feels like you are in a botanical garden because of the wide variety of plants, flowering trees, fruit trees, and berries

you will see. Now that Elena is retired, you can find her either working in her gardens or sharing her gardens with visitors. This summer, Elena has a booth at the Ashland Farmer’s Market where she is selling a variety of perennials grown in her own gardens using methods and materials that are all natural and free from any chemicals. She is considering offering seasonal tours of her many gardens. Check out her web site at [www.gardenintherocks.com](http://www.gardenintherocks.com).

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Your Money, Your Independence

# Navigating College Admissions with Financial Planning



Glenn Brown, CFP

The college admissions process can feel overwhelming for both students and parents.

From understanding early application options to maximizing financial aid and planning for expenses, every decision matters. Let's break down key aspects to help families make confident, informed choices.

## Early Action vs. Early Decision

These two common early application paths are typically due around November 1, but they work very differently:

**Early Action (EA):** Students apply earlier and receive admissions decisions sooner, without any binding commitment. EA applicants can apply to multiple schools and compare offers before deciding.

**Early Decision (ED):** A binding commitment—if admitted, students must attend. ED can improve acceptance odds because schools see these ap-

plicants as highly motivated. However, families must request merit aid at the time of application; later financial aid concerns can jeopardize an acceptance.

## Maximizing Merit-Based Aid

Merit aid is awarded for academic, athletic, or artistic achievements rather than financial need. To improve chances:

**Look Beyond Trophy Schools.** Highly competitive universities offer little merit aid because of their abundant applicant pools. Instead, consider niche colleges or specialized programs where your student's strengths stand out.

**Build Recruiter Relationships.** Merit decisions often hinge on personal connections. Encourage students to reach out to local recruiters, share interests, and stay in touch. These relationships can lead to introductions with faculty and admissions staff. When students apply, they should express enthusiasm directly—making their case for both admission and merit support.

**Let Students Lead.** Recruiters prefer authentic student voices. Parents should support, but avoid writing, editing, or speaking on behalf of the student.

## Making the Most of 529 Plans

A 529 plan offers tax-free growth and withdrawals when used for qualified education expenses. To use funds effectively:

**Adjust Investments Over Time:** As college approaches, consider shifting a portion of funds into more stable invest-

ments—such as bonds or money markets—to reduce volatility.

**Stick to Qualified Expenses:** Withdrawals must cover costs like tuition, fees, books, and room and board. Non-qualified expenses can trigger taxes and penalties.

## Understanding Loan Options

Loans can help bridge financial gaps, but terms vary widely.

**Federal Student Loans:** Typically lower interest rates and flexible repayment terms. Includes Direct Subsidized Loans (interest covered while in school) and Direct Unsubsidized Loans (interest accrues immediately).

**Parent PLUS Loans:** Federal loans taken by parents. They carry fixed interest rates and repayment flexibility, but parents assume the debt burden.

**Private Loans:** Offered by banks and lenders. Usually higher interest rates and fewer protections, making them a last resort.

## Policy Update: Student Loan Reform

For the first time in years, Congress—not just executive orders—has taken the lead on student loan reform.

The One Big Beautiful Bill (OBBB) changes the “blank-check” borrowing effect:

**Parent PLUS Loans:** Borrowing is now capped at \$20,000 per year and \$65,000 total for parents of undergraduates.

**Graduate Loans:** Master's/general graduate programs are now \$20,500 annually and \$100,000 lifetime, while profes-

sional programs (e.g., law, medicine) are \$50,000 per year and \$200,000 total.

**Undergraduate Loans:** Existing limits remain unchanged at \$12,500 annually and \$57,500 aggregate.

By placing borrowing caps, OBBS shifts responsibility back to universities to manage affordability, rather than allowing unlimited borrowing. It's a step toward addressing the root cause of rising education costs—not just the symptoms.

## Final Thoughts

Families who plan ahead—by understanding application strategies, targeting schools wisely, and exploring funding options—set themselves up for both financial stability and a smoother transition into col-

lege life. For tailored guidance, talk to your Certified Financial Planner.

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

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

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# Select Board Community Grant Applications due Sept. 30

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

The Boston Athletic Association provides the Town of Ashland Invitational Entries for being a host community. The BAA Marathon Grant funding comes from the fundraising

efforts of those who run the Boston Marathon each year. Any organization applying for this grant is required to be an active 501(c) 3. Each applicant can apply for up to \$4,000 in a grant round with a maximum of \$6,000 in two consecutive rounds.

The Select Board Community Grant is funded from the Select Board Gift Account. Applicants

can request up to \$1,000 per grant application with a maximum of \$1,500 in two consecutive rounds.

Submissions are due by Sept. 30 and the grant applications and additional information can be found on the town's website [www.ashlandmass.com](http://www.ashlandmass.com). Please contact Susan Robie 508-532-7921 or [srobie@ashlandmass.com](mailto:srobie@ashlandmass.com) if you have any questions.

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# Movie Night Sept. 5

Ashland, get ready to celebrate the upcoming school year with a dazzling Back to School Movie Night! We're thrilled to present "Paddington in Peru" at The Corner Spot. Join us for an evening filled with food and drink, lively music, and more!

The event will be held Friday, Sept. 5, from 5:30 - 9 p.m.

It will take place at The Corner Spot, 6 Cherry Street, in partnership with the Ashland Business Association.

Spread the excitement and gather your friends and family for an unforgettable evening!

A special thanks to the Ashland Business Association for sponsoring this fun event and for their unwavering support.

## Volunteer Opportunities in Town

Are You Looking To Get Involved? We have several opportunities available.

- Affordable Housing Trust (Associate Member)
- Community Preservation Committee - Two Open Seats
- Conservation Commission - One Open Seat
- Council on Aging - One Open Seat (Effective 9/1/25)
- Cultural Council - Treasurer
- Design Review Committee - (This is a Planning Board Appointment)

- Finance Committee - Two Open Seats
- Historical Commission - One Open Seat
- Open Space and Recreation Committee - One Open Seat
- Stormwater Advisory Committee - Two Open Seats
- Town Forest Committee - One Open Seat (Effective 9/1/25)

To submit your interest visit the Town Website at <https://ma-ashland.civicplus.com/formcenter/talent-bank-form-16/talent-bank-form-56>

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**In August, Ashland Recreation day campers took a trip to Burrillville Spring Lake where they enjoyed swimming, boating, beach volleyball and more, according to a Facebook post by Ashland Recreation.**  
*Photo source: Facebook @ AshlandRec*



## Electronic Collection Oct. 4

The electronics recycling drop-off at the DPW will run on the following schedule for 2025 Saturday, Oct. 4 at 9 a.m. – 12 noon

The following fees will be assessed at electronics drop-off:

- TVs & computer monitors (up to 20" screen, measured diagonally): \$10 each
- DVD/CD players; printers; CPUs; receivers; misc. household electronics: \$10 each
- TVs & computer monitors (over 20" screen, measured diagonally): \$20 each
- Window A/C units, dehumidifiers & microwaves: \$20 each
- Refrigerators (small dorm size): \$25 each
- Refrigerators (full size): \$45 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 DPW yard located at 20 Ponderosa Road (behind the salt shed) 9 a.m. – 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.

# Life Insurance: Protecting what Matters Most



Mark Freeman, CEPA

## FINANCIAL FOCUS®

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September is Life Insurance Awareness Month and the perfect time to consider whether you have adequate coverage to protect your loved ones. While no one likes to think about what would happen if they weren't around, doing so is an act of love.

Life insurance is fundamentally about protecting your loved ones should something happen to you. If you pass away, your

family will not only face the challenges of grief and loss but they could also find themselves financially strapped. Life insurance can help provide them with financial security in the event you no longer can.

**Who needs life insurance:** You're a good candidate if you have a spouse or partner who depends on your income or if there are children or other loved ones whom you support. Insurance protection can also be a solution if you have outstanding debts like a mortgage, credit cards or a car loan, or if you simply don't want to burden your loved ones with your final expenses.

**Insurance through work:** While many people have life insurance through their employers, this coverage may not be enough for you, depending on your situation. Among employers who offer group life insurance, only 2% offer more than two times the employee's annual salary — essentially just two years of income — according to the Guardian's 2023 Workplace Benefits Study.

And remember that it's only good as long as you're employed there. With all this in mind, many people purchase individual insurance as a supplement to their workplace coverage.

**How much:** You might hear that you need life insurance equal to about seven to 10 times your pretax annual salary. That's not a bad "ballpark" figure, but not everyone is playing in the same ballpark. To get a true sense of how much of a death benefit is right for you, use the "L-I-F-E" guide to calculate your needs:

- **Liabilities:** Will your family need to pay off a mortgage, credit cards, car loan or other debt?
- **Income:** Will your family need to replace your income for a period of years?
- **Final expenses:** Do you have the resources to cover funeral and burial expenses?
- **Education needs:** Do you need to put children through a private school or college?

- **Which type:** You can choose between two basic types of life insurance: term and permanent. As its name suggests, term insurance is designed to provide coverage for a designated period, such as 10, 15 or 20 years. In general, term insurance is quite affordable for most people, especially when they buy policies as young adults. On the other hand, permanent insurance, such as whole life or universal life, is usually considerably more expensive because in addition to providing a death benefit, your premiums build cash value. In choosing between term and permanent insurance, you'll want to evaluate several issues, such as how long you think you'll need coverage and how much annual premium you can afford to pay.

Life insurance needs can change over time, so it's important to review your coverage every three to five years or after major life events like marriage or birth

of a child. Consider working with a financial advisor who can look at your complete financial situation and help you choose a policy that truly fits your family's needs. Taking action sooner rather than later could be one of the most important gifts you give your loved ones.

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

Mark Freeman, CEPA  
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# ROOFING • SIDING • WINDOWS

**INDIAN**

*continued from page 1*

opportunity to acknowledge the nations through talks, moderated conversations, film screenings, flag raising. We have celebrated Ukraine, Sri Lanka and Haiti in the past. And now we get an opportunity to celebrate India!" she said.

Ghosh send the group collaborated with Hashi Khushi of Greater Boston to highlight Indian art.

"As part of their mission, gatherings inspire members to immerse themselves in the region's cultural richness while fostering meaningful relationships and shared values. They aim to enrich lives, nurture belonging, and advocate for the transformative power of art. AiU worked in tandem with HKGB to develop programming that would represent the multiple art forms from the varied corners of India," she said.

Ghosh facilitated the event. Others present from AiU included Karen Waldstein, Tonya Yaskovich, Vicky Tirell and Susan Brostrup-Jensen.

Ghosh provided the history of India becoming an independent nation. Midnight on August 14-15, 1947, was a triumph and a landmark moment in the returning of dignity to the peoples of Asia following the colonial period. The movement was an inspiration for oppressed nations around the world. Shortly before the stroke of midnight on August 14, India's first prime minister, Jawaharlal Nehru, made a famous speech entitled "A Tryst



with Destiny":

"At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance".

The Indian flag was raised at the bandstand. The tricolor flag has saffron, white and green bands. Saffron stands for strength, white for purity and the green for growth. A "chakra" or

wheel is at the center of the white band and has twelve spokes. It was inspired by emperor Ashoka in the 3rd century BC and the spokes symbolize values such as justice, knowledge, love that guide the nation. Both anthems of India and US were played thereafter.

Select Board member Brandi Kinsman shared a few words in support of the event. She read out a citation that was received from Senate President Karen Spilka's office. Ashland Town Manager Michael Herbert



shared his heartfelt support of the Indian community. He mentioned how the Indian community in town accepted him with open arms. He praised AiU and its work in building community in Ashland.

"The morning began with the youngest members of HKGB singing songs from Satyajit Ray's films. Who is Satyajit Ray, you might ask? Martin Scorsese had said that Ray's cinemas should be watched by "everyone with an interest in film". Akira Kurosawa went further: "Not to have

seen the cinema of Ray means existing in the world without seeing the sun or the moon." So google him and watch his films. They were part and parcel of our lives," she said.

Ashland resident Samik Sen Gupta read a poem written by Tagore in Bengali. Ghosh followed after with its English translation. This poem is from 'Gitanjali' for which Tagore won the Nobel Prize for Litera-

**INDIAN**  
*continued on page 9*

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INDIAN

continued from page 8

ture in 1913. These lines speak across time and place as a deep yearning for freedom.

Where the mind is without fear and the head is held high  
Where knowledge is free  
Where the world has not been broken up into fragments  
By narrow domestic walls  
Where words come out from the depth of truth  
Where tireless striving stretches its arms towards perfection  
Where the clear stream of reason has not lost its way  
Into the dreary desert sand of dead habit  
Where the mind is led forward by thee  
Into ever-widening thought and action  
Into that heaven of freedom, my Father,  
let my country awake.

The next performance was titled Echoes of India represents the cultural mosaic. There were three distinct forms of dance: Bharatnatyam, which began in the temples of South India; Kathak, rooted in the courts of emperors in Northern India; and a folk dance that is a spirited celebration of community and harvest from Bengal. These were foot thumping and the performers gave the attendees a demonstration of some of the intricate hand and feet movements.

Dancers from Upasana School of Dance performed Odissi – which a classical dance form from the state of Odisha in eastern India. It is recognized as one of the eight classical dance forms of India. The performers presented mythical and religious stories, devotional poems and spiritual ideas emoted through

movements, expressions, impressive gestures.

This was followed by a demonstration of Indian classical music instruments. Indian classical music is one of the oldest musical traditions of India. It is based on rāga (melodic framework) and tāla (rhythmic cycle), which together create both structure and space for improvisation. Performances often include singing, string instruments like the sitar, sarod, or veena, and percussion such as the tabla or mridangam.

HKGB member Sutapa Sengupta brought a team together with herself on the sitar and Anubhab Nandi on the sarod. Other performers were Dhiman Mondal, Sagar Dey and Arunima Joyoshree. The audience was rivetted by the presentation.

In conclusion, all present joined in to dance to the



“bhangra,” a truly spirited dance from the northern state of Punjab.

The event drew crowds from Ashland, neighboring towns and from people living as far as in Acton. Per an estimate there were about 2000 people attending the farmer’s market.

“As a successful event, this not only drew crowds, but also increased interest in the market, and learning about new forms of art – dance and music. More than anything it was a representation of community and celebration of strength in togetherness,” said Ghosh.



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# Meet Itsy & Puff – A Bonded Pair of Shy Sweethearts Ready for a Forever Home

Itsy and Puff are about 1.5 years old and were rescued as strays. These two beautiful girls are bonded and must be adopted together — they’ve come a long way side by side, and now they’re ready to take the next step into a forever home.

Both girls are naturally shy, but they’re gentle souls who are slowly blossoming with love, routine, and a little patience. They just need someone willing to give them time and a calm space to feel safe.

Itsy is the more cautious of the two. She may hide at first, but once she feels safe, she’ll climb her favorite perch and quietly ask for pets. A back scratcher or hand-claw can help break the ice. Treats (especially Temptations offered on your finger!) are a great way to win her heart. While she may hiss when startled, she’s very expressive and will let you know how she’s feeling.

Puff is more approachable and has a calm, curious nature. She might be a bit nervous at first, but once she trusts you, she enjoys being petted anywhere — ears,

head, back — and is even starting to get the hang of playtime. Her quiet meow and sweet personality are impossible to resist.

Both Itsy and Puff love being brushed, which is a great way to bond and help them feel more comfortable.

They’re looking for a quiet home with no kids and no dogs — just a peaceful space with someone patient, gentle, and willing to continue helping them blossom at their own pace.

If you’ve got the heart for shy-but-sweet cats and love the idea of watching a gentle pair grow more affectionate day by day, Itsy & Puff are waiting for you to fall in love.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Itsy & Puff, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>). We will review all applications and make appointments for those applicants we feel would provide a good and loving home for Itsy & Puff.








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## 2026 Boston Marathon Invitational lottery applications due Sept. 30

The Select Board has a very exciting opportunity for anyone interested in running the 2026 Boston Marathon. Annually the Boston Athletic Association provides the town with Invitational Entry Forms for being a host community. We distribute the entries via a lottery and are soliciting individuals interested in running. In exchange for being a recipient you will be required to raise money for the

grant program.

Anyone interested in being considered should complete the online form located on the town's website [www.ashlandmass.com](http://www.ashlandmass.com). All submissions are due by Sept. 30. Names will be drawn at random with preference given to Ashland residents and employees. Please contact Susan Robie 508-532-7921 or [srobie@ashland.com](mailto:srobie@ashland.com) if you have any questions.



**PLEASE RECYCLE ME!**

# Ashland Lions Club September 2025 Update

## Annual Lions Golf Tournament

Join us for the Ashland Lions Annual Golf Tournament, to be held Monday, Sept. 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. There's still time to register! For details visit [ashlandlions.org/golf](http://ashlandlions.org/golf) email us at [golf@ashlandlions.org](mailto:golf@ashlandlions.org) or visit our Facebook page.

## Lions at Car Shows

The Ashland Lions will have their food trailer at the Kidde-Fenwal Car Show on Saturday, Sept. 13, 9 a.m. - 2 p.m. (rain date Saturday, Sept. 20). We will be selling hot food and cold beverages in our bright red trailer. The address is 400 Main Street in Ashland, on the big field. There will be food, fun, music, prizes and a bunch of great cars! The show is run by the company's Relay for Life team and proceeds of the show go to American Cancer Society.

## Lions at Ashland Day

Ashland Day is back again this year and so are we! The Ashland Lions will be on hand with their food trailer selling a variety of food and beverages. We'll also have a booth to talk with people about Lions. The event is Saturday, Oct. 4 10 a.m. - 4 p.m. (rain date Oct. 5) at Stone Park in Ashland. We're also bringing back the Golf Ball Drop at Ashland Day. This is a fundraiser benefiting the Ashland Lions and the Ashland Fire Dept. Numbered balls (sold for \$5 each) will be dropped from the AFD's tower truck. Tickets (corresponding to the ball numbers) will be available from Firefighter Kyle Mar-

ciniewicz or Lion Julian Doktor @ 508-881-4664 or from any Lion member. Tickets will also be available at Ashland Day. A ball in the hole or closest to the hole will win \$250. The ball farthest from the hole wins \$50. You do not need to be present to win.

## Ashland Lions Meat Raffles

Ashland Lions Club is kicking off another great year of meat raffles! Our first one will be held on Saturday, Oct. 4 at 12 p.m. at TJs Food and Spirits in Ashland. As always there will be great food, fun people and great meat to choose from. See you there!

## Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year- round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. In the past year we have collected over 3700 pairs of glasses! WOW! Thanks Lion Warren Wales for your tireless efforts in collecting these glasses!

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

## Stay up-to-date on Lions happenings

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

*Lion Dan Mitchell, Ashland Lions Club*

# Stone Park Music Festival Sept. 13

The Stone Park Music Festival is a family friendly classical outdoor music festival that I founded three years ago with a love of music, people, and nature. I dreamed that this festival would enhance wellbeing in the communities and bring people together in harmony through music.

"Stone Park Music Festival is inviting all of you to our concert series on Sept. 13.

We are featuring renowned artists including faculty members at the New England Conservatory, Berklee College of Music, and the University of Maryland.

This is a great chance for families and loved ones to come together and listen to masterful works by composers such as Beethoven and Brahms, as well as beautiful and innovative original pieces by SPMF artists. Held outdoors at Stone Park, this concert series is also a rare opportunity to experience an intimate performance, up close and personal, of world class artists while breathing in the sights and sounds of nature, all right here at the Stone Park Music festival.

2025 Boston Metrowest  
**Stone Park Music Festival**

**Piano Competition (final round) 2:30PM**  
**Concert Series 4:00PM**

Stone Park: 73 Summer St. Ashland, MA  
**September 13, 2025**

Artists featured:  
Ariya Korepanova (piano), Ronald Lowry (cello), Irina Muresanu (violin), Daniel Kurganov (violin), Grace S. Moon (piano), Constantine Finehouse (piano), Lyle Brewer (guitar)

For more information, visit: [www.stonemusicfestival.com](http://www.stonemusicfestival.com)  
Director: Grace Soonjoo Moon

Sponsored by the Town of Ashland BAA Grant and: Mass Cultural Council, Centre for Music House, Yamaha, Falchetti Pianos, SPS

We hope to see everyone there for an afternoon of joy, relaxation, and connection. Come make great memories with us! For more information, visit [www.stonemusicfestival.com](http://www.stonemusicfestival.com)"

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# Living Healthy

## Decades of Service to the Community and 2 New Offices

BY: ROGER M. KALDAWY, M.D.

Milford-Franklin Eye Center has been serving the community with advanced, compassionate eye care for more than four decades. With a staff of 59, an award-winning surgery center in Milford, and offices in Milford, Franklin, and now two new locations in Hopkinton and Medfield, we are proud to be one of the leading eye care centers in Massachusetts. We are also one of the few ophthalmology practices in the state to own and operate our own surgical facility, the Cataract Surgery Center of Milford. This means patients can receive world-class cataract surgery close to home. Our team includes fellowship-trained ophthalmologists and five optometrists, offering eyecare for the entire family.

### Meet Our Providers

**Roger Kaldawy, M.D.**

Dr. Kaldawy is an eye physician, surgeon, and corneal

specialist. He trained at the University of Rochester and the University of Iowa, later serving as Assistant Professor at Boston University. With more than 32,000 surgeries performed, he pioneered corneal transplants, innovative glaucoma surgery, advanced implants, and bladeless femtosecond cataract surgery in the region. He has trained numerous physicians and has been featured in many news articles including on Channel 5. He also serves as Medical Director of the Cataract Surgery Center of Milford.

**Mark D. Barsamian, D.O.**

Dr. Barsamian is a vitreoretinal specialist affiliated with UMass Memorial Medical Center. He earned his DO degree from the Chicago College of Osteopathic Medicine and completed a two-year fellowship in vitreoretinal surgery at Ohio State University. With over 20 years of experience, he is

board-certified and active in multiple professional societies. He also teaches as a Clinical Instructor of Surgery at Brown University. Patients value his expertise, compassion, and dedication.

**Dan Liu, M.D.**

Dr. Liu graduated from Northwestern University and Rutgers New Jersey Medical School, where she was elected to Alpha Omega Alpha. She completed residency at Albany Medical Center, where she was Chief Resident, and a fellowship in Cornea and Anterior Segment Surgery at Tufts. Her expertise includes cataract surgery with ORA, corneal transplants (DMEK, DSEK, PK), keratoconus treatment, glaucoma MIGS, ocular surface tumors, and pterygia. She is board-certified by the American Board of Ophthalmology.

**Shalin Zia, O.D.**

Dr. Zia earned her Doctor of Optometry from Indiana Uni-

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versity. She provides care for patients of all ages, specializing in routine vision exams, contact lenses, and management of eye disease.

**Michael Adams, O.D.**

Dr. Adams graduated from John Carroll University, completed a Master's in Biochemistry at Ohio State, and earned his optometry degree from the New England College of Optometry. He has advanced training in corneal pathology, specialty contact lenses, and ocular disease.

**Donald L. Conn, O.D.**

Dr. Conn received his optometry degree from the New England College of Optometry and completed a residency in Ocular Disease and Primary Care at the Bedford VA. He provides care to both adult and pediatric patients.

**Purvi Patel, O.D.**

Dr. Patel earned her Doctor of Optometry at SUNY and completed a residency in Ocular Disease. A Fellow of the American

Academy of Optometry, she has held leadership roles at Boston community health centers and focuses on diabetes, glaucoma, and community-based care.

**New Offices: Expanding to Serve the Community**

**Boston Eyes in Hopkinton**

Located at 66 Main Street, our new Hopkinton office offers comprehensive eye exams, contact lens services, surgical consultations, and a curated eyewear selection. With a connection to Hopkinton for more than 24 years, we bring the same advanced care found at Boston's top centers directly to the community.

**Boston Eyes in Medfield – Millis**

Our newest office serves Medfield, Millis, Dover, Sherborn, and Westwood. This renovated, convenient location provides eye exams for adults and children,

# UMass Amherst Announces Spring 2025 Grads

Approximately 5,000 students received bachelor's degrees in over 100 majors at the University of Massachusetts Amherst's Undergraduate Commencement on May 16, 2025 at the McGuirk Alumni Stadium.

Below is a list of students from your area that received a bachelor's degree from the University of Massachusetts Amherst:

### Ashland

Gauri A Arvind  
 Nicholas Alexander Bialzik  
 Anders Sundin Brandt  
 Sarah Elizabeth Chappelle

Erica Lynn DeSiata  
 Mary Elizabeth Esenther  
 Christopher Josiah Faneuff  
 Molly Murphy Fleming  
 Erin Colleen Gore  
 Tejas Krishnamurthi  
 Peter Lukashv  
 David Alexander Massa  
 Joshua Arpithreddy Mekala  
 Paige Hilton Nanatovich  
 Algis Petlin  
 Angelie Maria Rivera  
 Kevin Rosoff  
 Erica Allison Schultz  
 Srihari Srivatsa  
 Tin Vu  
 Keven Henrique Xavier Jr

# Food Pantry Needs Your Help!

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Please drop donations in the donation box located at 162 W.

Union Street at the lower rear of the building during Community Center open hours or in Shaw's on Pond Street.

Food Pantry hours are appointment only Monday 9 a.m. - 1 p.m., Wednesday 11 a.m. - 1 p.m., Thursday 9 a.m. - 2 p.m.

For more information go to the Food Pantry page on the towns website or call 508-532-7949.

### EYE

*continued from page 12*

contact lens fittings, surgical consultations, and care for cataracts, glaucoma, diabetes, and retina conditions.

### Why Choose Milford-Franklin Eye Center

At Milford-Franklin Eye Center, we treat every patient like family. Our results rival those of major Boston hospitals, and we provide same-day emergency care, Saturday appointments, and a full-service optical shop with an on-site lab. New patients even receive a complimentary pair of select glasses.

We are especially proud of our state-licensed and QUAD A-accredited, state-of-the-art surgery center in Milford. Unlike other practices that may

perform cataract surgery in an office setting without anesthesia staff and without IV sedation, our patients have access to a fully accredited surgical facility close to home. At the Cataract Surgery Center of Milford, your safety comes first: all patients receive IV sedation for comfort, and every surgery is staffed with an anesthesiologist.

Most importantly, we live in the same communities we serve. Whether in the office, at the local supermarket, or in the ER at 1 a.m., our focus remains on you, your vision, and delivering world-class care close to home.

For more details, see our ad on previous page.

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# Greater Ashland Lions Club

**Fly the American Flag on Labor Day, Monday, Sept. 1**

Lions are always busy. Either helping out where needed or having events to raise money for Eye Research or other organizations supported by Lions Clubs International. These are just some of the organizations supported: Childhood Cancer, Disaster Relief, Environment (World Cleanup Day), Humanitarian (International Day of Peace), Hunger Action Month.

We will be collecting gently used coats for children and adults from October to January. For further information, please contact Lion Debbi at 508-881-2117.

For those of you who may have any used eyeglasses or unneeded hearing aids, you may drop them off at the Police Station (located in the Public Safety Building at 12 Union St), Market Basket (Pond Street / Rte.126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).

Our Annual Porchetta will be held on Thursday, Oct. 16 at the Ashland VFW, 311 Pleasant Street, Ashland. Look to this column for more information.

Do you have Pull Tabs? We still collect them and they get sent to the Shriners. Contact Lion Rosalie at 508-881-4743 for more info.

September Holidays of note: Patriot Day or Sept.11 (9/11). This is dedicated to remember and paying tribute to the 2,997 people killed and injured during the terrorist attack of 9/11/2001 in New York city, Washington DC and Shanksville PA. (Note: This is not to be confused with Patriots Day held in April.).

Native American Day (9/6), Grand Parent's Day (9/7), First Responder's Day (9/11), Constitution Day and Citizenship Day (9/17), September Equinox (9/22), Rosh Hashana (9/23) and Gold Star



Mother's Day (9/28).

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 #kindness-matters.

We are the Lions in Purple. We Serve!

*Submitted by: Lion Rosalie Porter, 2nd VP*



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# Senior Community Center Activities for September 2025

**PROGRAMS & ACTIVITIES:**

**Sept. 2 at 9 a.m.**  
**Pressed Flower Votive Candle Jar Craft w/Milly**  
 Supplies will be provided. Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 3 & 17 at 9 – 11:30 a.m.**  
**Veterans Office Hours with Richard Sabounjian**  
 Appointments recommend. Call 508-429-0629 to schedule.

**Sept. 4 at 9:30 a.m.**  
**NEW TIME! FREE Breakfast sponsored by Ashland Lions**  
 Seating Limited. Call to reserve your seat at 508-881-0140 ext. 1. Reservations due Thursday, Aug. 28 at noon.

**Sept. 4, 11, 18, 25 at 10 a.m. – noon**  
**SHINE In Person Appointment w/Lenore Tracy**  
 Call to make an appointment 508-881-0140 ext. 1.

**Sept. 4 at 10:30 a.m.**  
**Ashland Council on Aging (COA) Meeting**  
 Public invited.

**Sept. 4 at 10:30 a.m.**  
**Downton Abbey Viewing: Season 3, Episode 9**  
 Tea and coffee provided. Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 4 at 12 p.m.**  
**Friends of the Ashland Council on Aging (FOACOA) Meeting**  
 Public invited.

**Sept. 8 at 12 p.m.**  
**NEW! FREE Lunch & Learn: Medical Orders for Life Sustaining Form**

(MOLST) with Denise Roskamp – Sponsored by the Home Helpers of MetroWest Limited Seats Available. Call to reserve your seat by Thursday, Sept. 4 at noon at 508-881-0140 ext. 1

**Sept. 8 at 1 p.m.**  
**CHES at new time (weekly)**

**Sept. 8 at 8 - 9 p.m.**  
**NEW! Virtual Program: The Color of Birds- Beauty and/or Evolutionary Advantage?**  
 With Heather Wolf in collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

**Sept. 9 at 11:30 a.m.**  
**NEW! Extra Lunch w/June Weiner, The Casual Chef**  
 Garden vegetable Orzo salad with grilled shrimp. 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 Thursday, Sept. 4 at noon.

**Sept. 9 at 1 p.m.**  
**NEW! Popcorn & a Movie, "Mrs. Doubtfire" (1993) PG Comedy**  
 After a bitter divorce, an actor (Robin Williams) disguises himself as a female housekeeper to spend time with his children held in custody by his former wife (Sally Fields). Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 9 at 5 – 6:30 p.m.**  
**Cook with Chef Lee: Spanish Seafood Paella**  
 Class \$5 per person. Call to reserve your seat 508-881-0140 ext. 1

**Sept. 11 at 11 a.m.**  
**NEW! "The Importance of the U.S. Bill of Rights" w/Nicholas Opanasets, Ph.D.**  
 Discussion on the protection of individual rights in the Constitution. Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 11 at 7 - 8 p.m.**  
**NEW! Virtual Program: "The Golden Age of Hollywood" with Brian Rose**  
 In collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

**Sept. 12 at 10 a.m.**  
**Sew Simple Curtains - Pins & Needles Sewing Class w/Tobi**  
 Bring your own sewing machine. All levels of skill welcome. Call to reserve your seat at 508-881-0140 ext. 1

**Sept. 12 at 10 - 11:30 a.m.**  
**Legal Phone Consultation with Arthur P. Bergeron**  
 Call to schedule an appointment at 508-881-0140 ext. 1.

**Sept. 15 at 12 p.m.**  
**Lunch & Learn: Home Modification Loan Program w/Kimberly Yau, SMOC**  
 The cost of lunch is \$6 per person. Please use the payment box outside the Main Office to reserve your seat. Reservations due Thursday, Sept. 18 at noon.

**Sept. 15 at 1:30 p.m.**  
**NEW! "Collecting and Preserving Vintage Radios" w/John Gibbons**  
 Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 16 at 10:30 a.m.**



**NEW! – Digital Learning Class – "How to Cut Your Wireless Cell Phone Bill" w/Jonathan Baron**  
 Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 17 at 10 a.m.**  
**Town Manager's Coffee Hour**  
 All are welcome! Call to reserve your seat at 508-881-0140 ext. 1. Drop ins welcome.

**Sept. 17 at 7 - 8 p.m.**  
**NEW! Virtual Program: "Vacations Can Be Murder" w/True Crime in New England Author, Dawn M. Barclay**  
 In collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

**Sept. 19 at 10 a.m.**  
**Mini Bouquets and Glass Magnet Crafts w/Elissa**  
 Supplies will be provided. Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 22 – 26**  
**NEW! CELEBRATE NATION SENIOR MONTH – wear unique**

attire on special dates to celebrate Spirit Week with us:  
 • **Monday, Sept. 22, Jimmy Buffet Caribbean Tribute Day:** Show off your Caribbean flair with colorful shirts, jewelry, hats, etc.

• **Tuesday, Sept. 23, Cozy Comfort Day:** Wear your most comfortable pajamas, sweatpants, robe, slippers, etc.

• **Wednesday, Sept. 24, Sporty Wednesday:** Sport your favorite team's gear (ex. hat, t-shirt, etc.) and promote them!

• **Thursday, Sept. 25, Retro Day:** Dig out your clothes from past decades and enjoy the Retro Vibe. 60s tie die shirts especially welcome!

• **Friday, Sept. 26, Crazy Hat Day:** What kind of a statement can you make with your weirdest and wildest hat? We want to know.

**Sept. 22 at 10:30 a.m.**  
**Hearing Aid Cleaning w/Hopkinton Audiology FREE**  
 Call to schedule an appointment at 508-881-0140 ext. 1.

**Sept. 22 at 12 p.m.**  
**NEW! Lunch and Jimmy Buffet Tribute music w/Bill Reidy**  
 Please use the payment box outside the Main Office to reserve your seat. The cost is \$6 per person. \$4 charge pp for seniors listening to music (no lunch). Reservations due Thursday, Sept. 18 at noon.

**Sept. 23 at 7 - 8 p.m.**  
**NEW! Virtual Program: Jane Austen's Sanditon: From Unfinished Swan Song to British Costume Drama**

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**SENIOR CENTER**

*continued from page 14*

In collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

**Sept. 23 at 7 - 8 p.m.**

**NEW! Open Enrollment for Medicare: Advantages of Reviewing Your Current Plan or Enrolling for the First Time w/ Lenore Tracy (SHINE)**

Learn how to compare and choose Medicare plans for 2025 during the Open Enrollment period from Oct. 15 to Dec. 7. Call to reserve your seat at 508-881-0140 ext. 1. Drop ins welcome.

**Sept. 25 at 10 - 11:30 p.m.**

**Clocktown Memory Cafe w/ music by String Swing**

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.

**Sept. 25 at 1 p.m.**

**NEW! Why Fall Prevention Matters w/Anne Fitzgerald, RN**

Falls are a threat to the health of older adults and can reduce their ability to remain independent. You will learn strategies to reduce your risk of falling. Call to reserve your seat at 508-881-0140 ext. 1.

**Sept. 26 at 10 a.m.**

**Sew a Cloth Decoration - Pins & Needles Sewing Class w/ Tobi**

Bring your own sewing machine. All levels of skill welcome. Call to reserve your seat at 508-881-0140 ext. 1

**Sept. 29 at 12 p.m.**

**NEW! FREE Lunch w/Trivia- Sponsored by the Ashland Police Department**

Limited Seats Available. Call to reserve your seat by Thursday, Sept. 25 at noon at 508-881-0140 ext. 1

**Sept. 29 at 7 - 8 a.m.**

**NEW! Virtual Program: Who Really Wrote Shakespeare? with Author & Historian David Kruh**

In collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

**Sept. 30 at 10 a.m.**

**NEW! Sound Meditation Journey with Sonia Stingo**

During this relaxing hour, you will be led by Sonia Stingo to experience sound waves from crystal bowls. These waves help synchronize brain wave frequencies, foster deep relaxation and a calm mind. They may also help to ease anxiety and stress, while promoting a balanced mood. Call to reserve your seat at 508-881-0140 ext. 1. 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 p.m. weekly, except holidays. Reser-

vations 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 per person \$6 unless otherwise noted.

**Bowling** - Tuesdays at Ryan's Amusement in Millis at 9 a.m.

**Blood Pressure Check** - Wednesdays at 10:30 a.m.

**Canasta** - Wednesdays at 12:30 p.m.

**Chair Yoga** - Wednesdays at 1 p.m.

**Chess** - Mondays at 1 p.m. NEW TIME!

**Craft Class** - First Tuesday at 9 a.m. and third Friday of the month at 10 a.m.

**Cribbage** - Thursdays at 12:30 p.m.

**DROP-IN Knitting & Crocheting Group** - Second & Fourth Tuesday of the Month at 11 a.m.

**DROP-IN Advanced Watercolor Class** - Tuesdays & Wednesdays at 9:30 a.m.

**Dull Men's Club w/ Doc** - Tuesdays at 9:30 a.m. Coffee and Conversation.

**Exercise with Joni** - Mondays,

Wednesdays and Fridays at 9:30 a.m.

**Hearing Aid Cleaning** - Monday, Sept. 18 at 10:30 a.m.

**Line Dancing with Lisa** - Thursdays at 12 p.m.

**Mahjong** - Fridays 9:30 a.m. Beginners (call for appointment), 10:30 a.m. for all levels

**Mindful Coloring** - First and Third Thursdays of the Month at 1:30 p.m.

**Mindfulness & Meditation** - Thursdays at 11 a.m. with Mary Green

**Parkinson's Boxing** - First and Third Wednesday of the Month at 1:30 p.m.

**Pins and Needles Sewing Class** - Second & Fourth Friday of the Month at 10 a.m.

**Ping Pong** - Ping Pong on Wednesdays at 11 a.m.

**Pitch Card Game** - Mondays at 1 p.m.

**Tai Chi** - Tuesdays at 11:45 a.m. with Jon Woodward

**Veterans Office Hours** - Every other Wednesday from 9 - 11:30 a.m. Check Calendar for Dates

**Zumba Gold with Joni** - Tuesdays at 10 a.m. (Kellie Cassidy will be back on Sept 30)

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# The b.LUXE *beauty beat*

## Love How You Glow: Our Favorite End-Of-Summer Beauty Services

BY GINA WOELFEL

*It's time to fall back into your beauty routine and give your hair and skin the nourishing refresh they need after a sun-soaked summer.*

We get it—summer never slows down. Beach days, pool parties, outdoor adventures, and endless activities can leave your beauty routine on the back burner. But as the leaves start to change and September settles in, it's the perfect time for a seasonal beauty reset. With the kids back to school and schedules returning to normal, you finally have that precious “me-time” you've been craving all summer long.

### Why Your Skin and Hair Need Extra TLC This Fall

Summer's relentless sun, chlorine exposure, salt water, and heat styling can wreak havoc on your hair and skin. You might notice your complexion looking dull, feeling dehydrated, or showing signs of sun damage. Your hair may feel dry, brittle, or lacking its usual shine and bounce. These are all tell-tale signs that it's time for some serious beauty intervention.

Fall is nature's reminder to slow down and nurture ourselves—and your beauty routine should follow suit. This seasonal transition period is crucial for repairing summer damage and preparing your skin and hair for the cooler, drier months ahead.

### Our Top Fall Beauty Services to Restore Your Glow

We've carefully curated our favorite end-of-summer beauty treatments that will leave you feeling revived, radiant, and ready to embrace this cozy fall season.

#### Oxygenating Facial - \$175

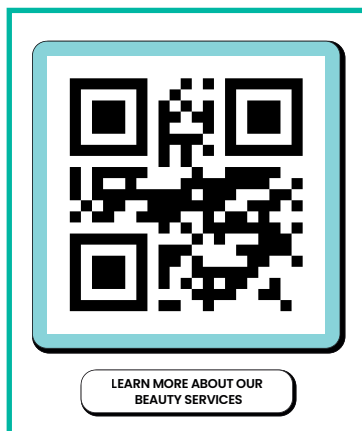
This powerhouse treatment is your skin's best friend and a b.LUXE favorite. After months of sun exposure, our oxygenating facial deeply cleanses, exfoliates, and infuses your skin with pure oxygen to boost cellular renewal. Perfect for addressing:

- Dull, tired-looking complexion
- Sun spots and hyperpigmentation
- Dehydrated skin
- Clogged pores from sunscreen buildup
- Fine lines from UV damage

The result? Instantly brighter, more luminous skin that glows from within. This treatment also helps prep your skin for richer fall moisturizers and serums.

#### Scalp Spa Revival - \$60

Your scalp needs just as much attention as your skin after summer's harsh elements (because remember...your scalp is your skin!) This deeply relaxing treatment combines gentle exfolia-



LEARN MORE ABOUT OUR BEAUTY SERVICES

tion, nourishing masks, and a therapeutic scalp massage to:

- Remove product buildup
- Restore moisture balance to soothe dry, flaky scalp
- Stimulate blood circulation for healthier hair growth
- Create the perfect foundation for gorgeous fall hair

Think of it as a reset button for your entire head—you'll leave feeling refreshed and your hair will thank you with improved body and shine.

#### Demineralizer Treatment - \$65

Hard water, pool chemicals, and environmental pollutants can leave mineral deposits in your hair, making it feel heavy, dull, and difficult to style. Our demineralizer treatment gently removes these stubborn buildup issues while:

- Restoring your hair's natural pH balance



- Improving color vibrancy and clarity
- Enhancing moisture absorption
- Leaving hair softer and more manageable
- Preps hair for better absorption on new color services

### The Science Behind Seasonal Beauty Transitions

As temperatures drop and humidity levels decrease, your skin and hair face new challenges. Indoor heating systems can further strip moisture, while cooler air means less natural oil production. Starting your fall beauty routine early helps you stay ahead of these seasonal changes rather than playing catch-up later.

### Book Your Fall Beauty Reset Today

These seasonal self-care essentials are your secret weapon for transitioning into fall beauty. Don't wait for the leaves to change—your skin and hair benefit most from early intervention.

Step into 'sweatah weathah' feeling radiant and renewed this September! Our team of experts is here to help you create a unique fall beauty plan tailored just for you.

**Contact us today to schedule an end-of-summer beauty refresh and discover why so many clients trust us with their beauty needs.**

*Step into your most confident fall look this season. Visit bluxe.com or call (508) 321-1624 to book your appointment or learn more about our complete menu of beauty services.*

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### Color Balance

Perfect your natural or colored hair with a color balance, our professional toning service that delivers incredible shine for all hair colors and eliminates unwanted brassy or yellow tones for blondes and gray hair. By smoothing the hair cuticle, this gloss treatment creates a mirror-like finish that makes your existing color look fresh and vibrant. For the ultimate red carpet look, book a color balance and blowout!

This service delivers:

- Ultimate glossiness and shine for every hair color
- Enhanced color clarity for all hair types
- Clear or Toned Finish
- Smoother, healthier-looking results

The perfect finishing touch that leaves your hair looking radiant. Remember to add this service when you book your next appointment!

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# September 2025 at the Ashland Library

The library will be closed Saturday, Aug. 30 - Monday, Sept. 1, 2025 in observance of Labor Day Weekend.

## ADULT:

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

## In Person - Front Street Readers Book Club

Tuesday, Sept. 2 at 11 a.m. — 12:30 p.m. Read *Mansfield Park* by Jane Austen

## Virtual - Women of the Stars with Bill Thierfelder

Tuesday, Sept. 2 at 7 p.m.  
This program explores the lives and accomplishments of 12 remarkable women astronomers from ancient times to the present. We'll look at early scientists like Hypatia who was assassinated for her daring ideas, the extraordinary women of the Harvard Observatory in the 1890s, and 20th and 21st century trailblazers like Vera Rubin, Nancy Roman, and Jill Tarter.

## In Person - Mah Jongg

Wednesday, Sept. 3 at 6 p.m.  
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, Sept. 3 at 6:30 p.m.  
Read *What the Wild Sea Can Be* by Helen Scales

## In Person - Photography Challenge

Wednesday, Sept. 3 at 6:30 p.m.  
Do you enjoy taking photographs? Would you like to share your photographs and the stories behind them with other people? If you answered yes and yes, then this program may be for you. Think of it as show and tell for shutter bugs. Whether you snap photos with your smart phone or carry special lenses for your DSLR, you are welcome.

## Virtual - Quaking Bogs & Fens of Massachusetts with Mass Audubon

Wednesday, Sept. 3 at 7 p.m.  
Scattered amongst the better-known habitats of the Commonwealth are the little-explored regions of quaking bogs and

peaty-soiled fens. Sunken in the lowest contours of the landscape, these habitats' unique features include carnivorous plants, flood water absorbing sphagnum moss, showy orchids, and blueberries and cranberries. Because decomposition happens so slowly, the soil and water in bogs are very acidic which creates an opportunity for specialized species to thrive. Learn where to discover the intrigue of these fascinating habitats close to home.

## HYBRID - Romance Book Club

Thursday, Sept. 4 at 6:30 p.m.  
Read an *African American/Black Romance*

## Virtual - Declutter series with Jamie Novak: How to Make Fall Cleaning and Holiday Prep Easy

Thursday, Sept. 4 at 7 - 8:30 p.m.  
Log on for this month's declutter club zoom when decluttering humorist Jamie Novak shares her shortcuts for fall cleaning and what to do now to prepare for the holidays. Plus, the one thing she ALWAYS does in advance. Then join the live guided tidy-up for a quick jumpstart!

## In Person - Card Making with Jan Poppendieck

Monday, Sept. 8 at 6:30 p.m.  
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: The Colors of Birds - Beauty and/or Evolutionary Advantage?

Monday, Sept. 8 at 7 p.m.  
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 her beautiful images of colorful birds - just in time for the Fall colors! We'll discuss the birds, their colors, the purpose of their colorful feathers, as well as any evolutionary advantages they may have because of their coats.

## NEW In Person - Historical Fiction Book Club

Tuesday, Sept. 9 at 11 a.m. - 12 p.m.  
Read *The Stolen Queen* by Fiona Davis

## In Person: Dungeons & Dragons Four session Game

Tuesday, Sept. 9 at 5:30 - 7:30 p.m.  
D&D isn't just for kids! Join us for this 4 session series to learn, play, and conquer! Space is limited to 5 and we ask that you commit to all four sessions so all can go through the campaign together.

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

Tuesday, Sept. 9 at 6:30 - 7 p.m.  
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!

## Virtual - Whole Grains for Everyday with Empty Nest Kitchen

Tuesday, Sept. 9 at 7 p.m.  
Whole Grains are simple to incorporate into your dinners if you know the tips, tricks, and how to coax maximum flavor. We'll be preparing Farro Bowls and Fall Harvest Quinoa.

## Virtual - Thriller/Horror Book Recs with Bookstagrammer @redreadreviews

Wednesday, Sept. 9 at 7:30-8 p.m.  
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! We're sure you'll find something to like from Jody's many enthusiastic reviews.

## Virtual: Inclusive & Diverse ROMANCE Book Recommendations with Read My Lips Boston

Wednesday, Sept. 10 at 6 - 6:30 p.m.  
We are super excited to be partnering with bookstore owners of Read My Lips Boston for this special series! Hear about the best ROMANCE book recommendations with BIPOC/LGBTQ+/ Neurodivergent/Disabled etc. characters or by representative authors. Join book store owners (and twin sisters!), Lily and Hannah Barrett, quarterly for 30 minutes of pure romance book recommendations - that are by diverse authors or have inclusive storylines!

## Virtual - Fall Photography: Capture the Beauty of Autumn's Amazing Colors with Deborah Tual

Wednesday, Sept. 10 at 7 p.m.  
There's more to taking stunning photos of fall's beautiful colors than pressing the shutter button. Join Deborah Tual, our favorite iPhone and Photography aficionado, to learn pro tips on how to get the most of your fall foliage photos, such as the best time of day, location, light and lighting, camera/phone settings, composition, and color. For all skill levels and for all cameras and smartphones.

## Virtual - Bill Gette: Bhutan - The Kingdom in the Clouds, Land of Dragons

Thursday, Sept. 11 at 1 - 2:15 p.m.  
Bill will discuss his many exciting adventures in Bhutan (e.g., going over Thrumingla at 12,402 feet above sea level in a blinding snow storm) and share photos of beautiful wildlife (e.g., Blood Pheasant, Gould's Sunbird, Gray Langur), magnificent scenery, and inspirational religious art and architecture (e.g., Chendebji Chorten, Punakha Dzong, "Tiger's Nest").

## In Person - Women's Wisdom Circle: Life Happens: Handling Transition like a Pro

Thursday, Sept. 11 at 6 - 7:30 p.m.  
Welcome to our Women's Wisdom Circle! This is a place for all women, including cis and trans women, to gather and talk about issues that matter to them! For this session Paula Topliffe will lead a discussion on handling transition and change - because life happens and we need to roll with it!

## Virtual - Dealing with Original Art and Fine Art Prints

Thursday, Sept. 11 at 7 p.m.  
Art is arguably today's hottest market and we'll help you to navigate it. We'll show you how to identify Oils, Watercolors, Pastels, Engravings, Etchings, Lithographs, Limited Edition Prints, much more.

**LIBRARY**  
*continued on page 18*

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## LIBRARY

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**Virtual - The Golden Age of Hollywood with Brian Rose**

Thursday, Sept. 11 at 7 p.m.

This presentation will examine the forces that made Hollywood the giant of global film-making and the special nature of its achievements during its Golden Age, including discussions of studio politics and economics, the star system, and the nature of the movie-going experience. There will also be an analysis of why this period was so short-lived and of Hollywood's desperate attempts, beginning in the 1950s, to recapture its faded glory.

**In Person - Mystery Book Club**

Friday, Sept. 12 at 12 p.m.

Read *Digital Fortress* by Dan Brown

**Virtual - Friday Night Film Discussion**

Friday, Sept. 12 at 7 p.m.

Watch *The Butterfly* (Kanopy)

**Virtual - Debut Romantasy Author Alysha Rameera Discusses Her Soul for a Crown**

Monday, Sept. 15 at 7 p.m.

We are so excited to be in conversation with debut author, Alysha Rameera! Her new book, *Her Soul for a Crown* sounds absolutely fascinating and unique - an epic, slow-burn romantasy inspired by Sri Lankan mythology follows a fierce orphaned young woman

with an affinity for poisons and revenge who would do anything to end the reign of heartless rajahs—even sell her soul to the most dangerous cursed god of all—the Blood Yakka, Reeri. We hope you can join us to cheer on Alysha, learn about her book, and the inspiration behind it.

**In Person - Cook Book Club**

Tuesday, Sept. 16 at 5 p.m.

Cook from *The Forest Feast Road Trip* by Erin Gleeson

**Virtual - Great Performers: Ray Charles with Clint Edwards**

Tuesday, Sept. 16 at 7 p.m.

Join perennial favorite presenter Clint Edwards to explore the life and music of Ray Charles, one of America's great musical icons. From his early days in the south, overcoming a punishingly poor situation, to his greatest musical successes, we'll discover how Ray conquered his blindness, rose to success, and battled substance abuse.

**In Person - Bio/Memoir Book Club**

Wednesday, Sept. 17 at 11 a.m.

Read *Last to Eat, Last to Learn* by Pashtana Durrani

**Virtual - Democracy Talks: Your Brain on ChatGPT**

Wednesday, Sept. 17 at 7 p.m.

Does using ChatGPT and AI have a cost on our brain cognition? A new study from MIT found the answer could be yes. Hear from lead researcher and professor Dr. Nataliya Kosmyrna of MIT Media

Lab about this groundbreaking study and its implications.

**Virtual - "Vacations Can Be Murder" with True Crime in New England Author, Dawn M. Barclay**

Wednesday, Sept. 17 at 7 p.m.

We love local history and true crime so we're thrilled to be chatting with author Dawn M. Barclay about her book, *Vacations Can Be Murder: A True Crime Lover's Travel Guide to New England*. Learn all about the haunted happenings in our own backyards and, then, plan a trip to visit them all! What could be better as we head into spooky season?

**Virtual - Great American Unsung Heroes Who Changed The Course Of History – Juanita Moody**

Wednesday, Sept. 17 at 7 – 8:15 p.m.

Learn about Juanita Moody, the National Security Analyst who helped save America from nuclear disaster.

**Virtual - Poisoning the Well: How Forever Chemicals Contaminated America**

Thursday, Sept. 18 at 6 p.m.

Award-winning environmental journalist Sharon Udasin traces the ugly history of corporate greed, military impunity, and community devastation, based on her original reporting in four highly contaminated locations. Learn about how the people, who were also fighting for their own lives, took action to fix a broken regulatory system. Sharon will offer room for hope by shedding light on the science that is now breaking down bonds that were once deemed unbreakable.

**In Person - Great Decisions**

Thursday, Sept. 18 at 6:30 – 7:45 p.m.

Discuss AI and American National Security

**Virtual - A Photographic Journey Through the Canadian Rockies**

Thursday, Sept. 18 at 7 p.m.

Join photographer Bruce Magnuson on a journey through one of North America's most awe-inspiring landscapes. Spanning three Canadian National Parks: Banff, Yoho and Jasper, this presentation will touch on the geography, history and raw beauty of this rugged terrain.

**Virtual - Inclusive and Diverse Book Recs with Bookstagrammer @sometimesleelynnreads**

Thursday, Sept. 18 at 7:30 – 8 p.m.

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 @sometimesleelynnreads), 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 - Cooking Demo with Heidi McIndoo: Sloppy Joes and Deep Dish Cookie Pie**

Monday, Sept. 22 at 7 p.m.

Just in time for the Fall, comfort food for the soul! Learn how to make Sloppy Joes and Deep Dish Cookie Pies with our favorite chef, Heidi McIndoo! And, with yummy, nutritious food like this, there's no guilt in having dessert first!

**Virtual - Jane Austen's Sanditon: From Unfinished Swan Song to British Costume Drama**

Tuesday, Sept. 23 at 7 p.m.

Commemorating Jane Austen's 250th birthday on Dec. 16, 2025, join author, former UK resident, and Anglophile Claire Evans for a look at Austen's final, unfinished manuscript and its path from family heirloom to a fully imagined costume drama, airing on American PBS. Learn about the real-life people and locations that informed Austen's last work before her untimely death at age 41, as well as how the seeds of her ideas came to life on the small screen.

**Virtual - From Carson To Oprah To Stephen Colbert – A History Of The TV Talk Show**

Wednesday, Sept. 24 at 7 p.m.

From its start in the early 1950s, the talk show has been one of television's most versatile and durable formats. Explore the fascinating history of the television talk show, and examine its changing appeal from decade to decade.

**Virtual - "Feral and Hysterical" with Horror Author, Sadie Hartmann, chatting with @redread-reviews**

Wednesday, Sept. 24 at 7 p.m.

You all know that we LOVE horror around here and what better for the season than a conversation with @mother\_horror author Sadie Hartmann with our favorite horror book recommender, @redread-reviews?! Sadie's book, *Feral and Hysterical: Mother Horror's Ultimate Reading Guide to Dark and Disturbing Fiction* by Women takes a close look at horror stories written by and/or featuring women. What could be more fun?

**Virtual - Art on Thursday: Impossible Realities: The Art of M.C. Escher**

Thursday, Sept. 25 at 7-8:15 p.m.

This program will explore M.C. Escher's life, his unique artistic vision, and the mathematical concepts that underpin his most famous works, offering a glimpse into the imagination of one of the 20th century's most innovative artists.

**Virtual - Friday Night Film Discussion**

Friday, Sept. 26 at 7 p.m.

Watch *Yomeddine* (Kanopy)

**In Person - Mini Indie Romance Fest: Blair Babylon, Kate Canterbury, & M.A. Wardell!**

Saturday, Sept. 27 at 1:30 – 3:30 p.m.

We love romance writers and we love mini-fests! We're so excited to welcome this amazing slate of authors to the Ashland Library - Blair Babylon, Kate Canterbury, and M.A. Wardell! They are all indie published (at least to start) so we'll be chatting about the benefits and challenges of being self-pubbed. We'll have an afternoon of fun with a panel discussion, a short and hilarious game of Romance Jeopardy, and book sales/signings! We can't wait to see you!

**Virtual - Who REALLY Wrote Shakespeare? with Author and Historian David Kruh**

Monday, Sept. 29 at 7 p.m.

Who Really Wrote Shakespeare? The doubts have been around for over 300 years. Hear the story of one man's search for the "real" author of the works attributed to William Shakespeare and how - in a stunning piece of historical irony - that search played a role in the Japanese attack on Pearl Harbor.

**Virtual - The Politics of Chocolate with Cocoa Beantown**

Tuesday, Sept. 30 at 7 p.m.

It's hard not to smile when there's chocolate nearby, but behind the deep, rich taste, there's a whole world of serious (and fascinating) issues. Dive into the world of chocolate, exploring its entanglements with child labor, its aspirations with women-owned cooperatives and the Fair Trade movement, and its intrigues, including corporate espionage.

**ADULT WEEKLY:****Knit and Crochet Club**

Mondays at 6 p.m.

Walk-In

**Gentle Yoga**

Tuesdays at 6 p.m.

Registration Required

**ESL Conversation Group**

Wednesdays at 6:30 p.m.

Walk-In

**LIBRARY**

continued on page 19



**“ WE WANT TO HEAR FROM YOU! ”**

- ◉ Have an upcoming event?
- ◉ Do you have a concern about things happening around town?

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## LIBRARY

*continued from page 18*

### CHILDREN: Special Programs

#### Pokémon Club *\*for grades 2-6*

Tuesday, Sept. 2 at 6:30 – 7:30 p.m.

Are you a Pokémon master? Kids in grades 2-6 are welcome to join us for our exciting Pokémon Club! This is a low-key hang-out space, where kids can come together to share their card collections, watch episodes of the Pokémon anime, and participate in passive activities. Come hang out and make new Pokémon friends! Registration required.

#### Grandparents' Day Celebration *\*for families*

Saturday, Sept. 6 at 10:30 – 11:15 a.m.

Sept. 7 is Grandparents' Day! Celebrate a day early by bringing Grandma and Grandpa (or both) to the library for heartwarming stories and a fun craft. For families. No registration required.

#### Little Picassos Club *\*for grades 2-5*

Tuesday, Sept. 9 at 4:30 – 5:15 p.m.  
Tuesday, Sept. 9 at 4:30 – 5:15 p.m.

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.

#### Back to School Craft: DIY

##### Beaded Keychains *\*for grades 2-6*

Friday, Sept. 12 at 3:45 – 4:30 p.m.

Welcome the new school year by creating a unique keychain to hang off of your backpack! We'll have a fun selection of colorful string and beads available for whatever your mind can dream up. For kids in grades 2-6. Registration required.

#### Dungeons & Dragons Q&A Session *\*for ages 8-12*

Wednesday, Sept. 17 at 4:30 – 5:30 p.m.

Are you curious about the mystical and magical world of Dungeons & Dragons? Look no further than our beginner-friendly Q&A session! Led by an experienced dungeon master, this is the perfect opportunity to quench your curiosity and get your questions answered about getting started with this wonderful interactive fantasy game. Space is limited and registration is required.

#### Pirate Party *\*for families*

Saturday, Sept. 20 at 10 a.m. – 3 p.m.

Ahoy, mates! September 19 is National Talk Like a Pirate Day, so we're celebrating in swashbuckling style with a Pirate Party of epic proportions. Join us throughout the day on Saturday for a treasure hunt, crafts, games, a pirate dance party, and so much more. Costumes encouraged! For families. Drop in, no registration required.

#### Lego Club with Kim the Lego Lady *\*Grades K-3*

Wednesday, Sept. 22 at 4:30 p.m.

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

#### Dungeons & Dragons: Build Your Character *\*for ages 8-12*

Wednesday, Sept. 2 at 4:30 – 5:30 p.m.

One of the most exciting parts about starting a Dungeons & Dragons campaign is designing your own fantasy character! With the help of an experienced dungeon master, you'll craft a character from beginning to end. Will yours be a druid, a paladin, a sorcerer, or something else? Space is limited and registration is required.

#### DIY Library Card Holders *\*for grades K-6*

Saturday, Sept. 27 at 2 – 2:45 p.m.

Did you know that September is Library Card Sign-Up Month? Stop on by to create and decorate your own library card holder to keep your card safe! While you're here, you can ask one of our friendly librarians about everything your library card can do for you. For kids of all ages. Registration required.

#### Juntos en la Biblioteca: Actividades en Español en Familia *\*for families | para familias*

Monday, Sept. 29 6:30 – 7:30 p.m.

Los invitamos a disfrutar en familia de una sesión de actividades en español en la biblioteca. En "Juntos en la Biblioteca," ofreceremos la oportunidad de crear lazos fuertes en comunidad, ¡todo en español! | Join us for family activities in Spanish at the library! Through "Juntos en la Biblioteca" (Together at the Library), we're creating a space to strengthen community ties and connect, entirely in Spanish!

#### WEEKLY STORYTIMES:

##### Tuesday Clocktown Rockers!

*\*For ages 2-5 with a caregiver*

Tuesdays at 10:30 – 11 a.m.

Join us for a high-energy music & movement session filled with dancing to favorite kids' songs, hands-on fun with instruments and props, and a lively storytime. It's a joyful way to boost early literacy and build key skills like focus, memory, and self-control—all while having a blast! Designed for ages 2–5 with a caregiver. No registration needed—just drop in and dance it out!

##### Friday Clocktown Rockers! *\*For ages 2-5 with a caregiver*

Fridays at 10:30 - 11 a.m.

Join us for a high-energy music & movement session filled with dancing to favorite kids' songs, hands-on fun with instruments and props, and a lively storytime. It's a joyful way to boost early literacy and build key skills like focus, memory, and self-control—all while having a blast! Designed for ages 2–5 with a caregiver. No registration needed—just drop in and dance it out!

##### Mother Goose on the Loose

*\*For ages 0-3 with a caregiver*

Wednesdays at 10:30–11:00 a.m.

Join us for Mother Goose on the Loose—an award-winning early literacy program designed especially for babies and toddlers (ages 0–3) and their caregivers. This interactive storytime is packed with songs, rhymes, puppets, musical instruments, and playful movement. We'll build early learning skills while having tons of fun together. No registration needed—just drop in and join the fun!

##### Saturday Stories *\*for ages 2-5 with a caregiver*

Saturdays at 10:30 – 11 a.m.

Join Miss Kayla for a new Saturday morning storytime! We'll read lively stories, do fun rhymes and movement activities, and work on simple crafts. For families with children ages 2-5. No registration required.

#### RECURRING WEEKLY PROGRAMS:

##### Project ABC: Play, Learn & Grow *\*for ages 0-5*

Mondays at 11 a.m. – 12 p.m.

Join the Metrowest YMCA in partnership with the Early Childhood Alliance of Ashland & Framingham for a fun and interactive experience designed just for little ones aged 5 and under! Their Play, Learn & Grow program is the perfect way to get your child ready for school and socializing with new friends. Packed with creative activities, playful learning, and joyful moments, this structured program

will help your child build confidence and get excited about their educational journey.

Registration is required, and is found on their website: <https://www.projectabc.org/>

#### TEEN:

##### Back to School Survival: Supplies Decorating Party

Thursday, Sept. 4 at 6 – 7 p.m.

Join us to unbox, show off, and decorate your school supplies! Bring your own supplies or decorate some we provide with stickers, washi tape, and more! Registration is requested, but walk-ins welcome.

This event is for ages 12 to 18.

##### 5 Things You Probably Don't Know About College Admissions

Wednesday, Sept. 10 at 6:30 – 7:30 p.m.

For more than two decades, Sally Phelps has worked with young people in finding their next steps in life, and is now focused on helping them identify and pursue the college that is right for them. She can help teens unlock their full potential and go after their dream school with confidence. In this session, Sally will review the basics of the college admissions process, timeline and things to be thinking about. After the session, Sally is available to work with your sophomore or junior in creating a plan that will

take you all through the process, including your teen's motivating factors, career interests, school selection, essay ideas and on to completion of the successful application. Teens and parents are welcome. Space is limited. Registration Required.

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

Saturday, Sept. 6 at 9:30 – 1 p.m.

The sale includes thousands of titles, organized by genre and author, with a special section for children's books. To keep the shelves stocked with fresh selections, the Friends will be accepting donations in the library parking lot of gently used books, audio books and DVDs. Friends volunteers will be available to assist donors from 9:30 a.m. until 1 p.m. on Saturday. There is also a cart in the mezzanine lobby for donations at any time during library hours.

Proceeds from these monthly book sales and all fundraising efforts made by the Friends fund 100% of children, teen, and adult programs, our wonderful Museum Passes, and so much more! If you can't make it to the sales, the Friends have a book sale corner on the 1st floor of the library (in the beautiful original part of the building). There, you can find great books for yourself and your family any time the library is open.

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## SmartCover Sewer Flow Meter Project

Sanitary sewer overflows (SSOs) are one of the most serious concerns for any wastewater utility. When untreated wastewater overflows into streets, basements, or local waterways, it poses significant health risks and environmental damage. Historically, identifying and preventing these overflows could be a daunting challenge, often relying on manual inspections. The Ashland Water & Sewer Department has successfully installed ten SmartCover sewer meters throughout Town, a key initiative aimed at preventing sanitary sewer overflows (SSOs). These advanced monitoring systems use remote sensors, satellite communication, and real-time data analysis to track sewer levels, providing early warnings of potential overflows. This technology helps ensure the protection of public health by preventing harmful wastewater spills into streets, waterways, and basements, which can pose serious environmental and safety risks.

The SmartCover system also addresses the critical issue of inflow and infiltration (I&I), where stormwater or groundwater enters the sewer system, increasing the volume of wastewater and straining the infrastructure. By pinpointing areas with high I&I, the system enables the de-



partment to take proactive measures, optimizing sewer capacity and preventing costly repairs. This data-driven approach helps improve the efficiency and longevity of the sewer system while reducing environmental damage.

In an era of increasing extreme weather events and local growth, the installation of SmartCover meters is a vital step toward building a resilient, sustainable sewer infrastruc-



ture. The technology allows for early intervention, minimizing the impact of wet weather flows, and ensuring that the community remains safe and well-prepared for the future. This initiative reflects the department's commitment to providing reliable, safe wastewater services for the community today and in the years to come.

## Howe St. Water Treatment Plant Lagoon Repair



The Water and Sewer Department recently tackled a critical issue when the lagoons at the water treatment plant began to lose performance due to a build-up of residuals. Proper treatment of the water treatment plant's effluent prevents pollution and protects local water supplies. Instead of paying an outside contractor \$125,000 to clean the lagoons, the department decided to take the task on themselves. By utilizing their skills, equipment, and expertise, the team successfully restored the lagoons to their original condition, saving the Town roughly \$100,000 in the process. By proactively addressing the problem with the lagoons,

the department ensured that these vital services would continue to meet the regulation standards.

This success story highlights the department's commitment to providing high-quality service, protecting public health, and being fiscally responsible. By addressing the problem internally, they ensured continued efficiency in treatment and avoided costly delays that could have impacted the community's water system. The department's dedication to problem-solving and cost-effective solutions exemplifies why their work is essential to the community, ensuring the water system remains in top condition for years to come.

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# Sports

## Nancy Cantor, Team Ovarian Cancer – PMC

BY CHRISTOPHER TREMBLAY  
STAFF SPORTS WRITER

The Pan Mass Challenge (PMC), a fundraising bike-a-thon started in 1980 by Billy Starr to benefit the Dana-Farber Cancer Institute via the Jimmy Fund, raises more money than any other single athletic fundraiser in the country, and was something that Nancy Cantor didn't go looking for. Originally the Ashland native saw a video at work on the PMC and felt inspired being a cyclist herself and immediately signed up to take part in the yearly August ride.

Unfortunately, Cantor could not make the ride that year because of work commitments, but she was defiantly going to get upon her bike the following year. As was the case a year earlier Cantor once again found that she would not be able to participate in the PMC as she was pregnant and wouldn't get the chance to complete her first PMC ride for another 6 years, but in the meantime her husband started riding.

When she was finally able to get upon her bike she was riding for Team Stem Cell, which designated their funds to Dr. Corey Cutler. Cantor would ride for Team Stem Cell for the next 16 years.

Twenty years ago Cantor established the Dream Factory Community, an educational organization that empowers women to live their dreams. How the name came about was in a dream that Cantor had one evening.

"I happened to answer the phone Dream Factory. I don't know why, but decided to create a Dream Factory, whatever that was," she said. "There would be no CEO, but instead a CDO (Chief Dream Officer)."

The training and gatherings took off throughout the communities and everything was working out for Cantor. Two members of the Dream Factory, Mara Castello and Janet Snider, both had been diagnosed with ovarian cancer. So in 2022 Cantor decided that it would be a much more personal mission to support them and other women with ovarian cancer.

The two women, along with Cantor formed Team Ovarian



Cancer and although Snider and Castello couldn't ride in the PMC physically they were virtual riders for the cause. In the meantime Cantor reached out to Dr Cutler looking for someone to designate their PMC funds in regard to ovarian cancer. Cantor was referred to Dr. Ursula Matuloni, the Chief of Gynecological Oncology at Dana Farber. She was involved in research of ovarian cancer and uncovering new ways to treat the disease, while working on enhancing the power of Natural Killer Cells to take out the ovarian cancer cells.

"Calling it Team Ovarian Cancer was basic and clear to what we represented," Cantor said. "I am not sure that I would have done all of this if it hadn't been for Janet and Mara; it became a personal commitment."

Sadly, they lost Janet not far

after creating the team and recently Mara succumbed to her disease after an 8 1/2-year fight in December of 2024. Team Ovarian Cancer has lost other family members to the disease, including Katie Cunningham, this past July. Cunningham was set to make her first PMC ride with her wife, Erin, who had been riding for the past two years. This year they will ride in memory of Katie as well as other ovarian cancer patients.

During its inaugural year the organization had 12 people and raised \$87,000 for Dr. Matulonis. Over the years the numbers of participants have increased to 21 and the donations to \$186,000; this year they are at 25 people and at the time of this writing had amassed \$100,000 of their \$200,000 goal. Through its four years Team Ovarian Cancer has

been able to raise over 1/2 million dollars for its cause. According to Cantor, it's such a dramatic accomplishment in such a short time and they are still in the small stage and looking to continue to grow.

"During our first-year people were touched by our commitment and would seek us out to donate," Cantor said. "We didn't know anything about these people but they were still wanted to

send money to our cause. One donor, who happened to be diagnosed with ovarian cancer, gave \$6100 that year becoming our biggest donor to date."

Team Ovarian Cancer is a team of active fundraisers with a lot of heart and soul – if you would like to support their cause you can send checks made out to the PMC via Nancy Cantor at 27 Tri Street, Ashland MA 01721.

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# Real Estate Corner

## Ashland Recent Home Sales

Date	Ashland	Amount
08/12/2025	14 Oak Ridge Lane	\$835,000
08/08/2025	27 Christy Lane	\$850,000
08/07/2025	243 Trailside Way	\$475,000
08/06/2025	37 Annetta Road	\$950,000
08/06/2025	117 Metropolitan Avenue	\$458,000
08/05/2025	21 Carl Ghilani Circle	\$770,000
08/01/2025	38 Stagecoach Drive	\$750,000
07/30/2025	14 Adams Road	\$645,000
07/28/2025	10 Grover Road	\$970,000
07/25/2025	166 Arrowhead Circle	\$630,000
07/25/2025	41 Nancy Drive	\$1.10 mil
07/25/2025	185 E Union Street	\$820,000
07/25/2025	449 America Blvd #67C	\$699,000
07/18/2025	1 Adams Road	\$630,000
07/18/2025	12 Oak Tree Lane	\$705,000
07/17/2025	14 Water Street	\$575,000
07/17/2025	33 Wayside Lane	\$855,000
07/16/2025	216 Oregon Road	\$625,000



The 4-bed, 4-bath, 3,380-square-foot home at 10 Grover Road in Ashland recently sold for \$970,000. www.zillow.com Source: www.zillow.com / Compiled by Local Town Pages

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# Real Estate Corner

## Why Hiring a Real Estate Agent Pays Off



**Kim Foemmel**  
Real Estate Broker

### REAL ESTATE INSIGHTS

The DIY (do-it-yourself) movement experienced a surge during COVID and continued in the aftermath, as many peo-

ple realized they were perfectly capable of trimming their own hair or even replacing a kitchen faucet. But some things are still best left to the professionals.

While buying or selling a home independently is plausible, most homeowners and home-seekers benefit from working with a real estate agent. Attempting to go it alone will save on commission fees, but will also increase your expenditure in other areas, such as time, effort, energy and stress. And without a thorough knowledge of the process, one can risk more significant losses.

What does a real estate agent offer a seller? For starters, industry expertise and local market awareness. With an ear always on the ground, an agent knows whether it's a seller's or a buyer's

market and can provide direction on how to price your home to get the maximum return on your investment. Agents also open access to a wider pool of qualified buyers.

Agents have experience in all facets of the process, including areas that require special knowledge, such as how to stage your house to get the best viewing. To the unversed, that might seem like a minor detail; but proper staging has been shown to lead to quicker and more profitable sales ([www.nar.realtor/blogs/styled-staged-sold/why-staging-matters-even-in-a-sellers-market](http://www.nar.realtor/blogs/styled-staged-sold/why-staging-matters-even-in-a-sellers-market)).

Agents provide expert guidance while navigating the often extensive and jargon-heavy paperwork from start to finish. Agents are powerful advocates during negotiations, are

equipped with negotiation strategies, and are familiar with the legalities of closing, helping to facilitate a smooth and seamless transaction. Agents often have trusted industry contacts, for ancillary services such as home inspection. Additionally – and importantly – agents can spot potential red flags and help with risk mitigation.

For the buyer, an agent offers most of the above and more, including searching for properties (which includes properties not publicly advertised), knowledge of neighborhood trends and property values, coordinating viewings, and connecting clients to lenders.

Choosing the right real estate agent is crucial whether selling or buying a home. It's always a good idea to solicit recommen-

dations from friends or family, or research agents who are successful in your town.

A DIY project can save money and boost personal satisfaction, but sometimes, without insider experience, you “don't know what you don't know”. Your realtor does! Peace-of-mind is priceless; so when it comes to real estate, it's usually best to go with the pros.

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Real Estate Broker  
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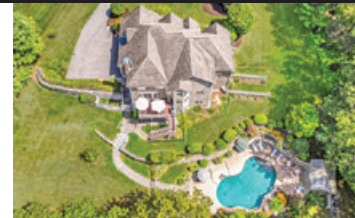
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