

Ashland

Vol. 13 No. 12

Free to Every Home and Business Every Month

October 1, 2025

KiddeFenwal American Cancer Society Car Show Continues to Grow



The weather was ideal for a car show and a record 325 cars and trucks rolled into the Town of Ashland on September 13, 2025 for the annual KiddeF-

enwal / American Cancer Society Car Show.

“The cars started arriving at 7 a.m., more than an hour early and the car reg-

istration area, led by Claudia Rose and her team of volun-

CAR SHOW

continued on page 2

Trip of A Lifetime

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Ashland High School boys' basketball coach Mike Normant began a program in 2014 when he was an assistant at Westwood under Steve St. Martin, who played basketball professionally in Germany. St. Martin was continuously saying he wanted to go back and eventually Normant put together a program where he would take a handful of local high school basketball players to play European teams on the court. The program inaugurally take off in 2014 and would then run for four more years between 2016-2019 before Covid 19 ravaged the world.

For the last six years the program was on a hiatus due to all that was going on and Normant, who had moved on from Westwood and was now in charge of the Ashland program was looking for the right time to reestablish the overseas trip.



Enter the summer of 2025.

“I felt that this year was personally a good year for me to get this going again. I’m looking for serious basketball players and ones that don’t play football and soccer in the

TRIP

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What is a 'neuroprotective' lifestyle?

The number of new dementia cases in the US is projected to double by 2060, reaching approximately 1 million annually, from an estimated 514,000 in 2020. This increase is primarily attributed to the aging U.S. population. It is no surprise that older Americans are anxious to find ways to avoid or delay receiving this diagnosis.

While ongoing research targets areas like new diagnostic tools, and disease-modifying therapies, there is strong evidence that healthy lifestyle habits may play a role in reducing the risk of Alzheimer's disease and other types of dementia.

Diets that are heart-healthy are also good for the brain. In particular the Mediterranean diet has been associated with a reduced risk of Alzheimer's disease and dementia. The Mediterranean diet is rich in fruits, vegetables, legumes, whole grains and fish and uses olive oil as the primary cooking fat. Leafy greens and berries are two specific food groups that are high in substances that are beneficial to brain health.

Take control of cardiovascular risk factors, including high blood pressure, high cholesterol and diabetes by keeping up with preventive health visits to your doctor. In particular, try to lower your low-density lipoprotein (LDL) cholesterol levels if they are high. Get your hearing and vision checked as well. Hearing loss in particular is highly correlated to increased risk of dementia. Hearing loss contributes to social isolation, and makes it difficult to engage in conversation.

Stay physically and mentally active. Aim for 150 minutes per week of moderate physical activity. Keeping your muscles strong reduces your risk for falls and head injuries, so make sure you do resistance training as part of your exercise routine. Stimulate your brain by doing puzzles, word games, reading or playing a musical instrument. Studies show that people who engage in these activities often were less likely to develop dementia than people who say they rarely engage in these activities.

Don't smoke! There are many ways to help folks quit, and smoking increases the risk of developing dementia, including Alzheimer's disease and vascular dementia.

Sleep is another area that impacts dementia risk. Sleeping less than 4 hours a night or more than 10 hours a night is associated with more rapid cognitive decline.

Strong social connections that include regular interactions with family and friends are associated with slower cognitive decline and a reduced risk of dementia. Being able to remain independent and fully engaged in family and community life is important as we age.

More research is needed before experts develop specific treatments to prevent Alzheimer's and other forms of dementia. For now, it makes sense to follow strategies that promote good overall brain and cardiovascular health.

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

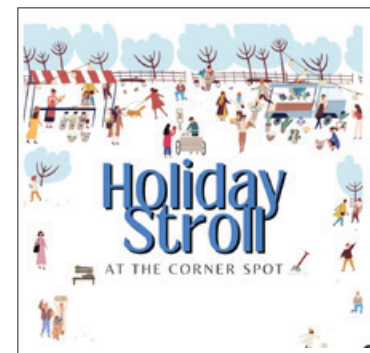
Save The Date:

Holiday Stroll Dec. 6

Mark your calendars for Ashland's Holiday Stroll on Saturday, Dec. 6!

Enjoy shopping with local vendors, visiting our downtown shops and restaurants, and the return of the fan-favorite Find the Gnome game.

Rumor has it some very special friends from the North Pole may stop by too!



CAR SHOW

continued from page 1

teers were more than ready for the onslaught of cars that kept turning in off Main Street and onto the spacious lawn at KiddleFenwal.

David Mandozzi had his hands full directing cars onto the field and instructing drivers where to

park and keeping everyone safe as cars and spectators kept coming in up until noon.

"I would like to thank all the sponsors (there were over 70 this year) as well as all the volunteers that helped make the show such a smooth running operation. Can you believe it? we raised over \$27K for American Cancer Society! We should all be very proud," said Kamitian.



Not to be outdone by the Police department this year, Ashland Fire Department Chief Duffy and Deputy Chief Moraghan proudly hold their trophy for award winning 1951 Mack Triple Combo Pumper truck.



The registration team taking a well deserved break and a photo opportunity. Courtesy photos

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Ashland High School Commended Students in the 2026 National Merit® Scholarship Program Announced

The principal, Kelley St. Coeur, of Ashland High School, announced that the following students had been named Commended Students in the 2026 National Merit Scholarship Program:

Yash Ahuja, Katrina Giglia, Sarah Greco, Arth Gupta, Abhishek Karthik, Zia Kashwan, Daniel Lee, Callum McFarland, Nicholas Novak, Hasini Reddy, Neha Ruthramoorthy, Shruthika Senthilkumar, and Lesley Wilen.

A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC®), which conducts the program, was presented to these scholastically talented students.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue

in the 2026 competition for National Merit Scholarship awards, Commended Students placed among the top 50,000 students who entered the 2026 competition by taking the 2024 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®).

"Those being named Commended Students have demonstrated outstanding potential for academic success," commented a spokesperson for NMSC. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success."



Fleecers, Swindlers and Con Artists: A History of Fraud Through the Ages with Bob Ainsworth

From ancient Greece to today, from seagoing merchants in the Mediterranean to Charles Ponzi in 1920 to Bernie Madoff in the 1990s to bitcoin on the internet, people have wanted to get rich quick. They wanted easy money. They were no pickpockets looking for a few bucks. They wanted big money. And they didn't want just any money. No, they wanted your money, your friends' money, everybody's money. The money you sweated to make and then had the discipline to save.



2 p.m. at the Ashland Historical Society, 2 Myrtle Street, Ashland, MA.

This event is free and open to the public.

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Ashland Public Schools Welcomes New Interim Director of Athletics

Ashland Public Schools is thrilled to welcome Peter Connery as the new Interim Director of Athletics for the 2025–2026 school year. A proud Ashland resident, Mr. Connery brings a wealth of experience in athletics and education and a deep connection to the community he now serves.

For the past 15 years, Mr. Connery has dedicated his career to supporting student growth and success through athletics and wellness. He holds a Master’s degree in Physical Education and Wellness from Fitchburg State University and a Bachelor’s degree in Communications from Norwich University. Most recently, he served as the Director of Health and Wellness at

Nashoba Regional High School, where he earned recognition as a certified administrator and a registered Athletic Administrator.

Mr. Connery’s career has been filled with highlights, including being named MIAA Wrestling Coach of the Year in 2019 and State Coach of the Year in 2015, the same year his team captured a state wrestling championship. He also created a thriving Unified Athletics Program at Nashoba, reflecting his firm belief that athletics should be accessible, inclusive, and fun for every student.

Colleagues consistently describe him as a thoughtful, dedicated, and student-centered leader. Nashoba Athletic Director, Tania Rich, shared: “Pete is a dedicated, thoughtful, and driven educator with the expe-

rience, skills, and mindset necessary to thrive as an athletic administrator.”

Mr. Connery will officially begin his role immediately and will work closely with outgoing Athletic Director Mr. Kevin Anderson through September 12 to ensure a smooth transition. We are grateful to Superintendent Kirk Downing of Nashoba Regional Public Schools for his partnership in supporting this process.

Please join us in giving a warm Ashland welcome to Pete Connery. We are excited for the energy, expertise, and heart he will bring to our athletic programs and know that our student-athletes, coaches, and families will benefit from his leadership for years to come.



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FallFest at The Corner Spot

Celebrate the season at Fall Fest on Saturday, Oct. 18 from 3 - 6 p.m. at The Corner Spot! Enjoy live music from Hit the Bus Band, fun for the kids with Imagine

That Face Painting and fall carnival games, plus plenty of delicious food and drinks. Savor bites from Joey D’s Wingz & Thingz and Dulce D Leche, sweet treats

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Your Money, Your Independence

Open Enrollment 2026: Medical Plans & HSAs



Glenn Brown, CFP

Open enrollment is your annual opportunity to review and select the benefits that best fit your health and financial needs. Beyond medical insurance, you'll choose dental and vision coverage, life and disability insurance, tax-advantaged accounts (dependent care, commuter benefits), and retirement savings plans.

One area that often causes confusion is deciding between traditional medical plans and High Deductible Health Plans (HDHPs), along with their powerful partner: the Health Savings Account (HSA). Understanding how these work together can help you make smarter choices for 2026 and beyond.

Choosing the Right Medical Plan

Selecting a medical plan comes down to two basics:

- Provider comfort: Make sure you're satisfied with the

in-network doctors and hospitals.

- Cost expectations: Review your historical annual medical expenses and consider whether you anticipate major changes.

If your expenses are generally low and predictable, an HDHP paired with an HSA can be especially attractive.

Why Consider a High Deductible Health Plan (HDHP)?

Lower premiums, higher deductibles: HDHPs typically have lower monthly premiums, but you'll pay out-of-pocket until you reach your deductible.

Potential cost savings: For healthy individuals and families who don't expect large medical bills, the premium savings plus HSA advantages often outweigh the higher deductible.

HSA eligibility: You can only contribute to an HSA if you are enrolled in an HDHP. This makes the plan an entry point to one of the most tax-efficient tools available.

Health Savings Accounts (HSA): Triple Tax Advantage

In 2026, contribution limits have increased:

- Individual: \$4,400
- Family: \$8,750
- Catch-up (age 55+): \$1,000

Why do HSAs stand out? Three reasons: contributions

being federal, state, and FICA tax-free; withdrawals for qualified healthcare expenses are tax-free; and balances can be invested for tax-free growth. No other account offers this "triple tax advantage."

Don't Miss the Free Money

Shockingly, more than half of eligible employees don't open or fund an HSA. That's surprising because many employers contribute \$500–\$2,000 per year to jump-start employee accounts. Contributing even \$1 per pay period can unlock hundreds or thousands in employer dollars.

Some companies reward healthy habits: for example, \$400 added to your HSA when you and your spouse complete annual physicals. Skipping this is like leaving free money on the table.

Real-World Tax Savings

Consider a family in the 24% federal tax bracket who spends around \$4,000 annually on out-of-pocket medical expenses. By funding those expenses through an HSA, they save about \$1,480 in taxes (federal, state of MA, and FICA combined).

Families in higher brackets gain even more. A household in the 32% bracket contributing the 2026 family maximum could save nearly \$3,900 in taxes.

HSAs as a Retirement Strategy

HSAs aren't just about today's medical bills—they can be a powerful long-term planning

tool. Some families pay current medical expenses out of pocket and allow HSA funds to stay invested. Over time, this can compound into a substantial tax-free pool of money.

In retirement, HSA dollars can cover Medicare premiums, dental, vision, hearing aids, nursing services, and long-term care insurance. For early retirees, HSAs can even pay COBRA premiums to bridge coverage until Medicare eligibility.

The Bottom Line

Open enrollment is one of the most important financial planning windows of the year. If you're eligible for an HDHP and HSA, weigh the trade-offs carefully, run the numbers, and don't overlook the employer contributions and long-term tax savings.

Learn more by connecting with your benefits coordinator or 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. 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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News from the Ashland's Economic Development and Planning Office

The Zoning Board of Appeals is currently reviewing three major 40B housing proposals:

- 10-60 Main St. with 250 units
- 61 Waverly St. with 226 units
- 55 West Union St. with 116 units

We expect decisions on 10-60 Main Street and 61 Waverly Street to be issued by the end of the year. As always, traffic and safety remain top priorities throughout the review process.

Meanwhile, the Planning Board is actively reviewing a comprehen-

sive proposal for the MetroWest YMCA on Memorial Drive. This exciting development includes:

- A full-service YMCA
- An Early Learning Center
- Outdoor playground
- Parking and walking paths
- Soccer fields
- Utility services and landscaping

The proposed development spans 12.55 acres and is being reviewed under multiple bylaws and permit processes, including Special Permits, Site Plan Re-

view, and Design Plan Review.

A previously permitted three story mixed use building that shall include 29 rental apartment units with approximately 9,400 sq. ft. of ground floor, street facing retail space at 9-49 Homer Avenue will begin construction in the coming weeks.

For any questions about projects happening in town please contact the Planning & Economic Development Department at 508-532-7930.

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'We Care: Neighbors Heating Neighbors' Free Heating System Giveaway

Pro Comfort Control A/C & Heating has announced the return of its annual "We Care: Neighbors Heating Neighbors" program, a free heating system giveaway designed to help a local household in need stay safe and warm this winter. This heartwarming initiative offers one deserving family or individual the chance to receive a brand-new heating system at no cost.

From **October 1 through November 14**, community members are encouraged to nominate a neighbor, friend, or family member facing financial hardship and unable to afford a reliable heating system.

Whether it's a senior on a fixed income, a family going through a tough time, or a neighbor who's always helping others but now needs a hand themselves, this is a chance to make a real difference.

The winner will be announced on November 21, and the installation will be completed in time to bring warmth, safety, and peace of mind before winter fully sets in.

Last Year's Winner's Story: A Life-Changing Gift

In 2024, the selected recipient was Cheryl, a senior living in Natick, MA. Cheryl was caring for her daughter, who was undergoing cancer treatment. Together, they lived on a fixed income that barely covered their day-to-day needs.

Their furnace was condemned due to dangerously high carbon monoxide levels. With no funds to replace it, they had been living without heat, an unthinkable situation made worse by her daughter's compromised health. Cheryl was nominated in September

and received her brand-new heating system in October, just in time for the cold.

How You Can Help

If you know someone like Cheryl, a neighbor who quietly carries a heavy burden, now's the time to speak up for them. This program reflects the true spirit of community: neighbors looking out for neighbors.

"Neighbors helping neighbors is what this program is all about. Together, we can make sure no one faces winter without heat." – Alexandra Mckernan, Co-Owner, Pro Comfort Control.

Let's come together and make this winter a little warmer for everyone.

Submit your nomination today at www.procomfortcontrol.com/nominate or call it in to 508-955-4776.



Free furnace installation for the 2024 Natick resident award recipient.

Yard Waste Pickup Fall 2025 - Mondays only

Yard waste pickups will be Monday only from Monday, Oct. 6 through Monday, Nov. 24.

Yard waste (leaves, grass clippings, rake-able materials) must be contained within barrels (clearly marked as "YARD WASTE") or within brown paper yard waste collection bags and placed at curbside no later than 7 a.m. on the morning of collection. No branches, limbs, stumps or brush. Please contact the DPW with any questions:



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When investing, one of the best abilities is durability



Mark Freeman, CEPA

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You've probably heard about "genius" investors or those who got in on the "ground floor" of a company that grew to be a huge success. These stories may be interesting, but they are also rare — and sometimes not even true.

The truth is that successful investing isn't glamorous, and it isn't necessarily quick. Instead, a well-founded investing strategy is a durable one — one that can withstand the test of time.

Here are some actions that can help you build durability.

Take your time: Most individual investors make their money over time, not overnight. Despite stories about fortunes made on one or two trades, you're more likely to be successful making money over time. You'll want to own a well-diversified portfolio of quality investments — and plan to own those investments for the long term.

A long-term perspective can help you ignore the constant noise in the markets and stay invested. When you hear about the latest "hot" investment tip, especially if it's already performed well, the best advice is this: Ignore it. Although it may be tempting to buy a popular investment, it may not fit with the rest of your portfolio, it may have already peaked and it may be riskier than you expect. If it sounds too good to be true, it probably is.

Invest in quality: When building your investment portfolio,

quality should be a top priority. For stocks, quality is frequently measured by the steadiness of earnings and dividend growth over time. For bonds, one measure of quality is an investment-grade credit rating, which indicates that the borrower has a good track record of making its promised interest and principal payments and the bond has a relatively low risk of default.

Quality investments are more likely to overcome temporary challenges, which is why a good track record can be an indication of quality. Don't reach for yield by looking for investments offering the highest dividend or interest rate without considering the risk. Remember, there is no perfect investment — a higher rate generally means higher risk.

Stick to your strategy: Building a long-term strategy can anchor your decisions and provide a roadmap for your investment choices. Your strategy should consider your goals, tolerance for risk and the time needed to save toward each goal.

Within that strategy, you can be flexible. Buy and hold, for example, doesn't mean buy and forget. Over time, your goals may change, or you may choose to hold more conservative investments. But it's important to make changes for the right reasons, not simply because stocks or your other investments may have dropped in price.

Perhaps one of the biggest mistakes you can make is trying to time the markets, moving in and out in response to short-term declines or the latest prediction. This often results in getting into and out of the market at the wrong times, costing time and money — and resulting in lower returns over time.

Remember that investments don't all move up or down at the same time but portfolio diversification can help smooth the ups and downs of the market. A long-term perspective can help you see past short-term fluctuations in some investments.

Successful investing isn't about making dramatic moves or chasing the latest trends. It's about developing a durable strategy personalized for your life, then sticking with it through market ups and downs. In investing, as in life, slow and steady could help win the race.

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

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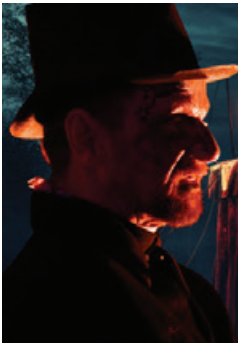


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Winter Prep for Your Home: Must-Do Heating Tips Before the Cold Hits



Alexandra McKerman



Ryan McKerman

HEATING INSIGHTS

Get ahead of the chill with these simple steps to keep your home healthy, warm, and worry-free. As the crisp fall air rolls in, now is the perfect time to prep your home for the colder months ahead. Whether you're a seasoned New Englander or new to harsh winters, making sure your heating system is ready can save you stress, money, and uncomfortable nights. Here are 5 easy,

expert-backed steps every homeowner should take before the freeze sets in.

1. Change Your Air Filters

This one's simple, but it makes a huge difference. A clean filter improves airflow, helps your system run more efficiently, and keeps dust, dander, and allergens out of your indoor air. This small step can make a big health impact for homes with pets, allergies, or kids. Change your filter at least every 1-3 months, and consider

a high-efficiency filter for better air quality.

2. Get a Professional System Tune-Up

Before your furnace is working overtime, schedule a professional inspection and tune-up. A licensed technician can catch small issues before they turn into costly breakdowns. A high-performance tune-up ensures your system is running safely, efficiently, and reliably when you need it most.

3. Test for Carbon Monoxide

Heating systems that burn fuel, like gas or oil furnaces, can risk carbon monoxide (CO) leaks if not properly maintained. Make sure your home is equipped with working CO detectors on every floor, especially near bedrooms. Replace batteries annually and test each unit monthly. If your system is older or hasn't been inspected recently, schedule a professional safety check to protect your family from this odorless, invisible threat.

4. Insulate Smart

Proper insulation keeps the warmth in and the cold out. Focus on attics, crawl spaces,

and around windows and doors. Weatherstripping and caulking are easy DIY fixes that can make a noticeable difference in your comfort and energy bill. Look for mass saving offers or low-cost insulation solutions too.

5. Upgrade Your Thermostat

A smart thermostat not only helps maintain a consistent indoor temperature but also learns your habits and adjusts automatically, saving you energy without sacrificing comfort.

Don't Wait Until It's Freezing

A little prep now goes a long way when the temperature dips. Your family's comfort and health shouldn't be left to

chance when winter arrives. Local experts like Pro Comfort Control Heating & A/C specialize in high-quality service and installations and can help guide you in choosing the right system for your family's comfort and peace of mind for seasons to come.

If you're a homeowner looking to improve your home's heating, cooling, or water heating systems, give us a call/text—we'd love to help! (508) 955-4776 or book online at www.procomfortcontrol.com

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Family-run Affordable Junk Removal takes the stress out of cleanups

BY CHRISTIE VOGT
CONTRIBUTING WRITER

Whether it's one old fridge in the garage or an entire home of unwanted goods, the team at Affordable Junk Removal offers a cost-efficient, stress-free approach to waste management. "You don't lift a finger," says owner Jason Schadler, who started the company along with his wife Christine in 2005.

The business offers same-day service for both residential and commercial clients across eastern and central Massachusetts and northern Rhode Island. In addition to junk removal, the company rents 15-yard dumpsters.

As a family-owned and operated company, Schadler says Affordable Junk Removal has lower overhead costs and is more accessible than national competitors. "I answer my phone 24 hours a day," he says. "I was on vacation in Italy and Portugal, and I was still answering my phone on the beach. When you call us, you get me — not an automated machine!"

Schadler says the company has an environmentally friendly approach to disposal in which it recycles items when possible, properly disposes of non-recyclables and resells many items at the Schadlers' secondhand store,



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"YOU DON'T LIFT A FINGER"

Resellables. "We opened that store in Bellingham because we hated to see things thrown away," Schadler says. "We have four kids and sustainability is extremely important to us."

During the business's early days, Schadler provided junk removal on nights and weekends when he wasn't busy working at a machine shop. Eventually, the business grew into a full-time endeavor, and the Schadlers invested back into the company with new equipment and techniques. "When I first started, for example, we didn't have any tarps. I'm driving around and things are flying out of my truck," Schadler laughs. "I'm like, 'Oh my god, I need a tarp.'"

Schadler says his wife Christine "was equally as involved" in getting the business off the

Business spotlight

ground. "She handled the back-end while I did the heavy lifting, all while she was working at EMC," he says. "Fast forward 17 years, and we both work full time managing the company as well as other endeavors. Business is doing great; it has grown tremendously to a fleet of trucks and dumpsters, and we've also been able to buy a pizza place, The Corner Market in Holliston."

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal has helped provide a work-life balance that suits his family. "It



Christine and Jason Schadler, shown here with their children, started Affordable Junk Removal in 2005.

allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

As for Ashland in particular, Schadler says they are proud to have many repeat customers and friends in the area. Prior to owning Affordable Junk Removal, Schadler was a chef at Stone's Public House, and he also has relatives in town. The Schadlers

also sponsor Ashland's girls high school hockey team.

One of the best parts of his job, Schadler says, is meeting and getting to know new people and developing relationships with returning customers. "We are really grateful for the repeat business and the chance to form connections with residents across the MetroWest area," he says.

To receive a free junk removal estimate, call 774-287-1133 or visit affordablejunkremoval.com.

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Ashland Lions Club October 2025 Update

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. 18 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!

Senior Breakfasts

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

Drug Take Back Day

The Ashland Lions again will assist the Ashland Police in collecting unused/unwanted prescription drugs at the Drug Take

Back Day which will be held at the Ashland Community Center on Rt. 135 on Saturday, Oct. 25 10 a.m. - 2 p.m.

Christmas trees are coming!

It's hard to believe that Thanksgiving is only a month away. But do you know what opens the day after Thanksgiving? The Lions Christmas Tree lot! This will be our third year selling trees at our new location - the Ashland Farmers Market on Front Street! We'll have lots more surprises in store this year as well. Please consider buying your fresh Christmas tree from the Ashland Lions this year and donate to a great cause. Cash, credit cards and Venmo are accepted. Remember, Lions give back 100% of fundraising to eye research and the local community. Hope to see you soon!

Coats for Kids and Families

Ashland Lions Club is partnering again with Anton's Cleaners



for the Coats for Kids and Families Drive. We are collecting warm winter coats for adults and children. CFK&F accepts warm winter coats that are gently used, good quality and all sizes. Coats should not have rips, tears, broken zippers or permanent stains. They will be cleaned by Anton's Cleaners and made available to local nonprofits, social service agencies and schools to ensure that the coats are given to those who really need them, free of charge. Coats may be dropped off in Ashland at Focus on Fitness (290 Eliot St.), Cleaner's Choice and Tailor (193 Main St.) and at

the Public Safety Building (12 Union Street).

Become a Lion and Give Back

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

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

Saint Bridget School
 832 Worcester Road
 Framingham, MA

PRESCHOOL - JAN 2026
 PRESCHOOL, PRE-K, AND KINDERGARTEN - SEPT 2026

Early Childhood Open House
 Wednesday, October 22, 2025 - 5:30pm to 7:00pm

Messages from the Ashland Cultural Council

The Ashland Cultural Council (ACC) invites people to apply for the next round of grants to bring your event or project to life. Grant Cycle ends on Oct. 16, and applicants can apply here: <https://massculturalcouncil.org/local-council/ashland/>

The Ashland Cultural Council (ACC) is seeking new members!

Ashland, we are recruiting new members! If you are a lover of Ashland, the Arts & Humanities, and building community, then your energy is what we need.

Here is how you can get in touch:

Complete a talent bank form on the town website or email us at ashlandculturalcouncil@ashlandmass.com.

Our mission

Promoting excellence, access, education, and diversity in the arts, humanities, and interpre-



libraries, and elder care facilities. The Council consists of 7 members, and the length of a term is 3 years. Each member can serve 2 consecutive terms. Meetings are held on the first Monday of each month.

Ashland Arts & Film Festival

Culture x Community Inc., a 501(c)(3) non profit focused on bringing cultural arts into community spaces, will host the first (hopefully annual) film festival at the APL on Oct. 11.

This first event focuses on the contributions of neurodivergent young artists aged 12 - 25 years old to film (video) and art. We ask that applicants send their 5 to 30-minute video shorts, files of their visual art, and recordings of music to culturexcoinfo@gmail.com by Oct. 5. These submissions can be recorded on phones and other devices, be comic/anime, or other visual media. Although the focus is on the dif-



ferently-abled, we welcome submissions from all young people in that age range. Nicole Savini Buckley is a Peabody-award-winning volunteer "judge" who will

help to review submissions.

We will be inviting the community to watch selected submissions at the library on Oct. 11 in the spirit of a film festival.

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Living Healthy

Top 10 Myths in Eye Care Debunked

BY ROGER M. KALDAWY, M.D.

When it comes to eye health, misinformation can be more harmful than helpful. Many long-held beliefs about vision and eye care are based on outdated science or pure myth. Let's debunk 10 of the most common misconceptions to help you make smarter decisions about your eyes.

1. Carrots Will Fix Your Vision

Carrots contain vitamin A, which is essential for maintaining healthy vision—especially night vision. However, eating more carrots won't sharpen blurry eyesight or reverse vision problems like nearsightedness or farsightedness. A well-rounded diet with leafy greens, fruits, and fish is better for long-term eye health.

2. Reading in Dim Light Will Damage Your Eyes

Reading in low light may

cause eye fatigue or temporary discomfort, but it won't permanently harm your vision. Your eyes are working harder in dim lighting, which can lead to headaches or strain, but not lasting damage. A well-lit environment simply helps reduce fatigue.

3. Sitting Too Close to the TV Will Hurt Your Eyes

This myth has been around since the days of old box TVs. Sitting close to the television can lead to temporary eye strain, but it doesn't cause permanent eye damage. Children often sit closer because they can focus up close better than adults—but it's not a cause for alarm.

4. Wearing Glasses or Contacts Makes Your Eyes Dependent on Them

Glasses and contact lenses correct your vision; they don't change your eyes themselves. You may feel more dependent



on them once you start seeing clearly, but the prescription doesn't "weaken" your eyes. Vision can naturally change over time, but that's not due to corrective lenses.

5. Blue Light from Screens is Damaging Your Eyes

The concern around blue light

has led to a surge in "blue light glasses." But current research doesn't support the idea that blue light from screens causes permanent eye damage. What people often experience is digital eye strain—caused by staring at screens too long, not blue light itself. The 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds) can help reduce eye fatigue.

6. Eye Exercises Can Cure Vision Problems

While exercises may improve focus or coordination in some rare eye conditions (like convergence insufficiency), they can't correct structural issues like myopia, hyperopia, or astigmatism. No amount of eye rolling or focusing drills will replace the need for glasses, contacts, or surgery when needed.

7. You Don't Need an Eye Exam if You See Fine

Even if your vision is perfect, regular eye exams are crucial. Eye diseases like glaucoma, diabetic retinopathy, and macular degeneration can develop silently, without noticeable symptoms. Early detection through routine check-ups is often the key to preserving sight.

8. Only Older Adults Need to Worry About Eye Problems

Age increases the risk of certain eye conditions, but eye health matters at every age. Children, teens, and young adults are increasingly affected by screen-related strain and dry eyes. Preventative care—like UV

protection, a healthy diet, and annual eye exams—should start early and continue for life.

9. Sunglasses Are Only for Sunny Days

UV rays can penetrate clouds, meaning your eyes are exposed even on overcast days. Prolonged UV exposure is linked to cataracts and other serious eye issues. Look for sunglasses that block 100% of UVA and UVB rays—and wear them year-round whenever you're outdoors.

10. You Have to Wait Until a Cataract is "Ripe" to Remove It

This outdated notion comes from older surgical methods. Today's advanced cataract surgeries allow removal whenever the cataract interferes with daily life—no need to wait for it to "mature." In fact, early intervention can often lead to quicker recovery and better visual outcomes.

Misinformation can lead to unnecessary worry—or worse, delayed treatment. The best way to protect your vision is by staying informed, getting regular eye exams, and speaking directly with a trusted eye care professional. Clear vision is about more than just 20/20 sight—it's about making smart, evidence-based decisions to preserve your eyesight for life.

Milford Franklin Eye Center proudly operates four convenient office locations in Milford, Franklin, Hopkinton, and Medfield. In addition, our state-of-the-art Cataract and Laser Surgery Center in Milford offers world-class surgical eye care close to home. Patients benefit from an accredited and licensed facility, on-site anesthesia presence, and carefully titrated sedation—ensuring the highest standards of comfort, safety, and precision. When it comes to your eyes, you don't have to travel far to receive the best care available.

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Letter to the Editor: Tsunami of 40B Housing Proposals in Ashland

Ashland, Massachusetts is in startling circumstances. The town is experiencing a tsunami of 40B multi-housing proposals! If all the proposals go through, the small town of Ashland, population 18,000, could grow as much as 20%! In a very short amount of time! The effect on schools, police, fire, traffic, water and sewer could be overwhelming!

Ashland is in favor of new development. It has a Housing Plan for continuous, manageable growth, protected by Ashland Zoning Laws. Unfortunately, if developers don't want to adhere to Ashland's zoning laws, the 40B Law allows developers to ignore the town's growth plan and bypass all or most zoning laws. Ashland is being over-run by 40B developers whose main concern is profit, not genuine affordable housing and not the town's welfare.

Ashland finds itself in a "Catch 22" position. While Ashland needs to meet "Safe Harbor", "Safe Harbor" can't be reached until units have actually been permitted. Before Ashland can permit one 40B project, more developers submit applications. The result is that more and more 40B projects are being requested and approved by the state because "Safe Harbor" has not yet been met. And on and on... for Ashland, it's a "Catch 22".

By contrast, if Ashland were allowed to count its previously

permitted complexes, Ashland would be in "Safe Harbor". After "Safe Harbor", Ashland's Zoning Board of Appeals would be allowed to oversee the interests of the town.

Ashland has recently built several apartment communities:

- Memorial Drive, 400 units, in close proximity to the train station
- Chestnut Street, 174 units

These are the new 40B proposals:

- 10-60 Main Street, 250 40B units
- 61 Waverley Street, 226 40B units
- 55 West Union Street, 116 40B units
- TOTAL of 592 new apartments

Previously approved but put on hold by developers:

- 501 Pond Street, 120 units
- Memorial Drive, 180 units

Ashland's town center's 10-60 Main Street proposal is an unfortunate example of developers using 40B to build strictly for profit, not for the needs of the town. The proposed project is to be built on top of the Nyanza plume of the EPA designated Nyanza Superfund Site. There is a deed restriction on the property which excludes residential housing due to the contamination, and yet the State has given this development preliminary approval to build 250 residential apartments, which will include children. Secondly, demolishing historic buildings to build a

250 unit, 6 story (one inch shy of a high-rise), 40B complex is unjust. Ashland zoning limits buildings to 3 stories, in keeping with the mostly 1-story colonial buildings. Thirdly, the property is in a flood plain, on the contaminated Sudbury River. When the contaminated river floods, all cars will need to be moved but there is no place to move 250-500 cars and no way to move them.

Respectfully, we ask the state to pause all 40B developments which haven't broken ground and retroactively change the 40B Law to:

- Limit 40B approvals to one at a time.
- Allow "Approved" projects to count in the Safe Harbor calculation unless the developer pulls the project.
- Require the 40B developments to adhere to all laws pertaining to conservation, wetlands, historic buildings, etc.
- Require the state to pay for 40B increases in Public Safety, Water, Sewer, and Schools.

We ask the state to consider Ashland's unique and frightening situation. Ashland is in favor of new housing development but right now, the town is being overwhelmed by developers' 40B proposals.

Respectfully,
Connie Mannal & Joan Gonfrade
Joan Gonfrade
Ashland Historical Commission
Speaking as an individual

New from Greater Ashland Lions Club

A Big Thank You! goes out to all those who stopped-by to see us at National Night Out and to those that visited us at our White Cane Day Toll Road (that was co-sponsored with the Ashland Lions Club).

Also, many Thanks for visiting us at our booths at both Dragonfly Faire and Ashland Day. For those that were interested in the Cookies for Kids Cancer, please go to this website: <https://my.beagoodcookie.org/fundraiser/6556184>.

Our Annual Porchetta will be held on Thursday, Oct. 16 at the Ashland VFW, 311 Pleasant Street, Ashland. It'll start at 6 p.m. and be catered by Marconi's & Co. Tickets are \$25 each and can be purchased by contacting either Lion Debbi at 508-881-2117 or Lion Alexis at 508-881-3022. No tickets will be sold at the door.

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

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 In-

ternational. These are just some of the organizations supported: Hunger Action Month (World Food Day), Vision (World Blindness Awareness Month), Childhood Cancer, Disaster Relief, Environment (World Cleanup Day) and Humanitarian (International Day of Peace).

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

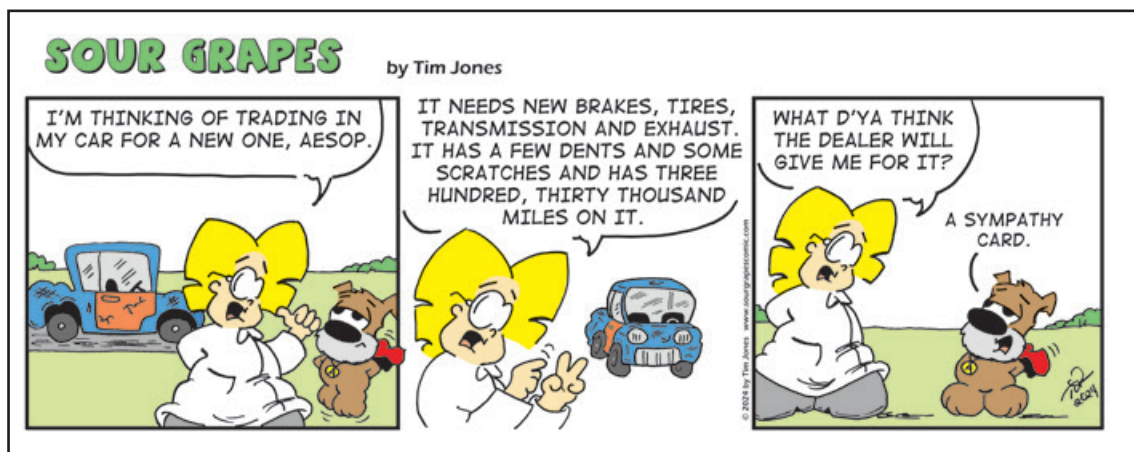
Do you have Pull Tabs? We still collect them and they get sent to the Shriners. Contact Lion Rosalie at 508-881-4743 for more info.

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

For more club information, please check us out on Facebook: Greater Ashland Lions Club. #weserve #kindnessmatters. We are the Lions in Purple. We Serve! Submitted by: Lion Rosalie Porter, 2nd VP



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Senior Community Center Activities for October 2025

PROGRAMS & ACTIVITIES:

Oct. 15 at 9 - 11:30 a.m.

Veterans Office Hours with Richard Sabounjian

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

Oct. 15, 16, 21, 23, 28, 30 at 9 a.m. - 1 p.m.

SHINE Open Enrollment In Person Appointment with Lenore Tracy

Call to make an appointment 508-881-0140 ext. 1.

Oct. 23 at 1 - 2:30 p.m.

NEW! Knit Along with Nancy

Learn to knit or refresh you knitting skills with Nancy and others. Projects will include pot holders, decorations and more. Please bring along knitting needles US 6-8 (4mm-5mm). Yarn for first project will be supplied. Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 10 at 10 a.m.

Bring Your Own Sewing Project- Pins & Needles Sewing

Class with Tobi

Struggling to finish a project? Tobi can help. All levels of skill welcome. Bring your own sewing machine. Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 10 at 10 - 11:30 a.m.

Legal Phone Consultation with Arthur P. Bergeron

Call to schedule an appointment at 508-881-0140 ext. 1.

Oct. 13 - CLOSED FOR INDIGENOUS PEOPLE'S DAY (COLUMBUS DAY)

Oct. 14 at 9 a.m.

Craft w/ Milly: Fall Centerpiece

Supplies will be provided. Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 14 at 10:30 a.m.

Digital Literacy Class with Jonathan Baron - How Seniors Can Use Technology to Stay Connected

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

Oct. 14 at 11:30 a.m.

NEW! Extra Lunch w/ June Weiner, The Casual Gourmet - Beef Stew

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, Oct. 9 at noon.

Oct. 14 at 1 p.m.

NEW! Popcorn and a Movie, "A Beautiful Day in the Neighborhood"

PG 2019 Tom Hanks portrays Fred Rogers in a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between him and journalist Lloyd Vogel. Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 15 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.

Oct. 16, 23, 30 at 10 - 11:30 a.m.

NEW! FREE Beginning Watercolor: 3-week series w/ Giulietta Nardone

Discover the versatile and transparent medium of watercolor! In this 3-week beginner friendly art class, you'll learn essential techniques such as color mixing, glazing, basic brushstrokes, and washes as well as the basic elements of composition, color, shape, and value. All supplies included. Limited class size of 12. Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 16 at 11 a.m.

NEW! Fuel Assistance & Services with Gabriel Estailat, SMOC

Learn how low- and moderate-income seniors may be eligible for home weatherization services, energy-saving home improvements, subsidies on their utility bills. Call to reserve your seat 508-881 0140 ext. 1.

Oct. 17 at 10 a.m.

Craft with Elissa: Floral Centerpiece

Supplies will be provided. Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 20 at 10:30 a.m.

Hearing Aid Cleaning with Hopkinton Audiology FREE



Call to schedule an appointment at 508-881-0140 ext. 1.

Oct. 20 at 12:30 p.m.

NEW! The offices of Senate President Karen Spilka & Representative

Jack Patrick Lewis have partnered with District Attorney Marian Ryan to present "Scam Prevention". Call to reserve your seat at 508-881-0140 ext. 1.

Oct. 20 at 7 - 8 p.m.

NEW! Virtual Program: Revolutionary Whiskey w/ Travis Ireland

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

Oct. 21 at 12 p.m.

NEW! Lunch Made by Student Cooks from Keefe Tech: Tuscan Chicken

Cost \$6 pp. Call to reserve your seat by Thursday Oct. 16 at noon at 508-881-0140 ext. 1.

Oct. 21 at 10 a.m.

NEW! "Ashland's Least Wanted: Spotted Laternflies & Other Invasive Species" with Becca Solomon, Conservation Agent, Town of Ashland

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

Oct. 22 at 11 a.m. - 12:30 p.m.
Cook with Chef Lee: Clam Soup and Homemade Pasta

Class \$5 per person. Call to reserve your seat 508-881 0140 ext. 1.

Oct. 23 at 10 - 11:30 p.m.

Clocktown Memory Cafe with music by Rick Ferreira

Clocktown Cafe provides a welcoming place for individuals with Alzheimer's disease, demen-

tia 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.

Oct. 24 at 10 a.m.

Sew Zipper Pouches - Pins & Needles Sewing Class with Tobi

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

Oct. 27 at 10:45 a.m.

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

Oct. 27 at 12 p.m.

NEW! Lunch and Trivia, with music by Retro Polatin Duo

Please use the payment box outside the Main Office to reserve your seat. The cost is \$6 per person. \$4 charge per person for seniors listening to music (no lunch). Reservations due Thursday, Oct. 23 at noon.

Oct. 27 at 7 - 8 p.m.

NEW! Virtual Program: Q&A with Mystery and Romance writer Sherry Thomas in collaboration with the Ashland Public Library

Visit the Ashland Public Library website to register for the program.

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SENIOR CENTER

continued from page 14

Oct. 28 at 11 a.m.
NEW! Get to Know Springwell, Your Aging Service Access Point with Larry Poirier

Springwell provides information services and support to assist seniors in securing and maintaining independent living in a home environment. Call to reserve your seat at 508-881-0140 x ext. 1.

Oct. 28 at 7 - 8 p.m.
NEW! Virtual Program: "The Girl Bandits and the Warsaw Ghetto" with Historian Elizabeth R. Hyman

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

Oct. 31 at 11 a.m. - 12 p.m.
NEW! FREE Halloween Costume Contest & Party with light refreshments

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

Reservations must be made by Thursday before the sched-

uled 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.

Free Programs/Events Reservation Policy:

Reservations for FREE events may be made starting on the first day of the month in which the event is held.

- Reservations for free events (except Ashland Lions Breakfast) may be made starting on the first day of the month in which the event is held.
- All reservations must be made by the deadline date provided for each program.
- If the minimum number of participants is not met, the event/program will be canceled.
- Cancellations must be made 24 hours prior to the event so that individuals on the waitlist may be contacted.
- No-shows: If you reserve a spot and do not attend without calling to cancel, you will not be eligible to register for the next free event.

TO CANCEL: Please contact Dena Porter at 508-881-0140 ext. 1

- 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.
- Craft Class** - second 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 & Crochet-ing Group - Second and 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 with 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 - Check calendar for date and time.

NEW! Knit Along with Nancy - Second and fourth Thursdays at 1 - 2:30 p.m.

NEW TIME! Line Dancing with Lisa - Thursdays at 1:30 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 and 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 Kelli - Tuesdays at 10 a.m.

Ashland Recreation

Do you know all the great programming that's happening at Ashland Recreation? There truly is something for every age group. Here is just a sample of what they have coming up. Be sure to log into their website to see a full list of programs offered here in town! Go to: ashlandma.myrec.com

Backyard Discovery Do you ever wonder what lives under a rock? What makes the plants grow? Why do the leaves fall? Join us as we discover all this and more! Each day we will go on an adventure in our big backyard, the Ashland State Park where we will examine leaves, turn over rocks, handle bugs, splash in a stream, plant seeds and more.

- Grades K - 5: Tuesdays 4:30 - 6 p.m.
- Ages 3.5 - 6: Thursdays 9:30 - 11:30 a.m.

Safe Sitter® babysitting classes have been preparing young teens to care for younger children for over 40 years. The program follows guidelines from the American Academy

of Pediatrics and the American Heart Association. Friday, Nov. 7, 4 - 6:30 p.m. and Friday, Dec. 5, 4 - 6:30 p.m., open to students in grades 5+

Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone. The program follows guidelines from the American Academy of Pediatrics and the American Heart Association. Friday, Nov. 21 at 4 - 6 p.m., open to students in grades 3-6.

Spooky Art Club Join us through the month of October for one or all sessions. Each week, we dive into haunted houses, creepy creatures, and mysterious potions through painting, edible art and more. Grades 3-5 and 6-8.

October Early Release Days (Half Day Explorers) - Join us for one or all three early release days in October. Students in grades K-5 are picked up directly from school at dismissal by recreation staff. Each day we will head off on a fun adventure and return to the Community Center at 5 p.m.

HEAT PUMP PIZZA PARTY!



Join Ashland & Hopkinton Neighbors
for Pizza from
Hopkinton Blue Square Pizza
and Guidance on
Replacing OLD HVAC and WATER HEATING SYSTEMS!

Wednesday, Oct. 8 6:30-8pm



Hear from Heat Pump Experts from
HeatSmart Alliance, Laminar Collective
and Local Residents with Heat Pumps



TOPICS TO BE DISCUSSED:

- Types of Heat Pumps
- Current Heat Pump Pricing
- Incentives, Tax Credits & Cutoff Date
- Pricing Trends This Year & Beyond
- New Electricity Discounts for Heat Pump Owners

LOCATION:

**Ashland Community Center
162 W. Union St., Ashland**

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The b.LUXE *beauty beat*

Color Me Autumn: Fall Color Trends Inspired by the Season

BY GINA WOELFEL

Can we just talk about how gorgeous it is outside right now? Walking through Choate Park in Medway or driving through any of our MetroWest neighborhoods is spectacular! The trees are on fire! Deep red sugar maples, oaks mixing chocolate and gold, and birch trees glimmer like perfectly placed highlights.

It's the kind of beautiful that makes you slow down and actually notice. And honestly? It got us thinking about this fall's hottest hair color trends.

At b.LUXE Hair and Makeup Studio, our clients are falling hard for autumn-inspired hair color, with the rich, dimensional tones that make our New England autumns so legendary. These seasonal hues feel both on-trend and authentically you.

The Brunette Takeover

This season, brunettes are absolutely having their moment! The **"Expensive Brunette"** trend is all about adding depth, dimension, and high-gloss shine to darker tones; a perfect choice for clients seeking that luxurious, high-end look without the high-maintenance upkeep. This movement towards more natural shades has inspired some irresistibly cute names along the way - think favorite drinks, desserts, and yes, even stuffed animals! Haven't you heard of **Teddy Bear Brunette**? This popular twist on the modern "bronde" trend combines a deeper bru-

nette base with honey blonde babylights. This technique balances warm tones and gives a subtle glow and brightness to brown hair without crossing into blonde territory.

Brown Sugar Brunette is like your favorite fall latte - warm, inviting, and absolutely irresistible. This gorgeous mid-toned brunette delivers all the cozy vibes with its rich blend of caramel and maple highlights that glow like late autumn sunlight. It's sophisticated yet effortless, and will leave people asking what you've done to look so good.

Brownie Batter Brunette is the richest of our fall favorites - think molten brownie batter in all its deep, chocolatey glory. This stunning shade goes darker and more dramatic than Brown Sugar Brunette, with a luscious chocolate base that's pure indulgence. Warm caramel highlights are delicately woven throughout, creating a subtle glow rather than dramatic contrast, giving you that perfect low-maintenance luxury. Unlike the honey-kissed lightness of Teddy Bear Brunette, Brownie Batter embraces the deeper, more decadent side of brown hair. Its warm undertones radiate sophistication with just enough dimension to keep things interesting.

The Redhead Renaissance

Redheads are absolutely stepping out this season with shades



that are anything but basic! What's really exciting is how dimensional red hair has become with multi-tonal effects that blend warm and cool undertones. No more flat, single-shade colors! The reds we're loving right now are all about complexity. And **Cherry Cola** is "the red" of the moment with a rich chocolate base and deep cinnamon highlights for a sophisticated, edgy look. **Sun-Kissed Copper** gives classic ginger a luxurious upgrade with richer, warmer, more wearable tones that stand out without being overwhelming. And **Strawberry Blonde**? It's the sweet spot between blonde and red, with golden undertones that help warm and soften fair complexions.

Going For Gold (And Silver!)

Now, don't think our golden girls are sitting this autumnal party out! Even our most devoted blondes are embracing deeper roots and effortless grow-outs that stretch appointments longer - a total blessing



during the holiday rush. Take for instance, **Butter Blonde**. This warm, creamy shade mimics the richness of melted butter - soft, dimensional, and naturally radiant. **Honey Blonde** gives you that perfect "just back from vacation" vibe without ever leaving town. Then there's Bronde - the holy grail of low-maintenance color that blends brown and blonde so beautifully, it looks like you were born with perfectly luminous hair. And if you're feeling adventurous, **Golden Silver** brings just enough edge with its gorgeous metallic shimmer.

Our gray clients can get in

on the low-maintenance trend too! Instead of covering your grays, ask your stylist about Gray-Blending, a technique that blends lowlights and highlights with your gray hair. Think tortoise shell or mosaic tiles - beautiful hues working in harmony.

Here's a trend that's always in style: Healthy Hair! Have your stylist recommend shampoo, conditioner, and styling products that will keep your hair looking great longer.

Celebrate the Season

There's something so magical about the season ahead of us. Let's embrace the cozy vibes, keep things simple, and soak up all the fun these next three months have to offer.

Brunette, Red, Blonde or Silver, we're here to help you find your perfect shade!

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October 2025 at the Ashland Library

The library will be closed Monday, Oct. 13 in observance of Indigenous Peoples' Day/Columbus Day.

FEATURED THIS MONTH: Historical Fiction Swag Bag Online Auction!

Wednesday, Oct. 8 at 8 p.m. - Wednesday, Oct. 15 at 8 p.m.

The Friends of the Ashland Library are having another awesome online auction! It's a Swag Bag Auction with contributions from more than 60 of the best historical fiction authors out there! In keeping with our values of literacy and diversity, we have authors from many sub-genres including mystery, gothic, literary, diverse, military, ancient, young adult, LGBTQ and so many others. There is something for every historical fiction reader!

Check out all of the items on our preview page that will be up for grabs starting on Oct. 8!

All auctions open on ebay on Wed. Oct. 8 at 8 p.m. ET.

In Person - Ashland Arts & Film Festival with Culture x Community

Saturday, Oct. 11 at 10 a.m - 2 p.m.

The Ashland Public Library is thrilled to be partnering with Culture x Community for the first ever Young Artists Arts and Film Festival! This is a special one as we celebrate Ashland's young creators, including neurodivergent artists. Young artists are invited to submit work or request category details at culturexcoinfo@gmail.com.

Halloween Trick-or-Treating

Wednesday, Oct. 29 at 4:30 - 6:30 p.m.

We're excited to partner with Ashland Town Hall for this annual event! Come to the library between 4:30 - 6:30 p.m. for a trick or treat. We'll have something for everyone both in the children's room and upstairs by the circulation desk. All are welcome to play. Can't wait to see your costumes!

ADULT:

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

In Person - Women's Wisdom Circle: Cultivating an Abundance Mindset

Thursday, Oct. 9 at 6 - 7:30 p.m.

For this session Paula Topcliffe will lead a discussion on Cultivating an Abundance Mindset and letting go of scarcity fears - because, even if we don't have a lot of money, we can find abundance in so many aspects of our lives!

Virtual - Dealing with Coins and Currency

Thursday, Oct. 9 at 7 p.m.

Most households and estates include a variety of Coins & Currency. Some have considerably more value than others, but how can you tell which is which? This program will help those who are dealing with coins & currency.

In Person - Mystery Book Club

Friday, Oct. 10 at 12 p.m.

Read *The Stranger Diaries* by Elly Griffiths.

Virtual - Friday Night Film Discussion

Friday, Oct. 10 at 7 p.m.

Watch *Return to Dust* (Kanopy)

In Person - Historical Fiction Book Club

Tuesday, Oct. 14 at 11 a.m.

Read *Last Twilight in Paris* by Pan Jenoff

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

Tuesday, Oct. 14 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 - Mysterious Massachusetts with Sarah Hodge-Wetherbe

Tuesday, Oct. 14 at 7 p.m.

Every state has its ghost stories, but no other state has the Dover Demon or the Salem Witch Trials. From sea-side ghosts, to UFOs over the Berkshires, Massachusetts has a rich history of paranormal legend, odd events, and strange denizens. In this workshop, we have a look at some of the most famous of Massachusetts paranormal, cryptozoological, and plain weird incidents throughout the state's history.

Virtual - Thriller/Horror Book Recs with Bookstagrammer @redreadreviews

Tuesday, Oct.14 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!

In Person - Bio/Memoir Book Club

Wednesday, Oct. 15 at 11 a.m.

Read *All the beauty in the world* by Patrick Bringley

In Person - Half-Past Crafts

Wednesday, Oct. 15 at 6:30 p.m.

This month we will be needle-felting cute and easy pumpkins!

Virtual - Great American Unsung Heroes Who Changed The Course Of History - Edith Nourse Rogers

Wednesday, Oct. 15 at 7 - 8:15 p.m.

Congresswoman Edith Nourse Rogers championed the enactment of the G.I. Bill of Rights, which had the single greatest effect on the American way of life. Learn about this remarkable woman, in a Congress dominated by men, who by sheer force of will, pluck and hard work, accomplished so much for so many Americans.

Virtual - Women's Fiction Book Recs with Bestselling Author, Kristan Higgins

Thursday, Oct. 16 at 6:30 - 7 p.m.

Love Women's Fiction but not sure what to read next? Join bestselling author, Kristan Higgins (and Ashland fave!), quarterly for 30 minutes of pure book recommendations - the best of women's fiction out there!

In Person - Great Decisions

Thursday, Oct. 16 at 6:30 - 7:45 p.m.

Discuss Foreign Policy in the Middle East: Taking Stock and Looking Ahead

Virtual - Inclusive and Diverse Book Recs with Bookstagrammer @sometimesleelynnreads

Thursday, Oct. 16 at 7:30 - 8 p.m.

Looking for the best books with BIPOC/LGBTQ+/Neurodivergent/Disabled etc. characters or by representative authors but

For more events go to ashlandmass.com/184/Ashland-Public-Library

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!

In Person - Card Making with Jan Poppendieck

Monday, Oct. 20 at 6:30 p.m.

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

Virtual - Revolutionary Whiskey - History and Recs of American Whiskeys with Travis Ireland

Monday, Oct. 20 at 7 p.m.

We're excited to welcome Travis Ireland back to discuss the best American whiskeys to celebrate the 250th anniversary of the Revolutionary War! You may be surprised at how many wonderful whiskeys made right here in the good old U.S. of A.! Learn a bit of history and BYO to do a virtual taste test with Travis, who

will be recommending some of his favorites.

In Person - Cook Book Club

Tuesday, Oct. 21 at 5 p.m.

Cook from *The Book On Pie: Everything You Need to Know to Bake Perfect Pies* by Erin Jeanne McDowell

Virtual - Great Performers: Edith Piaf with Clint Edwards

Tuesday, Oct. 21 at 7 p.m.

Considered the greatest of all the French chanteuses, Edith Piaf rose from the streets of Paris to the top of the world's great stages. Take a deep dive into several of her most memorable songs, seeing how her personal life and story were reflected in her music.

In Person - Cider Tasting and Fall Reading Discussion

Wednesday, Oct. 22 at 6:30 p.m.

If you love books and cider and additions to your TBR pile, join us for this special evening of relaxing, discussion, and all the flavors! This program is for adults 18+ and does require registration (so we have plenty of drinks - and maybe even some apple cider donuts! - to go around .

LIBRARY

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LIBRARY

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Virtual - The Life & Career Of Harrison Ford

Wednesday, Oct. 22 at 7 - 8:30 p.m.

From Bob Falfa and Han Solo to Indiana Jones, Rick Deckard, and Jack Ryan, Harrison Ford is one globe-trotting space cowboy who left an indelible mark on multiple generations of moviegoers worldwide. Enjoy a look at the life and career of this Academy Award-nominated actor.

Virtual - Friday Night Film Discussion

Friday, Oct. 24 at 7 p.m.

Watch *After the Storm* (Kanopy)**Virtual - Q&A with Mystery (and Romance) writer, Sherry Thomas**

Monday, Oct. 27 at 7 p.m.

Oh, my gosh, how perfect is this! As a longtime fan of Sherry Thomas, we are thrilled to be in conversation with her for her new book, *The Librarians* - murder disrupts the routine for four quirky librarians who hide among books to keep their secrets in this mystery from USA Today bestselling author Sherry Thomas. What do we love more than quirky librarians? Not much! We hope you can join us for what we know will be a fantastic discussion of Sherry's roots as a romance writer, mov-

ing to mysteries, and where she is currently in writing and publishing.

In Person - Parenting Book Club

Tuesday, Oct. 28 at 6 - 7:30 p.m.

We hope all parents can join us for this important discussion on *The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired* by Daniel J. Siegel M.D. and Tina Payne Bryson. We're excited to have Kerri Smith, of The Well Resourced Parent back with us to moderate the conversation. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

Virtual - Human(ish) with Justin Gregg

Tuesday, Oct. 28 at 7 p.m.

Drawing on cutting-edge research from his new book *Human-ish* (Little, Brown, 2025), Justin explores our universal tendency to see human-like qualities in everything around us—and shows how understanding this bias can transform our relationships with animals, technology, and each other.

Virtual - "The Girl Bandits of the Warsaw Ghetto" with His-**torian Elizabeth R. Hyman**

Tuesday, Oct. 28 at 7 p.m.

In The Girl Bandits of the Warsaw Ghetto: The True Story of Five Courageous Young Women Who Sparked an Uprising, Holocaust historian Elizabeth Hyman introduces five young, courageous Polish Jewish women—known as “the girls” by the leadership of the resistance and “bandits” by their Nazi oppressors—who were central to the Jewish resistance as fighters, commanders, couriers, and smugglers. Join us as Elizabeth shares this extraordinary, important, and heretofore hidden history with us.

Virtual - Embroidered Coats Of Arms In An Age of Revolution with Historic New England

Wednesday, Oct. 29 at 7 p.m.

Survey the history of embroidered coats of arms created in Boston in the late eighteenth century. More than an accomplishment of a genteel education, heraldic needlework was created by young women to document their family genealogy, a practice that endured through war, exile, and independence. Enjoy stories about needlework, women, family, and legacy in an age of Revolution.

Virtual - Art on Thursday: The Swirling World of Art Nouveau

Thursday, Oct. 30 at 7 - 8:15 p.m.

This program explores the key characteristics of Art Nouveau and delves into Alphonse Mucha's masterful works, uncovering how his distinctive style influenced not only graphic design but also the architecture and interior decor of the era.

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.

CHILDREN: All month:**Halloween Costume Swap**

Started Monday, Sept. 29 and on going to Friday, Oct. 31.

Calling all mini ghouls and goblins! Join our month-long Halloween Costume Swap just for kids! Bring in those outgrown costumes and take home new ones to complete your spooktacular look. Whether you're on the hunt for a magical princess dress or a dashing superhero cape, this is your chance to refresh your costume collection and share the Halloween spirit. Drop off old favorites and pick up exciting new ones all month long—because every kid deserves to be their favorite character!

Special Programs:**Dungeons & Dragons: The Next Campaign** *for ages 8-12

Wednesday, Oct. 15 at 4:30 - 6 p.m.

Wednesday, Oct. 22 at 4:30 - 6 p.m.

Calling all young adventurers! Join the next campaign of Dungeons & Dragons and embark on an exciting journey into the world of role-playing games. With the guidance of an experienced Dungeon Master, beginners will continue to learn the basics of character creation, storytelling, and gameplay. Each week will build skills and confidence, with the goal of empowering kids to launch and run their own campaigns. You must have attended September's Build Your Character workshop and Beginner's Q&A (if you are completely new to this) in order to participate in this campaign. Space is very limited and registration is required.

Coding Class for Kids *for grades K-5

Saturday, Oct. 11 at 12:15 - 1:15 p.m.

Saturday, Oct. 25 at 12:15 - 1:15 p.m.

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

Spooky Mothman Storytime!

*for families

Saturday, Oct. 11 at 2 - 2:45 p.m.

Come celebrate the spooky season with a celebration themed around everybody's favorite cryptid—Mothman! We'll start by reading Andrew Shaffer's delightful picture book *Mothman's Happy Cryptid Halloween* and finish off with a simple and fun Mothman-themed craft. For families. No registration required!

Graphic Novel Book Club Jr.

*for grades 1-2

Thursday, Oct. 16 at 4:15 - 5 p.m.

Do you love graphic novels? Join our Graphic Novel Book Club Jr. for grades 1-2! Each month, we'll read and discuss a new graphic novel in a fun, relaxed environment. If you enjoy reading, love visual storytelling, or are just curious to try something new, this is the club for you! Registration required.

Diary of a Wimpy Kid Book**Release Party!** *for families

Saturday, Oct. 18 at 10 a.m. - 2 p.m.

Zoo-wee-mama! The twentieth installment of the *Diary of a Wimpy Kid* series releases on Oct. 21, and to get excited, we're throwing an awesome Wimpy Kid party! Come hang out with other Wimpy Kid fans, play games, participate in trivia, and so much more. For families. Drop in anytime between 10 a.m. and 2 p.m. no registration required!

LEGO Club with Kim *for grades K-3

LIBRARY

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LIBRARY

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Monday, Oct. 20 at 4:30 - 5:30 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! For kids in grades K-3. Registration is required and space is limited.

Pokémon Club **for grades 2-6*

Tuesday, Oct. 21 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 hangout 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.

Graphic Novel Book Club **for grades 3-6*

Thursday, Oct. 23 at 6:30 - 7:30 p.m.

Get ready for a graphic adventure like no other! Join our Graphic Novel Book Club for kids in grades 3 thru 6, and dive into a world where stories jump off the page! Each month, you'll read an exciting graphic novel before our meeting, where we'll chat about the book, play awesome games, and unleash your creativity with fun art projects. Plus, you get to vote on what book we'll read next—so your voice truly matters! With new friends, thrilling stories, and endless fun, it's the ultimate way to bring reading to life. Don't miss out on the excitement—come be a part of our graphic novel gang! Space is limited and registration is required.

Juntos en la Biblioteca: Actividades en Español en Familia

**for families | para familias*

Monday, Oct. 27 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!

The Great Pumpkin-a-Thon!

**for families*

Wednesday, Oct. 29 at 1 - 2 p.m.

Come join us for a scary good time with a showing of the heartwarming Halloween classic *It's the Great Pumpkin, Charlie Brown!* After watching the movie, stick around to decorate a miniature pumpkin of your own with paint markers and other goodies. For families. Space and supplies are limited, so registration is required!

Little Crafters **for ages 0-5 with a caregiver*

Thursday, Oct. 30 at 10:30 - 11 a.m.

Come join the Ashland Moms Club for this storytime, where little hands get to explore big ideas! We'll start with a sweet and lively storytime, followed by a simple craft that's perfect for curious minds. Bring your imagination, and let's make some colorful memories together! For families with children ages 0-5. No registration required.

Halloween Party! **for families*

Thursday, Oct. 30 at 2 - 4 p.m.

School's out early—come celebrate spooky season at the library! Bring the whole family for an afternoon of Halloween fun. Show off your costumes, dance to festive tunes, enjoy tasty treats, make a spook-tacular craft, and play games together. Registration required.

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 and 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 and 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 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:

Halloween Bash **for ages 12 to 18*

Thursday, Oct. 23 at 6 - 8 p.m.

Welcome back to the Halloween Bash! Join us for more fun and frights this year as the Bash returns with more crafts, snacks, and of course, the haunted trail! More details to come.

Annual Trick-or-Treating at Ashland Town Hall Oct. 29

The annual trick or treating event is happening again in downtown Ashland on Wednesday, Oct. 29 from 4:30 - 6:30 p.m.! All three floors of Ashland Town Hall will be decorated for the holiday and staff members will be in costume ready to hand out tons of candy and treats! We're inviting all kids and families from our community to come together for some Halloween fun. Dress up in your favorite costumes and come trick or treat! After Town Hall be sure to visit participating businesses in the downtown area. You will receive a map at Town hall of all the



stops to visit. Don't miss out on this fantastic community event. We can't wait to see your costumes and celebrate Halloween together at Ashland Town Hall!

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Meet Percy & Luna – A Playful, Gentle Duo Looking for Their Forever Home

Percy and Luna are two sweet 1-year-old cats who met at the shelter and quickly became a special little duo. Ever since they found each other, they've done everything side by side — from playing and exploring to napping and slowly learning to trust.

Percy is the more confident of the two, but he can still be shy in new situations. He enjoys being petted — even on his belly! — and gets especially excited for treats and toys. He's playful, curious, and becoming more outgoing every day, as long as things stay calm.

Luna is more reserved and sensitive, but incredibly sweet. She's still shy, especially with new people or sudden movement, but she's made wonderful progress. She loves other cats and is happiest when snuggled up next to a feline friend — especially Percy.

Both Percy and Luna love to play, chase toys, and enjoy treats. They may be shy at first, but once

they understand they're safe and loved, they'll start to show their affectionate and playful sides.

They're looking for a quiet, calm home with no dogs and no children under 10. Teens or adults with some cat experience would be a great match to help them continue building confidence.

If you're ready to open your heart to a gentle, loving pair who will bring joy, fun, and quiet companionship, Percy and Luna are ready to find their forever home — together.

As we are closed to the public, adoptions are by appointment only. If you have an interest in meeting Percy & Luna, 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 Percy and Luna.



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THANK YOU!!

THANK YOU!!

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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. - 6 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.

Sports

TRIP

continued from page 1

fall as it would interfere with their practices,” the Clocker Coach said. “I always like to bring a few athletes from my high school and Ronan (Kyatsandra) and Ygor (Sabadini) were a good fit.”

Normant noted that a lot of the kids that take basketball serious year-round are not looking to play basketball in August when they are getting ready to start up another school year, they’d rather relax. Normant, however, reached out to coaches within the league and then others that he knew to get recommendations for athletes to play for the Greater Boston All-Star team. He would then reach out to the families and sit down with them to discuss the program.

The Coach likes to keep the group at a minimal, but not too small in case of injury as well as they play by European basketball rules, including four 10-minute quarters. The extra two minutes a quarter leave the kids on the court for an extra 8 minutes throughout the whole game and Normant needs to have enough players sitting on his bench.

“I was totally taken aback – I didn’t think that my game was that good to go up against European athletes,” Kyatsandra, the Clockers point guard said. “My parents were skeptical as well, but my Mom thought that it would be a great opportunity for me so I should take it.”

Sabadini was also somewhat surprised and shocked at the Coaches selection but was proud that he had been given the opportunity. The Ashland shooting guard felt that his game was good but didn’t consider himself to be of elite talent. However, like Kyatsandra, was glad to get the opportunity to play against higher level competition.

While his biggest contingency to fly overseas was 13 players, this summer he took 11 Massachusetts high school basketball players, including the two Ashland athletes with him. The team went on to play 5 games over a 9-day span against 3 Germany teams, a team from the Czech Republic and a team from Ireland. All five teams were top level basketball teams. Greater Boston would go 4-1 on the European trip.



Although the team was successful, Normant said he had selected a group of talented, serious hoopsters who were looking to play a high level of basketball, despite being a style they were not used to. They were only together for a mere two practices where they bonded quite nicely before getting on the jet.

Prior to beginning those practices with his new teammates Sabadini realized that he was going to have to take his game to the next level if he didn’t want to make a fool of himself.

“Playing in the TVL compared to Europeans was a totally different experience. They used a lot of presses so we had to pass much quicker and it was a much faster game pace,” he said. “Before getting there I knew that I needed to work harder and get a stronger mentality of the game so that I could play up to their level.”

In regard to the competition overseas Kyatsandra was right there with Sabadini’s assessment.

“It was so intimidating; everyone of the European players were over 185 pounds and bigger than 6’4” – they were massive,” he said. “We were basically playing against men who had the basketball skills, but I believe that we were better.”

Both athletes were not only intimidated by the competition, but they also felt that their game was not there in the beginning.

Kyatsandra’s intensity was not up to par with the host team so he just went out and did the nitty gritty things to help his squad. Sabadini had found that he was away on vacation before the trip so he had not found his way onto a basketball court for a while and noted that he was a little rusty at first.

“I had not played a lot of basketball prior to the trip,” he said. “I wasn’t playing my best but by the last few games I started to get my shot falling and played much better.”

While the hometown boys were enjoying the competition on the court, they were also getting an introduction to the European culture. Normant wanted the boys experience the European way so they team doesn’t stay in hotels, instead they are hooked up with a host family.

“I’m sure they are nervous at first, but they eventually find it enjoyable,” the Ashland Coach said. “They are basically on their own and must follow the guidelines of their host family, that’s what makes it so different.”

Sabadini found that his host family was amazing and treated him like one of their own.

“I’m a very picky eater, but the food over there was really good,” he said. “They told me to try different things and I found that I actually liked them.”

While Sabadini found his host family was great, his Ashland

teammate was not to thrilled with his host.

“Staying with a host family I expected to see the world in another way, but the man I was originally set up with was not a good fit,” Kyatsandra said. “The Coach got me moved to another family that was so amazing and loving. Their son Leo was on one of the Germany teams that we played, so they were much more supportive and hospitable – I got really lucky with them.”

In addition to making new friends on the other side of the world, the basketball players se-

lected by Normant to play for the team bonded and formed a lasting friendship.

“It was a great group of kids,” Kyatsandra said. “It was defiantly very awkward at first but no one could have ever guessed that we would all become so close. Coach Normant was a big part of that with his support.”

Both Ashland athletes noted without hesitation – if given the chance to be a part of this – go for it 100%, just be prepared to play some bigger and stronger players.



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Real Estate Corner

Ashland Recent Home Sales

Date	Ashland	Amount
09/15/2025	18 Rodman Road	\$891,000
09/09/2025	251 Main Street	\$700,000
09/09/2025	143 Prospect Street	\$599,000
09/08/2025	275 Cordaville Road	\$565,000
09/05/2025	11 Dianne Lane	\$660,000
09/05/2025	263 America Blvd	\$645,000
08/29/2025	9 Old Stone Lane	\$851,000
08/28/2025	122 Leland Farm Road	\$490,000
08/28/2025	3 America Blvd	\$679,000
08/28/2025	585 Chestnut Street	\$930,000
08/28/2025	84 Pine Hill Road	\$625,000
08/25/2025	42 Wayside Lane	\$830,000
08/22/2025	3 Treasure Way	\$559,000
08/21/2025	73 Mountain Gate Road	\$492,500
08/20/2025	64 Heritage Avenue	\$1.10 mil
08/20/2025	57 Indian Spring Road	\$625,000



The 4-bed, 3-bath, 2,239-square-foot home at 18 Rodman Road in Ashland recently sold for \$891,000. Image credit: www.zillow.com

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REAL ESTATE INSIGHTS

If you plan to brave the New England winter at home, you'll want it to be as cozy and comfortable as possible. If you're a snowbird, you don't want to return to a disaster. In either case,

the following steps will help ensure that your house has a happy new year.

- Clean out your dryer vents. Clogged vents are one of the most common causes of house fires. Check that your dryer is properly vented to the outside and high enough that it won't be blocked by packed snow.
- Check that all smoke and carbon monoxide detectors are in working order. Smoke detectors should be less than 10 years old, and carbon monoxide detectors less than seven. The guide on the Hopkinton fire prevention webpage (hopkintonma.gov/fire_prevention) can help you determine the type required for the age and size of your home.
- Change the batteries in all your detectors. An easy way to remember to do this is to change them when daylight

savings time ends, which is Nov. 2 this year. (Note that newer detectors have longer-lasting lithium batteries.) Change the batteries on thermostats, electronic entryways and garage doors as well.

- Check your fire extinguishers to make sure they're within their expiration date. This also is a good time to ensure that all household members know where they are and how to operate them.
- Have your chimney cleaned and inspected — *before* using your fireplace for the first time in the new season.
- Schedule annual maintenance for the furnace or heating system, and winterize the air conditioner.
- Prevent frozen pipes! Set your thermostat to a minimum of 60 degrees and use pipe wrap for extra insulation. Know where the main

shutoff for your water system is in case of emergency.

- To keep the cold (and the critters) out and the heat in, caulk around leaky windows or cover them with plastic shrink film. Check for and seal any areas where rodents might enter the home. Apply weatherstripping around drafty door frames and use draft stoppers to block cold air from seeping in under doors.
- Once the leaves have fallen, clean out the gutters and downspouts and remove any piles of leaves or debris from around your home's foundation.
- Check for and remove any overhanging branches that could fall on the house if they're weighted down with snow or ice.
- Keep your hoses and sprinkler systems from freezing by turning off water valves

inside the house, then going outside and opening the valves to clear water from the pipes. Disconnect and store hoses.

- Seal cracks in pavement, walkways and sidewalks to prevent water penetration.

Don't get left out in the cold — regular maintenance is vital to protect your investment and keep your family safe. Start or schedule your home winterization now, and enjoy the season!

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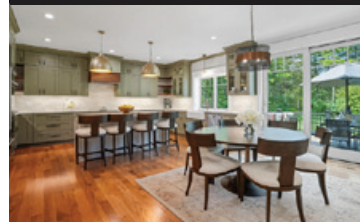
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