

Ashland

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Free to Every Home and Business Every Month

November 1, 2025

Citizens of the Year Award

A Double Ruse Surprised them Both

BY ROB ST.GERMAIN,
CONTRIBUTING WRITER

What is better than surprising one person receiving an award? Answer – surprising two people, especially two people who live together. Skillful Joe Magnani, Ashland Select Board Chair and organizing committee member, urged secrecy, reached out to both individuals, asking each of them to provide information about the other, and it worked!

On Oct. 4, as part of Ashland Day [see companion Ashland Day article on page 3], Steve and Bonnie Mitchell were jointly awarded the distinguished Citizen of the Year award. Along with a beautiful glass trophy, the couple received congratulatory citations



From Left to Right - Jack Patrick Lewis, Ashland's State Representative, Bonnie Mitchell, Steve Mitchell, Karen Spilka, Massachusetts Senate President and Ashland Resident, Joe Magnani, Select Board Chair. *Courtesy photo*

from Karen Spilka, President of the Massachusetts Senate, and Jack Lewis,

AWARD

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Keeping Local News Alive and Communities Connected

BY JENNIFER RUSSO

For the first time in our newspaper's history, the cost of postage has surpassed the cost of printing. On average, mailing services have increased in price by over 7% in the last couple of years. While the USPS may require this operationally, it does underscore the growing financial challenges facing local journalism today. Paper, ink, fuel, and distribution costs have all risen sharply in the past year, and while we've absorbed those increases for as long as we could, we now find ourselves at a turning point – and we need your help.

Despite these challenges, one thing hasn't changed: our commitment to providing free, local news that keeps our communities

informed and connected. Local journalism is not just about headlines — it's about people. It's about the high school team's championship win, the opening of a new family business, the celebration of a lifelong volunteer, the coverage of town meetings, and ensuring that every story is told.

When you open your community newspaper, you read about your neighbors, your schools, and the heartbeat of your area. You're seeing your community reflected in print - its triumphs, challenges, and spirit. Local news brings people together, fosters accountability, and preserves the stories that

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Ashland Day 2025 An Outstanding Success



Committee and some of the volunteers in front of sponsor banner. Courtesy photo from the A-day collection

BY ROB ST.GERMAIN,
CONTRIBUTING WRITER

What brings people to events like Ashland Day? For many, it was the promise of a fun time, especially for the kids. Others came just to see what was offered and perhaps for a taste of street food. For participants, it was an opportunity to show their stuff. For the committee and volunteers working hard to make it happen, it was the satisfaction of seeing it all come together and watching so many people enjoying themselves.

And enjoy they did! Stone Park, the Ashland Day location, was alive with positive energy!

Ashland Day 2025 was held on Saturday, October 4. It was a wonderful success and a welcome change from the heavy rains experienced in Ashland Day 2024. The glorious fall day complemented the valiant efforts of the organizing committee to get the word out in a very compressed timeframe. The committee – Select Board members Claudia Bennett and Brandi Kinsman, Chrissy Reynolds of Annemarie’s Dance Center and Ashland Business Association, and Josh Wiczer, Ashland High School

Teacher and Student Council Advisor – were able to organize quickly, secure funding, and, with the help of volunteers, provide Ashland with a lively town event.

Attendance estimates varied, but most people who asked thought it was a better-than-ample turnout of folks from Ashland and surrounding towns.

In addition to the many attractions for young and old, eleven food vendors made sure that everyone had plenty to eat. The festival featured face-painting, a petting zoo, and five bouncy houses for kids. There were 73 booths/tents representing town committees and organizations, including nineteen Ashland High School groups. Also represented were churches, banks, a cruise company, and other commercial enterprises. The Friends of the Library had a book sale at the library, but offered ‘make-your-own-buttons’ at the Stone Park event, and the Future Masters Chess Academy featured a human-sized chess game. Some folks enjoyed touring Ashland’s bright red fire trucks, including the long, extended ladder.

Many families visited the

Town Forest table and left with small bird feeders made by their kids. The Town booth had pumpkins to decorate and take home. Thank you to everyone who contributed dance, music, fencing, and martial arts performances. For local merchants and organizations, it

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AWARD

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Representative of the Massachusetts House.

Michael Herbert, Town Manager, offered the following response in his weekly newsletter, “It’s impossible to overstate [Steve’s and Bonnie’s] impact on our town. Steve has served on the Finance Committee and Select Board for many years, in addition to roles such as board member of the Farmers Market. Bonnie has been a member of the Cultural Council and is currently a Library Trustee.”

“But their public service extends far beyond board and committee work,” Herbert continued. “They are the neighbors who show up, the residents who care deeply, and the citizens who make Ashland stronger simply by being part of it.”

Show up indeed! These two people have served as examples for many.

“Their sweat equity has added significantly to the health and well-being of Ashland,” offered Spilka.

Steve was one of the founders of the very successful Ashland Farmers Market. He has coached youth soccer. He has been a member of many committees, including the Finance Committee and Select Board for 12 years and was Vice-Chair of the Public Safety Building committee. He currently serves as a member of the Council on Age and Comprehensive Plan Committee and is a member of the Lion’s Club.

Bonnie, who was Dean of the Framingham State University



Citizens of the Year trophy. Courtesy photo

library before retiring, was appointed by Governor Healy to the FSU Board of Trustees. She serves on the advisory board of the FSU University Club, located at the Warren Conference Center. She also helps train tutors as part of Literacy Unlimited in Framingham and is a member of the Literacy Unlimited Advisory Board and clerk of the Foundation Board.

Both Bonnie and Steve have been riders for the Pan Mass Challenge, an annual fund-raising event of the Dana-Farber Cancer Institute that raises money for cancer research and treatment. They were also part of the leadership team that sponsored the Remote Area Medical Clinic, which provides free health services to underserved and uninsured people in metro-west communities.

After receiving the award, the Mitchells visited their many friends exhibiting at Ashland Day.

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SUPPORT

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make each town unique. Without it, those small but powerful connections risk being lost.

Advertising revenue has always been a vital source of support for our papers, and we are deeply grateful to the local businesses that continue to support us. But as printing and mailing costs rise to historic levels, advertising alone can no longer carry the full weight of production. We recognize that our small businesses are facing similar pressures, and we would prefer not to raise advertising rates too much. Instead, we're turning to you — our readers — for help.

This November, we're launching our annual 'Support the Newspaper' campaign. Every donation, no matter the size, helps offset the rising costs of printing and distribution, ensur-



ing that your paper remains free, local, and delivered right to your doorstep or mailbox. Your contribution isn't just helping to print pages — it's helping to keep civic engagement alive, preserving our community history, and giving a platform to local voices that deserve to be heard.

We are endlessly thankful for your readership, your trust, and your belief in the value of local journalism. For decades, this paper has been honored to share your stories, celebrate your milestones, and champion the spirit of our towns. With your help, we can continue to do so for many years to come.

Please consider a donation, in any amount. To contribute to our community news, please visit <https://bit.ly/SupportTheNewspaper> or scan the QR code. Thank you for your support. We have been honored to be a part of your community, and we are excited to continue to bring you the news and stories that matter to you each month.

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was a chance to get the word out about the many services that are available in this dynamic community.

Ashland Day proved to be an event in which the town shows the world what a thriving, active community looks like.

One of the highlights of the day was the Ashland Citizen of the Year award. This year's winners (because there were

two) were Bonnie and Steve Mitchell. [see companion article on page 1].

A new award, the town's first 'Clocker of the Year' award, was presented to Select Board Chair Joe Magnani for his dedication to the town and for his long-term guidance and inspiration for many years of Ashland Days. Select Board member, Claudia Bennett, described it as a lifetime achievement award for his thirty-eight years of work on Ashland Days.

"Joe is in the DNA of Ashland and in all of us," added Karen Spilka, longtime Ashland resident and Massachusetts Senate President.

The broad significance of Ashland Day was summed up by Town Manager, Michael Herbert, "This event happens because people care...and it shows."

The many photos of the day's activities can be found at the following link: <https://tinyurl.com/ashlandday2025>.

Congratulation Ashland!



Aerial view of Ashland Day event. Courtesy photo from the A-day collection

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A Retiree's Guide for National Retirement Security Month



Mark Freeman, CEPA

your retirement accounts — your IRA and 401(k) or similar employer-sponsored plan. But think carefully about how much income you withdraw every year. If you take out too much, especially in the early years of your retirement, you risk outliving your resources. You have the option of withdrawing from these accounts at age 59½. Once you turn 73, you'll be required to take out at least a certain amount each year based on your age and account balance.

partment of Health and Human Services. This may include a paid home health aide (average cost of \$77,792 per year), an assisted living residence (average cost of \$70,500 per year) or nursing home care (private room average cost of \$127,750 per year). (Cost estimates are from Genworth 2024 Cost of Care Survey.) Over the course of your retirement, these can add up, so be realistic when budgeting for health care expenses in retirement.

Avoid investing too conservatively. Once you're retired, you might think you should take as few chances with your investments as possible — after all, you have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to consider keeping a reasonable percentage of growth-oriented investments in your portfolio to help you stay ahead of inflation. Even at a low rate, inflation can erode your purchasing power over time.

try not to go beyond that. By preserving your financial independence, you'll end up benefiting your family as well.

Retirement is ideally an enjoyable time in your life, especially if you feel financially stable. So, take time to check in periodically to keep that stability on track.

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

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If you're retired, it's easy to let your finances go on autopilot. Since October is National Retirement Security Month, it's a good time to revisit some areas that can impact your long-term financial security and help your money last a lifetime.

Consider these suggestions:

Manage your withdrawal rate. You'll likely need to tap into

Estimate health care costs. When you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan, both of which will require premium payments. You'll probably also incur a variety of other unreimbursed expenses for doctor visit copays or deductibles, prescription drugs and vision, hearing and dental care. Additionally, about 70% of adults ages 65 and older will need some form of long-term support, according to the De-

Consider when to take Social Security. You can start receiving monthly Social Security checks at age 62, but your payments will generally be larger if you wait until your "full" retirement age of 66 or 67. (The size of your payments will "max out" at age 70.) If you believe you have longevity working in your favor, and you can afford to wait, you may well be better off by delaying Social Security as long as possible.

Keep your generosity in check. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do what you can to assist them. However, the hard truth is that they have more time than you to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford — but

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Important Date to Remember from Town Hall

Real Estate and Personal Property Tax bills for the second quarter of FY26 are due on Nov. 3. Please note that Nov. 1 falls on a Saturday, so the due date is the following Monday.

Unpaid rubbish bills will incur a \$30 demand fee. The exact date for the demand mail-

ing has not yet been confirmed by DPW.

Any outstanding FY25 water, sewer, or stormwater bills will result in a lien on the third and fourth quarter FY26 real estate tax bills. Please pay your outstanding balance by Dec. 1 to avoid a lien.

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Rebuilding Self-Confidence, One Wig at a Time

BY JUDITH DORATO O'GARA

Heather Cohen has always loved making women feel beautiful, but the owner of B.LUXE Hair and Makeup Studio lights up when she talks about her latest professional focus, making high-quality realistic wigs for women with hair loss and not only helping them feel beautiful, but whole, again.

"There's nothing I would rather do than be here working on the wigs. I loved my business as a whole since the day I opened it," says Cohen, "but the impact I make on hair loss clients far exceeds anything I thought I would be able to do for people."

The stylist herself felt the upheaval of hair loss four years ago, when a medication she was on caused her own hair to fall out. Not only was it personally devastating, but since her career centered around beautiful hair, succumbing to baldness was simply not an option. That was when she began her several years-long research process.

Cohen estimates she's spent thousands of dollars researching different vendors and materials for her specialized wigs. Since her salon caters primarily to Caucasian women, her wigs are created for that demographic, although, she explains, she learned a lot from a huge black women's hair industry, where wigs are accepted as mainstream. She also learned how to find ethically-sourced hair.

"I don't want to get involved with anyone who is taking advantage of somebody who economically might be struggling, and they're paying them \$2 for their thick, beautiful ponytail. If you see a wig that's inexpensive, the hair is not being ethically sourced or, it did not come from a human head, or they're getting what we call 'drain hair,'" she says.

Cohen is upfront about the cost. "A custom human hair wig can be anywhere from \$1,000 to \$4,000, and it really does depend on the length," she says.

That's why Cohen undertook training to receive the correct credentials for a National Provider Identifier (NPI) number, so her clients can use insurance and health savings accounts (HSA).

"There are reasons for hair loss where your health insurance will actually help pay for a cranial prosthetic, which is a really cool word for a wig," she explains.

The entrepreneur spends a lot of time networking with health care providers to build her client base. Others have discovered her through social media support groups and word-of-mouth.

Krista Sirignano found Cohen through a friend, after struggling for decades with alopecia.

"Heather really knows her stuff when it comes to wearing wigs or any type of hairpiece. She took so much time and care with me until we found the perfect fit that made me feel comfortable and really good about myself," she says.

Rhonda Parker, whose hair



Heather Cohen, owner of b.LUXE Hair & Makeup Studio in Medway, is passionate about helping women with hair loss come out of hiding.

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had also thinned due to medications, had tried synthetic wigs, but "after seeing how really beautiful and natural the human hair toppers and wigs looked on, I decided to go that route. On my way home from B. LUXE I stopped by my daughter's house, and she thought my hair looked beautiful, not even realizing it was a topper. As I am always self-conscious, that was the best feeling ever!"

"I always tell people when you first wear alternative hair, it's like exercising a muscle. The more you do it, the easier it gets," says Cohen. "And nobody knows, because nobody is as critical of you as you."

This niche takes commitment, however.

"You can't dabble in wigs," says Cohen, "It's all or nothing, because my wig clients truly need a partner. They need to be able to call me on Friday morning and say, 'I can't get this wig on right. It's crooked. I need to come in today,' and I have to be available to them. You really need to make the decision that you're going to leave the chair behind."

Someday, though, Cohen hopes to train stylists, and by 2026, she envisions her own brand of wigs, noting, "I feel like I've definitely cracked the code on like what feels comfortable, what feels good, what looks natural, and what stays on, and I want to be able to create that line and be able to give it to everybody."

Cohen has employed her new skills for breast cancer organizations such as the Susan B. Komen Foundation (www.komen.org), and the Gloria Gemma (www.gloriagemma.org).

This month, she'll work with Runway for a Cause (<https://runwayforacause.org>), currently planning its annual NYC fashion show.

Cohen feels immense reward from her new career focus, receiving a sense of giving back.

"Working with hair loss clients and giving them back that level of self-confidence makes me feel like I'm paying the universe back for all of the good that has happened to me," she says, "It's really amazing to help people just feel better and know they don't have to hide."

Your Money, Your Independence

Use November to Finalize Year-End Success and Plan for 2026



Glenn Brown, CFP

November is a pivotal month for financial planning — the time to measure progress, make final strategic tax decisions for 2025, and prepare for 2026. Wait until December, and your finances might get lost somewhere between pumpkin pie and ugly holiday sweaters.

Here's what you do now to stay in control.

1. Review Your Planning Goals

Have you met savings and investment targets? Paid down debt? Improved spending habits? Reviewing your progress helps identify what to accelerate before December 31 and where to focus in 2026.

2. Tax Planning Strategies

November is ideal for evaluating tax opportunities while there's still time to act.

- Does a Roth conversion or switching future 401(k) contributions to Roth make sense?

- If converting, what's your projected 2025 tax bracket, and how much room remains before moving up a bracket?
- Are you or a grandparent planning to gift more than \$19,000 to a child's 529 Plan?
- Are you self-employed and opening a Solo 401(k)? The plan must be created by December 31, though contributions can be made until your 2026 tax-filing deadline.

Regulatory Update & Gifting: The OBBA Act of 2025 made many TCJA provisions permanent, including lower income tax brackets and the higher standard deduction, so the expected 2026 "rate reset" won't occur. Some temporary provisions — like higher SALT deduction limits and expanded child/education incentives — phase down later. Consider whether realizing income, Roth conversions, or charitable deductions in 2025 could improve your long-term tax plan.

The annual gift tax exclusion remains \$19,000 per recipient for 2025, and the federal lifetime gift and estate tax exemption rises to \$15 million per individual starting January 1, 2026. The top estate and gift tax rate stays 40%.

3. Open Enrollment and Workplace Benefits

Open enrollment is your yearly chance to review benefits:

- Does your health plan still meet your needs?

- Should you fund an HSA or FSA for pre-tax medical savings?
- Do supplemental life, disability, or dependent care benefits make sense?

Use Your FSA Before It Expires: FSAs are "use-it-or-lose-it." For 2025, employers may allow up to \$660 to carry over into 2026, or a 2½-month grace period—not both. If you don't use it, it's gone — unlike that leftover Halloween candy you somehow keep eating through March.

4. Evaluate Your Investment Portfolio

Review your asset allocation and rebalance if needed. Diversification across asset classes — not just equities — helps manage risk.

If nearing retirement or expecting major expenses, plan how to access funds efficiently. Tailor your strategy by account type (taxable, traditional,

Roth, HSA) to balance liquidity, growth, and tax efficiency.

5. Cash Flow & Emergency Savings

Review cash flow and savings. Retirees using a Bucket Strategy should replenish cash to cover short-term income gaps over 2–3 years. Working individuals should maintain 3–4 months of liquidity and access to credit (e.g., HELOC) for unexpected expenses.

6. Don't Forget Your RMDs

For 2025, the Required Minimum Distribution (RMD) age remains 73. Inherited IRAs from non-spouses after 2019 require annual RMDs within the 10-year rule. Penalties have been waived through 2025 but take effect January 1, 2026.

Conclusion

November is a month for reflection, gratitude, and preparation. Reviewing finances now can set you up for a stronger

2026 — and help you avoid that awkward moment when you realize you splurged on "holiday gifts" for yourself.

If you're unsure where to start, connect with your Certified Financial Planner® to finish 2025 strong and position yourself for success in the year ahead.

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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Struggling With Acne?

By LISA MASSIMIANO,
LICENSED ESTHETICIAN AND
CERTIFIED ACNE SPECIALIST

If you have been diagnosed with acne and haven't been satisfied with drug store products or the suggested treatment from your doctor, consider seeing an Acne Specialist.

What is an Acne Specialist?

An Acne Specialist is a licensed skin care professional who is specially trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

Most physicians don't have the time to spend educating patients on the root cause of their acne. They often prescribe oral antibiotics and strong topical retinoids that can leave skin dry, red and irritated. Patients get frustrated with these side effects and stop using the products.

How an Acne Specialist Can Help You.

An Acne Specialist will assess your individual skin type, and the type of acne you have, to develop a plan of action spe-

cifically for you. They will take the time to teach you about the root cause of acne and provide information on lifestyle, diet, medications, and ingredients in makeup and skin care products that exacerbate acne. They help you to get your skin clear and teach you how to keep your acne under control.

For people struggling with acne, it can be frustrating to try and communicate with their doctor on a timely basis. My clients tell me that the best part of working with an Acne Specialist is that we are there for them to answer their questions and provide support while they go through the process of getting their skin clear.

Questions about acne? Email Lisa Massimiano, owner Skin Smart Salon and Acne Clinic at skinsmartsalon@aol.com or call 508-881-1180. Visit the website skinsmartsalon.com for information about Skin Smart's acne program and other services.

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Meet Gloria - a Regal and Gorgeous Kitty Looking for her Forever Home!

Gloria is a stunning, 5-year-old, big, fluffy orange (with just a touch of white) kitty who came to us as an owner surrender. Gloria's personality is as warm as her coat. She loves cozy spots, whether it's a sunny windowsill or a soft blanket, and she'll happily keep you company with her soothing purr. Gloria is affectionate and happiest when she's lounging near her favorite people and soaking up attention on her terms.

Like any queen, Gloria has her preferences. She can get a little grumpy when brushed or fussed over too much, and she needs someone who can recognize when she's had enough. Still, her beautiful coat doesn't maintain itself — Gloria appreciates having a dedicated caretaker who can care for her fur



properly, with patience and respect for her boundaries. However, it can't be all work and no play... this outgoing girl isn't afraid to make a fool of herself with a catnip toy!

Gloria also prefers to be the star of the show. She does not appreciate the company of other cats and would thrive best as the only pet in the household and in an adult-only home.

Gloria is genuinely one-of-a-kind with her lion-like mane, golden eyes, and regal personality. She would flourish in a relaxed home with an experienced cat owner who understands feline body language and is ready to spoil her with love, sunshine, and just the right amount of pampering. Are you the devoted cat lover ready to serve — and be adored by — Queen Gloria?

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

Greater Ashland Lions Club

Happy Thanksgiving – Nov. 27

Many Thanks to those who visited us at our booths at both Dragonfly Faire and Ashland Day.

All monies raised through donations for the cookies will go to Cookies for Kids Cancer. For information, please go to this website: <https://my.BeAGoodCookie.org/fundraiser/6556184>.

As in the past, again this year we will be collecting gently used coats for children and adults from October to January. Location of collection boxes are: Town Hall (Main St), Starbucks (Union St), Community Center (W. Union St), Shear Perfection (Homer Ave), and the Residence at Valley Farms (Pond St). For further information, please contact Lion Debbi at 508-881-2117.

Our club is supporting Lions International's Mental Health and Wellness initiative by participating in the Letters Against Isolation service project. Our club has sent 215 cards to seniors. Fifty-seven of the 215 cards were written during the Dragonfly Street Fair and Ashland Day events. The cards have been sent to 14 facilities in the U.S. and Australia (in 11 different states).

For more information on this

project, go to www.LettersAgainstIsolation.com. This nonprofit was started by sisters during COVID-19. Their Mission Statement is: We fight senior loneliness one letter at a time. Through handwritten messages of love, hope, and joy, our volunteer community connects seniors and improves their mental and physical health.

Lions are always busy. Either helping out where needed or having events to raise money for Eye Research or other organizations supported by Lions Clubs International. These are just some of the organizations supported: 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 unneeded hearing aids, you may drop them off at the Police Station (located in the Public Safety Building at 12 Union Street), Market Basket (Pond Street / Rte.126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).



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 information.

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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The Real Cost of Delaying a Furnace Replacement



Alexandra McKerman



Ryan McKerman

HEATING INSIGHTS

As fall turns to winter, many homeowners are busy preparing for the colder months ahead - changing filters, checking thermostats, changing the batteries in the smoke detectors and CO2 detectors, and stocking up on firewood. But for those with aging furnaces, there's another question that's harder to ignore - should we repair or replace?

At first glance, postponing

a furnace replacement might seem like a budget-friendly option. After all, repairs often cost less upfront than a full install. But experts warn that waiting too long can result in hidden costs that quickly outweigh any short-term savings.

Efficiency Loss = Higher Bills

Older furnaces tend to operate at much lower efficiency levels than today's high-performance systems. In fact, a 20-year-old furnace might be

operating at only 60-70% efficiency, meaning up to 40 cents of every heating dollar is literally going up the flue. Newer models routinely achieve 95%+ efficiency, translating into significant monthly savings on energy bills.

Put simply, every winter you keep an old furnace running, you're likely paying more than you need to for less comfort.

Safety Risks

It's not just about efficiency. Aging systems can develop cracks or leaks in their heat exchangers, which may allow dangerous gases like carbon monoxide to enter your home. Even small leaks or improper venting can pose health hazards, especially for children, older adults, or those with respiratory issues.

Routine maintenance helps reduce these risks, but it can't always offset the wear and tear that naturally accumulates over decades.

Unplanned Emergencies

Few things are worse than a furnace failing on the coldest night of the year. Emergency repairs can be costly, and find-

ing parts for older models can be difficult or even impossible. Plus, when you're desperate for heat, you may end up settling for a "quick fix" rather than making the thoughtful, informed choice you would have preferred in the fall.

Financing Options Make Replacement Easier

The good news is that replacing a furnace doesn't have to break the bank. Many reputable local companies, including Pro Comfort Control, offer financing options, rebates, or seasonal promotions to make the transition more manageable. Some even include perks like free smart thermostats or extended labor warranties to add long-term value.

A Smart Investment in Comfort and Peace of Mind

While it's tempting to delay a replacement one more season, the long-term math rarely adds up. Between rising utility bills, mounting repair costs, and potential safety issues, delaying can cost more, in dollars and in peace of mind, than acting now.

Local experts like Pro Comfort Control specialize in high-quality installations and can help you choose the right system for your family's comfort and peace of mind. Pair the system with our "No Payment til 2026," and you'll have optimal comfort for your home and bank account over the holidays!

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MassBay Automotive Technology All-Brand Program Selected for National Pilot to Advance Technician Training

MassBay Community College's Automotive Technology All Brand Program has been chosen as one of just four programs nationwide to pilot a new skills-based certification and accreditation initiative with the Advanced Vehicle Technology Education and Credentialing Coalition (AVTECC). This innovative program is designed to better align curriculum and training with the needs of today's rapidly evolving automotive industry and to prepare students with the real-world skills employers are seeking.

Through this pilot, MassBay's Automotive Technology All-Brand program will begin embedding performance-based, industry-recognized skills assessments directly into its automotive curriculum. These assessments are tied to AVTECC certifications, which validate hands-on expertise across all areas of automotive service, with a strong emphasis on emerging technologies such as electric vehicle systems, advancing diagnostics, and drive assistance systems.

"We are honored to be selected for this innovative pilot program, in recognition of MassBay's continued commitment to delivering an exceptional, skills-based education in the fast-moving automotive technology space," said MassBay Dean of Automotive Technology David Protano. "By participating, MassBay is shaping the future of automotive technician training, providing the regional market with needed, well-trained and skilled technicians, while also giving

our students the certifications and experience that make them stand out to employers."

As part of the initiative, MassBay Automotive Technology All-Brand faculty will participate in the Automotive Instructors Institute, a professional development program that equips educators with tools to teach advanced technologies and competency-based instruction. This training will help ensure instructors are prepared to evaluate students on nationally validated skills and keep pace with the demands of a fast-changing industry.

"Our goal is to build elite programs that produce exceptional technicians," said President and CEO of AVTECC David Macholz. "Our accreditation model goes deeper than minimum standards and compliance. It's about building programs that result in meaningful outcomes for students and the local industry these institutions serve."

The results of the pilot will help guide the national rollout of AVTECC's new accreditation framework, which evaluates automotive programs on student achievement, employer engagement, and instructional quality. By aligning programs with real workforce needs, the initiative is designed to give students a competitive edge in the job market while providing employers with highly skilled technicians ready to contribute on day one.

MassBay's Auto Technology is the premier automotive training center in the New England region, offering programs that



MassBay Community College Automotive Technology All Brand students work in the automotive labs, Ashland, MA, April 2024. Photo/MassBay Community College

are sponsored by four major automotive brands: BMW, Toyota/Lexus, General Motors, and JEEP/Chrysler/Dodge/Ram, providing students with in-depth, product-specific automotive technology programs. Complimenting the major brand programs, MassBay recently launched a non-manufacturer-specific All Brand General Studies program, which provides students with a comprehensive education and hands-on training on multiple types of makes and models of vehicles. Students are trained on the newest cars, using state-of-the-art diagnostic equipment. The program has a hands-on, paid co-op component, enabling students to learn in a professional setting while earning money and college credit simultaneously. MassBay's

automotive program has a 99% placement rate of graduates into full-time jobs by graduation.

To learn more about MassBay, visit massbay.edu

MassBay Community College is the most affordable higher education option in MetroWest Boston and is free to most Massachusetts residents without a bachelor's degree. With more than 70 associate degree and certificate programs, along with comprehensive workforce and educational training, MassBay provides a wide range of courses with flexible day, evening, and weekend classes in Wellesley, Framingham, the Automotive Technology Center in Ashland, and online, in high-demand fields including health and life sciences, computer science, engineering, cybersecurity, business,

and the humanities. MassBay students receive unparalleled value, with free one-on-one academic and social support services, compassionate and experienced faculty, and stackable credits that easily transfer to bachelor's degree programs and that provide hands-on, workforce-ready skills. Health sciences, human services, early childhood education, and many general education programs are offered at the 65,000 square foot, state-of-the-art MassBay Framingham, which has served the community since January 2024. Founded in 1961, MassBay has been accredited by multiple governing bodies and remains dedicated to serving its diverse communities, fostering inclusiveness, and advancing equity for all.

Happy Thanksgiving!






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Annual Tree Lighting at Montenegro Square

Join us on Saturday, Dec. 6 from 4 - 5 p.m. in Montenegro Square as we kick off the holiday season with Ashland's Annual Tree Lighting!

Enjoy an evening filled with hot cocoa and cookies, live music, and plenty of festive cheer as Downtown Ashland sparkles to life with holiday lights. It's the perfect way to wrap up a day of Holiday Stroll fun and welcome the



magic of the season... there may even be a special visit from the North Pole!

Message from the Ashland Health Dept

Fall Prevention Part 2- Personal Factors

We lose muscle mass as we age unless we work to keep it. Our muscles are very important in the work of proprioception and our sense of balance. They help to “catch” us if we slip, and the good news is we can exercise to improve both our strength and our balance. Activities like walking, yoga, swimming, tai chi, and resistance training all help to keep our muscles strong. There are specific exercises you can do to improve your balance as well. Johns Hopkins provides video examples if you search online for their balance exercises.

A sedentary lifestyle is strongly linked to an increased risk of falls, as a lack of physical activity can lead to weakened muscles, reduced balance, and impaired coordination, all of which contribute to a higher likelihood of falling, particularly in older adults. This is a well-documented risk, and very important for older adults to understand, as some believe that inactivity protects them from the risk of falls.

Keep up with screening for

vision and hearing loss, as even minor changes can increase the risk of falls. If you use prescription bifocals, be aware of how they can affect your vision. If you wear readers, remember to take them off when you get up and start moving as they can alter your depth perception.

The medication you take can increase your risk of falling. Many different medications can have an impact on balance or cause drowsiness/dizziness, and if you take several medications, there can be interactions that increase the risk. Many pharmacies offer to review medications for any concerning interactions at no charge. Supplements and OTC medications should also be included in any discussion of this subject.

Alcohol use can increase the risk of falls, especially when combined with medications. Reaction times can be impaired, increasing the risk of head injuries. Be cautious when consuming any substance that alters your perception or reaction time, especially

if you take medications that have side effects like drowsiness or dizziness. This includes cannabis, which is being used more frequently in adults over age 60 for a variety of medical issues.

In some cases, a medical condition can predispose a person to falling, and even simple dehydration can lead to dizziness. Vertigo is a very high-risk situation, and an acute ear infection or sinus infection can affect our sense of balance. Peripheral neuropathies can lead to a lack of sensation in the feet, making it hard for the person to tell when their foot is on an uneven surface. Episodes of low blood pressure can lead to transient dizziness when standing, and arthritis can lead to gait disorders and lack of flexibility in the joint, which can lead to falls. Finally, cognitive impairment is associated with a higher risk of falls.

Keeping eyes and mind on task is THE most important factor in avoiding a fall.

Before moving forward, take the time to assess the area for

any hazards and check the surface you are walking towards for uneven or slippery conditions. Wear appropriate footwear and use a cane or walker as your doctor recommends.

If you carry a smartphone, ensure that it is safely in a pocket or purse and if you must answer a call or text, STOP moving forward while you carry out that task. Do not ever be moving and

looking at your phone simultaneously. It is a recipe for a fall.

Falls can be life-altering at any age. Taking the time to eliminate hazards in your environment and focus your attention while up and moving is investing in your health.

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

The Annual Holiday Stroll Returns!

One of Ashland’s favorite traditions is back this December! Mark your calendars for Saturday, Dec. 6 from 12 - 4 p.m. and join us in Downtown Ashland for a festive afternoon of holiday cheer.

Explore an incredible lineup of local vendors and small businesses, some longtime favorites

and some exciting new faces! Enjoy family-friendly activities at The Corner Spot, say hello to special visitors from the North Pole, and find the perfect gifts while shopping throughout Town Hall and our downtown shops.

We can’t wait to celebrate the season with you at Ashland’s biggest holiday event of the year!

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Living Healthy

What It Is and How to Treat It

BY ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE
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Glaucoma is one of the leading causes of preventable blindness, affecting millions of people worldwide. Often called the “silent thief of sight,” glaucoma usually develops slowly and without symptoms. By the time people notice vision changes, significant and irreversible damage may already have occurred.

So, what exactly is glaucoma, and how is it treated today? Let’s take a closer look at this common but serious eye condition—and the many advanced treatments now available.

What Is Glaucoma?

Inside your eye, a clear fluid called aqueous humor circulates to nourish tissues and maintain healthy pressure. Normally, this fluid drains through tiny channels. In glaucoma, those channels become blocked or don’t work properly. Pressure builds up and damages the optic nerve—the

cable that carries visual signals from your eye to your brain.

The most common type, called open-angle glaucoma, develops slowly over time. Other forms, like angle-closure glaucoma or normal-tension glaucoma, are less common but can also cause vision loss.

How Is Glaucoma Detected?

Because glaucoma often has no warning signs, regular eye exams are essential. Your eye doctor can measure your eye pressure, examine your optic nerve, perform a visual field test, and use imaging (like OCT scans) to look for early damage. Detecting glaucoma early is the best way to preserve your vision.

Treatment Options

The main goal in treating glaucoma is to lower eye pressure and protect the optic nerve. Fortunately, there are now many options—from simple eye drops to sophisticated laser and surgical procedures.

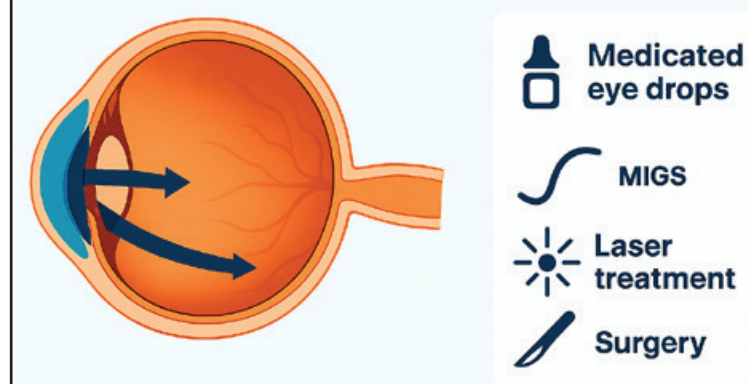
1. Eye Drops

Eye drops are usually the first line of defense. They either help your eye drain fluid better or slow down its production.

- **Prostaglandin Analogs** (like latanoprost, bimatoprost, and travoprost): These are among the most common and effective glaucoma drops. They’re typically used once a day and can lower eye pressure well. Some patients may notice red eyes, longer eyelashes, or a slight darkening of the iris or eyelid.

Now, there’s an exciting new advancement: **iDose TR**—a tiny injectable device placed inside the eye that slowly releases medication over many months, so patients don’t have to use daily drops. Another long-lasting option is **Durysta**, a biodegradable implant that steadily delivers medicine inside the eye. These treatments reduce the

GLAUCOMA TREATMENT



burden of daily drop use and help maintain consistent eye pressure.

- **Beta Blockers** (like timolol): These reduce the eye’s fluid production. They’re effective but can sometimes cause fatigue, slower heart rate, or breathing issues in patients with asthma.
- **Alpha Agonists** (like Brimonidine) and **Carbonic Anhydrase Inhibitors** (like Dorzolamide): These drops also lower eye pressure in different ways, though they can cause dryness, mild stinging, or allergic reactions in some patients.

For those who struggle to remember daily drops or experience side effects, these new sustained-release options are changing how we manage glaucoma and are quickly replacing drops as first line of treatment:

2. Laser Treatment (SLT)

Selective Laser Trabeculoplasty, or SLT, is a gentle, in-office laser procedure that helps the eye’s natural drainage system work better. It takes only a few seconds, is painless, and can lower pressure just as well as daily drops for many patients. SLT is safe, repeatable, and eliminates the need to remember medications (drops)—it’s a great choice for many patients. SLT is quickly replacing drops as first line treatment for glaucoma.

3. Minimally Invasive Glaucoma Surgery (MIGS)

For patients needing more pressure reduction—or those already having cataract surgery—MIGS procedures are an excellent option. These involve placing tiny stents or micro-devices (like the iStent, Hydrus

Microstent, or Xen Gel Stent) to improve drainage through small, self-sealing incisions. Recovery is usually quick, and the risks are lower than with traditional surgeries.

4. Advanced Glaucoma Surgeries

In more advanced cases, or when other treatments aren’t enough, traditional surgeries can achieve stronger pressure control.

- **Trabeculectomy:** This surgery creates a new pathway for fluid to drain from the eye.
- **Aqueous Shunt or Tube Implants:** These use small drainage tubes to help fluid leave the eye safely.

Although these procedures require close follow-up, they remain highly effective for patients with advanced glaucoma, however they are risky procedures.

In Summary

The good news is that glaucoma care has advanced tremendously. From effective drops and innovative implants like iDose TR and Durysta, to gentle laser treatments and modern microsurgeries, we have more tools than ever to protect your sight.

The key is early detection and ongoing care. Regular eye exams allow your doctor to catch glaucoma before it causes permanent damage and to tailor treatment to your specific needs.

At Milford Franklin Eye Center, we are committed to offering the latest advancements in glaucoma care, including iDose TR. We are proud to have performed one of the first iDose TR procedures in New England at our Cataract and Surgery Cen-

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Music to Our Ears: Ashland Public School's Expanded Music Performance Programs Hit a High Note this Fall

BY THE ASHLAND MUSIC ASSOCIATION

The musical landscape in Ashland Public Schools is more vibrant than ever this November, with expansions to the music programs, now fully implemented and already benefiting students. Following changes announced earlier this year, the Ashland Music Association (AMA) is thrilled to report that the music performance groups are flourishing across the district, setting the stage for a spectacular year of musical growth and performance.

The impact of these investments is widespread: over 680 students are now actively participating in music performance groups across the district, a powerful testament to the community's commitment to the musical arts!

Mindess Band Expands, Chorus Rises

The music programs at Mindess Elementary are now in full swing, creating exciting new opportunities for students.

For the first time in over two decades, the 4th Grade Band has returned, giving students an earlier start on their instrumental journey. This instrumental instruction for grades 4-5 is led by the new dedicated band teacher, Ms. Serena Valentin. Starting formal instruction a year earlier provides a powerful developmental boost: the complex mental processes of reading music and coordinating an instrument enhance cognitive

skills, memory, and concentration, leading to benefits across all academic subjects and building a stronger foundation for the middle and high school music programs.

Also making a welcome return is the Mindess Chorus for grades 4-5, led by Ms. Alejandra Fontaine, filling the halls with student voices after several years' absence.

Full-Time Focus and New Concerts at AMS

The benefits of the district's commitment to music are also being felt at Ashland Middle School (AMS). Band Teacher Mr. Brian Koning is now full-time at AMS, dedicating his complete efforts to strengthening the band program. Similarly, the AMS Chorus, under the direction of Ms. Ariana Shaban, continues to grow. Of special note is that the AMS Chorus will add a fall performance to this year's schedule.

APS Fall Concert Season Begins!

The community is invited to celebrate the talent of Ashland's young musicians by attending one of the many upcoming fall concerts. All concerts are free and open to the public and are held at the Ashland High School Barry Ruthford Auditorium unless otherwise noted.

We're especially excited to welcome the 4th Grade Band to the stage this year. Come out and support these young musicians!

Save the Date: Second Annual AMA Winter Fair

The AMA invites the entire community to celebrate the season and support the burgeoning music performance groups at the Second Annual AMA Winter Fair on Friday, Dec. 5.

Building on the success of last year's inaugural event, which significantly boosted attendance at the corresponding concert, the Winter Fair is a festive evening designed to delight young children and foster a love for music.

Event Details:

- Date: Friday, Dec. 5
- Location: Ashland High School Cafeteria and the Barry Ruthford Auditorium
- Time: Winter Fair from 6 to 8:30 p.m.; Ashland High School Band's Holiday Movie Music Concert from 7 to 7:40 p.m.

The fair will be packed with fun activities, including music activities, winter-themed games, crafting stations, and more. Food will also be available for purchase before and after the concert.

Families are especially encouraged to bring young children to the free Holiday Movie Music Concert. Children will be invited to the front of the auditorium for a special reading of *The Polar Express* with musical accompaniment, creating a truly magical experience.

Admission: Entrance to the Winter Fair is \$5 per child or \$10 per family, and the concert is free and open to the public. Proceeds from the fair support the music performance groups in Ashland Public Schools.

Community Support For Music Education

The AMA is a volunteer-run non-profit organization that provides financial and volunteer

assistance to music performance groups across the district. We rely on the generosity of our community. If you would like to become a benefactor and support the enrichment of music education in our schools, please visit Ashlandmusic.org/support to see how you can help.

Come join the fun and celebrate the remarkable talent and growth of Ashland's young musicians this fall!

LAWN AND SNOW SERVICES



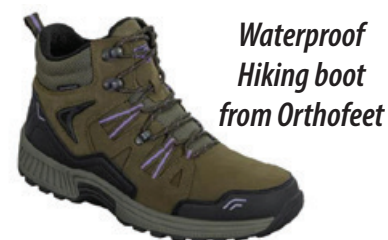
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Worcester Railers hosts Ashland Town Takeover Night Nov. 1

Get ready for a night of hometown pride! The Worcester Railers will host Ashland Town Takeover Night on Saturday, Nov. 1 at 6:05 p.m..

Join the excitement as Warren Elementary School second graders perform the National Anthem.

All Ashland students are invited to take part in the High Five Tunnel, giving them a special chance to greet the players before the game.

Come out, show your Ashland spirit, and cheer on the Railers for an unforgettable community night!

Scan the QR code to buy tickets.



Senior Community Center Activities for November 2025

Details of programs and activities can be found in our monthly newsletter. Sign in to this link to receive the newsletter by email <https://www.ashlandmass.com/390/Newsletter>

PROGRAMS & ACTIVITIES:

Nov. 3 at 12:30 p.m.

New: 40b Info Session with Q & A presented by Jasmin Farnacci. Open to the Public.

Nov. 3 from 2 - 3 p.m.

New: Virtual Program: "The Invention of Charlotte Bronte" with Author Graham Watson: Take Two! In collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

Nov. 3 from 5 - 6 p.m.

New: Family Caregiver Support Program Info Session with Janifer Murray, CDP, Springwell, Inc. Learn about services, resources, and free caregiver support for adults who qualify. Call 508-532-9759 to reserve your seat or to ask questions.

Nov. 4 at 9 a.m.

Craft with Milly: To Be Announced. Supplies will be provided. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 4 at 9:30 a.m.

Computer Lab Grand Re-opening: We invite you to the Grand re-opening of our Computer Lab with light refreshments as we celebrate our newly upgraded space.

Nov. 4, 6, 13, 18, 20, 24, 25 from 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

Nov. 4 at 12 p.m.

New: Lunch Made by Student Cooks from Keefe Tech and served at Ashland Senior Center. Entrée: Chicken Masala. 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. 30 at noon.

Nov. 4 at 1:30 p.m.

New: "Wildlife of Costa Rica's Cloud Forest" with in-person presentation by Joy Marzolf, Photographer and Naturalist. Costa Rica's cool cloud forests host rarely seen tiny volcano hummingbirds, Quetzal, and an amazing variety of life. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 5 & 19 from 9 - 11:30 a.m.

Veterans Office Hours with Richard Sabounjian. Appointments recommend. Call 508-429-0629 to schedule.

Nov. 5 at 11:45 p.m.

New: Lunch prepared by June Weiner, The Casual Chef, Cost \$6 per person. See the newsletter for the menu. Reservation due by Oct. 30 at noon.

Nov. 6 from 9:30 - 10:30 a.m.

FREE Breakfast sponsored by Ashland Lions. Seating Limited. Call to reserve your seat at 508-881-0140 ext. 1. Reservations due Thursday, Oct. 30 at noon.

Nov. 6 at 10:30 a.m.

Ashland Council on Aging (COA) Meeting. Open to the Public.

Nov. 6 at 10:30 a.m.

Downton Abbey Viewing: Season 4, Episode 2. Tea and coffee provided. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 6 at 12 p.m.

Friends of the Ashland Council on Aging (FOACOA) Meeting. Open to the Public.

Nov. 6 from 7 - 8 p.m.

New: Virtual Program: The Art of British Spycraft with Claire Evans. In collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

Nov. 10 at 12 p.m.

New: Lunch with musician Jon Waterman performing Popular Rock, Blues, and Country sponsored by the Ashland Cultural Council Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$6 per person. Reservation is due by noon on Thursday, Nov. 6.

Nov. 10 from 8 - 9 p.m.

New: Virtual Program: Conversation with Romance Author Jackie Lau in collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

Nov. 11

CLOSED FOR VETERANS' DAY

Nov. 12 at 11 a.m.

New: Staying Healthy During the Holiday Season with Anne Fitzgerald, RN You will learn strategies to reduce your risk of illness. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 12 at 12 p.m.

New: Veterans' Day Luncheon and Karen Spilka's Listening Hour. FREE Fully funded & supported by the Ashland Police Association. Local 403 Union & Ashland Fire Fighters' Local 1893 Union. Open to Veterans with a guest, and spouses of fallen Veterans with a guest. To reserve seat(s), call 508-881-0140 ext. 1. Reservation due by Thursday, Nov. 6 at noon.

Nov. 13 from 1 - 2:15 p.m.

New: Virtual Program: Costa Rica - The Pacific Lowlands with/ Bill Gette in collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

Nov. 13 from 11 - 12:30 p.m.

New: Cook with Chef Lee: Beef

and Miso Shabu Shabu: Shabu Shabu is a delicious Japanese hot pot dish with thinly sliced beef and vegetables cooked in hot water and served with dipping sauces. Class \$5 per person. Call to reserve your seat 508-881-0140 ext. 1

Nov. 13 from 5 - 6:30 a.m.

New: GAME NIGHT hosted by the Ashland High School Leo's Club at Ashland Senior Center FREE! Com play Scrabble, Uno, Backgammon, Chess, and other card games. Light refreshments served. Call to reserve your seat at 508-881-0140 ext. 1 by Monday, Nov. 10.

Nov. 13 from 7 - 8 p.m.

New Virtual Program: "She Kills" with True Crime Author, Skip Hollandsworth in collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

Nov. 14 at 10 a.m.

Create a Gift Clutch Purse 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

Nov. 14 from 10 - 11:30 p.m.

Legal Phone Consultation with Arthur P. Bergeron. Call to schedule an appointment at 508-881-0140 ext. 1.

Nov. 17 at 12 p.m.

New: Lunch & Learn: "A Stress-Free Guide to Downsizing Your Home" with Nick Plante, William Raveis Real Estate. Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. The cost is \$6 per person. Reservation is due by noon on Thursday, Nov. 13.

Nov. 17 at 10:30 a.m.

Hearing Aid Cleaning with Hopkinton Audiology FREE. Call to schedule an appointment at 508-881-0140 ext. 1.

Nov. 17 from 6 - 7 p.m.

New: Virtual Program: More Holiday Romance Book Recommendations with John Charles in collaboration with the Ashland Public Library. Visit the Ashland Public Library website to register for the program.

Nov. 18 at 10:30 a.m.

Digital Literacy (Computer) Class with Jonathon Baron "Artificial Intelligence-How You Can Use it Safely" Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 18 at 12 p.m.

New: Lunch made by Student Cooks from Keefe Tech and served at the Ashland Senior Center. Entrée: Chicken Piccata. 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, Nov. 13 at noon.

Nov. 18 from 1 - 2:50 p.m.

New Popcorn & a Movie, "The Penguin Lessons" PG-13 (2024) Based on a true story, this heartwarming comedy/drama follows an English teacher who rescues a penguin from an oil slick in Uruguay. The unlikely bond unfolds against Argentina's political turmoil in 1976, bringing joy and personal growth to all involved. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 19 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.

Nov. 19 at 11 a.m.

New: Tips on How to Save on Heating Costs with Samantha Riley. Sustainability Program Manager, Town of Ashland. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 20 at 11 a.m.

New: "The Sachem and the Pilgrims" with Paolo DiGregorio, Ph.D. Learn about the friendships and fates of the Wampanoags (Native American tribe) and their Sachem Massasoit, when a new generation of leaders emerged. Reservations requested. Walk-ins welcome. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 21 at 10 a.m.

Craft with Elissa: Table Top Trees Supplies will be provided. Call to reserve your seat at 508-881-0140 ext. 1.

Nov. 24 at 12 p.m.

New: Thanksgiving Luncheon. \$10 per person. Reservations for Lunch: Please use the payment box outside of the Main Office to reserve your seat. Reservation due by Thursday, Nov. 20 at noon.

Nov. 24 from 7 - 8 p.m.

New: Virtual Program: The Gilded Age Christmas Cookbook with Author Becky Libourel Diamond in collaboration with the Ashland Public Library. Visit the

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SENIOR CENTER

continued on page 15

SENIOR CENTER

continued from page 14

Ashland Public Library website to register for the program

**Nov. 26
CLOSES at 12 p.m. for
THANKSGIVING HOLIDAY
Nov. 27 & 28
CLOSED for THANKSGIVING.**

Wishing you, your family, and friends a Happy Thanksgiving

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 are at 12 p.m. weekly, except holidays. Reservations must be made by Thursday before the scheduled lunch. Please use the payment slip and locked box located outside of the main office to reserve your seat. The cost is \$6 per person unless otherwise noted.

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

Blood Pressure Check – Wednesdays at 10:30 a.m.

Canasta – Wednesdays at 12:30 p.m.

Chair Yoga – Wednesdays at 1 p.m.

Chess – Mondays at 1 p.m.

Craft Class – Second Tuesday at 9 a.m. and third Friday of the month at 10 a.m.



Ashland Community Center. Photo by Wendy Watkins

Cribbage – Thursdays at 12:30 p.m.

DROP-IN Knitting & Crocheting Group – Second and fourth Tuesday of the Month at 11 a.m.

Advanced & Intermediate Watercolor Class – Tuesdays and Wednesdays at 9:30 a.m. (See instructor for details)

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.

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

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.

Sound Meditation Journey with Sonia Stingo – Tuesday, Nov. 25 at 12:30 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.

EYE

continued from page 12

ter of Milford. As a leader in advanced eye care technology, we are thrilled to be among the pioneers of this groundbreaking treatment. Our surgery and surgeon were featured in a segment

broadcasted on Channel 5 TV. We are available for second opinions and dedicated to providing world-class outcomes.

For more details, see our ad on page 12.

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Clara Barton and the Salem Witch Trials

Join Emily Thomas from the Clara Barton Birthplace Museum at the Ashland Historical Society at 2 Myrtle St. in Ashland on Nov. 16 at 2 p.m. to learn about Clara Barton, the founder of the American Red Cross and her ancestor, Sarah Cloyce.

Learn about the Barton family ties to the Salem Witch Tri-

als of 1692. How did Clara's ancestor, Sarah Cloyce, survive the hysteria? Why did Samuel Barton serve as a witness in the trial of Elizabeth Proctor? Why did Samuel Barton move to Oxford, MA, in 1716?

This amazing presentation will answer these questions and more! This event is free and open to the public.

David Mindess School Receives Special Citation - American School and University

The David Mindess School received a "Special Citation" for its design and "Timeless use of colors and materials, great diagrams and concept for layout,"

from American School and University. The Ashland Public Schools would like to recognize our architects, Flansburgh, for their design work.

Upcoming Ashland Recreation Programs

ARC Kindness Club

The ARC Kindness Club is a fun and welcoming group where children come together to spread kindness in their school, community, and beyond! Whether it's making cards for seniors, helping out a neighbor, organizing a toy drive, or just sharing a smile — every act makes a difference. The club encourages empathy, friendship, and a positive attitude while showing kids that even the smallest action can brighten someone's day. The Kindness Club will run for six weeks, starting Thursday, Nov. 6, from 3 to 4 p.m., and is open to students in grades 3-5.

Passport 2 Adventure

Get ready for an unforgetta-

ble global adventure! Passport 2 Adventure is an interactive experience designed for curious and adventurous young minds. Each week, participants will "travel" to a new city or country, discovering unique cultures, languages, foods, and landmarks from the comfort of home. Through engaging activities, crafts, and fun challenges, participants will explore famous sites and hidden gems, learn about local traditions and history, and try our cultural crafts, dances, or games. Passport 2 Adventure will run for six weeks, starting Monday, Nov. 3, from 3 to 4:30 p.m., and is open to students in grades 3-5.

Dec. 13 in NYC

Enjoy New York City without the hassle of driving! Join us and travel aboard a deluxe motor coach to NYC. December is a great time to be in the Big Apple, whether you are doing holiday shopping, going to see a show or just enjoying the seasonal atmosphere, there is something for everyone! Our drop off location in NYC will be in the general area of St. Patrick's Cathedral/Rockefeller Center.

Visit ashlandma.myrec.com to create an account and explore our programs. Creating an account with your household information (including emergency contacts and medical info) helps us serve you better and makes registration quick and easy.



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The b.LUXE *beauty beat*

A Season of Gratitude

BY GINA WOELFEL

b.LUXE Owner Heather Cohen on What's Inspiring Her this Fall...

November always makes us pause and reflect on what we're thankful for, not just in life, but here at b.LUXE. What started as a dream has grown into something bigger than all of us could have imagined, and that's because of the people who show up every day.

When you enter the salon, you'll see over 35 women who genuinely, wholeheartedly support and respect each other. There's laughter, collaboration, and real encouragement. Clients feel it the moment they walk in.

Our Team - The Heart of b.LUXE

"What makes our team special isn't just talent, it's how we show up for each other," says Heather. "Jumping in to help during a busy Saturday, celebrating wins, or problem-solving together when challenges arise, there's a genuine care that runs through everything we do. It's the kind of environment where everyone feels valued, and that energy radiates to every person who walks through our doors."

When asked to pinpoint one thing she's especially proud of, Heather told me, "Watching our team work and grow together to help the junior staff and apprentices become confident stylists and estheticians. We don't refer to our clients as 'mine' or 'yours', we take care of every client together. That spirit is what makes this place so exciting."

Behind the Scenes

Running b.LUXE takes a village, and Heather knows she has the right people at the helm. "Angie, our salon manager, is the glue that holds everything together," she says. "She somehow manages to coordinate a million moving parts while keeping our front desk team in sync so no client ever feels overlooked. I really don't know what I'd do without her!"

"And speaking of our front desk team, you know how some people just have that gift of making you feel welcome the second you walk in? That's them," says Heather. "They keep things running smoothly even when we're completely slammed. The whole b.LUXE experience starts right there at the front desk, and we mean it when we say we'd be lost without them."

A Salon That Gives Back

"From the beginning, I wanted b.LUXE to be more than a place to get your hair done, I wanted it to be somewhere people grow, learn, and feel supported, and that includes giving back to the community," says Heather. "This year, we've continued supporting organizations like PAWS New England, The Medway Food Pantry, Franklin Food Pantry, Stairs for Troops, The Santa Foundation, Gilly's House in Wrentham, The Hummingbird Foundation, and many of our surrounding towns' sports teams and school programs. We also fund our yearly scholarship with The Martello Institute of Beauty

in Cancun, Mexico, covering two full cosmetology tuitions. Being the helping hand that helps future stylists pursue their dreams has always meant a lot to me."

Wigs and Toppers: A Mission Close to My Heart

"Of everything at b.LUXE, our Wigs and Toppers program has really become something special to me," says Heather. "After my own hair loss during rheumatoid arthritis treatment, I knew I wanted to help others going through the same thing. This year, we partnered with organizations like the Susan G. Komen Foundation, Gloria Gemma Breast Cancer Foundation, Dana-Farber Cancer Institute, and hospitals across Boston to help women facing medical or age-related hair loss."

She continues, "Recently, I had the honor of being nationally featured on NBC News for this work. Seeing our mission recognized across the U.S. was humbling, and honestly a bit surreal. But the real reward is still sitting with a client, hearing her story, and helping her feel like herself again." Heather often tells her team, "Hair is never just about looks, it's about confidence, dignity, and feeling whole again."

Our Clients and Community

"To our clients: thank you for trusting us," says Heather. "You share your wedding days, your fresh-start cuts, your vulnerable moments, and everything in between. That trust means everything to us."

She continues, "I also want to give a huge shout-out to Medway and our surrounding MetroWest communities. We're so lucky to be part of a town that truly supports local businesses and shows up for each other."





MAKE A DIFFERENCE

Donate to The Santa Foundation



VISIT b.LUXE

Grab a Gift Card For the Holidays!



From our amazing neighbors here at the Medway Mills to fellow business owners who cheer us on, to the people who stop by just to say hello, this community has embraced b.LUXE in ways I never expected. You've celebrated our wins, referred your friends and family, and made us feel like we truly belong here. That kind of support doesn't go unnoticed, and we're so grateful to call Medway home."

"And if you haven't heard yet, we're running our most popular special, now through the end of the year: Buy 3, Get 1 FREE on all retail products. Stock up on your favorites or get a head start on holiday gifting!"

Heather adds, "This holiday season, we're proud to support The Santa Foundation, and we'd love your help donating to families in need. Scan the QR code above for their donation link. I'm so grateful for each of you. Thank you for being part of this journey and making b.LUXE what it is today."

With gratitude,
Heather Cohen
 Owner, b.LUXE Hair and Makeup

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November 2025 at the Ashland Library

Library Closed:

Veterans' Day - Tuesday, Nov. 11
Thanksgiving - Wednesday, Nov. 26 at 1 p.m., Nov. 27 and 28. Visit our Website Calendar for Additional Info & Registration links: <https://tinyurl.com/apl-calendars>

ADULT

Fixit Clinic

Saturday, Nov. 1 from 1 - 3 p.m.

Fixit Clinic is an all-ages, do-it-together activity where people bring broken household items and learn how to assess, disassemble, and repair them instead of sending them to landfills.

Virtual - "The Invention of Charlotte Brontë" with Author Graham Watson: Take Two!

Monday, Nov. 3 at 2 p.m.

This time, we'll delve deeper into the primary sources - the manuscripts and letters - that informed Graham's book *The Invention of Charlotte Brontë: A New Life*.

Virtual - The History of the Flying Santa of the Lighthouses, 1929-2025, with Jeremy D'Entremont

Monday, Nov. 3 from 7 - 8:15 p.m.

Founded by Maine pilot Bill Wincapaw and later carried on by historian Edward Rowe Snow until 1980, the tradition now continues through the nonprofit Friends of Flying Santa. Volunteers dedicate thousands of hours each year to helicopter flights bringing holiday cheer to Coast Guard families from Maine to New York.

In Person - Front Street Readers Book Club

Tuesday, Nov. 4 from 11 a.m. - 12:30 p.m.

Read *The Champagne Letters* by Kate MacIntosh.

Virtual - Quakes, Volcanoes, and Tsunamis with Bill Thierfelder

Tuesday, Nov. 4 at 7 p.m.

We'll look at the causes of earthquakes, volcanoes, and tsunamis and how tectonic movement changes our globe across time and explore cutting-edge technology that's being used to predict when and where the next event might occur.

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

Tuesday, Nov. 4 from 6:30 - 7 p.m.

Join bestselling author, Jane Healey (and Ashland fave!), monthly for 30 minutes of pure book recommendations!

Virtual - Thriller/Horror Book Recs with Jody Blanchette

Tuesday, Nov. 4 from 7:30 - 8 p.m.

Join Jody Blanchette (aka atre-

dreadreviews), monthly, for 30 minutes of pure book recommendations.

In Person - Mah Jongg

Wednesday, Nov. 5 at 6 p.m.

Whether you have a rudimentary knowledge of Mah Jongg or have been playing for years, we would love to have you join us for an evening of strategy, luck, and fun.

Virtual - Environmental Book Club

Wednesday, Nov. 5 at 6:30 p.m.

Read *American Poison: A Deadly Invention and the Woman Who Battled for Environmental Justice* by Daniel Stone.

Virtual - Wild Turkeys in Massachusetts w/Mass Audubon

Wednesday, Nov. 5 at 7 p.m.

Learn some natural and cultural turkey history as well as the conservation needs of these native birds.

Virtual - Art & World War II - Hitler's Cultural Ambitions and Nazi Theft

Thursday, Nov. 6 at 10:30 a.m.

Learn more about Nazi exhibitions of so-called "degenerate art," theft from European churches, museums, and private collections, as well as the challenge of restoring works to their rightful heirs today.

In Person - Paint Night with Ashwini Chitnavis

Thursday, Nov. 6 from 5:30 - 7:30 p.m.

We welcome Ashwini Chitnavis to host this session where you learn to paint on canvas.

Virtual - Declutter series with Jamie Novak: How to Catch Up Before the Holidays

Thursday, Nov. 6 from 7 - 8:30 p.m.

Log on for this month's declutter club Zoom when decluttering humorist Jamie Novak shares simple steps to catch up before the busy holiday season.

Virtual - Fact & Fiction: The Art of British Spycraft with Claire Evans

Thursday, Nov. 6 at 7 p.m.

Author, former UK resident, and Anglophile Claire Evans recounts her visit to Bletchley Park, the once top-secret hub of codebreakers vital to Allied intelligence during WWII.

Virtual - Friday Night Film Discussion

Friday, Nov. 7 at 7 p.m.

Watch *The Rules of the Game* (Kanopy)

In Person - New England Native Flora with Gretel Anspach

Saturday, Nov. 8 from 10 - 11:15 a.m.

This presentation focuses on the plants native to our region which will be easier to maintain,

better able to withstand New England weather, and may offer better resistance to deer and rabbits.

In Person - Card Making with Jan Poppendieck

Monday, Nov. 10 at 6:30 p.m.

Learn stamping and card-making techniques. Jan will teach embossing, die cutting, proper stamping, and equipment use.

Virtual - Job Search Help - How to Create a Standout Resume

Wednesday, Nov. 12 at 9:30 a.m.

This session will cover current resume best practices, including tips about what information to include and what to leave off, as well as formatting and content guidelines to enhance your experience.

In Person - Bio/Memoir Book Club

Wednesday, Nov. 12 at 11 a.m.

Read *Whiskey Tender* by Deborah Jackson Taffa.

HYBRID - Romance Book Club

Wednesday, Nov. 12 at 6:30 p.m.

Read an *Indigenous Romance*

Virtual - The Life & Career Of Meryl Streep

Wednesday, Nov. 12 from 7 - 8:30 p.m.

From frothy musicals like *Mamma Mia!* to sober dramas like *Sophie's Choice* and *Doubt*, enjoy a look at the life and career of this "screen queen" who shows no signs of slowing down.

Virtual - Her Art - The Legacy of Women Artists Through the Ages, Part 2

Thursday, Nov. 13 at 10:30 a.m.

Delve into the significant but often overlooked contributions of women artists throughout history.

Virtual - Bill Gette: Costa Rica - The Pacific Lowlands

Thursday, Nov. 13 from 1 - 2:15 p.m.

In November 2023, Bill Gette traveled to the Central American country of Costa Rica to explore the Pacific lowlands and photograph the incredible variety of birds that thrive there, as well as tropical wildflowers, butterflies, and mammals. Join us for this PowerPoint presentation.

In Person - Women's Wisdom Circle: Nurturing thankfulness and appreciation in our lives

Thursday, Nov. 13 from 6 - 7:30 p.m.

For this session, Paula Topliffe will lead a discussion on Gratitude.

Virtual - "She Kills" with True Crime Author Skip Hollandsworth

Thursday, Nov. 13 at 7 p.m.

Join author and journalist, Skip Hollandsworth, as he discusses *She Kills: The Murderous Socialite, the Cross-Dressing Bank Robber, and*

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

Other True Crime Tales.

Virtual - Dealing with Sterling Silver, Silverplate, & Pewter

Thursday, Nov. 13 at 7 p.m.

We'll show you more than 20 different ways you can identify Sterling Silver, Silverplate and Pewter. We'll talk about determining the value and how you to sell it.

In Person - Mystery Book Club

Friday, Nov. 14 at 12 p.m.

Read *She's Not Sorry* by Mary Kubica

Virtual - More Holiday Romance Book Recommendations with Booklist Reviewer, John Charles

Monday, Nov. 17 at 6 p.m.

John Charles will give us his "best of" list of 2025.

In Person - Gardening Series:

Seed Saving Workshop

Monday, Nov. 17 from 6 - 7:30 p.m.

This workshop will help you learn how to save seeds from flowers/grasses that have dried in the fall. Separating the and finally we will package the seeds in seed packs that you will take home with you. Approximately 3 to 5 seeds packs per person.

Virtual - Exploring Our National Parks

Tuesday, Nov. 18 at 10:30 a.m.

Professional traveler Chris McCormack will share the beauty, adventure, and cost-saving tips for exploring our national parks in the United States.

LIBRARY

continued on page 18

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LIBRARY

continued from page 17

In Person - Historical Fiction Book Club

Tuesday, Nov. 18 at 11 a.m.

Read *The Secret Life of Sunflowers* by Marta Molnar**In Person - Cookbook Club**

Tuesday, Nov. 18 at 5 p.m.

Cook from *Brilliant bites: 75 amazing small bites for any occasion* by Maegan Brown**Virtual - An Evening with Author Heather Clark**

Tuesday, Nov. 18 at 7 p.m.

Join us for an evening with Heather Clark as she presents an overview of her new novel, *The Scrapbook*.**Virtual - Great Performers: Lena Horne with Clint Edwards**

Tuesday, Nov. 18 at 7 p.m.

Explore how Lena Horne, one of the great beauties of Hollywood's golden age, blazed a trail where few, if any Black women had gone before.

Virtual - Great American Unsung Heroes Who Changed The Course Of History - George Marshall

Wednesday, Nov. 19 from 7 - 8:15 p.m.

This month, learn about General George Marshall, an American statesman and soldier who is one of the most underappreciated leaders in American history, and certainly of the 20th century.

Virtual - Meet Me at Luke's with The Gilmore Book Club Blogger, Kristine Eckart

Wednesday, Nov. 19 at 7 p.m.

If you are a Gilmore Girls fan, we hope you can join us for this rapid-paced Q&A with The Gilmore Girl Club Blogger, Kristine Eckart.

Virtual - Bernini as a Sculptor of the Baroque Era

Thursday, Nov. 20 at 11 a.m.

Bernini is said to have defined

the drama and movement of Baroque sculpture of 17th-century Italy and beyond. Explore Bernini's earliest successes in the statues of David and Apollo and Daphne. Examine the unity of sculpture and architecture in his Ecstasy of Saint Teresa, the richness of his work on St. Peter's.

Virtual - SciFi/Fantasy Book Recs with Kristen

Thursday, Nov. 20 from 6:30 - 7 p.m.

Join blogger, Kristen, of Fantasy Cafe for this quarterly session of her recommendations of some of the best of SciFi/Fantasy books out there!

Virtual - Art on Thursday: The Mysterious Dreamscapes of Salvador Dali

Thursday, Nov. 20 from 7 - 8:15 p.m.

This program delves into the life, inspirations, and enduring fame of Salvador Dalí, unraveling the mysteries behind his fantastical visions.

Virtual - Inclusive and Diverse Book Recs with Leelynn Brady

Thursday, Nov. 20 from 7:30 - 8 p.m.

Looking for the best books with BIPOC/LGBTQ+/Neurodivergent/Disabled etc. characters or by representative authors? Join bookstagrammer, Leelynn Brady (aka @sometimestyleelynnreads), monthly for 30 minutes of pure book recommendations

Virtual - Friday Night Film Discussion

Friday, Nov. 21 at 7 p.m.

Watch *Monsieur Lazhar* (Kanopy)**Virtual - Discussing The Gilded Age Christmas Cookbook with Author Becky Libourel Diamond**

Monday, Nov. 24 at 7 p.m.

Join author Becky Libourel Diamond as she discusses her new book, *The Gilded Age Christmas Cookbook: Cookies and Treats from America's Golden Era*.**Virtual - The Impact of 500 Years of Colonialism on the Abenaki and Wabanaki Tribes**

Tuesday, Nov. 25 at 7 p.m.

In this presentation, we'll examine how European colonization of North America impacted generations of Abenaki/Wabanaki people.

ADULT WEEKLY**Knit and Crochet Club**

Mondays at 6 p.m. Walk-In

Gentle Yoga

Tuesdays at 6 p.m. Registration Required

CHILDREN**Special Programs****Ashland STEM Club grades K-5**

Saturday, Nov. 1 from 11 a.m. - 1 p.m.

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

Parody Playhouse at the Ashland Public Library ages 0-6 w/caregiver

Thursday, Nov. 6 at 10:30 a.m.

We welcome Erica Leigh from Parody Playhouse for a morning of musical fun! Parody Playhouse's performance will include kid-friendly versions of popular songs that help teach kids important social-emotional skills.

Dinovember Storytime & Sensory Play ages 2-5 w/caregiver

Saturday, Nov. 8 from 10:30 - 11:15 a.m.

We'll be having an all-dinosaur-themed storytime followed by our own dinosaur dig and a craft. Registration is required.

Coding Class for Kids grades K-5

Saturday, Nov. 8 & Saturday, Nov. 22 from 12:15 - 1:15 p.m.

Every other Saturday, Kindergarten through grade 5 kids will dive into the world of coding. With hands-on projects your child will master the basics of coding and create their own cool projects. Space limited, registration required.

Playdough Party! ages 2-5 w/caregiver

Thursday, Nov. 13 from 10:30 - 11:15 a.m.

We'll try two different recipes (one based on flour and one on oatmeal) and compare and contrast the textures of both. Once the playdough has been made, kids can play to their heart's content and take some home! Registration required.

Graphic Novel Book Club Jr. For grades 1-2

Thursday, Nov. 13 from 4:15 - 5 p.m.

Each month, we'll read and discuss a new graphic novel in a fun, relaxed environment. Registration required.

Ashland 2025 Annual Robot-**ics FLL Scrimmage**

Saturday, Nov. 15 from 10 a.m. - 3:30 p.m.

Team Goofy Gyros (# 52042) and Team CTRL+Z (#25718) will be conducting the 3rd Annual Ashland Community FIRST Lego League (FLL) Challenge (Robot Only) scrimmage for teams participating in the 2025-2026 UNEARTHED FLL Challenge season.

LEGO Club with Kim grades K-3

Monday, Nov. 17, from 4:30 - 5:30 p.m.

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

Pokémon Club grades 2-6

Tuesday, Nov. 18 from 6:30 - 7:30 p.m.

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. Registration required.

Little Crafters ages 0-5/caregiver

Thursday, Nov. 20 from 10:30 - 11 a.m.

Join Ashland Moms Club for this storytime. We'll start with a sweet and lively storytime, followed by a simple craft. No registration required.

Graphic Novel Book Club grades 3-5

Thursday, Nov. 20 from 6:30 - 7:30 p.m.

Read an exciting graphic novel before our meeting, then we'll chat about the book, play games, and unleash your creativity with fun art projects. Registration required, space is limited.

Apple Ploozza ages 2-5 w/caregiver

Saturday, Nov. 22 from 10:30 - 11:15 a.m.

Join us for a special autumn storytime where we'll be reading all about apples and making our own apple print art with paint. Plus, we'll even have some apple cider for kids to try! Supplies limited, so registration is required!

Juntos en la Biblioteca: Actividades en Español en Familia For families | para familias

Monday, Nov. 24 from 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!

Little Picassos Club grades 2-5

Tuesday, Nov. 25 from 4:30 - 5:15 p.m.

Join Miss Kayla for Little Picassos Club. Each week, we will learn about a different artist or art style and work on unique art projects, ranging from painting to sculpting. Registration required.

WEEKLY STORYTIMES Tuesday & Friday Clocktown Rockers! ages 2-5 w/caregiver

Tuesdays from 10:30 - 11 a.m.

Fridays from 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. No registration needed.

Mother Goose on the Loose ages 0-3 w/caregiver

Wednesdays from 10:30 - 11 a.m.

This interactive storytime is packed with songs, rhymes, puppets, musical instruments, and playful movement. No registration needed.

Saturday Stories ages 2-5 w/caregiver

Saturdays from 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. No registration required.

RECURRING WEEKLY PROGRAMS: Project ABC: Play, Learn & Grow ages 0-5

Mondays from 11 a.m. - 12 p.m.

Join the Metrowest YMCA and the Early Childhood Alliance of Ashland & Framingham for Play, Learn & Grow—a fun, interactive program for children aged five and under! Registration is required, and found at <https://www.projectabc.org/>**Friends of the Ashland Public Library Monthly Book Sale & Donation Day!**

Browse thousands of titles—organized by genre and author—with a special section just for kids at the Friends of the Library Book Sale! To keep shelves full, the Friends will accept gently used books, audiobooks, and DVDs in the library parking lot on Saturday from 9:30 a.m. to 1 p.m., with volunteers on hand to assist. Donations are also accepted anytime in the mezzanine lobby. Proceeds from these monthly sales support 100% of the library's programs, Museum Passes, and more. Can't make the sale? Visit the Friends' Book Sale Corner on the first floor for great finds anytime the library is open.

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Special Town Meeting Wednesday, Nov. 19

On Wednesday, Nov. 19, at 7 p.m., a Special Town Meeting will be held at Ashland High School. As Ashland's legislative branch operates under the Open Town Meeting form of government, all registered voters have the opportunity to participate and vote on financial decisions, community issues, and bylaws through warrant articles.

Each fall, the Town conducts a Special Town Meeting to vote on various financial articles, including the appropriation of free cash. In accordance with our financial policies, this funding supports the General Stabilization, OPEB Trust Fund, SPED Stabilization, Capital, and other one-time expenditures. Additionally, residents will be asked to approve updates to three general bylaws to ensure conformity with Massachusetts General Law. As is customary each year, we will also establish the Senior Tax Exemption, which provides eligible seniors with a reduction in their property taxes.

Articles will also be presented for a vote on several Community Preservation Committee initiatives. These articles propose enhancements, improvements, and preservation efforts for various



Town properties.

If you wish to participate but are not yet registered to vote, the deadline to register is Nov. 7. For more information, please visit: <https://ashlandmass.com/449/Town-Meeting>

The Ashland Recreation Department will offer free childcare in the High School Gym to make it easier for families with younger children to attend. Please use this link to register your child(ren) for ARC childcare. Volunteers will be in the Ashland High School gym from 6:45 to 9 p.m. during the Special Town Meeting to engage children with games and crafts. Please note that no food is allowed in the gym, and water is the only permitted beverage. We kindly request that if your child is not feeling well, they remain home.

Join us for the 3rd Annual Citizen Academy

We are thrilled to be launching our 3rd Annual Citizen Academy. The Citizen Academy program is an exciting opportunity to help connect our residents with firsthand knowledge about local government. We were really pleased with the response from the community in years 1&2 and were able to deliver an engaging program to a wonderful and dedicated group of residents.

This month we have opened up the application process for the 3rd Annual Citizens Academy. We hope you are interested in joining us. We aim to educate the new class on how our local government functions, increase transparency and build trust within our community as well as help foster future leaders in public service and volunteerism.

We are building off of our program from year 1&2 and plan

to bring an interactive program to the participants. If you have interest in learning about the day-to-day operations of Town and about various roles, responsibilities and priorities of your Town departments this program would be great for you! We are planning a 10-week program and will meet on the 2nd and 4th Wednesday of each month. You will receive presentations from our department heads and their staff, you will tour our new public safety building and public works buildings and we will make sure you have plenty of time to ask any questions you might have about the inner workings of town government.

To apply and for more information go to: <https://ashlandmass.com/1103/Citizens-Academy>. Deadline to apply is Monday, Dec. 1.

Town of Ashland Receives 'AAA' Bond Rating by S&P Global Ratings

The Town of Ashland has had its "AAA" bond rating affirmed by S&P Global Ratings. This rating is particularly impressive given the current financial climate.

Special thanks goes to the Finance Committee, Select Board, and School Committee for their dedication and to adhering to financial policies. The Town also should be proud of the work of the finance team led by Cindy Cincotta, our Finance Director/Treasurer-Collector; Stephanie

Pemberton, Town Accountant; Don Clarke, Director of Assessing; and Diane Mortensen, Executive Assistant for Projects and Procurement who worked tirelessly to make sure everything was ready for the bank rating call.

Some of the rationale in receiving the rating this year were as follows:

- Very strong managerial planning and policies
- Preditable revenue framework
- Manageable debt service costs

We strive for this AAA rating because a strong credit rating is crucial as it ensures the lowest possible borrowing costs, signals exceptional fiscal health, and boosts investor and public confidence. This allows municipalities to fund critical capital projects like schools, roads, and infrastructure more affordably for taxpayers.

Ashland is fortunate to have a dedicated team that works hard every day to ensure this high level of recognition.

Ashland's Thanksgiving Meal Program and Holiday Program

As the days grow shorter and the weather gets colder, things heat up at the Ashland Community Center!

Each year, the Town of Ashland's Department of Prevention & Human Services, Recreation Department, and Senior Center team up with volunteers and community partners to host the annual Thanksgiving Meal Program and Holiday Program—ensuring the season is full of warmth, care, and connection.

The Thanksgiving Meal Program provides families supported by the Food Pantry or the Department of Prevention & Human Services with a complete holiday meal, including turkey, vegetables, side dishes, and dessert. In 2024, more than 100 meals were distributed to Ashland families.

This program is made possible by many generous community partners. The Ashland Emergency Fund purchases groceries from Market Basket, and local student groups and organizations hold food drives for additional items. On distribution day, the Department of Public Works delivers the meals to the Community Center, where town staff, volunteers, and committee members come together to pack and distribute them.

The following week launches the Ashland Holiday Program—an opportunity for Ashland families to experience the magic of the season and for sponsors to make a meaningful difference in the lives of children and their families. Participating families share their children's holiday wishes by

creating a wish list, and are then anonymously paired with program sponsors who use the lists to help purchase gifts. Individuals who wish to support the Holiday Program in other ways can donate gift cards or "filler gifts." Volunteer support—whether through time, gift donations, or other contributions—is essential to the program's success.

Together, we can ensure every participating child receives gifts and help make the season brighter

by fostering a sense of community and connection.

- If you are interested in donating gifts to the Holiday Program please email the Department of Prevention & Human Services at humanservices@ashland-mass.com.
- If you are an Ashland resident seeking assistance from the Food Pantry for the first time, please call 508-532-7949 or email humanservices@ashlandmass.com to complete an intake form.



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Sports

The Goal – Field Hockey in College

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Payten Tripp has pretty much been a three-sports athlete her entire life. In the early years, she began playing ice hockey, lacrosse, and soccer, and would say whatever sport she was playing at the time was her favorite.

By the time she got into Ashland Middle School, she was introduced to field hockey by a friend who was on the team. It came at the right time because she felt that soccer was not what it used to be, and she did not like it all that much, so she decided to give field hockey a try.

“Ashland didn’t have a field hockey youth program when I was growing up, so the first time I was introduced to the sport was in the eighth grade,” she said. “Having played hockey, I figured that field hockey would be an easy transition, especially since I already have the stick skills.”

Things seemed to come easily for Tripp when she was learning certain aspects of the sport. As an eighth grader, she was assigned to play the midfield, a position that she would come to love as it was a big part of both the offense and the defense. Nowadays, as a high school varsity player, she has been lining up as the Clockers High center midfielder, where she is counted on to play offense while also moving the ball up the field.

Upon entering the high school field hockey tryouts, she had no idea what to expect. Growing up, she had always taken part in the same sports that her older sister played, but that was not the case with field hockey.

“My sister didn’t play field hockey; she played soccer in the fall, so I had absolutely no reference as to what to expect when I got to the tryouts,” Tripp said. “I did become friends with a couple of the older girls who helped me through it all.”

Knowing that the team had not had too much success in the past, Tripp was hopeful that she could earn a spot on the team. Playing for the varsity would also be a big asset in her learning the sport at a higher level. The incoming freshman did earn a spot on the varsity team, and as a

first-year high school player, she found that she was able to learn a lot from the girls on the team. She was not as confident in her ability that year, but after getting acclimated to the sport, things were totally different for her in her second varsity campaign.

“My sophomore season was a totally different story,” she said. “My confidence grew, and my dribbling ability was getting much better. I felt that I was learning a game that I was only playing for my third year ever.”

Clockers Coach, Molly Foley, agrees with Tripp’s assessment of her improving her game.

“Payten is one of the best I have ever coached. Her confidence has grown considerably, and she is still a skilled player; the Ashland Coach said. “During her first year, she was a tiny little freshman who was scared to take risks; now she is willing to try new things, making those around her look good. She is also smart enough to know that she can’t do it all by herself; she knows she needs her teammates.”

During her sophomore season, Tripp found that she had twice as many assists as goals despite her coach seeing her as a goal scorer.

“That all goes back to my position; my job is to get the ball up the field to the forwards,” Tripp said. “In all the sports I’ve played, I am quicker to pass than shoot. As long as the ball goes in the net, I don’t care who put it there.”

As she entered her junior season with Ashland, Tripp defi-

nately wanted to improve her goal scoring and put some more points on the board for her team while taking a bigger role on the field. Tripp feels that the team needs to put more shots on the net, and things will happen. Thus far, she has tallied five goals this year, the most she has ever had.

In addition to her individual goals, Tripp would love to see the team get back into the playoffs and advance past the first round. In 2021, the Clockers made it to the tournament for the first time since 2013. That year, as well as the next, Ashland was able to secure a win and advance to the second round. However, Tripp and her teammates have not been able to advance past the first round of the Division 3 state Tournament the last two seasons.

“The team seems to always lose in the first round, and I wasn’t going to get past that this year,” she said. “It would be a big win for the program, and I believe that we have the potential to do it this year.”

Although she has only played field hockey for three years, Tripp’s ultimate goal is to play on the collegiate level. She has already started the recruitment process and has reached out to several coaches, hoping to eventually play for a college in New England.

“She can definitely play on the next level,” Foley said. “She is looking to play for a Division 3 school where she can make an



Photo Supplied By Payten Tripp

impact instead of saying that she plays for a Division 1 school.”

Tripp herself doesn’t want to play for a Division 1 school; she wants to be able to be engaged in her studies as well.

“If I could play Division 1 field hockey, I’m not really sure that I would want to – it takes up too much of your life,” she said. “I can’t imagine my life without sports in it, and although Divi-

sion 3 would still be a commitment, it would not be as big as playing Division 1.”

Tripp still has the remainder of this season and her senior campaign with the Clockers before she has to make that decision, but for right now, she is committed to helping her team qualify for the State Tournament and win that first-round encounter.

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Ashland Lions Club November 2025 Update

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!



Leos raise funds for Ashland Emergency Fund at Ashland Day 2025. Courtesy photo

Ashland Leos Around Town

Ashland High School Leos Club has been busy! At Ashland Day they were hard at work raising money for the Ashland Emergency Fund, with games and prizes for kids. Then on Wednesday, Oct. 15 the Leos helped with the weeding and

trimming at the Oak St./Cordaville Rd. island, and planting a tree at the Farmers Market in memory of departed Lions. Thank you AHS Leos for your hard work and dedication to service of our community.

Ashland Lions Meat Raffles

Ashland Lions is kicking off another great year of meat raffles! Our raffles are held on the first Saturday of each month at 12 p.m., at TJs Food and Spirits in Ashland, and continue throughout the winter. As always there will be great food, fun people and great meat to choose from.

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.

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 at the Ashland Public Safety Building (12 Union St.), in Ashland at Focus on Fitness (290 Eliot St.) and Cleaner's Choice and Tailor (193 Main St.).

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 Andersson 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. Since September year we have collected over 300 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
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

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Holiday Guide

This holiday season, showcase your business in our Holiday Guides - a special pull-out section. Drive shoppers to your door with great gift ideas, catering options and everything to make the holidays joyful and bright!

Coming in December!

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Real Estate Corner

What Federal Reserve Rate Cut Means for Housing Market



Kim Foemmel
Real Estate Broker

REAL ESTATE INSIGHTS

On Sept. 17, the Federal Reserve cut the federal funds

rate by 25 basis points, or 0.25%. This is positive news: Variable interest rate costs have gone down, and such things as credit card rates, auto loan rates and home equity loan rates all should be lowered. However, it doesn't necessarily equate to mortgage interest rates going down in lockstep.

Mortgage rates often are cut before the Fed announcement because banks project it will happen and try to get ahead of it. So, banks that anticipated that the rate would be lowered already had reduced their borrowing rates; rather than dropping further, mortgage rates actually saw a slight uptick, to 6.13%, since the rate cut. Additionally, other factors impact the housing market, such as recession

and inflation (or the prospect of either). Uncertainty about inflation can lead to mortgage rates staying the same or rising.

The general consensus is that the Fed will continue to cut the rates going forward, with a projection that it will cut rates again in November. A lower federal funds rate usually leads to lower Treasury yields, which can bring down mortgage rates over time. Thus, we should anticipate seeing rates dropping for home mortgages. That makes buying or refinancing a home more affordable and puts more money into consumers' pockets.

What does that mean for the housing market?

For starters, the winter season might not be as slow as in previous years. Historically, winter sees a drop in sales due to things like return to school and holidays. But with the anticipation of another rate cut leading to consumer confidence-building, demand could stay strong. In any case, sellers likely will enjoy a healthy spring market.

As homeownership becomes more affordable for buyers, it also can heat up the housing market: More buyers means more competition, and competition can affect price. With more buyers making offers, prices can go up, making now a good time to buy. And a buyer who wants their pick of the real estate might want to get ahead of the herd and start looking before

everyone sees the rates and races out to find a house.

However, as with most things federal and finance related, it's all speculation. Consult with your financial planner and real estate agent, consider your short- and long-term needs, and work with the information you have. The future is undetermined, even for the Fed.

Kim Foemmel
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The 3-bed, 2-bath, 1,988-square-foot home at 28 Kings Row in Ashland recently sold for \$590,000. Image credit: www.zillow.com

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Ashland Recent Home Sales

Date	Ashland	Amount
10/15/2025	21 Rosebay Drive	\$775,000
10/14/2025	89 Thomas Road	\$830,000
10/09/2025	28 Kings Row	\$590,000
10/09/2025	26 Hardwick Road	\$1.18 mil
10/03/2025	297 Meeting House Path	\$465,000
09/29/2025	12 Windsor Drive	\$810,000
09/25/2025	36 Arrowhead Circle	\$639,900
09/19/2025	249 Meeting House Path	\$467,500
09/17/2025	29 Ramblewood Drive	\$740,000

Source: www.zillow.com / Compiled by Local Town Pages

CORDAVILLE REALTY

JUST SOLD

275 CORDAVILLE RD ASHLAND, MA
FINAL SALE PRICE \$565,000

JEN PARATORE, REALTOR
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Interest rate are at their lowest! The time to buy is now! Check out these great deals!

\$1,099,900



3 Candlewood Lane Southborough

3Candlewood.com

3 beds, 2.5 baths, new kitchen, 2022 roof with owned solar, walkout finished basement, cul-de-sac

\$1,699,900



165 Lumber Street Hopkinton

165LumberStreet.com

5 beds, 3.5 baths, 2 car garage, 1st floor ADU Sidewalks to neighboring Wildwood Glen 2 doors away. Appraised in mid 2025 for \$1,820,000

\$2,749,900



2 Whisper Way Hopkinton

2WhisperWay.com

Custom built Hopkinton estate surrounded by 200 acres of conservation! 5 beds, 5.5 baths, 1st floor bedroom suite, walkout finished basement, 4 car garage

\$1,399,900



28 Downey Street Hopkinton

28DowneyStreet.com

2 family waterfront option with potential for \$9k monthly income



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