

Ashland

Vol. 14 No. 2

Free to Every Home and Business Every Month

December 1, 2025

Ashland Public Library's Fix It Clinic helps Residents Repair, Learn, and Rethink Waste

BY BRITTANY AMALFI

When the Ashland Public Library launched its Environmental Book Club in 2022, conversations quickly turned from reading about climate action to taking climate action. That shift sparked an idea for librarian Neetha Vuppala, who began searching for hands-on sustainability programs that could empower residents. Her search led her to the national Fixit Clinic movement—and soon, Ashland had one of its own.

"We hosted our first Fixit Clinic event in June of 2022," Vuppala said. "It seemed like the right project since the pub-



Fix-It Coaches ready to work! Photo supplied by Neetha Vuppala

lic library is the heart of the community—where resource sharing happens in the best possible way." The goal was simple yet impactful: to give

people the chance to repair broken items instead of dis-

FIX IT

continued on page 3

Ashland Bright Lights



Past Illuminate Downtown event. Photo supplied by Chrissy Reynolds

BY BRITTANY AMALFI

Illuminate Downtown Ashland, the glowing community art installation that has brightened winter nights since 2017, is returning this year with a meaningful new twist. What began eight years ago as a simple public art project has

evolved into something more personal. For the first time, Chrissy Reynolds, the owner of the event, opened the project to community nominations, inviting residents to

LIGHTS

continued on page 9

HAPPY Holidays

REALEXECUTIVES
BOSTON WEST
PREMIER TEAM

WHAT'S YOUR HOME WORTH?
Contact us for your FREE home valuation

SCAN ME

TRACY BEAUDOIN | 508.380.9296
JUDI TELLER | 508.380.1933

THINKING OF SELLING YOUR HOME?

Call KIM for a **FREE NO-OBLIGATION** Market Analysis

CONTACT **Kim Foemmel**
508.808.1149

FOEMMEL
Fine Homes
FoemmelFineHomes.com

FULLY LICENSED & INSURED
SERVING METROWEST

SHAHOOD & Sons
PLUMBING • HEATING • COOLING • ELECTRICAL
EST. 1949

NOW OFFERING ELECTRICAL SERVICES

FREE Residential Electrical Inspection!*

- Identify Potential Hazards
- Prevent Future Electrical Issues
- Peace of Mind - at NO COST to You!

*BOOK BY DEC. 31, 2025

SCHEDULE YOUR INSPECTION TODAY!

508-875-3413

ShahoodPlumbing.com

FAMILY OWNED & OPERATED FOR 3 GENERATIONS SINCE 1949

PRRST STD
EGRWSS
PAID
PERMIT NO. 142
SPRINGFIELD, MA

Postal
Customer
Local

localtownpages 

Scan this QR CODE
to visit our Website



Scan this QR CODE
to visit our Facebook Page

localtownpages 



CHE'S LIQUORS

300 ELIOT STREET, ASHLAND, MA 01721 • 508-686-2787



Apothic
Red 750ml
\$11.99



Bogle
All Reds 750ml
\$10.99



Decoy
All Reds 750ml
\$17.99



Coppola
All Reds 750ml
\$19.99



Beaujolais Nouveau
Red 750ml
\$14.99



J. Lohr
Cabernet 750ml
\$15.99



Joel Gott
Cabernet 750ml
\$17.99



Josh
All Reds 750ml
\$15.99



Menage a Trois
All Reds 750ml
\$10.99



Mark West
Pinot Noir 750ml
\$11.99



Meiomi
Pinot Noir 750ml
\$17.99



Bailey's
Original 750ml
\$27.99



Pennsylvania Dutch
Egg Nog 750ml
\$10.99



Old New England
Egg Nog 1L
\$10.99



Kahlua
Liqueur 750ml
\$26.99



LaMarca
Prosecco 750ml
\$16.99



Matua
Sauv Blanc 750ml
\$10.99



Ste. Chateau St. Michelle
Chardonnay 750ml
\$10.99



Oyster Bay
Sauv Blanc 750ml
\$11.99



Kim Crawford
Sauv Blanc 750ml
\$14.99



Grand Marnier
Liqueur 750ml
\$39.99



Cointreau
Liqueur 750ml
\$34.99



Fireball
Whiskey 750ml
\$18.99



J. Seeds
Whiskey 750ml
\$19.99



Johnny Walker Black
Scotch 750ml
\$32.99



Woodford Reserve
Bourbon 750ml
\$37.99



Knob Creek
Bourbon 750ml
\$34.99



Taffer's
Bourbon 750ml
\$29.99



Start Line Local Craft Beer
Hazy/Hop Load 4 pack
\$17.99



High Noon RTD
All Flavors 4 pack
\$11.99



Sun Cruiser RTD
All Flavors 4 pack
\$11.99



Cutwater RTD
All Flavors 4 pack
\$14.99

DRINK RESPONSIBLY

MUST BE 21 YEARS OF AGE OR OLDER WITH VALID ID TO PURCHASE

www.chesliquors.com

MON-WED 9am-9:30pm • THUR-SAT 9am-10pm • SUN 10am-9pm

FIX IT

continued from page 1

carding them, saving money for residents and reducing the amount that ends up in landfills.

A Community Workshop with Lasting Impact

The Ashland Public Library now hosts two Fixit Clinics each year—on the first Saturday in June and the first Saturday in November. Each two-hour session invites residents to bring in damaged belongings, from household appliances to jewelry, and work directly with volunteer Fixit Coaches to diagnose and repair them.

Participants are encouraged to register online in advance, providing information about what they're bringing and what they've already tried. Walk-ins are welcome, too. Once at the library, each person is paired with a coach who walks them step-by-step through the repair process.

"Most items are fixed in about a half hour," Vuppala said. "People leave not only with a repaired item, but with a budding confidence in a do-it-yourself mindset."

Common items are typically clothing, small furniture, lamps, shredders, coffee machines, and other household appliances. But of course, every Fixit Clinic brings surprises. One of the most memorable repairs, Vuppala recalled, involved an heirloom wooden child-sized chair passed down through generations. Coaches reinforced the worn chair legs and offered guidance on the right polish to keep it in good condition for years to come.

Who Makes a Fix-It Clinic Possible?

Fixit Coaches come from a variety of professional and educational backgrounds. Many are recruited through the Fixit Clinic's national network, while

others respond to library outreach through social media and newsletters.

But the best coaches, Vuppala said, all share one trait: "They have a 'we can fix this' problem-solving, engineering brain." Some bring niche expertise—such as knife sharpening, sewing, soldering, and woodworking—and they collaborate freely, sharing tools and ideas as they tackle repairs together.

Beyond Fixing Things: A Shift in Mindset

For Vuppala, the Fix It Clinic isn't just about repairing toasters or tightening chair legs. It's about challenging a throwaway culture—one shaped by planned obsolescence and the convenience of simply replacing items.

"Repair is considered the fourth R of sustainability," she continued. "Fixit Clinics aim to bring about a mindset change, helping people learn essential repair skills and giving their items a second lease on life. It cuts down on excessive consumption and reduces wasteful expenditure."

The events are intentionally welcoming and family-friendly. Children often attend with their parents, watching repairs unfold and discovering the joy of tinkering. "It ignites enthusiasm from an early age," Vuppala said.

How to Get Involved

Those interested in attending should bring their item, any parts that might be needed, and an open mind. While most repairs are successful, some items are simply beyond saving. "Be prepared to be okay if the item cannot be fixed," Vuppala noted.

Prospective coaches are encouraged to bring any tools they have at home and be ready to guide participants through the entire process. "One important goal is to educate the customer," she said.

When asked about her favorite part of the Fixit Clinic, Vuppala



didn't hesitate: the volunteers.

"I am always amazed by the coaches who dedicate their time and expertise," she said. "They inspire with their sense of purpose and strive to fix as many items as possible. Their enthusiasm is contagious."

With growing participation and a spirit of collaboration, Ashland's Fix It Clinic continues to strengthen the community with one repair, one skill, and one saved item at a time.



Photos supplied by Neetha Vuppala

PREMIER IMAGE GALLERY

INVENTORY CLEARANCE

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

35 Years in Business! Specializing in Museum Quality Framing • Finest Selection of Original Artwork by Local Artists

SALE

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

BOOK A FREE IN-HOME EVALUATION!

A/C • Heating • Water Heaters

PRO COMFORT CONTROL

508-301-3955
ProComfortControl.com

Ashland Lions Club December 2025 Update

Lions Christmas tree lot now at the Ashland Farmers Market!

The Lions Christmas Tree lot is now in its new location at the Ashland Farmers Market, 125 Front Street. We will be open weekends 9 a.m. - 8 p.m., and weekdays 3 p.m. - 8 p.m., until we sell out (follow our Facebook page for changes in hours). Big thanks to the Boy Scouts Troop 232, AHS Leos Club, and AHS Football team for getting us up and running and helping us sell trees.

Please consider buying your fresh Christmas tree or wreath from the Ashland Lions this year and donate to a great cause. We now accept cash, credit cards and Venmo for payment! Act fast, we expect to sell out quickly.

Remember, Lions give back 100% of profits from all fundraisers to our local community, Lions Club International charitable causes, and to Mass Lions



Fresh Christmas Trees of all sizes available from the Ashland Lions at the Farmers Market lot. Courtesy photo

Eye Research, who works toward preventing and curing blindness.

Again this year, the Ashland Lions are proud to support our town's holiday lighting ceremony at the holiday stroll with cookies for all.

Ashland Lions Meat Raffles

Ashland Lions is in full swing with another great year of meat raffles! Our next meat raffle will be held on Saturday, Jan. 3, 2026. Raffles are normally 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 community members for breakfast? Senior Breakfasts are held on the first Thursday of each month (weather permitting) 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 gently used, high-quality warm winter coats in 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 Street), 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 new people and having 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 & Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with a collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids, and cell phones. Since September, we have collected over 300 pairs of glasses! Thanks, Lion Warren Wales, for your tireless efforts in collecting these glasses. Collection boxes are located at:

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

Stay up-to-date on Lions happenings

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button, and you will be automatically notified of changes or cancellations.

localtownpages

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

Publisher

Jennifer Schofield

Editorial

Brittany Amalfi

Send Editorial to:

editor@ashlandtownnews.com

Advertising Sales

Susanne Odell Farber

508-954-8148

sue@sodellconsult.com

Advertising Director

Jennifer Schofield

508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry

Kim Vasseur

Wendy Watkins

Office Address

9 Industrial Road, Suite 107

Milford, MA 01757

Ad deadline is the
15th of each month.

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

© Copyright 2025 LocalTownPages



Timothy Daniels House



Exceptional Short-Term Rehab & Skilled Nursing Care

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

(508)429-4566

84 Elm Street, Holliston, MA

www.rehabassociates.com/timothydaniels



Your Money, Your Independence

Slow Down, Show Up and Spend Ahead



Glenn Brown, CFP

My work focuses on financial planning and aligning priorities, but the season upon us is also a reminder to pause, reflect, and reduce stress. December can feel like a sprint between holiday preparations, kids stressed over exams and shows, travel plans, shopping, and year-end deadlines, it's easy to get overwhelmed.

Consider focusing on three simple actions: slow down, show up, and spend ahead. Small steps that help you stay

grounded and intentional amid the season's demands.

1. Slow Down: Protect a Few Quiet Moments

In a world that rarely pauses, now is a good time to tap the brakes:

Block "no-plan" time. Take a day away from work or schedule a low-pressure activity, like a walk on a rail trail in the winter air, grabbing coffee and browsing local shops, or finally enjoying a hobby you've been putting off. Unscheduled space lets everyone reset.

Put phones away for an evening. Board games, walks to see holiday lights, or uninterrupted conversation often do more for connection than any planned outing. Families who pick one evening a week to unplug together often create the best memories of the month.

Say "no" without guilt. Skip traditions or gatherings where being there feels more like an obligation than an opportunity to share joy. Focus on the experiences and events you'll remember and talk about in 10 years. Plan next-day commitments

thoughtfully so you can fully enjoy the evening. There's nothing worse than being distracted or leaving early because "I have to do ___ tomorrow," when it could be handled earlier or later. Thoughtful "no's" free up space and make your "yes" moments richer.

2. Show Up: For Your People, Your Community, and Yourself

Presence is often the best gift, and showing up can take many forms:

Support school and community events. Attend concerts, games, or fundraisers, even when they feel small or routine. Kids notice which events adults treat as important. Your presence often matters more than a perfectly wrapped gift.

Choose local when possible. Small purchases at neighborhood shops or restaurants make a difference and keep spending aligned with your values.

Reach out intentionally. A quick note of appreciation or a short call to a teacher, coach, colleague, or friend can leave a lasting impact. Small gestures often create bigger memories

than elaborate gifts.

Show up for yourself. December is also a time to reflect on the year. Take 30-60 minutes to review and journal your accomplishments from the past year.

3. Spend Ahead: Raise Cash and Mark Your Calendars

Planning ahead prevents stress later:

Set aside cash now. Travel, home renovations, summer rentals, or other big-ticket aspirational items happening in 2026? Don't wait until "when the time comes" or, worse, reacting to market changes. Allocating funds now reduces stress, supports budgeting, and ensures trips are booked, contracts signed, and projects scheduled.

Mark key dates. Add school breaks, work deadlines, travel plans, and major milestones to your calendar. Early planning creates a roadmap for the year ahead, helps avoid last-minute stress, and ensures everyone in the household is aligned.

These steps reduce stress and give you confidence in completing your aspirational goals next year. These actions make the

year ahead feel more manageable and intentional.

Closing Thoughts

By slowing down, showing up, and spending ahead, you can finish the year grounded, organized, and connected to what matters most.

If you'd like help balancing your money, priorities, and peace of mind, talk with your Certified Financial Planner.

Wishing you and your family a wonderful holiday season.

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

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

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

localtownpages

Scan this QR CODE to visit our Website

THE CORNER MARKET
Wicked Good Fast Food

Hand Tossed Pizza Paninis & Subs

NOW OPEN MONDAYS

Salads & Wings Acai & Smoothies

TAKE OUT
Perfected
774-233-1966

12 Concord St Holliston, MA www.CornerMarketHolliston.com

Pro-level quality for your home

Upgrade to a new garage opener with a lifetime warranty. Contact us for a quote.

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

LiftMaster

Jolicoeur GARAGE DOOR EXPERTS
OVERHEAD DOORS
Family-Owned since 1994

Garage Doors • Openers
Service • Installation

745 S. Main St., Bellingham, MA 02019
508-883-4522 • www.mygaragedoor.com

It's the Most Wonderful Time of the Year to Use Affordable Junk Removal

BY LINDA CHUSS

With so much to do around the holidays, give yourself the gift of space by using Affordable Junk Removal to help prepare your home for the season. "Life is hectic, we are all so busy in our daily lives that we don't notice how quickly we are being overrun with junk" said Jason Schadler, who founded the business in this area 20 years ago. "It's nice to park your car in the garage during the cold months, but maybe you need to make room there first, and we can help with that."

With Affordable Junk Removal, you can rent a dumpster or have their Junk Removal Professionals come to haul away items that have been gathering dust and taking up precious space. Setting an end-of-year or New Year's resolution to clean up a neglected basement or attic is a great start. You can even put a dumpster rental on your gift list. Sometimes the biggest challenge

Business spotlight

is not knowing where to begin, and that is where Affordable comes in.

"You can load your own dumpster or have our truck guys do all of the work for you," Schadler explained. "And rest assured, we don't just take everything to the landfill. We try and recycle as much as possible. Clothing and household items are donated to local organizations that help our friends and neighbors. That keeps them out of landfills, gives them a new life, and helps us keep our prices down. We're always looking for ways to be more cost effective because customers appreciate our reasonable prices."

Changes in legislation have made it increasingly more difficult to dispose of certain items,



like mattresses, for example. It is now state law that most textiles and mattresses must be recycled. "Finding places to take mattresses is a challenge and the fees for disposal have gone

through the roof," said Schadler. Items like these carry a separate recycling fee that the commercial transfer stations charge because of how labor intensive that recycling is. "People are usually shocked at the cost, and we find ourselves educating the customer as to why these fees exist. Here at Affordable, we view ourselves as an avenue our clients can turn to when they have these items and want them disposed of legally, safely and properly."

Affordable has many repeat customers. "When people call, they reach me, not some automated corporate call center," he

said. "They know me and the crew and trust us. We do a good job, are fast, efficient, and reliable. We come when we say we will and if anything unexpected comes up, we communicate. We live here too, we are your friends and neighbors, we sponsor your little league teams and run into you at the grocery store. We are your local guys." A quick look at the many years of positive online reviews attests to this.

For more information, visit AffordableJunkRemoval.com. For an estimate or appointment, call or text 774-287-1133.

PAID ADVERTISEMENT

SALMON
HEALTH & RETIREMENT



Warm Welcomes Await

Experience the warmth of the season, and of those around you, at Whitney Place Assisted Living Residences at Natick. Discover connection and compassion in a community designed to help you thrive. With select apartments **starting at \$5,995** it's the perfect time to make your move.

Call **508-655-5000** to schedule your personal tour today.

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



Wishing you a Happy & Safe Holiday Season

Make your Sight Merry & Bright

Schedule an Eye Exam Today!

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

Fashionable Frames & Quality Lenses

ASHLAND FAMILY EYECARE

NEW ADDRESS



Dr. Lauren LaPaglia
OPTOMETRIST

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

DON'T FORGET use your FSA FUNDS by year end!

The Real Meaning of Diversification in Investing



Mark Freeman, CEPA

FINANCIAL FOCUS®

Provided by Edward Jones

In the world of investing, we've all heard the phrase, "Don't put all your eggs in one basket." It's solid advice that emphasizes the importance of diversifying your investments. Unfortunately, some people misinterpret this wisdom to mean they should avoid consolidating their investment accounts and keep their money spread across multiple financial institutions, often working with several different financial advisors.

However, when financial

professionals talk about diversification, they're referring to diversifying your investment assets, not your accounts. There's a big difference between the two, and confusing them could hurt your financial future.

Scattered accounts may affect costs, paperwork and advice.

When your assets are spread among multiple financial institutions, you could face several drawbacks. First, you're likely paying more in fees than necessary. Multiple providers often mean multiple account fees, transaction costs and mutual fund expenses that can add up quickly. Generally, the more assets you have with one financial provider, the more opportunities you have for reducing or eliminating these costs.

Managing scattered accounts also could create a paperwork nightmare. You'll receive multiple monthly statements and numerous tax forms, making it much harder to see the big picture of your financial health. This complexity can lead to missed opportunities and poor decision-making.

Perhaps most important,

working with multiple financial advisors may result in conflicting advice and duplicated investment strategies. Without a comprehensive view of your entire portfolio, each financial advisor may recommend investments that don't work well together, potentially delaying your progress toward reaching financial goals.

There's strength in consolidation.

Consolidating your accounts with a single financial advisor offers numerous benefits. You'll have opportunities to develop a closer, more comprehensive relationship with someone who understands your complete financial picture. This financial advisor can provide informed guidance and help eliminate the conflicting advice that may come from working with multiple professionals.

Consolidation also makes it easier to implement a well-diversified portfolio that fits your level of risk tolerance. When all your investments are in one place, you can see exactly how your assets are allocated and make strategic adjustments as needed. It becomes simpler to gauge aggregate investment returns, assess your

portfolio assets and rebalance when necessary.

For retirement planning, consolidation can be especially valuable. IRAs at different providers can be consolidated at any time without tax consequences when assets are transferred directly between providers. When you retire, your 401(k) can typically be rolled over into an IRA, streamlining your retirement income strategy.

True diversification still matters.

While consolidating accounts makes sense, diversifying your actual investments remains crucial. A good financial advisor will help you carefully build a balanced mix of stocks and bonds appropriate for your age and goals. As you approach retirement, this typically means shifting toward a more balanced portfolio that still provides growth to combat inflation while offering stability and income.

Diversification goes beyond just stocks and bonds. Take bonds, for instance: You can diversify by bond type (municipal, corporate and government), bond maturity (through a strategy called "laddering") and bond sector to

spread risk across different parts of the economy.

How to get started. If your retirement savings and investment accounts are scattered among various financial institutions, consider consolidating everything with one trusted financial advisor. The streamlined record-keeping, potential for reduced fees and comprehensive financial guidance can help improve your wealth-building potential while making your financial life simpler to manage.

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

Mark Freeman, CEPA
Edward Jones Financial Advisor
77 West Main Street,
Hopkinton, MA 508-293-4017
Mark.Freeman@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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



Achieve Clear Skin

ACNE CLINIC FOR ALL AGES
Take control. Manage your acne with a customized treatment program designed to clear your unique skin.
Education. Coaching. Support.
90% of my clients clear in 12-16 weeks

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

SkinSmartSalon.com
SkinSmartSalon@aol.com
44 FRONT STREET, 2ND FLOOR • ASHLAND

HCA Your Arts Center
98 HAYDEN ROWE ST.
HOPKINTON
508.435.9222

LEARN. CREATE. GROW.

THIS WINTER WITH HCA

Dance | Ceramics | Music
Theater | Visual Arts
Adaptive Arts

SCAN ME

Winter Class Catalog

www.HopArtsCenter.org

Living Healthy

EVO ICL: Is this the New Lasik?

BY ROGER M. KALDAWY, M.D.

In the late 1990s and early 2000s, LASIK became the crown jewel of refractive surgery. Patients rushed to correct their vision, thrilled by the idea of being free from glasses and contacts. Over time, however, some of LASIK's limitations became clearer: cutting and thinning of the cornea, potential for worsened dry-eye symptoms, night-vision issues, and concerns about corneal stability — especially in thinner corneas — as well as challenges in achieving precise intraocular lens calculations if cataract surgery is needed later in life.

A new technology has since emerged in the United States — the EVO Visian ICL (often simply called “EVO ICL”) — and its adoption has grown rapidly since FDA approval in 2022. Designed for adults with moderate to high myopia, with or without astigmatism, EVO ICL offers a compelling alternative to LASIK.

What makes EVO ICL different — and increasingly preferable?

Unlike LASIK, EVO ICL does not remove or thin the cornea. The lens is placed behind the iris and in front of the natural crystalline lens, leaving the corneal architecture untouched. There is no flap creation, no tissue removal, and no weakening of the cornea.

Because the cornea remains intact, the risk of corneal ectasia — a rare but serious complication associated with LASIK — is virtually eliminated in properly screened patients. EVO ICL also tends to minimize dry-eye symptoms, since the corneal nerves are not disrupted as they are during laser-based procedures.

Night-vision problems such as glare or halos, often reported after LASIK, are less common with EVO ICL. Because the eye's optical system remains more natural and unaltered, patients frequently report crisp, high-quality

vision even in dim light.

Another major advantage is that EVO ICL is reversible and additive rather than subtractive. The lens can be removed or replaced if needed, preserving the eye's natural anatomy. This feature becomes especially important later in life when cataract surgery may be needed. Since the cornea is untouched, calculations for premium intraocular lenses — such as multifocal implants that restore both distance and near vision — remain highly accurate.

Across the country, surgeons are reporting rapid growth in EVO ICL procedures since its approval. More patients are asking for it, more practices are offering it, and the procedure has quickly become a mainstream choice for vision correction.

Clinically, LASIK remains an excellent option for patients with mild to moderate myopia, healthy corneal thickness, and no significant dry-eye history. But



**EVO ICL:
SAFER,
BETTER,
REVERSIBLE**

for patients with thinner corneas, higher prescriptions, greater astigmatism, or those thinking ahead to future cataract surgery, EVO ICL is quickly becoming the preferred option. Many surgeons are now offering it even for mild myopia because of its safety, comfort, and strong outcomes.

In short, LASIK may now represent the past for many patients and practices, while EVO ICL stands as the future of refractive correction. Both have their place, but the shift is unmistakable: more people are choosing EVO ICL for its safety, reversibility, comfort, and compatibility with future vision care.

At Milford Franklin Eye Center, we are proud to be at the forefront of this evolution. Dr. Roger Kaldawy is among the first surgeons in the region to offer EVO ICL technology in our state-of-

the-art surgery center. With over 30,000 intraocular procedures — and an even higher number of laser cases — Dr. Kaldawy brings unparalleled experience to this advanced form of refractive surgery. He and his colleagues are committed to helping you achieve your vision goals: reducing your dependence on glasses and contacts while protecting your long-term eye health.

If you're ready to explore true refractive freedom — and considering a meaningful gift of sight this holiday season — contact us for a consultation and discover why EVO ICL may be the procedure of tomorrow, available today.

For more details, see our ad on this page.

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

Exquisite Frames. Exceptional Eyecare

BOSTON EYES
in Hopkinton

vogue
eyewear

Welcoming New Patients!

RECEIVE A FREE PAIR
of select eyeglasses!

RALPH
RALPH LAUREN EYEWEAR

OPTICAL BOUTIQUE
We fill eyeglass prescriptions from ANY optometrist

FAMILY COMPREHENSIVE EYE EXAMS • CONTACTS • EYE SURGERY
We accept most medical insurance and routine vision plans
Affiliated with eye MDs and surgeons
All surgeries performed in a local, state-of-the-art ASC

508.528.3344
BostonEyesHopkinton.com
66 Main Street, Hopkinton

Evening & Saturday Appointments
Plenty of parking available

Schedule Today!

For FREE Estimates
CALL (508) 446-6241
VpGutterCleaners@hotmail.com
RICHARD Owner/Operator

VP Gutter Cleaning
Gutter Cleaning Done Right!
• Serving Norfolk County & Surrounding Areas •

LIGHTS

continued from page 1

name the “bright lights” in Ashland: people who make a difference, uplift others, and help the town shine in ways that aren’t always visible.

The idea grew from Chrissy, who owns Annemarie’s Dance Centre, when she found herself asking a timely question: “How do we bring light into this community at this time of year that isn’t commercial?” Illuminate Downtown has always been about creativity, connection, and shared space, but this year’s nomination component aims to highlight the human glow behind the artwork.

The kickoff to this year’s project happened Nov.16, when the Illuminate Downtown Ashland community art workshop was held from 1 - 3 p.m. and reached full capacity. Thirty-eight community members gathered at SubZero Ice Cream in Ashland to nominate a bright light and color a luminary in that person’s honor. These luminaries will be on display during the Dec. 13 event from 4:30 - 8 p.m.

As in past years, the project brings together contributors of all ages and backgrounds—from individuals who simply love making art to groups from the senior center and the public library. Participants can use any medium they choose when coloring the luminaries. Once decorated, the pieces are cut, folded, and assembled into lanterns designed to catch and scatter light.

A wide range of organizations are also involved in the Bright Light community project this year, including the Ashland Senior Center, Ashland Extended Day Program, Annemarie’s Dance Centre, Ashland Girl



Ashland residents hard at work for past community art projects in the studio. Photos supplied by Chrissy Reynolds

Scouts, Needham Bank, and Ashland is United. Bright Light nomination forms are available to all Ashland residents and can be filled out and dropped off at Needham Bank.

Any and all community members are invited to take part. Nomination forms can be found at Needham Bank and on the Illuminate website. Completed forms may be returned to either Needham Bank or Annemarie’s Dance Centre. Luminaries to be colored are also available for pickup at Annemarie’s Dance Centre (111 Cherry Street) between 4 - 7 p.m., Monday–Thursday, and 9 a.m. - 12 p.m. on Saturdays. All forms and luminaries must be submitted by Dec. 5. Anyone with questions can reach out to Chrissy Reyn-

olds at 508-881-5109.

Reynolds says the people selected represent a wide range of contributions: some volunteer quietly behind the scenes, some bring joy through creativity or service, and others consistently make a positive impact in the lives of their neighbors or students. The “bright lights,” as they’re called, aren’t necessarily public figures; they are the people who show up, who help, who listen, and who make the community feel like a community.

The full display will be unveiled on Dec. 13 at The Cor-

ner Spot, the grassy public space next to Town Hall that has become a gathering hub for Ashland. Known for hosting events, pop-ups, outdoor activities, and seasonal installations, The Corner Spot is a comfortable home for Illuminate Downtown. This year’s layout will feature a small tunnel where the honored individuals will be recognized, creating a moment of excitement as visitors walk through.

And organizers are keeping things under wraps until opening night. The final arrangement of the luminaries—and the way the

nominations will be showcased—is intentionally a surprise, meant to add to the sense of wonder and community pride.

By tying each piece of art to a person who makes a difference in town, Illuminate Downtown Ashland aims to brighten the physical landscape and spotlight the everyday contributions that keep the community strong. As the lanterns glow on Dec. 13, they will illuminate the space around them, as well as the many small acts of kindness and connections that define Ashland throughout the year.

BREMANN HOME IMPROVEMENT

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

Detailed & Meticulous • Reasonable Rates

Call Mauricio
508.202.8602



FULLY INSURED MA HIC.#169427

“Quality and Professionalism Every Shingle Time”

OUR SERVICES

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

OUR NEW SERVICE DIVISION

Service Calls

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

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





LICENSED | INSURED | CERTIFIED



781-444-7577

www.ConnellRoofing.com

Senior Community Center Activities for December 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 AND ACTIVITIES

Dec. 1 at 12 p.m.

New: Lunch with Dickens' Christmas Carol reading by Actor, Johnny Kinsman. \$6 per person.

Dec. 2 at 9:30 a.m.

New time: Craft with Milly: Holiday Candle Holder. To reserve your seat, call 508-881-0140, ext. 1.

Dec. 2 at 12 p.m.

New: Lunch made by student cooks from Keefe Tech and served at Ashland Senior Center. Entrée: Tuscan Chicken. Plus Lunch & Learn "Tax Exemptions with Don Clarke and June Smiarowski, Town of Ashland Assessors' Office. Cost is \$6 per person.

Dec. 2 from 4 - 8 p.m.

New: La Cantina Italiana Fundraiser. 20% of the proceeds donated to the Friends of the Ashland Council on Aging.

Dec. 3 and Dec. 17 from 9 to 11:30 a.m.

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

Dec. 4 at 9:30 a.m.

Free Breakfast sponsored by Ashland Lions.

Dec. 4 at 10:30 a.m.

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

Dec. 4 at 10:30 a.m.

Downton Abbey Viewing: Season 4, Episode 3. Tea and coffee provided.

Dec. 4 at 12 p.m.

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

Dec. 8 from 12 - 3 p.m.

New: Jewelry Sale by Friends of Ashland COA. Proceeds support programming at Ashland Senior Center.

Dec. 9 from 11 a.m. - 12 p.m.

New: Holiday Cookie Decoration and Hot Chocolate Social. Call to reserve your seat at 508-881-0140 ext. 1.

Dec. 10 at 11 a.m.

New: Get to Know Springwell, Your Aging Service Access Point with Larry Poirier.

Dec. 11 from 5:30 - 7:30 p.m.

New: Holiday Party Sponsored by FOACOA (Evening) Pot Roast Dinner & Dessert w/ Holiday Music by a Student Instrumental Trio from the Rivers Conservatory School. 50/50 Raffle. Cost \$20 per person.

Dec. 12 at 10 a.m.

Create a Winter Fabric Picture Collage, Pins & Needles Sewing Class with Tobi.

Dec. 12 from 10 - 11:30 a.m.

Legal Phone Consultation with Arthur P. Bergeron.

Dec. 15 at 10:30 a.m.

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

Dec. 15 at 12 p.m.

New: Holiday Lunch with Ugly Winter Sweater Contest plus Winter Solstice Music w/ Roger Ticknell. \$6 per person. Due by Dec. 11 at noon.

Dec. 16 at 10:30 a.m.

Digital Literacy (Computer) Class with Jonathon Baron: Learn Microsoft Word and Excel Call to reserve your seat at 508-881-0140 ext. 1

Dec. 16 from 1 - 2:50 p.m.

New: Popcorn & a Movie, "The Family Stone" PG-13 (2005) Call to reserve your seat at 508-881-0140 ext. 1.

Dec. 17 at 10 a.m.

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

Dec. 17 at 11 a.m.

New: Protect and Preserve Your Vision with Anne Fitzgerald, RN. Call to reserve your seat at 508-881-0140 ext. 1.

Dec. 18 from 9 a.m. - 12 p.m.

SHINE In-Person Appointment with Lenore Tracy. Call to make an appointment 508-881-0140 ext.1

Dec. 18 at 11 a.m.

New: "Wildlife of Costa Rica's Cloud Forest" with in-person presentation by Joy Marzolf, Photographer and Naturalist. Call to reserve your seat at 508-881-0140 ext. 1.

Dec. 19 at 10 a.m.

Craft with Elissa: Beaded Snowflake Decorations. Call to reserve your seat at 508-881-0140 ext. 1.

Dec. 19 at 11:30 a.m.

Ashland Senior Center will close at 11:30 a.m. for Employee Appreciation Lunch.

Dec. 22 at 7 - 8 p.m.

New: Lunch with Trivia and Secret Elf Gift Exchange. Bring a wrapped new item from home, max—\$20 to participate.

Dec. 22 at 7 - 8 p.m.

New: Virtual Program: A Look Inside "It's a Wonderful Life" with Brian Rose. In collaboration with the Ashland Public Library.

Dec. 24 to Jan. 2

Senior Center will be CLOSED for annual cleaning — no activi-



Ashland Community Center. Photo by Wendy Watkins

ties, services, or programming during this time period.

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

Weather Cancellation Policy:

The Community Center will follow the public school system for snow cancellations and delays. If schools are closed, the Center is closed and there will be no services — including transportation. If schools are delayed 2 hours, the Center will not open until 11 a.m. All morning programs starting before 11 a.m. will be canceled, including any transportation services. Cancellation and delay announcements will be televised. Please be safe and use your own judgment.

WEEKLY PROGRAMS AND ACTIVITIES

All classes have a suggested donation of \$4 per person, unless otherwise noted.

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

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

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

Canasta - Wednesdays at 12:30 p.m.

Chair Yoga - Wednesdays at 1 p.m.

Chess - Mondays at 1 p.m.

Clocktown Memory Café - Will resume in January 2026

Cook with Chef Lee - Will resume in January 2026

Craft Class - Second Tuesday at 9:30 a.m., New time, and Third Friday of the Month at 10 a.m.

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 & Wednesdays at 9:30 a.m. No Watercolor Class from Dec. 22 - Jan. 2. Resuming on Jan. 5.

Dull Men's Club with Doc - Tuesdays at 9:30 a.m. Coffee and Conversation. NOTE: Dec. 2 Lunch at Stone's Public House at 11:30 a.m. (self pay)

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 from 1 - 2:30 p.m.

Line Dancing - 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 11:00 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, Dec. 23 at 11:45 a.m. Call 508-881-0140 ext. 1. to reserve your spot.

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.

Happy Holidays!



MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING

COAN
HEATING & AIR CONDITIONING

Specialists in Home Comfort & Energy Conservation

HEATING • AIR CONDITIONING • HOT WATER • INDOOR AIR QUALITY
Heating Service Plans, Heating Install and Repairs & More!

Coan Bioheat® Fuel Delivery

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

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

BIOHEAT

The b.LUXE *beauty beat*

Holiday Hearts Initiative:

b.LUXE Celebrates Community with Local Business Gift Card Giveaway

BY GINA WOELFEL

As December's festive spirit fills the streets of Medway and its surrounding towns, twinkling lights adorn storefronts and holiday shoppers bustle through local shops, creating a scene of seasonal joy. But there's a particular warmth spreading through our community this year, one that goes beyond the glow of decorations and holiday shopping. This month, b.LUXE Hair and Makeup is celebrating what we're calling the "Holiday Hearts Initiative," a tribute to the small businesses that make our communities thrive and the loyal customers who support them.

The concept is beautifully simple: **b.LUXE is Gifting Ten \$50 Gift Cards to Some of Our Favorite Local Businesses Throughout Medway, Franklin, And Hopkinton.** But here's where it gets truly special; these aren't gift cards FROM b.LUXE. Instead, we're empowering our fellow small business owners to pay it forward, giving them the freedom to award these gift cards to customers they feel are deserving, whether that's a loyal patron, someone going through a difficult time, or simply a face that brightens their day.

"December is the heart of the holiday season, and it reminds us what's truly important," explains b.LUXE owner Heather Cohen. "We've always believed in lifting each other up, and supporting the incredible small businesses in our area. It's not just a good business practice, it's the foundation of what makes these tight-knit communities so special. These businesses are run by our neighbors, staffed by our friends, and together they create the unique character that makes our community feel like home."

Each of these ten businesses brings something unique to our towns...

Molly's Apothecary in Medway has been crafting handmade natural soaps, lotions, and

bath products since 2006. Run by sisters Ann and Margaret at Medway Mill, the business was born from a mother's love—named after their mom Molly and started when Ann's son experienced skin issues and she wanted an all-natural solution. Their commitment to using only the finest oils, butters, and essential oils has made them a destination for those seeking natural, thoughtfully made skincare. www.mollysapothecary.com

Muffin House Cafe in Medway needs little introduction to locals. Since 2014, owner Sheldon Strasnick has been creating what many claim are the best blueberry muffins since the legendary Jordan Marsh bakery. Opening at 5 a.m. daily, this family-owned cafe serves not just their famous muffins but breakfast sandwiches, lunch options, and specialty coffees. The success speaks for itself—the original Medway location has grown to six shops throughout the region. www.muffinhousecafe.com

Over in Hopkinton, **Swoon Central Boutique** has been a gathering place for women since 2014. More than just a clothing store, Swoon has become a community hub where friendships flourish over trendy apparel, jewelry, and gifts. The boutique recently welcomed new owner Alaina Chagnon, a local kindergarten teacher who previously loved shopping at Swoon and now brings fresh energy and passion to this beloved space. www.swooncentral.com

Terrazza Gift Shop in Franklin has been transporting customers to the Tuscan countryside since 2004. Specializing in gifts, jewelry, home decor, and garden accents inspired by French Country and Italian landscapes, this Franklin Village treasure offers everything from elegant Italian pottery to serene landscape prints. The moment you walk through their doors, the bubbling fountains and scents of lavender and vanilla create an instant escape. www.terrazzagifts.com

Beauty is our Business!



Scan to Visit b.LUXE.com

Apricot Lane Boutique in Franklin joined our community more recently, bringing the 30-year-old California-based franchise's philosophy of local ownership and personalized service to East Central Street in 2022. Owner Marta McNulty curates unique styles weekly, ensuring that women of all ages can find flattering, timeless, and affordable fashion. The boutique's relaxed atmosphere and knowledgeable fashion consultants make every shopping trip feel special. www.apricotlaneboutique.com

Comer Teng Jewelry Studio, also in Franklin, represents the beautiful intersection of art, sustainability, and entrepreneurship. Husband and wife team Sean Comer and Paulina Teng (PT) create lightweight, hypoallergenic jewelry and accessories from wood, leather, acrylic, and upcycled materials in their home studio. Their commitment extends beyond beautiful design—they use only recyclable packaging materials and donate monthly to organizations making the world better. www.comertengstudio.com

JK Cafe and Catering on West Central Street in Franklin serves up small bites, charcuterie boards, and handcrafted beverages in a welcoming atmosphere. Owner Kelsey Lindsey has created a space where the community gathers for everything from banana nut chai lattes to pressed sandwiches and loaded pasta salads. Open Tuesday through Saturday for both cafe and catering services. www.jkcatereingandevents.com

Medway Cafe on Main Street is where the town comes together. This sports-themed American restaurant and bar



serves up generous portions of comfort food like fresh seafood dinners and tender steak tips, alongside cold drinks and plenty of TVs for game day. They've earned their loyal following the old-fashioned way: quality food, fair prices, and a friendly atmosphere where everyone feels at home. www.medwaycafe.com

Fiori and Fern recently moved to a stunning new location at 138 East Central Street in Franklin, featuring floor-to-ceiling windows that showcase two floors of curated gifts, home decor, plants, and fresh weekly flowers. Owner Michelle Greenwood, with her background in corporate merchandising, has created a unique shopping experience that goes beyond beautiful blooms to include artisan jewelry, candles, and thoughtfully selected home goods. www.fioriandfern.com

Finally, The Parlour at **Chat Noir Nail Studio** in Medway brings a touch of French elegance to nail care. Named after a historic French cabaret, owner Jillian Cohen has built a boutique salon in the West Medway Historic District that stands apart from typical walk-in nail salons. Known for meticulous service, rigid safety protocols, and a cozy atmosphere, Chat Noir offers everything from basic manicures to nail art and reconstruction services. mysite.vagaro.com/the-parlouratchatnoir

What ties all these businesses together is their commitment to more than just transactions. They're building relationships, creating customer experiences,

and investing in our communities. They sponsor local teams, host workshops, employ our neighbors, and show up for events that matter.

"When we support local businesses, we're doing more than making a purchase," reflects Heather. "We're investing in the character of our community, keeping dollars circulating locally, and building the kind of towns we want to live in. This **Holiday Hearts Initiative** is our way of saying thank you to the business owners who pour their hearts into serving us, and to the customers who choose local."

If we remember one thing this season it's that the holidays aren't just about what we buy, but how we build each other up. Maybe you're grabbing your morning coffee or treating yourself to a manicure, or searching for the perfect gift. Every choice to shop local creates ripples of positive impact.

So this December, as you check off your holiday lists and finish your shopping, consider making your next stop one of these wonderful local businesses—or any of the other incredible small shops throughout Medway, Franklin, Hopkinton and our surrounding towns. Supporting them supports us all.

The Holiday Hearts Initiative continues through December. Visit these businesses in person to experience the local love for yourself.

PAID ADVERTISEMENT

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

Ashland Senior Center and Keefe Tech Culinary Join Forces

We are thrilled to announce a new and innovative partnership between the Ashland Senior Center and the Keefe Tech Culinary Department. This collaboration is truly a win-win for everyone involved, creating meaningful benefits for both our seniors and the culinary students.

Through this program, seniors enjoy freshly prepared, nutritious meals made in-house by Keefe Tech's talented culinary students—at a subsidized rate. Meals typically cost between \$9-\$12 each to prepare, but thanks to our Subsidized Senior Meal Program, seniors pay just \$6. The response has been tremendous: all reservations for the last three meals have been completely filled.

For Keefe Tech students, the program provides invaluable hands-on experience in catering, nutrition, hospitality management, and food safety. It strengthens their classroom learning with real-world application while building skills in meal

preparation, customer service, and presentation. The partnership enhances their educational journey while giving them the opportunity to serve their community in a meaningful way.

This intergenerational program also promotes socialization, fosters community connections, and ensures our seniors have access to fresh, high-quality, affordable meals.

To keep this program going strong, we are seeking donations for our Subsidized Senior Meal Program. Local businesses and individuals are invited to support this important initiative. Donors will be recognized at lunches, on our website, in our newsletter, and across our social media platforms. Contact Candice Wilson at cwilson@ashlandmass.com or 508-532-7944 for more information.

Together, we can continue to nourish both our seniors and the next generation of culinary professionals. Thank you for helping us grow this exciting partnership!



Keefe Tech Culinary students serve in-house-made meals to seniors. Photos courtesy of Candi Wilson

Hey Ladies ...

looking for **wide** shoes?

Sizes 6.5ww - 11ww, also 12m



*Performance Sneaker
from Propet*

*Stay warm
dry and
comfy with
Toe Warmer
Boots*





*Stylish ankle
boot from
David Tate*

Plenty of other boots and shoes to choose!

Happy Holiday - Get \$15 OFF (Just mention this AD)
Expires December 31 2025

The Forgotten Foot

"It's Worth the Trip!"

1255 Worcester Road, Framingham
Behind St. Mary's Credit Union, Rte. 9 West
Hours: Mon. - Sat. 11 a.m. - 6 p.m. • Sun. 12 - 4 p.m.
508-879-3290

Greater Ashland Lions Club

Happy Hanukkah ~ Merry Christmas ~ Happy Kwanzaa

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), Ashland Nails (w. 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.

Thank You to those that attended our Annual Porchetta. The meal was delicious and those that participated in the Basket Raffle got some great gifts.

The club will be signing and sending holiday cards to those that are in nursing homes and assisted living. We fight senior loneliness one letter at a time. Through handwritten messages of love, hope, and joy, our volun-

teer community brings seniors connection and improves their mental and physical health.

Did you know that December is Youth month? We support young people so they can make positive choices, lead healthy and productive lives and become the next generation of service leaders.

Our club supports many groups and organizations including; the Ashland Christmas Gift Program, Friends of the Ashland Public Library, the Ashland Emergency Fund, the Learning Center for the Deaf, Senior Monthly Meals and Special Olympics Massachusetts to name a few.

For those of you who may have any used eyeglasses or un-needed hearing aids, you may drop them off at the Police Station (located in the Public Safety Building at 12 Union

St), Market Basket (Pond 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 info.

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

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

We are the Lions in Purple. We Serve!

Submitted by: Lion Rosalie Porter, 2nd VP

December 2025 at the Ashland Library

Library Closed: Christmas: Dec. 24 at 1 p.m. Dec. 25 and Dec. 26. New Year's Eve: Dec. 31 at 1 p.m. Jan. 1.

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

ADULT IN PERSON

In Person - Front Street Readers Book Club

Tuesday, Dec. 2, from 11 a.m. - 12:30 p.m. Read *Christmas Bells* by Jennifer Chiaverini.

In Person - Mah Jongg

Wednesday, Dec. 3 at 6 p.m. An evening of strategy, luck, and fun. Knowledge of the American version of Mah Jongg rules and your own National Mah Jongg League card is necessary.

In Person - Card Making with Jan Poppendieck

Monday, Dec. 8 at 6:30 p.m. Card making with Jan. She will teach embossing, die cutting, proper stamping, and the use of equipment, individually and group techniques of creating unique cards.

In Person - Historical Fiction Book Club

Tuesday, Dec. 9 at 11 a.m. Read *The Diamond Eye* by Kate Quinn

In Person - Women's Wisdom Circle: Reclaiming your holidays

Thursday, Dec. 11, from 6 - 7:30 p.m. Paula Topliffe will lead a discussion on "Reclaiming Your Holidays: Simplify, Prioritize, and Celebrate Authentically!"

In Person - Mystery Book Club

Friday, Dec. 12 at 12 p.m. Read *All That Is Mine I Carry With Me* by William Landay.

In Person - Make Holiday Gift Bags From Book Pages with Jan Poppendieck

Monday, Dec. 15 at 6:30 p.m. An evening of gift bags from book pages with Jan! You can pick the kind of pages, and Jan will walk you through the steps of

making a gift bag.

In Person - Cook Book Club

Tuesday, Dec. 16 at 5 p.m. Cook from *The Cookie Bible* by Rose Levy Beranbaum.

ADULT VIRTUAL

Virtual - Bicycling Across America

Monday, Dec. 1 at 2 p.m. Steve Parus shares his experience riding his bike solo 4,500 miles from Sea to Shining Sea, carrying all gear and camping along the way.

Virtual - What's The History Of Your House?

Monday, Dec. 1, from 7 - 8:15 p.m. House history projects enable us to access local historical resources, including newspapers, deeds, city directories, and more. This avenue of research allows us to uncover architecture, neighborhoods, and people of the past.

Virtual - Travel to Christmas Markets in Prague and Germany

Tuesday, Dec. 2 at 2 p.m. Visit amazing Christmas markets in Prague and four cities in Germany.

Virtual - A Charles Dickens Christmas with Bill Thierfelder

Tuesday, Dec. 2 at 7 p.m. Inspired by the writings of Washington Irving earlier in the 19th century, Dickens wrote five Christmas novellas between 1843 and 1848 and over a dozen short stories between 1852 and 1866. Each of these – including the perennial favorite A CHRISTMAS CAROL – helped to shape how the holiday season is celebrated in Britain and America.

Virtual - The Joys of Research with Bestselling Author Kerri Maher

Tuesday, Dec. 2 at 7 p.m. A workshop with bestselling historical novelist Kerri Maher. She has designed a workshop for writers at all stages of their journey to seamlessly integrate facts into their fiction.

Virtual - Environmental Book Club

Wednesday, Dec. 3 at 6:30 p.m. Read *A Billion Butterflies: A Life in Climate and Chaos Theory* by Dr. Jagadish Shukla.

Virtual - Feeding Backyard Birds In Massachusetts

Wednesday, Dec. 3 at 7 p.m. Discover the birds commonly observed at your feeding stations, aids to field identification, the significance of backyard sanctuaries, and more.

Virtual - Édouard Manet - Pioneer of the Modern

Thursday, Dec. 4 at 10:30 a.m. Classically trained, Édouard Manet saw himself in the tradition of the Great Masters. In the 19th-century art world, Manet submitted paintings to the Paris Salon that caused great controversy and were reviled by critics. Today, they are considered works that marked the birth of modern art.

Virtual - Declutter series with Jamie Novak: How to Quickly Tidy Up What Guests Notice First

Thursday, Dec. 4 from, 7 - 8:30 p.m. Log on for this month's declutter club Zoom when decluttering humorist Jamie Novak shares a short list of things guests notice. Plus, how to DISGUISE clutter even if guests are already at the front door. Then join the live guided tidy-up for a quick jumpstart!

Virtual - Friday Night Film Discussion

Friday, Dec. 5 at 7 p.m. Watch *My Father and My Son* (Kanopy)

Virtual - On The Trail Of Your English Ancestors - Tips & Techniques

Monday, Dec. 8 at 7 p.m. Join genealogist Linda MacIver as she takes you through the path of research in the U.S. that prepares you to "hop the pond" to find civil registration and census

records in England from 1837 to 1939.

Virtual - Armchair Travel To French Canada: From Montreal To Gaspé Peninsula

Tuesday, Dec. 9, from 2 - 3:15 p.m. Travel with Jack Holmes, the Traveling Photographer, in the Province of Quebec, along the St Lawrence River, and a little of New Brunswick, Canada.

Virtual - Healthier Holidays with Empty Nest Kitchen

Tuesday, Dec. 9 at 7 p.m. Explore really delicious holiday dishes with Mediterranean flair to incorporate into your celebrations without feeling weighed down.

Virtual - Job Search Help - Magnetic Introductions: How to Have Them At Hello

Wednesday, Dec. 10 at 9:30 a.m. Learn this new take on the old elevator speech, and you'll be able to deliver a quick, compelling intro that captures attention, keeps it, and opens the door to deeper business relationships.

Virtual - Who Gets To Fly? - How NASA Choose its Astronauts

Wednesday, Dec. 10 at 7 p.m. Join NASA Solar System Ambassador David S. Ball as he discusses the tension between science and flight test, political considerations, and the luck of the draw that determines who gets to fly.

LIBRARY

continued on page 14

WE ARE YOUR RELIABLE INSURANCE NEIGHBORS



Work with people you can trust: Christine, Brian, Sandra

Our family-owned and operated independent agency offers only competitively priced and time-tested insurance products designed to fit your individual needs. Specializing in home, auto, business, condo and renters insurance since our establishment in 1987, our agency is deeply rooted in the communities we serve and committed to providing the very best of value for your hard-earned dollars. Whether new to the area or a lifelong resident, you will benefit from the sound advice provided by our professional service advisers.



MAPFRE INSURANCE

Contact us today!

508-881-7800

25 West Union St., Ashland

MyAshlandIns.com

HOME • CONDO • RENTER • AUTO • BUSINESS

SOUR GRAPES by Tim Jones



LIBRARY

continued from page 13

Virtual - Her Art - The Legacy of Women Artists Through the Ages - Part #3

Thursday, Dec. 11 at 10:30 a.m. Delve into the significant but often overlooked contributions of women artists throughout history. From the Renaissance to the present, explore the lives, challenges, and extraordinary works of women who defied societal norms to become major figures in the art world.

Virtual - Romance Book Club

Thursday, Dec. 11 at 6:30 p.m. Read a Holiday (ANY Holiday) Romance. This special session will be moderated by romance author, Beth Lisogorsky.

Virtual - Dealing with a Stamp Collection

Thursday, Dec. 11 at 7 p.m. This program will help attendees to understand better US and Foreign Stamps as well as how and where to sell them in today's market.

Virtual - Italy in a Wineglass: The Story of Italy Through Its Wines

Monday, Dec. 15 at 2 p.m. Author Marc Millon discusses how his book, *Italy in a Wineglass: The*

Story of Italy Through Its Wines, came about and highlights the intricate and intimate links between Italian history and Italian wine.

Virtual - Wolfgang Amadeus Mozart -- "The Man Behind The Music"

Monday, Dec. 15 at 7 p.m. Take a glimpse into the world of one of music's biggest heroes, Wolfgang Amadeus Mozart, as we appreciate his genius and attempt to untangle the mystery.

Virtual - Armchair Travel To Seville, Spain with The Traveling Librarian

Tuesday, Dec. 16, from 2 - 3:30 p.m. Join Jeff Klapes, "The Traveling Librarian," for an armchair traveler's journey to Seville, Spain.

Virtual - Great Performers: Peggy Lee with Clint Edwards

Tuesday, Dec. 16 at 7 p.m. We'll explore how Peggy Lee developed her distinctive musical voice in the roles of songwriter, lyricist, and musical arranger of several classic songs, as well as a pop cultural influencer. (Featuring songs such as It's A Good Day, Fever, and more)

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

Wednesday, Dec. 17, from 6 - 6:30 p.m. Partnering with bookstore owners of Read My Lips Boston for this special series! Hear about the best ROMANCE book recommendations with BIPOC/LGBTQ+/Neurodivergent/Disabled, etc. characters or by representative authors. Join book store owners, Lily and Hannah Barrett, quarterly for 30 minutes of pure romance book recommendations that are by diverse authors or have inclusive storylines.

Virtual - Great American Unsung Heroes Who Changed The Course Of History - Nikola Tesla

Wednesday, Dec. 17, from 7 - 8:15 p.m. Learn about Nikola Tesla. Called a genius by some, a madman by others, and an enigma by nearly everyone, Tesla was probably the greatest inventor the world has ever known.

Virtual - Rodin As A Sculptor Of The Modern Era

Thursday, Dec. 18 at 10:30 a.m. Examine Rodin's processes in both marble and bronze and explore his relationships with other artists such as Camille Claudel and Claude Monet.

Virtual - Mystery/Thriller Book Recs with Bestselling Au-



Inside Ashland Library. Photo by Wendy Watkins

thor, Hank Phillippi Ryan

Thursday, Dec. 18, from 6:30 - 7 p.m. Join bestselling author, Hank Phillippi Ryan, for this quarterly session of her recommendations of some of the best mystery/thrillers out there!

Virtual - Art on Thursday: Edgar Degas, the Ballet & Beyond

Thursday, Dec. 18, from 7 - 8:15 p.m. Discover the captivating world of Edgar Degas, a master of Impressionism known for his intimate portrayals of ballet dancers and everyday Parisian life.

Virtual - Inclusive and Diverse Book Recs with Bookstagrammer @sometimesleelynnreads

Thursday, Dec. 18, 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 @sometimesleelynnreads), monthly for 30 minutes of pure book recommendations.

Virtual - Friday Night Film Discussion

Friday, Dec. 19 at 7 p.m. Watch *The Scent Of Green Papaya* (Kanopy)

Virtual - Armchair Travel To Paris (A LIVE Walk Highlighting Christmas In Paris)

Monday, Dec. 22, from 12 - 1 p.m. French tour guide Patrick Herpe returns to give viewers a live tour of Paris.

Virtual - A Look Inside It's a Wonderful Life with Brian Rose

Monday, Dec. 22 at 7 p.m. This talk will examine the fascinating story of *It's a Wonderful Life*, exploring the challenges of its production, its surprisingly dark portrayal of small-town life, and how it became the ultimate representation of holiday goodwill and cheer.

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

Dungeons & Dragons: The Next Campaign - Ages 8-12

Wednesday, Dec. 3, 4:30 - 6 p.m.
Wednesday, Dec. 10, 4:30 - 6 p.m.
Wednesday, Dec. 17, 4:30 - 6 p.m.

Join the next campaign of Dungeons & Dragons. You must have attended September's Build Your Character workshop and Beginner's Q&A (if you are completely new to this) to participate in this campaign. Space limited. Registration Required.

Coding Class for Kids - Grades K-5

Saturday, Dec. 6, 12:15 - 1:15 p.m.
Saturday, Dec. 20, 12:15 - 1:15 p.m.

Kids from Kindergarten through grade 5 dive into coding, where imagination meets innovation. With hands-on projects and fun, interactive lessons, your child will master the basics of coding and create their own cool projects. Space limited. Registration Required.

Little Picassos Club - Grades 2-5

Tuesday, Dec. 9, 4:30 - 5:15 p.m.
Tuesday, Dec. 30, 4:30 - 5:15 p.m.

Join Miss Kayla for Little Picassos Club. Each week, we will explore a different artist or art style and work on unique art projects, ranging from painting to sculpting and everything in between - registration is required.

Snow Much Fun! Storytime - Ages 2-5 with a caregiver.

Thursday, Dec. 11, 10:30 - 11:15 a.m.

LIBRARY

continued on page 15

teleflora®
20% Off Holiday Sale

Teleflora's Yuletide Sparkle Tree

Teleflora's Yuletide Sparkle Tree is a festive floral Christmas tree made of red blooms, holiday greens, and shimmering accents. Arranged in Teleflora's keepsake Crystal Drum Vase, it's a joyful holiday gift or centerpiece.
SKU #T25X420A

Reg. Price	Your Price
\$89.99	\$71.99
	(Plus Shipping)*



Teleflora's Scarlet Cardinal Bouquet

Teleflora's Scarlet Cardinal Bouquet celebrates the season with festive red blooms and winter greens in a keepsake Scarlet Cardinal Pitcher. A heartfelt gift for Christmas or anyone who cherishes holiday tradition.
SKU # T25X300A

Reg. Price	Your Price
\$74.99	\$59.99
	(Plus Shipping)*



Call 1-855-697-4997 to place your order
Use Promo Code MB20026 to get 20% off
Promo code is only valid for phone orders.

20% OFF HOLIDAY SALE

*Product availability varies by market and minimum order values may apply. A shipping fee of \$20.99 is applied to US orders; additional fees may apply for same-day delivery.

LIBRARY

continued from page 14

Celebrate the new season and ward off the cold by reading fun stories and making a sweet snowman fingerpainting craft. No registration required.

Raising Kids in a Digital World: A Sesame Street Workshop - Ages 3-5 with a caregiver Saturday, Dec. 13, 10:30-11:30 a.m.

Registration is required. This 45-minute family workshop helps young children and caregivers explore healthy digital habits through storytime, creativity, and movement.

LEGO Club with Kim - Grades K-3 Monday, Dec. 15, 4:30-5:30 p.m.

Calling all LEGO masters! Join Kim the LEGO Lady for an interactive building adventure! Your creations will be displayed in the library until the next LEGO Club! Space limited. Registration Required.

Pokémon Club - Grades 2-6 Tuesday, Dec. 16, 6:30-7:30 p.m.

Kids are welcome to join us for our exciting Pokémon Club! Registration required.

Little Crafters - Ages 0-5 with a caregiver

Thursday, Dec. 18, 10:30-11 a.m.

Join the Ashland Moms Club for this storytime, where little hands get to explore big ideas! We'll start with a sweet and lively storytime, followed by a simple craft that's perfect for curious minds—no registration required.

Cookie Decorating for Kids - For families

Tuesday, Dec. 23, 3:30-4:30 p.m.

Join us on this early release day for a delicious treat! Pick up your supplies from the Children's Room desk and make a tasty creation of your own! Registration is required, and supplies are limited.

Disney Name That Tune - For families

Saturday, Dec. 27, 12:30-1:30 p.m.

Put your collective skills to the test in an exciting game of Disney Name That Tune! Register your family as a team and compete against other families to be the first to guess the Disney song. Space is limited, so registration is required!

Noon Year's Eve - For families Wednesday, Dec. 31, from 11:15 a.m. - 12:15 p.m.

It's a New Year's Eve party for our youngest friends! Stop by to enjoy festive stories, a craft, and

an epic countdown to noon, complete with a balloon drop. Registration required! Please note that the library closes at 1 p.m.

WEEKLY STORYTIMES

Tuesday Clocktown Rockers! -

Ages 2-5 with a caregiver

Tuesdays from 10:30 - 11 a.m.

Join us for a high-energy music & movement session filled with dancing to favorite kids' songs, hands-on fun with instruments and props, and a lively storytime.

Friday Clocktown Rockers! -

Ages 2-5 with a caregiver

Fridays from 10:30 - 11 a.m.

Join us for a high-energy music & movement session filled with dancing to favorite kids' songs, hands-on fun with instruments and props, and a lively storytime.

Mother Goose on the Loose -

Ages 0-3 with a caregiver

Wednesdays at 10:30 - 11 a.m.

Join us for Mother Goose on the Loose—an award-winning early literacy program designed especially for babies and toddlers and their caregivers.

Saturday Stories - Ages 2-5

with a caregiver

Saturdays from 10:30 - 11 a.m.

Join Miss Kayla for a new Saturday morning storytime! 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 in partnership with the Early Childhood Alliance of Ashland & Framingham for a fun and interactive experience designed just for little ones. Registration is required, and is found on their website: <https://www.projectabc.org/>

Message from Ashland Health Department

Staying Healthy During the Holiday Season

The holiday season can create health challenges for even the most health-conscious among us. More spending, more stress, more parties and events, and often more rich food and increased alcohol intake. Planning ahead can help you navigate the season without getting too far off course in terms of health. There is even a constellation of symptoms called Holiday Heart Syndrome. The combination of excessive alcohol consumption, overeating, stress, and poor sleep can lead to cardiac symptoms like chest discomfort, dizziness, and fatigue.

So, how do you stay on track with your healthy practices?

- Keep up with your routine exercise.
- Remember to take your medication on schedule.
- Set boundaries—practice saying no...avoid overscheduling yourself.
- Be mindful about when and what you eat—try to balance healthy and treats, and avoid eating food that has been sitting out at room temperature.
- Set a limit on alcohol before the party starts, and drink water or seltzer to avoid dehydration.
- Take extra care when carrying bundles in and out of the house, especially if you are carrying them up and down stairs or getting on stepladders to decorate.

Prevent falls and fires

Prevent falls by keeping walking paths clear, using proper lighting, and securing rugs. Ensure outdoor walking paths are shoveled and sanded. Minimize fire risks by using LED or battery-operated candles and lights, inspecting electrical cords, and keeping live trees watered and away from heat sources.

Food safety

Always wash your hands with soap and water before you begin to serve yourself food, and try to enjoy the buffet shortly after food is set up—you want food that is still at safe temperature. Ensure that hot foods are steaming and cold foods are on ice or properly chilled. Avoid anything that is lukewarm, as this is the "danger zone" in which bacteria can multiply quickly. If a dish looks like it's been sitting out for a long time, better skip it. Perishable food should not be left out for more than two hours.

Respiratory Illnesses

Holiday gatherings in New England provide great environments for respiratory illnesses to spread. They are typically indoors, and there are lots of hugs and kisses and handshakes.

To prevent the spread of



respiratory illnesses during holiday gatherings, practice good hygiene like washing hands and covering coughs, improve ventilation, and consider getting vaccinated for flu, COVID-19, and possibly RSV.

If you feel sick, stay home to avoid infecting others, especially vulnerable individuals. This is the most important tip to stay well.

If you are taking trains, planes or buses to your gatherings, bring along some KN95 masks should you find yourself in a situation where folks are coughing and sneezing in a tight space.

You can also check the CDC website if you are traveling to see what the rates of respiratory illnesses are in your destination.

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

MA. CSL 105479 MA. REG 135975

HOUSE HELPERS

Contractors

www.househelpers.org

FRANK DIGIANDOMENICO, OWNER

(508) 875-8789 office • (508) 561-2080 cell

Since 2001

Licensed and Insured

Basements | Kitchens | Baths | Decks

Interior & Exterior Remodeling & Structural work

Visit our website to view more @ www.househelpers.org

ANYTIME FITNESS

PERSONAL & GROUP TRAINING • HYDRO MASSAGE BED

Give the Gift of Health!

OPEN 24 HRS!

Shaws Plaza
309 Pond Street • Ashland, MA
508-881-4900

Anytimefitnessashland@gmail.com

Ashland Happenings and Community News Updates

Prevention and Human Services

We understand that times are especially difficult right now, and we want our community to know that help is available.

The Ashland Food Pantry provides support to any Ashland resident in need. Below are some instructions if you are in need of assistance, please visit <https://www.ashlandmass.com/440/Ashland-Food-Pantry> for all details.

- Food pickups are available by appointment only.
- If you haven't used the pantry in the past year, please take a moment to complete our Intake Form before placing an order.
- To submit a food order and to schedule a pickup appointment.

If you or someone you know lives outside Ashland, additional local resources can be found through the MetroWest Food Collaborative

No one should face food insecurity alone. Our community is here to help!

Ashland Access Now Online The 8th Edition of Ashland Access is Here!

We're excited to share the newest edition of Ashland Access! In



this issue, you'll hear from many of our departments as they highlight the projects, achievements, and initiatives they're most proud of.

This edition is fully digital, continuing our commitment to accessible and sustainable communication. You can view, download, or print Ashland Access anytime right from our website, making it easier than ever to stay connected with what's happening in Ashland.

Take a few minutes to explore the latest updates and see how our departments are working together to make Ashland a great place to live, work, and play on our website: <https://www.ashlandmass.com/915/Communications>

Holiday Stroll

Mark your calendars for Ashland's Holiday Stroll on Saturday, Dec. 7, from 12 - 4 p.m.!

The Holiday Stroll is back again and each year it just gets better! Spend the afternoon walking through Downtown Ashland, visiting our brick-and-mortar shops, restaurants, Town Hall, and even the Library to shop from more than 25 local businesses and vendors. It's the perfect opportunity to find unique gifts for everyone on your list, as our vendors will have something special for every member of the family.

Stop by The Corner Spot to roast marshmallows, sip hot chocolate, and enjoy festive activities hosted by local organizations. Throughout downtown, vendors will be popping up inside Town Hall (both floors), Sub Zero Ice Cream, Nick's Pizza, Crossroads Physical Therapy, The Bagel Table, and Blush Bouquets offering everything from handmade goods and art to wellness products, floral arrangements, and more!

While you're here, take some time to eat and drink at our wonderful downtown eateries, includ-



ing Stone's Public House, Clover Road Brewing, The Bagel Table, Nick's Pizza, and more.

Enjoy the sights, sounds, and spirit of the season as you stroll through our festive downtown. Keep an eye out, because some very special visitors from the North Pole may stop by to join the celebration!

Tree Lighting

The fun continues at the Annual Downtown Tree Lighting! Ring in the holiday spirit with carolers, photo ops with the gingerbread man and snowman, hot chocolate sponsored by Connect Church, cookies provided by the Ashland Lions, and of course, a special guest star, Santa! The fun begins at 4 p.m. following the Holiday Stroll. The tree will be lit to guide the way for Santa at 4:30 p.m. and then plan to stick around for a visit with the big guy in his Santa shed at Montenegro Square. This will be the jolliest Saturday in Ashland, full of shopping, treats, and holiday cheer – we can't wait to see you there!

Ashland DPW Prepares for Snow and Ice Season

As winter approaches, the Ashland Department of Public Works (DPW) is hard at work preparing for another snow and ice season. Keeping the town's roads clear and safe during snowstorms requires extensive planning, equipment readiness, and coordination between town staff and private contractors.

For a major snow event, Ashland needs approximately 70 pieces of snow-fighting equipment. Of those, about 50 are provided by private plow contractors. According to DPW officials, maintaining competitive plow rates is critical—otherwise, contractors may choose to work for neighboring towns.

"Finding new plow contractors is challenging," said DPW Director Doug Small. "We're currently about ten plows short, but every week one or two contractors commit. Things tend to move quickly as soon as the forecast mentions the 'S' word."

Once contractors are confirmed, the department assigns plow routes and conducts truck inspections, performed by the DPW's fleet mechanics. Communication and training are also key components of the operation. While some contractors require little oversight, others receive additional guidance to ensure they're prepared for winter conditions.

Residents or contractors interested in plowing for the Town of Ashland can contact the DPW at dpw@ashlandmass.com.

Behind the Scenes: Preparing for Winter

Putting together the annual snow and ice program involves dozens of coordinated steps, including:

HAPPENINGS

continued on page 18

Ask About Our Grandma Guarantee®

2ndFamily
Home Care and Support Services

EXCEPTIONAL IN-HOME CARE
you can count on

Personal Care Dementia Care Companion Care Respite Care

SCHEDULE YOUR FREE CONSULTATION

508-281-2123 **2NDFAMILY.COM**

Sports

Ashland Boys Basketball Builds for a Stronger Season

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Last winter, the Ashland Boys Basketball team was an incredibly young squad composed of nine underclassmen who gained a significant amount of varsity experience on the court, yet only secured two wins on the season.

From that 2-18 campaign, the Clockers lost Tri-Valley League All-Star Honorable Mention, Robbie Rudisill, who had been the team's leading scorer for the past three seasons. Although he will be missed dearly, Coach Mike Normant knows that the scoring is going to have to come from somewhere else.

Normant will be looking for last year's junior captains, Hugo Rossi and Ronan Kyatsandra, to take the reins and guide the team. Both athletes are three-year varsity players who bring a lot of experience to the court. Although neither Rossi nor Kyatsandra has been called upon in the past to do a lot of scoring, Normant will specifically look to them to up their offense game this winter.

Rossi is the tallest player on the team and will do a lot on both ends of the court, especially on the boards, and brings a strong defensive presence. Kyatsandra is the team's facilitator on offense and is an excellent leader who will need to score more. According to the Coach, the vacuum that Rudisill left in terms of scoring will heavily fall upon the two seniors.

In addition to last year's captains helping out on the scoreboard, junior guard Ygor Sebadini will also be a primary contributor to the team's offense. Michael Schreiber, a junior forward, supplies the team with its energy.

"He's an important part of our team defense as well as finding a way to put the ball in the basket," Normant said. "He's not flashy, but he does get things done. He'll get a ton of rebounds for us while also keeping the play alive."

Ashland will also have a bunch of other athletes that the coach will be looking to play at an elevated level. In general, Normant will be looking for those four or



Ronan Kyatsandra. Photo submitted by Coach Mike Normant

five players who earned valuable varsity playing time last winter to improve their game this year.

Coming into the year, Nor-

mant is looking for his team to complete on a regular basis, night in and night out, not worrying about wins and losses.



Hugo Rossi. Photo submitted by Coach Mike Normant

"Playing in the Tri-Valley League large division is very tough, and we will have to go up against some very talented teams twice," Normant said. "The players are enthusiastic about their ability to play the game against some tough teams where they will need to challenge each and every one of our competitors."

Normant believes that he has

a good group of kids who want to compete at a high level. Having a large number of juniors, when all is said and done, could be around nine players, and having all played together for a long time could become meaningful. If the juniors can create chemistry with the seniors, the Clockers should have success on the court this year.

DISCOUNT HEATING OIL

Same Day Delivery • Senior Discounts

CALL FOR PRICE or ORDER ONLINE

150 Gallon Minimum

ORLANDO FUEL OIL DIESEL FUEL

VISA MasterCard

508-620-6251 • SameDayOil.com

Dance like EVERYONE is watching!

Don't let pain or limited mobility hold you back from living your best life!

Experience the transformative power of physical therapy - CALL TODAY!

PLATINUM PHYSICAL THERAPY
All major insurances accepted

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

SCAN ME

20th Anniversary PLATINUM PHYSICAL THERAPY

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

Meet Fidget!

Fidget, a very handsome 7-year-old boy, was surrendered to MWHS and is now in search of his forever home. Fidget went through an unfortunate event that brought him to the shelter, something he wasn't too happy about initially. It took him time to adjust and build trust with the people taking care of him. But once Fidget had his breakthrough, he became the best boy. After moving him into a foster home, he revealed his true personality, which is quite endearing.

As he becomes more comfortable with you, he turns into a very chill cat who loves all kinds of attention, from being held to full belly rubs. Fidget can still be reactive to new sounds or situations he's uncomfortable with (like being held if he doesn't trust you completely yet), but his body language is very clear, and he gives signals if something bothers him, or if he's scared by noise. He can be a bit stubborn when he wants something and isn't shy about letting you know it! Fidget can become a full lap cat and a great companion who enjoys following you around. He still enjoys short play sessions, which he needs, especially since he's a bit chubby (no judgment here). Fidget also loves being brushed, and even though he has short hair, he will need some brushing sessions because he loves it, and it helps him stay comfortable.

This sweet boy is looking for a quiet forever home with someone who can be gentle and patient with him, and ideally, someone who's home most of



the time to keep him company. Don't worry, he'll make sure to interview you as well to ensure you're the right match for him (you may choose Fidget, but he also needs to choose you). Fidget would do best as the only cat in the home so he can fully enjoy the attention of his future "servants" and reign over his kingdom (because, as you may already know, you'll be living in his house, not yours).

Fidget had a brief health concern while in our care, but he's doing wonderfully now. Our adoption counselors will be happy to go over the details

and answer any questions when you meet him.

To learn more about him, you can also watch his video: <https://youtu.be/aK-ehZIX-gTI>

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

HAPPENINGS

continued from page 16

- Winterizing and storing summer equipment
- Draining and protecting municipal irrigation systems
- Placing de-icing materials at building entrances
- Inspecting, calibrating, and repairing salt spreaders
- Assigning six frontline spreader operators for the season
- Inspecting plows, performing maintenance, and replacing cutting edges
- Preparing sidewalk machines
- Training new employees
- Reviewing and updating plow and spreader routes
- Installing snow stakes at municipal buildings such as the Community Center, Town Hall, and Library
- Executing salt contracts and exploring alternative snow- and ice-control methods
- Physically driving each route to identify low branches, raised manholes, and other obstacles
- Coordinating with police, fire, and school departments to review parking bans, bus stops, and emergency plans

Standard Operating Procedure

When a storm is forecasted, the DPW's senior staff meet to discuss timing and logistics. The department follows a standard procedure for storm response:

- Sanders are called in first to treat the roads.
- Town plows are called in second.
- Private contractors are called in last.

One of the DPW's primary goals is ensuring that every operator—whether town employee or private contractor—is thoroughly familiar with their assigned routes.

In recent years, Ashland has typically experienced four to five significant snow events per winter. With preparations well underway, the DPW aims to ensure the town is ready for what-

ever this season brings.

Illuminate Downtown

Ashland - Dec. 13 from 4:30 - 8 p.m.

Illuminate Downtown Ashland is back the second weekend in December. Join the downtown area as we celebrate the important role art plays within a community under the glow of luminaries. Local artists & performers are paired with community spaces (public and private). Residents are encouraged to visit the different locations for an intimate experience with art.

Eleven locations will open their doors to art. Annemarie's Dance Centre, The Corner Spot, The Bagel Table, Ocean House, The Federated Church of Ashland, Nick's Pizza, Sub Zero Nitrogen Ice Cream, Clover Road Brewery, Blush Bouquets, Ashland Reiki and Wellness, and Needham Bank. Dance performances, chorus concerts, piano sing-along, wine tasting, string trio, acoustic guitarist, and art will be on display, to name a few.

This year, Illuminate Downtown Ashland's community art project will recognize the people in Ashland who act as bright lights all year. Do you have a bright light you would like to nominate? Nomination forms may be found on the Illuminate website or at participating locations. Forms must be turned in no later than Friday, Dec. 5. They may be emailed to annemariesdancecentre@verizon.net or dropped off at the mailbox at 111 Cherry Street if it is a hard copy.

The event is Saturday, Dec. 13, and runs from 4:30 - 8 p.m. It begins at Annemarie's Dance Centre, 111 Cherry Street and ends at Clover Road with a piano sing-a-long. A more detailed map with event times will be available on the website (annemariesdance.org/illuminate-ashland). For more information, please visit the Facebook event page or contact Chrissy Reynolds at 508-881-5109.



WE WANT TO HEAR FROM YOU!

Have an upcoming event?

Do you have a concern about things happening around town?

Email us at editor@ashlandtownnews.com and let us know!



**METROWEST
EMS EDUCATORS**

Accredited Training Institute

EMT Technician Courses*

HYBRID CLASSES STARTING IN:

- January at Framingham State University
- January at Keefe Technical High School

*Required Course to become EMT Certified

Register today at mwemse.com

info@mwemse.com | 508.397.1437

Real Estate Corner

Know Your Lingo



Kim Foemmel
Real Estate Broker

REAL ESTATE INSIGHTS

Real estate transactions come with lots of paperwork, which can be overwhelming; but a clear understanding of industry-specific terminology will help make the process feel less daunting. This first of two arti-

cles will break down the lingo to know when buying or selling a home.

Betterment: An improvement that increases a property's value. Betterments can be private (such as adding a room) or public (like accepting to assume an interest-free loan from town over a specified number of years to tie into town water and sewer).

Consideration: The legal term for anything of value exchanged between parties. This is an essential element for a valid contract. Consideration can be money, property, a promise to perform, or even a promise not to do something.

Deed: A legal document that transfers ownership of real estate from one party to another. Key elements include the names of the grantor (seller) and

grantee (buyer), a description of the property, words of conveyance, and an affidavit of consideration. When the parties close on the property, a new deed is recorded at the county's registry of deeds.

Easement: A legal right that grants a third party the right to use a portion of someone else's property for a specific purpose, such as a utility company running lines or one neighbor granting access to their property to another neighbor to access their driveway or satisfy a zoning requirement. Easements can be temporary or permanent and are typically recorded at the registry to legally enforce them.

Lender's Title Insurance: Insurance that protects the mortgage lender's financial interest in a property against title defects, such as liens or fraudulent

deeds, that could arise after closing. The borrower is typically required to purchase this policy as a condition for getting a mortgage.

Lien: A legal claim against a property to secure the repayment of a debt (for example, unpaid contractor bills, or solar company contracts that could be transferred to the next homeowners with all parties' approval). This claim may give a lienholder the right to seize and sell a property if the owner fails to meet their financial obligations, such as the mortgage or taxes. Liens must typically be paid off and resolved (a "clear title") before a property can be sold.

Owner's Title Insurance: A one-time-cost policy that protects the homeowner against financial loss from title defects

that existed before the policy was issued and during the life of your ownership and which could challenge the property's ownership, such as undisclosed liens. This is typically good for the life of a loan and could be requested again when refinancing.

Remember, your real estate agent and attorney are your experts. Always ask if you have any doubts about definitions.

Kim Foemmel
Real Estate Broker
Foemmel Fine Homes
Hopkinton, MA
508-808-1149
Kim.Foemmel@gmail.com
FoemmelFineHomes.com

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

Ashland Recent Home Sales

Date	Ashland	Amount
11/14/2025	2 High Ridge Road	\$1.25 mil
11/14/2025	84 Meeting House Path	\$475,000
11/12/2025	83 Spyglass Hill Drive	\$505,000
11/02/2025	37 Park Road #R	\$600,000
10/31/2025	10 Prospect St.	\$675,000
10/30/2025	7 Albert Ray Dr.	\$1.08 mil
10/30/2025	16 Sherborne Cir.	\$724,000
10/30/2025	9 South St.	\$770,000
10/29/2025	265 Pleasant St.	\$535,000
10/24/2025	8 Pilgrim Rd.	\$1.16 mil
10/22/2025	107 Olive St.	\$400,000
10/22/2025	1 New Castle Rd.	\$1.10 mil
10/22/2025	12 Queen Isabella Way	\$720,000
10/21/2025	26 Wenzell Rd.	\$575,000
10/20/2025	43 Oregon Rd.	\$735,000
10/20/2025	55 Sudbury Rd.	\$995,000

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



The 4-bed, 3-bath, 2,258-square-foot home at 55 Sudbury Road in Ashland recently sold for \$995,000. Image credit: www.zillow.com

Looking to
ADVERTISE
Your Business?

Contact **Susanne**
508-954-8148
sue@sodellconsult.com

MEET OUR ASHLAND REAL ESTATE TEAM

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

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

CONTACT US TODAY!
HELLO@CORDAVILLE.COM



Find Your Fit at Dean College

Whether it's academics, community, or career prep, Dean helps transfer students thrive. With faculty mentors, 40+ clubs, 16 NCAA athletic teams, and a supportive campus culture, you'll find more than a degree—you'll find your place.



See what's possible at dean.edu.



Interest rates are at their lowest! The time to buy is now! Check out these great deals!

\$1,074,900



**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 & 28A Downey Street
Hopkinton**

28DowneyStreet.com

TWO HOMES FOR ONE GREAT PRICE
2-family waterfront option with potential for \$9k monthly income



*Proudly Serving Boston
Metrowest for 14 Years!*

**Kim Foemmel
BROKER/OWNER
508.808.1149**

Thinking of buying a new home? Call Kim today!

FOEMMEL
Fine Homes
FoemmelFineHomes.com



SCAN TO GET THE
VALUE OF YOUR HOME

