

Ashland

Vol. 14 No. 7

Free to Every Home and Business Every Month

May 1, 2026

GreenUp Ashland

BY STUDENT WRITER
BRODY BOSWIRTH

Annually, the average American litters about 152 pieces of litter. This number seems insignificant; however, it is far from that, because every year, those 152 pieces per person equate to fifty billion pieces of litter annually.

Many people believe that it's "just one piece of trash", but fail to recognize that if everyone thought that way, there would be 360 million pieces of trash daily.

However, there are groups of people who work tirelessly to reverse environmental damage, such as Lisa Ugli-aloro, who helps run Ashland's annual event, GreenUp Ashland.

GreenUp Ashland is a "committee of residents who



Volunteers of GreenUp Ashland 2025. Courtesy photo

help organize an annual clean-up of trash" in our town, says Ugli-aloro.

Their goal is to keep our small town beautiful and free from littered trash in its public areas, such as Stone Park, where the an-

nual event begins.

On the first Saturday of every May, Lisa and her fellow board members, Brett

GREENUP

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From Loss to Legacy:

Ashland Man Honors His Wife While Promoting Pancreatic Cancer Awareness

BY BRITTANY AMALFI

For 34 years, Howard Axelrod lived a life full of curiosity, creativity, and adventure with his wife, Nancy. On Jan. 13, Nancy Stoller Axelrod passed away from pancreatic cancer at 73, and now Howard's mission is to ensure that her memory and her story live on while making an impact.

Nancy, whom Howard describes as a "remarkable woman - modest, humble, and caring," was known for her kindness, intelligence, and adventurous spirit. She traveled to over 85 countries on 6 continents with her husband. She was someone who made friends easily and left a lasting impression on those



Howie and Nancy in the glacial fjords of Patagonia. Courtesy photo

around her. "She was the highlight of my life for 34 years," Howard said. "My world got larger the min-

CANCER

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'Soccer's Big Event' is Coming to 'Boston Stadium'

Two million people will be looking for things to do in surrounding towns

BY THERESA KNAPP

Editor's note: Due to copyright issues, the more commonly known name for the football/soccer matches cannot be used by publications outside of the official association. We are calling it "Soccer's Big Event."

The most popular sport in the world is football (or "soccer" in the U.S.) and this year several matches of the global soccer tournament – or "Soccer's Big Event" - will be played in June and July in Massachusetts.

Boston is one of 16 cities across North America that will host matches. Specific dates for the Boston area will be announced closer to the event, but will be between June 13 and July 9.

At a recent Tourism Summit and Legislative Breakfast hosted by the MetroWest Boston Visitors Bureau, state and local officials explained how Massachusetts is preparing for the event.

The main speaker at the conference was Greta Teller of "Bostonfwc26," the group that is overseeing local logistics for the world organization. She said there are many ways MetroWest communities can provide experiences for the millions of visitors

who are expected to flood the area.

"Two million people are coming, and there are only 740,000 tickets," Teller said. "And many of those people are coming without tickets and will need things to do."

There are opportunities for communities all around Eastern Massachusetts, and beyond, to join in the festivities and revelry, Teller said, adding fans just want to be in Massachusetts to support their team, which is an opportunity for local fan festivals, fan marches, fan zones, pep rallies, watch parties, and more.

The event, Teller said, will provide a significant boost to hotels, restaurants and other local businesses; and the Bostonfwc is encouraging towns to organize fan festivals and cultural celebrations in the area, and to promote those events through the organization's website and the MWVB (for free).

At the summit, it was noted that MetroWest has the largest population of Brazilians outside of Brazil, Brockton has the largest Cape Verde population outside of Cape Verde, and Worcester is home to a large Ghana population – all of which

can be a consideration when organizing activities around Soccer's Big Event.

MetroWest Visitors Bureau Executive Director Stacey David said local towns and organizations should think about experiences visitors might enjoy and market them accordingly – anything related to arts, culture, living history, outdoor activities (trail systems) - will be a big draw.

"Think about what you have in your town, and let the MetroWest Visitors Bureau help promote it," said David.

However, the very first action anyone should take, she said, is to change all website references from "Gillette Stadium" to "Boston Stadium," which is what visitors will be searching for when planning their trip.

When creating watch parties and other events, organizers should consult the organization's public viewing regulations, including broadcast licenses, branding, etc., which can be found at <https://bit.ly/FIFA-publicViewing>.

The MetroWest Boston Visitors Bureau is available to provide assistance to local organizations. The organization



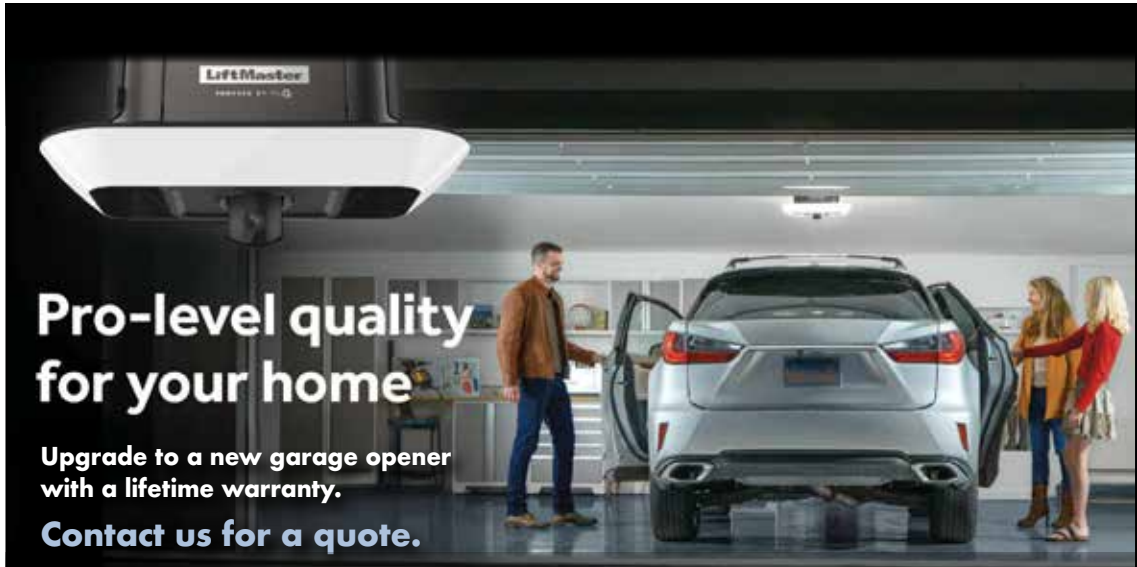
"Soccer's Big Event" is coming to "Boston Stadium" in June and July. Image created by Theresa Knapp using ChatGPT

promotes travel and tourism throughout the 19 towns of the MetroWest region, which include Ashland, Bellingham, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medway, Milford, Millis, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, and Westborough, according to www.metrowest-visitors.org.

Many visitors know they will not get a ticket but they want to be in Massachusetts to support their team, which is an opportunity for local fan festivals, fan marches, pep rallies, watch parties, and more.

~Greta Teller, Bostonfwc26
<https://bostonfwc26.com>

For more information, visit www.fifa.com or <https://bostonfwc26.com>



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Ashland Prevention and Human Services Staff Spotlight: Berlin Awach

By BRITTANY AMALFI

Berlin Awach believes that public health is more than a profession; it's a way to bring communities together and empower young people to shape their own futures.

As this month's staff spotlight, Awach is making an impact in schools and across the broader community. With a background in public health and a focus on epidemiology, she leads prevention initiatives at the high school and middle school levels while also working with families and local partners to promote healthier lifestyles and reduce risk factors.

Her impact reaches far beyond the schools. Awach facilitates the Decisions At Every Turn (DAET) stakeholder meetings, bringing together community members, educators, and local leaders to address substance use prevention. Through these efforts, she emphasizes collaboration, data-driven strategies, and, perhaps most importantly, youth involvement.

"My favorite part is making sure youth voices are heard and reflected in our work," Awach said. "I enjoy supporting young people in turning their ideas into action."

Originally from Nairobi, Kenya, Awach did not grow up in the Ashland, Massachusetts area, but she quickly found a connection to the community. She said she was drawn to the

town's strong commitment to prevention and to the team's passion at Prevention & Human Services.

"I saw a group that was deeply invested in supporting youth and creating meaningful, lasting impact," she said. "That commitment to collaboration is what made me want to be part of the team."

In her role, no two days look exactly the same. From sharing prevention messages on social media to meeting with community partners and leading school-based initiatives, Awach's schedule really shows the wide scope of her work. She says the variety keeps things engaging and rewarding.

What stands out most to her, however, is the sense of collaboration within the Ashland community.

"There is a shared commitment to supporting youth and improving community well-being," she said. "That support makes a big difference in the work we do."

One moment that especially resonated with Awach came when two members of the Ashland High School Youth Prevention Council visited the Massachusetts State House to speak with legislators about the alcohol excise tax. Watching students confidently advocate for change left a lasting impression.

"It was incredibly inspiring," she said. "It reinforced the im-



portance of youth leadership and what young people can accomplish when they're given the opportunity."

That belief in youth empowerment is central to Awach's approach. By ensuring that students have a voice in prevention efforts, she helps create

programs that aren't just effective but also meaningful to those they are designed to support.

Outside of her professional work, Awach has a creative side as well. In her free time, she enjoys playing the violin, a hobby she says helps her relax and recharge.

Through her work at Prevention & Human Services, Awach is helping to build a healthier, more connected Ashland. By focusing on early prevention, education, and strong partnerships, she and her colleagues are creating an environment where individuals feel supported and empowered to make positive choices.

"By engaging youth, families, and community partners, we help create a supportive envi-

ronment that promotes well-being," she said.

Araya Landry, Director of the Department of Prevention and Human Services, expressed, "How grateful we are to have Berlin as part of our Department of Prevention and Human Services. Her commitment to prevention work and creating impact in the Ashland community is felt throughout our programs. She is an invaluable member of our team and is always available to help out and participate in a variety of initiatives and projects."

As this month's staff spotlight, Awach represents the kind of dedication and passion that continues to strengthen the Ashland community—one connection and one conversation at a time.

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Ashland Town Election: Tuesday, May 19th

Thank you for your consideration!

I moved to Ashland with my partner Ryan in 2023 after he was hired at the Ashland Library. As an avid patron and volunteer in the years since, I have seen how much our library does for this community. In 2024, I became Program Coordinator of Literacy Unlimited, the Framingham Library's adult education program. Through that role, I've learned how important libraries are to creating community, ensuring access, and breaking down barriers for new and longtime residents alike. I would love the opportunity to support that work as a library trustee here in Ashland.



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- ☒ Town Meeting - May 6th
- ☒ Town Election - May 19th*

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Ashland Garden Club Welcomes Spring

I'm sure that all gardeners love spring. But I think this is particularly true of New England gardeners who welcome the longer hours of daylight and the warmth of the sun after our long, cold, harsh winters. In fact, some of us are still out in our gardens, wearing our winter coats and gloves, the minute it looks like it might be warm enough to start spring clean-up. While we are working to get our own gardens ready for spring, Ashland Garden Club members are also preparing the Town's gardens and planters. Our goal has always been to get the Town looking "visitor ready" for the Boston Marathon, which this year is April 20.

Many of you might not know that the AGC plants and maintains six in-ground gardens around Town: the Library gardens, the Clock Tower garden, the Memorial, the Post Office, the Winter St island, and the Community Center garden. We also plant and maintain the large Fountain planter across from the Library, the planters at the Town Hall, the planters at the Post Office, and the planters at the Community Center. Each of these sites has its own history, but for now I'm focusing

on the Library grounds.

Once the addition to the library was completed, the grounds were designed and planted by AGC founding member, Marlies Plaggenborg. Marlies is a true master gardener who chooses a variety of plant shapes, textures, and colors for her garden design, while also considering their characteristics, such as disease resistance, maturity dates, and size. We were fortunate to have Marlies and her husband, Joop, maintain the Library grounds until they moved permanently to Arizona in 2018. Now, a team of AGC members manages the site. The team, now working on the library grounds, includes Master Gardener Elena Lapitsky, Rosangela Wilner, John Cahill, Susan Wax, and me (neither of us is in the photo). The photo taken in the library garden of, what looks like a dead plant, is actually a beautiful and relatively unique perennial that hasn't yet begun to leaf out. In a few months, I will share another photo of this same plant in full bloom.

Every spring, AGC members divide their perennials to share with the public at our annual plant sale. Our sale always falls on the Saturday after Mother's



A few of the AGC team working hard. Courtesy photo

Day, which this year is May 16. It is held at Montenegro Center (directly across from the Library on Front St.), 9 a.m. - 12 p.m. or until we run out of plants. Sun and shade plants are featured, and Master Gardeners are

available to answer your questions, to help you design a new garden, or to add plants to your current garden. Come early for the best selection.





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Dr. Robert A. M. Hendrick is a middle-aged man with short, graying hair and glasses. He is wearing a dark suit jacket, a white shirt, and a red and blue striped tie. He is smiling slightly and looking directly at the camera. The background is a neutral, light-colored wall.

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Community Jazz Concert to Celebrate the Life of Nancy Stoler Axelrod

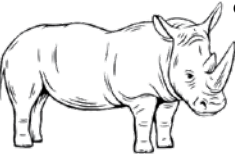


ASHLAND, MA — The community is invited to attend a free jazz concert on Wednesday, June 4, from 6 to 8 p.m. at the Ashland Community Center, 162 W. Union Street.

The event will feature the Bob Martin Jazz Quartet, including Bob Martin (bass and vocals), Eric Byers (guitar), Sonny Barbato (jazz accordion), and Steve Langone (drums).

Sponsored by Howard Axelrod, the concert is held in memory of Nancy Stoler Axelrod, who passed away on January 13 following a 10-month battle with pancreatic cancer. The evening will celebrate her life and legacy while bringing the community together through music.

All are welcome to attend and enjoy light refreshments. Seating is limited. Guests are asked to RSVP by May 22 by calling 508-881-0140 ext. 1.



Ashland’s Annual Household Hazardous Waste Collection Day

Hazardous Waste Collection Day will be held at Ashland, DPW - 20 Ponderosa Road, Ashland, MA, on Saturday, May 9, 9 a.m. to 1 p.m.

Acceptable Hazardous Waste:

- Engine degreaser
- Spot removers
- Epoxy resin
- Roof cement
- Car wax
- Drain cleaners
- Metal polish
- Photo chemicals
- Dry cleaning solvents
- Rust preventatives
- Wood strippers
- Turpentine/Paint thinners
- Sealants/Glues
- Pool chemicals
- Weed killers
- Furniture polish
- Radiator cleaners
- Caulking
- Fiberglass resins
- Oven cleaners
- Arts & crafts supplies
- Floor cleaners
- Carburetor cleaner
- Wood preservatives (except Penta)

- Oil-based paint/Varnish/Stain Solvents/Degreasers
- Antifreeze
- Muriatic acid
- Moth balls
- Cesspool cleaners
- Oil filters
- Aerosol cans
- Driveway sealant
- Furnace cement
- No-Pest strips
- Lighter fluid
- Engine/Radiator flushers
- Transmission fluid
- Chemistry sets
- Pesticides
- Herbicides
- Insect sprays
- Brake fluid
- Rodent killers
- Creosote
- Bleach
- Motor oil
- Gasoline/Kerosene

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

Trident Environmental Group, Inc. reserves the right to refuse any waste deemed unsafe

- to handle or unsuitable for the collection. Such waste includes:
- Large quantities of unknown materials
 - Radioactive waste (including smoke detectors)
 - Explosives (gun powder, flares, ammunition & fireworks)
 - Asbestos
 - Unsuitable waste
 - Pressurized fire extinguishers
 - Compressed gas cylinders
 - Tires
 - Commercial & Industrial waste
 - Prescription medications, syringes, Infectious and Biological wastes
 - Substances regulated by the Drug Enforcement Agency
 - PCBs

Please be sure to:

- Remain in your car
 - Have your driver’s license ready for proof of Ashland residency
 - Pack waste in boxes (in their original tightly sealed containers, if possible)
 - NOT SMOKE!
 - Not to mix chemicals
- Drive directly to the site with hazardous waste. Questions? Contact 508-881-0120 or dpw@ashlandmass.com



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Carpenter Ants: A Serious Threat to MetroWest Homes



Jim Maxxuchelli, owner, WPC Pest and Termite Control

In Massachusetts, homeowners face unique pest challenges due to our changing seasons and moisture prone climate. While many people dismiss ants as a minor annoyance, carpenter ants are one of the most destructive pests affecting homes in the MetroWest Area.

We regularly see carpenter ant infestations throughout MetroWest—and the damage they cause can be extensive if

left untreated. Said, Jim Maz-zuchelli from WPC Pest and Termite Control, Inc.,

Warning Signs Home-owners Should Watch For

- Large black or reddish ants, often active at night, inside your home
- Winged ants (swarmers) appearing indoors in spring
- Piles of sawdust like debris near baseboards or windows
- Faint rustling sounds inside walls
- Ant trails from basements, kitchens, or exterior siding
- These signs should never be ignored—especially in homes with moisture issues or older construction.

Why DIY Treatments Often Fail

Over the counter sprays and baits may kill visible ants but rarely address the nest hidden deep within walls or structural wood. In many cases, improper

treatment allows infestations to spread and continue causing damage. Effective carpenter ant control requires professional experience, proper identification, and targeted treatment.

At WPC Pest and Termite Control, Inc., we understand the specific pest pressures MetroWest homeowners face. Our experienced technicians use proven methods to locate carpenter ant nests, eliminate infestations at the source, and help prevent future problems.

If you suspect carpenter ants—or want peace of mind before damage worsens—don't wait.

Contact WPC Pest and Termite Control, Inc. today for a FREE professional carpenter ant inspection and protect your home from hidden structural damage. WPC Pest and Termite Control, Inc. 508-366-1820. Nobugsnopests.com

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GREENUP

continued from page 1

Jackson, Janet Hart, Jeanne Walker, and Karyn Dann host and organize the dozens of volunteers who take time out of their day and head down to the park.

Although running this event is tough. Like with every event, there are always setbacks to success.

Lisa says that “marketing, getting equipment, and collaborating with the DPW to gather what people have picked up” are three of the major challenges she faces.

But the hardest challenge, she says, is trying to “get materials to help encourage people to clean”.

Despite the setbacks, Ugli- lora had one word to describe what it is like to run the event: “Rewarding”.

GreenUp Ashland is open to anyone, and everyone is welcome to join both the one-day event and their Adopt-A-Street program from May to October.

Ugli- lora says the Adopt-A-Street program is “for people who want to keep cleaning” even after the event is over.

For high school students,

the Adopt-A-Street program is a great opportunity to gain community service hours, and on their website, www.greenu-pashland.org, you can find the community service form you can fill out.

If you would like to adopt a street, you can go to their website, mentioned before, and fill out their form.

Volunteering to clean up the town is not the only thing people can do to help.

People can also volunteer to help advertise, take pictures, or even join the planning committee.

If you would like to join the event, GreenUp Ashland will be held on May 2 this year, beginning at 9 a.m. and last- ing until 12 p.m.

While the total amount of garbage produced is still significant, thanks to people like Lisa who strive to make changes in society, visible, in- tentional littering has declined by over 60% in the last forty years.

This event makes a big difference in our town, and it needs as many people as possible to make it work. So if you have a few hours, take the time and stop by Stone Park on Saturday to help keep our town clean.



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The b.LUXE *beauty beat*

When Your Hair Stops Feeling Like You

It doesn't usually happen all at once.

It's subtle at first.

Your hair doesn't fall the same way it used to.

Your ponytail feels a little thinner.

The volume you used to count on just... isn't there.

You try a new product.

Switch your shampoo. Blame the weather. Blame your water.

But something still feels off.

And eventually, the thought crosses your mind: **Why doesn't my hair feel like mine anymore?**

At b.LUXE Hair and Makeup Studio in Medway, this is one of the most common conversations we have with our clients. Not always out loud. Sometimes it's said quietly. Sometimes it's not said at all.

But we see it.

"We can usually tell within the first few minutes," says owner Heather Cohen. "A guest will sit down and say, 'I don't know what's going on with my hair lately,' and what they really mean is... something has changed."

And they're right.

Hair changes more than people expect it to. It responds to hormones, stress, age, illness, and lifestyle. Even subtle shifts in your body can affect the thickness, texture, and manageability of your hair.

The challenge is, most people don't have the language for it.

So it gets labeled as frizzy. Flat. Thin.

Or the one we hear most: "I just have bad hair."

But that's almost never the full story.

"Hair doesn't just suddenly become 'bad,'" Heather explains. "There's always a reason. And once you understand that, everything starts to make more sense."

Sometimes, it comes down to the haircut. A shape that works with your natural texture, not against it, can completely change how your hair behaves day to day.

For curly and wavy hair especially, our signature b.LUXE Curly Cut is designed to enhance your pattern, shape, and overall fullness. This multi-stage cutting approach is tailored to how your curls actually live, helping bring back movement, definition, and that effortless bounce so many clients feel they've lost. It also includes a styling lesson, so you can recreate the look at home!

It can also be your routine. Many clients jump from product to product hoping for a change, but small adjustments in how you blow dry or style your hair can make a bigger difference than switching products ever will. At your next appointment, ask your stylist to walk you through their techniques so you can recreate that fresh-from-the-salon feel at home.

And sometimes, the issue starts at the scalp.

The scalp is skin, and just like the skin on your face, it can become congested. Product buildup, hard water minerals, and excess oil can block follicles and weigh hair down, leading to that dull, limp feeling so many people describe.

At b.LUXE, our Scalp Spa Treatments are designed to gently exfoliate, reset, and rebalance the scalp so hair can grow and perform the way it's meant to. With consistent treatments and the right at-home clarifying care, many guests begin to notice improved fullness and a healthier texture over time.

And then there are the moments when the change feels different. More noticeable.

You see more hair in your brush. A little less density at your hairline. Not dramatic. Just enough to make you pause and think... Okay, something is definitely going on.

For many women, this isn't just about hair.

It's about identity.

We hear it every day: "My hair is so limp lately."



SOMETHING'S OFF

why doesn't my hair feel the same anymore?

[bLUXE.com](https://bluxe.com)

"I don't know how to style it anymore."

"I used to love my hair."

And underneath all of that, there's often something deeper. A quiet disconnect from the version of yourself you're used to seeing.

The good news is, there isn't just one solution.

There are options. More than most people realize. And you don't have to navigate it alone.

After taking a closer look at your scalp health, haircut, and routine, we can guide you toward personalized solutions, including our wig and topper services for those experiencing thinning or looking for added fullness and flexibility.

"We're not here to change how you look," Heather says. "We're here to help you feel like yourself again."

And if you're thinking, I'm not there yet... you're not

alone.

Most people aren't. Until they are.

And when they are, the most common thing we hear is:

"I wish I had known about this sooner."

If your hair has been feeling different lately... harder to manage, less full, not quite like it used to... You don't have to figure it out on your own.

Sometimes, all it takes is the right conversation.

You're always welcome to start that conversation with us here at b.LUXE.

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Your Money, Your Independence**Grads: Don't Pay the Comfort Tax, Invest in the "Struggle"****Glenn Brown, CFP**

Every commencement season, a familiar debate plays out: move back home to save money or head to a cramped apartment on a diet of ramen and determination?

On a spreadsheet, the live-at-home option looks like a win. By eliminating rent and utilities, the theory suggests you can save \$20,000 to \$40,000 in your first year.

Sorry Grads, but this premise rarely becomes reality. It's ironic: you rolled your eyes at professors steeped in abstract theory, yet here you are committing the same nonsense.

The Myth of Boomerang Savings

When the Bank of Mom and Dad subsidizes your life, psychological urgency evaporates. Without the boundary of a rent check, savings leak into

high-end gyms, trips, subscriptions and tech. The justification is: "I'm suffering enough by living at home; I deserve this." Instead of a surplus, you entrench expensive habits you can't afford once you leave.

To build financial independence, you first need to take flight. Just as a plane needs the resistance of wind to generate lift, you need the friction of real-world expenses to get off the ground. Living at home removes headwinds and leaves you idling on the runway while your peers are taking off.

The Geography of Opportunity

High-rent brain-hubs trigger the Agglomeration Effect, forcing you into a network of mentors and peers that hometowns lack. Research shows physical proximity leads to faster promotions and better career matching. You can't effectively network from your basement with AI; career-defining windows of opportunity open when you are present, both at work and socializing outside of it.

Furthermore, roommates are a masterclass in negotiation. Sharing a kitchen, bathroom and utility bills teaches conflict resolution and accountability. These soft skills create an independence gap between those who handle their own friction points and those who have them smoothed over by parents.

The Real Cost of Entry-Level

Manage your burn rate without suffocating your future. Aim for the 30% Rule: keep all housing costs under 30% of your gross income. In the Boston-area, this means Davis Square or Allston/Brighton, not splitting a Seaport two-bedroom.

Parents, if your graduate is complaining of costs and can't get ahead, don't pay their rent as it kills urgency. Instead, offer a one-time "get out of jail" card for a true crisis. This provides security without removing the daily incentive to work hard to change outcomes.

Independence is a Habit

Living at home for "just a year" often turns into three. Grads, when you live like Boomers in a cozy setup, you lose the primary engine of growth: discontent. If you aren't bothered by your surroundings, you won't hunt for a promotion or take a career risk. The most effective career coach is a little room you're desperate to leave; that daily friction creates an obsession with progress and a determination to never return.

Advice to Class of 2026

To the parents: Supporting independence means letting them struggle. The best gift this May isn't their old room back (or worse, refinishing the basement); it's the belief that

they are capable of building their own independence.

To the graduates: The money you think you'll save at home comes at the cost of your ambition. Renting a room you can barely afford in a city that excites you is a form of aggressive investing; you are betting on your own ability to grow into future expenses.

Go find the cramped apartment. Deal with noisy roommates. The struggle of your 20's is how you get a 2X-5X return in your 30's. Financial independence isn't something you're given; it starts by choosing to

outgrow the Comfort Tax.

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

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

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LIVING HEALTHY

Over 50 and Tired of Reading Glasses? Refractive Lens Exchange May Be for You

By ROGER M. KALDAWY, M.D.
MILFORD FRANKLIN EYE CENTER

If you are over 50 and constantly reaching for reading glasses, you are not alone. Age-related vision changes, especially presbyopia, make it harder to focus up close. Refractive Lens Exchange, or RLE, is an advanced surgical option that can significantly reduce or eliminate your need for glasses for both distance and near vision.

What is presbyopia?

Presbyopia is a natural part of aging in which the eye's lens gradually loses flexibility. This reduces the ability to focus on close objects, especially when reading, using a phone, or working on a computer. It typically begins in the early to mid-40s and progresses over time, often leading to increasing

dependence on reading glasses or bifocals for nearly all near tasks.

What is Refractive Lens Exchange?

Refractive Lens Exchange is a procedure in which the eye's natural lens is removed and replaced with an artificial intraocular lens, commonly called an IOL. The procedure is essentially the same as modern cataract surgery, but it is performed before a cataract becomes visually significant.

Unlike LASIK or PRK, which reshape the cornea, RLE works inside the eye and corrects vision by replacing the lens itself. This allows correction of distance, intermediate, and near vision, depending on the lens selected.

Who is a good candidate?

RLE is most often recommended for individuals over 50



who are frustrated with glasses or contact lenses. Ideal candidates have difficulty with near vision due to presbyopia and

may also have farsightedness, nearsightedness, or astigmatism. It is also an option for patients not ideal for LASIK because of thin corneas, dry eye concerns, or higher prescriptions.

Candidates should have healthy eyes without significant retinal disease, uncontrolled glaucoma, or other major ocular conditions. They should also understand realistic expectations, including that some patients may still need glasses for fine print or low light tasks after surgery.

Benefits of RLE

One major benefit of RLE is freedom from reading glasses. Modern intraocular lenses can provide a full range of vision, including distance, intermediate, and near, depending on the chosen lens.

The results are long-lasting because the artificial lens does not age or change. Since the natural lens is removed, patients will not develop cataracts in the future, eliminating the need for cataract surgery later in life.

Many patients report improved clarity, brightness, and contrast with modern lens technology. Daily activities such as driving, reading, computer use, and travel often become easier

and more convenient without glasses or contact lenses.

Insurance coverage

In most cases, Refractive Lens Exchange is considered elective and is not covered by insurance. This is because it is performed to reduce dependence on glasses rather than to treat cataracts. If a cataract is present and affecting vision, insurance may cover part of the procedure like cataract surgery. However, premium lenses and advanced technology upgrades are usually out-of-pocket expenses. Patients should review benefits in advance so they clearly understand expected costs and options.

Risks and considerations

RLE is a safe and commonly performed procedure, but it carries some risks as with any eye surgery. These include infection, inflammation, or swelling, though these complications are uncommon with modern techniques.

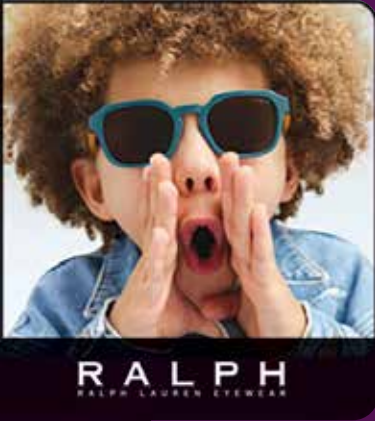
There is a small risk of retinal detachment, particularly in highly nearsighted patients. Some patients may notice glare, halos, or starbursts at night, especially with multifocal lenses.

A later occurrence is poste-



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Evening & Saturday Appointments

CANCER

continued from page 1

ute I met her and never stopped growing.”

Nancy graduated from the prestigious Sargent College of Health and Rehabilitation Sciences at Boston University. As a Pediatric Occupational Therapist, she practiced for 10 years at various rehabilitation facilities in the Boston area before becoming the first Pediatric Occupational Therapist hired by the Lowell School System in Lowell, Massachusetts. She practiced there for 35 years. Nancy was held in high esteem by her colleagues and was known for her intelligence, intuitiveness, exceptional technical and creative skills, and her caring support of her young clients. During her career, she helped over 2,000 children and their parents live better lives. Pediatric Occupational Therapy was more than a career for Nancy. It was where her heart took her, and she derived great personal satisfaction from being able to help children and their families. Beyond work, she was a creative influence at home and an enduring source of inspiration to her husband.

Nancy encouraged Howard’s

passions for writing, travel, photography, and gardening. The couple shared a love of exploring new places and cultures, often returning to coastal Florida, where they spent the last 10 winters enjoying the beach, local dog parks, nature preserves, and music and cultural events.

Nancy’s life, however, took an unexpected turn despite her strong commitment to health. At 72, she had no underlying conditions, took no medications, exercised regularly, and had followed a vegetarian diet for 30 years. She never smoked, drank, or used drugs. Additionally, she had no family history of cancer. “She would be the last person I thought would get ill,” Howard said.

Pancreatic cancer is known as a “silent killer,” and Nancy’s illness started with subtle, easily overlooked symptoms. Pancreatic cancer is difficult to detect early, with vague signs that can easily be mistaken for less serious conditions. By the time many patients receive a diagnosis, the disease has already advanced. “It disguises itself,” Howard said. “People wait too long because the symptoms seem minor. Early detection increases one’s treatment options and potential outcomes.”

In 2025, the rate of new cases

of pancreatic cancer was 13.8 per 100,000 men and women per year. (National Cancer Institute, 2026). The average lifetime risk of pancreatic cancer is about 1 in 56 in men and about 1 in 60 in women. (American Cancer Society, 2026).

After multiple doctor visits, scans, and tests, Nancy was diagnosed with stage 4 metastatic pancreatic cancer. For most patients, including Nancy, treatment options are limited at that stage. Howard said they attended more than 115 medical appointments as they navigated her care over a one-year period. Chemotherapy, one of the primary treatments available, proved especially difficult. “It’s the most powerful tool they have,” he said. “And it really took a toll on her.”

In her final months, Nancy was basically housebound. But even then, her warmth and spirit still found a way to shine through. Friends visited from all over the country, and this warmed her heart, even though she was sick every day. She suggested to Howard, as she adored children, that they install a Little Free Library for kids outside their home. So, Howard got to work and had one built outside their home, positioned so she could watch from the living

room window as neighborhood children stopped by and picked out books. After her passing, Howard added a memorial plaque in her honor.

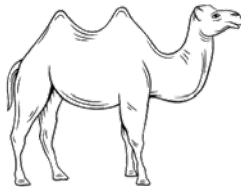
Today, that small library stands as one of many ways Howard is keeping her memory alive. “My goal is to fulfill my wife’s wishes to live on,” he said. In Ashland, where Howard has lived for more than 40 years and Nancy for over three decades, he is working on several community efforts in her name. Plans include a memorial bench in town, a project to upgrade a local “healing garden,” and a travel scholarship for students inspired by Nancy’s love of exploring the world. He is also supporting efforts to help communities in Cuba, a place the couple visited together and loved. Howard is also hosting a free jazz concert at the Ashland Community Center on June 4 from 6-8 p.m. The event is free and open to the public, and people are encouraged to come, enjoy light refreshments, and listen to some fantastic music.

Howard plans to spread her ashes in places that were meaningful to her, from Florida beaches to places she cherished in Ashland and Cape Cod, where she vacationed with her

family. Through it all, he hopes to raise awareness about pancreatic cancer, a disease he describes as “taking no prisoners.” “It’s on the rise, and no one really knows what causes it,” he said. “I don’t want people to ignore the early symptoms.” He urges others, especially as they get older, to seek medical attention if something feels off—even if it turns out to be nothing. “Better to check and be wrong,” he said.

While the loss remains profound, Howard continues to channel his grief into purpose—honoring Nancy not only through memorials and projects, but by sharing her story. “She was my wife, muse, best friend, and the catalyst of personal growth in my life,” he said. In remembering her, he hopes people will not only recognize the quiet danger of pancreatic cancer, but also the enduring impact one life can have on a community.

Nancy Stoller was, without a doubt, a force of a woman, and she created a legacy of kindness and inspiration. One that will live on forever in the hearts and minds of all who knew her.



EYE

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rior capsule opacification, a mild clouding behind the implant that can develop months or years later. This is easily treated with a quick, painless laser procedure.

Alternatives to RLE

Other options depend on age and vision needs. LASIK and PRK effectively treat distance vision but do not correct age-related reading vision loss after the mid-40s or early 50s.

Implantable lenses are typically used in younger patients and do not address presbyopia. Monovision, where one eye is corrected for distance and the other for near, can work well for some patients, but others may not adapt comfortably or may notice reduced depth perception.

Final thoughts

Refractive Lens Exchange is a proven option for patients over 50 who are tired of glasses. By replacing the natural lens with a customized artificial lens, it is possible to restore a broad range of vision and improve quality of life.

At Milford Franklin Eye Center, we use advanced diagnostics and modern surgical techniques to achieve precise outcomes. All procedures are performed in an accredited surgery center under topical anesthesia with anesthesia professionals present for safety and comfort.

If you are over 50 and frustrated with reading glasses, RLE may be worth considering. A consultation can help determine the best approach for your vision and lifestyle goals.

For more details, see our ad on page 10.

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CultureFest Saturday, May 30

Celebrate the community's diversity at CultureFest on Saturday, May 30, from 3 - 7 p.m. This is an event honoring the cultures that make Ash-

land unique. Enjoy an afternoon of live music, dancing, food, and beverages—there's something for everyone.

CultureFest will be held at

The Corner Spot on 6 Cherry Street, Ashland, MA. Bring friends, family, and neighbors together for a celebration of culture and connection.

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May 2026 at the Ashland Library

The Library will be closed on Saturday - Monday, May 23-25, in observance of Memorial Day. Visit our Website Calendar for additional info & registration links: <https://tinyurl.com/apl-calendars>

SPECIAL EVENTS

In Person - Mini Renaissance Faire at the Ashland Library!

Saturday, May 2, from 10 a.m.-3 p.m. If you love things Medieval, Pirates, Puffy Shirts, and so much more, this is for you. We'll have jousts, crafts, vendors, and something for every age. This is not just a turkey leg extravaganza, it is also an opportunity to learn how people lived (and survived) back in the day with demonstrations and hands-on activities.

In Person - Celebrating America's 250th - Founding Mother with Stephanie Dray & Laura Kamoie

Saturday, May 9, from 1-3 p.m. We hope you can join us for a conversation and tea with Stephanie and Laura. We'll be chatting about their new book, writing process, and the absolutely vital influence Abigail Adams had on the founding of this country.

In Person - Romance Authors Festival 2026 at the Ashland Public Library



Saturday, May 16, from 10 a.m.-4 p.m. This year, we'll also have Pam Jaffee (former publicist to the stars) giving out romance book recommendations.

ADULT - IN PERSON: In Person - Front Street Readers Book Club

Tuesday, May 5, from 11 a.m.-12:30 p.m. Read *James* by Percival Everett.

In Person - Mah Jongg

Wednesday, May 6 at 6 p.m. Knowledge of the American version of Mah Jongg rules and your own National Mah Jongg League card is necessary.

In Person - Mystery Book Club

Friday, May 8 at 12 p.m. Read *Slow Fire Burning* by Paula Hawkins.

In Person - Climate Action Film and Discussion: The Extraordinary Caterpillar

Saturday, May 9, from 9:30-11:30 a.m. We'll all watch the hour-long film and then have a discussion about it, moderated by Ashland's own Margy Gassel!

In Person - Card Making with Jan Poppendieck

Monday, May 11 at 6:30 p.m.

In Person - Historical Fiction Book Club

Tuesday, May 12 at 11 a.m. Read *The Dictionary of Lost Words* by Pip Williams.

In Person - Women's Wisdom Circle

Thursday, May 14, from 6

-7:30 p.m. *The Stories We Carry About Motherhood* - An open and reflective conversation about the beliefs, expectations, and experiences that shape how we understand and live motherhood today.

In Person - Great Decisions: U.S.-China Relations

Thursday, May 14, from 6-7:45 p.m. Relations with China remain tense, with tariffs, military modernization, and pressure on Taiwan. Does Trump have a coherent China policy, and will his tariffs on Rare Earth minerals be effective? What are America's strategic options?

In Person - Paint Night with Ashwini Chitnavis

Monday, May 18, from 5:30-7:30 p.m. No art experience necessary, just an open mind and a can-do attitude.

In Person - Bio/Memoir Book Club

Wednesday, May 20 at 11 a.m. Read *Mailman* by Stephen Starling Grant.

In Person - Cook Book Club

Tuesday, May 19 at 5 p.m. Cook from *Carla Hall's Soul Food: Everyday and Celebration* by Carla Hall.

ADULT - VIRTUAL:

Virtual - A Discussion w/Romance Author Rebecca Zanetti

Monday, May 4 at 7 p.m. We're chatting with mega-star, Rebecca Zanetti, and we're catching her between book launches! *You Can Scream*, the fifth book in the Laurel Snow series, will be out in December 2025, and *One Shattered Crown*, the 3rd book in the Grimm Bargains series, comes out in June 2026! We'll be celebrating Rebecca's books and discussing her glamorous life as a best-selling author.

Virtual - The Little Gems Of London

Tuesday, May 5, from 2-3:15 p.m. Get introduced to some of the Little Gems of the majestic city of London.

Virtual - Four Cosmic Mysteries with Bill Thierfelder

Tuesday, May 5 from 7-8:30 p.m. This program focuses on four intriguing--and cutting-edge--mysteries of the Universe. Each of these is now a major field of study, and scientists around the world believe we are on the brink of discovering mind-altering answers.

Virtual - Environmental Book Club

Wednesday, May 6 at 6:30 p.m. Read *Eager: The Surprising, Secret Life of Beavers and Why They Matter* by Ben Goldfarb.

VIRTUAL - Romance Book Club

Thursday, May 7 at 7 p.m. Topic: Wedding Fever

Virtual - Presidential Series with Doodler Heather Rogers: James Monroe

Friday, May 8 at 10:30 a.m. Welcome to our yearlong series in which "America's Preeminent Presidential Doodler", Heather Rogers, shares facts, factoids, and fun illustrations about the presidents of these United States.

Virtual - Friday Night Film Discussion

Friday, May 8 at 7p.m. Watch *Black Dog*

Virtual - Ticks & Tick-Borne Threats

Saturday, May 9 at 10:30 a.m. Explore the biology of ticks and the growing threat of tick-borne diseases.

Virtual - A Guardian and a Thief with author Megha Majumdar

Monday, May 11 at 7:30 p.m.

Virtual - Armchair Travel To Malaysia

Tuesday, May 12, from 2-3:30 p.m.

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

Tuesday, May 12, from 6:30-7 p.m.

Virtual - Marvelous Meatless Menus with Chef Leslie

Tuesday, May 12 at 7 p.m. Come learn to prepare and think about food in a new way.

Virtual - Thriller/Horror Book Recs with Bookstagrammer fromredreadreviews

Tuesday, May 12, from 7:30-8 p.m. Join Jody Blanchette (aka @redreadreviews), monthly, for 30 minutes of pure book recommendations - the best of horror and thrillers out there!

Virtual - JOB SEARCH HELP -- Beware Of Job Scams

Wednesday, May 13 at 9:30 a.m. These days, there are so many 'fake' jobs being sent to job seekers that aren't real. But they seem like it. Learn some of the telltale signs and how you can best protect yourself from them.

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

Wednesday, May 13, from 6-6:30 p.m. Join book store owners (and twin sisters!), Lily and Hannah Barrett, quarterly for 30 minutes of pure romance book recommendations - that are by diverse authors or have inclusive storylines.

Virtual: SciFi Book Recommendations with Author Elizabeth Bear

Wednesday, May 13, from 7-7:30 p.m. Love SciFi but not sure what to read next? Join best-selling author, Elizabeth Bear, quarterly for 30 minutes of pure book recommendations.

Virtual - A Look Back At The Early Days Of Television Comedy

Wednesday, May 13 at 7 p.m.

Virtual - Bill Gette: New England Butterflies

Thursday, May 14, from 1-2:15 p.m. During his PowerPoint presentation, Bill Gette will show his colorful photographs of 48 species of New England butterflies and discuss their life histories, flight months, and host plants.

Virtual - Declutter series with Jamie Novak: Stop Procrastinating: how to get your tidying done

Thursday, May 14, from

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LIBRARY

continued from page 12

7-8:30 p.m.

Virtual - Up Close & Incredible: The Magic of iPhone Macro Photography with Deborah Tual

Thursday, May 14 at 7 p.m.
We'll explore lighting, focus, composition, and simple editing tips to help you turn small subjects into eye-catching images. No fancy equipment needed—just your iPhone and a curious eye.

Virtual - Banning Books in America: Not a How-To with Author Samuel Cohen

Monday, May 18 at 7 p.m.
Virtual - The Construction & Demise Of Penn Station

Tuesday, May 19 at 2 p.m.
Virtual - Iconic Entertainers: The Musicals of Gower Champion with Clint Edwards

Tuesday, May 19, from 7-8:15 p.m. An in-depth look at how the director/choreographer Gower Champion crafted some of the most popular musicals of the 60's, 70's, and 80's (Bye Bye Birdie, Hello, Dolly!, 42nd Street, etc.).

Virtual - The Curse Of The Blumenthals – 3 Generations Of Secrets, Crimes & Lies

Wednesday, May 20 at 7 p.m.
Virtual Tour Of The Museum Of Modern Art

Thursday, May 21 at 2 p.m.
Virtual - Fantasy Book Recs with Kristen of the Fantasy Cafe

Thursday, May 21, from 6:30-7p.m. Join blogger, Kristen, of Fantasy Cafe for this quarterly session of her recommendations of some of the best Fantasy books out there!

Virtual - Quebec City with Bruce Magnuson

Thursday, May 21 at 7 p.m.
Explore Quebec through the lens of its two iconic cities—historic Quebec City and dynamic Montreal—highlighting their distinct character and shared cultural roots.

Virtual - Inclusive and Diverse Book Recs with Bookstagrammer @some-timesleeynnreads

Thursday, May 21, from 7:30-8 p.m. Join bookstagrammer, Leeynn Brady (aka @some-timesleeynnreads), monthly for 30 minutes of pure book recommendations - any genre as well as YA and Middle Grade books, as long as they are by diverse authors or have inclusive storylines!

Virtual - Friday Night Film

Discussion

Friday, May 22 at 7 p.m.
Watch *The Blue Caftan*.

Virtual - Sounds Like Trouble To Me – A Legal Thriller Inspired By True Stories

Tuesday, May 26 at 7 p.m.
Author Jean Trounstein will discuss her new novel, *Sounds Like Trouble to Me*, in conversation with Angelia Jefferson.

Virtual - JOB SEARCH HELP – Using Emotional Intelligence To Reset Your Career

Wednesday, May 27 at 9:30 a.m. Learn practical techniques to communicate effectively, express yourself confidently, and maintain optimism even in tough situations. Walk away with actionable strategies to boost your career growth and success.

Virtual - Mastering Stress – Practical Techniques For Relief

Wednesday, May 27 at 7 p.m. Join mindfulness and meditation instructor Lauren Masse, founder of Bright Heart Coaching, to learn effective strategies to manage and reduce stress in your daily life.

Virtual - Art on Thursday: The Peale Family: America's First Artistic Dynasty

Thursday, May 28, from 7-8:15 p.m.

ADULT WEEKLY: Knit and Crochet Club
Mondays at 6 p.m. Walk-In Gentle Yoga

Tuesdays at 6 p.m. Registration Required

NEW! In Person - Mindful Meditation

Fridays from 10:30-11:15 a.m.
CHILDREN: Special Programs Flicknic: Lilo & Stitch (2025)

For families. Friday, May 8, from 12:30-2:30 p.m. Come join us in the afternoon for a showing of last year's live-action Lilo & Stitch movie. No registration required!

Little Picassos Club

For grades K-2. Tuesday, May 5, from 4:30-5:15 p.m. We'll paint, sculpt, and everything in between—just bring your creativity! Registration required.

Art Club

For grades 3-6. Thursday, May 7 at 4:30 p.m. Registration required.

LEGO Club!

Monday, May 11 at 4:30 p.m. For kids in grades K-3. Registration is required, and space is limited.

Juntos en la Biblioteca: Actividades en Español en Familia

For families. Para familias
Monday, May 18 at 6:30 p.m.
Los invitamos a disfrutar en

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

Pokémon Club

For grades 2-6. Tuesday, May 19 at 6:30 p.m. Come hang out and make new Pokémon friends! Registration required.

Little Crafters

Thursday, May 28 at 10:30 a.m. Bring your imagination, and let's make some colorful memories together! For families with children ages 0-5. No registration required.

Math Carnival

For grades K-5. Saturday, May 30, from 1-3 p.m. Schiesske Large Meeting Room Ashland Public Library 66 Front St, Ashland, MA, 01721. Join us for a fun math event designed for K-5 students, where kids can build their math skills through interactive games and hands-on challenges with the help of high school volunteers from the Na-

tional Honor Society.

WEEKLY STORYTIMES (no registration):

Clocktown Rockers!

For ages 2-5 with a caregiver. Tuesdays at 10:30-11 a.m. Join us for this exciting music and movement program!

Baby Time

For ages 0-3 with a caregiver. Wednesdays from 10:30-11 a.m. This interactive storytime includes sweet stories, fun rhymes and fingerplays, bounces, and so much more.

ABC Adventures

For ages 3-6 with a caregiver. Fridays at 10:30-11 a.m. Join Miss Kayla for this new literacy-focused storytime!

Saturday Stories

For families with young children. Saturdays from 10:30-11 a.m. Join Miss Kayla for our weekly Saturday morning storytime!

RECURRING WEEKLY PROGRAMS:

Project ABC: Play, Learn & Grow

Ages 0-5. Registration is required, and is found on their website: <https://www.projectabc.org/>

Tinker Together

For ages 2-5 with a caregiver.

Thursdays from 3-4 p.m. Our Tinker Group is brought to you by the Metrowest YMCA, the same people behind our fan-favorite Project ABC!

TEEN:

Teen Advisory Board Meeting In Person

Tuesday, May 5 from 5-6 p.m. Share your ideas and help plan teen events! This event can be used for community service hours.

Teen - In-Person Creative Writing Club

Thursday, May 14 from 5-6 p.m. Stop by the Teen Room at the Ashland Public Library to do some creative writing. You can continue working on a project or start a new one! There will be optional prompts for inspiration.

Teen - In-Person Crafting Club: Perler Beads

Thursday, May 28 from 4-5 p.m. Craft at the library! The featured craft is Perler beads, but you can also bring your own craft from home or use our supplies to make a different fun project. Draw, do origami, make bracelets, etc.



Come visit our gardens and shop our nursery on these days,
Please respect the fact that we are only open to the public on these days.

The Hosta Farm of Mendon
Open to the Public Days 2026

will be open on the following
Saturdays from 8:00 AM to 4:00 PM:

--- May 16th --- May 23rd --- June 6th ---
--- June 13th --- June 27th --- July 11th ---
--- August 15th --- Sept 12th ---

52 Bates St - Mendon, MA
hosta_farm@yahoo.com
508-634-1914

June 27th will be a great time to check out the Waterlilies.

August 15th the Fragrant Hosta should be flowering!
Not all Hosta are Fragrant
This is the best time to smell test the ones that are!

Stay Connected
Postcards and ads are only once a year
~~~~~  
For up to date information you can:  
Find us on Facebook & Instagram  
Join our email List by Email us at [hosta\\_farm@yahoo.com](mailto:hosta_farm@yahoo.com)  
Check out our website - [www.thehostafarmofmendon.com](http://www.thehostafarmofmendon.com)

# Ashland Local Updates

## Community Voice Matters

Residents of Ashland are encouraged to make their voices heard at the upcoming Annual Town Meeting on Wednesday, May 6, at 7 p.m. at the Ashland High School Auditorium.

The Annual Town Meeting gives registered voters the opportunity to decide on the town's budget, local bylaws, and community priorities for the year ahead. This meeting allows residents to speak on the warrant articles, ask questions, and vote on specific proposals that have an immediate impact on daily life in Ashland.

This year's agenda will include votes on the proposed fiscal year 2027 budget, updates to zoning bylaws, and a community preservation proposal.

## Proposed Operational Override

A key item on this year's warrant is a proposed operational override. If approved, the override would allow the town to raise additional revenue beyond the standard levy limit.

If passed at Town Meeting, the override will also require approval by voters at the Annual Town Election on Tuesday, May 19.

## Why Your Vote Matters

Town Meeting is where local democracy truly happens. Every vote cast at Town Meeting directly shapes the services and investments that affect our schools, public safety, infrastructure, and overall quality of life.

Participation is open to all registered voters in Ashland.



Residents who are unsure of their registration status are encouraged to contact the Town Clerk's office before the meeting, or you can check your status and register online at [www.sec.state.ma.us/OVR](http://www.sec.state.ma.us/OVR).

Childcare services will be available on-site. To register, please use the link below:

<https://forms.gle/HWmnr-NudV2QRnTw9>

ADA accommodations can be arranged for residents who require accessibility assistance. Anyone in need of special arrangements, please contact the Office of the Select Board at 508-881-0100 by May 1, 2026, in order that reasonable accommodations may be made.

We hope to see a full house on May 6, reminding residents that the Annual Town Meeting is not just a civic obligation, but an opportunity to actively shape the future of Ashland. For a copy of the meeting warrant and additional information, please visit the town's website ([www.ashlandmass.com](http://www.ashlandmass.com)) or stop by Town Hall during regular business hours.

## CultureFest

The Corner Spot is back for Season 9, and the #bestspotintown just keeps getting better! We're gearing up for our next event at the end of this month, CultureFest. CultureFest is a celebration of the diverse cultures that make up our community! We have a great lineup of musicians, food, and vendors, including an instrument "petting zoo" where you can try your hand at a variety of different instruments. Some of our stage entertainment includes: Divergence Dance Collective, Drum Nomads, The McCrites, Mass

Capoeira, and Chris Barber. There will also be delicious things to eat thanks to Dulce D Leche, IronHog BBQ, and Tako Loko!

We hope that you'll join us for a day of fun and celebrate the amazing cultures that make up our great community!

CultureFest will take place on Saturday, May 30, from 3 - 6 p.m. at The Corner Spot, located at 6 Cherry St.

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

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

## Spring Yard Waste Collection

The Spring Yard Waste Collection will run on Mondays through June 8, except on Memorial Day (May 25).

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

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

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

## Electronics Collection

The electronics recycling

drop-off at the DPW will run on the following schedule for 2026:

- Saturday, 4/4, 9 a.m. – noon
- Saturday, 6/13, 9 a.m. – noon
- Saturday, 8/1, 9 a.m. – noon
- Saturday, 10/3, 9 a.m. – noon

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

- TVs & computer monitors (up to 20" screen, measured diagonally): \$10 each.
- DVD/CD players; printers; CPUs; receivers; misc. household electronics: \$10 each.
- TVs & computer monitors (over 20" screen, measured diagonally): \$20 each.
- Window A/C units, dehumidifiers & microwaves: \$20 each.
- Refrigerators (small dorm size): \$25 each.
- Refrigerators (full size): \$45 each.

## Dell Technologies Employees Help Keep Ashland Beautiful

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

Two weeks prior to the Boston Marathon, Dell employees clean up along the marathon route to ensure a clean space for one of our community's biggest events. 80 Dell employees spent a day cleaning trash, and items dumped 10-15 ft. off both sides of the road from Hopkinton to the Framingham line. This year, they collected 110 trash bags - a mix of 30-gallon and 60-gallon bags was used.

In 2025, they collected 104



bags, but only had the 30-gallon black bags. This year, they also had 55-60-gallon yellow bags. The yellow bags being double the size means they collected more trash if those were filled beyond halfway. Which is good news for how much was cleaned, bad news for how much litter keeps returning to this road.

Here are the breakdowns of the roadway where they tracked how much was recovered and some of the things that they found:

## Hopkinton

- Section 1** - Starbucks in Hopkinton to Hopkinton Lumber
- 26 bags - Some of the litter included signage, stair joist, car bumper, metal poles, and smoke detector
- Section 2** - Marathon Starting Line to Legacy Farms Road
- 18 bags - Some of the trash collected in this area was, a space heater, glass liquor bottles (from pint size to handle), Legos...yes a lot of Legos from a box of trash, car part, a broken cast iron pan, construction debris and lots of plastic bottles
- Section 3** - Legacy Farms Drive to TJ's Food & Spirits
- 20 bags

## Ashland

- Section 4** - TJ's Food & Spirits to Ashland Middle School
- 16 bags
- Section 5** - Ashland Middle School to Fitzzy's Car Wash
- 18 bags - the litter collected in this area includes, a blow torch fuel canister, metal pieces, a large number of #2 pencils along the way, liquor bottles, beer bottles, plastic, dunkin/starbucks cups, and sports drink bottles
- Section 6** - Fitzzy's Car Wash to Sri Lakshmi Temple
- 12 bags
  - 5 on south side of 135 at Sri Lakshmi
  - 3 on north side – across from

## ASHLAND UPDATES

continued on page 15

### METROWEST EMS EDUCATORS

Accredited Training Institute

#### EMT Technician Courses\*

HYBRID CLASSES STARTING IN:

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

\*Required Course to become EMT Certified

Register today at [mwemse.com](http://mwemse.com)  
[info@mwemse.com](mailto:info@mwemse.com) | 508.397.1437

## ASHLAND LANDSCAPE SUPPLY

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### LOAM & STONE • PROPANE TANK FILL

### PAVERS

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(508) 881-0001 • [AshlandLandscape.com](http://AshlandLandscape.com)  
18 Waverly Street, Rte. 135, Ashland

# Lali-Pop & Poquita-Banana: Curious, Silly, and Sweet Sisters!

Lali (grey/white) and Poquita (black/white) are beautiful 3-year-old sisters who were found as strays. They are very, very bonded and truly love each other. They can almost always be found cuddled together, sleeping curled up in a sunbeam.

They are incredibly sweet with each other, never have disagreements, and love to play together, chasing each other in fun games of tag. Their signature move is the classic “jump scare,” where one will crouch behind something and jump out to surprise the other. It’s hilarious to watch! They also love sitting in their cat tree by the window, watching the world outside.

Lali is a very gentle girl and so

sweet she's earned the nickname Lali-Pop. She loves to play with wand toys and will happily chase them as you swing them around, expertly snatching them out of the air. She also enjoys sitting near you and just being close.

Poquita is the more curious of the two and likes to be right in the middle of everything. She will follow you around to see what you're doing and wants to investigate anything new in her space. She's also a bit of a clown, jumping high to catch toys, hanging upside down, rolling around, and showing off her silly side, earning her the nickname Poquita-Banana.

Both girls are shy and cautious  
by nature and will need time

and patience as they adjust to a new home. They enjoy playing and hanging out nearby and will take treats from your hand. They are still building confidence with touch and are not yet comfortable with full petting, but they are making progress. They will do best in a home with an experienced, cat-savvy person.

They are wonderful, beautiful girls who will bring fun, laughter, and joy to a patient and loving home.

Adoptions are by appointment only. If you have an interest in meeting Lali and Poquita, please fill out our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>).



# The Mary 'Penny' Mortensen Public Health Award

In honor of Ashland resident and longtime Board of Health Member, Mary “Penny” Mortensen, the Board of Health has created an annual Award to honor her dedicated service to the Town. Mary Mortensen was instrumental in the implementation of many Board of Health regulations. This year commemorates the ninth year of the Award.

The Mary “Penny” Mortensen Public Health Award will be presented to an Ashland citizen or organization for efforts concerning public health. Their name will be engraved on a

plaque displayed at Town Hall, and there will be a presentation of acknowledgment during a Board of Health meeting.

Do you know someone who shows exemplary volunteer service to others in the community and inspires others by bettering the health and wellness of the community? If so, please submit your nominations to the Board of Health, so that we may highlight their service to the Community.

To submit a nomination, please reach out to the Board of Health at [boardofhealth@ashlandmass.com](mailto:boardofhealth@ashlandmass.com)



## ASHLAND UPDATES

*continued from page 14*

### Extra Space Storage

- 1 on south side, across from ASD Landscaping
- 3 on south side in front of the Ashland public safety

They collected debris across both sides of 6.5 miles of roadway with 80 people volunteering their day to make Ashland look good! We are very grateful to the team at Dell Technologies for the work that they do to keep our community clean and pretty!



**Dell Technologies of Hopkinton poses for a photo.** *Courtesy photo*

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**MyAshlandIns.com**

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# May 2026 at Ashland Senior Center

*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.ashland-mass.com/390/Newsletter> or view online. **Please Note:** Programs and events are frequently updated after we publish our schedule. We try our best to provide accurate information. We appreciate your patience!*

## IMPORTANT INFORMATION

**CLOSED:** May 25, Memorial Day.

**KEYFOB REMINDER:** Please remember to use your key fob each time you visit the Senior Center. The data collected is important and helps us with program planning, grant applications, and reporting efforts. If you already have a key fob from another senior center, we may be able to link your existing information to our system—please check in at the main office for assistance.

## FEATURING:

### Free Jazz Concert: The Bob Martin Jazz Quartet

Thursday, June 4, 6-8 p.m. at the Ashland Community Center. Reservations MUST be made by calling 508-881-0140 ext. 1 – deadline May 22. All are welcome to attend this event, generously funded by Howard Axelrod in celebration of his wife, Nancy Stoller Axelrod. Please join even if you didn't know Nancy.

### NEW! Caregiver Support Group – Meets Second Wednesday of the Month

Wednesday, May 13, from 3:30-5 p.m. Facilitated by a Licensed Independent Clinical Social Worker. Register: email [jtokarowski@ashlandmass.com](mailto:jtokarowski@ashlandmass.com)

### FREE SERVICES: Reservations Required

#### Transportation

FREE transportation for older adults 60+ in Ashland and bordering towns only. Curb-to-curb

service and wheelchair accessible. Monday and Tuesday, 8:30 a.m. – 1:30 p.m. Wednesday 8:30 a.m. – 11:30 a.m. 48 hours' advanced notice required. Call 508-881-0140 ext.1 to schedule.

#### Computer Lab:

Our newly updated computer lab offers ADA-accessible computers, printing accessibility, and independent learning opportunities such as learning a new language, listening to podcasts or music, or using a quiet space for a virtual meeting.

#### Legal Phone Consultation:

Friday, May 15, from 10-11:30 a.m. With Arthur P. Bergeron, Mirick Law. Call to schedule an appointment.

#### Mobility Equipment Borrow or Loan Program

We offer a variety of gently-used, high-quality mobility aids available for short-term loan at no cost to you. Equipment includes: walkers, rollators, canes, manual wheelchairs and transport chairs, shower benches and bath chairs, knee scooters, and bed rails. Please call 508-881-0140 ext.1 to check availability.

#### SHINE (Serving the Health Insurance Needs of Everyone)

In person with Lenore Tracy. Thursdays at 10 a.m., 11 a.m., 12 p.m. Appointment required. Please call 508-881-0140 ext. 1.

#### Veterans Office Hours with Richard Sabounjian

Wednesday, May 6 and 20 from 9-11:30 a.m. Appointments recommended. Call 508-429-0629 to schedule.

#### PROGRAMS & ACTIVITIES

All Programs & Activities require registration unless noted in the specific event description. To register, call 508-881-0140 ext. 1 or stop by the Senior Center at 162 West Union Street, Ashland.

#### COMMUNITY EDUCATION & ENTERTAINMENT

#### Downton Abbey Viewing: Season 4, Episode 8.

Thursday, May 7, from 10:30-11:30 a.m. Tea and coffee provided.

**Digital Literacy Class (Computers): Intro to Microsoft Word and Excel** with Jonathan Baron. Tuesday, May 12, from 10:30-11:30 a.m.

#### Movie with Popcorn: *The Best Exotic Marigold Hotel* (2011) PG Comedy

Tuesday, May 19, from 1-3:04 p.m. British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

#### Birding 101: Birds & Bird-watching with Tia Pinney, Mass Audubon Society

Wednesday, May 6, 11 a.m. – 12 p.m. This presentation will open your eyes and ears to the joy of birding. Registrations Required by Thursday, April 30.

#### Native Plant Garden with Becca Solomon, Town of Ashland Conservation Agent

Tuesday, May 19, from 11 a.m. – 12 p.m. Native plants attract pollinators, require less maintenance, are drought-tolerant, decrease erosion, and increase the health of the soil.

#### Visit with Service Dog Huxley with Jennifer Pavia-Shiels, Ashland High School Adjustment Counselor

Wednesday, May 13, from 2:15-3:15 p.m.

#### BOARDS, COMMITTEE & COMMUNITY MEETINGS

#### Ashland Council on Aging (COA) Meeting

Thursday, May 7, from 10:30-11:30 a.m. Open to the Public

#### Friends of the Ashland Council on Aging (FOACOA) Annual Meeting

Thursday, May 7, from 12-1:30 p.m. At the Annual Meeting, we are seeking to elect

- 3 NEW Board Members, each for a 3-year term, and 1 NEW Board Member for a 2-year term.
- Board Officers – President, Vice President, Treasurer & Secretary – for an Annual 1-year term.

The Treasurer's position is currently vacant and needs a replacement. We are seeking a person with accounting skills for this role. The Annual Meeting is Open to the Public. Please contact Gerry Zablaty at [gmz2007@aol.com](mailto:gmz2007@aol.com) if you are interested in serving on the Board or would like more information.

#### Town Manager's Coffee Hour

Wednesday, May 20, from 10-11 a.m. All are welcome!

#### Dull Men's Club with Doc

Tuesday, May 5, at 9:30 a.m. for Breakfast at 2 Mauros Café (self-pay).

Tuesdays at 9:30 a.m., May 12, 19, 26 at Ashland Senior Center. Coffee and Conversation. All 60+ Men welcome

#### HEALTH & WELLNESS

Registrations: Call 508-881-0140 ext. 1.

#### Blood Pressure CLINIC

Wednesdays at 10:30 a.m. Walk-ins welcome!

#### Clocktown Memory Cafe with Catnip Junkies

Tuesday, May 26, from 1-2:30 p.m. Clocktown Cafe provides a welcoming place for individuals with Alzheimer's disease, dementia, or a cognitive impairment accompanied by a caregiver. Light refreshments will be served. Please RSVP to Susan McNulty, [smcnulty@ashlandmass.com](mailto:smcnulty@ashlandmass.com) or 508-532-7945. Registration due by Thursday, May 21.

#### Safe Driving for Seniors with Anne Fitzgerald, RN

Wednesday, May 20, from 11 a.m. – 12 p.m. Tips to improve your driving.

#### Hearing Aid Cleaning with Hopkinton Audiology

Will resume in June 2026

#### Mindful Coloring

First and Third Thursdays of the Month at 1:30 p.m. Walk-ins welcome!

#### Mindfulness & Meditation with Mary Green

Thursdays at 11 a.m. \$4 pp suggested donation per class.

#### Parkinson's Boxing

First and third Wednesday of

the Month at 1:30 p.m. Equipment provided.

#### Sound Meditation Journey with Sonia Stingo

Thursday, May 21, at 10 a.m.

#### Community Paint Night

Monday, May 18, 6-7:30 p.m. \$20 Resident/\$25 Non-Resident. Registration required: [AshlandMA.MyRec.com](http://AshlandMA.MyRec.com)

#### ARTS, CRAFTS, SEWING & COOKING

Registrations Required unless otherwise noted. Call 508-881-0140 ext. 1.

#### Cook with Chef Lee: Roasted mushrooms with cashew nut sauce on pasta

Thursday, May 21, from 11 a.m.-12:30 p.m. Cost \$5 pp. Registrations: Due by Thursday, May 14.

#### Craft Class with Elissa: Luggage Tags

Friday, May 15, from 10 -11 a.m. Supplies provided. Registrations: Due by Thursday, May 7.

#### Craft Class with Milly: Paper Lilac Painting

Friday, May 29, from 10-11 a.m. Supplies provided. Registrations: Due by Thursday, May 21.

#### DROP-IN Knitting & Crocheting Group

Second & Fourth Tuesday of the Month at 11 a.m. Bring your current project, share conversations, and enjoy knitting with our group.

#### Knit Along with Nancy

Second and Fourth Thursdays at 1-2:30 p.m. Beginner's Knitting Project: Sweater with Buttons. Registrations: Due by Thursday, May 7 and May 21.

#### Intermediate & Advanced Watercolor Class

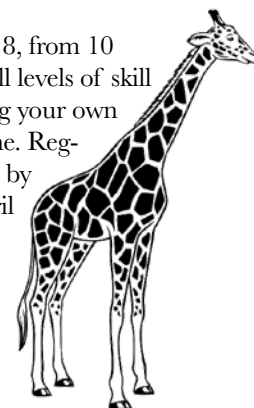
Tuesdays and Wednesdays at 9:30-11:30 a.m. Some openings. See the instructor for details and costs.

#### Sew with Tob: Zipper Pouches

Friday, May 8, from 10 -11:30 a.m. All levels of skill welcome. Bring your own sewing machine. Registrations: Due by Thursday, April 30.

#### Sew with Tob: Fabric Art Boxes

Friday, May 22, from 10

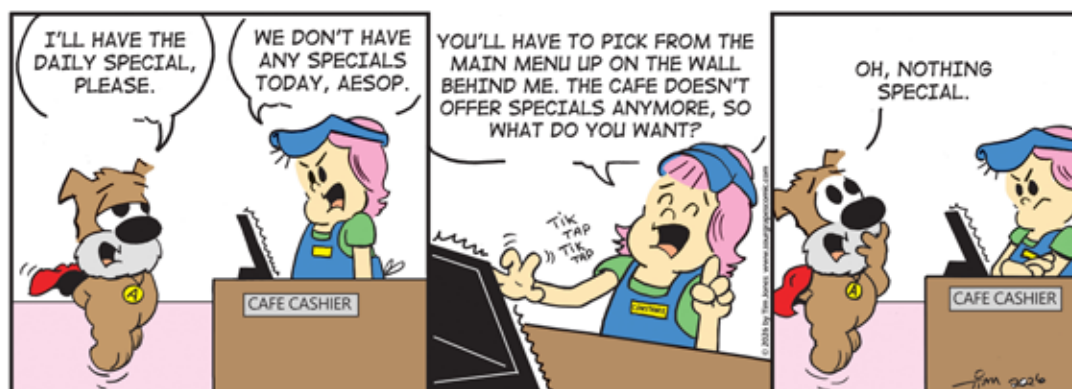


## SENIOR CENTER

continued on page 20

## SOUR GRAPES

by Tim Jones



# Ashland Resident Unveils Feature-packed Local Government Podcast: 'The Bad Girls Guide to Government'

Giulietta (Julie) Nardone, local artist, author, and civics enthusiast, has launched a fun, educational podcast, *The Bad Girls Guide to Government*. Its opening tagline, "Of the People, for the People, by the People," invites conversation between cohosts and encourages listeners to ponder topics such as earning the public's trust and the importance of checks and balances.

Nardone is known in MetroWest for her long-running cable show on WACA TV, "What's Really Going On?" with her former neighbor and collaborator, Jim Hanna, an Ashland native known for his witty, sage remarks at Town Meetings and for his long-time

service on the Zoning Board of Appeals. The monthly podcast features a discussion of topics relevant to local government and includes an honorary seat for Hanna, who died in 2021. He serves as the guiding beacon for the podcast due to his legendary commitment to speaking up. Nardone and other knowledgeable residents serve as co-hosts.

Nardone explains, "With the loss of robust local newspapers, municipal governments often use taxpayer funds to spread one-sided messages, leaving everyday residents without a platform to express themselves." She firmly believes there are many sides to every issue and all need

witnessing to have an engaged, informed, and activated public.

"The podcast has a unique structure that includes inspiration, cultural references, and in-depth research on local issues. I'm a big movie and motivational book buff and manage to cite at least one in every conversation," Nardone further adds. "It will be also useful to residents in other MetroWest towns.

She works closely with Barbara Chisholm, executive director, and Paul Beaudoin, technology director, at WACA TV in Ashland, Mass, to produce the podcast.

The *Bad Girls Guide to Town Government* podcast is available 24/7/365 on Apple and Spotify



and on the WACA YouTube channel: [www.youtube.com/c/wacatvashland](http://www.youtube.com/c/wacatvashland). The podcast welcomes questions and comments via email, [badgirlsshland@gmail.com](mailto:badgirlsshland@gmail.com).

*About Giulietta (Julie) Nardone*  
A Renaissance creative, Giulietta Nardone leads a variety of writing and painting classes and has exhibited her

artwork locally. In addition to numerous published essays in places like *Psychology Today* and the *Boston Globe Magazine*, she authored "Feel More Alive: Thirty Brilliant Ways To Reignite Your Inner Spark," a part-memoir, part art gallery, and part feel better guide about cultivating self-hope. In the early 2000s, she was diagnosed with spasmodic dysphonia, a rare neurological voice condition that left her barely able to speak. In the intervening years, she has managed through voice/singing exercises and a big dose of self-help to get her voice usable. She firmly believes, "If I can speak up with my crazy voice, imagine what you can do with yours!"

## Greater Ashland Lions Club

**Happy Cinco de Mayo (May 5) - Fly the American Flag on Memorial Day (May 25)**

We thank all those who attended our Quiz Night on April 17. It was a fun night with players trying to answer the many questions.

Check out our fundraiser "What a Crock" on our Face-

book page, Greater Ashland Lions.

Doing spring cleaning? Before you throw out those children's or adult coats, contact Lion Debbie at 508-881-2117.

May 28 is World Hunger Day.

Lions strive to improve food security and access to nutritious food to help alleviate hunger. You can help by donating to the Ashland Food Pantry.

Do you have any used eyeglasses hanging around? We'll

take them! Please bring them to the Police Station (located in the Public Safety Building at 12 Union St), Market Basket (Pond Street / Rte. 126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).

Our club still collects Pull-Tabs. They go to the Shriners, who, in turn, send them to be melted down. The funds received by the Shriners support many of their projects.

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

sure 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](mailto: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: Lion Rosalie Porter, 2nd VP*



## Ashland Lions Club May 2026 Update

### Senior Breakfasts

Seniors are invited to join us and community members for a monthly breakfast on the first Thursday of each month (weather permitting) at the Ashland Senior Center, 162 West Union Street. This event runs through May. Please contact the Senior Center to sign up no later than the Monday before each event.

### Become a Lion & Give Back

If you enjoy giving back to your community while meeting new people and having fun, consider joining the Ashland Lions!

For more information, contact Membership Chairperson IPP Betsy Andersson at [membership@ashlandlions.org](mailto:membership@ashlandlions.org), or message us on Facebook. You can also find several Lions members at Honeydew on West Main Street most weekday mornings.

**Save the Date: Annual Lions Golf Tournament**

Join us for the Ashland Lions Annual Golf Tournament, to be held Monday, September 14, at the Highfields Golf and Country Club in Grafton. There will be golf, a meal, raffles and a day of fun to support the Ashland Lions and their mission of donating to Eye Research and Local Charities. Sponsorship opportunities available. For details email [golf@ashlandlions.org](mailto:golf@ashlandlions.org) or visit us online at [ashlandlions.org](http://ashlandlions.org).

### Eyeglasses and Cellphone Collection

Our eyeglasses and cellphone collection runs year-round. We collect used prescription and non-prescription eyeglasses, sunglasses, hearing aids, and cell phones. Since September, we have collected over 1600 pairs of glasses. Thank you, Lion Warren Wales, for your tireless work on this project!

### Ashland Lions Meat Raffles

A great big THANK YOU to

the community for coming out to support the Ashland Lions this year at our monthly meat raffles. April was our last one, so we look forward to seeing you again in the Fall! Collection boxes are located at:

- Ashland Post Office
- Ashland Senior Center
- Old train station - Ashland
- Moody Optical - Ashland
- Middlesex Bank - Ashland
- Fayville Post Office
- Studio Optics - Framingham
- Southborough Senior Center
- Southborough Post Office (Route 85)
- TJ's Food and Spirits
- The Residence at Valley Farm

### Stay up-to-date on Lions happenings

To get the latest updates on our events, visit our Ashland Lions Facebook page and click "Like" to receive notifications of any changes. While you're there, be sure to follow *Ashland Town News* as well!

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## ASHLAND SPORTS

# Can Ashland Go 14-6 Again?

BY CHRISTOPHER TREMBLAY,  
STAFF SPORTS WRITER

Over the last two seasons, the Ashland girls lacrosse team has gone 14-6 in the regular season and has earned a six seed in the Division 3 State Tournament each time. Two years ago, the Clockers were able to take out Archbishop Williams and Nauset regional before losing to Hanover in the round of eight. Last season, after repeating the 14-6 record, Ashland took out Pembroke before losing to Ursuline Academy 11-7 in the Round of sixteen.

This spring, if the Clockers were able to post another 14-6 regular season record, Coach Katie Blasi probably wouldn't really mind. However, the coach would definitely want her girls to go beyond the round of eight and into the Final 4 if not the State Championship. While it may be a goal, it may be a little tougher as Ashland has been

bumped up from Division 3 to Division 2 this year.

"The goal is always to continue to do better and to get further than the Round of eight, where we've been stuck for some years, is definitely where we want to be," Blasi said. "It may be a little tougher this year moving up into Division 2 and only having a 16-player team. It's going to be a smaller team, but one of quality where anyone can play on the field at any time."

Leading the Clockers throughout the season and hopefully deep into the post-season will be junior goalie Alannah Duffy, who has been starting for Ashland since her freshman year. According to Blasi, Duffy has been putting in a lot of work during the off-season, and her save percentage has gotten better with each year.

"I am continually being told by opposing coaches how strong she is," the Clocker Coach said.



**Ashland Girls' Lacrosse Team.** Photo supplied by Coach Blasi.

"The Tri-Valley League is one of the toughest girls lacrosse leagues in the state, and we begin the season with some really tough games; thank god we have Alannah back there."

Blasi is hoping that her third-year goalie can continue to do what she has done over the past two seasons and maybe even a little more. Now, as a captain, Duffy has begun to be more of a vocal leader while manning the ship in the defensive end of the field, especially having a bunch of young starters on the defensive end in front of her.

Three other athletes that Blasi will primarily be looking to are Lili Vitti, a senior attack; Ashley Forster, a senior midfielder; and Maggie Magennis, a junior midfielder who will be playing attack this spring. Magennis, who had an ACL tear, has been cleared to play and may take a few games to get back up to speed and be able to contribute to the team. Forster is another Clocker who will be moving positions on the field this year. In the past, she has been a force of defense, but the team is in need of her to play in the midfield. Blasi is hoping that the senior can get the younger girls up to speed sooner rather than later so that she can move her back to her regular position, but for now, she is looking for her to make an impact on the attack side of the field.

Although only two seniors are starting alongside five freshmen, the team is making progress as the younger athletes begin to pick up the culture Blasi anticipates creating within the program. So far, so good as the

team is all beginning to grow together while becoming a part of the coach's culture rather quickly.

Offensively, Ashland's going to be led by Vitti and Magennis on the scoring front. Neither girl is afraid to take the ball one-on-one toward the net or dish it off to set someone else up to score. In addition to the two having strong offensive skills, Blasi will also have Forster in the mix on offense.

Thus far through the early part of the season, Blasi has been impressed with the play of junior Payten Tripp. The Clocker midfielder has not only great stick skills but is fast as well. Although she does more feeding to her open teammates than scoring, her play has been balanced, with three goals and four assists, and the coach expects the junior to continue to expand on both opportunities.

Once in the State Tournament this season, Ashland would very much like to move as deep into the playoffs as they can. Currently, the team is learning how each other plays the game and working hard to find that open individual.

"We want to create a fast pace to open up the game," Blasi said. "Once we get our attack rhythm down and begin playing good fundamental lacrosse, we'll be fine and looking toward making it into the State Tournament."

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# Color it ‘Sold’



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## REAL ESTATE INSIGHTS

Staging matters when appealing to buyers. A thoughtfully staged interior has proven to increase sale price as well as ex-

pand the buyer pool. And one of the quickest ways to set the stage is with color.

A change of color can update and refresh living spaces, kitchens and cabinetry, bedrooms and bathrooms. Consider the feeling you want to evoke, the style of your home’s architecture and the environments buyers are seeking — as indicated by current trends in the design world.

In 2026, paint color trends have shifted away from cool grays and stark whites. Homebodies are seeking warm, nature-inspired shades that create a tranquil feel, as well as deep jewel tones that convey moody sophistication. This is reflected in the signature hues announced by major brands this year: Benjamin Moore’s Silhouette (benjaminmoore.com/en-us/paint-colors/color-of-the-year-2026), a coffee brown with a hint of charcoal; Sherwin-Williams’ Universal Khaki (sherwin-williams.com/en-us/color/color-of-the-year/2026), a tan with yellow undertones; Behr’s Hidden Gem (behr.com/consumer/inspiration/2026-color-of-the-year), a smoky jade; and Valspar’s Warm Eucalyptus (valspar.com/en/colors/color-of-the-year-2026), a muted sage.

For living spaces, consider desert-inspired tones like terra cotta, clay and burnt orange. Warm neutrals, such as ivory, champagne and “greige” create a soft, inviting glow. Berry and rich purples add elegance and drama. For a bold effect, emerald, sapphire and dark plum are popular, particularly on accent walls, as well as soft, candy-col-

ored shades for a refined yet lighthearted feel.

For kitchens and cabinetry, trends this year favor creamy, organic neutrals and rich earth tones. Colors such as mushroom, olive and walnut bring nature indoors. Rich hues like deep indigo, navy and charcoal are popular for accent cabinets, islands or lower cabinets. Two-tone combinations — pairing lighter, neutral uppers with earth-toned or wood-grain lower cabinets — add interest and dimension, and natural wood shades create a warm, textured look.

In bedrooms and bathrooms, people are seeking personal wellness sanctuaries that feel cozy and luxurious. Trends in 2026 indicate a move toward comfort and rejuvenation, using natural shades for calming, spa-like re-

treats. Green is a “new neutral,” with colors like thyme and sage for a restorative haven, and nature-inspired blues for an uplifting, light-filled environment. And don’t forget the hardware: copper and other natural metals on cabinetry complete the setting.

Need some inspiration? Ask your real estate agent!

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# Ashland Recent Home Sales

| Date       | Ashland               | Amount     |
|------------|-----------------------|------------|
| 04/17/2026 | 276 Trailside Way     | \$455,000  |
| 04/17/2026 | 24 Russet Hill Rd.    | \$1.20 mil |
| 04/17/2026 | 437 American Blvd.    | \$698,000  |
| 04/14/2026 | 94 Myrtle St.         | \$600,000  |
| 04/14/2026 | 22 Wilbur Dr.         | \$1.18 mil |
| 04/10/2026 | 37 Riverview Dr.      | \$553,900  |
| 04/06/2026 | 9 Mountain Gate Rd.   | \$410,000  |
| 04/02/2026 | 306 Trailside Way     | \$425,000  |
| 03/31/2026 | 20 Braeburn Ln.       | \$759,000  |
| 03/31/2026 | 45 Half Crown Cir.    | \$610,000  |
| 03/31/2026 | 140 Algonquin Trl.    | \$605,000  |
| 03/30/2026 | 74 Meeting House Path | \$477,000  |
| 03/24/2026 | 257-259 Main St.      | \$326,000  |
| 03/20/2026 | 34 Waterville Ln.     | \$1.19 mil |
| 03/18/2026 | 241 Trailside Way     | \$450,000  |
| 03/18/2026 | 66 Cedar Hill Rd.     | \$630,000  |

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



The 4-bed, 5-bath, 4,213-square-foot home at 22 Wilbur Drive in Ashland recently sold for \$1,180,000.  
Image credit: www.zillow.com



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Jen@cordaville.com

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SENIOR CENTER

continued from page 16

-11:30 a.m. All levels of skill welcome. Bring your own sewing machine. Registrations: Due by Thursday, May 14.

EXERCISE

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

FREE TRIAL CLASSES

Curious about our exercise classes? Join us for a one-time trial session! It's a great way to experience the class, meet the instructor, and see if it's right for you.

Bowling – Ryan's Amusement, Millis

Tuesdays at 9 a.m. Check the cost with the bowling alley. Per person, per game for players 65 or older: \$5. 508-376-1101

Chair Volleyball FREE

Tuesdays at 1 p.m. (every Tuesday except the fourth Tuesday of the month).

Chair Yoga

Wednesdays at 1 p.m.

Exercise with Joni

Mondays, Wednesdays, and

Fridays at 9:30 a.m.

FREE Beginners' Yoga

Wednesday, May 20 at 5:30 p.m. Presented by the Town of Ashland & Human Services Dept. during Mental Health Awareness Month. Ages 16 & Up. Register: email JTOKAROWSKI@ashlandmass.com

Line Dancing with Lisa

Thursdays at 1 p.m.

Ping Pong FREE

Wednesdays at 11 a.m.

Tai Chi with Jon

Tuesdays at 11:45 a.m.

Zumba Gold with Kelli

Tuesdays at 10 a.m.

GAMES

Canasta

Wednesdays at 1 p.m.

Chess

Mondays at 1 p.m.

Cribbage

Thursdays at 12:30 p.m.

Mahjong

Fridays at 9:30 a.m., Beginners Call to register and learn how to play. Fridays at 10:30 a.m. for all levels

Pitch Card Game

Mondays at 1 p.m.

VIRTUAL PROGRAMS

Registrations Required

In collaboration with the Ashland Public Library. Register @ <https://www.ashlandmass.com/1224/APL-Calendar>

A Discussion with Romance with Author Rebecca Zanetti

Monday, May 4, from 7-8 p.m.

Presidential Series with Doodler Heather Rogers: James Monroe

Friday, May 8, from 10:30-11:30 a.m.

A Guardian and a Thief with Author Megha Majumdar

Monday, May 11, from 7:30-8:30 p.m.

Bill Gette: New England Butterflies

Thursday, May 14, from 1-2:15 p.m.

Up Close & Incredible: The Magic of iPhone Macro Photography with Deborah Tual

Thursday, May 14, from 7-8 p.m.

IN PERSON

Celebrating America's 250th

Saturday, May 9, from 1-3 p.m. *Founding Mother: a Novel of Abigail Adams*. Discussion led

by Stephanie Dray & Laura Kamoie at the Ashland Public Library Schiesske Large Meeting Room. Register: <https://ashland-mass.assabetinteractive.com>

MEAL PROGRAMS

Reservations Required

DINING RESERVATIONS POLICY

**Paid Lunches:** Payment slips and money are placed in the Lunch Payment Box located outside the Main Office. If you cancel, you may either pick up that week or "donate" your lunch.

**Entertainment:** If you choose to participate in a lunch with entertainment and will not be eating, the participation cost is \$4 pp unless otherwise noted.

**Birthday Lunch:** Celebrations are held on the FIRST MONDAY of the month. Only members of the Friends of the Council on Aging (FOACOA) will receive a FREE lunch, a cupcake, and a scratch ticket. You MUST SPECIFY on your reservation that it is your birthday lunch. All Lunches served with dessert.

All reservations must be made by NOON on the Thursday before the scheduled dining program.

**Lunch & Learn: Balancing Your Time Portfolio** with Kathleen Pehoviak, Retirement Coach. Monday, May 11 at 12 p.m. Entrée: Chicken à la King (Chicken, Mashed Potatoes, vegetables & gravy) \$7pp. Reservations for Lunch: by Thursday, May 7 at noon. Sign up for Presentation Only: Call 508-881-0140 ext. 1

Lunch Prepared by June Weiner, The Casual Gourmet

Wednesday, May 13 at 11:45 a.m. Entrée: Seafood Newburg (Scallops, Shrimp, Imitation Crab, Sweet Cream & Sherry) Served on a Puffed Pastry Shell \$7pp. Reservations for Lunch: by Thursday, May 7, at noon.

**STILL SINGING: Lunch, Music & Trivia** with performance by Mary Opanasets (just turned 70) and guitarist Roger Tincknell. Monday, May 18 at noon. Entrée: Chicken Parmesan, Ziti, Dinner Rolls, and Butter \$7pp. Reservations for Lunch: by Thursday, May 14, at noon.

Free entertainment reservations call 508-881-0140 ext.1.



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