

Ashland

Vol. 14 No. 8

Free to Every Home and Business Every Month

June 1, 2026

Learning green the fun way at Ashland's Earth Day Celebration

BY BRITTANY AMALFI

Ashland's fourth annual Earth Day Celebration returned on Sunday, April 26, and, as in years past, the event was an excellent day full of sunshine, live music, and local vendors. But the mission of the celebration is so much more: helping residents discover small ways to live more sustainably.

The community event has grown from a modest gathering into a lively town tradition that brings together families, environmental groups, local businesses, and curious residents of all ages. Held at the Corner Spot, this year's celebration featured a mix of hands-on activi-



EARTH DAY

continued on page 3

A local goat stealing the show. Photo supplied by Samantha Riley

Staff Spotlight:

Ashland's Recreation Center's Very own Kelly Rund!

BY BRITTANY AMALFI

Kelly Rund has been part of the Ashland recreation department for so long, it's hard to imagine the department without her. Since stepping into the role of Recreation Director in 2002, she's helped support generations of local families' memories—with summer camp friendships and youth sports victories to the kind of community traditions that keep people coming back year after year.

And while plenty of people know Kelly from the sidelines of a softball field or from checking in at an ARC program, many may not realize that her story with Ashland Recreation began long before she became director.

Born and raised in Ashland, Rund proudly describes herself as



Kelly Rund. Courtesy photo

"Clocker through and through." Both of her parents were also

KELLY RUND

continued on page 15

BUYING or SELLING a home?

contact us!

Ashland's hometown realtor® team



SCAN ME



PREMIER TEAM



TRACY BEAUDOIN | 508.380.9296

JUDI TELLER | 508.380.1933

BOSTON WEST



THINKING OF SELLING YOUR HOME?

Call KIM for a FREE NO-OBLIGATION Market Analysis

CONTACT Kim Foemmel 508.808.1149



FOEMMEL Fine Homes

FoemmelFineHomes.com

FULLY LICENSED & INSURED

SERVING METROWEST



Family Owned & Operated for 3 Generations Since 1949

RESIDENTIAL • COMMERCIAL • INDUSTRIAL

Water Heaters • Remodeling Service Work • Repairs • Boilers New Construction • Air Conditioning Heat Pumps • Mini-Splits • Electrical Services

0% INTEREST LOANS & REBATES OF UP TO \$25,000 THROUGH MASS SAVE

Worried about your Heating or Cooling System?

CALL US TODAY TO SCHEDULE A

COMPLIMENTARY ESTIMATE

with our Comfort Specialist, Matt

508-875-3413

ShahoodPlumbing.com



Local Customer Postal

PERMIT NO. 142 PAID U.S. POSTAGE ECRWS PRSRT STD



We dedicate this issue in loving memory of Ken Hamwey, our beloved writer.

October 14, 1943 - May 25, 2026

Full tribute in our July issue

Ashland Garden Club's spring news

Many of you might not know that the Ashland Garden Club plants and maintains six in-ground gardens around Town: the Library gardens, the Clock Tower garden, the Memorial, the Post Office garden, 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. I am choosing to focus on the Clock Tower garden this month. This garden is directly across from Stone's and includes the clock tower, which features a functioning clock symbolizing the Town's history.

I don't remember much about this site before the late Lois Bennett, AGC President and Master Gardener, designed the placement and type of plants you see in this garden

today. She chose red knock-out roses as the focal point, with nepeta (member of the catmint family) planted along each side of the five knock-out roses. Both the roses and the nepeta bloom from spring until late fall. The contrast of the bright blue of the nepeta on either side of the bright red of the roses is striking. Lois chose false cedar, a mounding shrub with golden foliage, to be planted at one end of the garden and various colored sedums to be planted under the clock tower at the other end.

I am including a photo of AGC members Chris Hall, Gretchen Bravacos, Lois Bennett, and David Foster, a founding member of AGC, taken on the day we planted the Clock Tower Garden in the Spring of 2015. You can see the roses and the nepeta in the photo. This site is currently planted and maintained by Chris Gatti, Master Gardener, Allison



Burba Hogan, both members of the AGC Leadership Team, and Margy Gassel (not pictured). In addition to maintaining the site, this team also adds interest to the garden by planting seasonal annuals.

The Ashland Garden Club

meets on the second Saturday of each month, September through June, and all meetings are open to the public. On Saturday, June 27, 1-2 p.m., the Library is co-sponsoring with AGC "Growing Food from Scraps," a workshop for chil-

dren and their caregiver. The workshop will be held in the Library's large meeting room. Watch the Library's website for information about registering for this event.

Article and photos submitted by Gretchen Bravacos.

SOUTHWICK'S ZOO

NEW ENGLAND'S LARGEST ZOO

WILD FUN

ALL-DAY ADVENTURES

Roar with the lions, soar through the trees on the Soaring Eagle Zipline, catch a bird show in the arena, and explore over 200 acres of amazing wildlife from around the world!

SO MANY ANIMALS TO SEE!

EXCITING RIDES & ATTRACTIONS!

SOARING FUN & LOTS OF LEARNING!

A FULL DAY OF ADVENTURES

PURCHASE TICKETS

2 Southwick St. Mendon, MA 01756

EARTH DAY

continued from page 1

ties, educational displays, games, shopping, food, and even a pair of crowd-favorite goats.

“It’s really become a community event,” Samantha Riley, Sustainability Program Manager, said. “Every year we see more people, more vendors, and more conversations happening.”

The celebration is organized by Ashland’s Conservation Department’s Becca Solomon and the Sustainability Department’s Samantha Riley. Planning begins well before Earth Day itself, especially as more organizations and vendors sign on each year.

While many returning groups have become familiar faces at the celebration, organizers were excited to continue expanding participation this year. Represented town organizations included the Stormwater Advisory Committee, Conservation Commission, Green-Up Ashland, Energize Ashland, the Town Forest Committee, two local Girl Scout troops, and the Ashland Override Committee.

Together, the groups created an event that blended education with entertainment — something organizers say is key to making sustainability approachable. “We try to have something for everyone,” Riley explained.

Live music from local band The Cardinal helped bring a lively atmosphere for the afternoon, while families explored booths filled with crafts, games, and environmentally focused activities. Visitors could make flower bombs with the Town Forest Committee, learn about stormwater runoff through an interactive model, or even help paint storm drains around the event area.

And while the Earth Day celebration leans educational, Ashland’s version made sure fun stayed front and center. One of the biggest hits with families continues to be the oversized carnival-style games scattered throughout the event. The games, commissioned several years ago with the help of a resident volunteer and grant funding, are designed to teach sustainable habits in a playful and interactive way. “They’re loved by all ages,” Riley said. “People are having fun, but they’re also learning.”



All photos supplied by Samantha Riley

Another crowd favorite came from a local goat milk soap and lotion vendor who arrived with two live goats. And of course, that quickly became one of the day’s most photographed attractions.

Riley says the heart of the event is encouraging residents to think differently about sustainability, not as something intimidating or all-or-nothing, but as a collection of small, manageable habits. “This event fully encourages environmental awareness in so many ways. We have topics ranging from energy use to native lawns to reducing waste. The goal is to let people explore what interests them and show them sustainable ways to do it.”

Even supporting local businesses plays into that message. Riley emphasized that shopping from local vendors can itself be a more sustainable choice than relying on major online retailers or big-box stores.

The message resonated with attendees throughout the day, especially thanks to the event’s conversational atmosphere. Rather than formal presentations or lectures, many of the most meaningful moments came from neighbors simply talking to one another, sharing ideas, and learning together. That sense of connection may be the best part of the entire event.

“Seeing all of the conversations people have is my favorite part,” Riley shared. “This event brings together people with different interests in sustainability and gives them a chance to learn something new from each other.”

And while this year’s celebration may be over, the organizers



are already thinking ahead. “We’re always growing,” Riley said. “This year we had the most vendors we’ve ever had, but next year we hope for even more.”

Ultimately, Riley hopes residents leave the event with at least one new sustainable habit or idea they can incorporate into daily life. “We don’t expect anyone to go home and com-

pletely change their lifestyle overnight,” she said. “True sustainability is really about lots of small habits—and if someone walks away with one new idea, then that’s a success!”

NO A/C? WE CAN HELP
FAST LOCAL SERVICE
\$65
DIAGNOSTIC SPECIAL OFFER
 VALID THRU 6/30/2026

A/C • Heating • Water Heaters

CALL NOW
508-301-3955
ProComfortControl.com

Ashland Arboretum's story

A once-contaminated industrial property that sat abandoned for decades has been transformed into a symbol of environmental renewal and community pride. The former Cadillac Paint and Lacquer facility at 409 Eliot Street in Ashland is now home to the Ashland Arboretum, a public green space focused on sustainability, education, and ecological restoration.

The property's history dates back to 1938, when Cadillac Paint and Lacquer began operations as a chemical manufacturing plant surrounded largely by farmland. Over time, the area transitioned into a residential neighborhood. During the plant's operation, hazardous materials were improperly disposed of, leading to significant contamination of the site.

Concerned residents spent

decades pushing for action. The Cadillac Paint Working Group was formed to formalize those efforts, with longtime neighbor Ed Hart becoming the public face of the cleanup campaign. Hart advocated tirelessly for more than 30 years to ensure the site would one day be restored and reused for the community.

In 1977, a series of fires destroyed several manufacturing buildings on the property. The site was abandoned and left to deteriorate, becoming both an environmental hazard and an eyesore. By the 1980s, growing concerns over contamination led to the plant's closure. In 2012 and 2013, the U.S. Environmental Protection Agency's Brownfields Program conducted a formal assessment of the property. EPA worked alongside local and state partners, including environmental consulting firm Nobis Group, to evaluate and remediate the contamination.

A major breakthrough came in 2014, when a four-agency partnership formed between the EPA, the Massachusetts Department of Environmental Protection (MassDEP), Mass-Development, and the Town of Ashland. The partnership helped secure funding and move cleanup efforts forward.

In 2015, Weston Solutions, Inc., working on behalf of the EPA, carried out extensive removal actions at the site. Cleanup efforts included excavating and disposing of more than 1,800 tons of PCB-contaminated soil, removing crushed drums left behind from earlier excavation activities, clearing trees and stumps, and

disposing of hazardous liquids.

Additional investigations and remediation work continued over the following years. In late 2016 and early 2017, Nobis conducted groundwater testing, soil borings, and laboratory analysis to further assess contamination. In 2018, another 189 tons of contaminated soil were excavated and removed from the property.

The cleanup process faced significant financial and legal obstacles, including a \$338,000 MassDEP lien on the property. In 2017, town officials successfully negotiated a lien waiver, dramatically reducing the financial burden. That same year, residents voted at a Special Town Meeting to authorize acquisition of the property through eminent domain, waive \$677,000 in back taxes, and approve \$200,000 to demolish buildings and clean the three-acre site.

With ownership secured, Ashland continued remediation efforts in partnership with the EPA. Senate President Karen E. Spilka and State Representative Jack Lewis secured \$50,000 in state earmark funding to support the project. By 2019, demolition, excavation, and stabilization work had largely been completed. Nobis Group continued testing and monitoring the property through 2025, when the site finally achieved regulatory closure milestones.

While cleanup progressed, residents and town leaders began planning the property's future. In 2023, the Town invited the public to help envision a new community space. A call to action in the Town Manager's



Photo: Courtesy of the Town of Ashland Website

newsletter connected officials with Erica Grasberger, then a student at the University of California, Berkeley. Grasberger worked closely with town staff to develop a vision for the future arboretum.

In October 2023, the Select Board unanimously endorsed plans to transform the site into the Ashland Arboretum. Early improvements included removing invasive plant species through volunteer efforts led by Conservation Agent Becca Solomon and Ed Hart. Their work also inspired the Ashland chapter of the SuAsCo CISMA "Weed Warriors," who continue maintaining and beautifying the property. Additional improvements included walking trails, sidewalks, and a small parking area.

The project was designed as a space for passive recreation and environmental education, featuring carefully selected trees, shrubs, and grasses that promote biodiversity and ecological resilience. Research for the project included archival studies,

GIS mapping, and field surveys, which identified more than 80 existing plant species on-site.

The arboretum now contains 81 new cultivars across 60 native species. Among the most recognizable are Eastern Redbud, Eastern Columbine, and Paper Birch. Other native species introduced to the site include Eastern Bluestar, Sweetfern, Bluestem Grass, Purple Love Grass, River Birch, Christmas Fern, Summersweet, Mountain Mint, and Bee Balm.

Today, the Ashland Arboretum stands as a powerful example of what can be achieved through persistence, collaboration, and community vision. Once a polluted and neglected industrial property, the site has been reborn as a vibrant public landscape where residents can connect with nature, learn about ecological restoration, and take pride in their community.

A ribbon-cutting ceremony for the new space will be held on June 9 at 4 p.m., and residents are invited to attend.

localtownpages

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

Publisher

Jennifer Schofield

Editorial

Brittany Amalfi

Send Editorial to:

editor@ashlandtownnews.com

Advertising Sales

Susanne Odell Farber
508-954-8148
sue@sodellconsult.com

Advertising Director

Jennifer Schofield
508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Bess Couture
Kim Vasseur
Wendy Watkins

Office Address

9 Industrial Road, Suite 107
Milford, MA 01757

Ad deadline is the
14th of each month.

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

© Copyright 2026 LocalTownPages

ASHLAND LANDSCAPE SUPPLY



WE DELIVER!
CALL TODAY!

BARK MULCH

Pure Hemlock • Hemlock Blend • Black Forest
Dark Pine • Red Cedar • Playground Chip

LOAM & STONE • PROPANE TANK FILL

PAVERS

Belgard • Keystone Hardscapes

(508) 881-0001 • AshlandLandscape.com

18 Waverly Street, Rte. 135, Ashland

PREMIER IMAGE GALLERY

INVENTORY CLEARANCE

50% OFF

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

35
Years in
Business!

◆ Specializing in Museum Quality Framing
◆ Finest Selection of Original Artwork by Local Artists

SALE

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

Your Money, Your Independence

Avoid the F.I.R.E. trap: Why true independence is flexible



Glenn Brown, CFP

In the world of personal finance, few concepts have captured the public imagination quite like the “FIRE” movement (Financial Independence, Retire Early). The premise sounds intoxicating: live in extreme frugality, sacrifice your lifestyle to save half your income, hit a precise mathematical milestone, and exit the workforce forever.

It looks perfect on a spreadsheet. But as a Certified Financial Planner, I see a glaring, human flaw in this hyper-fixa-

tion on a “magic number.” It turns money into a rigid prison rather than a tool for living. True financial independence isn’t about hitting an artificial finish line and pulling up the drawbridge; it is about building a life flexible enough to handle reality and generous enough to share.

The myth of the flat-line life

The fundamental math of traditional FIRE assumes your life will remain perfectly linear. It projects your future based on your current lifestyle, locking you into a permanent state of hyper-calculated spending to protect your safe withdrawal rate.

But life does not stay flat. A rigid financial plan leaves absolutely no room for the unpredictable, beautiful, and sometimes expensive shifts in our personal journeys.

What happens if you choose to care for aging parents down the road? What if you want to fund a loved one’s education, marry someone with a

different financial reality, or navigate a medical curveball? If your financial plan breaks the moment your life expands, it isn’t independence. It’s a self-imposed constraint disguised as freedom.

Reclaiming the power of flexibility

Instead of racing toward an arbitrary retirement date, a healthier approach is to design a wealth strategy around being “Work Option-Ready.”

Financial independence shouldn’t mean doing nothing; it means having the power to choose what you do, when, and with whom.

When you build a plan focused on flexibility rather than an escape hatch, you don’t have to view your career as a prison sentence to endure. You gain the agency to take a sabbatical, pivot to a lower-paying but more fulfilling role, or launch a passion project. Money is a tool for personal sovereignty, not just a metric for tracking how quickly you can stop contribut-

ing your talents to the world.

The generosity premium

Perhaps the deepest flaw of the hyper-frugal milestone mindset is its inherent isolation. When your entire identity is wrapped up in protecting a fixed lump sum, spending money becomes a chronic source of anxiety. This often forces people to say no to shared experiences or decline opportunities to support their community because any extra expense threatens their spreadsheet.

True wealth is social, not just mathematical. A sophisticated financial plan accounts for a “generosity premium.” It explicitly builds in the margin required to share your success, support causes you care about, and show up financially for the people in your life when it matters most.

True independence means having enough abundance to be altruistic without compromising your future.

Freedom is a behavior, not a metric

Do not let internet trends convince you that financial success is a race to a rigid finish line. The goal of comprehensive financial planning isn’t to cross an artificial boundary and stop living; it is to ensure your financial foundation is strong enough to weather life’s changes and flexible enough to let you live and give abundantly.

That is the kind of financial independence worth pursuing.

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

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

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

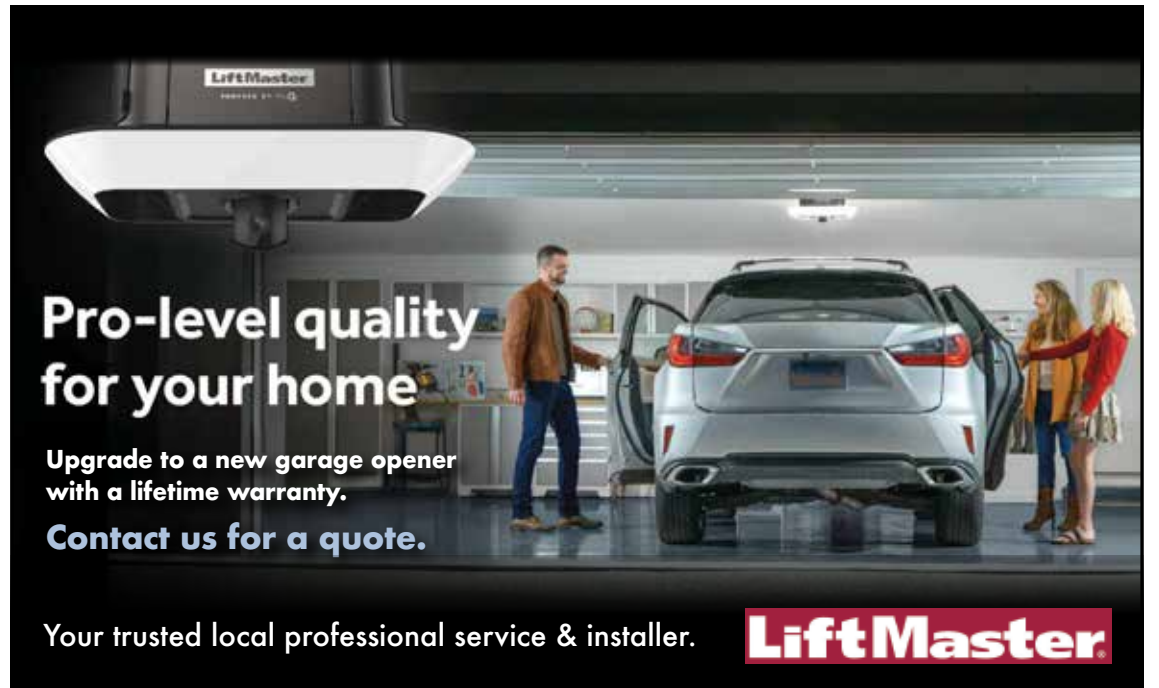


“ WE WANT TO HEAR FROM YOU! ”

- Have an Upcoming Event?
- Do you have a concern about things happening around town?

EMAIL US & LET US KNOW!

Editor@AshlandTownNews.com



Pro-level quality for your home

Upgrade to a new garage opener with a lifetime warranty.

Contact us for a quote.

Your trusted local professional service & installer.

LiftMaster

THE CORNER MARKET
Wicked Good Fast Food

Hand Tossed Pizza

Salads & Wings

Now Open Mondays

Paninis & Subs

Acai & Smoothies

TAKE OUT
Perfected
774-233-1966

12 Concord St Holliston, MA www.CornerMarketHolliston.com

Jolicoeur
OVERHEAD DOORS
Family-Owned since 1994

GARAGE DOOR EXPERTS
Garage Doors • Openers
Service • Installation
745 S. Main St., Bellingham
508-883-4522 • MyGarageDoor.com

Ashland Music: Celebrating MICCA success, spring concerts, and summer band opportunities

By the Ashland Music Association
Award-winning performances, upcoming spring concerts, and exciting summer music opportunities continue to showcase the strength of the Ashland Public Schools music program and the dedication of its student musicians, directors, and community supporters.

MICCA Festival Results

APS music ensembles delivered outstanding performances at the annual Massachusetts Instrumental & Choral Conductors Association (MICCA) Concert and Choral Festival, a three-day event held March 27–29 at six locations across the state. The festival gives ensembles the opportunity to perform for expert adjudicators from across the country, who evaluate each group against rigorous standard of musical excellence.

Once again, APS ensembles earned impressive results across all levels. The Ashland High School Concert Choir received a Bronze Medal, while AHS Concert Band White earned a Silver Medal and AHS Concert Band Blue

achieved a Gold Medal. The Ashland Middle School Wind Ensemble also performed exceptionally well, earning a Gold Medal for the second consecutive year.

These achievements reflect the strength and consistency of Ashland’s music program, as well as the hard work and commitment of its student musicians and directors.

The Ashland Music Association would like to extend our gratitude to the Ashland Select Board for providing a grant that supported student participation in the MICCA Festival, along with other festivals and concerts during the 2025–2026 season.

APS Spring Concert Schedule

The APS Spring 2026 Band and Vocal Music concert season is winding down, with several upcoming performances still to come. All concerts will be held at the AHS Barry Ruthford Auditorium beginning at 7 p.m. and are free and open to the public.

- June 4 – 4th & 5th Grade Concert Bands & AMS Jazz

- Ensemble
- June 9 – 6th, 7th & 8th Grade Concert Bands
- June 11 – AMS Spring Choral Concert

Summer Band Program

Would you like a chance to play fun and challenging concert band music this summer with your friends? Join Ashland band director Brian Koning and Northborough band director Lucas LaVoie for the Ashland Summer Band Program.

This community band program is open to musicians of all ages and levels from any town. It’s a great opportunity to play music with family and friends, meet musicians from other communities, and enjoy a rewarding summer playing experience.

Rehearsals are held every Tuesday evening beginning June 16 in the AHS band room. All bands will perform a final concert on August 4 at 7 p.m., held at the AHS Barry Ruthford Auditorium.

MICCA

continued on page 7

A Message from Boston Athletic Association President & CEO Jack Fleming



Moment Met.

John Korir, Sharon Lokedi, Marcel Hug, and Eden Rainbow-Cooper.

Boston Athletic Association President & CEO Jack Fleming expressed gratitude to all participants, partners, supporters, volunteers, and spectators who helped make the 130th Boston Marathon presented by Bank of America a remarkable success.

Reflecting on Marathon Monday, Fleming noted that “What a day!” became a shared sentiment heard throughout Boston on April 20. He thanked the people of Boston and the Commonwealth of Massachusetts for bringing the event to life, as well as the runners who traveled from more than 130 countries and all 50 states to take part in this year’s marathon.

Fleming highlighted the extraordinary energy felt across the entire course, from Hopkinton to Boylston Street, as the city united once again on Patriots’ Day. He emphasized that the enthusiasm of volunteers, dedicated partner support, and cheering spectators created an unforgettable experience for participants and meaningful memories for thousands in attendance.

While greeting finishers on Boylston Street, Fleming shared in the emotions and celebrations of runners accomplishing the feat of completing the Boston Marathon presented by Bank of America.

Throughout marathon weekend, the B.A.A. also recognized inspiring individuals within the running community and celebrated the sport as a whole. The organization surpassed a record \$55 million raised — with totals continuing to grow — through the Bank of America Boston Marathon Official Charity Program. In addition, the inaugural B.A.A. Youth Mile presented by Boston Children’s Hospital welcomed nearly 1,400 youth athletes ages 7–14 across the finish line.

Fleming also acknowledged the historic performances on Marathon Monday, including a course record set by the event’s top competitors.

He concluded by thanking everyone who helped the B.A.A. “Meet the Moment” this year and create meaningful memories for thousands of people.

“Quality and Professionalism Every Shingle Time”

OUR SERVICES

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

OUR NEW SERVICE DIVISION

Service Calls

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

CONNELL

ROOFING • SIDING • GUTTERS

781-444-7577

www.ConnellRoofing.com

GAF
PRESIDENT'S
CHOICE

GAF
ELITE
EXCELLENCE
AWARD

GAF
MASTER
ELITE

LICENSED | INSURED | CERTIFIED

Make room for spring with Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe walking through your basement has gotten difficult or there is no more room in the attic? Perhaps you are planning to move, and you need to de-clutter before your open house?

Figuring out who to call can be challenging. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2005. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with eight trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled

away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truck-load of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you

Business spotlight

call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply



involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can

handle everything! Contact Affordable Junk Removal and Dumpster Rental and let a local small business take care of everything for you. Call Jay Schadler at 774-287-1133 or visit us online at AffordableJunkRemoval.com.

PAID ADVERTISEMENT

MICCA

continued from page 6

Ashland Summer Band members will have the option to perform the national anthem at a Boston Red Sox game on Wednesday, July 22, at 7 p.m.

There is still time to sign up! Registration is a two-step process: first, register and submit payment through the Ashland Rec website, and then complete the required Google form.

For additional information, including program details and registration links, visit the

Ashland Summer Band information page.

Community Support for Music Education

The AMA is a volunteer-run non-profit organization that provides financial and volunteer assistance to music performance groups in Ashland Public Schools. Visit AshlandMusic.org to learn more and sign up for Clocker Beats, our newsletter that keeps the community connected to Ashland's school music programs—featuring student achievements, concert information, updates on important issues impacting music education, and more!



Life Changes. We're here to help.

Since 1952, SALMON Health & Retirement has guided families through the challenges of aging with care and compassion.

Our approach is designed to understand your needs and guide your next step, whether that means support at home or a supportive lifestyle at one of our senior living campuses.

Contact our Advisory Center for a free, no-obligation consultation.

SALMON
HEALTH & RETIREMENT

508-290-8062
advice@salmonhealth.com

The b.LUXE *beauty beat*

The split end fix that saves your length

We've all sat down in the salon chair and said it. "Just a tiny trim. Maybe an inch." And then your stylist holds your ends up to the light and gives you that look. You know exactly the one.

Split ends are one of the most common things we see at b.LUXE, and they're not a sign of failure. They happen to almost everyone, no matter the hair type, the length, or the effort you put into your routine. Knowing what causes them, though, puts you one step ahead.

So what's actually going on?

Each strand of hair has an outer layer called the cuticle, a protective shield made up of tiny overlapping scales. Think of it like shingles on a roof. When those scales get worn down, the inside of the strand becomes exposed, and that's when you start to see fraying, splitting, and breakage.

A few of the biggest reasons for split ends

Heat styling: Reaching for the flat iron or curling wand every morning without a heat protectant slowly chips away at that cuticle. Over time, high temperatures cause real structural damage to the strand.

Color and chemical services: Color services and chemical treatments are some of the most sought-after services we provide, and while they create stunning results, they inherently place stress on the hair fiber. Even with a consistent conditioning routine, some level of breakage is a natural part of the process.

The environment: Sun, wind, hard water, and humidity can quietly sap moisture from your hair over time. UV exposure alone breaks down the natural keratin that keeps hair strong.

Everyday wear and tear: None of these habits feel like a big deal in the moment, but over time, rough towel drying, brushing through wet tangles, tight elastics, and even your cotton pillowcase can quietly lead to breakage and wear on the hair.

Growing your hair out: The longer your hair gets, the

older those ends are and the more they've been through. By the time your hair reaches a meaningful length, those ends can be two or even three years old. They've seen a lot... and they need more attention, not less.

That's where the right care makes all the difference. Using high-quality, reparative salon products between appointments helps keep hair stronger, healthier, and better able to handle everything we put it through.

The part no one wants to hear:

You can easily have four or more inches of damage sitting on your ends. And when you've been growing your hair out, the idea of cutting off four inches can feel like starting all over again.

This is where so many people get stuck. Keep the length and live with the damage... or cut it off and feel like you're back at square one.

At b.LUXE, we approach this differently. Instead of

"The goal isn't just to grow your hair," says Heather Cohen. "It's to grow hair that actually feels healthy, strong, and looks the way you want it to."

treating it like an all-or-nothing situation, we create a plan. That might mean strategically removing damage over a few visits, strengthening the hair with targeted treatments, and adjusting your at-home routine so you're not undoing the progress.

Our Solution to split ends: *Fix the damage. Keep the length. We'll show you how!*



Fix the Damage, Leave the Length

With a b.LUXE Split End Treatment

Our Split End Correction Treatment is a simple \$40 add-on to any b.LUXE service with a blow dry and takes just 10 minutes. For clients growing their hair out who don't want a big chop, we remove the inch you came in for, clean up the most damaged ends, and then the treatment gets to work sealing and strengthening the rest.

Hair that comes in looking frayed and straw-like walks out smoother, stronger, and noticeably easier to manage. It lasts up to four weeks, which means your ends stay protected as your hair continues to grow.

It's not magic, but it's honestly pretty close. It's the solution to the conversation we have every day... wanting healthier ends without giving up your length. Now you don't have to choose.

And here's a little gift

Every client who adds a **Split End Correction Treatment** to their service for the month of June goes home with a complimentary **Oribe Dry Texturizing Spray** in a deluxe travel size. This invisible dry hairspray builds serious volume and texture while tiny zeolite crystallines act like sponges, trapping dirt, oil, and odor. Oribe's Signature Complex of watermelon, lychee, and edelweiss flower shields hair from oxidative stress, UV damage, and the breakdown of natural keratin (**further protecting those split ends!**) It's vegan, cruelty-free, color-safe, and completely free of parabens and sulfates.

Keep your length, fix the damage. We'll show you how!

Your ends have been through a lot. It's time to show them a little love.

b.LUXE Hair and Makeup Studio, Medway
Visit us at bLUXE.com or call 508-321-1624

PAID ADVERTISEMENT

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

b.LUXE
hair • makeup • skincare • editorial



VISIT OUR WEBSITE

Thriving after gray divorce



Mark Freeman, CEPA

FINANCIAL FOCUS®
Provided by Edward Jones

There's a growing trend of divorce among those ages 50 and older, often called "gray divorce." While finding yourself in this situation can feel overwhelming, it also can be an opportunity to reclaim your independence and create a life that reflects your dreams and values.

Today, one-third (36%) of divorcing adults are 50 or older (The Journals of Gerontology, 2022) and 77% of women who experienced gray divorce remain single 10 years after divorce ("Repartnering following gray divorce," 2019). While that might sound surprising, many women view this as a time to focus on goals, dreams and well-being without compromise.

Of course, there are financial realities to consider. Women older than 50 often experience a 45% drop in their standard of living after divorce (compared to 21% for men), and household income can fall by 23% to 40% in the first year ("The Economic Consequences of Gray Divorce for Women and Men," 2020). So, building financial confidence isn't just important; it's empowering.

If you are 50 or older and recently divorced, take the following steps with your financial

advisor. You don't have to do it all at once; small steps can help lead to greater financial security over time.

- 1. Find a financial advisor who truly listens.** If you've ever felt unheard or dismissed, don't settle. Your future deserves someone who respects your voice.
- 2. Get clear on your finances.** List your assets, debts, income and expenses to understand your financial situation — the first step toward taking control.
- 3. Create a flexible plan.** Include your current needs, short-term goals and retirement aspirations. Instead of feeling intimidated, you can let a financial advisor help make this simple and manageable.
- 4. Learn about money.** Read, attend workshops and join online communities focused

on women and finance. Every bit of knowledge adds confidence.

5. Build an emergency fund. Work toward having three to six months of living expenses in a low-risk, liquid account. This may take gradual, consistent contributions, but ultimately, this cushion can help provide a sense of security as you navigate your new circumstances.

6. Review insurance and your employer benefits. Make sure your medical insurance coverage is adequate. Consider long-term care insurance to help preserve your retirement assets.

7. Estate planning. Work with an attorney to review beneficiary designations on bank and brokerage accounts while updating your will, powers of attorney and, as needed, a revocable living trust.

8. Social Security. If you were married 10 years or longer, understand your rights to Social Security benefits from your ex-spouse.

Rather than being the end, gray divorce can represent a new chapter. The future is yours to shape, and it can be as bold, bright and fulfilling as you want it to be.

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

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

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

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

Massachusetts Fire Academy graduate



Massachusetts Firefighting Academy
Career Recruit Class #338 Graduation • May 1, 2025

Photo: R.J. Sheehan

RJ Sheehan graduated from the academy on May 1 after completing ten weeks of rigorous training. He is now returning to his group to begin his career in this rewarding field.

RJ joined the Ashland Fire Department on Sept. 2 and currently serves as a firefighter and EMT.

He also plans to pursue paramedic school in the near future.



Lokal Construction

Quality Craftsmanship. Local Expertise.

Full-Service Residential Construction & Renovations

From concept to completion, we deliver high-quality workmanship with attention to detail you can trust.

Our Services

- ▶ Kitchen & Bathroom Renovations
- ▶ Full Home Renovations
- ▶ Custom Decks & Outdoor Living
- ▶ Flooring, Tile & Finish Work
- ▶ Additions & Remodeling Projects
- ▶ General Contracting & Repairs



Contact Us

📞 **508-963-5727**
✉️ **LokalConstruction@hotmail.com**
LokalConstruction.com

Why Choose Lokal Construction?

- Reliable, professional & detail-oriented
- Clean & modern workmanship
- Clear communication from start to finish

Let your dreams be our project, with a local contractor you can trust.

LIVING HEALTHY

A new era of hope for patients with dry macular degeneration

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

For decades, patients diagnosed with dry age-related macular degeneration (AMD) have often faced a frustrating and discouraging reality: there were very limited treatment options available. Unlike wet macular degeneration, which can often be treated with injections, dry AMD — which accounts for approximately 90% of all AMD cases — historically offered little beyond observation, monitoring, nutritional supplements, and lifestyle recommendations. Many patients were told to simply “watch and wait” as their central vision slowly declined over time. Today, however, that reality is beginning to change dramatically.

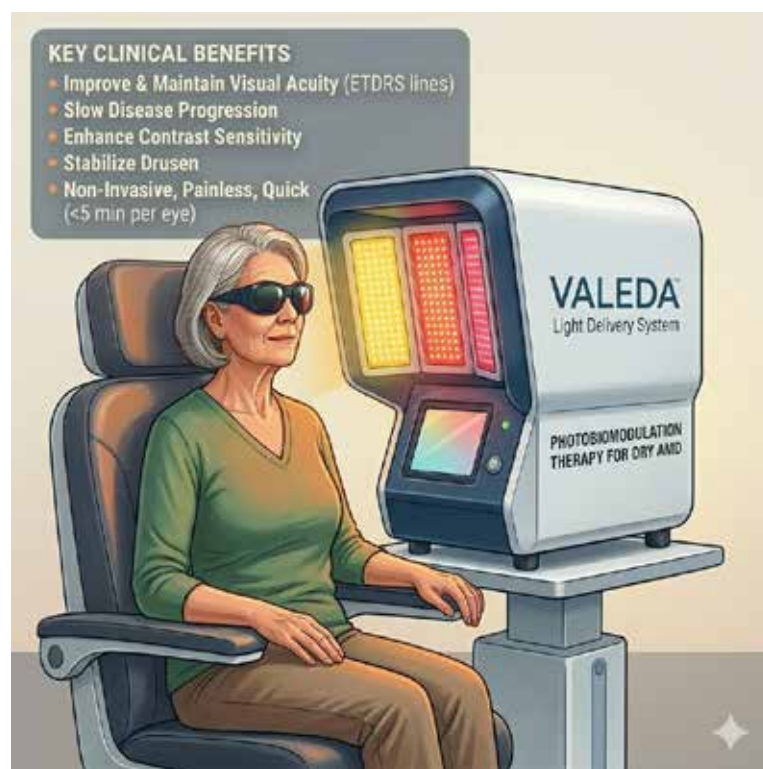
A groundbreaking FDA-authorized technology known as Photobiomodulation (PBM)

therapy is bringing new hope to patients living with dry AMD. Delivered through the Valeda Light Delivery System, PBM therapy represents one of the most exciting innovations in retina care in many years. For the first time, patients with dry AMD may now have access to a treatment shown in clinical studies to improve visual function and potentially slow disease progression.

Photobiomodulation works by using specific wavelengths of light to stimulate retinal cells and improve cellular function deep within the retina. Scientific research has shown that PBM may enhance mitochondrial activity, reduce inflammation, improve blood flow, and decrease oxidative stress — all factors believed to contribute to the progression of macular degeneration. By improving the

health and metabolism of retinal cells, PBM helps support the retina’s ability to function more effectively.

The FDA authorization of the Valeda system followed extensive scientific investigation and multiple clinical trials. The landmark LIGHTSITE studies generated tremendous excitement among retina specialists and ophthalmologists worldwide. In these studies, patients treated with PBM demonstrated measurable improvements in visual acuity, contrast sensitivity, and overall retinal function compared to untreated patients. Many patients gained letters on standardized vision testing, and some maintained these improvements over extended follow-up periods. Researchers also observed signs suggesting slower progression of retinal damage in treated eyes.



For patients who have spent years hearing that “nothing can be done” for dry AMD, these findings are incredibly meaningful. PBM therapy is changing the conversation surrounding dry macular degeneration and offering patients genuine optimism for the future.

One of the most remarkable aspects of PBM therapy is its excellent safety profile. The treatment is completely non-invasive, painless, and comfortable. There are no injections into the eye, no surgery, no needles, and no recovery time. Patients simply sit comfortably during a series of light therapy sessions that take only minutes to perform. Clinical studies have demonstrated virtually no significant side effects or safety concerns associated with treatment. This makes PBM one of the safest and most patient-friendly technologies currently available in retinal care.

Patients often ask who may qualify for treatment. In general, the best candidates are individuals with early to intermediate dry AMD who are beginning to experience symptoms such as blurry central vision, difficulty reading, trouble driving at night, decreased contrast sensitivity, or distortion in vision. Patients with drusen deposits or non-central geographic atrophy may particularly benefit from evaluation. Determining candidacy

requires a comprehensive retinal examination and advanced retinal imaging performed by an experienced eye specialist.

Milford Franklin Eye Center is proud to be among the very first centers in Massachusetts — and among the earliest centers in the United States — to offer this revolutionary FDA-authorized technology. In fact, MFEC is the fourth center in Massachusetts to acquire the Valeda PBM system. Remarkably, many major hospitals and eye centers in Boston still do not yet offer this breakthrough treatment. Milford Franklin Eye Center has always remained committed to bringing the most advanced and innovative technologies directly to the communities we serve so patients can receive world-class care closer to home.

This commitment to innovation reflects the core mission of MFEC: providing exceptional eye care using the latest advancements in medicine while maintaining the personalized attention and compassion of a community-based practice. Our goal has always been to empower local patients with access to the same cutting-edge technology available at leading centers across the country, without requiring long-distance travel for specialized care.

 **BOSTON EYES**
in Hopkinton



2026 High School
& College Graduates

30% OFF
A COMPLETE PAIR
OF GLASSES.
(some restrictions apply.)

66 Main St., Hopkinton
508.528.3344 • BostonEyesHopkinton.com

EYE EXAMS

CONTACT
LENSES

EYE SURGERY

OPTICAL
BOUTIQUE

*Exquisite Frames,
Exceptional Eyecare.*

*We accept most medical
insurance and routine vision
plans. Affiliated with
eye MDs and surgeons.
All surgeries performed in a
local, state-of-the-art ASC.*

*Evening & Saturday
Appointments*

EYE

continued on page 11

How to control the deadliest animal on the planet!



Jim Maxxuchelli, owner, WPC Pest and Termite Control

Mosquito and tick populations are on the rise again as the country transitions to the Spring season. While these pests are certainly nuisances, they can also transmit harmful diseases like Zika virus, West Nile virus, Lyme disease, and more, which is why WPC Pest Control is helping to advocate for increased awareness of mosquito and tick prevention this season. “One of the best ways to fight off mosquito and tick bites and

subsequent disease transmission is to apply insect repellent before going outside,” said Jim Mazzuchelli, owner of WPC Pest Control.

Yet, many people don’t make it a priority to protect against these biting pests by taking this simple action. Those who do may not realize that there is a correct way to use repellent for it to be effective.

To properly apply insect repellent for maximum protection against mosquitoes and ticks, follow this five-step method from the National Pest Management Association (NPMA):

Look for a product containing an active EPA-registered ingredient, such as DEET, picaridin, oil of lemon-eucalyptus or IR3535.

Read the product label and follow the instructions carefully. If sunscreen is also being worn, repellent should be used over top of sunscreen.

Shake the product well. Then, hold it about 6-8 inches away from exposed skin and spray evenly in a sweeping motion.

Spray the palms of hands to apply the repellent to the face and ears, being sure to avoid eye and nostril contact.

Apply the repellent over clothing, which should completely cover feet and ankles.

“Another great way to avoid contact with mosquitoes specifically is to remove any standing water around the yard to deter mosquito breeding,” said, Jim Mazzuchelli.

A licensed pest control professional can work with a homeowner to help identify these hot spots. The ultimate protection would be to have your yard treated by a professional pest control operator. You will get the knowledge and protection needed to combat these dangerous threats. Your loved ones deserve it.

For more information, visit nobugsnopests.com to schedule a complete inspection and treatment. WPC Pest Control is located right here in Hopkinton!

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

Dr. Michael Caira named Superintendent of the Littleton Public Schools

The Ashland Public Schools community recognizes and celebrates Dr. Michael Caira as he prepares to begin a new chapter in educational leadership as the Superintendent of Schools for the Littleton Public Schools, with an anticipated start date of July 1, 2026.

For the past fourteen years, Dr. Caira has dedicated himself to the students, staff, families, and community of Ashland with unwavering integrity, compassion, and vision. Since becoming Assistant Superintendent in 2020, Mike has helped lead Ashland Public Schools through periods of growth, innovation, and transformation while always keeping students at the center of every decision.

His impact on our district is immeasurable. Dr. Caira has been instrumental in advancing curriculum, instruction, student support systems, educator development, school safety initiatives, and district-wide collaboration. His



Michael Caira.

leadership as the educational architect of the David Mindess School project helped ensure that the building’s design reflected the future of teaching and learning in Ashland. He also strengthened regional partnerships and mentoring opportunities for educators, helping build a strong, supportive professional culture throughout our schools.

CAIRA

continued on page 17

EYE

continued from page 10

Patients diagnosed with dry AMD are strongly encouraged to contact our office for an evaluation, consultation, or second opinion regarding PBM therapy. Many optometrists and ophthalmologists may not yet offer this technology or may not yet be familiar with the newest treatment advances available for dry macular degeneration. PBM therapy represents a true revolution in eye care because it offers something patients with dry AMD have rarely had before: hope for preserving — and in some cases improving — vision.

Milford Franklin Eye Center is also proud to provide on-site retina specialty care through Dr. Alyse Richard, a highly trained retina specialist dedicated to the diagnosis and treatment of retinal diseases including dry and wet macular degeneration, diabetic retinopathy, retinal

vascular disease, retinal tears, and other complex retinal conditions. Dr. Richard combines advanced subspecialty expertise with compassionate, patient-centered care and is committed to helping patients preserve their vision using the latest evidence-based treatments available today.

If you or a loved one has been diagnosed with dry AMD, now is the time to learn more about this exciting breakthrough. Early evaluation and treatment may make a meaningful difference in preserving vision, maintaining independence, and improving quality of life. Time equals vision. Patients are encouraged to contact Milford Franklin Eye Center for immediate appointments and second opinions regarding this revolutionary new technology that is changing the future of dry macular degeneration care.

For more details, see our ad on page 10.

YOU Print or WE Print ... then WE Distribute

REACH MORE THAN 140,000 HOUSEHOLDS

Great for Big Events, Coupons, Menus & More!

Contact Susanne for Pricing & Reservations:
508-954-8148 • sue@sodellconsult.com

PROTECT YOUR FAMILY & PETS

CALL THE LOCAL GUYS FIRST!

WPC Pest & Termite Control

508-435-2211

nobugsnopests.com

Call NOW to ELIMINATE Ticks & Mosquitoes in Your Yard

LICENSED & INSURED
ALL WORK GUARANTEED
FAMILY OWNED & OPERATED

June 2026 at the Ashland Library

The Library will be closed on Friday, June 19, in observance of Juneteenth.

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

SPECIAL EVENTS:

Fixit Clinic at the Ashland Public Library Saturday, June 6, from 1-3 p.m.

Summer Reading Kickoff for Teens! Teen In-Person Mini Golf and Video Games Friday, June 12, from 5-7 p.m. Time for the Teen Summer Reading Kickoff! This event is for teens entering 7th through 12th grade. Registration is requested, but walk-ins are welcome.

Clockstock: Summer Reading Kickoff Party For families. Saturday, June 20, from 2-4 p.m.

ADULT - In Person:

In Person - Front Street Readers Book Club Tuesday, June 2, from 11 a.m.-12:30 p.m. TBA.

In Person - Mah Jongg Wednesday, June 3 at 6 p.m.

In Person - Buried in Treasures (BIT) with the Clearpath Program Thursday, June 4, from 10:30 a.m.-12 p.m.

In Person - Card Making with Jan Poppendieck Monday, June 8 at 6:30 p.m.

In Person - Historical Fiction Book Club Tuesday, June 9 at 11 a.m. Read *The Art Forger* by B. A. Shapiro.

In Person - Women's Wisdom Circle Thursday, June 11, from 6-7:30 p.m.

For this session, Paula Topcliffe will lead a discussion on: Fun! Embracing play at every age.

In Person - Great Decisions: Ruptured Alliances and the Risk of Nuclear Proliferation Thursday, June 11, from 6-7:45 p.m.

In Person - Mystery Book Club Friday, June 12 at 12 p.m. Read *Innocent* by Scott Turow.

In Person - Scrapbook Crop Event! Saturday, June 13, from 12-3 p.m.

In Person - Cook Book Club Tuesday, June 16 at 5 p.m. Cook from *Turnip Greens and Tortillas* by Eddie Hernandez.

In Person - Bio/Memoir Book Club Wednesday, June 17 at 11 a.m. Read *Becoming Elizabeth Arden* by Stacy A. Cordery.

In Person - SuAsCo Climate Collaborative Community Meeting: Planning for Climate Resilience. Thursday, June 25, from 6:30-8 p.m.

VIRTUAL:

Virtual - In Conversation with Romance Author L.C. Chu: The Library of Flowers. Monday, June 1 at 7 p.m.

Virtual - The Photographic Eye: Train Your Visual Instincts with Deborah Tual. Tuesday, June 2 at 7 p.m.

Virtual - Book Bans and Kiss-ins with Queer History Boston Tuesday, June 2 at 7 p.m.

Virtual - Environmental Book Club Wednesday, June 3 at 6:30 p.m. Read *Endangered Eating: America's Vanishing Foods* by Sarah Lohman.

VIRTUAL - Romance Book Club Thursday, June 4 at 7 p.m. Topic: Epistolary.

Virtual - Summer Romance Beach Read Recommendations with Lorelei of Lorelei's Lit Lair. Monday, June 8 at 7 p.m.

Virtual - Historical Fiction Book Recs with Bestselling Author, Jane Healey. Tuesday, June 9, from 6:30-7 p.m.

Virtual - Selecting Native Plants for Home Gardens with Daphne Minner. Tuesday, June 9, at 7 p.m.

Virtual - Thriller/Horror Book Recs with Bookstagrammer @redreadreviews Tuesday, June 9, from 7:30-8 p.m.

Virtual - Q&A with Romance Author Nalini Singh on Archangel's Eternity: There WILL Be Spoilers! Wednesday, June 10 at 7 p.m.

Virtual - Author Panel: A Journey of Discovery For ages 12+ Thursday, June 11 at 7 p.m.

Virtual - Declutter series with Jamie Novak: How to (easily) Pack for Vacation. Thursday, June 11, from 7-8:30 p.m.

Virtual - Presidential Series with Doodler Heather Rogers: John Quincy Adams. Friday, June 12 at 10:30 a.m.

Virtual - Friday Night Film Discussion Friday, June 12 at 7 p.m. Watch *Women on the Sixth Floor*.

Virtual - Lost: Amelia Earhart's Three Mysterious Deaths and One Extraordinary Life with author Rachel Hartigan. Monday, June 15 at 7 p.m.

Virtual - Big Asian Energy with Author John Wang. Tuesday, June 16 at 1 p.m.

Virtual - 250 Years of Classical Music in America with Clint Edwards. Tuesday, June 16, from 7-8:15 p.m.

Virtual - Mystery/Thriller Book Recs with Bestselling Author, Hank Phillippi Ryan. Wednesday, June 17, from 6:30-7 p.m.

Virtual - Celebrating America's 250th: Boston, 1776 with author J.D. Dickey. Monday, June 22 at 7 p.m.

Virtual - Writing with Pride with Bill Thierfelder. Tuesday, June 23 from 7-8:15 p.m.

Virtual - Art on Thursday: The Power of Pigment: Understanding Color in Art. Thursday, June 25, from 7-8:15 p.m.

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



Virtual - Friday Night Film Discussion Friday, June 26 at 7 p.m. Watch *Mostly Martha*

Virtual - Celebrating America's 250th: Common Soldier: Uncommon Hero with historian Bruce E. Mowday Monday, June 29 at 7 p.m.

ADULT WEEKLY:

Knit and Crochet Club Mondays at 6 p.m. Walk-In.

Gentle Yoga Tuesdays at 6 p.m. Registration required.

Mindful Meditation Fridays from 10:30-11:15 a.m.

CHILDREN-Special Programs:

Little Picassos Club for grades K-2. Tuesday, June 9, from 4:30-5:15 p.m. Registration required.

Saturday Stories: Pride Party! For families with young children. Saturday, June 13, from 10:30-11 a.m.

Pokémon Club For grades 2-6. Tuesday, June 16, at 6:30 p.m. Registration required.

Potato Party Thursday, June 25, from 3:30-4:30 p.m. Registration requested.

Flicknic: The SpongeBob Movie: Search for SquarePants Friday, June 26, from 12-2:30 p.m. No registration required.

Family Sports Trivia Saturday, June 27 at 2 p.m. Space is limited, and registration is required.

LEGO Club! Monday, June 29 at 4:30 p.m. For kids in grades K-3. Registration is required, and space is limited.

WEEKLY STORYTIMES (no registration):

Clocktown Rockers! For ages 2-5 with a caregiver

Baby Time For ages 0-3 with

a caregiver. Wednesdays from 10:30-11 a.m.

ABC Adventures For ages 3-6 with a caregiver. Fridays at 10:30-11 a.m.

Saturday Stories For families with young children. Saturdays from 10:30-11 a.m.

RECURRING WEEKLY PROGRAMS:

Project ABC: Play, Learn & Grow Ages 0-5 Mondays from 11 a.m.-12 p.m. Registration is required, and is found on their website: <https://www.project-abc.org/>

Tinker Together Ages 2-5 with a caregiver. Thursdays from 3-4 p.m. No registration, just walk-in.

TEEN:

Teen - In-Person Creative Writing Club Thursday, June 4, 5-6 p.m.

Teen Advisory Board Meeting - In Person Wednesday, June 10, 4:30-5:30 p.m.

Teen - Virtual Author Panel: A Journey of Discovery. Thursday, June 11, 7-8 p.m.

Teen - In-Person Summer Reading Kickoff! Teen In-Person Mini Golf and Video Games. Friday, June 12, from 5-7 p.m. This event is for teens entering 7th through 12th grade. Registration is requested, but walk-ins are welcome.

Teen - In-Person Paint Night Thursday, June 18, from 5-6:30 p.m. All supplies will be provided. Registration is required. Can't make it in person? Sign up for the virtual event and receive a link to video instructions for painting at home another day. The video instructions will be available from Thursday, June 18, through Thursday, July 17.



PERSONAL & GROUP TRAINING • HYDRO MASSAGE BED



Get Fit for Summer!

**OPEN
24
HOURS**

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

**JOIN
TODAY**

Anytimefitnessashland@gmail.com

Warren School updates

The Warren School staff expressed sincere gratitude to families and the PTO for the incredible kindness, generosity, and support shown throughout Staff Appreciation Week.

From thoughtful notes and chalk messages to delicious meals, treats, decorations, and special surprises, every gesture made staff members feel truly celebrated and appreciated throughout the week. The time, effort, and care put forth by families and the PTO to make the week meaningful did not go unnoticed.

The staff shared how humbled they were by the overwhelming support of the Warren community and how thankful they are to work in a school where partnership, kindness, and appreciation are so evident. The thoughtful gestures lifted spirits, brought smiles, and served as a reminder of how fortunate everyone is to be part of the Warren community.

The kindergarten and first-grade students also enjoyed



Tanglewood Marionettes Performance.

special marionette performances made possible by the PTO. The talented Tanglewood Marionettes performed Dragon King for kindergarten students and Cinderella for first-grade students. Staff members also shared their excitement for another program for all grade levels that will be coming to Warren in a few weeks.

Second-grade families were also asked to save the date for the end-of-year BBQ on Monday, June 15 for students and their parents or guardians. Additional details will be shared later this month. Families were reminded that the event is intended for second-grade students and their parent or guardian(s) only and is not a sibling event.

Greater Ashland Lions Club

Happy Father's Day (21) & Juneteenth (19) Fly the American Flag on Flag Day (14)

It's been a busy year, and I would like to thank all who have supported our fundraisers. Money raised helps groups within the town (like large print books for the Ashland Public Library, the Food Pantry, Friends of the Council on Aging, to name a few). We also donate to Lions Eye Research, whose main goal is to help find a cure for preventable blindness.

Our club has selected its officers for next year. Congratulations to all.

Check out our fundraiser "What a Crock" on our Facebook page, Greater Ashland Lions.

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

Do you have any used eyeglasses hanging around? We'll take them! Please drop them in one of our "Eye Glass Recycling Boxes". They are located at the 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. Contact Lion Rosalie at 508-881-4743 for more info.

The club is already working on a few events in the upcoming year (like our Porchetta and Quiz Night).

Wanting to get involved

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

For more club information, please check us out on Facebook: Greater Ashland Lions Club. See you in September! *We are the Lions in Purple. We Serve!*
Submitted: Lion Rosalie Porter, 2nd VP

BREMANN HOME IMPROVEMENT

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



Detailed & Meticulous • Reasonable Rates

Call Mauricio
508.202.8602

FULLY INSURED MA HIC.#169427

Ashland Lions Club June 2026 update

Become a Lion and 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 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, Sept. 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 or visit us online at ashlandlions.org.

Since September, we have collected over 1700 pairs of glasses. Thank you, Lion Warren Wales, for your tireless work on this project!

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

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.

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 Local Town Pages* as well!

Protect Your Eyes!



BUY 1 COMPLETE PAIR OF GLASSES
GET 50% OFF
PRESCRIPTION SUNGLASSES
THRU 9/1/26

Adult & Pediatric Eye Exams
Contact Lens Fittings • Medical Eye Conditions
Fashionable Frames & Quality Lenses

SCHEDULE YOUR EYE EXAM TODAY!




Dr. Lauren LaPaglia
OPTOMETRIST

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



Ashland local updates

Stay Connected

Ashland is a busy community, especially this time of the year! With many events happening in town and the surrounding areas. To stay connected, be sure to sign up for the Town Manager's newsletter, which goes out weekly and features important town information as well as events that are going on. You can sign up by visiting AshlandMass.com, and there is a link right on the homepage. If you need any help signing up, please contact Clara Mott, the Town of Ashland's Communications Coordinator, at CMott@AshlandMass.Com.

Be sure to follow us on Facebook at Ashland, Massachusetts, and Instagram at TownOfAshlandMA.

Driving Decisions Article - Board of Health

When to retire from driving is a thorny question for many older Americans. The loss of spontaneity and independence is difficult to accept, and other options tend to require pre-planning and waiting for rides.

Factors that play into the decision involve changes to vision and hearing, any physical limitations, medication side effects, and slower reflexes.

Most Americans retire from driving between the ages of 75 and 85, with women retiring at younger ages on average than men. Many older folks self-limit as they get older, perhaps giving up driving at night or highway driving, and avoiding dangerous

intersections. The most dangerous maneuvers for older drivers are left turns across oncoming traffic due to difficulty judging speed and distance, high-speed highway merges, and heavy highway traffic. Bad weather, like snow or heavy rain, increases risk.

The lifestyle changes that come with retiring from driving can have serious health implications for older drivers. The risk for depression and anxiety increases, as do social isolation and loneliness, and feelings of being a burden to family or friends.

Careful planning beforehand can help seniors avoid these negative consequences. Selling a vehicle and losing monthly insurance, gas, and maintenance costs can create space in a monthly budget for the use of a rideshare service. Many municipalities offer reduced rates for public transportation options for seniors. Ashland senior transportation options include MWRTA's Dial-A-Ride service, offering curb-to-curb service for seniors (65+) and disabled residents to medical appointments, errands, and the Senior Center. Rides cost \$2-\$5 each way within the area, requiring 48-hour advance booking, and are available Monday-Friday. Call 508-820-4650 for more information.

The Ashland Senior Center offers free, door-to-door van transportation for Ashland residents for medical appointments and senior center programs within Ashland and to bordering towns. Rides are available Monday-Wednesday (varying hours) and must be booked 48 hours in advance by calling 508-881-0140 ext.7600.

Other strategies include using delivery services for groceries or pharmacy purchases, and increasing activities that foster social connection and physical activity, like gardening and taking daily walks.

There are programs that help to improve driving skills for older drivers, and some that assess the driver's abilities if they are unsure about continuing to drive. AAA offers the following programs for drivers over age 55:

- AAA Roadwise Driver (Online & In-Person): This interactive course helps seniors understand how to adjust their driving to account for age-related changes, with potential insurance discounts upon completion.
- Keeping the Keys Workshop: A free, one-hour session focused on keeping seniors safe and on the road as long as possible.
- Adult Skills Audit: A 90-minute in-car assessment with a

licensed AAA instructor to evaluate driving performance in a low-stress, non-punitive manner. (Limited areas)

Newton-Wellesley Hospital offers **Drive Safe**: The Drive Safe Program serves adult drivers who hold or previously have held a driver's license and are experiencing changes due to medical conditions, trauma, surgery, neurological incidents or aging. The first part of the evaluation is conducted in the clinic. During the clinical assessment, an occupational therapist tests the physical, cognitive and visual skills that are needed for driving. Rules of the road and driving safety knowledge are also reviewed. This is a fee-for-service offering and costs \$300. The On-road evaluation is scheduled if the clinical assessment is positive for continued driving. Contact the Occupational Therapy Department for more information at 617-243-6172.

Being aware of the changes in your health that could impact your ability to drive safely can help you to prepare for the day you decide to retire from driving.

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

Active Ashland Police Department

The Ashland Police Department has had an active spring both for the department as a whole and for individual service members. Kicking off the spring season with the Boston Marathon, the department facilitated amazing work with the Ashland Fire Department and surrounding communities to work to keep runners, spectators, and our community safe. Three officers also ran the Boston Marathon! Congratulations to Sergeant Rodkey, Officer Masiello, and Officer Vosikas, who all ran for charities.

On April 25, the department hosted a Prescription Drug Take Back Day with the Ashland Lions Club. This is a nationwide initiative that helps prevent medication misuse and accidental poisoning, and protects our environment by keeping drugs out of our water supply. This event helped safely collect and dispose of 232 pounds of unused medication. Thank you to Officer Kasey Oestreicher, who, under the supervision of Detective Sergeant. Ryan Puzzo partnered with the Ashland Lions Club to help make this event happen.

The Ashland Police Department is also proud to have a

presence at the 5-Town Special Olympics held in Medway. There are student athletes from Ashland, Holliston, Medway, Medfield, and Millis. The athletes were escorted by all the police departments from the Medway Parks and Rec building to Hanlon Field, where the games were being played. SROs Muri and Sousa, and Motorcycle Officer Snyder, had a great time representing Ashland with the amazing Special Olympians.

SuAsCo Climate Collaborative Regional Meeting:

SuAsCo Climate Collaborative Regional Meeting to be held at the Ashland Public Library on June 25, 6:30 p.m.

Join Becca Solomon, Ashland's Conservation Agent, and the SuAsCo Climate Collaborative team for our second Community Meeting as we continue building a shared vision for climate resilience across the Sudbury, Assabet, and Concord River watershed.

This meeting builds on the momentum from our kickoff and will focus on:

- Key climate challenges facing our watershed
- Early insights from regional data and community input
- Opportunities for collaboration across towns and organizations
- How you can stay involved and help shape next steps

Snacks and refreshments will be served. For more information on the Collaborative, please visit: <https://oars3rivers.org/our-work/ecological-restoration/suas-co-climate-collaborative/>

SuAsCo is a non-profit watershed organization located in Concord, MA, founded by concerned river users in 1986. Their mission is to protect, improve, and preserve the Sudbury, Assabet, and Concord rivers and watershed for all people and wildlife.

Tent Safety

It is that time of year, tent time. Kids are graduating, the weather's perfect for parties, families are gathering, and people want to have a tent. Tents can shade you, protect you from the elements, and provide a gathering place. But they can also be a hazard.

When renting a tent, permits are required. As per the permitting process, the rental company must provide you with a "flame spread rating" certificate. If you buy a tent, those tents are not typically treated to be non-flammable. You must be very careful. Never use a grill under a tent. Never put any flammable materials under a tent. Never put torches under or near a tent.

WE ARE YOUR RELIABLE INSURANCE NEIGHBORS



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

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



mapfre Insurance

Contact us today!

508-881-7800

25 West Union St., Ashland

MyAshlandIns.com

HOME • CONDO • RENTER • AUTO • BUSINESS

Struggling With Acne?

By LISA MASSIMIANO,
LICENSED ESTHETICIAN AND
CERTIFIED ACNE SPECIALIST

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

What is an Acne Specialist?

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

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

How an Acne Specialist Can Help You.

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

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

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

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

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

KELLY RUND

continued from page 1

raised in town, making this whole experience one to remember. She was a standout athlete at Ashland High School. She played field hockey, basketball, and softball, and helped lead the softball team to a 1996 state championship.

Sports stayed a major part of her life well beyond high school. Rund continued playing softball in college, where her team advanced twice to the NCAA Collegiate World Series. Even after graduation, she kept competing in women's and co-ed slow-pitch leagues until officially "retiring the glove" in 2019.

But her path into recreation leadership wasn't exactly mapped out from the start.

Like many local teens, Rund first joined the Recreation Department as a summer counselor while she was in high school. It simply began as a seasonal job, and then it turned into something that became so much bigger.

"Many of us stayed on through college, advancing through different leadership roles," she said. "Eventually, I became the summer program director, and I just never left."

After college, Rund spent a year working in a kindergarten

classroom before the Recreation Director position opened up. The previous director encouraged her to take the leap, and now, more than two decades later, she's still at the center of the department's day-to-day operations.

That role includes everything from scheduling programs and managing staff to community outreach, partnerships, and overseeing participant safety. It's a job that requires flexibility, quick thinking, and more than a little stamina.

"Typical" does not exist in recreation," Rund said. "Every day is something different, which makes the job exciting." During the school year, her days are often filled with meetings, planning sessions, and checking in on current programs. Summers, however, are a completely different feat. "It's all hands on deck," she continued. "We're overseeing the young adults we hire, visiting programs, checking vendor sites, and making sure everything is running smoothly."

Still, for Rund, the most meaningful part of the work isn't the logistics—it's the people. "The long-term mentorship is the most rewarding part," she said. "There's nothing quite like watching a child grow up in our programs, become a leader through our CIT program, and eventually join our staff."

And maybe, even more special is seeing former participants return years later with children of their own. "It's a great reminder of the lasting impact our programs have in the community," she said.

That sense of connection is also what she loves most about Ashland itself. Even as the town grows, Rund says it still holds onto the small-town feel she remembers from childhood.

She describes the Recreation Department as Ashland's own version of "Cheers." It's a place where everyone knows your name! "Everyone is welcome here at ARC," she said. "Our smaller groups and high resident participation make it a safe space for kids who need the comfort of familiar faces."

In true small-town fashion, Rund also shared one fun fact that tends to surprise residents: despite spending most of her life working in Ashland, she doesn't actually live there.

As summer approaches, Rund is once again preparing for the busiest season of the year. While she admits she's looking forward to warmer weather, what excites her most is seeing returning campers grow into more confident versions of themselves. "It's always exciting to see how they've matured during the school year," she said. "Watching that growth never gets old."

Achieve Clear Skin



ACNE CLINIC FOR ALL AGES

Take control. Manage your acne with a customized treatment program designed to clear your unique skin.

Education. Coaching. Support.

90% of my clients clear in 12-16 weeks

LISA MASSIMIANO - LICENSED AESTHETICIAN, ACNE SPECIALIST
CERTIFIED BY THE NATIONAL FACE REALITY ACNE CLINIC

Schedule your acne consultation today!

508-881-1180



SkinSmartSalon.com

SkinSmartSalon@aol.com

44 FRONT STREET, 2ND FLOOR • ASHLAND



METROWEST YMCA
SUMMER CAMPS
No Place Like This Place™

Ages 3-15

Learn more:



- Six camp programs including sports, art, STEM, outdoors, and more!
- Flexible 2, 3, 5-day options, transportation, lunch, extended care
- Led by youth development professionals trained in youth mental health and character building
- YMCA swim lessons and recreational swim included
- Fun activities for the whole family!

June 2026 at Ashland Senior Center

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

IMPORTANT INFORMATION

Closed: June 19 for Juneteenth
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:

Live Game Show: Wheel of Fortune with Host Kevin Richman. Tuesday, June 9, 12-1:30 p.m. Call to register 508-881-0140 ext.1.

Neil Diamond: Solitary Man Tribute Lunch Featuring veteran performer, Bill Reidy, on Vocals and guitar. Monday, June 29, 12-1:15 p.m. Entrée: Roast Pork with Gravy and Mashed Potatoes. Cost \$8 pp. Lunch reservations required by Thursday, June 25, at noon. Free entertainment reservations call 508-881-0140 ext.1. Music funded by the Ashland Cultural Council.

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 8:30-11:30 a.m. 48 hours advanced notice required. Call to schedule.

Computer Lab: We are thrilled to announce that we were awarded a \$25,000 grant from the MCOA to modernize our Computer Lab! The final finishing touches are now complete, and we invite you to stop by and see the beautiful, updated space for yourself. Our Computer Lab is open for both guided learning and independent use. Join one of our monthly computer classes, explore a new language, listen to a podcast, or simply check your email. Whether you're building new skills or staying connected, there's something here for everyone.

Legal Phone Consultation:

Friday, June 12, from 10-11:30 a.m. with Arthur P. Bergeron, Mirick Law. Call to schedule an appointment.

Mobility Equipment Borrow or Loan Program: Please call to check availability.

SHINE: (Serving the Health Insurance Needs of Everyone) In-person appointments. Thursdays at 10 a.m., 11 a.m., 12 p.m. Appointment required, please call.

Veterans Office Hours:

Wednesday, June 3 and June 17 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.

Free Programs/Events Reservation Policy:

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

This policy does not apply to the Lions Free Breakfast. Cancellations call Dena Porter at 508-881-0140 ext.1

COMMUNITY EDUCATION & ENTERTAINMENT:

Downton Abbey viewing: Season 4, Episode 9. Thursday, June 4, from 10:30-11:30 a.m. Tea and coffee provided.

Digital Literacy Class (Computers): Intro to Google email and Calendar with Jonathan Baron. Tuesday, June 16, from 10:30-11:30 a.m.

Herb Gardening with Jennifer Luna. Thursday, June 11, from 10-11 a.m. Create a small herb garden. All necessary supplies provided.

Ashland Pride: Celebrate LGBTQIA+ history, talents, and accomplishments. Saturday, June 13, All are welcome! ADVOCACY & ALLYSHIP from 12-

1:15 p.m. at the corner of Front and Main St. CELEBRATE & CREATE from 1:15-2:30 p.m. at the Corner Spot.

Juneteenth Celebration

Saturday, June 20, from 9 a.m.-1 p.m. Ashland Farmers Market. Entertainment, youth activities, and more.

Cars, Cars, Cars: Interesting Cars We Grew Up With. Presentation with John Gibbons Monday, June 22, from 1:15-2 p.m.

Movie with Popcorn: *Song Sung Blue* (2025) PG13 Music/Romance. Tuesday, June 23, from 1-3:15 p.m.

Across Oceans, into Opportunity: The Immigration to North America. History & Genealogy presentation with Seema-Jayne Kenney. Wednesday, June 24, 10:30-11:30 a.m.

Discover the Beauty of the Ashland Arboretum with Becca Solomon, Town Conservation Agent, on a Guided Trail Walk. Tuesday, June 30, 11a.m.-12p.m. (Rain Date: July 7, 11a.m.-12 p.m.) Drive and meet at the Trail Head. Limited parking at Arboretum. Parking also available on Nancy Drive, a short walk to the trail or drive to the Senior Center and ride to the Arboretum in the Van. Van holds limited seating.

Call to reserve Van space by June 25. To register call 508-881-0140 ext.1.

BOARDS, COMMITTEE & COMMUNITY MEETINGS

Ashland Council on Aging (COA) Meeting Thursday, June 4, from 10:30-11:30 a.m. Open to the Public.

Friends of the Ashland Council on Aging (FOACOA) Annual Meeting Thursday, June 4, from 12-1:30 p.m. Open to the Public.

Town Manager's Coffee Hour Wednesday, June 17, from 10-11 a.m. All are welcome!

Dull Men's Club with Doc

Tuesday, June 2, at 9:30 for Breakfast at The Bagel Table (self-pay.) Tuesdays at 9:30 a.m., June 9, 16, 23, and 30, at Ashland Senior Center. Coffee and Conversation. All 60+ Men welcome.

HEALTH & WELLNESS Registrations: Call 508-881-0140 ext. 1. unless otherwise noted.

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

Caregiver Support Group – Meets second Wednesday of the Month. Wednesday, June 10, from 3:30-5 p.m. Facilitated by a licensed independent Clinical Social Worker. To register email jtokarowski@ashlandmass.com

Clocktown Memory Cafe with Music by Stephen McGovern. Tuesday, June 23, from 1-2:30 p.m. Please RSVP to Susan McNulty at smcnulty@ashland-mass.com, or 508-532-7945. Registration due by Thursday, June 18.

Keeping You Safe: Hydration and Safe Swallowing Tips with Ken Cotton. Wednesday, June 10, from 10-11 a.m.

Hearing Aid Cleaning with Hopkinton Audiology with Darcy Rapucci, Hopkinton Audiology. Monday, June 15, from 10:30-11:30 a.m.

Summer Health: Protect Yourself from Insects, Sun & Heat with Anne Fitzgerald, RN. Wednesday, June 17, from 11a.m.-12 p.m.

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

Mindfulness & Meditation with Mary Green. Thursdays at 11a.m. \$4 pp suggested donation per class.

Parkinson's Boxing First and third Wednesday of the Month at

SENIOR CENTER

continued on page 20



Ask About Our Grandma Guarantee®

2ndFamily
Home Care and Support Services

EXCEPTIONAL IN-HOME CARE
you can count on

Personal Care Dementia Care Companion Care Respite Care

SCHEDULE YOUR FREE CONSULTATION

508-281-2123 2NDFAMILY.COM

Call today for AC Preseason Specials!



COAN
HEATING & AIR CONDITIONING

Specialists in Home Comfort & Energy Conservation

BOILERS • FURNACES • HEAT PUMPS • HOT WATER SYSTEMS • FUEL TANKS
Service Plans, Install and Repairs & More!
Coan Bioheat® Fuel Delivery

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

CAIRA

continued from page 11

Beyond his professional accomplishments, Mike is respected deeply for the way he leads — with humility, empathy, authenticity, and an unwavering commitment to doing what is best for children. He has built lasting relationships across our schools and community and has earned the trust and admiration of colleagues, students, families, and community partners alike.

While we are incredibly proud of Dr. Caira and excited for the Littleton community, there is no question that he will be greatly missed here in Ashland. His leadership has left a lasting mark on our district, and we are profoundly grateful for all he has given to our schools and community over the years.

Please join in congratulating Dr. Caira on this well-deserved opportunity and in wishing him continued success and fulfillment in his new role as Superintendent of Schools for the Littleton Public Schools.

The timeline and School Committee Policy regarding the initial search are as follows:

Assistant Superintendent of Curriculum, Instruction, & Assessment

Advertising and Hiring Timeline

TIMELINE

Tentative Search Schedule

Initial Search Team Members
Per School Committee Policy CDB

1 School Committee Member

4 School Faculty Members

2 Building Administrators Ap-

pointed by Superintendent

1 Member from ASHPAC

1 Parent-at-Large (Interested

Individuals Should Email Su-

perintendent Adams)

1 Site Council Member

1 Central Office Administrator

1 Member from the Ashland

Residents for Equity and Ac-

tion (AREA)

Applications Due June 6, 2026

Paper Screening Week of June 8, 2026

1st Interviews Week of June 15, 2026

2nd Interviews Week of June 22, 2026

School Committee Interview

TBD

Starting Date TBD - After

July 1, 2026

Lily & Carly – Sweet bonded sisters looking for a home

Lily and Carly are adorable 10-month-old bonded sisters who came to us as strays. These two love to play together and can often be found snuggling side by side. Because of their strong bond, they must be adopted together.

Both girls are a bit shy at first, but are learning more every day that people can be kind and safe. They are curious, clever, and full of personality, so a little cat-proofing may be needed with these smart sisters!

Lily is especially motivated by treats. Offer a little Churu, and she'll happily come over and enjoy some gentle attention while she snacks. She's inquisitive and enjoys watching everything that's going on around her.

Carly also loves treats and will gently take dry food from your hand. When she's settled comfortably in her cozy bed, she starts to enjoy quiet petting and companionship. Her confidence continues to grow as she becomes more comfortable.



These sweet sisters are gradually becoming more relaxed and trusting. They will do best in a calm home with patient adopters who are happy to let them blossom at their own pace.

With kindness, patience, and a few tasty treats, Lily and Carly have the potential to

grow into wonderful, loving companions.

Adoptions are by appointment only. If you are interested in meeting Lily and Carly, please complete our online adoption application (<https://www.shelterluv.com/matchme/adopt/MWHS/Cat>).



Get back to doing what you love

Everyone deserves to live a pain-free life. Your well-being is our top priority and we are here to help you get back to doing what brings you joy.

Our highly skilled and compassionate team is here to help - Call today!



PLATINUM

PHYSICAL THERAPY
All major insurances accepted

15 West Union Street
Ashland

1 Lumber St., Suite 201, Hopkinton
196 E. Main St., Milford (in The Gym)

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



SCAN ME

6/1-6/5



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Call the
Massachusetts
SMP Program to
report healthcare
errors, fraud and
abuse.

800.892.0890
REPORT@MASMP.ORG

MEDICARE FRAUD PREVENTION WEEK!



PREVENT

✓ Don't answer unknown calls and stay up to date on the latest scams.

DETECT

✓ Learn how to read your MSN or sign up for a Medicare.gov account to view claims online.

REPORT

✓ Contact the MA SMP Program if you suspect healthcare fraud, errors, or abuse.



PLEASE RECYCLE ME!

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$602,337 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

ASHLAND SPORTS

A new regime in Ashland

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Prior to this year, the Ashland softball team had not fared well on the field. Over the past four seasons, the Clockers have managed only 9 wins and 65 losses, with the team having one of its better seasons in some time, going 6-13 last spring. Although there was a movement in the win column, the Ashland team was still hoping for something more to happen. Enter US Marine veteran Larry Sasso.

Sasso has been involved in coaching for 36 years, originally as a baseball coach, where he coached at different high schools as well as an American Legion team. In 2017, he applied for a position as the baseball coach at Ana Maria College in Paxton, MA. Unfortunately, the college hired someone to fill the vacancy and asked him if he wanted to coach the softball team instead.

"At first I was very reluctant, but the more I found out about the program, it got easier to say yes," Sasso said. "I was an outsider looking in, but I eventually fell in love with the sport and am all in now."

The military veteran had numerous years of experience as well as teaching at Ana Maria College, but after eight years, he started to see the writing on the

wall and decided to part ways with the college, both as a coach and professor. Sasso was looking for a new start and began casually looking when he came across a high school (Ashland) in need of a softball coach. Unfortunately, living in Grafton, he thought that the school was too far away until one day, while out driving, he saw a sign regarding Ashland and realized it wasn't as far as he originally thought.

As a Grafton resident, he knew that Kevin Anderson had moved from Grafton to Ashland as the AD, so he called him at the school. However, when the AD's phone was answered, it wasn't Anderson; instead, it was Peter Connery, the school's new AD.

After talking with Connery for an extended time on the phone, Sasso felt that the two not only had a great conversation but also shared a welcoming feeling. He began researching Ashland extensively before he sat down with the school for his interview.

"I was looking for a school that embraced the sport of softball with an administration that fully supported the program," he said. "I got good feedback from Ashland and took the position. It was not only a blessing to see how my life changed but a breath of fresh air."

The new Clocker coach



Photo submitted by Coach Larry Sasso. Photo credit: Brendon Curtis

wanted to make Ashland varsity softball the best program on campus, and although he was totally impressed with the seniors, he was unsure how they felt about him.

"I wanted to raise the bar with this team. A bunch of them have been playing together since they were four or five years old," he said. "When I walked into the room for the second time, everyone was all in, very welcoming, and gave me their full support."

Along with Sasso, the new coach brought in four assistant coaches to help with the transformation. Aiding the new coach have been Pam Curtis, the assistant coach; Sab Liston, the pitching coach; Kass Register, the outfield coach, and Say Costa, the catcher and hitting coach. Liston, Register, and Costa were all former players under Sasso at Ana Maria College. Jess Kelly is the Junior Varsity Coach.

"Pam and Jess had a relationship with the players, so it was important to keep them on the staff. They also brought a passion to the game," Sasso said. "I also wanted to bring in three phenomenal players that I had coached at Ana Maria to give us an unbelievable coaching staff."

With the coaching staff intact, Sasso went to work bringing

structure to the team. When they get off the bus, the team marches onto the field together and does the same thing following the game.

"I told them that with structure we will rise, and they all embraced it," the coach said. "It's a mission, and they are definitely having fun, loving the game of softball, win or lose."

Having played the game for so long, many of the Clocker players possessed a very high softball IQ. All they needed was the structure and fundamentals, and they would be able to turn around the program, which had not been all that successful over the last decade. Sasso was also installed in the team to look forward and not backward.

Caching in his first season as the Clocker skipper, Sasso wants to take it one small task at a time: win one game, then go out and win two in a row, with the ultimate goal being to bring excitement back to the Ashland softball program. Eventually, you get into the tournament, where anything can happen once you're there.

At the time of this writing, Ashland has been able to secure more wins this season than they had in the previous four. The Clockers are 9-2 and have really impressed the new coach with what they are able to accomplish

on the field.

"We want to have fun while being competitive in each and every game. If we do that, then we have a chance to win," Sasso said. "So far, we have been able to win those close games by doing the little things. These girls have shown that their softball IQ is off the charts and higher than some college athletes."

Sasso is also very prepared for each and every time that his team takes to the field. He scouts every opponent, knows all of their tendencies, so that he knows how to prepare his team to be in a positive place. He also told his team that he would put them in the very best place they can be going into a game, all they have to do is execute.

"The pieces are starting to come together, and we are just getting started," Sasso said. "I am happy that we are 9-2, but there is still work to be done. It's the beginning of the vision that I had for them; the crystal ball doesn't work, but the girls are starting to shine."

Sasso's vision of improving the softball program is moving in the right direction, and with the influx of young players on both the junior varsity and varsity teams getting better, so will this team as it moves into the future.

NEW ENGLAND REGLAZE

DON'T REPLACE YOUR OLD TUB, REGLAZE IT!
TUBS, TILE SINKS AND MUCH MORE

NOW

\$349

COLOR, TRAVEL, MAY APPLY.

SAVE
\$100
THIS
SPRING
WITH AD

WE DO ANY TUB!

CALL NOW

617-895-7771

Reg. \$449

www.newenglandreglaze.com

BBB A+ Rating

 REAL ESTATE CORNER

Fannie Mae, Freddie Mac unveil new condo requirements



Kim Foemmel, REALTOR®
Real Estate Broker

REAL ESTATE INSIGHTS

Fannie Mae and Freddie Mac are rolling out changes that will reshape how condominium associations and co-ops manage

their budgets — and how easily buyers and owners can secure conventional financing. Starting Jan. 4, 2027, condo associations will be required to allocate at least 15% of their annual budget to reserves, up from the long-standing 10%. While that may sound like a small shift, it carries big implications for buildings, boards and homeowners.

The goal behind the increase is to strengthen financial stability and ensure buildings have enough money set aside for capital projects and deferred maintenance. In recent years, concerns about aging infrastructure have pushed regulators to take a closer look at how well associations are preparing for major repairs. By increasing the reserve requirement, Fannie and Freddie aim to reduce the risk of underfunded

buildings and, by extension, reduce lending risk.

The timeline matters here. Lenders are already updating their guidelines, with many treating July 1, 2026, as the practical start date for the 15% requirement. By Jan. 4, 2027, any condo undergoing a full review must meet the new threshold unless it is fully funded according to a professional reserve study. And those reserve studies are becoming more important: Lenders will increasingly require associations to follow the highest recommended funding level rather than a baseline estimate.

Another significant change happens Aug. 3, 2026, when limited project review is phased out for buildings with more than 10 units. After that, full project reviews (and the detailed docu-

mentation that comes with them) will be mandatory. Associations that fall short on reserves or fail to follow their reserve study could find their units ineligible for conventional financing, affecting both purchases and refinances.

These changes will likely put pressure on boards to increase reserve contributions, even if that means raising monthly dues. The tradeoff is financial stability and continued access to Fannie- and Freddie-backed loans, which remain the backbone of the conventional mortgage market.

Some good news: The long-standing 50% investor-owner cap has been removed, effective immediately. Buildings no longer need to maintain a majority of owner-occupants to qualify for conventional financing, offering

more flexibility for both buyers and associations.

Overall, and despite potential growing pains, these changes signal a broader push toward safer, better-funded communities. To view all policy updates, visit guide.freddie.com/app/guide/revisions.

Need some inspiration? Ask your real estate agent!

Kim Foemmel, REALTOR®
Real Estate Broker
Foemmel Fine Homes
Hopkinton, MA
508-808-1149
Kim.Foemmel@gmail.com
[FoemmelFineHomes.com](https://www.FoemmelFineHomes.com)

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

Ashland Recent Home Sales

Date	Ashland	Amount
05/15/2026	363 Eliot St.	\$1.10 mil
05/11/2026	54 Tri St.	\$610,000
05/11/2026	54 Hilldale Rd.	\$435,000
05/07/2026	95 Pine Hill Rd.	\$741,000
05/07/2026	86 E. Bluff Rd.	\$496,000
05/06/2026	47 Voyagers Ln.	\$540,000
05/05/2026	54 Mountain Gate Rd.	\$485,000
05/04/2026	15 Pennock Rd.	\$1.09 mil
05/01/2026	18 Sherborne Cir.	\$882,500
05/01/2026	153 America Blvd.	\$668,500
04/30/2026	56 Voyagers Ln.	\$527,500
04/30/2026	102 Captain Eames Cir.	\$510,000
04/29/2026	30 Pennock Rd.	\$1.20 mil



The 4-bed, 4-bath, 3,849-square-foot home at 15 Pennock Road in Ashland recently sold for \$1,085,000. Image credit: www.zillow.com



MEET OUR ASHLAND REAL ESTATE TEAM



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



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

CONTACT US TODAY!
HELLO@CORDAVILLE.COM

SENIOR CENTER

continued from page 16

1:30 p.m. Equipment provided. **Sound Meditation Journey** with Sonia Stingo. Thursday, June 25 at 10 a.m.

ARTS, CRAFTS, SEWING & COOKING Registrations Required unless otherwise noted. Call 508-881-0140 ext. 1.

Craft Class with Milly: Macrame Plant Hanger. Friday, June 5, from 10-11 a.m. Supplies provided.

Craft Class with Jennifer Luna: Sea Glass Art. Friday, June 12, from 10-11 a.m. Supplies provided.

Craft Class with Elissa: Beer Mug Gift. Thursday, June 18, from 9:30-10:30 a.m. \$5 pp donation requested. Supplies provided. Registrations due by Friday, June 12.

Drop-In Knitting & Crochet-ing Group Second and fourth Tuesday of the Month at 11 a.m.

Knit Along with Nancy Second and fourth Thursdays 1-2:30 p.m. Beginners knitting project is a sleeveless summer tank top. Registrations due by Friday, June 5, and Thursday, June 18.

Drop In Intermediate & Advanced Watercolor Class Wednesdays 9:30-11:30 a.m. (see

instructor for details)

Cook with Chef Lee: Korean Vegetable and Beef Rice Bowl with Tofu Soup. Thursday, June 25 from 11 a.m.-12:30 p.m. Cost \$5 pp. Registrations due by Thursday, June 18.

The Art of Torn Paper with Beverly Nunes Ramsay. Friday, June 26, 10a.m.-12p.m. Recommended donation: \$5 pp.

EXERCISE - All classes have a suggested donation of \$4 per person, unless otherwise indicated. Beginning JULY 1, the recommended donation for our exercise classes will increase from \$4 to \$5. This small adjustment helps us continue offering a variety of engaging, high-quality classes led by experienced instructors. As always, all are welcome to participate regardless of ability to contribute. We truly appreciate your continued support of our health and wellness programs, which help keep our community active, strong, and connected.

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 508-376-1101. Per person, per

game for players 65 or older \$5.

Chair Yoga Wednesdays 1p.m.

Exercise with Joni. Mondays, Wednesdays & Fridays at 9:30 a.m.

Line Dancing with Lisa. Thursdays at 1p.m.

Ping Pong Wednesdays 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 1p.m.

Chess Mondays at 1 p.m.

Cribbage Thursdays 12:30 p.m.

Mahjong Fridays at 10:30 a.m. for all levels.

Pitch Card Game Mondays 1 p.m.

VIRTUAL PROGRAMS Registrations required. In collaboration with the Ashland Public Library register at <https://www.ashland-mass.com/1224/APL-Calendar>

The Photographic Eye: Train your visual instincts with Deborah Tual. Tuesday, June 2, 7-8 p.m.

Summer Romance Beach Read Recommendations with Lorelei of Lorelei's Lit Lair Monday, June 8, 7-8 p.m.

Lost: Amelia Earhart's Three Mysterious Deaths & One Extraordinary Life with Rachel Hartigan, Monday, June 15, 7-8 p.m.

Boston, 1776, with author J.D. Dickey (*Celebrating America's 250th*) Monday, June 22, 7-8 p.m.

Common Soldier: Uncommon Hero with historian Bruce E. Mowday (*Celebrating America's 250th*) Monday, June 29, 7-8 p.m.

MEAL PROGRAMS Registrations 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 plan to attend but will not be dining, the entertainment fee 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 lunch.

Lunch & Learn: MWRTA Transportation Options with Jennifer Franco and Mass Senate President Karen E. Spilka's Listening Hour with a Staff Member. Monday, June 8 at 12 p.m. Entrée: Meatloaf, Carrots, Mashed Potatoes, Dinner Rolls and Butter.

\$8pp. Reservations for lunch by Thursday, June 4, at noon. Sign up for presentation only.

Lunch with Trivia Monday, June 15 at 12 p.m. Entrée: BBQ Chicken, Potato Salad, Cole Slaw, Dinner Rolls and Butter. \$8pp. Reservations for lunch by Thursday, June 11, at noon. Sign up for presentation only.

Lunch Prepared by June Weiner, The Casual Gourmet. Tuesday, June 16 at 11:45 a.m. Entrée: Thin Breaded Turkey Breast on a Salad, Bread and Butter. \$8pp. Reservations for lunch by Thursday, June 11, at noon.

Lunch & Learn: Meet the Ashland Police Dept. K9 Unit with K9 Jack & his handler, Officer Emanuele "Manny" Toscano. Monday, June 22 at 12 p.m. Entrée: Meatballs with Ziti, Garden Salad, Dinner Rolls and Butter. \$8pp. Reservations for lunch by Thursday, June 18, at noon.

Neil Diamond Solitary Man Tribute Lunch Featuring veteran performer, Bill Reidy, on Vocals and guitar. Monday, June 29, 12-1:15 p.m. Entrée: Roast Pork with Gravy and Mashed Potatoes. Cost \$8 pp. Reservations for lunch by Thursday, June 25, at noon. Free entertainment reservations call 508-881-0140 ext.1. Music funded by the Ashland Cultural Council.

From CONCEPT to COMPLETION, we bring your vision to life.

- Graphic Design
- Sports Banners
- Brochures
- Postcards
- Direct Mail Solutions
- Every Door Direct Mail
- Books
- Lawn Signs
- Calendars
- Posters
- Swag
- and so much more!



ANDREW CARINI
Print and Mail Specialist
How can I help you?
508-254-2241

Our Town PUBLISHING

Home of localtownpages



ourtownpublishing.com