

Ashland

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October 1, 2026

Ashland Healing Garden: A place to relax and reflect

By BRITTANY AMALFI

Quietly tucked away behind the left-field fence at Ashland Middle School, is a small but powerful spot that holds a lot of history and is now a place of solace. Today, the Ashland Healing Garden is getting a fresh start, thanks to community members who are working to restore the garden and make it a place where people can find a little peace and serenity.

Last month, the garden received 96 native plants donated by Weston Nurseries, adding new life to a space that has long served as a place for reflection and



Marie Kane and Howard Axelrod at the Ashland Healing Garden. Courtesy photo

HEALING GARDEN

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Town of Ashland appoints Katherine Bird as Interim Town Manager

Town of Ashland - Office of the Select Board

The Town of Ashland is pleased to announce the appointment of Katherine Bird as Interim Town Manager, effective Sept. 2, 2026. The Ashland Select Board voted to appoint Bird to the position at its Aug. 26, 2026 meeting.

Following Michael Herbert's departure from the Town Manager role, Bird stepped in to provide continuity and leadership for the organization. Her appointment ensures a seamless transition and allows the Town to continue moving forward on important municipal initiatives and priorities. Bird joined the Town of Ashland in 2022 as the Town's Human Resources Director. Prior to coming



Katherine Bird. Courtesy photo

to Ashland, she served the Town of Medway for more than eight years as Human Resources Co-

BIRD

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Ashland Historical Society's event: Greetings from Breed's Hill with Ted Reinstein will be held on Oct. 18

As America commemorates and celebrates its 250 th Anniversary, Ted Reinstein looks back. Way back. Even years before independence was actually achieved, events took place that would shape how the new nation would look back at its founding. Paul Revere's ride? One of the most momentous nights in U.S. history. And, like any big night, there was a bill. And America's first expense report. Who knew? (The first bean counters even tried to stiff Revere!.) While many New Englanders pride themselves on knowing the difference between Bunker and

Breed's Hill, few know that the bad blood over this historical inaccuracy continues—meet



Jed Breed, thirteenth-generation direct descendant of the Boston farmer whose name should be in the history books, not an answer in "Trivial Pursuit." Find out

why Concord and Lexington are still doing battle—not with the British, but each other. Visit historic Copp's Hill Burying Ground, and find the one headstone the British used for target practice—and why. All drawn from Ted Reinstein's nearly three decades of reporting around New England, these stories and more are crafted into a just-under-an-hour talk. If you like history, enjoy learning a story behind the story, or just want a good laugh along with your 250 th —"Greetings from Bunker Hill!" This event will be held at 2 Myrtle Street in Ashland at 2 p.m. and is free and open to the public.

BIRD

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ordinator and later as Human Resources Director.

In 2025, Bird was promoted to Assistant Town Manager for Administration & Operations. Since joining Ashland, she has made a strong and positive impact across the organization. Her integrity, steady leadership, and understanding of municipal operations and organizational systems have helped guide the Town through important changes and challenges. Throughout her career, Bird has been committed to supporting employees and helping them become their

most successful selves in the workplace. She is a strong advocate for teamwork and collaboration across all levels of the organization. Bird brings significant institutional knowledge, leadership experience, and a deep understanding of Ashland's operations, employees, priorities, and long-term goals to her new role.

"Having the experience and institutional knowledge already within our organization is a benefit to the Town," said Brandi Kinsman, Select Board Chair. "Internal leadership provides continuity during times of transition and ensures that

the Town's leadership reflects a deep understanding of Ashland's values, priorities, and community."

The Town is confident that Bird's experience and leadership will provide stability and continuity as Ashland moves forward.

"The Select Board is confident in Katherine's ability to serve as Interim Town Manager," Kinsman stated. "She has demonstrated strong leadership throughout her time in Ashland and has earned the trust and respect of employees, colleagues, and the Board. We look forward to working with her in this new role."

The Town of Ashland looks forward to continuing its work under Bird's leadership and remains committed to providing the professionalism, responsiveness, and high-quality services that Ashland residents deserve. The Select Board will move forward in the coming weeks with a comprehensive plan for the search for Ashland's next permanent Town Manager. The Board is looking at different options to assist in the search for qualified candidates. The Select Board is committed to making the process thoughtful, thorough, and inclusive, and there will be opportunities for public involvement and community input as the search moves forward.

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HEALING GARDEN

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remembrance. The garden was also power-washed and given a much-needed cleanup, helping restore the space and prepare it for visitors.

While the recent work may seem like a simple garden cleanup, the space carries a much deeper meaning for the Ashland community. The Healing Garden is connected to the history of the former Nyanza Chemical plant and the residents who spent years searching for answers about health concerns surrounding the site.

Among them was Kevin Kane, who developed a rare cancer at just 25. During the final months of his life, Kane devoted himself to learning more about the unusual cancers affecting young people in Ashland and asking questions about their possible connection to the Nyanza site. His determination helped bring renewed attention to the issue and contributed to the Ashland Nyanza Health Study, which the Massachusetts Department of Public Health completed in 2006.

Kane died within a year of



Kevin Paul Kane's memorial stone. Courtesy photo

his diagnosis, but his legacy continued through his mother, Marie Kane, who worked to keep his memory and his story alive. For Marie and others in the community, remembering Kevin means remembering not only a young life lost, but also the questions he refused to stop asking.

That history is part of what makes the garden's restoration so meaningful for Howard Axelrod. Following the recent loss of his wife, Nancy, to pan-



Nancy Stoller-Axelrod's memorial stone. Courtesy photo

creatic cancer, Axelrod has made helping restore the Healing Garden part of his mission.

Howard first met Marie at the garden itself. He and Nancy had visited the space after Nancy was diagnosed, and the visit eventually led to a conversation with Marie about the garden, its history, and Kevin's story. That meeting stayed with Howard, and he is now helping carry the work forward.

The effort has been gradual, but it has also become a community project. Axelrod said organizations and town departments, including Weston Nurseries and the Ashland Department of Public Works, have been generous with their help. Community members have also



Kindness stones dedicated to those who passed. Courtesy photo

offered their time and support in different ways, and others have expressed interest in volunteering to help make the garden welcoming and meaningful again.

As the native plants take root and the garden is gradually brought back to life, its purpose remains much the same: to provide a quiet place to pause, remember, and reflect.

Its history is tied to loss and difficult questions, but its future is being shaped by the people who believe the space is worth caring for, and who want it to remain a place of solace for the Ashland community for years to come.

It may be a slow process, but the garden is moving forward—one cleanup, one new plant, and one helping hand at a time.



A place for solace and contemplation at the garden. Courtesy photo



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Girl Scouts reign on Only Rain Campaign

By Rob St. Germain, Contributing Writer

What do young folks get that many adults don't? Pollution? The fragility of the environment? What to do and what not to do? All of the above?

A troop of Ashland Girl Scouts has been working hard to help educate the public about pollution and storm drains. These 9th-grade scouts have created a flyer and a video, which they exhibited at Ashland's Earth Day event and Town Meeting. They have painted Only Rain Down The Drain banners on many storm drains around downtown Ashland, including a demonstration painting of a storm drain at the town hall parking lot adjacent to the Corner Spot. In August, they painted a storm drain in the parking lot near the Farmers Market. They will appear (or have by

press time) on WACA, and they interacted with the public at the Community Tent at the Farmers Market on Sept. 5.

The Ashland Department of Public Works (DPW) is primarily responsible for cleaning streets and storm drains under the town's MS4 EPA stormwater permit, but they cannot do it all. The Ashland Stormwater Advisory Committee (SWAC) provides all the help it can to educate the public. Education should reduce pollution, and working with the Girl Scouts has been the most effective part of the program.

"The girls are doing a great job at getting the word out," offered Jill Vernes, SWAC member.

The Ashland High School Environmental Science club has also been involved. They painted an Only Rain Down the Drain banner at a strategically placed storm drain in the back of Ashland High School. It's a location that most students and parents will notice and be alerted to the issue.

Becca Solomon, the town's conservation agent, was able to recruit student helpers from the Worcester Polytechnic Institute (WPI) chapter of Engineers Without Borders. They painted storm drains on many streets in the spring.

The 'Only Rain' Campaign

The Only Rain concept is simple: Don't allow anything other than stormwater (rain) into storm drains. What goes into a storm drain flows directly into our streams, rivers, wetlands, ponds, and lakes, and ultimately the ocean. Stormwater is not treated in any way before discharging to local waters. We swim and boat in that water, and ultimately we also drink it. So, you would think we would all do what we can to keep it all clean.

That is the goal... sensitize people to the issue of stormwater

so we collectively work to reduce pollution in our local waters.

These Girl Scouts, high school students, and college students are helping people see that protecting our stormwater and local waters doesn't take much effort. Simple changes in public behavior can make a big difference.

Simple changes — like washing your car at a car wash instead of on the street. Car wash facilities collect and treat the dirty wash water. The result is less oily dirt and chemical-laden soapy water going down the storm drain.

Litter is another problem. It both pollutes stormwater and can clog drains and pipes. The DPW is required to sweep all Ashland streets, but the dirtier they are, the longer it takes and the more costly it is to do the work. In addition, all those street sweepings are considered toxic waste, which costs a lot to dispose of.

Dog owners, please take notice. Dog poop is particularly problematic. It pollutes both air and water. In places like the town forest, it causes wildlife to be more aggressive and spreads disease. Dog poop can be deadly for marine life. Not only does it bring disease, but it causes algae blooms which deplete oxygen and release deadly toxins.

Be part of the solution!

Ashland is fortunate to have an ad hoc citizen committee called GreenUp Ashland. Their GreenUp campaign and Adopt-A-Street program remove tons of litter thus saving the town a significant amount of money while reducing pollution. The more volunteers, the more effective the program will be.

Pick up your leaves. Not only do leaves clog storm drains and cause flooding, but they are a source of pollution. They are high in phosphorus, which causes algae blooms. The best solution



Storm drain painting near the Farmers Market.



Ashland High School Environmental Science Club members who painted the storm drain in the back of AHS.

is to remove them quickly from streets, storm drains, and your yard. Compost them on your property if you can, or bag them for composting by the town.

You can find more information at the town's website on both the DPW Stormwater page and the Stormwater Advisory Committee page.

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Your Money, Your Independence

Beyond medical bills: Using an HSA to fuel your retirement



Glenn Brown, CFP

Open enrollment for work benefits is coming. One critical choice often causes confusion: deciding between a PPO medical plan and a High Deductible Health Plan (HDHP) paired with a Health Savings Account (HSA). Understanding how these work can help you make smarter choices for 2027 and your future.

Choosing the Right Medical Plan

Selecting the right health plan comes down to three primary factors:

1. Provider Access: Ensure your preferred doctors, specialists, and hospitals are in-network. No amount of tax savings offsets losing access to your

- trusted care team.
- 2. Total Annual Cost:** Compare the guaranteed cost (monthly premiums) against potential care costs (deductible and out-of-pocket maximum). Look at historical medical expenses, but also plan for expected upcoming care.
- 3. Tax & Savings Strategy:** An HDHP paired with an HSA offers triple tax savings. While popular for those with low healthcare needs, HDHPs can also be cost-effective for heavy users—provided you have the cash flow to handle higher up-front expenses before insurance kicks in.

Unlocking the "Triple Tax Advantage"

An HSA provides three distinct layers of tax savings that no other financial account can match:

Tax-Deductible Contributions: Funds contributed directly or via payroll deduction reduce your taxable income for the year (saving federal, state, and FICA taxes).

Tax-Free Growth: Earnings, interest, dividends, and investment gains grow compoundingly without triggering annual taxes.

Tax-Free Withdrawals: Withdrawals used for qualified medical expenses—such as doctor visits, prescriptions, dental care, and vision—are completely federal tax-free.

Real-World Tax Savings

Consider a family in the 24% federal tax bracket spending \$4,000 annually on routine healthcare. By funding those out-of-pocket costs through an HSA, they can save roughly \$1,480 in taxes (federal, state, and FICA).

A household in the 32% bracket maxing out the \$9,000 family contribution can save between \$3,500 and \$4,100 in taxes, depending on whether their individual earnings exceed the Social Security wage cap.

Don't Leave "Free Money" on the Table

Surprisingly, more than half of eligible employees never open or fund an HSA.

This is a costly oversight because many employers offer \$500 to \$2,000 per year in seed contributions or wellness incentives (such as completing an annual physical) to jump-start accounts. Contributing even a small amount per pay period ensures you capture these employer matches.

2027 IRS Contribution Limits & HDHP Requirements

The IRS has released limits for 2027:

- Individual: \$4,500
- Family: \$9,000
- Catch-Up (55+): \$1,000

Remember, employer contributions count toward the annual contribution caps.

A Long-Term Wealth-Building & Retirement Tool

Unlike Flexible Spending Accounts (FSAs), your HSA balance belongs entirely to you. Unused funds never expire, thus any account balance rolls over and continues growing.

Once your balance reaches your provider's investment threshold, you can invest those dollars into index funds. Some will choose to pay current medical bills out of pocket, allowing their HSA funds to compound untouched for years or even decades.

This becomes a secondary tax-deferred retirement bucket. How?

After age 65, the non-medical withdrawal penalty of 20% disappears. Thus, your HSA effectively functions like a Traditional IRA:

- Pull funds for healthcare (Medicare Part B/D, dental, long-term care) tax-free.

- Pull funds for general living expenses, paying standard income tax with zero penalty. Plus, HSAs have no Required Minimum Distributions (RMDs), giving you total control over your withdrawal schedule.

The Bottom Line

Whether managing immediate healthcare expenses or building a tax-free nest egg for retirement, an HSA remains one of the most versatile financial wellness tools available. Take time during open enrollment to review your options, calculate your savings, and secure employer contributions.

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

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Respiratory virus vaccines 2026- 2027 season

Flu Vaccines

It is difficult to believe that flu season is just around the corner. All the seasonal influenza vaccines available for the 2026–2027 season are updated trivalent formulations designed to protect against three specific virus strains

(two influenza A strains and one influenza B strain).

There is one new option this year: Moderna has developed an mRNA vaccine called mFLUSIVA. One advantage of an mRNA vaccine is a faster manufacturing timeline, which means

it can be updated closer to the beginning of flu season, which may allow for a more accurate match against currently circulating strains. This vaccine is fully approved for ages 50-64, and received accelerated approval for those over age 65. In clinical

trials of over 40,000 adults, mFLUSIVA demonstrated a 26.6% increase in relative vaccine effectiveness compared to standard-dose flu vaccines. It also showed higher rates of temporary side effects (sore arm, fatigue, muscle aches, headache)

than standard-dose inactivated influenza shots. It is expected to be available in the coming weeks.

COVID Vaccines

The U.S. Food and Drug Ad-

VACCINES

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Citizen of the Year

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WRITTEN BY ROB ST. GERMAIN, CONTRIBUTING WRITER

You wake up knowing that it has been snowing all night. You glance out the window to see how big a job it will be, but to your surprise, your driveway is clean. It's clean because your neighbor did it.

He also built a playhouse for the little girl next door and a stained glass window with her favorite action hero. He fixed his neighbor's garage door when it would not open. For a friend, he installed windows that needed replacing as part of a leaking roof project.

He is a master craftsman and creative artist. He has saved the town lots of money building the children's ramp to the new Public Safety Building fire pole and a kids' fight-the-fire simulator. He built mailboxes for Town Hall and the Public Safety Building, installed glass and vents in doors at the Community Center, replaced the men's

room door, installed a Dutch door for the Board of Health, and installed a vented door for the computer equipment room at the Town Hall — ALL PRO BONO.

He built a workbench and two lofts for the Town Forest shed, and kiosks for the Town Forest and Arboretum. When a tree falls on a forest trail, the committee calls on their member-version of Paul Bunyan, and the obstacle disappears in a matter of hours.

He was the visionary and chief activist behind the cleanup of the Cadillac Paint property and creation of the Ashland Arboretum park.

He has served on the Zoning Board of Appeals, wrote the pesticide manual for the Board of Health, and has been the non-financial voice of reason on the Finance Committee. He is a polymath who can converse on a vast array of subjects.

He is the kind of person who

stops his car to help turtles and other critters cross the road, or checks whether they are still alive if they have been hit by a car. He asks to pet every dog he sees and assures them they are a good dog.

He has a great sense of humor, and believes that kindness is the greatest virtue humans can have. He helped raise a nephew and has had an active role in the lives of other family members. He generously gives to charities that support children and animals, has donated blood during most of his life, and is a vegetarian because he doesn't believe in eating animals.

His wife of over 50 years says, "He is truly the best thing that ever happened to me".

He is Ed Hart — husband, friend, neighbor, community supporter, and now Ashland's Citizen of the Year. Ashland is lucky to have him. Congratulations and a big thank you to Ed!



Mock House-on-fire for kids visiting the fire station. When hit with a stream of water, the window and door collapse in.



Fire pole ramp.



Ed Hart stands behind the rock he faced and mounted the town forest plaque on. Behind him is one of the kiosks he built and installed.



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

By CHRISTIE VOGT
CONTRIBUTING WRITER

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

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

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

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



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Business spotlight

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

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

Schadler says his wife Christine "was equally as involved"

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

In addition to delivering an in-demand service to the community, Schadler is appreciative that Affordable Junk Removal



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

has helped provide a work-life balance that suits his family. "It allows me to be able to do what I like doing and spend time with my kids," he says. "I'm home to see my babies play softball and do all that stuff. We are also able to give back to the communities we serve."

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

relatives in town. The Schadlers also sponsor Ashland's girls high school hockey team.

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

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

PAID ADVERTISEMENT

VACCINES

continued from page 5

ministration (FDA) has approved updated 2026–2027 COVID-19 vaccines from manufacturers like Pfizer and Moderna designed to target the currently circulating XFG variant. Doses are rolling out across the U.S. and are expected to be available for administration in the coming days.

- Current CDC Eligibility Guidelines
- **Ages 65 and Older:** Fully eligible for the updated vaccine.
 - **Ages 6 Months to 64 Years:** Eligible if you have at least one underlying medical condition or risk factor (such as asthma, diabetes, obesity, or chronic heart/lung conditions) that increases the risk of severe COVID-19.
 - **Without Risk Factors:** Individuals aged 6 months to 64 years without qualifying conditions may receive the vaccine

depending on specific state regulations, off-label availability, or a healthcare provider's prescription.

- **Immunocompromised Individuals:** People with moderate to severe immunocompromise may receive additional doses

New Therapy: There is a new medication called Xocova that lowers the chance of getting sick with COVID-19 after close contact with an infected individual. In clinical trials, it reduced the risk of symptomatic infection by 67%. It must be started as soon as possible, ideally within 72 hours of exposure, and is taken as a 5-day regimen.

RSV Vaccines

The Centers for Disease Control and Prevention recommends the RSV (Respiratory Syncytial Virus) vaccine for older adults (>75 years), pregnant individuals, and infants through specific immunizations. It is also recommended for those 50-74 years old who are at increased risk for

severe RSV illness (such as those with chronic heart or lung disease, weakened immune systems, or residents in nursing homes).

The RSV vaccine is not an annual vaccination. If you have received a dose previously, you do not need another dose annually.

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The b.LUXE *beauty beat*

Nobody can prepare you for the hair part

What to know about choosing a wig before or during medical hair loss

By GINA WOELFEL

A cancer diagnosis comes with an entirely new vocabulary and questions you never expected to ask. There is so much to take in, and all of it feels urgent.

Then someone mentions your hair.

The words may barely register at first. There is already so much to think about. Then it becomes your hair, your reflection and one more deeply personal thing changing without your permission.

Being told it may happen is not the same as being ready.

October is Breast Cancer Awareness Month, which brings important conversations into the open. This is one of them. Hair is not more important than health. But recognizing yourself in the mirror can matter greatly when so much feels unfamiliar.

Start before you think you need to

If your medical team tells you that treatment may cause hair loss, you can begin looking at wigs before shedding starts. You do not need to make every decision that day. An early consultation gives you time to ask questions, understand your options and think about what will feel most familiar to you.

Consider the details that make your hair feel like yours. The way it falls around your face. The volume at the crown. The shade near your hairline. Bring a few favorite photos of yourself from a particularly good hair day.

You may want something close to your everyday style. You may decide to go shorter, lighter or easier. You may even choose the cut or color you have always wanted. There is no correct choice. There is only the one that feels right to you.

Privacy changes everything

Hair loss is personal. Shopping for a wig in a busy retail

setting can feel like one more public experience during an already exhausting time.

At b.LUXE Wigs & Toppers (located inside the b.LUXE Studio in Medway), wig and topper consultations are private and unhurried. For one full hour, you will sit with Heather Cohen, owner of b.LUXE and a hair-loss solutions specialist, who listens, takes the measurements needed for a comfortable fit and helps you try different pieces. You do not need to arrive knowing exactly what you want. She'll help you find exactly the piece that feels like you.

A full wig may be the right choice. For partial hair loss, a topper can add coverage while blending naturally with your own hair.

The piece itself is only the beginning. A natural result comes from the fit, hairline, density and cut. Each LUXE Custom human-hair wig or topper is fitted, cut and styled for the woman who will wear it. She also leaves knowing how to secure it, change the part and care for it at home.

Beyond LUXE Custom, b.LUXE Wigs offers several collections at different price points.

Women who already wear wigs and know their preferred measurements, cap construction, density and length can also shop online at bluxewigs.com. Each wig arrives with care instructions and access to helpful YouTube tutorials and frequently asked questions. Virtual consultations are available for anyone who would like personal guidance before ordering.

Heather understands the other side of the chair

For b.LUXE owner Heather Cohen, adding wigs and toppers to the studio was personal. It began when medication for rheumatoid arthritis caused significant thinning in her own hair.

After a career helping others

with their hair, Heather found herself on the other side of the conversation. She knows the difference between explaining a wig and wearing one. She understands the worry that it may look too full, move strangely or announce itself before you do.

Her standard is simple. The hair should look like it belongs to the woman wearing it.

That understanding also guides b.LUXE's work with hospital teams across New England, helping women find private, knowledgeable support during medical hair loss.

Ask us about the paperwork

Wigs purchased for medical hair loss may qualify for insurance reimbursement or payment with FSA or HSA funds. Coverage varies, so contact your provider before purchasing. Some plans require a prescription or letter of medical necessity using the term "cranial prosthesis."

For medical hair-loss clients, b.LUXE provides a superbill and supporting purchase information for insurance claims. We will also help you understand what paperwork your provider

may require.

Hair loss has more than one story

Breast cancer treatment is one reason a woman may experience hair loss. Alopecia, thyroid conditions, hormonal changes, stress and medications are others. The reason may differ, but the need is often the same: privacy, clear information and the freedom to make a choice without pressure.

October brings breast cancer into the conversation, but our commitment to women facing medical hair loss continues all year.

This month, Heather and her team will host informational support booths at the American Cancer Society's Making Strides Against Breast Cancer event and the Susan G. Komen Massachusetts MORE THAN PINK Walk. At both events, they'll answer questions, share resources and offer guidance about treatment-related hair loss.

b.LUXE will also participate in the New England Patriots Foundation's Day of Pampering at Gillette Stadium, an annual event honoring local cancer patients and survivors.



In recognition of Breast Cancer Awareness Month, b.LUXE will make a substantial donation to the Making Strides movement, supporting breast cancer research, patient services, early detection education and access to mammograms.

Learn more or schedule a private consultation at bluxe.com or bluxewigs.com.

No one can prepare you for every part of it. But when it comes to the hair part, you do not have to face it alone.

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Sustainable investing means investing with purpose



Mark Freeman, CEPA

FINANCIAL FOCUS®

Provided by Edward Jones

When you think about investing, you probably want your money to grow. But maybe you also want it to make a positive difference in the world while you continue pursuing your financial goals. That’s the foundation of sustainable investing — an approach that considers environmental, social and governance (ESG) factors alongside traditional financial analysis.

Sustainable investing allows you to support better business practices through your investment choices. It looks at how companies address issues ranging from climate change to worker well-being to corporate ethics. At its core, it’s about aligning investments with personal values while still focusing on long-term financial outcomes.

Here are the three main areas of sustainable investing:

- **Environmental considerations** include how companies respond to climate change, use natural resources and manage pollution.
- **Social factors** address workforce well-being, product safety and efforts to reduce social inequities.
- **Governance** focuses on corporate behavior, ethics policies and financial transparency.

You may wonder whether investing sustainably means

sacrificing returns. Research suggests it doesn’t. New York University’s Stern Center for Sustainable Business reviewed more than 1,000 studies from 2015–20 and found that incorporating ESG factors does not inherently diminish returns, and in many cases is associated with improved financial performance. As with any investment approach, it’s important to focus on high quality investments that help support more consistent long term returns.

Sustainable investing can take several forms:

- **ESG intentional strategies** spread out your investments and have clear goals for choosing companies that follow strong environmental, social and governance practices.
- **Sustainable thematic strategies** focus on specific issues, such as clean energy or water conservation.
- **Impact investments** go a step further, targeting measurable environmental or social

outcomes. Because they prioritize more narrow, specific objectives, they may carry higher volatility and potentially lower returns.

One concern you may hear about is “greenwashing,” which happens when companies or funds exaggerate their environmental efforts. To help prevent this, the U.S. Securities and Exchange Commission created a rule in 2023 that requires any fund with “ESG” in its name to keep at least 80% of its assets in ESG aligned investments.

Another challenge is data consistency. Today, 99% of S&P 500 companies report ESG metrics, according to the Center for Audit Quality, but different rating providers still use different methods. Looking at relative rankings can help you compare companies and mutual funds in a more consistent way.

Deciding whether to include sustainable investments in your portfolio really depends on your

values and financial goals. You can build a well diversified portfolio with or without them. A qualified financial advisor can help you understand whether adding sustainable investments fits your overall strategy and makes sense for your situation.

As more companies disclose ESG data and more funds offer sustainable options, investors have increasing opportunities to align their portfolios with their values — without sacrificing their financial objectives.

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

Mark Freeman, CEPA
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Ashland Police Department’s Fill the Cruiser

The Ashland Police Department is once again asking our community to come together and help our neighbors in need. On Oct. 2 and 3, from 10 a.m. to 2 p.m., members of the Ashland Police Department will partner with Market Basket in Ashland for a special “Fill the Cruiser” Food Drive benefiting the Ashland Food Pantry.

As the community heads into the holiday season, the need for food and household essentials continues to grow. Our goal is simple: fill an Ashland Police cruiser with donations—and then keep filling it!

Community members are encouraged to stop by Market Basket while shopping and donate nonperishable food, personal care products, and other needed pantry items. Every donation, large or small, helps ensure that local families have the support they need heading into the holidays.

Most needed items:

- Canned soups, stews,

- and chowders
- Canned meat and fish
- Cereal and oatmeal
- Pasta, rice, pasta sauce
- Peanut butter and jelly
- Canned fruits and veggies
- Baking mixes
- Flour, sugar, and cooking oils
- Snacks and crackers
- Personal hygiene products
- Baby wipes and diapers (4-6)

- Household items



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LIVING HEALTHY

Macular Degeneration new frontiers

AREDS 3 and Photobiomodulation

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

For millions of older adults, Age-Related Macular Degeneration (AMD) represents one of the most significant threats to independent living and visual quality of life. AMD specifically targets the macula—the highly sensitive central area of the retina responsible for producing sharp, straight-ahead vision. When macular function declines, essential everyday tasks like reading fine print, driving safely, recognizing familiar faces, and enjoying hobbies become increasingly difficult.

While dry AMD historically presented limited active intervention options beyond basic nutritional support, major scientific advancements are transforming how eye specialists manage the condition. Today, patients have access to refined oral nutritional formulations

alongside breakthrough light-based clinical therapies—giving us more precise, non-invasive ways to protect precious vision.

Understanding AREDS 3: The Next Generation of Ocular Nutrition

For over twenty years, standard care for intermediate dry macular degeneration has centered around targeted nutritional supplementation. Grounded in the landmark clinical trials conducted by the National Eye Institute—the Age-Related Eye Disease Studies (AREDS and AREDS 2)—these specific high-dose vitamin combinations proved that antioxidant therapy could significantly slow the rate of disease progression.

The classic AREDS 2 formulation, which blends Vitamin C, Vitamin E, Lutein, Zeaxanthin, Zinc, and Copper, established itself as an indispensable tool in

preventative ophthalmic care. However, ongoing nutritional science and clinical research have driven further refinements, leading to the introduction of AREDS 3.

AREDS 3 represents an updated, highly tailored evolution in nutritional management rather than a complete overhaul. While AREDS 2 remains an effective, widely accessible standard, AREDS 3 incorporates crucial modifications designed to improve tolerability, enhance metabolic processing, and offer targeted protection based on individual patient profiles.

Key Clinical Differences in AREDS 3

- **Adjusted and Reduced Zinc Levels:** High-dose zinc (typically 80 mg in AREDS 2) plays a critical role in retinal enzyme function and antioxidant transport.



However, high zinc intake can trigger gastrointestinal distress, stomach upset, or copper deficiency in sensitive individuals. Furthermore, ongoing research suggests that individual genetic variations may influence how efficiently different patients process heavy metals. AREDS 3 offers tailored options with lowered zinc dosages, ensuring effective antioxidant delivery while reducing digestive and systemic burden.

- **Incorporation of Ocular B-Vitamins:** Emerging clinical research underscores the protective role of key B-complex vitamins (including B6, B9/folate, and B12) in managing ocular health. These vitamins help lower systemic blood levels of homocysteine—an amino acid associated with vascular stress, inflammation, and cellular damage within the delicate blood vessels supplying the retina. By adding essential B-vitamins, AREDS 3 addresses important metabolic risk factors beyond standard antioxidant protection.

with intermediate AMD. Instead, AREDS 3 provides eye care specialists with a valuable, highly specialized alternative tailored for specific clinical circumstances:

- Patients who experience recurrent stomach upset, nausea, or digestive discomfort with standard AREDS 2 formulas.
- Individuals who require a reduced overall zinc intake due to systemic health conditions or personal medical considerations.
- Patients presenting with elevated vascular risk factors who stand to benefit from daily B-vitamin supplementation.

Deciding between AREDS 2 and AREDS 3 requires a comprehensive evaluation by your ophthalmologist, who can review your overall health history, lifestyle factors, and specific retinal status to recommend the precise formulation suited for your eyes.

Photobiomodulation: A Clinical Breakthrough for Intermediate Dry AMD

While tailored nutrition forms a crucial line of defense, modern eye care now offers direct therapeutic intervention for intermediate dry macular degeneration through Photobio-

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Is AREDS 3 Always Indicated?

It is essential for patients to realize that AREDS 3 is not a mandatory replacement for AREDS 2.

AREDS 2 remains a proven, highly effective, and widely recommended standard for the vast majority of individuals

Haymakers for Hope returns to Fenway for the thirteenth Annual Belles of the Brawl Boxing Charity Event Oct. 14

Haymakers for Hope (H4H) is thrilled to host their 13th annual Belles of the Brawl Boxing Charity event at the MGM Music Hall in Fenway on Wednesday, Oct. 14, 2026. Tickets are on sale now for this legendary all-women's boxing event in the organization's home base, with doors opening at 6:30 p.m. and fights beginning at 7:30 p.m.

This fall, twenty-six brave, courageous women living and working in the Greater Boston area will compete in boxing matches throughout the night, against equally skilled opponents to help raise money for cancer research, awareness, survivorship, and care. These local business leaders and community members are stepping outside their comfort zones and into the ring, joining a diverse group of everyday individuals with a shared goal of wanting to fight for a cure for cancer. Each individual trains individually and within small, intimate groups,



learning the fundamentals of the sweet science while creating lasting bonds with their trainers and Haymakers for Hope colleagues.

Of those twenty-six women, Ashland resident Lori Flynn will be fighting for a cure. Lori first attended the event in 2021 and immediately fell in love with everything about the organization. Lori is a 5-year breast cancer



survivor, and she is honored and beyond excited to be able to step into the ring with a group of amazing women and raise money for a cause so near and dear to her heart. "Not only will I fight for myself, but for 2 of my best friends who have been in my corner since day one. We are stronger together; no one fights alone. Please consider donating to the cause that so many struggle with. No family should have to go through this battle," Lori stated.

Since having their first event in 2011, Haymakers for Hope has raised over \$42 million for cancer research, awareness, survivorship, and care. The women gearing up for their boxing debut at this year's event have raised over \$175K and counting! Participants have the chance to train at local partner

gyms over the course of four months, culminating in a live fight night at the state-of-the-art MGM Music Hall, performing in front of a sold-out crowd and fighting for a cure.

Please follow the link for Lori's Donation page: <https://haymakersforhope.org/events/boxing/belles-of-the-brawl-2026/fighters/lori-flynn>

Since its first event in 2011, Haymakers for Hope has raised more than \$42 million to sustain its mission. The organization has transformed more than 1,500 ordinary participants into extraordinary amateur fighters.

The women gearing up for their boxing debut at this year's event have raised over \$175K and counting!

Haymakers for Hope Belles of the Brawl fights are scheduled for three, two-minute rounds, and the entire boxing card is sanctioned by USA Boxing. General admission tickets are \$85 and are available for purchase at www.haymakersforhope.org.

This event is **ONLY** for guests ages 21 and up. For more information and to purchase tickets, please visit www.haymakersforhope.org.

International Overdose Awareness Day

On Aug. 31, the Ashland community came together to recognize International Overdose Awareness Day (IOAD), an opportunity to remember those lost to overdose, support those impacted and raise awareness about overdose prevention.

The evening began with opening remarks from Ashland Police Chief Cara Rossi, setting the tone for a gathering centered on remembrance, compassion and community.

The event, organized by the Decisions at Every Turn Coalition of Ashland, featured guest speakers Kathryn Pierce and Tiffany Farrell, who shared their experiences and helped bring greater awareness and understanding to the impact of substance use and overdose.

Representatives from SADOD (Support After a Death by Overdose) and GAAP (Guided Addiction Access Points) were also on hand to connect with community members and provide information and resources.



One of the evening's most meaningful moments was the planting of 100 purple flags in remembrance of lives lost to overdose. Each flag represents approximately 10 lives lost. According to data shared at the event, Massachusetts recorded 978 opioid-related overdose deaths in 2025.

The Ashland Public Health Nurse also provided free Narcan (naloxone) and led a live demonstration showing community

members how to administer it. The hands-on education gave attendees an opportunity to learn how they can be prepared to respond in the event of an opioid overdose.

The strong community turnout highlighted the importance of coming together to remember lives lost, support those impacted, share resources and continue conversations surrounding prevention and recovery.

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October at the Ashland Library

The Library will close at 2 p.m. on Friday, Oct. 30, to prepare for our Teen Halloween Bash from 6-8 p.m. that night!

SPECIAL EVENTS:

Halloween Trick-or-Treating
Wednesday, Oct. 28 from 4:30-6:30 p.m.

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

Teen - Halloween Bash

Friday, Oct. 30 from 6-8 p.m.
It's time for the annual Halloween Bash! Join us for a night of fun and frights on Friday, Oct. 30, from 6-8 p.m. This year will feature the haunted trail and a spooky room along with crafts, face painting, tarot card readings, spooky games, and snacks! The library will only be open to teens during this frightful evening. It's a night you won't want to miss.

Children's Room Halloween Party

For families
Saturday, Oct. 31 from 10:30 a.m.-12:30 p.m.

Happy Halloween! All families are invited to join us Halloween morning for an epically spooky party. We'll kick things off with a festive edition of Saturday Stories and keep the good times rolling with crafts, games, a scavenger hunt, and of course, our annual glow-in-the-dark dance party. Kids (and their grown-ups) are encouraged to

come dressed in costume!

ADULT In Person:
In Person - Witch Hat Center-piece Workshop Monday, Oct. 5 from 6-7:30 p.m.

In Person - Front Street Readers Book Club Tuesday, Oct. 6 from 11 a.m.-12:30 p.m. Read *The Yiddish Policeman's Union* by Michael Chabon.

In Person - Mah Jongg
Wednesday, Oct. 7 at 6 p.m.

In Person - Women's Wisdom Circle Thursday, Oct. 8 from 6-7:30 p.m.

In Person - Great Decisions:
The Future of Human Rights and International Law. Thursday, Oct. 8 from 6-7:45 p.m.

In Person - Mystery Book Club Friday, Oct. 9 at 12 p.m. Read *The Thirteenth Tale* by Diane Setterfield.

In Person - Historical Fiction Book Club Tuesday, Oct. 13 at 11 a.m. Read *The Magnificent Lives of Marjorie Post* by Allison Pataki.

In Person - Cider Tasting and Fall Reading Discussion For Adults Only Wednesday, Oct. 14 from 6-7:30 p.m.

In Person - Adult Coloring Group: Drawing Outside the Lines. Friday, Oct. 16 from 12-1 p.m. Join us for Adult Coloring Group: Drawing Outside the Lines, a fun and conversational space.

In Person - Card Making with Jan Poppendieck Monday, Oct. 19 at 6:30 p.m.

In Person - Cookbook Club Tuesday, Oct. 20 at 5 p.m. Cook from 50 Pies, 50 States: *An Immigrant's Love Letter to the United States Through Pie* by Sta-

cey Mei Yan Fong.

In Person - Bio/Memoir Book Club Wednesday, Oct. 21 at 11 a.m. Read *A Different Kind of Power* by Jacinda Ardern.

VIRTUAL:

Virtual - Romance Book Club Thursday, Oct. 1 at 7 p.m. Topic: Polyamory.

Virtual - Talkin' Bout a Revolution with Bruce Magnuson (Part 2) Thursday, Oct. 1 at 7 p.m.

Virtual - Cooking Demo with Heidi McIndoo: One pot BBQ chicken Mac and Cheese. Monday, Oct. 5 at 7 p.m.

Virtual - Photography Critique with Photographer Jim Kahnweiler: Pick Your Summer Favorites. Tuesday, Oct. 6 at 7 p.m.

Virtual - Something Wicked: Classic American Horror Novels with Bill Thierfelder. Tuesday, Oct. 6 from 7-8:15 p.m.

Virtual - Environmental Book Club Wednesday, Oct. 7 at 6:30 p.m. Read *Walkable City: How Downtown Can Save America, One Step at a Time* by Jeff Speck.

Virtual - Romance Author Julie Hall Discusses *"The Secrets of Everlight."* Thursday, Oct. 8 at 7 p.m.

Virtual - Declutter series with Jamie Novak: 10 Things to KEEP When Decluttering. Thursday, Oct. 8 from 7-8:30 p.m.

Virtual - Presidential Series with Doodler Heather Rogers: John Tyler. Friday, Oct. 9 at 10:30 a.m.

Virtual - Friday Night Film Discussion Friday, Oct. 9 at 7 p.m. Watch *Mustang*

Virtual - Historical Fiction Book Recs with Bestselling Author, Jane Healey. Tuesday, Oct. 13 from 6:30-7 p.m.

Virtual - Christine Van Bloem of Empty Nest Kitchen. Tuesday, Oct. 13 at 7 p.m.

Virtual: Horror Book Recs with Bestselling Author Sam Rebelein. Tuesday, Oct. 13 from 7:30-8 p.m.

Virtual - Women's Fiction Book Recs with Bestselling Author, Kristan Higgins. Thursday, Oct. 15 from 6:30-7 p.m.

Virtual - Overcoming the Wall of Awful with author Brendan Mahan. Thursday, Oct. 15 from 7-8:30 p.m.

Virtual - Author and Historian Helen Fry Discusses *"The White Lady"* Saturday, Oct. 17 from 2-3:15 p.m.

Virtual - A Book Birthday with Horror Writer Robert Ottone in conversation with Lauren Bolger. Monday, Oct. 19 at 7 p.m.

For more events go to

ashlandmass.com/184/Ashland-Public-Library

Virtual - Neil Diamond with Clint Edwards Tuesday, Oct. 20 from 7-8:15 p.m.

Virtual - Author Leslye Penelope Discusses *"The Inevitable Undoing of Zahara Douglass"* Wednesday, Oct. 21 at 7 p.m.

Virtual - Preventing Bank Fraud (Thrive! Caregivers Series) Thursday, Oct. 22 from 2-3:30 p.m.

Virtual - The History of Mourning Thursday, Oct. 22 at 7 p.m.

Virtual - Friday Night Film Discussion Friday, Oct. 23 at 7 p.m. Watch *The Promised Land*.

Virtual - Even More Haunted Lighthouses of New England with Author Jeremy D'Entremont. Monday, Oct. 26 from 7-8:15 p.m.

Virtual - A Book Birthday Celebration with Author Iman Hari-Kia. Tuesday, Oct. 27 at 7 p.m.

Virtual - Women Air Service Pilots of WWII with Rick Feingold. Tuesday, Oct. 27 at 7 p.m.

Virtual - Art on Thursday: Creating Hope: The New Deal and WPA Art. Thursday, Oct. 29 from 7-8:15 p.m.

ADULT WEEKLY:

Knit and Crochet Club

Mondays at 6 p.m. Walk-In

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

CHILDREN: Special Programs Paws to Read with Gunner! Monday, Oct. 5 from 5:30-6:30 p.m. Monday, Oct. 26 from 5:30-6:30 p.m.

Art Club For grades 3-6. Thursday, Oct. 8 from 4:30-5:30 p.m.

Craft It!: DIY Flying Ghost. For families. No registration needed!

VEX IQ Robotics for Kids! For grades 2-6. Friday, Oct. 9 from 4-4:45 p.m. Space is limited, and registration is required!

Little Picassos Club for grades K-2. Tuesday, Oct. 20 from 4:30-5:15 p.m. Registration required.

Little Crafters For ages 0-5 with a caregiver. Thursday, Oct. 22 from 10:30-1:30 a.m. No registration required.

STEM Storytime: Spooky Science For ages 3-6 with a caregiver. Friday, Oct. 23 from 10:30-11:15 a.m. Friday, Oct. 30 from 10:30-11:15 a.m. No registration needed.

LEGO Robotics Workshop For grades 3-8 *Session 1:* Saturday, Oct. 24 from 9:30 a.m.-12 p.m. *Session 2:* Saturday, Oct. 24 from 1-3:30 p.m. All parts and computers are provided. No experience or prior knowledge is necessary!

Juntos en la Biblioteca: Actividades en Español en Familia

For families | para familias. Monday, Oct. 26 from 6:30-7:15 p.m.

Toddler Time Halloween Storytime and Party! For ages 2-5 with a caregiver. Tuesday, Oct. 27 from 10:30-11 a.m. Costumes are encouraged! No registration required.

Spooky Flicknic - Hotel Transylvania: Transformania (2022) For families. Thursday, Oct. 29 from 12:30-2 p.m. No registration required.

Not-So-Spooky Saturday Stories! For families with young children. Saturday, Oct. 31 from 10:30-11 a.m. No registration required.

WEEKLY STORYTIMES (no registration)

Clocktown Rockers!

For ages 2-5 with a caregiver. Tuesdays at 10:30-11 a.m.

Baby Time

For ages 0-3 with a caregiver.

STEM Storytime

For ages 3-6 with a caregiver. No registration required.

Saturday Stories

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

RECURRING WEEKLY PROGRAMS:

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

Wonder Workshop For ages 2-6 with a caregiver. Thursdays from 11 a.m.-12 p.m. Wonder Workshop is brought to you by the Metrowest YMCA, the same people behind our fan-favorite Project ABC!

TEEN:

Teen In-Person - Therapy Dog Visit

Tues. Oct. 6 from 3:30-4:30 p.m.
Tues. Oct. 13 from 3:30-4:30 p.m.
Tues. Oct. 20 from 3:30-4:30 p.m.
Tues. Oct. 27 from 3:30-4:30 p.m.

Back-to-school season can be stressful. Take some time to relax by visiting Dolly, a certified therapy dog, at the Ashland Public Library. Dolly will be hanging out in the Teen Room. Dolly is a sweet pup who would love to make some friends. Stop on by for a paws-ively good time!

Teen - In-Person Creative Writing Club Thursday, Oct. 1 at 5 p.m.

Teen Advisory Board Meeting - In Person. Wednesday, Oct. 6 at 5 p.m.

Teen In-Person - Time Management Workshop Saturday, Oct. 10 at 1 p.m.

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Classic cars invade Ashland for the 14th Annual KiddeFenwal Car Show for Cancer

The day could not have been better weather-wise, with a sunny and warm day, and cars came from all over New England to Ashland on Sept. 12 to attend KiddeFenwal's car show. "Over 360 cars and 1,000 people attended the show this year, breaking all records," said Peter Kamitian.

The show raised about \$35K for cancer-related organizations through car entrance fees, donations from spectators, and a record eighty sponsors, comprised mostly of local businesses.

"I would like to thank each and every sponsor and all the volunteers that make this show one of the favorites of local



Never a day of rest, as Deputy Chief Vinciulla and Officer Ligon at the KiddeFenwal Car Show recruiting new talent for the Ashland Police Department.

people who want to sit and relax and enjoy the company of fellow car owners in a fun and

noncompetitive environment and raise money for a great cause," commented Kamitian.



Richard Knight, a long-time supporter of the KiddeFenwal Car Show and well-known car restorer and mechanic, is probably showing his award for his 1966 Oldsmobile Toronado.

News from the Town Clerk's Office - Voting information

State Election

The State Election will be held on Nov. 3, 2026, from 7 a.m.-8 p.m. at the Ashland High School (65 East Union Street).

Voter Registration

The last day to register to vote in the State Election is Saturday, Oct. 24, 2026. The Town Clerk's office will be open until 5 p.m. or you may register online. If you are unsure of your current voter registration status, please contact the Town Clerk's Office before Election Day. 508-881-0100 ext. 7127 or townclerkoffice@ashlandmass.com.

Accessible Voting Information

We want to make sure every voter has a safe and accessible voting experience. Please plan ahead.

We are aware that the walk from the accessible parking area to the check-in location is a significant distance. The current polling location was approved by the Massachusetts Secretary of the Commonwealth's Office. We understand, however, that the distance may present a challenge for some voters.

Need a Special Accommodation?

If you anticipate that the

distance or other conditions at the polling location may make voting difficult, please contact the Town Clerk's Office before Nov. 3.

We are happy to discuss available accommodations and how we can assist you.

OTHER ACCESSIBLE WAYS TO VOTE

Vote Early In Person:

Oct. 17 – Oct. 30

For voters who have accessibility concerns, this location may provide a more convenient and accommodating voting experience.

Early voting will take place in the Lower Level of Ashland Town Hall.

Saturday, Oct. 17 – 10 a.m.-4 p.m.

Monday, Oct. 19 – 10 a.m.-2 p.m.

Tuesday, Oct. 20 – 10 a.m.-2 p.m.

Wednesday, Oct. 21 – 2 p.m.-6 p.m.

Thursday, Oct. 22 – 10 a.m.-2 p.m.

Friday, Oct. 23 – 9 a.m.-12 p.m.

Saturday, Oct. 24 – 10 a.m.-4 p.m.

Monday, Oct. 26 – 8 a.m.-3:30 p.m.

Tuesday, Oct. 27 – 8 a.m.-3:30 p.m.

Wednesday, Oct. 28 – 8 a.m.-7 p.m.

Thursday, Oct. 29 – 8 a.m.-3:30 p.m.

Friday, Oct. 30 – 9 a.m.-12 p.m.

Vote By Mail:

You may also choose to vote by mail.

In advance of the State Election, the Massachusetts Sec-

retary of the Commonwealth mails Vote-by-Mail application postcards to all registered voters. This postcard is an application—it is not your ballot.

If you wish to vote by mail, you must complete the application and return it to the Town Clerk's Office. You may also apply online through the Secretary of the Commonwealth's website. Once your application is processed, a ballot will be mailed to you.

VOTE-BY-MAIL DEADLINES

Application Deadline: Your Vote-by-Mail application must be received by the Town Clerk's Office no later than 5 p.m. on the fifth business day before the election. For the 2026 State Election, the deadline is Tuesday, Oct. 27, 2026, at 5 p.m.

Returning Your Ballot: Completed Vote-by-Mail ballots may be returned by mail, placed in an official ballot drop box, or delivered in person to the Town Clerk's Office. Ballots must be returned in the official ballot envelope provided with your ballot.

Ballot Return Deadline: If returned by mail, delivered by hand, or placed in the ballot drop box, your ballot must be received by the close of polls

(8 p.m.) on Election Day. DO NOT return the ballot to the polling location.

HELPFUL REMINDERS

Carefully read all instructions included with your ballot.

Be sure to sign the ballot envelope where indicated.

Return your ballot as early as possible to avoid postal delays.

You can track the status of

your Vote-by-Mail application and ballot online through the Secretary of the Commonwealth's voter portal.

If you have any questions about voting, please contact the Town Clerk's Office 508-881-0100 ext. 7127 or townclerkoffice@ashlandmass.com.

For more information, visit <https://www.ashlandmass.com/219/Elections-Voting>.

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Ashland local updates for October

Fall Fest

Don't forget to stop by The Corner Spot on Saturday, Oct. 24 between 1-3 p.m. for Fall Fest! Enjoy live music from Hit the Bus Band, fun for the kids with Imagine That Face Painting and fall carnival games, plus plenty of delicious food and drinks. Savor bites from Dulce D Leche, sweet treats from Refreshin' Concessions, and beverages for our 21+ guests from Wine Empire.

Downtown Trick or Treat

The annual trick-or-treating event is happening again in downtown Ashland on Wednesday, Oct. 28, from 4:30-6:30 p.m.! All three floors of Ashland Town Hall will be decorated for the holiday, and staff members will be in costume, ready to hand out tons of candy and treats! We're inviting all kids and families from our community to come together for some Halloween fun. Dress up in your favorite costumes and come trick-or-treat!

After Town Hall, be sure to visit participating businesses in the downtown area. You will receive a map at Town Hall of all the stops to visit. Don't miss out on this fantastic community event. We can't wait to see your costumes and celebrate Halloween together!

Design Review Committee – Expertise Needed

The Ashland Planning Board is seeking professionals in architecture, landscape architecture, engineering, and other related design and construction industries to serve periodically on short-term design review committees.

The Board will maintain a roster of professionals willing to serve and will reach out to those individuals when a proposed project is required to have design review under the Ashland bylaws. Professionals on the roster will then be able to decide whether they are available and willing to serve on the committee for the particular project. Design review committees will consist of 3 to 5 members and will likely have 1 to 3 meetings depending on the size and complexity of the proposed project. In addition to design and construction professionals, a local business owner may also be a part of the committee.

To apply, please fill out the Talent Bank form at: <https://www.ashlandmass.com/formcenter/talent-bank-form-16/talent-bank-form-56>

Or for questions, please contact Tricia Kendall at tkendall@ashlandmass.com

Ashland's Annual Holiday Program

Dear Community Member, we hope this letter finds you well as you prepare for the 2026 holiday season! The holiday season is a time of joy and connection, but it can also bring added stress for families experiencing financial challenges, housing instability, or food insecurity. To help ease some of this burden and bring holiday cheer to children in our community, the Ashland Community Center, in partnership with the Department of Prevention and Human Services, invites you to participate in our Annual Holiday Program. There are several meaningful ways to get involved:

Option one: Sponsor a Child. You (or a group) can sponsor one or more children by providing approximately \$100–\$200 per child in gifts. Sponsors will receive: Clothing and shoe sizes, favorite colors, hobbies and interests, and gift suggestions provided by the child's parent or guardian. Please note: To ensure fairness and maintain consistency among participating families, we are unable to accommodate requests to sponsor a child based on a specific age or gender.

Option two: Donate "Filler Gifts." Filler gifts help us support additional children and families throughout the holiday season, including last-minute requests or situations where additional gifts are needed. Examples include:

- Art supplies, books, and journals
- Hats, gloves, scarves, and socks
- Fidget toys, puzzles, and dolls
- Teen items
- Water bottles, jackets, and character-themed items
- Makeup, nail polish, and Pokémon cards.

This year, we are also seeing an increased need for new winter coats for older children and teens, particularly in larger youth and teen sizes.

Option three: Donate Gift Cards. Gift cards provide families with flexibility and allow them to select items that best fit their needs. They can also give families the opportunity to enjoy special experiences together. Suggested gift cards include:

- Dunkin', McDonald's, Grocery Stores, & local restaurants
- Target, Walmart, Old Navy, and TJ Maxx
- AMC, mini golf, laser tag, and Dave & Buster's
- Amazon, PlayStation, Xbox, and Barnes & Noble
- CVS, Walgreens, and other local retailers

We hope to begin matching sponsors and children as soon as possible. If you would like to participate, please complete the application by Oct. 15, 2026. 2026 Holiday Sponsor Application: <https://tinyurl.com/AshlandHolidayProgram>

Drop-off Dates: Monday, Dec. 7, 2026 | 11 a.m.–3 p.m.
Tuesday, Dec. 8, 2026 | 8 a.m.–12 p.m. Thank you for your

generosity and for helping make the holiday season brighter for children and families in our community. If you have any questions, please reach out to humanservices@ashlandmass.com. Kindly, Your friends at the Ashland Community Center

National Drug Take Back Day

The Drug Take Back Day will be held at the Ashland Community Center on Saturday, Oct. 26 from 10 a.m.–2 p.m. The Ashland Community Center is located at 162 West Union Street.

#TakeBackDay is a free event for communities nationwide to properly dispose of old and unneeded medications safely and anonymously. Bring those old and unneeded medications to a collection site near you: www.DEATakeBack.com

Ashland Clobber Club 5k

The first ever "Beat the Clock" race is happening Sunday, Oct. 25, beginning at 9 a.m. This is a fun community event that supports all sports programs at Ashland High School and Middle School through the nonprofit Ashland Clobber Club! Register by Oct. 6 for a free T-shirt. Sign up for the 5 K: <https://runsignup.com/race/ma/ashland/clobberclub5kfundraiser>

The Clobber Club is dedicated to the support and advancement of all the athletic programs at Ashland High School and Middle School by promoting the purpose, pride, and performance of all student-athletes. We provide support through financial and volunteer assistance to athletic programs, coaches, and student-athletes. Visit their website: www.clobberclub.org

Fill the Cruiser!

Ashland Police & Market Basket Team Up to Support the Ashland Food Pantry. Oct. 2 and 3 from 10 a.m.–2 p.m.

The Ashland Police Department is once again asking our community to come together and help our neighbors in need.

On Oct. 2 and 3 from 10 a.m. to 2 p.m., members of the Ashland Police Department will partner with Market Basket for a special "Fill the Cruiser" Food Drive benefiting the Ashland Food Pantry.

As we head into the holiday season, the need for food and household essentials continues to grow. Our goal is simple: fill an Ashland Police cruiser with donations—and then keep filling it!

Community members are encouraged to stop by Market Basket while shopping and donate nonperishable food, personal care products, and other needed pantry items. Every donation, large or small, helps ensure that local families have the support they need heading into the holidays.

Let's fill the Ashland Food Pantry before the holidays!

The success of these events is possible because of the incredible generosity of the Ashland community. Our residents and local businesses have consistently stepped up when neighbors need a helping hand, and we hope to see that same community spirit again this October.

The Ashland Police Department is proud to partner with Market Basket and the Ashland Food Pantry for an event that brings together public safety, local businesses, and residents for one common purpose: helping our community take care of one another.

Food Drive Details

Thursday, Oct. 2 and Friday, Oct. 3 10 a.m.–2 p.m. Market Basket – Ashland. Benefiting the Ashland Food Pantry.

Bring a donation. Fill the cruiser. Help fill the pantry. Together, we can make a difference before the holidays.

Musicologie

Musicologie Ashland officially opened with their ribbon-cutting at 90 Chestnut Street (The Asher apartment complex)! Musicologie is a student-focused music school that is unabashedly passionate about providing simply delightful music lessons to musicians of all ages and skill levels. They specialize in one-on-one private lessons and also provide group classes, summer programs, special workshops, and performances. Every student is different, with unique goals, capabilities, and needs to be met. One of the core strengths of Musicologie is its adaptability, using both proprietary and third-party curriculum to meet the needs of every student.

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Ashland Garden Club begins new season

SUBMITTED BY GRETCHEN BRAVACOS

The Ashland Garden Club held our Annual Meeting at Dulce de Leche on Saturday, Sept. 12. The purpose of our Annual Meeting is to welcome members back from our summer break, to discuss old and new business while setting goals for the year, and to elect new officers if necessary. When I shared over a year ago that I wanted to step back from being President, we shared details of our proposed Shared Leadership Model at last year's Annual Meeting, in place of electing a new President. In this leadership model, Leadership Team members take turns sharing responsibility for preparing our monthly meetings by gathering information to create an agenda, then sending the agenda, the minutes from the previous meeting, and the monthly financial statement to all members, and conducting the meeting. I am pleased to share that our new model of leadership has been in place for a year now, and feedback has been positive.

We began this year's Annual Meeting by introducing ourselves and sharing how long we had been members, etc. I began by sharing that I joined AGC in 2005, shortly after I moved to town. During those years, I served nine years as Treasurer and eight years as President. I was surprised and honored to receive beautiful flowers from Dragon Flowers and a delicious cake from Dulce de Leche in recognition of my contributions to AGC over the years.

Later, while reflecting on what I had shared at the meeting, I thought of the many contributions of previous members who had had a profound impact on AGC during my years as a member. I decided that I wanted to share information and contributions about two former members in this format.

The first person who comes to mind is Diane Roberts. She was a bundle of energy, full of good ideas about how we could do what we do but better. I found out recently that while she was President of AGC, she was also president of her condo association! Diane was the secretary when I first joined AGC. During that period of time, not



only did Diane set the agenda, but she often also led the meeting. Several years later, I nominated her for President at one of our Annual Meetings. When the current treasurer moved out of town, Diane approached me about becoming the Treasurer. I agreed only if we could open a checking account for AGC. At this point in time, there wasn't much money involved, but I was clear that I was not willing to keep AGC money in my own account, which had been the practice. That day, Diane and I left the meeting, met at the Middlesex Bank, and opened an account. I was also adamant about accountability, so Diane and I created a form that members still use today to document purchases made on behalf of the club when asking for reimbursement. To this day, no AGC money is expended without proof of purchase attached to this form. Diane also created a colorful informational handout that we still use, listing basic information about our club and inviting people to join us at one of our monthly meetings and to attend our educational opportunities open to the public.

Diane and I worked together to gather or create the documents needed to apply for non-profit status (501 (c) (3)). One of the many documents needed was the bylaws, which I created using a model from another club. None of the financial information required came naturally to me, but somehow I got it all together. After a lot of work, we met the criteria and were granted non-profit status.

The second person I want to mention as having had a profound impact on AGC during my twenty years of membership is Lois Bennett. Lois served first as Vice-President while Diane Roberts was President and then assumed the role of President when Diane moved to Florida.

Lois was a master gardener whose expertise was in using native plants and garden design. Lois designed both the Clock Tower Garden and the Post Office Garden. Lois's commitment to providing pollinator gardens to support monarch butterflies is reflected in the two pollinator gardens dedicated to her memory in the Ashland Community Gardens. She and I participated in a multi-generational project that taught preschoolers about the role of bees in pollination. The culminating project was to build a raised garden behind the Community Center and to plant native plants to attract butterflies. This garden was also dedicated to Lois.

We have always been a hard-working club committed to adding beauty to our town. Another of Lois Bennett's contributions was to alter the AGC meeting schedule so that we meet September through June. In recognition of how hard we work around town, she instituted what we called "Wine in the Garden" events during July and August. Each summer several members volunteer to host an event in their garden. These social events are open to AGC members only.

When I think back over the many years that I have been an AGC member, I remember so many members who are no longer active but whose contributions laid the foundation for where we are today. In recent years, many new members have brought new energy and enthusiasm to our mission. I am proud of where we are as a club today.

The Ashland Garden Club meets 10-11 a.m. on the second Saturday of each month, September through June. Meetings are held in the conference room in the lower level of the Ashland Library and are always open to the public. All meetings and events are open to the public.

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 ac-

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

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

Questions about acne?

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

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October 2026 at Ashland Senior Center

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

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

Featuring:
FUTURE OF FLIGHT: Flying Cars, Vertical Takeoff & Landing (VTOL) with Peter H. Schmidt, Co-Founder & COO, Transcend Air. Thursday, Oct. 1, at 11 a.m., Free. Faster, Affordable, Safe. The mind-blowing future of Flying Cars will be here soon... Register: Call 508-881-0140 ext.1 or walk in.

October is Breast Cancer Awareness Month

Support the Fighters, Admire the Survivors, Honor the Taken.

Wednesday, Oct. 7 at, 11 a.m. Free. Join us as we come together to honor and celebrate breast cancer survivors and those who continue to fight. Wear your pink and show your support! We'll provide ribbons for you to write the name of someone you wish to honor, remember, or celebrate. Ribbons will be displayed as a beautiful tribute to the strength, courage, and hope of our community.

Light refreshments will be provided. Anne Fitzgerald, R.N., will discuss prevention. Register: Call 508-881-0140 ext. 1 by Oct.1 at 12 p.m.

Medicare Open Enrollment

Information Session Tuesday, Oct. 6, 10:30 a.m., Free. With Michelle Gucciardi. Overview of changes to Medicare Health Insurance Premiums, health care and drug coverage, and a summary of new benefits. Register: Call 508-881-0140 ext. 1. Walk-ins also welcome!

In-Person Open Enrollment Consultation

Starting Oct. 15, Tuesdays and Thursdays, 9 a.m.-2:30 p.m., Free. Call 508-881-0140 ext. 1 to set up an appointment.

Free Lunch Tasting Event

Sponsored by Heart to Home Meals
Wednesday, Oct. 14, at 11:30 a.m., Free. Samples may include chicken, vegetables, pasta, meat and /or other delicious food. Reservations required: Limited Seating. Call to reserve your space at 508-881-0140 ext. 1 by Thursday, Oct. 8 at 12 p.m.

Halloween Lunch and Costume Party with DJ Robert Gardener. Monday, Oct. 26, 12 p.m. – Cost \$8 pp. Entrée: Turkey Wheat Wrap (with bacon, cheese, lettuce & tomato) plus Chips. Reservations due: Thursday, Oct. 22, at 12 p.m. Please use the payment box located outside the Main Office.

Dine Out For a Cause Fund-raiser Tuesday, Oct. 13 from 11 a.m.10 p.m. Bella Costa Ristorante, 147 Cochituate Road, Framingham. 10% of all Dine-in & Take Out sales will go to the Friends of the Ashland Council on Aging to help fund activities and services at the Ashland Senior Center. Mention the event to your

server when ordering.

FREE SERVICES *Registrations Required*

Transportation

FREE transportation for Ashland Residents 60+ to bordering towns of Ashland. 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.

Grocery Shopping Trips to Shaw's on Tuesdays from 9-10:30 a.m. and Market Basket on Wednesdays 9-10:30 a.m.

48 hours' advance notice required. Call 508-881-0140 ext.1 to schedule. If you need to cancel a reservation, please remember to call the office ASAP.

NEW COMPUTER LAB *Explore the World Virtual!*

- Listen to a N.E. Patriots FALL 2026 Documentary.
- View a LIVE Eagle's Nest on a Webcam.
- Experience Aerial views of the Amalfi Coast in Italy.
- Watch an interview with Princess of Wales, Kate Middleton.
- Learn about Dolly Parton's Life & Times.

Each computer is set up for you to click and explore! Headsets are available on loan from the Main Office for private listening.

Legal Phone Consultation

Friday, Oct. 9, 10-11:30 a.m. with Arthur P. Bergeron, Mirick Law. Call to schedule a free 20-minute appointment. Call 508-881-0140 ext. 1.

Mobility Equipment Borrow/Loan Program:

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

SHINE (*Serving the Health Insurance Needs of Everyone*) In-person appointments. Thursdays, Oct. 1 and 8, appointments available 10 a.m.-1 p.m. Open Enrollment: Available starting Oct.15, Tuesdays and Thursdays from 9 a.m.-2:30 p.m.



Appointment required. Please call 508-881-0140 ext. 1

Veterans Office Hours

Wednesday, Oct. 7 and 21, 9-11:30 a.m. Appointments recommended. Call 508-429-0629 to schedule.

PROGRAMS & ACTIVITIES

All programs and 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 *Registrations Required*

Creative Writing Group with Clara Mott, Romance Writer. Every second and fourth Tuesday of the month, 9:30 a.m.

Digital Literacy Class (Computers/Phones/Tablets): Windows 11 & Computer Basics with Jonathan Baron Tuesday, Oct. 20, 10:30 a.m.

Historical: John Adams: The Voice Heard 'Round the World with Marian Hannah Carlson Tuesday, Oct. 20, 11:30 a.m. Walk-ins also welcome.

Movie with Popcorn: *The Sheep Detectives* (2026) PG13. Tuesday, Oct. 13, 1-3p.m. Mystery/Comedy/Drama.

BOARDS, COMMITTEE & COMMUNITY MEETINGS
Ashland Council on Aging (COA) Meeting Thursday, Oct. 1, 10:30-11:30 a.m. Open to the Public.

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

Dull Men's Club with Doc Tuesday, Oct. 6, Breakfast, 9:30 a.m., Lloyd's Diner, Framingham (self-pay.)
Tuesdays, 9:30 a.m., Oct. 13, 20, 27 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, 10:30 a.m. Walk-ins welcome!

Energy Assistance & Services with SMOC Thursday, Oct. 22, 11 a.m. Learning how

SENIOR CENTER

continued on page 20

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Greater Ashland Lions Club

Happy Halloween Saturday, Oct. 31

SUBMITTED BY LION ROSALIE PORTER, 2ND VP

A big thank you goes out to all those who stopped by to see us at National Night Out. It was held at the Middle School. And to those who visited us at our White Cane Day Toll Road (co-sponsored with the Ashland Lions Club). Also, many thanks for visiting us at our booths at both Dragonfly Faire and Ashland Day. For those who were interested in the Cookies for Kids Cancer, please go to this website: <https://my.beagood-cookie.org/fundraiser/6556184>.

Thank You for Your Generosity

A heartfelt thank you to everyone who has donated aluminum pull tabs and used eyeglasses. These ongoing collections help support important programs that benefit people both locally and around the world. Please keep those donations coming! Every pair of glasses and every handful of pull tabs helps make a difference.

Ashland Day

To all those who stopped by the Greater Ashland Lions Club booth, thank you! We were raising funds to support children battling cancer and other important charitable initiatives. We loved the opportunity to meet

you, share information about our club, and tell you more about the many ways Lions serve our community. For more club information, please check us out on Facebook: Greater Ashland Lions Club. #weserve #kindnessmatters.

Porchetta Night!

Mark your calendars for our annual Porchetta Night on Thursday, Oct. 15, at the Ashland VFW. You don't want to miss this evening filled with:

- Delicious 5-course meal prepared by Marconi's
- Live entertainment
- Exciting Basket Raffles - including a generous raffle donation from Anderson's Jewelers

Tickets are \$25/each and can be purchased by contacting Lion Debbi at 508-881-2117. It's a fantastic night of great food, fun, and fellowship—all while supporting the charitable work of the Greater Ashland Lions Club.

Help Keep Someone Warm This Winter

It's never too early to begin collecting clean, gently used coats for our annual Coat for Kids and Families campaign, beginning in October. You can bring donations to any of our upcoming events, or simply

contact Lion Debbi at 508-881-2117 to arrange a convenient pickup. Together, we can help ensure that local families stay warm during the colder months ahead.

Thank You for Supporting Lions

For those of you who may have any used eyeglasses or unneeded hearing aids, you may drop them off at Market Basket (Pond Street / Rte. 126), the VFW (at 311 Pleasant Street), or the Town Hall (Main Street).

Want a quick and delicious meal on hand for those cold fall & winter nights? Please consider ordering from our online fundraiser with What a Crock. Our club receives a small commission on every order. Use this link: <https://whatacrockfundraising.com/?rfsn=8953732.6f398a9>. Thank you!

Every volunteer hour, every donation, every event attended, and every member strengthens our ability to serve others. Thank you for being part of a community that cares so deeply about helping neighbors near and far! Together, we can continue to make Ashland—and the world—a better place through service. #kindnessmatters

We are the Lions in Purple. We Serve!

EYES

continued from page 10

modulation (PBM).

Photobiomodulation is an advanced, painless, non-invasive treatment that utilizes precise, selected wavelengths of light (yellow, red, and near infrared) to target the retina. At a cellular level, these light wavelengths stimulate the mitochondria—the microscopic “powerhouses” of retinal cells. By boosting cellular energy production (ATP), reducing oxidative stress, and improving local circulation, PBM helps revitalize struggling retinal tissue and slow down cellular degeneration before irreversible sight loss occurs.

Milford-Franklin Eye Center: Leading Edge Eye Care in Your Backyard

At Milford-Franklin Eye Center, we are dedicated to staying at the very forefront of modern medicine. We are proud to be one of the few practices in the Commonwealth—and the first in our area—to acquire and offer photobiomodulation technol-

ogy for our patients.

Our mission has always been to combine academic-level clinical excellence with compassionate, community-centered care. By offering cutting-edge treatments like photobiomodulation alongside personalized nutritional strategies like AREDS 2 and AREDS 3, we ensure that you do not need to travel far to receive world-class ophthalmic care. The highest standard of medical innovation is available right here in your backyard.

Whether you are seeking proactive treatment for dry macular degeneration, exploring advanced light therapy, or simply looking for an expert second opinion, our team is here to guide your journey toward preserved visual health.

Protect your sight today. Contact Milford-Franklin Eye Center to schedule your comprehensive evaluation or request a second opinion with our eye care specialists.

For more details, see our ad on page 10.

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

Meet Rae and Marley

Bonded pair of handsome tuxedo brothers

Rae and Marley are two 8-year-old tuxedo brothers who came to us as surrenders. These two are a bonded pair and will need to be adopted together.

Rae is a handsome, dignified boy whose serious expression might fool you at first, but don't let it. Beneath that composed exterior is a cat who absolutely craves affection and isn't shy about asking for it. He is chatty, loves to curl up in your lap, and enjoys a good belly rub. When he isn't seeking attention, you'll likely find him perched up high, keeping a watchful eye over the room. He can be playful when the mood strikes. A laser pointer has been known to catch his interest, though he may act as though he's far too mature for such things.

It's also worth noting that Rae

has been known to help himself to his brother's dinner when given the chance, so mealtime may require a little supervision and redirection.

Marley, on the other hand, will win you over at the first meow. A lovebug who will instantly melt your heart. He is curious, vocal, and endlessly charming. He loves laser pointers, watching the world go by from a window, and stealing all the attention he can get. He is also a social eater and tends to eat better with a little company, so don't be surprised if he expects you to stick around for meals.

Rae has been diagnosed with hypertrophic cardiomyopathy (HCM), a significant heart condition that requires regular veterinary monitoring. He is not



currently on medication, but he does require a low-sodium diet to help manage his condition. Because of the severity of his disease, his life expectancy may

TUXEDO BROTHERS

continued on page 18

Hey Ladies ... looking for **wide** shoes?

Sizes 6.5ww - 11ww, also 12m

Back Open After the Flood!!

Please call before heading to the store



Come see all the Fall Shoes!



- Enhanced Arch Support
- Stretch Topline for Perfect Fit
- Hidden Heel Cushioning to Prevent Slipping While Walking
- Fully Removable, Ultra-Cushioned Tiny Pillows Insoles
- Sueded Microfiber Sock Linings
- Rubber Outsole
- Heel Height: 1/2"



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SPORTS

Ashland Golf hopes for a spot in the Division 2 State Golf Tournament

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

The Ashland Golf Team went 7-9 last fall and fell just short of qualifying for the post-season and now that they have lost a very important piece in their lineup in the form of Rebecca Kriegsmann. Coach Mike Roman will be looking for someone to fill the gap on the golf course.

“Rebecca was by far our strongest player last year as well as one of the top golfers in the league,” the Clocker Coach said. “It’s going to be a season with a lot of competition for spots; there are openings and everyone is looking to secure a spot somewhere.”

Senior captains Will MacDonald and Connor Botsis are looking to take their games to the next level while providing

a work ethic and a strong leadership that the rest of the team can follow. Roman wants his captains to push a welcoming environment on the new players to come into the Ashland locker room.

The Coach noted that he not only wants an environment that is fun, but one where the team is continually improving. He would like to see his golfers play smart, strong golf across the board. MacDonald will find his position somewhere in the top four golfers for the Clockers while Botsis most likely will fall into the seven or eight range. Both will be counted on to help this team succeed.

Another senior, Brady Weinwill be teeing off in his second varsity season this fall. Last year as a junior he worked his way into the lineup and Roman is



Photo supplied by Coach Mike Roman

hoping that he can continue to play somewhere in that top eight.

At the time of this writing, while nothing is written in stone, Adam Silverman is currently the team’s number one

golfer. He has been shooting two or three over par and although he plays other sports he is a serious golfer.

“I don’t want to put a lot of pressure on a freshman to be our top golfer, but I am hoping that he can continue to pick up his game and eventually be that person,” the Clocker Coach said. “I believe that he cannot only handle the pressure but thrive in this type of environment. He has a strong all around game and is smart in all facets.”

Making the return from last year’s team will be juniors Tim Forster and Ryan DePaolo, who should fit in as the sixth and fifth golfers respectively for Ashland at this point. Roman is hoping that Sid Pawnarkar will get to see more time with the varsity squad this year.

Over the past few years, Ash-

land has found itself to be a .500 team playing in a competitive Tri Valley League. If the Clockers can manage to secure at least a .500 season, then they should be able to find their way into the Division 2 State Golf Tournament.

“We are hoping to once again get back into the postseason,” the coach said. “Power Rankings would definitely help our cause as we see a lot of the top and talented teams on a regular basis.”

The Clocker golfers know that they have the potential to become a qualifying team. The big question is, can they pull it all together and click as a team and make a run through the tough TVL.

Ashland opened the season with an 187-167 loss at the hands of Nipmuc at the Shining Rock Golf Club.

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TUXEDO BROTHERS

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Why buyers are waiting—and why buying now may make sense



Kim Foemmel, REALTOR®
Real Estate Broker

REAL ESTATE INSIGHTS

Waiting for the “perfect” housing market can feel safer than making a decision. But before postponing your move until 2027, ask a better question: What would buying now accomplish, and can you do it comfortably?

“Mortgage rates are too high.”

That concern is real. Freddie Mac’s average for a 30-year fixed mortgage reached in the upper 6%’s. The Mortgage Bankers Association’s outlook keeps 30-year fixed rates at 6.5% through 2028, suggesting a sustained return below 6% could wait until 2029 or later. This is one forecast, not a guarantee.] Rather than betting on lower rates, ask a lender to establish a comfortable payment today. Refinancing later should be a possible bonus, never the condition that makes your purchase affordable.

“Prices might fall next year.”

But what if they go up? Buying demand is solid which could also increase home prices next year. Compare recent neighborhood sales, property condition, and competing listings rather than national headlines. Ask: “Can we negotiate a fair price for this particular home?”

“I don’t have enough saved.”

A 20% down payment is not universally required. Depending on eligibility, lower down payment programs (including 0, 3, 5, 10% down) may provide options, although mortgage insurance can increase monthly costs. Review closing expenses, taxes, insurance, maintenance, and emergency savings before deciding that buying is either impossible or affordable. It’s better to start investing in a home then throw money away on rent.

“I’m nervous about the economy.”

Separate general uncertainty from your personal financial position. Stable income, manageable debt, adequate reserves, and plans to stay put strengthen your readiness. If your employment is genuinely uncertain or buying would exhaust your savings, waiting may be the responsible choice.

“I’m waiting for a better selection.”

National inventory reached 1.62 million existing homes in August 2026, representing 4.9 months of supply. That creates potential negotiating opportunities, although local conditions differ. Where buyers face less competition, explore price reductions, repair credits, or assistance with closing costs. **Today’s opportunity may be better terms, not a dramatically cheaper house.**

For homeowners reluctant to surrender a low mortgage rate, compare the full cost of moving with staying, renovating, and continuing to live with a home that no longer fits.

The strongest reason to act is not fear. It is finding a home that improves your life at a payment that protects it. More space, a shorter commute, better schools or a welcoming

place to gather can have value beyond market timing.

Let’s compare buying today with waiting until 2027, including your savings goals, current housing costs, and several price and rate scenarios. There is no obligation to buy today. But there is every reason to replace uncertainty with a plan—and be ready when the right opportunity comes along! So if the right home you love shows up now with a payment your comfortable with, jump on it!.

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Ashland Recent Home Sales

Date	Ashland	Amount
09/14/2026	155 Prospect St.	\$785,000
09/10/2026	8 Woodridge Ln.	\$785,000
09/08/2026	22 Waushakum Ave.	\$525,000
09/02/2026	33 Brimstone Way	\$729,990
09/02/2026	7 Hayden Ln.	\$1.20 mil
09/01/2026	76 Meeting House Path	\$460,000
08/31/2026	27 Heritage Ave.	\$1.15 mil
08/31/2026	82 Hardwick Rd.	\$1.60 mil
08/31/2026	325 Captain Eames Cir.	\$535,000
08/25/2026	6 Fox Hill Rd.	\$685,000
08/21/2026	18 Haven Way	\$530,000



The 5-bed, 5-bath, 4,991-square-foot home at 82 Hardwick Road in Ashland recently sold for \$1,599,000.

Image credit:
www.zillow.com

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SENIOR CENTER*continued from page 16*

to effectively communicate with medical professionals can lead to better health.

Clocktown Memory Cafe with Music by Rick Ferreira. Tuesday, Oct. 27, 1-2:30 p.m. Please RSVP to Candi Wilson at cwilson@ashlandmass.com or 508-532-7944. Registration due by Tuesday, Oct. 20.

Hearing Aid Cleaning with Hopkinton Audiology with Darcy Rapucci, Hopkinton Audiology. Monday, Oct. 19, 10:30-11:30 a.m.

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

Mindfulness & Meditation with Mary Green. Thursdays, 11 a.m. \$5 pp suggested donation per class.

Parkinson's Boxing with Tessa Herbold - Free. First and third Wednesday of the Month, 1:30 p.m. Equipment provided.

ARTS & CRAFTS

Registrations required unless otherwise noted. Call 508-881-

0140 ext. 1.

Cook with Chef Lee: Shrimp & Vegetable Stir Fry. Thursday, Oct. 15, 11:15 a.m. \$5 pp class donation requested.

Craft Class with Karen: Decoupage Pumpkins. Friday, Oct. 9, 10 a.m. Supplies provided.

Craft Class with Elissa: Pine Cone Door Hanger. Friday, Oct. 16, 10 a.m. Supplies provided.

Craft Class with Milly: Ghost in a Jar. Friday, Oct. 23, 10 a.m. Supplies provided.

Intermediate & Advanced Watercolor Class Tuesdays and Wednesdays, 9:30-11:30 a.m. See Instructor for details. Techniques and tools to enhance your paintings.

Drop-In Knitting & Crocheting Group Second and Fourth Tuesday of the Month, 11 a.m.-12 p.m. Bring your current project, share conversations, and enjoy knitting with our group.

Knit Along with Nancy Second and Fourth Thursdays, 1-2:30 p.m. Beginner Knitting Project: Round Throw Blanket. Supplies provided. All levels welcome!

EXERCISE

All classes have a suggested

donation of \$5 per person, unless otherwise indicated.

FREE TRIAL CLASSES

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

Chair Yoga with Mary

Wednesdays, 1 p.m.

Chair Volleyball FREE

Tuesdays, 1-2:30 p.m. (no Chair Volleyball on Oct. 27.)

Exercise with Joni

Mondays, Wednesdays, and Fridays, 9:30 a.m.

Line Dancing with Lisa

Thursdays, 1-1:45 p.m.

Ping Pong FREE

Wednesdays, 11 a.m.

Tai Chi with Jon

Tuesdays, 11:45 a.m.

Zumba Gold with Scott

Tuesdays, 9:15-10 a.m.

GAMES

Canasta Wednesdays, 1 p.m.

Chess Mondays, 1 p.m.

Cribbage Thursdays, 12:30 p.m.

Mahjong Fridays, 9:30 a.m.

Beginners Mahjong (make appt.) Fridays, 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 @ <https://www.ashlandmass.com/1224/APL-Calendar>

The Secrets of Everlight with Romance Author Julie Hall on Monday, Oct. 8 from 7-8 p.m.

Amnity Awakens with Horror Writer Robert Ottone in conversation with Lauren Bolger on Monday, Oct. 19 from 7-8 p.m.

The Inevitable Undoing of Zahara Douglass with Mystery/Romance Author Leslye Penelope on Wednesday, Oct. 21 from 7-8 p.m.

Even More Haunted Light Houses of New England with Author Jeremy D'Entremont on Monday, Oct. 26 from 7-8:15 p.m.

Once in a Lifetime with Author Iman Hariri-Kia on Tuesday, Oct. 27 from 7-8 p.m.

BREAKFAST

Ashland Lions Club Free

Breakfast Thursday, Oct. 1, 9:30-11 a.m. Blueberry Pancakes, Bacon, Sausage, Fruit Cocktail, Juice, Coffee & Tea.

LUNCH

Lunch and Learn: Veggie Meter Nutrition Event with David & Alicia Blais, Daniel's Table plus FOACOA Birthday Lunch. Monday, Oct. 5, 12 p.m. - \$7pp. Entrée: Half a Chicken Salad Wrap with Chips. Reservations for Lunch: by Thursday, Oct. 1 at 12 p.m.

Lunch and Trivia with Prizes

Prepared and Served by Keefe Tech Students at Ashland Senior Center. Tuesday, Oct. 13, 11:30 a.m. - \$7pp. Entrée: Tuscan Chicken, Potatoes, Vegetables, Salad and Rolls. Reservations for Lunch: by Thursday, Oct. 8 at 12 p.m.

Lunch and Learn: Living & Home Care: Understanding the Options with Deb Tisher and Bob DePeron. Monday, Oct. 19 at 12 p.m. - \$7pp. Entrée: Meatloaf with Mashed Potatoes, Roasted Vegetables, and Rolls. Reservations for lunch: by Thursday, Oct. 15 at 12 p.m.

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