

Ashland

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Free to Every Home and Business Every Month

November 1, 2026

From a drugstore camera to 118 countries: A local photographer shares his view of the world

By BRITTANY AMALFI

From black-and-white snapshots taken with a little box camera to digital photographs capturing faraway places, Howard Axelrod has spent more than 70 years behind the lens, documenting a world he is always eager to explore.

A travel photographer who has visited 118 countries across all seven continents, Axelrod has built a collection of images that offers a glimpse into the people, landscapes and cultures that make each destination unique. Now, he is looking for opportunities to share those adventures with the community through free photography presentations



Photo taken by Howard Axelrod

at libraries, schools, senior centers, and other gatherings.

His love of photography started in an unlikely place:

his father's drug store in the 1950s.

PHOTOGRAPHER

continued on page 3

A well-earned honor: Ashland Lieutenant becomes K9 Master Trainer



Photo from Ashland PD's Facebook page

The Ashland Police Department congratulated Lieutenant Richard Briggs on earning the prestigious K9 Master Trainer designation in Search and Res-

cue through the International Police Work Dog Association

K9

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Holiday
Guide

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INSIDE!

PHOTOGRAPHER

continued from page 1

Back then, drug stores sold cameras and film, and Axelrod, a curious kid who enjoyed tinkering and figuring out how things worked, took an interest. His father encouraged that curiosity, and that helped spark a passion that would follow him for decades.

Some of Axelrod’s earliest cameras included the Kodak Brownie, a small, box-shaped camera that used black-and-white film cartridges to produce photographs with distinctive serrated edges. Once the film was used, customers would bring it back to the drug store for processing. His father, recognizing a good business opportunity, sold customers the camera, film, and developing service in one stop.

It’s no secret that photography has come a long way since those days. Axelrod moved from fully manual cameras to newer models with automatic exposure and focusing, then eventually embraced digital photography.

After college, however, photography took a back seat while he focused on his career and family. That changed in 1998, when he and his wife, Nancy, headed to Africa for a three-week safari.

With a newly acquired digital camera, Axelrod set out to photograph the animals and landscapes around him. The trip reignited his passion, and he realized that the spark never went out.

Since then, his photographs have appeared in 85 articles, two national magazines, a college sociology textbook, numerous newspapers, travel catalogs and online publications. While his work has found audiences in many places, he has never pursued photography for financial gain.

Instead, Axelrod makes his photographs available free of



charge and without royalties, requiring only photo credit, provided no individual or organization profits from the images.

Axelrod’s goal is to document the world as it is today. As landscapes, cultures, and communities change at an unprecedented rate, his camera lets him preserve a piece of the present for others to see.

He also appreciates how technology has made photography more accessible. While smartphone cameras are remarkably capable and convenient, he notes that dedicated digital cameras offer larger sensors, allowing images to be reproduced at a much larger scale. Despite these advances, he believes understanding the science and mathematics behind photography remains important for consistently capturing good images in different conditions.

Axelrod has shared his work through in-person photography exhibits and is now exploring digital presentations. His shows can focus on a particular country, region, or theme, although Asia and Africa remain his favorite subjects.

He is available to offer presentations at no charge to senior centers, schools, libraries, and other public or private events. Axelrod can tailor a presentation to fit any occasion!



As he approaches his 79th birthday, he has no plans to put the camera down. Travel, photography and writing remain

the three passions that keep him moving, creating and curious about what lies beyond the next horizon.

After all, when there are still places to explore and stories to capture, there is always another reason to pick up the camera.

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Fernando Castro, Rep. Lewis Nominee, honored at Latino Excellence Event on the Hill

(Framingham) Fernando Castro, a resident of Ashland, was honored at the 2026 Latino Excellence on the Hill Awards event after his nomination by Representative Jack Patrick Lewis (Framingham). A small business owner, Castro was recognized for his commitment to immigrants, involvement with charitable organizations, and dedication to helping others access opportunities for growth.

“Fernando’s history as an entrepreneur, philanthropist, and community leader dedicated to strengthening the Ashland and MetroWest Communities is as impressive as it is admirable,” noted Rep. Lewis. “His life reflects a lasting commitment to

service, making him truly deserving of this recognition.”

Originally from Minas Gerais Brazil, Fernando built a successful career in Massachusetts. In 2001, he founded Income Tax Plus, becoming a trusted resource for families, immigrants, and small businesses across Massachusetts. His commitment to immigrants is deeply personal; Fernando was a longtime student of Framingham’s ESL program and has remained one of its strongest supporters, helping others access the same opportunities that helped shape his own journey.

Since 2018, Castro has served on the Board of Directors of Jewish Family Services of Metrowest and is actively in-

involved in Freemasonry through multiple lodges, embracing its tradition of fellowship and charitable service. That same year Massachusetts Alliance of Portuguese Speakers awarded Fernando the Alva Lima Outstanding Business Award which honors businesses that, through their own activities and support have made the lives of Portuguese speaking communities easier.

The 2026 Latino Excellence on the Hill event is an annual event hosted by the Massachusetts Black & Latino Legislative Caucus to commemorate Latino community leaders and trailblazers who are moving the needle forward in communities across Massachusetts.



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Ashland Historical Society event: Nov. 15, 2026:

1956 Ashland Then & Now with Cliff and Carl

Nov. 15, 2026 at 2 p.m.
Location: Ashland Historical Society, 2 Myrtle Street, Ashland, MA

Free and open to the public

Step back in time with Cliff and Carl to discover what Ashland looked like in 1956. Compare aerial images from 1956 to the neighborhoods that we have today.

Plus, take a trip down memory lane to see what Main Street of the 1950's had to offer the residents of Ashland.



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Debunking five common Social Security myths



Mark Freeman, CEPA

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Social Security is often one of the most important income sources in retirement. Yet widespread myths about how it works can lead to confusion, unnecessary worry and poor planning decisions. Here's the truth behind five of the most common misconceptions.

Myth 1: Social Security is

going broke. You've probably heard this one, but the full picture is more nuanced. According to the 2026 Social Security Board of Trustees Report, if Congress does nothing, the program would need to reduce benefits starting in 2032, paying roughly 78 cents for every dollar owed.

But that's just one scenario. Congress could raise the combined payroll tax from 12.4% to 16.65%, which the trustees estimate would secure full benefits through 2100. Other options include eliminating the earnings cap subject to payroll tax or adjusting retirement ages. Lawmakers have tools to address this.

Myth 2: Social Security will cover all your retirement needs. Think of Social Security as a financial foundation, not the full building. According to the Social Security Administration, benefits replace only about 40% of pre-retirement

income for a median earner. That means you'll likely need to account for most of your retirement income yourself. Building a strong personal savings strategy now can help close that gap.

Myth 3: You lose benefits permanently if you keep working. Not true. Social Security does have an "earnings test" that can temporarily reduce benefits for people who claim early and keep working. If your earnings exceed a set annual cap – which changes each year – Social Security will withhold a portion of your benefits. But once you reach full retirement age, the Social Security Administration adjusts your monthly check higher to repay those withheld amounts over time.

Myth 4: An ex-spouse's benefits come out of your own. If you were married for at least 10 years and are cur-

rently unmarried, your former spouse may be eligible to collect on your earnings record, or you may be able to collect on theirs. Divorced spouse benefits can be up to 50% of the other person's full retirement benefit. But those payments don't affect yours. Your monthly benefit is not reduced by anything paid to an ex-spouse or even a current spouse.

Myth 5: Social Security benefits are no longer taxed. Recent legislation caused some confusion here. The One Big Beautiful Bill Act did not eliminate taxes on Social Security benefits. If your combined income exceeds certain thresholds, you'll still owe taxes on a portion of your benefits.

The law also created a temporary deduction (available through 2028) for people 65 and older. Eligible taxpayers can deduct \$6,000 per qualifying filer if their modified ad-

justed gross income is \$75,000 or less for singles or \$150,000 for couples. The deduction phases out at \$175,000 for singles and \$250,000 for joint filers.

The more you understand Social Security, the more control you have over your retirement outcome. Grounding your decisions in facts rather than assumptions can make a meaningful difference in your long-term financial security.

Contact Mark today to discuss this topic or any of your financial goals.
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Edward Jones Financial Advisor
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Greater Ashland Lions and Ashland Lions' coat drives

From Oct. 5, 2026 to Jan. 9, 2027

Both The Greater Ashland Lions and the Ashland Lions are hosting a Coat Drive! Donate gently used, warm winter coats for neighbors in need. There is an especially big need for XL and infant/pre-K sizes.

Donated coats will be professionally cleaned by Anton's Cleaners and distributed to those in need throughout our area.

The Greater Ashland Lions drop-off boxes are located at the Ashland Community Center, Town Hall, Residence Valley Farm, and Shear Perfection. You can also call Lion Debbie at 508-881-2117 for a pickup.

The Ashland Lions drop-off box is located at the Ashland Public Safety Building.

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Ashland Garden Club news



Have you noticed that the planters and in-ground gardens that the Ashland Garden Club maintains reflect the seasons as much as possible? We begin our planting in late March, weather permitting, and always aim to have our plantings ready in time for the Boston Marathon because we know that there will be a large number of visitors around town.

Probably like most gardeners, spring is our favorite season. Our spring and fall plantings are always limited by the plants that are available at that time of year. We try to use relatively drought-tolerant plants in our summer plantings because water is always an issue. We use an array of greens and other decorations in our winter displays because we know they'll be in place for the long winter months until we can plant in the spring. Please take a minute to enjoy our efforts as you go through your busy day.



A photograph of a two-story house with a white picket fence in front. A large white sign with the word 'SOLD' in red letters is prominently displayed in the foreground.

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The b.LUXE *beauty beat*

Before the holiday rush, a little thanks

By GINA WOELFE

Somewhere between booking your November appointments and deciding whether last year's party outfit can make another appearance, the holidays start taking over the calendar. There's gifts to buy, people to see, and at least one family group text that could use a mute button.

We'll get to the shopping... In fact, b.LUXE is having a sale that will help!

But first, a little appreciation for the people who make b.LUXE Hair & Makeup Studio what it is. The team behind your appointment. The guests who keep coming back. And the neighbors and organizations that give us reasons to gather beyond the studio.

First, our team

A salon runs on talent, but talent alone doesn't keep a busy day moving.

That takes people who offer a second opinion, share a technique, or step in when a colleague needs help. It takes experienced stylists who make time to teach and apprentices who bring good questions to the conversation.

That exchange is part of daily life at b.LUXE. You may come in to see one person, but there's a whole team invested in your visit.

The b.LUXE front desk team deserves its own thank-you. They answer your questions, help you find time in the schedule, and welcome you when you arrive. They make a busy day feel easy, even when the phone has other plans.

As we head into the holiday rush, we want everyone on our studio team to know how much we appreciate the work they do, including the things that happen quietly between appointments.

And then, there's you

You've trusted us with the haircut you saved on your phone for six months. With your wedding morning. With the appointment you finally made for yourself after putting

everyone else first.

You've also sent your friends, brought in your family, and made b.LUXE part of your routine.

Those relationships matter to us. We get to know the person in the chair, hear what's happening in your life, and help you decide what you'd like to see in the mirror. It's one of the pleasures of this work.

To our guests in Medway and the surrounding communities, thank you for continuing to choose us.

"When I think about what I'm most thankful for, it's the people. Our team, the guests who have become friends, and the community that has supported us over the years. b.LUXE has grown into so much more than I ever expected, and I never take that support for granted."

- Heather Cohen, Owner

To our wig community

This year, we want to give special recognition to our growing wig and topper community.

To the women who have shared their stories and allowed us to help them find hair that feels like their own: thank you. That first appointment can come with uncertainty. Heather understands that personally, and your trust means a great deal to her and our team.

We're thankful for the loved ones who come along for support, too. And for everyone who has shared their expe-



rience or recommended our studio to another woman facing hair loss. You may have made that first call a little easier.

Gratitude beyond the studio

Our community connections have taken many forms over the years, including support for PAWS New England, the Medway and Franklin food pantries, Stairs for Troops, Gilly's House, The Hummingbird Foundation, and local school programs and sports teams.

This fall, we also participated in Making Strides Against Breast Cancer in Boston, the Patriots Foundation's Crucial Catch event, and contributed to the Susan G. Komen MORE THAN PINK Walk.

We appreciate the organizations that include us and the volunteers who put so much time into making these efforts happen.

Helping make the holidays happen

This season, we're proud to contribute again to The Santa Foundation.

The Franklin-based organization provides holiday gifts for families in need in Franklin and surrounding communities. When the pressure to provide feels especially heavy, that support matters.

You can join the effort, too. Visit sfjoy.org for information about donating, sponsoring a family, or volunteering.

And a little something for your shopping list...

Beginning November 1, our Buy 3, Get 1 FREE sale includes all salon hair, skincare, and makeup products.

Pick up gifts, replenish your favorites, or do a little of both. Our team can help you choose. Useful gifts count. So does re-

placing that shampoo you've been turning upside down for a week!

Before the calendar fills up, thank you for making room for us. In your routines, in your conversations, and in the recommendations you pass along to a friend.

Those everyday gestures mean so much to all of us at b.LUXE..

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Your Money, Your Independence

Spend it forward: In retirement 'someday' is the real risk



Glenn Brown, CFP

For anyone nearing retirement or just starting out in it, seeing the light at the end of the tunnel brings incredible excitement and gratitude. You worked decades for this moment.

Yet, as a Certified Financial Planner, I often witness a quiet paradox play out among diligent savers: they build a nest egg to secure their future, but when the day comes to actually enjoy it, their mindset doesn't change.

A recent *Bloomberg* article highlighted a trend: retired Americans are putting off fun out of fear of running out of money. Studies show over 60%

of retirees with substantial savings feel uncomfortable spending on pure enjoyment, while nearly 90% feel guilt over bucket-list purchases or travel.

Researchers call this the tension between FOMO (Fear of Missing Out on life) and FORO (Fear of Running Out of money). After decades of watching accounts grow, spending down principal triggers a loss reflex. But here's the truth many don't talk about: money delayed is often an opportunity denied.

The three phases of retirement

While gerontologists and planners traditionally stretch post-career phases out to age 75 and 85, my experience with clients shows these transitions happen sooner. Here is how those years typically unfold in practice:

- 1. "Go-Go" Years (ages 60 to 72): You have the health, energy, and mobility to hike, travel, or explore demanding itineraries.
- 2. "Slow-Go" Years (ages 72 to 80): Health slows you down slightly. Trips become simpler, closer to home, and less physically taxing.

- 3. "No-Go" Years (ages 80+): Life centers around home, routine, and medical care.
- The biggest tragedy in retirement isn't spending a little extra in your early 60s, it's saving all your fun money for a phase when your body can no longer support the adventure. Spending it forward means funding your "Go-Go" years while you can fully experience them.

Cash flow analysis & scenario modeling

How do you overcome FORO without jeopardizing your future? Through interactive cash flow analysis and scenario modeling.

Instead of relying on static rules, dynamic modeling tests "what-if" scenarios side by side. For example, we can test adding an extra \$25,000 per year specifically for travel during your first 7 "Go-Go" years.

By modeling this \$175,000 front-loaded investment, you measure the actual delta on your total portfolio in your 80s and 90s. Because spending naturally dials back in the "Slow-Go" and "No-Go" phases, front-loading \$25K a year early on typically creates a surprisingly negligible

impact on long-term security. Seeing that tiny delta on paper provides the empirical proof (and emotional permission) to travel guilt-free.

Structured security: The strategic 3-bucket strategy

If scenarios make sense on paper but your stomach still churns, structure provides peace of mind. Segmenting wealth into 3 time-horizon buckets insulates your lifestyle:

- **BUCKET 1: Cash (Years 1 to 3).** This covers the income shortfall or gap between income sources (Social Security, pensions, rentals, dividends) and actual spending. Keeping this gap in liquid cash insulates your planned lifestyle from market swings.
- **BUCKET 2: Conservative Growth (Years 4 to 5).** Structured conservatively (like a 40/60 stock-to-bond allocation), this medium-term bridge earns modest returns while systematically replenishing Bucket 1.
- **BUCKET 3: Moderate to High Growth (Years 5+).** Positioned for capital appreciation, this bucket fuels long-term needs, healthcare

inflation, or legacy goals (like passing tax-free growth in a Roth IRA to heirs).

When your short-term cash flow gap is secured in Bucket 1 and your legacy is compounding in Bucket 3, taking that dream vacation isn't "depleting wealth," it's executing a well-designed plan.

Give yourself permission to shift from a mindset of accumulation to one of fulfillment. You worked hard to earn your independence, now make sure you're around to enjoy it.

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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Beyond daily drops: How modern advances are changing glaucoma care

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

Glaucoma remains one of the leading causes of preventable blindness worldwide. Widely referred to as the “silent thief of sight,” this condition typically develops gradually without warning signs. Because vision loss begins in the periphery, many people do not notice changes until significant and irreversible optic nerve damage has already occurred.

Understanding how glaucoma develops—and how modern medical technology has transformed its treatment—is key to protecting your vision.

Understanding the mechanics of glaucoma

Inside the front section of a healthy eye, a fluid called **aqueous humor** continuously circulates to nourish surrounding

tissues and maintain internal pressure. In a properly functioning eye, fluid drains out through a specialized mesh network known as the trabecular meshwork.

When these drainage channels become clogged or inefficient, fluid builds up, causing elevated intraocular pressure (IOP). This excess pressure exerts mechanical stress on the **optic nerve**—the biological cable transmitting visual information from the retina to the brain.

- **Open-Angle Glaucoma:** The most common form, where the drainage angle remains open but becomes progressively inefficient over time.
- **Angle-Closure Glaucoma:** A less common, sudden block of the drainage angle that can cause rapid pressure spikes

and requires immediate medical attention.

- **Normal-Tension Glaucoma:** Optic nerve damage occurs even when eye pressure measures within standard, normal ranges.

Comprehensive early detection

Because early-stage glaucoma causes no physical discomfort or noticeable blurriness, routine comprehensive eye exams are vital. Modern clinical evaluation relies on multiple diagnostic technologies:

1. **Tonometry:** Measures internal intraocular pressure.
2. **Ophthalmoscopy & OCT Scans:** Optical Coherence Tomography generates high-resolution cross-sectional images of the retina and optic nerve head to detect microscopic nerve



3. **Visual Field Testing:** Maps peripheral vision to identify subtle blind spots.
4. **Gonioscopy:** Directly inspects the eye’s drainage angle structure.

Modern treatment paradigms: From daily drops to sustained care

The primary goal of glaucoma management is lowering eye pressure to halt or slow disease progression. Historically, daily prescription eye drops were the standard starting point. Today, frontline care has shifted toward longer-lasting, low-maintenance therapies.

1. Selective Laser Trabeculoplasty (SLT) as first-line care

Selective Laser Trabeculoplasty (SLT) has increasingly replaced daily eye drops as a preferred first-line therapy for open-angle glaucoma. Performed in-office in just a few minutes, SLT applies gentle laser energy to stimulate the body’s natural cellular repair mechanism, clearing drainage channels. It is painless, repeatable, highly effective, and eliminates the daily burden of managing medication schedules.

2. Sustained-Release Drug Implants

For patients needing pharmaceutical control, novel sustained-release delivery systems

solve the compliance challenges associated with eye drops:

- **iDose TR:** A tiny, bio-compatible ocular implant placed inside the anterior chamber that steadily releases travoprost over many months, maintaining consistent pressure control without daily dosing.
- **Durysta:** A biodegradable implant inserted into the eye that gradually dissolves while continuously delivering a pre-specified dose of bimatoprost.

3. Traditional topical medications

When drops are prescribed, several classes exist, each targeting fluid dynamics differently:

- **Prostaglandin Analogs** (e.g., latanoprost, bimatoprost): Enhance fluid outflow.
- **Beta Blockers** (e.g., timolol): Decrease fluid production inside the eye.
- **Alpha Agonists & Carbonic Anhydrase Inhibitors:** Lower production and promote drainage.
- **Rho Kinase Inhibitors** (e.g., netarsudil): Target the trabecular meshwork to lower resistance to fluid outflow.

4. Minimally Invasive Glaucoma Surgery (MIGS)

MIGS procedures have al-

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What is a RAM Clinic and why should you care?

Ashland host team sponsors 2027 RAM Clinic

It is 9 a.m. on a Friday morning, and you took the day off to volunteer to help set up a RAM (Remote Area Medical) Clinic. Arriving at Keefe Tech, you view one of the biggest tractor-trailers you have ever seen. After signing in and receiving your complimentary T-shirt, you join the crew as the trailer's back door opens to reveal two stories of medical equipment: treatment-room tents, ventilation units, furniture, instruments, autoclaves, optical instruments, everything you might need for a dental and optical clinic. Welcome to RAM.

Since 1985, RAM's traveling clinics have provided medical services to over One Million patients, valued at over \$238,000,000, all for free.

Jay Byrnes, Community Host Group Leader and member of the Ashland Board of Health, was acutely aware of the need for free medical services in this area. Starting in 2017, Jay started volunteering at RAM clinics around the U.S. In 2022, he created a Community Host Team including himself, his wife Liz Byrnes, Ed Hart, Steve and Bonnie Mitchell, and Ed Burman, people known for their community service. The team worked diligently to raise funds, find housing for non-area RAM staff and volunteers, and recruit medical professionals and other volunteers. Their enormously

successful 2023 and 2024 RAM clinics at Keefe Tech served 692 patients with 982 distinct medical services, valued at \$321,000. The 2025 clinic was hosted by the City of Framingham, and there was no local RAM clinic in 2026.

Why should you care?

RAM Clinics are major opportunities to give back to the community, and beyond the personal satisfaction of donating and/or volunteering, they offer solid practical reasons. People who cannot afford medical and dental insurance and treatment often go without until it is too late. Too late means emergency room visits, which in turn raise medical costs for everyone else. Untreated medical conditions, including dental and eye care, impact employability and a patient's ability to function as a parent or contributing member of the community. A driver with poor vision is a safety hazard.

The bottom line is that everyone benefits when these medical needs are provided.

The 2027 clinic will happen on Saturday and Sunday, August 7 and 8. Patients are served on a first-come, first-served basis. This clinic will provide dental examinations, fillings and extractions, and vision services including glasses made onsite in frames of your choice. No I.D.s are required, and again, the services are free for the patient.

How can you help?

RAM raises most of its funding, but the host community must cover local charges. These include custodial services for our Keefe Tech host, food costs, lodging for out-of-town staff, T-shirts, advertising, and other miscellaneous expenses. The community host group must raise \$25,000 to bring the RAM clinic to this area. Individual and business donors are urgently needed. Likewise, volunteers are needed.

Donations can be sent to the Community Foundation for MetroWest, 3 Eliot Street, Natick, MA 01760, or use the QR Code below to submit online. Please include a note indicating the donation is for the 2027 Framingham RAM Clinic.



General and professional volunteers can register by typing the following link into your internet browser: <https://www.ramusa.org/volunteer/>. Remember to note that you are volunteering for the 2027 Framingham RAM Clinic.



EYES

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tered surgical glaucoma management. Using tiny microscopic equipment and small self-sealing incisions, devices such as the iStent, Hydrus Microstent, or Xen Gel Stent are inserted to create reliable drainage routes. Often combined with routine cataract surgery, MIGS offers a fast recovery profile and significantly reduced risk compared to traditional surgeries.

5. Advanced incisional surgeries

In severe, advanced cases where non-invasive options fall short, traditional incisional surgeries are utilized to achieve

maximum pressure reduction:

- **Trabeculectomy:** Creates a small flap in the sclera (white part of the eye) to allow fluid to bypass blocked channels into a reservoir beneath the conjunctiva.
- **Aqueous Shunt/Tube Implants:** Places a tiny silicone tube that drains fluid into an external reservoir plate implanted under the eye tissue.

Summary and clinical commitment

Glaucoma care has evolved beyond reliance on daily topical drops. Today's patients benefit from a comprehensive toolkit ranging from targeted lasers and sustained-release implants to minimally invasive micro-

scopic stents.

At Milford Franklin Eye Center, we are committed to providing the latest evidence-based technologies. Our team was among the first in New England to offer DSLT laser treatment for glaucoma and perform the iDose TR procedure at the Cataract and Surgery Center of Milford—an achievement highlighted on local Channel 5 news. Through early detection, personalized treatment, and advanced technology, protecting your long-term sight is more achievable than ever.

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Staff spotlight:**Clara Baker is helping to keep Ashland connected**

BY BRITTANY AMALFI

Clara Baker helps Ashland residents stay in the know by sharing town updates, highlighting local businesses, or spreading the word about upcoming community events.

As the Town of Ashland's Communications Coordinator, Baker helps ensure residents know what is happening around town, whether it is an upcoming event, a road closure, or, most fun, an opportunity to get involved in the community.

Originally from Millbury, Baker returned to Massachusetts in late 2025 after spending four years in Orlando, Florida. While she enjoyed her time away, she found herself missing home, her family, and everything that comes with living in New England.

After moving back, Baker began looking for a job that would let her use her communications background in a more meaningful way. When she came across the opening with

the Town of Ashland, it felt like the right fit.

"I was in search of a new role and was looking for one that would allow me to do something more meaningful," Baker said. "When I saw the open Communications Coordinator position for the Town, I knew I had to apply."

Baker graduated from Bridgewater State University in 2019 with a bachelor's degree in Communication Studies, focusing on Film, Video and Media Studies. Her experience includes social media, digital storytelling, customer service, and data analysis, giving her a variety of skills to bring to the role.

And there is plenty to keep her busy.

A typical week includes putting together Ashland's weekly newsletter, creating social media posts, updating the town website, and working with the town's Program Coordinator on events. She also works with local businesses on Love Local Ashland

campaigns, helping residents discover and support the businesses in their own backyard.

One of Baker's favorite things about the job is that not every day is the same. More importantly, she knows the information she shares can make a real difference in someone's day.

Whether a resident is looking for information about a town service or hoping to find something fun to do over the weekend, Baker wants to make it easy for people to stay in the loop. She works with departments across town to share information through digital platforms as well as printed materials, including *Local Town Pages*, the Ashland Guide, and welcome packets for new residents.

But for Baker, the best part of the job goes beyond newsletters and social media posts. It is the people.

She said she enjoys working with both town employees and residents, and she appreciates



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how willing Ashland community members are to get involved in causes and activities that matter to them.

"There are so many different community groups and organizations for people to get involved in something that matters to them," she said.

One recent experience that stood out to Baker was this year's Downtown After Dark, organized by the Downtown Business Group. She attended several of the group's meetings leading up to the event and saw firsthand how much work went into bringing it all together.

Seeing that effort pay off when community members came out to enjoy the event and support the participating businesses and organizations was especially rewarding.

It was also a great example of something Baker hopes to encourage through her work: helping people feel more connected to the place they call home.

While keeping residents informed is a major part of the

communications department's mission, Baker said it is just as important to share the good things happening around town.

The department enjoys highlighting the local businesses, organizations, and people who make Ashland a special place to live. It also hopes to help create more opportunities for residents to connect with one another, both online and at events throughout the community.

When she is not busy helping Ashland stay informed, Baker enjoys slowing down with a little baking or spending time on creative hobbies.

After returning to Massachusetts, she has found a new opportunity to combine her professional interests with something that matters to her: being part of a community.

From sharing a town announcement to promoting a local business to helping residents find their next favorite community event, Baker is happy to help keep Ashland connected.

LIBRARY

continued from page 2

ica's 250th: Petticoat Patriots with Speaker and Author Libby McNamee. Monday, Nov. 9 at 7 p.m.

Virtual - Historical Fiction Book Recs with Bestselling Author, Jane Healey. Tuesday, Nov. 10 at 6:30-7 p.m.

Virtual - Types of Fish and What to Do with Them: Q&A with Helen Rennie. Tuesday, Nov. 10 at 7 p.m.

Virtual - Declutter series with Jamie Novak: 5 Things to Tidy When Company is on the Way. Thursday, Nov. 12 at 7-8:30 p.m.

Virtual - Photography Critique with Photographer Jim Kahnweiler: People. Tuesday, Nov. 12 at 7 p.m.

Virtual - Presidential Series with Doodler Heather Rogers: James K. Polk. Friday, Nov. 13 at 10:30 a.m.

Virtual - "Little Mister Victory" with Author and Historian David Kruh. Monday, Nov. 16 at 7 p.m.

Virtual - Armchair Travel To Azerbaijan Tuesday, Nov. 17 at 2-3:30 p.m.

Virtual - Patsy Cline with Clint Edwards Tuesday, Nov. 17 at 7 p.m.

Virtual: Inclusive & Diverse Romance Book Recommenda-

tions with Read My Lips Boston. Wednesday, Nov. 18 at 6-6:30 p.m.

Virtual: SciFi Book Recommendations with Author Elizabeth Bear. Wednesday, Nov. 18 at 7-7:30 p.m.

Virtual - Uncovering The Plymouth Blitz - Researching & Remembering One Of WW2's Deadliest Air Raids. Wednesday, Nov. 18 at 7 p.m.

Virtual - Bill Gette: Florida's Gulf Coast: Fort De Soto to Tippecanoe. Thursday, Nov. 19 at 1-2:15 p.m.

Virtual - Fantasy Book Recs with Kristen of the Fantasy Cafe. Thursday, Nov. 19 at 6:30-7 p.m.

Virtual - Art on Thursday: Wide Open Spaces: Great Landscapes in Art. Thursday, Nov. 19 at 7-8:15 p.m.

Virtual - Friday Night Film Discussion Friday, Nov. 20 at 7 p.m. *Watch To Catch a Thief.*

Virtual - Indian Stage Magicians In 1800s Boston Monday, Nov. 23 at 7 p.m.

Virtual - Explore Architectural & Historical Secrets of The New York Botanical Garden. Tuesday, Nov. 24 at 2 p.m.

Virtual - The Real Thanksgiving with Bill Thierfelder. Tuesday, Nov. 24 at 7-8:15 p.m.

Virtual - More Holiday Romance Book Recommendations with Booklist Reviewer, John Charles. Monday, Nov. 30 at 7 p.m.

ADULT WEEKLY

Knit and Crochet Club Mondays at 6 p.m. Walk-In
In Person - Mindful Meditation Fridays at 10:30-11:15 a.m.

CHILDREN: SPECIAL PROGRAMS

Unicorn Party! for families. Saturday, Nov. 7 at 10:30-11:30 a.m. No registration required!

Paws to Read with Gunner! Monday, Nov. 9 at 5:30-6:30 p.m. Monday, Nov. 23 at 5:30-6:30 p.m.

VEX IQ Robotics for Kids! for grades 2-6. Tuesday, Nov. 10 at 6-6:45 p.m.

Art Club for grades 3-6. Thursday, Nov. 12 at 4:30-5:30 p.m.

LEGO Club! for grades K-3. Monday, Nov. 16 at 6 p.m.

Little Picassos Club for grades K-2. Tuesday, Nov. 17 at 4:30-5:15 p.m.

Little Crafters for ages 0-5 with a caregiver. Thursday, Nov. 19 at 10:30-11:30 a.m.

Juntos en la Biblioteca: Actividades en Español en Familia for families | para familias. Monday, Nov. 30 at 6:30-7:15 p.m.

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. Wednesdays at 10:30-11 a.m.

STEM Storytime for ages 3-6

with a caregiver. Fridays at 10:30-11:15 a.m.

Saturday Stories for families with young children. Saturdays at 10:30-11 a.m.

Recurring Weekly Programs

Project ABC: Play, Learn & Grow for ages 0-5. Mondays at 11 a.m.-12 p.m. Registration is required, and is found on their website: www.projectabc.org

Wonder Workshop for ages 2-6 with a caregiver. Thursdays at 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. Nov. 10 at 3:30-4:30 p.m.

Tues., Nov. 17 at 3:30-4:30 p.m.

Tues., Nov. 24 at 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, Nov. 5 at 5 p.m. Stop by the Ashland Public Library to do some creative writing. You can continue working on a project or start a new one! There will be optional prompts for inspiration.

Teen Advisory Board Meeting - In Person Tuesday, Nov. 10, 4:15-5:15 p.m. Share your ideas, help plan teen events and make some crafts! This event can be attended for community service hours.

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Meet Ryu & Majesty – A calm, quiet pair finding their confidence

Ryu and Majesty are two adorable grey cats who came to us separately as strays but found each other here at the shelter. Ryu had been living with a group of cats who have since moved on to foster homes or been adopted, and when Majesty arrived, it quickly became clear that the two were a perfect match. It didn't take long before they were curled up together in their cat bed, and they have been inseparable ever since.

Both Ryu and Majesty are on the shy side and are still building their confidence around people. They are food motivated, which makes meal times a great time to start earning their trust. Ryu has also come far enough in his journey that he will happily

accept a chin scratch if you take your time and approach him slowly and calmly. Majesty isn't quite there yet, but with Ryu by her side and the right environment around her, we have every confidence she will get there.

Ryu is on a weight management diet to keep him healthy, and mealtime will need a little supervision as he has no qualms about helping himself to Majesty's bowl if given the chance.

Ryu and Majesty would do best in a calm, quiet home with patient adopters who are comfortable working with shy cats and willing to let them settle in at their own pace. They are a bonded pair and must be adopted together. Given time, patience, and a stable environ-



ment, these two can blossom into loving companions that will be well worth the wait.

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

Ashland local updates for November

Holiday Stroll & Tree Lighting

Ashland’s Annual Holiday Stroll & Tree Lighting returns this year on Saturday, Dec. 5. The stroll will take place from 2-5 p.m. followed by the tree lighting from 5-6 p.m. at Green Square along Main Street.

Spend the afternoon walking through Downtown Ashland, shopping from over 25 vendors & artisans inside Town Hall and at local businesses. Visit our brick-and-mortar shops, dine in our restaurants, and even stop by the Library for a book sale!

Stop by The Corner Spot to roast marshmallows, sip hot chocolate, and enjoy festive activities hosted by local organizations.

Don't forget to stop by our local businesses, Sub Zero Ice Cream, Pizza Romolo, Crossroads Physical Therapy, The Bagel Table, Blush Bouquets, Ashland Reiki & Wellness Center, Stone's Pizza, Clover Road Brewing and more!

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

Special Town Meeting

Special Town Meeting will



take place on Tuesday, Nov. 10 at 7 p.m. It will take place at Ashland High School, located at 65 E Union Street. Special Town Meeting will also be live-streamed on WACA's YouTube channel. There will be childcare available through Ashland Recreation.

Please visit <https://ashland-mass.com/449/Town-Meeting> for more information.

Breast Cancer Awareness

October is breast cancer awareness month. Breast can-

cer remains the most common cancer diagnosis in women (outside of skin cancer), with 1 in 8 women being diagnosed over the course of their lifetime. In recent years, breast cancer incidence rates have increased by 1% per year. The rise has been a little faster in women younger than 50. This may be due to younger women being more likely to have certain factors that increase risk, such as having fewer children or having a first child after age 30.

Breast cancer death rates have been decreasing steadily since 1989, for an overall decline of 44% through 2023. This is most likely the result of finding breast cancer earlier through screening and increased awareness, as well as better treatments.

The American Cancer Society recommends that women with average risk start yearly mammograms at age 40, then yearly from 45 to 54, and every 1-2

years at age 55 and older as long as overall health is good.

There are more than 4 million breast cancer survivors in the US. This includes women still being treated and those who have been diagnosed with breast cancer in the past.

Treatment of breast cancer has changed over the years to individualized protocols based on the characteristics of the specific tumor. In most cases there is a mix of surgery, radiation treatment, and possibly medication (hormonal, immunologic, or chemotherapy). Surgical options range from lumpectomy (removing the tumor and a small margin of tissue) or a mastectomy (removing the entire breast). Reconstructive surgery (if desired) can often be done at the same time or later.

Radiation therapy uses high-energy rays to kill any remaining cancer cells, and is often utilized after a lumpectomy.

Medical treatment can involve hormone therapy, immunotherapy, or targeted therapy using specialized drugs or antibodies to home in on specific protein markers on cancer cells with less harm to healthy tissue.

Treatment has become more individualized to the specific tumor-type, with an overall 5-year relative survival rate for breast cancer of 92%, climbing to over 99% when the cancer is caught at a localized stage, according to the American Cancer Society.

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

Ashland accomplishes

As always, our DPW team has been hard at work! At the end of



September into early October, crews could be found downtown sprucing up The Corner Spot, painting new lines in the Town Hall parking lots and along Main Street, and putting up new downtown banners! These banners have been placed on the new light poles and feature three different eye-catching designs, including a business-sponsored banner. The banner program is an ongoing effort to beautify Ashland!

Throughout the summer, our DPW team has been working on updates and maintenance on the Riverwalk Trail. The Cemetery, Parks and Tree crew tended to the walking paths by mowing the edges, clearing brush and trimming branches. Making the path more enjoyable for residents and visitors.

Because of the generous donation of the Ashland Lions, two new benches were installed along the walking paths to provide visitors with a place to rest and enjoy the scenery.

Looking ahead, signs are queued for installation along the paths to guide visitors to the overlook areas and remind them to stay on the designated trail to respect abutting private properties. The remaining Community Preservation Act (CPA) funds used for this project will be expended to replace the existing bridges along the path.

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Ashland Lions Club November 2026 Update

Christmas trees are coming!

It's hard to believe that Thanksgiving is only a month away. But do you know what opens on Friday, Nov. 27, the day after Thanksgiving?

The Lions Christmas Tree lot! This will be our fourth year selling trees at the Ashland Farmers Market on Front Street! We'll be joined by the Ashland High Leo Club and Ashland Scout Troop 232 helping us out. Please consider buying your fresh Christmas tree from the Ashland Lions this year and donating to a great cause. Cash, credit cards, and Venmo are accepted.

Remember, Lions give back 100% of fundraising to eye research and the local community. Hope to see you soon!

Ashland Lions meat raffles

Ashland Lions Club is kicking off another year of meat raffles! Our first one will be held on Saturday, Nov. 7 at noon, at TJ's Food and Spirits in Ashland. As always there will be tasty food, fun people and plenty of meat to choose from. See you there!

Senior breakfasts

Seniors, why not join us and other members of the community for breakfast? Senior Breakfasts are on the first Thursday of each month (weather permit-

ting). The next two are Thursday, Nov. 5, and Thursday, Dec. 3. Breakfasts are held at the Ashland Senior Center, 162 West Union St. in Ashland, and the series runs through May. Contact the Senior Center to sign up no later than the Monday prior to the event.

New freezer for the Food Pantry

The Ashland Lions Club recently purchased and donated a new freezer to the Ashland Food Pantry to replace one that was broken. The freezer makes it possible for the pantry to store more perishable goods used to serve those in need in the community. Food Pantry Coordinator Yucchabelle Cote said she is very grateful for the donation.

Coats for Kids and Families

Ashland Lions Club is partnering again with Anton's Cleaners for the Coats for Kids and Families Drive. We are collecting warm winter coats for adults and children. The drive accepts warm winter coats that are gently used, good quality and all sizes. Coats should not have rips, tears, broken zippers or permanent stains. They will be cleaned by Anton's Cleaners and made available to local nonprofits, social service agencies and schools to ensure that the

coats are given to those who really need them, free of charge.

Coats may be dropped off at the Ashland Public Safety Building (12 Union Street), Focus on Fitness (290 Eliot St.), and Cleaners Choice and Tailor (193 Main St.).

Eyeglasses and cellphone collection

Our eyeglasses and cellphone collection runs year-round. We collect used prescription and non-prescription eyeglasses, sunglasses, hearing aids, and cell phones.

So far in our new Lionistic year, we have already collected over 200 pairs of glasses. Thank you to our Lions for your tireless work on this project!

Collection boxes are located at:

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

Stay up-to-date on Lions happenings

To get the latest updates on our events, visit our Ashland



Yucchabelle Cote, Ashland Food Pantry Coordinator, pictured with the new freezer.

Lions Facebook page and click "Like" to receive notifications of any changes. While you're there,

be sure to follow Ashland Town News as well!
Lion Dan Mitchell, Ashland Lions Club

Ashland author launches book Benevolence program for company holiday giving

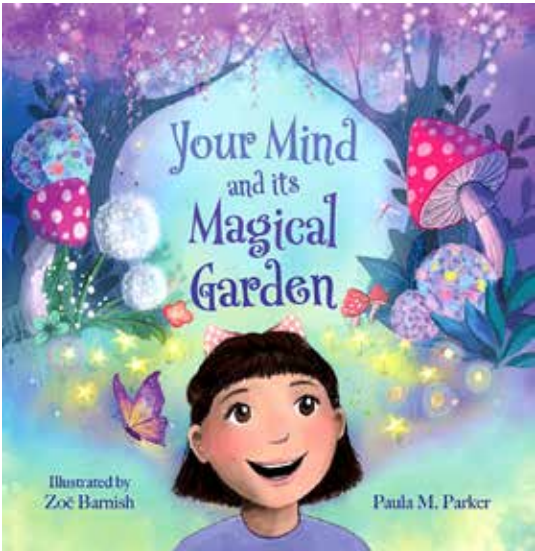
Imagine a picture book that introduces children to their inner world of thoughts and shows them how pairing an idea with action can bring it to life.

That's the heart of Your Mind and Its Magical Garden, by Ashland author Paula M. Parker.

Through the Book Benevolence program, companies can purchase bulk copies at a special rate well below retail and donate the books to a children's charity, local school, or organization of their choice. This holiday season, their giving can help inspire the next generation.

Program details: <https://www.paulam-parker.net/companygiving>

Program order deadline: Nov. 16, 2026



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November 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!

Reminder: Closed
Nov. 11 for Veterans Day
Nov. 25 at 12 noon
Nov. 26-27 for Thanksgiving

FEATURING: Medicare Open Enrollment In-person Open Enrollment Consultation

Dec. 7, Tuesdays and Thursdays, 9 a.m.-2:30 p.m. FREE. Call 508-881-0140 ext. 1 to set up an appointment.

Birding: Fall Migration with Tia Pinney, Mass Audubon
Tuesday, Nov. 3, 11 a.m. FREE.

Register: Call 508-881-0140 ext. 1. Walk-ins welcome.

Veterans Day Luncheon

Sponsored by Ashland Police Association Local 403 Union & Ashland Fire Fighters Local 1893 Union. Tuesday, Nov. 10, 12 p.m., FREE.

Honoring all who served with a guest and spouses of fallen Veterans with a guest.

Entrée: Stuffed chicken, mashed potatoes, vegetables, and dessert.

Presentation by Retired Marine Anthony Carter and Patriotic Songs by Sean Fullerton.

Reservations Required: Limited Seating. Call to Reserve Your Space at 508-881-0140 ext. 1 by Thursday, Nov. 5 at Noon.

FREE Lunches Reservation Policy:

Reservations for FREE lunch may be made starting on the first day of the month in which the event is held. All reservations are made with the Main office. MAX: 90 attendees. No take-out lunches. Cancellations must be made 24 hours prior to the event so that individuals on the wait list may attend.

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.

Fraud Prevention with District Attorney Marian Ryan

Tuesday, Nov. 17, 1 p.m. FREE.

In partnership with the offices of Senate President Karen Spilka and Representative Jack Patrick Lewis. Registration required: Space is limited.

Thanksgiving Lunch with Trivia & Prizes

Monday, Nov. 23, 12 p.m. COST \$8 per person.

Turkey with gravy, mashed potatoes, stuffing, butternut squash, cranberry sauce, rolls, pumpkin pie and ice cream.

Reservations Due: Thursday, Nov. 19 at noon. Please use the payment box located outside the Main Office.

Brewing Knowledge: How our Town Works

Wednesday, Nov. 18 at 10 a.m. FREE

Join the Interim Town Manager, Katherine Bird and Town Clerk, Cindy Livingstone. Learn about the responsibilities of the Town Clerks Office: Voting, Town Records, Licensing, and more... for Coffee and Conversation. Registration and Walk-Ins Welcome.

The Lively Ladies Club

Starts Thursday, Nov. 5 at 12:15 p.m. FREE

Meets the 1st and 3rd Thursday of the Month. Join us for Coffee and Conversation.

The Lively Ladies' Club is a welcoming community created to connect, inspire, and empower women through meaningful relationships and shared experiences. Register: Call 508-881-0140 ext. 1. Walk-ins welcome.

Essay Writing Competition

Entry Deadline: Monday, Nov. 23 by noon.

Submit to: Mary Opanasets in person or email mopanasets@ashlandmass.com

Theme: A Happy Memory
Max: 250 Typed Words
Winning essay read at Lunch on Dec. 14 and published in January 2027 Newsletter.

Participants: Older Adults, 60+ Questions? Call 508-881-0140 ext. 1.

Legal Phone Consultation

Friday, Nov. 13, 10-11:30 a.m.



with Arthur P. Bergeron, Mirick Law. Call to schedule a FREE 20-minute appointment.

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. Please call to check availability.

SHINE (Serving the Health Insurance Needs of Everyone)

In-Person Open Enrollment Consultation. Oct. 15-Dec. 7, Tuesdays and Thursdays, 9 a.m.-2:30 p.m. FREE. Call to set up an appointment.

Veterans Office Hours

Wednesday, Nov. 4 and 18, 9-11:30 a.m.

Appointments recommended. Call 508-429-0629 to schedule.

PROGRAMS AND ACTIVITIES

All Programs & Activities require registration unless noted in the specific event description.

To register, call 508-881-0140 ext. 1 or stop by the Senior Center at 162 West, Union Street, Ashland.

COMMUNITY EDUCATION & ENTERTAINMENT

Registrations Required. Creative Writing Group with Clara Mott, Romance Writer.

Every 2nd and 4th Tuesday of the Month, 9:30 a.m.

Nov. 10 – Describe what Fall feels like to you or write about a favorite Fall memory.

Nov. 21 – Write a short letter or reflection to your younger self (pick any age) sharing what you wish you had known then.

Digital Literacy Class: Shopping Safely Online

(Computers, Phones, Tablets) with Jonathan Baron.

Tuesday, Nov. 17, 10:30 a.m.

Minimum 4, Maximum 10 participants.

Movie with Popcorn: Remarkably Bright Creatures PG13 (2026)

Tuesday, Nov. 24, 1-3 p.m. Comedy/Drama.

BOARDS, COMMITTEE & COMMUNITY MEETINGS

Ashland Council on Aging (COA) Meeting.

Thursday, Nov. 5, 10:30-11:30 a.m. Open to the Public.

Friends of the Ashland Council on Aging (FOACOA)

Thursday, Nov. 5, 12-1:30 p.m. Open to the Public.

Dull Men's Club with Doc

Tuesday, Nov. 3, Breakfast, 9:30 a.m., 2Mauro's Café (self-pay)

Tuesdays, 9:30 a.m., Nov. 10, 17, 24 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!

Hearing Aid Cleaning by

Hopkinton Audiology with Darcy Rapucci. Monday, Nov. 9, 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 per person suggested donation per class. (No Mindfulness & Meditation on Nov. 26)

SENIOR CENTER

continued on page 20

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"

The Forgotten Foot

"It's Worth the Trip!"

1255 Worcester Road, Framingham
Behind St. Mary's Credit Union, Rte. 9 West
Call Store for hours

508-879-3290

Greater Ashland Lions Club

Daylight Saving Time ends
Nov. 1
Please Vote on Nov. 3
Veterans Day, Nov. 11
Happy Thanksgiving,
Thursday, Nov. 26

Many Thanks to those who visited us at our booth at Drag-onfly Street Faire. For those that were interested in the Cookies for Kids Cancer, please go to this website: <https://my.bea-goodcookie.org/team/850454>

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.

Porchetta Night!

The many people that came to our annual Porchetta Night at

- the Ashland VFW enjoyed:
- A Delicious 5 course meal prepared by Marconi's.
 - Live entertainment provided by Antonio D'Eramo.
 - Exciting Basket Raffles - including a generous raffle donation from Anderson's Jewelers.
- It was 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).

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!

Submitted: Lion Rosalie Porter, 2nd VP

K9

continued from page 1

(IPWDA).

After eight years of dedicated learning, training, mentoring and shadowing, Briggs has officially achieved the designation, reflecting countless hours of hard work and a commitment to excellence in K9 search and rescue operations.

Briggs has extensive experience in specialized search and rescue. In addition to his responsibilities with the Ashland Police Department, he has served for more than a decade with Massachusetts Task Force 1 (MATF-1), one of just 28 FEMA Urban Search and Rescue teams nationwide. He also serves with the Massachusetts Fire District 14 Technical Rescue Team (MAFD14).

Briggs serves as Search

Team Manager for MATF-1, overseeing search operations and supervising Canine Search Specialists and Technical Search Specialists during disaster response missions.

Alongside his longtime K9 partner, Pharon, Briggs has participated in critical search and rescue operations, including a deployment to North Carolina following Hurricane Helene in 2024.

His new designation as a K9 Master Trainer further demonstrates his commitment to developing his own skills while training, mentoring, and preparing other K9 teams for the important work of locating and rescuing people in need.

The Ashland Police Department recognized Briggs for his dedication, leadership, and commitment to helping others, noting that his achievement brings pride to the department and the community.



RECYCLE THIS PAPER:
Newspaper is a great alternative to bubble wrap when it comes to packing your fragile items for storage or moving.

GreenUp Ashland is looking for members!



For 24 years, GreenUp Ashland has brought our community together to keep our town clean, connected, and proud. From our annual town-wide cleanup in partnership with Ashland DPW to our Adopt-A-Street initiative that empowers residents and businesses to care for local streets all season long — this work makes a real difference.

We're looking to expand our GreenUp Ashland Committee, and the lift is truly low-key while the reward is incredibly high.

Committee members help with quite a few tasks that help

keep this initiative going. The work happens in five simple, meaningful areas. Those areas are Adopt-A-Street coordination, annual town-wide cleanup planning, communications and outreach, materials and inventory, and administration and grants.

If you love community, teamwork, and making Ashland shine, we'd love to have you join us. A small commitment with a big impact.

Do you love Ashland? GreenUp Ashland is low-lift, high-reward, real impact. The committee does everything we can do to keep Ashland shining!

REACH MORE THAN 169,000 WITH OUR ANNUAL

Holiday Guide

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

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Auburn, Charlton, Douglas, Dudley, Grafton, Holden, Millbury, Northbridge, Oxford, Paxton, Rutland, Sutton, Uxbridge & Webster

ZONE 2: REACH 104,571
Ashland, Bellingham, Franklin, Holliston, Hopedale, Medway, Mendon, Milford, Millis, Natick, Norfolk, Norwood, Upton & Wrentham

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Susanne Odell Farber
by email at
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SPORTS

Running to win: Luca Domestico

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Luca Domestico's running journey began with a middle school gym class. Now a high school senior, the Ashland athlete has become one of the state's top runners.

"I started running in the eighth grade because of the middle school mile that we had to take part in during gym class," Domestico said. "I seemed to run very well, and it was something that I loved doing."

After succeeding at the middle school mile, the young Ashland runner decided to try out for the cross country team. That year he was one of four athletes (top 2 boys and top 2 girls) from Ashland, a school on the Boston Marathon route, selected to take part in the BAA Middle School 1K on Marathon Monday. Domestico happened to be the winner of the boys' race.

"I went into that race with no expectations at all," he said. "To come out with the win not only boosted my confidence, but I believe it was the kick start to my running career."

Having won the BAA Middle School race, Domestico was primed to try out for the high school varsity team later that year when he entered Ashland High School. Since becoming a varsity athlete with the Clockers, Domestico has run for the cross country team for four years and for the indoor and outdoor track teams for three years. As a freshman running the 5K for the Ashland cross country team, he was able to post a personal best time of 17:19.

That freshman time was something that the young runner thought was better than

anything that he could have ever imagined, and now as he enters his senior season, he has a personal best time of 15:58, which he recorded last fall as a junior. However, he plans to break that personal best this season. When he lines up for the 5K Twilight Invitational on the Cape (October 10), Domestico plans to lower his personal best.

Last year, as a junior, he qualified for All-States in cross country as well as during the indoor track season. To get to the All-States, Domestico captured the TVL Championship in the 1000-meter race during the indoor season. Unfortunately, the junior didn't do as well as he felt he could have at both the cross country and indoor All-State Meet.

The All-States weren't up to his standard; Domestico redeemed himself during the outdoor track season and qualified for the Nike Outdoor Nationals in Eugene, Oregon, to run the steeple chase. The steeple chase is a race that requires runners to clear physical barriers as well as water hazards as they run.

Domestico qualified for the chance to go to Oregon at the Western Twilight Invitational, where he needed to race faster than a 6:40; he secured a time of 6:19 and a trip to the Nike Nationals.

"It was a great feeling," the Ashland runner said. "The biggest thrill was being the first male distance runner from Ashland to do so; hopefully it opens the door for more Ashland runners to qualify in the future."

This year, in his final season with the Ashland cross country team, the Clockers are chasing the Tri-Valley League Title, something Hopkinton has captured over the last few years.



"Hopkinton has kept us out of the top spot, and we really want it this year," he said. "The team is working extremely hard and all working at that one goal to win the Championship."

In addition to the team TVL Championship, Domestico hopes his hard work will pay off this fall, and he can come away with the individual TVL Championship as well. He feels that it is within his sight if he continues to be consistent with his training.

Early in the season, Domestico raced with his teammates in the Frank Kelley Invitational at the Wrentham Developmental Center in Wrentham. The race is just under two miles, and the Clocker runner crossed the finish line in third place, feeling he started off too fast; although he didn't win, he still had fun.

According to coach John Brinegar, the senior is continuously improving, and his third-place finish in the 3000-meter race in Wrentham was his personal best in the event with a time of 9:45.

At the time of this writing, the senior currently finds himself undefeated running cross country in the TVL and hopes that he can continue the feat throughout the rest of the season.

"It's been a pretty good feeling so far. The only race I really had to run hard and put forth a strong effort was against Hopkinton," Domestico said. "We lost that race, but we are looking to beat them at the TVL Championships later in the year."

While the cross country season is still in session and the seniors' indoor and outdoor seasons with the track team are still



Photos supplied by Luca Domestico

on the horizon, he would eventually like to take his running to the next level.

"I really would love to run track and cross country in college, but it's still a little too early to be thinking about where I want to go," he said. "Right now, it really doesn't matter where I get to run in college as long as I get a chance to do so."

In order to make the jump to the collegiate level, Domestico believes that he needs to continue to listen to his coaches as well as the advice his teammates throw his way. He also believes he needs to stay accountable and do the little things well.

According to Brinegar, Domestico still has a handful of important races on the docket in addition to finishing out the regular season. Domestico will have a shot at winning the TVL Championships in early November and then will look to finish in the top 10 of the Divisional 2 Sectionals on 11/14. If he does well at the Sectionals, then on 11/21 he has a shot at the All-State Championship.

"He could very well come away with all three championships," the Ashland Coach said. "At this time, he is currently one of the top three runners in the Tri-Valley League."

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Conventional septic systems in Massachusetts

How a typical gravity-fed system works



Kim Foemmel, REALTOR®
Real Estate Broker

REAL ESTATE INSIGHTS

In Massachusetts, a conventional septic system is an option when the lot has suitable soils, setbacks and enough room. Title 5 is the state code regulating on-site septic systems, rather than a single system

type. A typical gravity-fed layout includes a building sewer pipe, septic tank, distribution box and soil absorption system, also called a leach field or drain field. [1]

Wastewater leaves the home and enters the septic tank, where heavy solids settle to the bottom as sludge and oils float to the top as scum. Baffles or tees help keep those solids in the tank. The partially clarified liquid, called effluent, then flows to a distribution box, which spreads it among the leach field lines. [1, 2]

In the stone-and-pipe layout shown, perforated pipes disperse effluent through stone-filled trenches. Other approved designs may use chambers. As effluent moves into the surrounding soil, natural filtration and biological processes provide

additional treatment. The leach field must be properly separated from seasonal high groundwater. Some sites require pumps or alternative treatment systems; the appropriate design depends on the property and applicable requirements. [1–3]

Educational overview only. The accompanying illustration is not to scale or a construction plan; actual system designs vary.

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Sources: Massachusetts Department of Environmental Protection
1. <https://www.mass.gov/info-details/septic-systemtitle-5-glossary>
2. <https://www.mass.gov/guides/caring-for-your-septic-system>
3. <https://www.mass.gov/guides/innovative-technology-and-title-5-systems>

Ashland Recent Home Sales

Date	Ashland	Amount
10/09/2026	30 Woodland Rd.	\$470,000
10/09/2026	254 Captain Eames Cir.	\$435,000
10/08/2026	60 Algonquin Trl.	\$546,000
10/05/2026	49 Indian Brook Rd.	\$1.30 mil
10/01/2026	8 Voyagers Ln.	\$575,000
09/30/2026	281 Meeting House Path	\$430,000
09/30/2026	17 Metropolitan Ave.	\$733,000
09/28/2026	54 Blue Jay Ln. (.69 acre lot)	\$350,000
09/25/2026	33 Half Crown Cir.	\$540,000
09/25/2026	30 Rossi Ln.	\$1.12 mil
09/23/2026	84 E. Bluff Rd.	\$472,000
09/22/2026	167 Myrtle St.	\$680,000
09/21/2026	22 Algonquin Trl.	\$580,000
09/21/2026	51 Pine Hill Rd.	\$650,000
09/21/2026	16 Wadsworth Rd.	\$1.09 mil
09/18/2026	22 Fiske Rd.	\$980,000
09/17/2026	192 Captain Eames Cir.	\$581,000
09/17/2026	73 Trailside Way	\$475,000
09/17/2026	15 Braeburn Ln.	\$770,000
09/17/2026	8 Lantern Way	\$795,000
09/16/2026	125 Leland Farm Rd.	\$480,000
09/16/2026	153 Prospect St.	\$659,000



The 4-bed, 4-bath, 3,462-square-foot home at 30 Rossi Lane in Ashland recently sold for \$1,120,000.
Image credit: www.zillow.com

Just Sold





49 Indian Brook Rd

Ashland, Ma

Final Sale Price \$1,300,000

Contact Alison Fiorenzi, Realtor
Alison@cordaville.com
(508) 254-1516

www.Cordaville.com

PUT YOUR BUSINESS IN THE SPOTLIGHT WITH

The logo for Our Town Publishing features a stylized illustration of a town with a church steeple, houses, and trees. Below the illustration, the words "OUR TOWN" are written in a large, blue, serif font, with "PUBLISHING" in a smaller, blue, sans-serif font underneath. A dark blue horizontal bar contains the words "PRINT", "MAIL", and "SIGNAGE" in white, each preceded by a small icon (a printer, an envelope, and a sign). Below this bar, the text "PUBLISHER OF YOUR COMMUNITY NEWSPAPER" is written in a small, white, sans-serif font on a dark green background.

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A head-and-shoulders portrait of a man with short brown hair, wearing a light blue polo shirt, smiling at the camera.

A standard black and white square QR code.

A circular lawn sign on a metal stake. It features a blue and white design with the word "REGAN" at the top, a large "M" in the center, and "#10" at the bottom.

A rectangular lawn sign on a metal stake. It has a blue header with "HOUSE & ROOF WASHING" in white. Below is a green section with a white "P" logo and the text "UNDER PRESSURE" and "808.944.6644".

A rectangular lawn sign on a metal stake. It has a green background with white text that reads "CONGRATULATIONS" at the top, a large "H" in the center, and "TORI FISCHER" and "HILL CLASS OF 2011" at the bottom. A woman in a green graduation gown is standing next to the sign.

A tall, narrow brochure or book standing upright. It has a dark cover with a white logo at the top that says "Stradivarius". Below the logo, it says "BLACK LABEL" and "GRASS FED BEEF".

A circular red sign with white text. It says "MEDWAY OIL & PROPANE" at the top, "800-649-5949" in the center, and "medwayoilandpropane.com" at the bottom.

A brochure or book lying flat. It features a colorful photograph of a person working on a construction site. Text on the brochure includes "FOR FREE OR ALL SIZES".

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