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May 2022

Two Finalists Named for New Police Chief

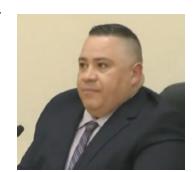
Candidates currently going through background check

By Theresa Knapp

The Town of Ashland had narrowed its search to two final candidates as Ashland Town News was going to press. The candidates include Lieutenant Cara Rossi who has been with the Natick Police Department for 28 years, and Chief Samuel Santiago who has been with the Shirley Police Department for nearly 20 years, the last five as Chief.

Ashland's former Police Chief Vincent Alfano retired in July 2021. Since that time, Acting Chief Richard Briggs has filled the acting role but has decided not to pursue the permanent position.

Town Manager Michael Herbert conducted the interviews of the two finalists in person on March 31. The following week, he told the Ashland Select Board the two emerged as finalists after a "very thorough



Chief Samuel Santiago is one of two finalists for the position of Ashland Police Chief. Santiago has been with the Shirley Police Department for nearly 20 years, the last five as Police Chief. Source: Ashland Cable Access Television.

process which included public surveys, departmental surveys, and focus groups to help develop a candidate profile and job description."

Herbert said the town received 14 applications for the position. Candidates who met the minimal qualifications proceeded to an independent screening committee. During the screening process, three candidates withdrew their applications. The committee ad-



Lieutenant Cara Rossi is one of two finalists for the position of Ashland Police Chief. Rossi has been with the Natick Police Department for 28 years. Source: Ashland Cable Access Television.

vanced Rossi and Santiago to the town manager for a public interview and his final decision.

"I thought both candidates presented themselves very, very well; two very, very strong candidates," Herbert told the Select Board at its April 6 meeting. "I applaud the screening committee for what they put forward."

At that time, Herbert said the town was conducting a

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Voters To Act On Budget, Sustainability Goals

of Ashland

By Patricia Roy

Voters at the annual town meeting will act on a budget topping \$83 million as well as considering articles on allowed demolitions

of buildings deemed to be historic and progression towards zero net greenhouse gas emissions.

The meeting will be held at 7 p.m. May 4, at Ashland High School, 65 Union St.

Union St.

Of that budget total, \$71,677,750 is proposed to be directed to the General Fund.

An article seeks funding for the town's public schools at \$37, 907,473, up 4.83 percent from last year. The town's share of funding for Keefe Technical Vocational High School has been set at \$1,126,966 or a 14.84 percent decreased over last year.

Also included in the education budget is debt amounting to \$6,249, 810, about \$445,000 of that is excluded debt.

Public safety spending is up just over five percent, at \$6,664,533 with police costs rising less than 2 percent at \$3,845,630 while the fire department has gone up to

\$2,818,903, an increase of more than 10 percent.

The costs of benefits and insurance for the town's employees, including retirement, workers compensation, unemployement compensation and group health insurance to 1,188,273 for an overall

\$12,188,273 for an overall increase of nearly six percent.

Approval for the water enterprise fund is being sought at \$3,108,623 an increase of nearly seven percent over last year. The sewer enterprise fund is set at \$6,119,034, an increase of more than four percent.

Department of Public Works requested funding amounts to \$2,222,059, a five percent increase

BUDGET continued on page 2

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CHIEF

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"background investigation" on both candidates before making a decision. As of press time, Herbert was scheduled to give an additional update to the Select Board after Ashland Town News went to press.

Cara Rossi, Lieutenant/ Operations Commander with Natick Police Department

During her interview, Rossi said she has lived in Ashland for more than 40 years, is a 1988 graduate of Ashland High School, and has raised her two children in town.

Rossi has been with the Natick Police Department for 28 years, the last 11 years as Lieutenant -- the last step before Chief, in Natick's department structure. She detailed her work with community policing, a jail diversion program, the opioid epidemic, homelessness, the Racial Equity Municipal Action Plan, and school resource officers.

Rossi holds a Bachelor's from the University of Massachusetts

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Lowell in Criminal Justice and a Master's in Criminal Justice from Anna Maria College. She recently graduated from the FBI National Academy where she spent three months studying in Quantico.

She said she has an open door policy and likes to lead by example. She said two-way communication, relationship building, and mutual trust are important to a successful leader.

"This is the only police chief job that I've ever applied to," Rossi said at the end of the interview.

"I really feel like there's something telling me it's time to come home and lead my hometown police department, so I would love that opportunity."

Samuel Santiago, Police Chief with Shirley Police Department

During his interview, Santiago said he grew up in Worcester where he still lives and has raised his two children.

Santiago started his law enforcement career as a federal police officer with the Department of Defense Police Department in Devens. He joined the Shirley Police Department in 2003 and became Chief in 2017. He said his current experience as police chief has prepared him for this job.

He said has an open-door policy, and that his leadership

style is situational and participatory. He stressed the importance of relationship building within the department plus community building with the public through community programs like pizza or coffee with police and Public Safety Day.

Santiago said he would work on diversifying Ashland's Police Department. He would utilize his connections with the Massachusetts Latino Police Association (of which he is vice president), the National Organization of Black Law Enforcement Executives, and the Massachusetts Association of Women in Law Enforcement.

Santiago holds a Bachelor's from Springfield College, a Master's degree in Public Administration from Clark University and a Master's in Criminal Justice from Anna Maria College. He is currently pursuing a Doctorate in Criminal Justice from California University of Pennsylvania.

"I'm grateful for this opportunity; what you see is what you get with me," Santiago said at the end of the interview. "I believe I'm the only Latino police chief in Middlesex County and Central Mass. and I'm very proud of that."

To see the full interviews of the final two candidates, visit https://bit.ly/37tSBFR

BUDGET

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over last year. This includes building and property maintenance, highway expenses, snow and ice removal, streetlights, fuel and cemetery expenses.

Voters will also be asked to approve a strategic framework for the town with the goal of achieving net zero greenhouse gas emissions by the year 2040. The goal was approved by voters in 2019 who charged the Sustainability Committee with developing the framework.

The Community Preservation Committee will request funding from Fiscal Year 2023 estimated revenue totaling \$158,910 each for Historic Resources Reserves, Community Housing Reserve and Open Space Reserve. The Undesignated Reserve is sought at \$1,112,369. Committee Administrative Expenses are requested at \$83,637 from the same source.

The Oak Street Bond Payment is requested to be funded at \$148,275 from the Community Preservation Funds. Voters will also be asked to approve \$314,475 in the same funds for athletic fields at Ashland High School.

An additional \$156,562 is being sought from the funds for the Warren Woods bond payment and \$46,836 is being requested for the Valentine Estate on West Union Street.

Voters will also give consideration to two articles seeking to amend a bylaw regulating the demolition of buildings deemed to be historic or architecturally significant.

The demolition permit could be delayed by up to two years in some cases until someone is found who is willing to purchase, repair or restore the building.

Annual Town Election Is May 17

Ashland's Annual Town Election is Tuesday, May 17, from 7 a.m to 8 p.m., at Ashland High School.

Offices that will be voted on include:

Moderator
Select Board
Board of Assessors
School Committee
Board of Library Trustee
Board of Health

Housing Authority Planning Board

3 years (vote for 1) expires 2025 3 years (vote for 2) expires 2025 3 years (vote for 1) expires 2025 3 years (vote for 2) expires 2025 3 years (vote for 1) expires 2025 3 years (vote for 1) expires 2025 2 years (vote for 1) expires 2024 5 years (vote for 1) expires 2027 5 years (vote for 1) expires 2027 3 years (vote for 1) expires 2025

Town Clerk Corner

The Town Clerk's Office is here to guide you as you participate in your local government.

The Town of Ashland Annual Town Meeting is on Wednesday, May 4, at 7 pm, at Ashland High School, located on 65 East Union St. If you are unable to attend Town Meeting in person, the local cable station, WACA TV, broadcasts the meeting live, and has the footage available to view on its online streaming services. Additionally, you can view the Warrant Articles and the results on our website, ashlandmass. com.

Annual Town Election takes place on Tuesday, May 17, from 7 am to 8 pm, at Ashland High School. Due to reprecincting, the Town of Ashland now has six precincts. Check your precinct number online with the Secretary of State's Website, "Where do I vote?" at sec.state.ma.us/wheredoivotema/bal/MyElectionInfo. aspx. All six precincts still vote at Ashland High School. On Election Day, there will be election workers present at the information table to assist you in determining your polling station.

Access this information directly from the Town of Ashland website, ashlandmass.com, Town Clerk Department page.

A Nite At The Races

A Nite At The Races is a "virtual" horse racing event where actual races are shown on DVD to recreate the atmosphere of being at the race track. In

addition to the races there will be gift drawings throughout the night All proceeds will help us help our parishes and the local community.

Come join us for a night of fun!

When: May 7
Where: St. John's Parish Hall,
20 Church St., Hopkinton
Time: Doors open @ 6PM
Post Time: 7PM
Admission: \$10

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Ashland Releases Economic Development Report

By Patricia Roy

The town has released its first Economic Development report, under the direction of Beth Reynolds, director of Economic Development and Community Outreach office that was started in 2016

According to town manager Michael Herbert, the town has leveraged \$280,000 in public funds into over \$3.5 million of private investment for the town.

Herbert said he saw a need to "help our existing businesses, bring in new businesses and reinvigorate" some underutilized spaces.

The report details progress made in all three areas. Much of the private capital investment went into the old Papa Gino's location at West Union Street (now 2Mauros), the old Blockbuster building at 120 Pond

Street (now Mazi) and the former Telechron building at 200 Homer Avenue now houses Dr. Greens, Dulce de Leche, Zeta Fencing and others.

State and regional grants have allowed the town to assist 58 businesses in town using \$620,000 in state funds, Herbert said in the prologue to the report.

Despite the setbacks of the COVID-19 pandemic, several new businesses have opened their doors in Ashland and 95 percent of the town's existing businesses lived on.

The business incentive program has been an invaluable tool in the Economic Development toolkit, according to Reynolds. The town has distributed about close to \$300,000 in funding for signage, façade improvement and rental and equipment reimbursement.

"Thanks to an additional earmark in 2020 by State Senate President Karen Spilka, the Economic Development Program has assisted 17 businesses," Reynolds said in the report.

The town was the lead town in a 23 community consortium that received \$4,950,000 for the CDBG-HUD Microenterprise Grant that was made available to businesses with five or fewer employees who met the state low-to-medium income level for two years.

Twenty-one local businesses were assisted with this grant equaling \$370,000.

The town also received \$70,434 in grant money from a Mass. Office of Building Development grant.

The grant's goal was to improve visibility for businesses, by building or updating a website, developing search engine

optimization and create social media campaigns.

During the deepest wave of COVID, the Business Development Office turned its attention to residents' needs, creating the Resident, Restaurant, Relief Program (3Rs)that used money from the Emergency Fund to feed residents in need while also supporting restaurants with guaranteed sales.

The office also advocated for liquor license fees to be waived for struggling restaurants, the report said, and the initiative was unanimously supported by Select Board.

Reynolds also worked with the community development team and Police and Fire to create a temporary outdoor seating policy for restaurants that were struggling to keep their doors open, she said. The Economic Development team is also proud to have created social media campaigns and social distanced events like "Up Ashland" and the "Circle of Love" that brought the community together during a difficult time.

A new Facebook page "Ashland BizBuzz" was also created to promote local businesses.

Over the past four years, commercial, industrial and personal property tax has increased while residential and open space taxes have decreased, Reynolds noted in the report.

Reynolds is very optimistic about the town's outlook.

"This shift is encouraging to see as the business community steadily grows in Ashland," she wrote.

The Economic Development Report is available on the town's website.

Ashland Innovation 4-H Club Returning to Live Meetings

By Cynthia Whitty

The Ashland Innovation 4-H Club on held their first in-person club visual presentations of projects before a panel of judges, other club members, and parents and family on Feb. 20. The club has been fully virtual for two years due to the pandemic and is slowly transitioning back to live meetings. Eleven club members participated, and some got a chance for the Big E, a UMass 4-H program at the Mount Ida campus, to promote and improve public speaking and to present to a larger audience.

The participants and their projects were: Srimanth Aroon - The Titanic; Aarav Bhanoo - Robots - Big E; Shrivardhan Dasari - Pollution; Rupinika Golla - AI - Big E; Viraj Harish - Human Immune System; Saish Manshani - The Age Of Exploration; Hasini Meruva - The Northeast Region; Anish Meruva - Inflation;





Siddharth Raj Monagari - Mars Rovers -Big E; Adhvaith Sai -The Sun; and Sai Hitesh Vuppala - 3d Printing - Big E.

In 2021, Hasini Meruva and other club members entered the AT&T International Inventor's Challenge, a global contest from Imagination.org and AT&T where students show how creativity and ingenuity can solve real world problems. Meruva was recently featured on Yahoo Finance, Announcing Winners of the 2021 AT&T Inventor's Challenge, https://yhoo.it/3IR3H5n.







Create a Climate-Friendly Yard

Now that Spring has arrived, does your to-do list include sowing grass seed or mowing the grass, adding fertilizer, and watering it all? What if you reduced the amount of work you need to do and helped support the environment and fight climate change at the same time?

What do our yards have to with climate change? Grass lawns cover more than 40 million acres in the U.S. The air pollution from cutting grass for one hour with a gasoline-powered lawn mower is about the same as that from a 100-mile automobile ride. And that doesn't include the greenhouse gas emissions from carbon needed to produce fertilizers and pesticides. In addition, lawns require huge amounts of water, and they are essentially monocultures—offering few resources to most of the insects and the birds and other wildlife that eat them. Just by making a few changes in your yard, you can support pollinators, sequester carbon, and capture runoff, all of which help fight climate change.

The single most valuable thing you can do is plant native species in your yard. Native plants have adapted over thousands of years to thrive in the soils and weather conditions in your region. Native plants do not require fertilizers and consume less water than lawns. The deep roots of many native plants slow down stormwater runoff, thereby improving water quality and reducing erosion, carbon, and excess nutrients. They act as natural pest controls, and many are deer resistant. They provide quality food for wildlife and support native insects, which are critical for nearly all terrestrial birds to raise their young. Ninety percent of plant-eating insects eat and reproduce only on specific native plant species with which they have evolved. Replacing grass with even a few plants native to your area can save insects and the ecosystems that depend on them.

If you're more ambitious, convert a part of your yard to a more natural landscape. Try planting in multiple layers using smaller trees

and/or shrubs with layers of perennial plants and groundcover underneath. This variety will provide cover for many different animals while looking attractive. Many birds need nesting cavities, so leave dead trees standing, unless they pose a hazard. Logs and leaves also provide food and shelter. Choose native plants sourced locally and grown without pesticides, so that they are not inadvertently weakening the insects, birds, amphibians, and more that we are trying to encourage and protect.

At the very least, you can try mowing your grass high, about every 3 weeks. By letting it grow, your lawn will have deeper roots and be more resilient and better adapted to withstand the rigors of climate change. And the longer look will shade the soil and help keep it moist and cool in the heat of summer.

There are many helpful resources online; an especially good one is More Than Just a Yard: Ecological Landscaping Tools for Massachusetts Homeowners.



Monarch butterfly on milkweed

(See link below.) This comprehensive guide will provide the information necessary to transform your yard into a water-saving, low maintenance, wildlife-friendly, naturally beautiful place in which to relax, play, and enjoy.

https://www.mass.gov/doc/more-than-just-a-yard-ecological-landscaping-tools-1/download?
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One final thought

Why should we care about insects? Both the number and diversity of insects are declining around the globe, and many of these important organisms face extinction within the next few decades. Insects pollinate many of our fruits, vegetables, and flowers. Without these pollinating



Caterpillar of the Monarch butterfly feeding on milkweed

services, we would lose a lot of our food sources (not to mention honey, silk, and other useful products). Many insects are predatory or parasitic and keep pest populations (insects and weeds) at a tolerable level. Insects are also essential as decomposers. Without insects to help break down and dispose of wastes, dead plants and animals would amass in our environment. Moreover, most insects are not pests. People generally know more about the few insects that cause problems than the others that benefit us and the natural world.

Submitted by Margy Gassel, PhD, on behalf of the Ashland Sustainability Committee and our efforts to help Ashland reach Net Zero emissions by 2040, a Resolution passed by the town in 2019.

Moving Forward With Net Zero Plans

By Patricia Roy

At a virtual meeting in April, Sustainability Committee vicechair Charles Lidds said town is being ambitious with its 2040 goal with the state setting 2050 as its benchmark year.

"Ashland, as is not all that unusual, is leading," Lidds said.

The committee completed

an inventory of greenhouse gas emissions in the community, reporting that the average person in town generates nine metric tons of carbon dioxide annually.

About 40 percent of that comes from cars, trucks and buses, with residential buildings about the same. Commercial and industrial buildings are the third

largest contributer.

Electrification is the cornerstone of the net zero plan, said committee member Terry Campbell.

The focus is switching the energy supply to be 100 percent renewable in the municipal aggregation, he said.

Nationally, renewable energy supplies are at 21 percent and coal reliant sources have decrease 19 percent and even lower in New England. On the other hand, natural gas use has risen 40 percent.

The downside of renewable

energy use is the need for battery storage for solar or wind generated power, Campbell explained.

People can decrease their dependence on fossil fuels by getting rid of natural gas and home heating oil and moving to heat pumps, he said.

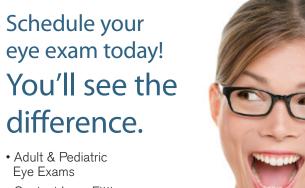
More green energy can also come through the use of solar panels on rooftops and in parking lots

Committee member Cara Hulme suggested large buildings be required to report and reduce energy use. She advocated home owners use programs like Mass-Save that offers incentives to reduce energy use in their houses.

Matthew Marshquist of the committee also offered that the town should develop transportation opportunities for walking and bicycling that have zero greenhouse gases, as well as having EV charging stations.

The sustainability plan will require the input and help of a lot of the town, Lidds said.

The town can then move forward on individual action plans.



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Newly expanded Platinum Physical Therapy brings relief to Ashland residents

By Christie Vogt

Platinum Physical Therapy, which has locations in Ashland, Hopkinton and Milford, has recently expanded its Ashland office to accommodate its growing practice. The larger space at 15 West Union St. allows for its seven physical therapists to provide additional one-on-one care to patients looking for improved quality of life.

Kelsey (Britton) Hoogeboom, Ashland clinic manager and physical therapist, began thinking about a career in physical therapy during her teenage years at Ashland High School when she worked for and shadowed James Cassady, the owner of Platinum Physical Therapy. Inspired by the work she saw, Hoogeboom went on to earn a doctorate degree in physical therapy. "When I got out of school," Hoogeboom recalls, "I called James and asked if he had a job for me, and he did!" Hoogeboom now has nine years as a physical therapist under her belt, and she is also a certified yoga teacher.

"When people think of PT," Hoogeboom says, "they often just think, 'Oh, they're gonna give me exercises. But we offer more than that, and we have a lot of different specialties within the facility." Two of their physical therapists are women's health and pelvic floor specialists who work with prenatal and postpartum patients, as well as any person with pelvic floor issues such as constipation, pelvic floor pain, painful sex and incontinence.

The clinic also has five therapists with orthopedic specialties. "We treat everything from an ankle sprain to postoperative diagnoses such as a total knee replacement or rotator cuff repairs," Hoogeboom shares. "Also, neck pain, back pain, shoulder



Business sp⊗tlight

pain — you name it." They also have a therapist who specializes in lymphedema and another who specializes in vestibular treatments for patients with concerns such as dizziness and vertigo.

At Platinum Physical Therapy, patients receive one-on-one personalized care in a 40-minute model, Hoogeboom explains. Therapists offer a thorough functional movement assessment and a treatment plan that may include hands-on manual work, an exercise program and educational information to manage symptoms and return to function. "We want you to be back out in the community and doing what you want to do as soon as possible," she says.

In Massachusetts, patients have what's called "direct access" to physical therapy, meaning they can go directly to a therapist without a referral from a doctor, although some insurance companies do require a referral in order for the evaluation and treatment to be covered.

Those without injuries or acute concerns can also benefit from the clinic's yoga class, running assessments and strength programming, which includes a movement screen and personalized exercise program.

Platinum Physical Therapy also provides free injury screens. "We'd so much rather you get on our table at the beginning of pain onset rather than waiting,"



Platinum Physical Therapy has seven therapists at its Ashland location.

Hoogeboom says. "We might say, 'Yeah, let's get you into the doctor, it looks like you do need PT.' Or sometimes we'll say, 'You know what, it's just X, Y and Z; try this and follow up in two weeks to make sure the pain has resolved."

"We're here to support you," Hoogeboom emphasizes. "Our ultimate goal is that you have the knowledge to take care of yourself and eventually you don't need us at all."

"When we get to see a person achieve their goals, whether that goal is to run a marathon or to simply get down on the floor to play with their grandchildren," Hoogeboom adds, "that's success to us. It's truly about getting people back to the life they want to live."

To learn more, visit Image platinumptma.com, email info@ platinumptma.com or call the Ashland office at 508-881-6750.







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Why Nurses Love to Work in Home Health and Hospice

As one of the Commonwealth's largest home health, hospice and palliative care providers, VNA Care serves more than 27,000 patients each year with the expertise of a dedicated, compassionate, and highly skilled workforce. While job opportunities in healthcare continue to expand, home health and hospice care are excellent career paths for nurses as care moves out of facilities. VNA Care staff members deliver a full range of home health and hospice services to patients of all ages and health care needs directly in the home, taking into consideration the well-being of both patients and their families. Here are a few reasons why our nurses at VNA Care love working in the home environment.

Flexible Schedule

While facility-based healthcare professions come with rigid shift schedules, home health and hospice nurses have more flexibility in scheduling patient visits. At VNA Care, we provide patient care seven days a week with opportunities to work weekdays, weeknights, and weekends as well as full-time, part-time, and per diem. The variety of schedules provides nurses more flexibility for work-life balance

Employment

or to continue their education. We understand that our nurses have their own responsibilities and obligations outside of work, and providing adaptable schedules makes finding that balance

Independence and Autonomy

Home health and hospice nurses work independently in coordination with their multi-disciplinary teams and clinical service manager as they care for patients. It's a challenging and rewarding field that allows nurses to practice at the top of their license. Seeing patients in the home setting enables VNA Care's clinicians to personalize care and develop strong relationships with each of their patients and their families.

Learning and Growing Opportunities

Our nurses are never alone throughout their learning process. VNA Care's nurse specialists provide their expertise to



help their colleagues learn new skills such as wound care and IVs. Nurses are also supported by their clinical service manager and collaborate with other members of the team (such as rehab therapists, social workers, etc.) to provide the best possible patient

Along with exceptional team support, VNA Care's healthcare professionals also enjoy competitive benefits including HMO and PPO health insurance plans with a company-sponsored health reimbursement arrangement to offset deductible expenses, dental plans, vision plans, and much



more. We encourage a manageable work-life balance and incorporate additional benefits to help you outside of your careers such as pet insurance and auto and homeowners' insurance. Compensation, including signing bonuses for certain positions, is just one side of the coin - room for professional growth is a priority at VNA Care, and our career opportunities aim to provide the necessary support and resources to help you meet your personal and professional goals. Founded by Massachusetts' most established home care organizations, VNA Care Network, VNA of Boston and VNA Hospice & Palliative Care, VNA Care has built a company culture of mutual trust and support that enables clinicians to deliver exceptional

For More Information

Interested in pursuing a career in home health or hospice nursing? Visit our website at vnacare.org/careers or email us at HumanResources@vnacare. org. We are here to answer any questions as you explore the next opportunity in your healthcare career.

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Lots of Hidden Treasures Clothing - Jewelry - Books - Toys Household Goods - Vintage Items

Additional Parking behind Town Hall

Federated Church of Ashland 118 Main Street **In-Person Worship Services** Sundays @ 10:00 AM Also available Live on YouTube **FCOA**



Your Money, Your Independence

Teaching Kids about Savings and Investing

Momma, can I take the \$40 from grandma and grandpa to the Dollar Store?

Dada, how much does a dog cost?

Yes, a third grader and kindergartner can be curious and money conversations become more difficult as they grow older. Making kids understand how money works is a start, however financial literacy doesn't equate to understanding value or making good, responsible decisions.

A book to help create financial decisions as teaching opportunities is *The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money* by Ron Lieber.

Let me share the central strategy: Allowance & Three Jars.

No allowance for chores. Lieber argues when parents tie allowance to completion of chores, they make work the primary focus, not money. Kids should do chores for the same reason we do - because they need to be done. If done poorly, there are plenty of privileges we can take away.

Allowance as a teaching tool. If your child can count and ask to buy things, start an allowance. Consider 50 cents or \$1 a week per year of age, raised each year on birthdays. Your focus is to have them learn patience, strive for a goal and make decisions with defined resources.

Three jars: spend, save & give. They divide allowance into three clear jars each week: spending now, saving for later and giving to those who may need it more - an introduction to budgeting.

Now here is where I've come to differ from Lieber.

He pays an unrealistic interest rate each week (i.e. 20%) for "save jar" to help kids visibly see the power of savings and compounding. Once spent, less interest is paid, helping teach selective spending decisions and building of savings.

Thinking like an investor. I want them curious if something can be invested in, think why (or why not) it is a good investment and participate in risk/reward.

To execute, some investment firms allow buying slices of shares, up to 5 companies for \$50 total. Can be in a child's name via custodial account (beneficial capital gains rules) and viewed as a teaching tool rather than



Glenn Brown



education savings since they'll be spending on their larger wants.

As a holiday gift, we started three companies they knew and two I educated why they own it. Monthly we review values, if dividends were paid, total account value, if they want to add more and/or if there's a new company they want to invest in.

I've explained their favorite pizza shop is a small business that doesn't have shares. Also explained who makes a game they like, which they decided to take from their "save jar" to buy. It's down ~15% in a short time but I asked if the reason they bought

is still true, if they want to buy more, still hold or sell.

Page 7

Remember, it's about learning and making mistakes now, to benefit when they're older with their real earnings.

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

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

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We help you take control of planning and investing, so you can balance kids, aging parents and financial independence.



PlanDynamic, LLC is a registered investment advisor. Please visit our website for important disclosures.

Milford Federal Bank appoints Jeremy Leap Senior **Vice President Commercial Lending**

Milford Federal Bank announced today that Jeremy Leap has joined the Bank as SVP, Commercial Lending. Mr. Leap will lead a growing team of Milford Federal's Commercial Bankers, Jeremy will join Anna Case, AVP, Commercial Credit Officer & Operations Manager, Anita Carroll, Commercial Portfolio Manager and Stephanie Saraidarian, Commercial Credit Representative.

"We couldn't be happier to welcome Jeremy to our Commercial Banking Team" said Paul Gilbody President & CEO," Jeremy's depth and experience in commercial lending expands our capabilities significantly with this important growth area for Milford Federal. He brings strong relationships and familiarity in the communities we serve that will benefit our existing clients and future expansion of our lending port-

Jeremy has 16 years' experience as a Commercial Lender most recently at Savers Bank. Jeremy is involved with the United Way & Habitat for Humanity.

Established in 1887, Milford Federal Bank has been assisting its neighbors and friends for 135 years. Serving the greater Milford and Blackstone Valley areas in



Massachusetts and Northern RI, it has four conveniently located offices in Milford and Whitinsville Massachusetts and Woonsocket, RI and can also be found on the Internet at MilfordFederal.com and Facebook.

Stephanie Saraidarian, Anna Case, Jeremy Leap and Anita Carroll.

Once Upon A BookFest Comes To Ashland

Once Upon A BookFest... A Clocktown Festival For The Young At Heart, is being planned by the Ashland Public Library and Arts Ashland Alliance. Originally planned for May 2020, this event was postponed because of the pandemic. The Festival will now be held at the Ashland Public Library on Saturday, May 14, from 10am - 4pm, and will celebrate children's books, authors and readers ranging from Picture

Books to Middle Grade, to YA, and Comics.

Once Upon A Book Fest... is a free one of a kind book festival devoted to kids, tweens, teens, and their families. The day will be spent in workshops, meeting the authors, and hanging out with fellow book lovers.

"We are excited to be able to present Ashland's first Children's Book Festival that will allow children of all reading levels to meet and interact with a diverse selection of authors and illustrators," said Bonnie Mitchell of the Arts Ashland Alliance.

"At this free day-long event, local families will have an opportunity to ask questions about the creative process, participate in activities, and be exposed to various cultures represented in stories and illustrations. The event will reinforce the value of reading, inspire children to write and/or



illustrate their own stories and create a greater awareness of resources available at the Library," said Mitchell.

The library will be hosting authors and illustrators including Nandini Bajpai, LJ Baptiste, (Ashlander) Jonathan Follett, Josh Funk, (Ashlander) Daphne Garcia, Jannie Ho, Kelly Light, Lois McAuliffe (APL's children's librarian), Debbi Michiko Florence, Mark Parisi, Ganesh Ramachandran and Smitha Radhakrishnan, and Tak Toyoshima at the First Annual Once Upon A BookFest Children's Book Festival!

"The Ashland Public Library is thrilled to be on the forefront of connecting children with authors, illustrators, their library, and with art!" said Meena Jain, Director of the Ashland Public Library. "We bring this unique opportunity to the community and area, fully cognizant of the fact that children and families have had a difficult two years and it is our hope that they will join us for what will be an educational and fun day."

The Book Festival will include a day full of hands-on workshops, author presentations, book selling and signing, food trucks, and more! Escape Into Fiction, will be the bookseller on site. Food vendors, Sethjis and Dulce De Leche will set up tents in the front lawn of the library with family friendly food options. Brochures and maps

will be available at the event to help attendees navigate the programs and signings.

Once Upon a Book Fest is presented by Arts! Ashland Alliance and the Ashland Public Library. The sponsors include the Friends of the Ashland Public Library, Mass Cultural Council, Ashland Cultural Council, Ashland Mom's Club, Ashland Select Board (BAA grant), the Metrowest Visitor's Bureau, and Erica's Ristorante.

The Book Festival organizing committee includes, Bonnie Mitchell (Arts Ashland Alliance), Lois McAuliffe (APL Children's Librarian), Meena Jain (Director, APL) and Visi Tilak (Writer, Storyteller, and Owner of Visi's Creations). The organizers have set up an eventbrite registration for attendees to register before the event. This is to plan how many chairs to put out, how many markers to buy, and how much food to have on hand. The organizers are excited to have the Ashland and neighboring communities participate in this event and foster the love of reading and writing among children of all ages.

The registration link is at https://www.eventbrite. com/e/290885114207

For more information please

info@onceuponabookfest.com For more information on the event:

Website: www.onceuponabookfest.com Facebook: @ onceuponabookfest Twitter: @ onceuponabookfest Instagram: @onceuponabookfest



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The b.LUXE **beauty beat**

Idea to Execution: Starting our own beauty brand

By Gina Woelfel

b.LUXE is thrilled to announce the launch of our first ever beauty product! We took our idea (and a leap of faith) for a much-needed hair treatment and made it a reality.

Enter b.LUXE BEFORE Oil!

We dreamt of creating our own retail brand for a long time. Our hair salon carries some of the most well-made and targeted hair and skin care products in the industry. So while we weren't lacking in luxury products, we did see a niche in the market that wasn't filled. Most products get to work after you shampoo and condition, but we believe hair protection starts before you cleanse.

b.LUXE BEFORE Oil, is a preventative, pre-shampoo, treatment oil that's designed to be your first line of defense against hair damage. It's made with organic sunflower and prickly pear oil and our powerhouse ingredient - broccoli seed oil, an essential element that protects like nothing you've ever used before!

Hair is porous and can be easily stripped of its moisture and vitality. Even the best shampoos that are formulated to remove oil, dirt and buildup can, sometimes, rob hair of bounce and shine. Here's where we felt our industry was lacking.

A few summers ago, we were researching a blog post about blonde hair and how copper found in hard water reacts with the chlorine from swimming pools. Your hair takes in whatever it comes in contact with and when copper is absorbed into your hair, the chemical reaction

with chlorine can give your hair a greenish hue. We learned that by applying a thin coat of olive oil to your hair before swimming, it creates a barrier that blocks chemicals and hard metals from being absorbed. This research inspired us to create a more preventative oil, packed with nutrients to protect your hair and support scalp health.

Using our BEFORE Oil, pre-shampoo, allows you to wash and clean your hair without drying it out or stripping away sebum, the natural oil your scalp produces to lubricate the hair follicle. Our BEFORE Oil penetrates the hair shaft and scalp, depositing just the right amount of hydration to keep hair smooth, healthy and well protected.

BEFORE Oil also feeds your hair AND scalp the nutrition it needs! Broccoli seed oil (BSO), is rich in calming antioxidants, like vitamin A, a key component to all cell growth. Chemically derived vitamin A has a reputation for being irritating. The natural version in broccoli seed oil is anything but! In fact, the BSO in our BEFORE OIL can deliver many of the same benefits a topical retinol cream can, like accelerated cell turnover, minus the irritation. With its collagen-boosting benefits, it's one veggie you'll never avoid again! It has a huge 62.5% Omega-9 content and is gentle, hydrating and easily absorbed into your scalp and hair shaft. As an antioxidant, vitamin A neutralizes free radicals, the pollution particles created by industrial emissions that can harm skin cells (and remember, your scalp is your



hair · makeup · skincare · editorial



scan for more info

skin)! Broccoli seed oil's essential fatty acids deliver intense hydration without clogging pores and has been shown to help calm inflammatory scalp conditions like eczema, dandruff and dry skin.

Right now, while supplies last, we're offering a 2 ounce trial size for just \$39. That's 30 shampoos! Once these samples are gone, they're gone! And for those of you who would like to try before you buy, grab a single shampoo BEFORE Oil sample at our Medway studio. Our new 1 oz. packaging will be available this June/2022.

We can't wait for you to try our new BEFORE Oil. This endeavor was two years in the making and to finally be able to bring our new product to you is a dream come true!

MAY SPECIALS:

MOTHER'S DAY LUXURY FACIAL SPECIAL -

Purchase a *gift card online or in-studio* for our signature LUXURY facial and receive a complimentary G.M. Collin collagen eye rescue treatment valued at \$30

LASH LIFT + TINT PACKAGE WITH COMPLIMENTARY BABE LASH GIFT (while supplies last)

Buy a series of 2 Lash Lift + Tint Services and receive a complimentary Babe Lash Serum Valued at \$70

LAST MINUTE LUXURY DEALS

DUALSENSES INTENSIVE CONDITIONING SERUM SPECIAL 2 FOR \$20 Regularly \$15 each

(First application is in the salon and your second is take home)

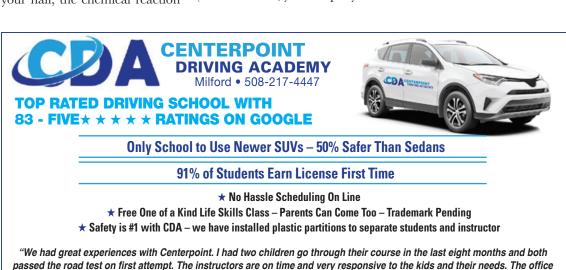
These Intensive Conditioning Serums instantly lock in luminosity and color. MicroPROtec Complex distributes essential care ingredients quickly and evenly to protect from color-fade-out, keeping your salon color vibrant for up to 22 washes.

Your choice of Blonde, Color, Smooth, Repair or Curly formula



And let's not forget, this month is Mother's Day and, of course, we've got something special for Mom! Check out our May Specials, available online and in-studio!

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Bakery Bonanza at Ashland Farmers Market 2022

After their wonderful produce farms, Ashland Farmers Market's baked goods often cause long lines of shoppers.

Yet there have been some eagerly requested gaps in their baked offerings.

The organizers heard your requests and this year have included some new bakery vendors, without losing any of the bakeries you know and love.

The Crust will be the market anchor. A second bakeshop, Swanski's, run by a female duo of new entrepreneurs, will add different baked goods. Also new this season is a gluten free, allergy free, all vegan bakery, Jennifer Lee's Bakery. Bagel Table returns with the best bagels and challah. In the sweets department, Persian Treats is returning to popular acclaim. Peruvian Pastries continues as a stalwart of the sweet tooth crowd. Dulce D Leche will bring their mouthwatering variety of pies, paninis, cakes, and artisan pastries, as well as gelato and sorbetto.

With all these options to choose from, plan to meet friends for brunch or lunch while you enjoy the weekly music performances on stage from 10:30 to 12:30.

This season Kid's Corner is back! Bring your children between 9:30 and 10:30 to the special tent, where every week is a







different activity. They may plant seeds in a take-home pot, create designs with beans and seeds, make huge water bubbles, and loads more, guided by volunteer adults and teens. Favorite event days, like Farm Day with live farm animals, the popular Dog Day, Strawberry Fest, Harvest Festival, and Pumpkin Painting Day are being planned.

Calendar in the Ashland Farmers Market for Saturday mornings between 9AM and 1PM. More than 25 food ven-









dors and artisans will welcome you on Opening Day, June 11, at 125 Front St., on the green across from the Ashland Public Library. For more information, go to AshlandFarmersMarket.org.

Ashland Business Association News

For more information and to register for events go to www.ash-landbusinessassocitaion.com

Upcoming Events

Celebration of Rt. 126/Pond Street: The Future Is So Bright!

Thursday, May 19, 2022 5:00 PM

Habitat for Humanity Re-Store, 310 Pond St, Ashland

Join us for a special celebration of the future of an improved Route 126/Pond Street in Ashland! The State project is ongoing and will bring great things for the corridor. Businesses need our support and this is a fun way to show it!

So grab your shades and join us for a fun outdoor party!

Chat with Local and State government guests!

Business spotlights!
Games and Networking!
Food from MAZI and the ice
cream truck!

RSVP to help us plan and to get event reminders.

ABA Social

Thursday, June 16, 2022 5:30 PM

The Corner Spot Ashland Let's get together and celebrate the start of summer at The Corner Spot! Join us for music,

ABA members will be serving up the fun.

drinks, food and networking!

Food from Senti's Kitchen... can you say BBQ?!

Ice Cream Truck Refreshin' Concessions!

Beverages from Wine Empire! Member Spotlights and music!

Come network with those you know and meet someone new! Free to attend, food and beverages are cash basis.

Back to School Movie Night

Friday, September 16, 2022 5:00 PM

The Corner Spot

"Back to School Movie Night" brought to the community by the ABA! Join us for a fun night of food, music and the movie Encanto!

The fun starts at 5pm with food from Senti's Kitchen, Cannoli from Joey's Cannoli, Ice Cream from Refreshin' Concessions

If you are an ABA member that would like to sponsor this event you will receive shout outs in all marketing materials leading up the event and at the event! You can pop up a booth and provide a game, or activity for the little ones while promoting your business. Help us bring this fun event to the community!

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ADESA Boston is located in Framingham, MA

School Committee Looking At Challenges Surrounding Diversity, Equity And Inclusivity

As our student population and community demographics evolve to reflect the world around us, we embrace the challenges and opportunities this brings and recommit to making Ashland Public Schools more diverse, equitable and inclusive.

The Ashland School Committee directed the leadership team to begin an initiative to address these challenges and offer recommendations. This month, we began working with L&P Educational Services, an educational consulting organization, to objectively and independently examine and analyze our diversity and inclusion policies, procedures, programs and practices.

In the coming weeks, all staff, faculty, and families will be invited to participate in focus groups. There will be a select number of focus groups for each stakeholder group, and we may need to select participants if any groups are oversubscribed. The focus group should

last no longer than one hour and will provide an opportunity for individuals to give feedback on our current diversity, equity and inclusion programs and practices.

Students will also be invited to participate in focus groups. Warren and Mindess student participation will be determined by principals and school counselors. AMS and AHS students will have the choice to volunteer. Families will have advance notice if their child is to be involved. Exact times, dates and locations will be announced by building principals.

L&P may also conduct independent interviews and examine, collect and analyze data from other documentation or evidence, such

as district and school policies and curriculum and student achievement and enrollment data. They will then make recommendations to the leadership team and the Ashland School Committee on how to move toward a more equitable school community. We hope to complete this audit and share our findings by June 2022.

If you have any questions regarding the equity audit process, please contact your principal or Michael Caira at mcaira@ashland.k12.ma.us.

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to the, Town of Ashland, to the

Treasurer's Office on the main

level, or in the payment drop off

box located on the left hand side

are now past due. The deadline

for Excise Taxes was March 30,

2022. Please contact the office

for outstanding excise bills by

phone, 508-881-0100 ext. 2016

or email, treasurercollector@

ashlandmass.com.

Motor Vehicle Excise taxes

of Town Hall on Main Street.

Financial Trend Monitoring Report Now Available

The Town of Ashland Finance Department releases the annual Financial Trend Monitoring Report ahead of Annual Town Meeting scheduled for Wednesday, May 4.

The Financial Trend Monitoring Report (FTMR) is a crucial component of the Town of Ashland's Official Budget Document produced annually by the Town Manager and Finance Director as part of the Town of Ashland's Charter.

The purpose of the FTMR document is to analyze key financial indicators to assess the financial direction of the town. Additionally, the FTMR brings issues and opportunities to the attention of decision-makers through a systematic method of trend analysis and helps local officials and management better assess and protect the Town of Ashland's overall financial condition.

Finance Director and Town Accountant Brittany Iacaponi comments, "The Financial Trend Monitoring Report is an incredibly detailed and substantive report that the Town has now produced for five years in a row. Essentially, the report affords the Town the opportunity to view its finances in a different light, allowing the Town to observe if any trends are emerging, whether advantageous or not, and respond appropriately. The trend report provides a visual depiction, over a span of 10 years, on select measures such as the Town's reserves, tax revenues, debt service, and much more."

This year's report reveals Ashland continues to be excellent stewards of the Town's funds. The town's financial reserves and the funds set aside for future financial obligations improved drastically over the past several years due to strong management, conservative budgeting practices, and the drafting and implementation of collaborative financial policies. The Town of Ashland's debt is manageable and continues to maintain its AAA rating from Standard and Poor's from 2016 to 2020.

Even with its excellent financial condition, the FTMS identified several trends that should carefully observed. Areas of exposure or risk include future health insurance costs, the Town's pension obligation to the Middlesex Retirement System, and the lasting economic impact resulting from the COVID-19 pandemic.

"The Financial Trend Monitoring Report is a key tool in our holistic financial strategy. It highlights areas of strength as well as opportunities to enhance our overall financial position for the benefit of our taxpayers. I thank Ms. Iacaponi and the Finance team for continuing to put this report together", says Town Manager Michael Herbert.

The Financial Trend Monitoring Report is available to view in its entirety on our website, ashlandmass.com. Visit the Accounting/ Finance department webpage and click the "FY 23 Budget Header" subheader for direct access to this document. The FTMR is also included in the official budget document discussed at Annual Town Meeting on Wednesday, May 4, 2022.

Treasurer/ Collector Department Deadlines

Property Taxes are due on Mon-

Real Estate and Personal day, May 2. You may pay your bill online using City Hall Sys-

the Town of Ashland website's homepage, ashlandmass.com and click the button, "Online **Hey Ladies ...** Payments." Additionally, you may drop off a check made out

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Decisions at Every Turn Coalition announces Mental Health Awareness **Month Resources and Events**

The Town of Ashland and Decisions at Every Turn invite you to participate in Mental Health Awareness Month (MHAM). Throughout the month of May, community partners across Ashland will observe MHAM through programs, education, and events that seek to reduce stigma around mental health and promote opportunities to celebrate health and wellness.

Looking to advertise your business? Contact Susanne: 508-954-8148 sue@sodellconsult.com

Sports

Ashland Girls Lacrosse Looking to Get Back to The Tournament

By Christopher Tremblay, Staff Sports Writer

Last spring the Ashland girls' lacrosse team accomplished something they hadn't in quite a while – they qualified for the Division 2 East Tournament.

Although the Clockers have lost some talent from that squad, they are very much in the hunt to return to the post-season in 2022.

"It was the first time in a long time," Clocker Coach Katie Blasi said. "We did lose a bunch of girls from that team, but we're bringing back a lot of experience this year, 13 seniors and 5 returners."

After finishing the regular season with an 8-6-1 record, Ashland was awarded the eighth seed in the tournament. Unfortunately they didn't get past the first round in their first visit in many a year's losing to Wayland.

Senior attackers Allie Loughlin, Chloe Roberts and Avery Dinsdale will lead the Clockers onto the scoring sheets. Loughlin, a returning Tri-Valley League (TVL) All Star, led the team with 33 goals and will be relied upon heavily to put up those type of numbers once again if Ashland is to repeat last year's performance.

Roberts and Dinsdale each tallied 13 goals last spring, while sophomore midfielder Anna Magennis bet the opposition's goalie 19 times last season. The Clockers will need to score on a regular basis in order to battle with the

rest of the TVL.

"We play in a competitive league and had a lot of close games last year, but we also had our share of one-sided games in favor of both sides," the Clocker Coach said. "We have two state champions in Westwood (Division 1) and Dover-Sherborn (Division 2) in the TVL, so it gives us some tough regular season games."

Having to go up against teams like Westwood and Dover-Sherborn during the regular season allows Ashland the opportunity to play some high-quality teams and prepare them for what they may face in the postseason. If the Clockers are able to hold their own in the league, they should be ok come playoff time.

In addition to Magennis, Blasi will also have sophomore Julie Schreiber, senior Katherine Carter and junior Jenna Fitzsimmons patrolling the midfield. Magennis, Schreiber and Carter were all TVL Honorable Mentions last season. The quartette is looked upon as the work horses of the team.

"All four girls brig the hustle and aggressiveness to the gam in terms of getting to the ground balls and working to win draw control," Blasi said. "They will be the ones to get us into possession so that we can run our attack. They definitely work well together and complement each other's various skills."

The back end of the field

will have junior Sophie Brandt guarding the Clocker goal. Brandt saw a lot of playing time during the Clockers run to the tournament last year giving the squad an experienced keeper in front of the goal. According to the Coach, she will be the only varsity goalie this season on the roster, is a vocal leader who knows the game inside and out and will be the quarterback of

In front of Brandt will be Maddie Marchetti, the senior leader of the defense. With Ashland playing a high-pressure scheme in the back field Marchetti will be in charge of making sure the rest of the girls are ready and communicating.

the Ashland defense.

Sophomore Lizzie Forester played big for the Clockers on defense last spring and the coach is looking for the second-year player to take the next step this season.

Thus far, although young, the Clockers have seemed to fit in

well with one another and are picking up the things Blais is incorporating into the game plan fast. With that said, the Coach is hoping to include some more difficult strategies into this year.

"We have a lot of experience, but we also have a lot of new girls to the team. I am looking for the new group to be able to take this program into the future," Blasi said. "They have come together nicely as a team, knowing where each of them is going to be on the field. They are a strong unit and have improved their skills and team play."

Blasi is looking for Ashland to put together some more decisive wins this season while improving upon last year's regular season record and going further into the playoffs.



Local Town Pages Is Looking for Writers!

Our Town Publishing is currently seeking freelance writers local to the Metrowest area to cover stories for our nine publications which cover the towns of **Ashland**, **Bellingham**, **Franklin**, **Holliston**, **Hopedale**, **Natick**, **Norfolk**, **Norwood**, **Medway**, **Millis**, and **Wrentham**.

If you're interested, please send a resume and two writing samples to editor@franklintownnews.com.

Greater Ashland Lions Club

Happy May Day and Cinco de Mayo!

Quiz Night

We had a very successful 25th Quiz Night! It was good to get together in-person again. Thank you to all who attended the fun night of trivia to raise money for charity.

Upcoming Events

We have many upcoming events including a Porchetta Dinner (to be held at the Ashland VFW), possibly an afternoon Tea with entertainment, our annual Duck Slide and a much needed Blood Drive. Please check out our FaceBook page for more details, as they become available.

Also, club members plan on being at the Ashland Farmers Market this summer, with information on joining the Lions. Don't forget to bring your change, as we'll be collecting 'Pennies for the Blind'.

Used Eyeglasses

Have you any used eyeglasses hanging around? We'll take them! Please bring them to the Police Substation (located next to Nick Pizza on Main Street.), Market Basket (Pond St. / Rte.126), or the Town Hall on Main Street.

We Serve

Looking to get involved with a fun, low-pressure group of service-oriented folks — that's us! New members are always welcome! If you'd like to learn more about the Lions and our club, please contact VP Lion Ed at e.murras@yahoo.com or Lion Alexis at cvarnie@hotmail. com. Check us out on FaceBook: Greater Ashland Lions Club. #weserve #kindnessmatters

SUBMITTED: LION ROSALIE PORTER, 2ND VP



Ashland Library Special Events

Adult:

Virtual - MHAM - Dr. Kathleen Wolf Discusses the Mental Health Benefits of Being in Nature

Monday, May 2 @ 7pm We discuss the mental health benefits we might experience if we spend more time in our green spaces.

Virtual Discover India Series - The Story of Paisley and How to Draw It

Monday, May 2 @ 7pm

This program will shine a light on the history of paisley and, at the end, we'll learn the basics of drawing paisley.

MHAM - Mindfulness For Parents of Teens (and other Adults)

Tuesdays @ 6:30pm on May 3, 10, 17, & 24

Find peace, patience, and presence in any moment with breathing techniques and mindfulness.

Virtual - May the Fourth Be With You - Star Wars Trivia *All Ages

Wednesday, May 4 @ 7pm May the Fourth Be With You! Gather your family and friends for fun and exciting Star Wars Trivia (from the 9 movies).

Name That Tune – Nineties Edition!

Saturday, May 7 @ 2pm

Join us for this "sick" opportunity to show off your music memory of the 90's!

Hybrid - From Apollo to Artemis: The last lunar mission to the next Saturday, April 9 @ 9:30am Please join Ashlander Len Rabinowitz in a discussion of lunar missions, 50 years on!

Virtual Discover India Series - The Bengal Tiger

Monday, May 9 @ 7pm India is one place in the world where you can easily visit and see a tiger in the wild. Join us to learn more!

Virtual - Healthy Living for the Body and Brain

Tuesday, May 10 @ 1pm Learn about the lifestyle choices that impact the aging process

Virtual - A Conversation with Author Michaeleen Doucleff: "Hunt, Gather, Parent"

Thursday, May 12 @ 7pm Hunt, Gather, Parent helps us rethink the ways we relate to our children, and reveals a universal parenting paradigm adapted for American families.

A Meditative Outdoors Walk with Hannah Stein *For Adults

Saturday, May 14 @ 10am

Joins us on this lovely walk designed to increase your awareness of the relaxing and healing benefits of nature.

Hybrid - What's Up in the Sky? Spring Edition with Len Rabinowitz

Monday, May 16 @ 6:30pm

Len is going to take us on an overview of what's up in the sky in the Spring (and how that is different from other seasons!).

Virtual - Tea Tour Through India

Tuesday, May 17 @ 1pm

Danielle Beaudette, owner of the Cozy Tea Cart in Brookline, N.H., will discuss her travel experiences in the tropical tea lands of Sri Lanka and India.

Virtual - What's on Your TBR pile? with author Mateo Askaripour

Wednesday, May 18 @ 7pm

We hear from novelist Mateo Askaripour (whose "Black Buck" is a must read!). Wonder what he's read and loved lately?

Virtual - Author Sonali Dev in Conversation with Bridget Eileen Madden, Jane Austen Aficionado

Saturday, May 21 @ 2pm

We love Jane Austen-esque adaptations and, if you haven't read those by Sonali Dev, you are in for a treat!

Virtual - From Uptown Girls to Downton Abbey: How American Gilded Age Heiresses Invaded the British Aristocracy

Thursday, May 26 @ 1pm
Fans of "Downton Abbey" and
"The Gilded Age" on television and
film will delight as Anglophile and
former U.K. resident Claire Evans
recounts the tales of some of the famously loaded young Americans who
infused bank accounts of many stately
English homes.

Virtual - Author Lynne Cox Discusses "Tales of Al: The Water Rescue Dog"

Thursday, May 26 @ 4pm Lynne Cox, internationally famous for swimming the world's most

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difficult waterways without a wetsuit, discusses her book "Tales of Al" inspired by a true story.

Virtual - Pop Goes the Culture: The History of Asians in American Pop Culture

Tuesday, May 31 @ 7pm

This presentation covers more than a century of how Asians have been portrayed in Hollywood, on commercials, and on stage.

Knitting:

Saturday Needlecraft Club Saturdays at 2pm Monday Needlecraft Club Mondays at 6pm

Children:

Special Event:

Once Upon A Book Fest @ the Ashland Public Library

Saturday, May 14 @ 10-4pm We'll be hosting authors and illustrators whose books you've loved or that you'll love discovering! The day will be spent in workshops, meeting the authors, and hanging out with fellow book lovers. It's going to be magical!

(In-Person) Lego Club *Kids Age 5 & Up

Thursday, May 5 @ 4pm Registration is required

(In-Person) BabyKneads -"Mindfulness for Preschoolers"

Saturday, May 7 @ 10:30am

Eventbrite Tickets Required For Participation

(In-Person Walk-In) Friday Afternoon Movies at the Library -Children's Movie

Friday, May 20 @ 2pm Call the library for the movie title

(In-Person) Painting on Rocks *For Kids Ages 6 to 13

Saturday, May 21 @ 10:30am Eventbrite Ticket Required for Participation

Art

"New England Moments"

Paintings By Kristin Stashenko April 5 – May 9, 2022.

Ms Stashenko is well known for her graphic architectural landscapes in gouache on paper and her larger work on canvas in acrylic. This exhibit is a sampling of her gouache and acrylic paintings of New England architecture.

"The Sketchbooks"

Jim Eng April 7 – June 13, 2022

An exhibit of Jim's delightful ink and watercolor sketches done on location around Massachusetts, New England, and his travels around the

Friends "Mini" Book Sale!

The Friends are opening up their new(ish) book sale room from 10-1pm on Saturday May 21st. Pop on by to grab some deals and, if you have some donations well, we'll take those, too! It's a combination book sale/donation day!

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The Corner Spot receives Grant Funding

The Corner Spot Committee proudly announces two grant-funding opportunities for the 2022 Season.

The Corner Spot received two local grants to help support marketing efforts for the 5th season.

The Massachusetts Office of Travel and Tourism (MOTT) Recovery Grant Program awarded the MetroWest Visitors Bureau (MWVB) \$99,000 for marketing efforts in the region. This grant will support six projects in MetroWest, including The Corner Spot, Natick Cultural District, Framingham Centre Common Cultural District, the MetroWest Chamber of Commerce, the City of Marlborough, and Framingham's "Framingham Together" diversity video.

The Corner Spot Committee will use its grant portion of \$3,000 to fund marketing efforts that bring visitors into Ashland from the MetroWest Region and beyond. The Corner Spot showcases businesses, music and entertainment, diverse talents, and a wide array of cuisines and is the



home to over 50 events throughout the year.

Economic Development Director Beth Reynolds states, "The Corner Spot has become a valued addition to the Ashland community, and we want to share this experience with those from outside the area. This partnership with the MWVB and the MOTT Grant will allow us to broaden our reach to draw people to the area."

In addition to the MOTT Grant, the Massachusetts Cultural Council (MCC) Festivals Program Grant awarded The Corner Spot \$1,500 to be used to support and build upon an annual event at The Corner Spot, CultureFest. On Saturday, July 23, CultureFest will celebrate its 5th year as a culturally diverse event displaying performers and food from different regions of the world.

"CultureFest which is in its 5th year, has been a coalescing

event for our community. We are honored to showcase the diverse cultures that create the "Melting Pot" here in Ashland, MA. The MCC Festivals Grant for CultureFest allows us to build upon this wonderful event each year," says Visi Tilak, Ashland Resident and Owner of Visi's Creations, and CultureFest founder and committee member. "This event is all about celebrating the diverse cultures our community represents. We are truly excited about the upcoming year's presenters and looking forward to everyone relishing some amazing art and entertainment we have

The Corner Spot is a community outdoor space located on the corner of Main Street and Cherry Street, providing a gathering place and pop up location for businesses. The season opens on June 4th and closes in Mid-October.

For more information visit: www.thecornerspotashland.com

Real Estate Corner

Ashland Recent Home Sales

Date	Ashland	Amount
4/14/2022	31 Roberts Road	\$645,000
4/14/2022	17 Running Brook Circle	\$756,000
4/11/2022	179 Captain Eames Circle	\$565,000
4/07/2022	7 Washington Avenue	\$600,000
4/05/2022	53 Kings Row	\$804,000
4/04/2022	26 Tri Street	\$677,500
4/04/2022	43 Carriage House Path	\$660,000
3/31/2022	83 Roberts Road	\$530,000
3/30/2022	91 Arrowhead Circle	\$581,700
3/25/2022	3 Concord Court	\$670,000
3/23/2022	36 Independence Lane	\$952,000
3/21/2022	135 Mountain Gate Road	\$446,000
3/18/2022	223 Captain Eames Circle	\$515,000
3/18/2022	136 Parker Road	\$705,000
3/18/2022	372 Chestnut Street	\$610,000
3/18/2022	214 Winter Street	\$580,000
3/18/2022	14 Birch Hill Road	\$660,000
3/17/2022	39-41 Tilton Avenue	\$510,000
3/17/2022	5 Sterling Way	\$1.25mil
3/17/2022	49 Oregon Road	\$715,000
3/17/2022	7 Oregon Road	\$690,000

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



3 Concord Court in Ashland recently sold for \$670,000. Image credit: www.zillow.com





Ashland's Department of Human Services Wellness Fair Open House

In honor of Mental Health Awareness Month, the Ashland Department of Human Services will host a Wellness Fair Open House on Wednesday, May 11, from 4- 6:30 pm at the Ashland Community Center located on 162 West Union St.

Ashland Human Services, Ashland Health Department, Decisions at Every Turn Coalition, the YMCA, Behavioral Health Partners of MetroWest, Ashland Reiki and Wellness, and Release Well-Being Center, will host resource tables highlighting various resources promoting a wide range of social, emotional, mental, and physical health education and information.

In addition to these tables, Hannah Stein of Ashland Reiki and Wellness will host a guided crystal meditation from 5:30-6 pm during this open house.

Please contact Jennifer Wuelfing at Ashland Human Services if you have any questions, 508-881-0140 ext. 7942 or email, humanservices@ashlandmass.

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Seniors Are Launching New Adventures in Independent Living Communities

While many older adults believe they're too young, too independent or too healthy for an independent living community, Fairview Estates residents often say, "Why didn't I do this sooner?" The reasons for moving to a senior living community vary, but two that stand out are the opportunity to pursue passions and interests, and the chance to expand social circles.

Research spearheaded by ProMatura Group consistently shows that seniors who transition to senior living communities are happier, have an increased sense of well-being and may even live longer. Residing in a senior living community provides seniors a range of opportunities to socialize. This helps prevent the isolation and anxiety many seniors feel as they adjust to retirement.

When older adults consider moving to an independent senior living community, most think about what they may have to give up. But what they actually get when they make the move is freedom – the freedom to explore new interests, meet

new friends and pursue an active retirement.

In Hopkinton, Massachusetts, Fairview Estates independent living community is often chosen for its affordability and gracious lifestyle. Residents enjoy amenities that include a state-of-the-art movie theater, fitness center, library, chapel, business center, beauty and barber shop, outdoor terrace, billiards, card tables, raised garden beds and a fire pit for outdoor entertainment. Abundant activities include live entertainment, lectures, outings and more. The location, near world-class shopping, dining, and medical offices, offers convenience and enrichment.

Fairview Estates offers studio, one- bedroom, and two-bedroom/two-bath apartments with no buy-ins or leases. The month-to-month rental option is another reason the senior living community is in such high demand. There are no hidden costs or fees. Meals, utilities (except phone), transportation and rent are always included in the monthly fee.

Business sp⊗tlight

Those who need basic help such as medication reminders can utilize a third-party home health care provider. This allows residents to pay only for the services they need. Residents appreciate knowing their budget will be balanced and easy to manage every month.

One of the most popular features of the independent living community is the meals. The executive chef and culinary team at Fairview Estates create homemade meals as well as tempting desserts from scratch three times each day. The menu offers a variety of nutritional choices at every meal, and snacks and beverages are available anytime at no extra charge.

A distinct benefit offered by Fairview Estates is the live-in managers. These on-site managers support and serve the residents throughout the day. Each private apartment also inFAIRVIEW ESTATES
Gracious Retirement Living



cludes emergency pull cords that link seniors to the management team 24 hours a day. The live-in managers eat the same meals in the dining room, enjoy the same amenities, and benefit from the same gracious living experience as the residents. They participate in every aspect of life at Fairview Estates and treat res-

idents like family, because they live in the community too.

To learn more about Fairview Estates lifestyle or to schedule a visit, call 508-625-7173 or visit the website at retirementliving-mass.com.

Fairview Estates Gracious Retirement Living 132 E. Main St. Hopkinton, MA 01748

