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June 2022

Burman, Jurczyk Win Spots on Health, Planning Boards

BY PATRICIA ROY

Just 494 or 4 percent of the town's registered voters turned out for the annual town election on May 17.

According to unofficial results, Edward D. Burman took one of the two contests on the ballot, winning a two-year seat on the Board of Health with 260 votes to Koduvayor G. Narayana's 202 votes.

The only other contest was for a three-year seat on the Planning Board, which was won by Catherine D. Jurczyk, with 342 votes to Kevin S. McClean's 121 votes.

In uncontested races, Adam B. Shuster won re-election to a three-year term as moderator with 382 votes.

Joseph J. Magnani Jr. and Brandi E. Kinsman were re-elected to three-year terms on the Select Board with 378 and 360 votes, respectively.

Two school committee members were re-elected to three-year terms: Paul H. Kendall with 356 votes and Erin J.



Williams with 355 votes.

Charles Wilmanns Lidz was re-elected to a three-year term on the Board of Assessors with 373 votes.

Also re-elected to a three-year term on the Board of Library Trustees was Bonnie D. Mitchell with 399 votes.

James P. Neilsen Jr. was re-elected to a five-year term on

the Housing Authority with 360 votes.

Newcomer John J. Byrnes III won an uncontested three-year term on the Board of Health with 354 votes.

Marcelo Arjona, also an unopposed first-timer, won a five-year seat on the Planning Board with 359 votes.

Celebrate Juneteenth with Ashland is United

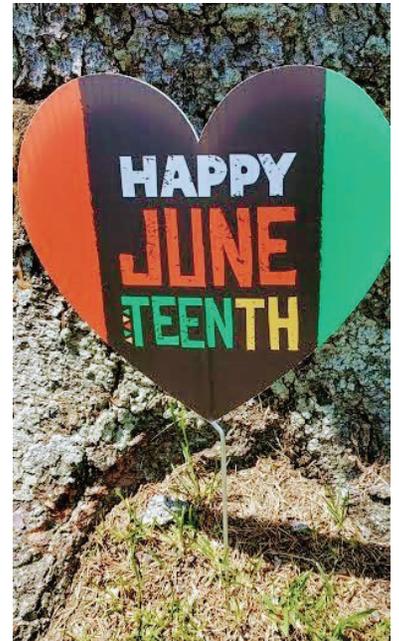
In its second year as a national holiday, Juneteenth will be celebrated at the Corner Spot in Ashland, on June 19.

The holiday celebrates the emancipation of African-American slaves in Texas — the last state to allow slavery — on June 19, 1865.

Ashland Local Town Pages spoke with members of Ashland is United about the upcoming event.

Why is this event so important to the Ashland community?

Our town has an evolving demographic landscape. Per latest official records 29% of Ashland residents are foreign born. Each ethnicity brings new opportunities of interaction and learning. Ashland is United (AiU) has celebrated our community through being inclusive and recognizing differences. While we pay close attention to equity we are keen about learning from the varied cultures, faith and belief systems, age, genders and life choices. In essence, we create a culture of acceptance and inclusivity. That being said AiU has responded to events in the country and around the town. Post the murder of George Floyd,



AiU with many town entities ran a campaign #StandUpAshland that rallied everyone to stand up against racism (<https://www.ashlandisunited.org/events-1>). This led to AiU developing resources to educate and inform new ideas that promote inclusivity. We continually update resources on Black History

JUNETEENTH
continued on page 2

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JUNETEENTH

continued from page 1

Month, African American history and personalities like Frederick Douglass, Solomon and Meta Vaux Fuller, Phyllis Wheatly and many others.

Internally in AiU, we discussed that Juneteenth needs more recognition than it had been given so last year we were planning for our event and lo and behold, it was announced that it became a federal holiday. It seemed like a double celebration. Our town attended the event — it was a glorious sunny day last year and we introduced a new event in town and set a precedent for this year and onward. Neighbors who did not know each other met at the event, visitors from Texas signed in, town administration which has always been supportive of AiU was in attendance. It was a great celebration of freedom — as allies, we recognized the date, African American culture.



Who will be at the event?

All are welcome! This year AiU is collaborating with another community organization called AREA. We will have lots of entertainment - including music, dance and arts & crafts! The Drum Nomads will perform African inspired music; Lisa Abbascia, Director of Backstage Dance Center, will teach and lead everyone in the viral West African Jerusalem dance; the Ashland Middle School's Diversity Club will host an activity to paint rocks with Juneteenth inspired symbols and flags; and Mirlande Butler,

Ashland resident and AiU member, will lead us in singing (Lift Every Voice and Sing) a beautiful song used in the Civil Rights movement. Vendors chosen from the BIPOC community will sell their arts and craft items and Sentie's Kitchen will be selling popular barbecue foods. Plenty of free fruit punch will be available too!

Is it family friendly?

Yes it is a free family event with plenty of attractions for children, adolescents and young and old — people of all ethnicities, religions, life experiences and

SAVE THE DATE!

ASHLAND CELEBRATES JUNETEENTH

PRESENTED BY:

ASHLAND IS UNITED

AND

AREA (ASHLAND RESIDENTS FOR EQUITY AND ACTION)

choices. It is an epitome of an inclusive event.

Who is involved in the planning?

AiU along with AREA and additional support from the Town Administration for logistics.

What is your hope for this event?

That everyone leans in to the joy of tradition. And yet reflect on African American slavery and

servitude and how discrimination on the basis of race still exists and how each one of us can contribute to uplifting marginalized voices.

Is there anything I didn't ask that you would like to get in?

We want people to leave the event feeling empowered to do more after learning about the meaning and significance of Juneteenth.

The Juneteenth celebration will take place Saturday, June 18, from noon to 2 PM, at the Corner Spot, 6 Cherry St., Ashland.

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Ashland Farmers Market Opening Day June 11

Expect an exciting return of the weekly Saturday gathering that brings fresh local produce, unique products, favorite vendors, ready to eat foods, live music, new kids' activities, special event days, and local artisans. Kicking off the live entertainment on the Scott Vincent Buchanan Bandstand for Opening Day, June 11, is Railroad House Band.

Juneteenth, the USA's newest national holiday, will be acknowledged on June 18. To celebrate the freedom of enslaved people in the United States at the end of the Civil War, the Ashland Farmers Market will celebrate African-American culture with Sentie's African BBQ, Salimata's West African dishes and Yamacu



ginger drinks, and Paulette's Camaroon-influenced peanut sauces and authentic African dishes. AREA and Ashland Is United members will attend the farmers market to explain the holiday before they start their big Juneteenth celebration at the Corner Spot at noon. Shop the market early, then head over to the Corner Spot to celebrate.

The Annual Strawberry Fest is June 25, when several food vendors create seriously inventive strawberry offerings. It's an opportunity to showcase the culinary creativity of Ashland's vendors. If you are a strawberry fan, this is your day!

This season the market will host several new vendors:

- For those shoppers who have asked for a wider range of healthy eating choices, check out gluten-free Jennifer Lee's Bakery, a completely Top 9 allergen free and vegan bakery.
- For those who have been seeking whole wheat bread, new Swanski's Bakeshop has arrived with that and more.
- To replace dairy, try the almond butters and bars from Beckah's Bangin' Butter.
- Or sample the Farmer Foodie's plant-based, gluten free, organic, shelf stable cheeze.
- For cow's milk fans, explore the many varieties of artisan cheeses from Bell & Goose Cheese Company. Find your favorites: camembert, feta, Swiss, havarti, mustard seed butter cheese, cheddar, thistle-down, Hunca Munca, Rockingham, and more.
- Looking for a quick and easy baking experience? Try Nana's Best handcrafted small batch gourmet baking mixes from vintage family recipes.



- Coffee lovers will be pleased to find Flores de Café, the new coffee vendor selling hot and iced coffee and packaged Colombian coffee beans.
- The Ashland Farmers Market will accept SNAP and offer a match up to \$25 per person each week, thanks to a special grant from the MetroWest Foundation.
- To learn when your favorite vendors, artisans, or musicians are coming, when to prepare for

special events like Farm Day, Dog Day, and Harvest Brunch, make sure to sign up for a weekly market eBlast. Or visit the website, AshlandFarmersMarket.org.

Shop more than 35 tents on the green each Saturday from June 11 to October 15, from 9:00 AM to 1:00 PM - rain or shine - at 125 Front Street, across the street from the Ashland Public Library. Bring your reusable shopping bags.



Ashland Town News
now has its own Facebook page!

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Business Openings During the Pandemic

COVID-19 turned our world upside down. Almost everyone had to change their lifestyle and plans for the future. Businesses were greatly impacted and although we saw some doors close, we saw some open. Despite the many struggles we endured during the pandemic, we welcomed many new businesses to the Ashland community. In normal times, we would celebrate these businesses in person with ribbon cuttings, but during the pandemic, safety came first, and we were unable to gather to show our support of a new business. As we emerge into our new normal, please help support those that opened during a very difficult time. Below is a list of businesses that opened storefronts from 2020 thru today. Although we could not have a ribbon cutting in person for all of these businesses, we are happy to welcome them to Ashland and hope you can get out and support them!

Storefront Openings during the Pandemic

Bigfoot Pizza - 119 Pond Street, 508-810-3750 <https://pizzabigfoot.com/>

MAZI Kitchen and Bar - 320 Pond Street, 508-881-3808 <https://www.maziashland.com/>

Ashland Nutrition - 61 Pond Street, 774-389-8582 (Find them on Facebook)

Mama's Bakery - 67 Pond Street, 508-904-5998 (Find them on Facebook)

Leiby's Florist - 300 Eliot Street, 781-893-9121 <https://leibysflorist.com/>

Kids in Motion Therapy Center - 100 Waverly Street, 508-309-7134 <https://www.kidsmotiontherapy.com/>

Madras Market - 59 Pond Street, 508-309-3020 (Find them on Facebook)

Premier Tax Group - 20 Homer Avenue, 508-626-8385 (Find them on Facebook)

Curly Crown Beauty Salon - 29 Pond Street, 508-893-1314 <https://www.curlycrownbeauty.com/>

Zeta Fencing - 200 Homer Avenue, 508-655-6480 <https://zetafencing.net/>

My Ashland Office - Co-Working Space - 21 Main Street, 508-641-1222 <https://myashlandoffice.com/>

Crossroads Physical Therapy & Wellness - 128 Main Street, 508-213-1649 <https://www.crwphysicaltherapy.com/>



The Corner Spot Celebrates the 5TH Year!

In 2016 an idea came to be because of a state grant that encouraged placemaking. The Commonwealth Places Grant from MassDevelopment encouraged communities to think differently about how community spaces were used. A team of residents built the idea, fundraised the money, received the matching grant, and built what is now called The Corner Spot Ashland.

This space serves as a community gathering place and incubator for pop up businesses. It is a place in downtown Ashland where residents can come together to enjoy an event, read a book, meet a friend, and shop a new business. This space is home to over 40 events per year. Large annual events include of an opening day celebration, CultureFest, FallFest, Shop on the Spot, and Dragonfly Festival. Residents and visitors can enjoy Open Mic Nights, and this year, they can shop more often with pop up's every other Friday night.

To commemorate five years of The Corner Spot, we have planned a party! Come enjoy opening day on June 4th from 12pm-3pm. There will be food from The Art of Umami, Street Food RX, Joey's Cannoli, Refreshin' Concessions Ice Cream Truck, Sweeties Candy Bus, Fresh Lemonade, and Celebration Cupcakes from Take the Cake (while they last!). Hit the Bus will be playing music, there will be games, and Imagine that Face Painting will be ready for the kids. Come celebrate with us and enjoy this spot as it was meant to be enjoyed! To see a full calendar



of the amazing events happening at The Corner Spot this season go to: www.thecornerpotashland.com.

Ribbon Cutting

On May 5th, we welcomed CrossRoads Physical Therapy to Ashland, located in the new building at 128 Main Street in downtown Ashland. The dynamic owners have created a space that is welcoming and functional to assist people with their rehabilitation needs post-surgery or accident. Owners Joe and Ash-

ley focus on well-rounded care for the whole individual. They understand that the needs of each individual and each injury are unique and are committed to offering a multifaceted approach to better everyone's overall wellness. They are providing an environment that is both patient-centered and community-built. For more information, visit their website at: crwphysicaltherapy.com. To contact them call (508) 213-1649.

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THE CORNER SPOT

JUNE CALENDAR

IN THE SHED:
June 4, 5, 7- 13... Whitehall Kitchen
June 16- 19... Zelus Beer Company

Sat. June, 4th 12- 3 pm	OPENING DAY BIRTHDAY PARTY!!!! Help us celebrate our 5th birthday at the #bestspotintown! Chef Alan MacIntosh will serve up delicious food, Street Food Rx will return with boxed lunches, & our friend Dennis will have fresh lemonade . Of course, we will have birthday cupcakes! Enjoy a performance by Hit the Bus , fun games, & face painting/ airbrush tattoos by Imagine That!
Sun. June, 5th 11 am- 1 pm	Acorn Hill Gardens Herb Planting Workshop Join Abby Power of Acorn Hill Gardens to learn about herb planting, and how to arrange your herb container with a hands-on planting experience. To learn more and register for this event, contact Abby, hello@acornhillgardens.com
Fri. June, 10th 10:30 - 11:30 am 5- 7 pm	Ashland Public Library hosts, Teddy Bear Emergency! Kids, bring your stuffed animal "boo-boo's" to visit the Ashland EMTs with their ambulance. Please, bring a blanket to sit on. Contact the library to learn more, library@ashlandmass.com SHOP ON THE SPOT- PRIDE DAY CELEBRATION New this year, Shop on the Spot is an opportunity to discover new businesses, their products & shop from different vendors all in one spot! Featuring Deco-lores Houseware, Simply Eevee, VL Bassi Transformational Coaching, & Meybells Beauty Shop. Additionally, we will also host a PRIDE DAY CELEBRATION - an event, to celebrate self. Grab a bite to eat from Chef Alan MacIntosh , treats from Sweeties Candy Bus , a performance by Giuliano D'Orazio , resources from DCF, & more. Visit our website for details.
Sat. June, 11th 5- 10 pm	SUMMER MOVIE NIGHT WITH WACA TV Celebrate the beginning of summer while we watch the 80's classic E.T- Extra-Terrestrial at dusk. Before the movie, enjoy activities, grab a bite to eat from Joey D's Wingz & Thingz , Refreshin' Concessions Ice Cream , & a beverage from Wine Empire .
Sun. June, 12th 1- 4 pm	Dream Factory Open House for a Cause Dream Factory invites you to learn about their local organization & participate in a fundraiser for Ovarian Cancer. Contact Nancy to learn more, nancy@cantorconsulting.com
Thurs. June, 16th 5:30 - 7 pm	Ashland Business Association Social Networking Event Let's get together and celebrate the start of summer! Join the ABA for music from Danny , networking, food from Sentie's Kitchen , Refreshin' Concessions Ice Cream , & a drink from Wine Empire .
Sat. June, 18th 11 am- 3 pm Rain date: Sun. 6/19	Juneteenth with Ashland is United & Ashland Residents for Equitable Action Celebrate the holiday with local organizations AIU and A.R.E.A. Enjoy a performance by Drum Nomads , grab a bite to eat from Sentie's Kitchen , & more! Visit our website for details.
Tue. June, 21st	Decanted Wine presents Summer Solstice Details coming soon. Visit our website for details.
Fri. June, 24th 5- 7 pm	SHOP ON THE SPOT Discover new businesses, their products & shop from different vendors all in one spot! Featuring Deco-lores Houseware, Simply Eevee, VL Bassi Transformational Coaching, & Dream Dinners. Enjoy music from Danny & dessert from Uncle Joey's Cannoli and Chill Wagon Ice Cream . Visit our website for details.
Thurs. June, 30th 10- 11 am	TOT SPOT The annual series sponsored by Ashland Moms Club returns on Thursdays from 10- 11 am through September. Visit our website for weekly event descriptions!

Calendar as of 5/3/22

Stay in touch with the #BestSpotInTown

6 Cherry Street | thecornerpotashland.com | [@TheCornerSpotAshland](https://www.facebook.com/TheCornerSpotAshland) | [@cornerpot01721](https://www.instagram.com/cornerpot01721)

Holliston Vision Center zooms in on patients' needs

By CHRISTIE VOGT

Dr. Roselyn Jeun, the owner of Holliston Vision Center, prides herself on being a small provider who's big on community. "Since 2010, when I purchased the practice, I have really enjoyed getting to know and take care of a lot of people in town," Jeun says. "At some offices, patients get shuffled along and only get one minute with the doctor; I don't want to work that way. I want to get to know my patients."

Jeun and her team at Holliston Vision Center offer comprehensive and medical eye exams, contact lens evaluation, laser vision and cataract co-management and a wide selection of eyewear. Jeun has been an optometrist for more than 20 years and possesses training that makes her particularly skilled at fitting specialized contact lenses on "hard-to-fit" eyes, such as those with irregular corneas due to eye diseases.

Her expertise in orthokeratology is a "real practice definer" for Holliston Vision Center, Jeun says. Through orthokeratology, special lenses can be used to reshape the eye, similar to how dental retainers shape teeth, she says. The process is effective for nearsighted patients, Jeun explains, and she has been fitting such lenses since 2005. Jeun finds it particularly rewarding being able to use orthokeratology to slow down nearsightedness in children.

The clinic's dry eye care services also help the practice stand out. While many providers offer dry eye care, Holliston Vision Center uses TearCare, a treatment that involves the use of heated strips that melt congested oil glands and provide a "deep cleaning" for the eyes that can



Dr. Roselyn Jeun looks forward to welcoming new patients at Holliston Vision Center.

bring welcome relief.

Jeun suggests children and adults have a check-up with an optometrist every one to two years, even if they don't have noticeable problems. When children visit a pediatrician, they only receive an eye screening, not a comprehensive eye exam, Jeun cautions, and full exams are necessary to monitor eye health and visual performance.

As of May 20, the clinic will no longer accept vision plans like VSP and EyeMed but will continue to accept major medical plans. Jeun explains that vision plans often limit patient choices and make it difficult for doctors

to operate. Patient experience will improve without the red tape of these plans, Jeun says, and many medical insurers will cover routine eye exams. Patients may also pay out-of-pocket and then submit their receipts and claim directly to their vision plan for possible reimbursement.

"Unlike some places where you feel like a number, that's the last thing I want people to feel like," Jeun says. "We really listen to people and get them what they need. It's not about selling, it's about taking care and paying attention to patients."

Business spotlight



Holliston Vision Center

Such attention to detail was critical in the care of one recent patient, Jeun shares. The patient came into the clinic due to abnormal vision symptoms but upon examination, his eyes indicated no issues. Jeun informed his primary care doctor and advised the patient to go immediately to the emergency room as his symptoms were indicative of an artery blockage. "He had a major blockage in his carotid artery and could've had a stroke," Jeun explains. "I'm happy he didn't ignore his own symptoms."

"The pandemic has been tough," Jeun reflects, "with many people scared to go to the doctor.

Now, we're seeing people coming out of the woodwork, and we want to reassure patients that it is safe to come in. We're still wearing masks in the office, and we do all we can to make it a comfortable, friendly environment for all."

Holliston Vision Center is located at 841 Washington St., Holliston. For more information, visit hollistonvisioncenter.com or call 508-429-1330.

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Dancing Arts Center to Present *Coppélia* at Ashland High School

Holliston's Dancing Arts Center is proud to bring top-notch dance to our local community with a full-scale presentation of the ballet *Coppélia*! For one matinee performance only, the production will take place at 4 p.m. on June 12, at Ashland High School in Ashland.

Coppélia is a fun and family-friendly ballet filled with humor, bright costumes, and lively dancing. Set to the well-known and beautiful score by Léo Delibes, the story centers around the feisty Swanilda, her mischievous fiancé Franz, and their adventures with the nutty Dr. Coppélius and his workshop of life-like dolls. With traditional choreography adapted and staged by directors Gregg Saul-

nier and Patrick Notaro, preparations for the production are well underway at Dancing Arts Center's Holliston studios. Students aged 6 and up are learning the sprightly mazurka, the antics of Swanilda's friends, the lovely Waltz of the Hours, and four solos of Dawn, Prayer (danced by 16-year-old Alexandra Tokar of Ashland), Work, and Folly. Featuring Holliston natives Gabrielle Schmid, 16, as Swanilda and Cincinnati Ballet trainee and Dancing Arts Center alumnus Trevor PinterParsons, 19, as Franz with Mr. Saulnier as Dr. Coppélius, *Coppélia* at Ashland High School will enhance the local arts community and bring joy to every member of the audience.



"We are thrilled with the opportunity to showcase our students' talents and hard work at this venue, so close to their homes, friends, and families," said Mr. Saulnier. "While it's an adventure to travel to Boston or New York to see great ballet, a local production like this brings the experience of live dance performance to a wider audience."

Gabrielle Schmid, 16, of Holliston, Massachusetts

Tickets are on sale now for General Admission. Click here for tickets on Eventbrite. For



Gabrielle Schmid, 16, of Holliston, Massachusetts

more information about the Dancing Arts Center, please contact DAC Directors Patrick Notaro and Gregg Saulnier at (508)

429-7577 or dancingartscenter@gmail.com, or visit www.dancingartscenter.com.

Ashland Lions Club May 2022 Update

Ashland Lions 2nd Annual Regatta

The weather was great for the Lions Regatta on Saturday, March 26th. Close to 300 small toy boats raced down the Sudbury River from the bridge by Burnams to a finish line behind the VFW. Thanks to all who supported the event by buying boat tickets. The winners were: Yolanda Greaves, 1st place, Paul Ciccolo 2nd, and Tom Heguy 3rd.

Special thanks to Tom Heguy for handling the ticket sales, "Commodore" Deb Lada for helping with the boat launch, and the "net crew": Warren Wales, Ed Kirchnerberger, Steve Napolitano, and Dave Shorey.

We also want to thank Bernie Temple and his son Ben, along with the scouts of Troop 232 for helping to make the event a success!

Prescription Drug Takeback Day

Ashland Lions Club partnered with the Ashland Police Department again for Prescription Drug Takeback Day. The event was held on Saturday, April 30, and took more than 200 bottles of unneeded prescription drugs. Thanks to Ashland PD and all who supported this event.

Community Shred-it Event

Please join us on Saturday June 11, 2022, 9am-12pm (or when truck is full), to have your personal documents safely shredded on site at the Ashland VFW 211 Pleasant St. The event is open to Ashland residents only. We are accepting paper only (staples OK), limit 3 bankers boxes or paper grocery bags per car. The event is rain or shine.

Thank you Leos Club Advisor Caroll Walden!

Special thanks to our Ashland High Leos Club advisor Caroll Walden for her hard work and dedication over the past several years. Caroll will be retiring from the Ashland school system. Caroll has made a significant impact to the lives of many high school students and kept the Leos Club alive and well. She will be missed, and we wish her all the best of luck in her next adventure!

Eyeglasses and Cellphone Collection

Eyeglasses and cellphone collection is a year-round project with collection of used prescription and nonprescription eyeglasses, sunglasses, hearing aids and cell phones. This year we have already collected over 1500 pairs of used eyeglasses this Lionistic year alone.

Collection boxes are located at:

- Ashland Post Office
- Ashland Senior Center
- NEW! Old train station - Ashland
- Moody Optical - Ashland
- Middlesex Bank - Ashland
- Fayville, MA Post Office
- Studio Optics - Framingham



Stay up-to-date on Lions happenings

To see the latest status of our events, please visit our Ashland Lions Facebook page. Click the Like button and you will be automatically notified of changes or cancellations. While you're at it, be sure to follow Ashland Town News too!

LION DAN MITCHELL



Ashland Lions Club 2021-22 President Marcia Wiles with some regatta spectators

Happy Graduation!

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ashland business association

The Ashland Business Association is taking over The Corner Spot!!

Thursday, June 16th 2022
5:30pm-7:00pm ~ 6 Cherry Street, Ashland

Come and join us for a night of food, drink and networking!
Danny Silverman will be running open mic night!
Show us your talent or just enjoy some great music.
Food: BBQ by Sentie's Kitchen
Beverages: Wine Empire & Zelus Beer Garden in the Shed
ABA Business Pop Up booths too!
Don't miss the fun! All are welcome!
Free to attend, cash basis for food and drink.
RSVP: www.ashlandbusinessassociation.com

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Markets got you down?

As of May 16th, S&P 500 is -16% for the 2nd worst start in 80+ years.

Wait, there's more.

Tech heavy NASDAQ is -26%, small companies Russell 2000 -20% and "favors the brave" (insert eyeroll) Bitcoin is -39%.

Diversification in developed international -16% and emerging markets -17% is failing.

Good thing there's bonds. Oh wait, US bond market via the BarCap Agg Index -10% is worse start to a year ever.

And cash, true it didn't lose principal but purchasing power decreased -8.3% the last 12 months, and if you've been to a grocery store, auto dealer/service dept, barber or gas station, 8.3% inflation my...

Don't be Torn and Frayed, become Happy about the opportu-



Glenn Brown

nity to roll your Tumbling Dice.

Yes, Rolling Stones reference to Exile on Main Street celebrating a 50th anniversary. The relevance?

The Stones were on an amazing run of albums - Beggars Banquet, Let It Bleed (headline reference) and personal favorite

Sticky Fingers. Yet, they found themselves exiled from Britain due to new 93% wealth tax, broke from a manager who'd stolen from them and sued by their record label. As vagabonds in France and later LA, they recorded what many consider their greatest album and then toured the US as year's top grossing act, a first of record 9 times.

Let me Shine a Light on 3 action steps to consider given down markets:

Roth Conversion - If certain investments you intend to hold for a long period are down -20% or more, then convert those a Roth and pay 20% less tax. Estimate your MAGI prior, as conversion is taxed as income impacting your federal tax bracket and % owed.

Take Tax Losses - Face your mistakes, learn and move on. In taxable accounts selling at a loss builds capital losses to carry and

offset capital gains over future years. If you believe the investment will come back, wait 31 days later to avoid wash sales. Remember, every Apple or Amazon from 2000, there's dozens of JDS Uniphases, Lucent, Global Crossings, and CMGIs.

Buy Quality When On Sale - People love sales, except when it comes to risk assets like equities. If not now, then when do you "buy low and sell high"? Sure, the market may go lower, but if you own quality investments you understand at a fair price, over time it will be time that matters most.

Don't overload on commodities, energy, TIPs and cash as this too shall pass on a macro level, since economic cycles rarely skip stages. Up next will likely be cooling housing values, layoffs disguised as reorgs and deflation via recession or soft landing by Fed's raising of rates.

Eventually a base for economic expansion is created but if you wait to see it, investment values will have adjusted in anticipation and opportunity past.

Had the Stones simply stopped or not built upon their foundations in '71 until all things favorably aligned, one wonders about their legacy or even living to old age, let alone being the top grossing US tour in 2021.

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

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

Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 18th to benefit The Angel Fund**Mike Timlin and family will be on hand for race**

The 19th Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) will be held as both an in-person and virtual event for runners of all ages on Saturday, June 18th at Hopkinton High School.

The road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of former Red Sox relief pitcher Mike Tim-

lin, who was diagnosed with ALS in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.

"We are excited that the Sharon Timlin Memorial Event will return to an in-person event again this year," Mike and Dawn said. "We've missed seeing everyone in person for the past two years, so this year is going to feel extra special as we come together again for our 19th

annual event. We hope you will join us on Saturday, June 18th, 2022."

The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, silent auction, Kids' Run and other activities from 8:30 to 12 noon.

Online Registration closes at 11:59pm on June 17, 2022. There will be no day of registration.

The in-person 5K race fee is \$45 with a virtual option of \$25, plus shipping. All 5K participants will receive a commemorative race T-shirt and can purchase a 2022 Commemorative Race Cap.

Awards will be presented to the top three male and female finishers.

The top three finishers in the following age groups will also receive awards: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards

Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun

and easy way to go the extra mile and fundraise.

To register for the race and/or donate to the Sharon Timlin Memorial 5K Event - a Race to Cure ALS, visit the website www.sharon-timlinrace.org. You may also send checks payable to The Angel Fund to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748

Greater Ashland Lions Club**Happy Father's Day and Juneteenth****Fly the American Flag on Flag Day!**

We are nearing the end of our Lionistic Year at the end of June.

I want to Thank everyone who have supported us during the year.

Here are just a few things your donations helped; we provided a seedling tree to each 4th grader so they could plant it and watch it grow. Your donations provided a scholarship to a graduating senior from Ashland High School and one to a Keefe Tech graduating senior. We donated to the Massachusetts Lions Eye Research (to fight preventable blindness).

Upcoming

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 any used eyeglasses hanging around? We'll take them! Please bring them to the Police Substation (located next to Nick Pizza on Main St.), 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

Hope you enjoy the summer, we look forward to seeing you in September.

SUBMITTED: LION ROSALIE PORTER, 2ND VP

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Framingham State University's New University Community Club Brings Additional Amenities to the Warren District

Framingham State's Warren Conference Center, part of the Town's Warren District, located on the corner of Eliot Street and expands into Chestnut Street, will now feature a University Community Club to complement the existing Warren Conference Center, Inn, and Warren Woods.

The new University Community Club is in the development stage with current plans to host a robust event schedule this summer. The University Community Club includes the 100+ wooded lakefront access to provide hiking trails, tennis courts, and athletic fields. It also includes access to Ashland State Park, watercraft rentals, tennis and pickleball courts, a 9-hole disc golf course, fitness and wellness classes, and social events.

This new feature complements Ashland's Warren District. The Warren District was proposed by Ashland's Town Manger and established by the Select Board

in 2020. The Warren District established to preserve both Henry Warren's legacy as well as retain some of the last vestiges of Ashland's agricultural heritage, according to Town Manager, Michael Herbert. The District itself consists of the Conference Center, Warren Woods, a farmhouse at 22 Eliot Street, and the Warren Yeager house currently being restored at 433 Chestnut Street. All properties have connections to Ashland's most famous resident, Henry Warren, inventor of the electric clock.

The new University Community Club now offers memberships to Ashland Residents and the greater Framingham State University community. As the University Community Club grows, it hopes its members offer suggestions to expand its services.

Vice President of Framingham State University, Dr. Dale Hamel, comments on the Community Center, saying it will be a

positive addition to the FSU and greater communities of Framingham and Ashland, especially in the wake of a global pandemic where there has been an absence of social events.

"We appreciate the partnerships we have developed with Framingham State University and others that allow and enhance this type of innovative programming to occur in the Warren District," notes Herbert, "I especially want to thank current and former members of Ashland's Select Board, FSU President Javier Cevallos, Dr. Hamel, and Senate President Karen Spilka and Representative Jack Lewis for all the work they have put into the University Community Club concept and the Warren District as a whole."

Additional information on the University Community Club can be found on the FSU website at: framingham.edu/about-fsu/ucc/

Spring FAPL Big Book Sale to be Held June 10-11

The Friends of the Ashland Public Library will hold a big 2-day Book Sale to coincide with the opening of the 2022 Farmers' Market on Saturday, June 11. FAPL members can preview the sale on Friday, June 10, from 6 pm to 8 pm. You can become a member by joining at the door that night so you can browse early for the best selection. On Saturday, we'll be open to the public from 10 am to 4 pm with a half price sale (new!) from 3 pm to 4 pm.

Shoppers can start the day at the first Farmers' Market of the season, then head over to the library to browse and buy from the huge collection of books and AV items, all generously donated by Ashland residents.

Monthly Mini Book Sales Begin at the Ashland Public Library

During April and May this year, the Friends experimented with a Mini Book Sale during the regular 3rd Saturday of the month donation hours. The sales were successful, so the Mini Book Sales will continue on donation days in the months there is NOT a Big Sale. The next Mini Sale will be on July 16 from 10 am to 1 pm and every month thereafter, except 2-day Book Sale months of June, December and March. Therefore, on the June 18th Donation Day, we will accept donations but there will be no sales.

Donation Days are held every 3rd Saturday of every month. To keep our shelves stocked with fresh selections, the Friends accept donations in the library parking lot of gently used books, audio books, DVDs, and CDs. Friends volunteers will be available to assist donors during this time. There is also a cart in the mezzanine lobby for donations at any time during library hours.

Customers for all our sales will find thousands of titles on the permanent sales shelves including hard and soft cover fiction (all alphabetized by author for ease of shopping), a wide selection of history and politics titles, health and family living books, plus memoirs, biographies, and loads of additional titles, all arranged by genre. An entire section of the Book Sale Room is arranged for children to browse and select from a huge collection of board books, picture books, easy read-

ers, and chapter books.

Corner Sale Shelves Offer Ongoing Shopping Opportunity

Whether you are able to attend the Book Room sales or not, you can always shop for great titles in the Corner Sale area open any time during library hours. Located in the front corner of the library on the main level, shelves are constantly refreshed from current donations, so selection is always changing. A convenient self-serve payment box is located on the wall near the fireplace. Check it out next time you're in the library!

Book Sale Proceeds Help Keep the Ashland Public Library the Gem of the Community

Proceeds from all of the FAPL book sales go to support the high-quality library programs for all ages at no charge, including:

Science – Hands-on, fun presentations demonstrating science for kids as well as green initiative make and take programs for adults (and sometimes caregiver/child).

Art – New exhibits every month (photos, paintings, sculptures) on display throughout the library. Make and take programs for children and adults are offered several times monthly. Author talks – Hybrid and virtual only programs with local and nationally known authors.

Film – A variety of films to suit every interest: current adult, family, foreign and documentary films are shown regularly.

Programs for little ones – Puppets, storytelling and music for cooing infants and dancing toddlers.

School time-off programs – Educational and entertaining programs--science, storytelling, music, live animals, and more--held on every early release day for grades K-5.

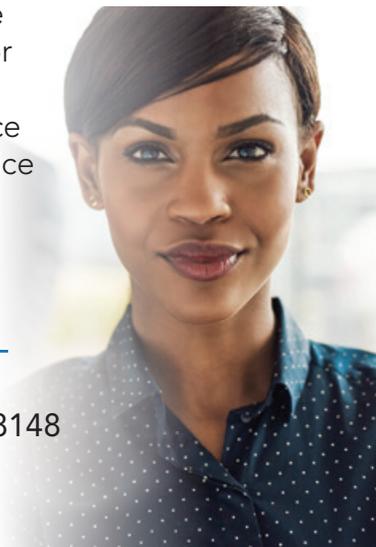
In addition, books collected in the Book Sale Room are used to stock the many "Little Libraries" found around Ashland, as well as classroom shelves of Ashland Public Schools. Donations and sale proceeds are available to benefit all Ashland residents from the very youngest to the most senior and all those in between. Donate and shop to keep this service going!

SUBMITTED BY JANICE (JAN) POPPENDIECK, FRIENDS OF THE ASHLAND PUBLIC LIBRARY

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The b.LUXE *beauty beat*

TRENDING - Summer 2022

BY GINA WOELFEL

Are you looking for summer's trending hairstyles? Look no further! b.LUXE has the hottest styles for Summer 2022! Whether you're looking for something sleek and sophisticated or fun and flirty, our stylists have got you covered!

An increasingly vaccinated population means 2022 will likely see more of us frequenting our favorite hairstylists. There's no better time to freshen up your look like the start of a season!

Maybe it's time to switch up your hair's style or color? A new hairstyle acts like an announcement to both yourself and the outer world that something in you is shifting. With so many of us feeling a bit more social freedom returning to our lives, freshening up our aesthetic feels perfectly timed.

After two years of keeping things low maintenance, people are ready to show more effort and try new looks like sleek, straight styles, tight ponytails, and braids.

We're so excited for this style swing. Although many of our clients are still keeping their looks lived-in and easy, people are shaking off their pandemic hair and trying out bolder, more adventurous trends!

What does summer 2022 have in store for you? Fringe, fros, mullets and bobs! Kinda 70's, kinda 80's, with a little 90's tossed in for good measure. It's all about embracing our natural hair texture and boosting the oomph we've got! These shaggy styles are a definite mix of effortless effort and can be hyper-tailored to your hair type and desired aesthetic.

Ultra short styles and super long layers are both making an appearance, too! We've definitely seen an uptick in our pixie, buzz cuts, undercuts and clipper art! The "Big Chop" is a thing! Peo-

ple are ready to let it all go and why not! Short hair cools things down for summer's hot, humid weather and adding a graphic design to your barely-there buzz shows your fun and creative side! A Pixie isn't for everyone, but short hairstyles can be customized to flatter everyone's features and face-shape.

Many of our clients have not had their hair cut for two years and have grown attached to their Rapunzel-like locks. But, extreme length can be a drag for the four hottest months of the year. Consider lightening your one-length-wonder with layers. Adding a few layers to extremely long hair builds volume and texture! With a few strategic snips, long layers frame the face and give hair bounce and play.

The "Bob Haircut" might be "THE" cut of the summer. Popularized by the film stars of the 1920's, it was seen as a shocking statement of independence in young women known as flappers, as older generations were still used to seeing girls in long dresses and heavy Edwardian-style hair. Now roaring its way through this century's second decade, this classic has stood the test of time and with endless versatility, there's a "Bob" for everyone. Previously a pretty straightforward, shoulder-length, blunt cut, now we have the "Long Bob" the "Shaggy Bob", the "Stacked Bob" and even a "Messy Bob". The variations are endless and with bangs or no bangs, this classic is a flattering change for those looking to lighten up and modernize.

Behold the braid revival! (And space buns, too! Ugh.) We LOVE our braid work at b.LUXE! If you have a special event on the books, consider working a braid through your hair. They're fun and best of all, practical. Nothing keeps your style in place



scan for more info

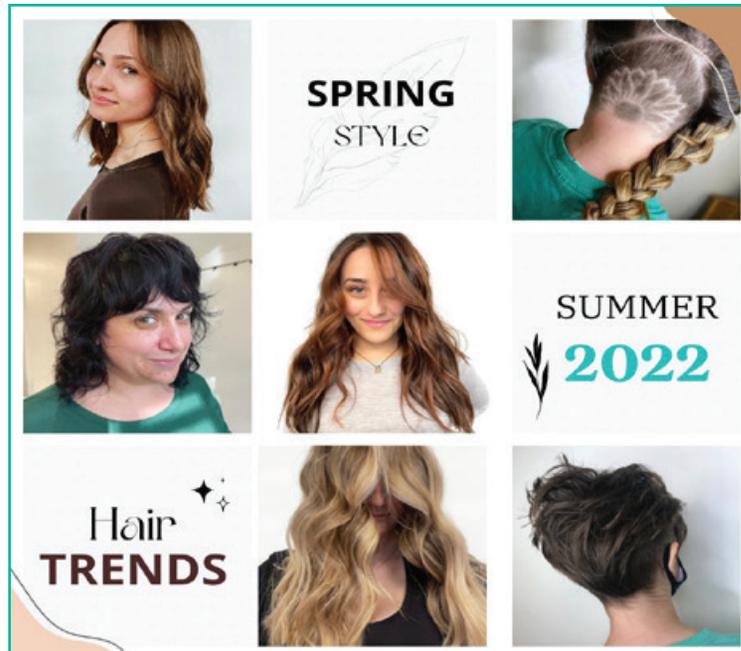
through sweaty nights of dancing like a braid. And space buns? Well, whatever. You do you...

Oh, and bangs...SOO many bangs! We're here for the cut and we're here for the grow out. And please, please, please (with sugar on top) don't cut them yourself! NO HOME BANG TRIMS, Ladies! We know you're watching all those twist + snip Tik Tok videos and we're here to say that, more often than not, you'll look like your elementary school photo, (you know the one where your mom cut them too short!). Be it fringe, curtain, bottleneck, or wispy, bring your bang requests to the professionals. You're welcome in advance.

We can't wait to hear all about your style desires! Bring your comments on over to our Facebook or Instagram page (scan the QR code above to follow along) For your inspo, our beautiful cuts and colors are posted daily.

Summer 2022 is your season to fly, butterflies!

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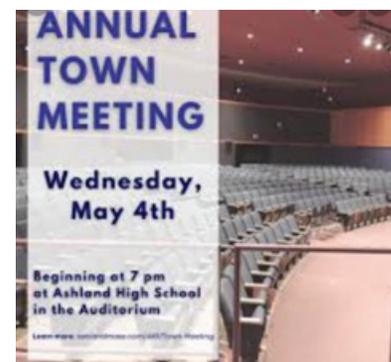
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Annual Town Meeting Wrap Up

The Town of Ashland gathered for its Annual Town Meeting on Wednesday, May 4, 2022, at the high school at 7 pm. 86 registered voters weighed in on eleven warrant articles, including the 2023 Fiscal Year Town Budget, which passed with a simple majority vote. Articles 9 and 11 had some discussion. Article 9: Amend Bylaw: Amend Demolition Delay Bylaw for Historically or Architecturally Significant Properties, sponsored by the Historical Commission, resulted in the approval of the proposed sub motion to refer the article back to the Historical Commission for further refinement and clarification. This submotion was voted on and passed after a count from tellers 40/34. Article 10 was dismissed given the subject matter was debated and voted on previously with Article 9. Finally, Article 11: Approve Sustainability Framework, sponsored by the Sustainability Committee, was ultimately passed by a simple majority after a submotion was made to refer the article back to the committee and failed. Town Meeting adjourned at 9:11 pm.



Town Meeting Recap

Article 1: Hear Town Reports
No action needed

Article 2: Transfer from General Stabilization Fund.
Passed unanimously (2/3 Vote)

Article 3: Fiscal Year 2023 Budget
Passed with a simple majority

Article 4: Capital Authorization
Passed with 2/3 majority

Article 5: Transfer to OPEB Trust
Passed unanimously

Article 6: Increase Economic Development Budget
Passed unanimously

Article 7: Annual Consent Article - General
Passed unanimously (2/3 vote)

Article 8: Annual Consent Article: Community Preservation Act
Passed with a simple majority

Article 9: Amend Bylaw: Amend Demolition Delay Bylaw for Historically or Architecturally Significant Properties
Submotion for article to be referred back to the Historical commission for further refinement and clarification voted on and passed 40/34.

Article 10: Update Chapter 125 Demolition Delay Bylaw for Historically or Architecturally Significant Buildings

A motion was made to dismiss article 10. The motion passed and article 10 was dismissed.

Article 11: Approve Sustainability Framework Passed with a simple majority

Town Meeting adjourned at 9:11 PM.

Voters ok NetZero goals, demolition permit delay heads back to Historical Commission

BY PATRICIA ROY

Voters at the May 4 Annual Town Meeting breezed through approving an \$83.5 million municipal budget along with some transfers from the town's rainy day fund and bond approvals for town conservation properties.

A \$450,000 transfer from General Stabilization Fund was given the go-head in line with a three year plan developed by the Finance Committee, Selectboard and School Committee at the beginning of the COVID-19 pandemic to supplement town revenues for the general budget.

As the final year in the planned transfers, there will be no future transfer sought next year.

The article to fund the town's municipal departments included \$37.9 million for the town's schools, up 4.83 percent over last year and \$1.1 million for Keefe Vocational Technical High School, an amount that was down 14.8 percent from last year's spending.

The police department budget was \$3.8 million, an increase of just 1.7 percent and \$2.8 million for the fire department, up 10.68 percent over last year.

The Water Enterprise Fund was approved at \$3.1 million to be raised through water rates. The Sewer Enterprise Fund was likewise approved at \$6.1 million to be raised through sewer users and Rubbish Collection Enterprise Fund was approved at \$1.7 to be raised through solid waste rates.

Capital Authorizations passed unanimously for \$1.5 million to fund a fire truck tower as well as \$200,000 for renovations to girls and boys locker rooms Ashland Middle School.

An article to transfer \$60K from the Economic Development Fund balance to the Economic Development Account was approved unanimously. A portion of the transfer will be used for the town's business incentive program while the rest will be paid into an Economic Development salary account.

The following Revolving accounts (accounts that are funded by user fees) were approved unanimously in Article 7 on the town meeting warrant:

Senior programs, Council on Aging, \$25K

Community Center rental (maintenance and expenses for the building), \$25K

Holliston Animal Control, not to exceed \$76K

Library materials replacement, \$1500

Hazardous waste drop off program for televisions and computers, \$15K

Sidewalk Construction Fund, \$50K

Guidance Revolving Fund for payment of PSAT and Advanced Placement exams and proctors, not to exceed \$40K

Food inspections, \$45K, tobacco sales point inspections, \$15K

Electrical, plumbing and gas inspections, \$225K

Ambulance revolving fund, \$625K.

In Article 8, the Community Preservation Act was unanimously approved for funding at \$83.5K from fiscal year 2023 revenues.

The Oak Street Bond payment was appropriated at \$148,275 from Community Preservation Act funds, while a bond payment for \$314K was passed for the high school's athletic fields.

The Warren Woods bond payment was also approved at \$156.5K and the Valentine Estate bond was approved at \$47K.

There were just two points of animated discussion in the meeting, one of which involved an article sponsored by the Historical Commission to amend the town's demolition delay bylaw for historically or architecturally significant buildings.

The motion was eventually amended and passed to be referred back to the Historical Commission.

Jim Nielson, Historical Commission chair said, "specifically the nine months which is cur-

rently existing we feel is not strong enough."

A number of builders and developers have gone through the motions of trying to abide by the bylaw who have pretty much built the nine month date into their calculations, he said.

Should the Historical Commission decide a building should be preferentially preserved, the building inspector will be notified in writing, no demolition permit shall be issued within 12 months of the determination to preserve the building. This timeline would replace the nine-month waiting period.

If the building is older than 100 years old, the Commission was seeking a 24 month wait on a possible demolition permit. If there is any violation of the bylaw, the waiting period would automatically become five years rather than two years.

The change specifically state that the cut-off date is any building that is older than 50 years from the date of the demolition permit application.

Among the challenges to the article were that a fifty year old building is not actually that old.

An article sponsored by the Sustainability Commission to adopt a framework to achieve NetZero emissions by 2040 was passed by a simple majority after a voter moved to send the article back to the committee.



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My Ashland Office Holds Ribbon Cutting

My Ashland Office is a brand new collaborative workspace located in downtown Ashland at 21 Main St., and had its ribbon-cutting last month.

My Ashland Office offers convenient office spaces that can be used daily, weekly, or monthly. The space provides several convertible sit-to-stand desks, ergonomic chairs, filing cabinets, a video-conference room, and a kitchenette in an air purified, sleek environment.

My Ashland Office is a part of the business community established at 21 Main St. The building features The Bagel Table, a bustling restaurant as the storefront and residential space on the upper level. This location is accessible by all transportation methods, there is parking onsite, on street and in the public lot at Town Hall, just one block away.



Ashland Public Schools Announces First English Language Learner Programs Director

Ashland Public Schools is excited to welcome Christy Arnold as the district's first director of English language learner programs.

"This has been a long time coming, and we are excited to have someone like Ms. Arnold help us lead the way. Not only does she have the education and experience, but she is also connected to our community as an Ashland parent and resident," said Superintendent Jim Adams.



Arnold is an equity-focused leader with previous experience in urban and suburban school districts. Currently, she serves as

an English language education coordinator and assistant principal for Natick Public Schools.

Arnold has a Master of Education from Lesley University and a Bachelor of Arts in Psychology from Hampton University. She is presently completing a superintendent internship through the Influence 100 Fellows Program.

"I believe every student deserves compassion, support and a plan, and I'm grateful for this role where I'll be able to dedicate my time exclusively to advocating for ELL students in policy and practice," said Arnold.

The new director of English language learner programs will begin July 1 and will report to the superintendent.

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Thanks To Those Who Adopted Streets

GreenUp Ashland and the Ashland community are thankful to those that have adopted locations this year.

Adopting a location or street is easy. Bags are provided and can be left where you clean up. It truly is a great way to get outdoors and feel rewarded at the same time.

For more information, visit: www.greenupashland.org/adopt-a-street.

2022 Adopters	2022 Adopted Street / Location
David & Nancy Rosenblum	Cross Street
Dorothy & Jim Nail	Pond St, from James St. to Christmas tree business, as soon 'as construction is done. Now, on Pond St., in front of Market Basket,
The Tubin Family	High Street - From High St Ext to Cross St
'The McGuire Family	Frankland Rd from Hopkinton line to Walkup Lane
Marina Krickler	Prospect St. - From Chestnut Street to Eliot Street
Roberta Jackson & Rob St Germain	Winter Street (all)
The Barboza Family	Main Street - Carrier Business up to Warren Rd
Tessa Venell & John Oberto	Eliot (126 to Prospect) and Loop down to Fruit
Jan Poppendieck & Mike Jones	Main Street - From Carrier building to Water street
The Kinsmen Family	Fountain Street/Green Street to Bellview Heights
The Mechler Family	Concord between Mindess School and the Ashland Library
Doug Kolowsky	South Street and Allard Circle
Kati Gilman	Central Street and Pittaway School
Rachel Kaiser & Jennifer Tate	Eliot Street from the Restore to Sherborn line
United Home Experts	All of Pleasant Street
Ashland Moms Club	Stone Park
Brian and Patricia McGrattan	Green Street - Fountain to Hilldale
The Giglia Family	Higley Rd
The Pelletier Family	Chestnut St, from Warren Rd to Warren Conference Center soccer fields
Lori Flynn and Family	Warren Rd & Oak Street
Artie Johnson	Waverly St (Town line to East Union)
Lauren Host	Allard Circle and Chestnut street from Conference center to Hallisto
Patricia Birch	Spyglass Hill Dr. starting at intersection of Trailside Way and ending at intersection of Jennings Rd.

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June 2022

Thrift Shop

Federated Church of Ashland
118 Main Street

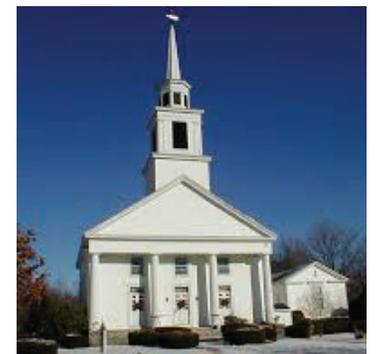
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Saturdays – 9:00 AM – 2:00 PM

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Sports

Bella Raso Not Letting Diabetes Interfere With Her Softball Playing

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

At the urging of her friends, Ashland's Bella Raso began playing softball on the town team at 6 years old.

Within two years she found pitching, a position that she fell in love with immediately and one that allowed her the chance to keep everything out of her mind that was going on in her life.

It was in the fifth grade that Raso was diagnosed with diabetes. With diabetes the body doesn't make enough insulin or can not use it as well as it should. It is a chronic health condition that affects how the body turns food into energy; the food is broken down into sugar or glucose and released into the bloodstream.

"When I originally found out, I really didn't know what it was. I thought that I had eaten too many cupcakes for my father's birthday," Raso said. "The attack on my body changed everything, but through time I learned how to keep it under control. Now softball plays a big part of eliminating my thoughts about my insulin dose of blood sugar."

With the diabetes interfering with her life, Raso wasn't attending school but instead being home schooled. As her life was being turned upside down, she decided to put together an Instagram account that described her daily routines going on in her life. Here she meet a community of people, many who became friends, helping her get through the situation with which she was dealt.

"Softball became my go-to or Happy Place," she said. "At times it would be frustrating because I wasn't able to pitch because of my blood sugar and that was when I really wanted to just go out and pitch."

Ashland Coach Bob Downing has been part of Raso's softball life all four years while at the high school beginning with the junior varsity team.

"She is a very solid player that is always happy. When things are going bad, you would never know it with Bella as she doesn't

let the little things bother her," the Clocker varsity coach said. "In regard to her diabetes when she I on the field we manage it together. If she begins to struggle because of it, we do whatever is needed."

As an Ashland freshman she made it onto the junior varsity squad and although her goal was to play for the varsity team, she not only knew that she would eventually climb the ladder, but she was comfortable on the lower level due to the friends that surrounded her.

Not too long into the season she was elevated to the varsity team to pitch the final two innings of a game.

"It was both very exciting but scary in the same sense. The varsity team was a bunch of older students, but they were all so supporting, and it was a great experience," she said. "As for my first game, I remember it well. They threw me the only extra jersey they had (it was an XXL) and I was wearing my JV pants which were white not the regular blue varsity pants, so I was dressed in all white."

Despite the fashion mishap, Raso pitched the sixth and seventh innings for Ashland, setting down the opposing batters 1-2-3 in both innings while recording a couple strikeouts and gaining her confidence to play on the variety level.

Just as Raso was finding herself on the diamond, COVID hit the area and all sporting events were canceled.

"It sucked, but I still got out with some friends and went to the park to play catch and hit some balls," Raso said. "I also practiced pitching in the backyard with my dad, who was a high school catcher and I still saw my private pitching coach. It was hard and I really missed the friendship of the team that year."

During her junior year, things were slowly getting back to normal with students only attending school on certain days and participating remotely on the others. Raso found herself at home all five days of the school week.

"Being a hybrid year, where I was fully remote, I only got to see my



teammates during games," she said. "Being my only interaction with people other than my family, I was so excited to get together and see everyone from the team."

As her senior campaign began, Raso was hoping that she could improve her game in the circle, especially in the strikeout area and with her speed. Ashland primarily goes with two hurlers, currently has one sidelined, so all of the work is falling on Raso's shoulders.

"Bella has not only turned into a great young lady who has always been a good pitcher, but her speed and velocity on her pitches are getting better," the Ashland skipper said. "As a hitter she struggled at first but now she's swinging the bat well and has an eye for pitches."

As Raso continues to improve her game she is hoping that her Clocker teammates can play together as a team.

"Last year, I think that we lost a lot of team aspect for the game," the senior pitcher said. "I want to have them try harder as I feel we gave up a lot last year. This year we may not be as good of a team, but we will be in each game until the very end."

Not only will Raso say goodbye to her friends and teammates at the conclusion of her senior season, but she will also be saying goodbye to softball forever.

"This is my last year of playing the sport as softball is not played in Scotland as I will be attending the University of Glasgow to major in Bio Medical Engineering (to make medical supplies like insulin pumps)," Raso said. "We've been to Scotland once before and I loved it, so it was my dream to go back."

No matter what is going on within her body Raso has tried not to let her feelings be known to others, instead she just wants to

take the ball and head onto the softball field.

"She is always smiling, and you don't expect that from someone having problems," Downing said. "She has a knack for not letting things get her down."

And with that determination, despite the troubles the Clockers have encountered on the field this year, Raso continues to smile while fighting through her issues to give the team the best chance of succeeding.

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Upcoming Ashland Events

Ashland Farmers Market

June 11th- October 15th

Saturdays 9 am – 1 pm

125 Front Street

We cannot wait to kick off Season 111 and welcome back all of our favorite vendors, and welcome some new ones! Visit our website to see which of your favorites visit us each week.

Opening Day Birthday Celebration

Saturday, June 4th 12 pm- 3pm

The Corner Spot on 6 Cherry Street

Please park in Town Hall's parking lot

Help us celebrate our 5th Birthday and kick off our event season, here, at the #bestspotintown!

Chef Alan MacIntosh will serve up delicious food, Street

Food Rx will return with boxed lunches, & our friend Dennis will have fresh lemonade. Of course, we will have birthday cupcakes from Take the Cake, and desserts from Sweeties Candy Bus, Uncle Joey's Cannoli, and Refreshin' Concessions Ice Cream! Enjoy a performance by Hit the Bus, fun games, & face painting/ airbrush tattoos by Imagine That Face Painting!

Pride Day Shop on the Spot

Friday, June 10th from 5- 7 pm

The Corner Spot on 6 Cherry Street

Please park in Town Hall's parking lot

Shop from local vendors and discover new products, and help us celebrate PRIDE and the expression of self. Meet local organizations and hear about their

resources. Enjoy a performance by Giuliano, and grab a bite to eat from Chef Alan MacIntosh of Doragon Ramen and the Art of Umami.

Friends of the Ashland Public Library Book Sale

Friday, June 10th from 6- 8 pm

Saturday, June 11th from 10 am – 4pm

Join the Friends of the Ashland Public Library for a Big 2-day Book Sale! FAPL members can preview the sale on Friday, June 10, from 6 pm to 8 pm. You can become a member by joining at the door that night so you can browse early for the best selection. On Saturday, we'll be open to the public from 10 am to 4 pm with a half-price sale (new!) from 3 pm to 4 pm.

Ashland Lions Community Shred- it Day

Saturday, June 11th from 9 am – 12 pm

VFW located on 311 Pleasant Street

Shred confidential documents safely, securely, and for free!

- Paper ONLY (staples are okay)

- Max: 3 bankers boxes or 3 grocery bags per car

- Limited to Ashland residents

Donations to the Ashland Lions Club are appreciated. Eyeglasses, cell phones, and hearing aids will also be accepted. All donation proceeds will benefit local charities and Lions eye research.

Summer Movie Night with WACA TV

Sat, Jun 11

The Corner Spot located on 6 Cherry Street

Please park in Town Hall's parking lot

Celebrate the beginning of summer with MOVIE NIGHT as we watch the 80's classic, E.T the Extra-Terrestrial. The film begins at dusk, but don't miss out on the fun beforehand! Before the movie, enjoy activities, grab a bite to eat from Joey D's Wingz N' Thingz, ice cream from The Chill Wagon, candy from the Sweeties Candy Bus, and a beverage from Wine Empire!

Thank you WACA TV and the BAA Grant for sponsoring this event!

Juneteenth Celebration

Saturday, June 18th from 12- 2 pm

The Corner Spot on 6 Cherry Street

Join Ashland is United and Ashland Residents for Equitable Action community groups to celebrate Juneteenth.

Enjoy live music, dancing, shopping, and food by Sentie's Kitchen.

Ashland Library's Recurring Programs

Children's Room:

Read to a Dog:

For kids reading on their own (walk-in, sign up for 15 minute increments):

"Knives and Machete"

2nd and 4th Thurs @ *6pm - 7pm

"Bear"

3rd Sat @ 11am – Noon

(Hybrid) Lapsit for Infants and Toddlers

Wednesdays @ 10:30-11am

Stories with Miss Lucie *PreK and Up

Fridays @ 11-11:30am

PJ Story Time with Miss Lucie

*Ages 3 and Up

2nd Tues @ 6:30pm

Little Crafters *Ages 0-5

4th Monday @ 10:15 AM

YMCA Play, Learn, and Grow Group *Ages 0-5

In-Person - Tuesdays @ 11am

Virtual - Thursdays @ 11am

Teen Room:

(Teen programs are on hiatus until we find a new teen librarian)

Adults:

Book Clubs:

Virtual - Environmental Book Club

1st Tuesday @ 6:30pm



Virtual - Romance Book Club

1st Thursday @ 6:30pm

Mystery Book Club

2nd Wednesday @ 6:30pm

Bio/Memoir Book Club

3rd Wednesday @ 11am

Virtual - LGBTQ+ Book Club

4th Monday @ 7pm

Midday Book Club

4th Tuesday @ 1pm

Other Adult Programs:

DIY Green Products

2nd Thursday @ 6:30pm

Virtual - Friday Night Film Discussion

2nd and 4th Friday @ 7pm

Card Making with Jan Poppendieck

2nd Monday @ 6:30pm

Great Decisions Discussion Group

3rd Thursday @ 6:30pm

Knitting:

Mondays at 6pm

Saturdays at 2pm



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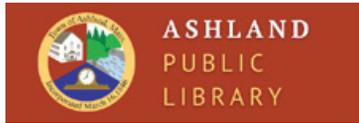
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ADULT PROGRAMS

Virtual - LGBTQ+ Author Panel with Emery Lee, Timothy Janovsky, Katee Robert, and Olivia Waite
 Wednesday, June 1 @ 7pm

Virtual - Romance Book Club: Read A "New To You" Author
 Thursday, June 2 @ 6:30pm

Adult Summer Reading Book Walk through a Fabulous Ashland Garden!
 Saturday, June 4 @ 10-12pm

Fixit Clinic
 Saturday, June 4 @ 1-3pm
 Appointments Required

Decorating Cookies: Make a Flower Bouquet! *For Adults
 Tuesday, June 7 @ 11am

Virtual - Environmental Book Club: Read "Braiding Sweetgrass"
 Tuesday, June 7 @ 6:30pm

Mystery Book Club: Read "The Last House Guest"
 Wednesday, June 8 @ 6:30pm

Author Kristan Higgins Discusses "Out of the Clear Blue Sky"
 Wednesday, June 8 @ 7pm

DIY Green Products - Laundry Detergent
 Thursday, June 9 @ 6:30pm

Virtual - Friday Night Film Discussion: "Miss Juneteenth"
 Friday, June 10 @ 7pm

The Art of Journaling with Jim Eng
 Saturday, June 11 @ 10am

Cookbook Club: "Joshua Weissman: An Unapologetic Cookbook" *For Adults
 Saturday, June 11 @ 12pm

Virtual - What's on Your TBR pile? with author KJ Charles
 Saturday, June 11 @ 2pm

Card Making with Jan Poppendieck
 Monday, June 13 @ 6:30pm

Bio/Memoir Book Club: Read (TBA)
 Wednesday, June 15 @ 11am

Half-Past Crafts: Making Seed Bombs
 Wednesday, June 15 @ 6:30pm

Virtual - The Two Nerdy History Girls Ride Again!
 Wednesday, June 15 @ 7pm

Great Decisions: Discuss Russia and the United States
 Thursday, June 16 @ 6:30pm

Virtual - Book Chat
 Wednesday, June 22 @ 7pm

Virtual - The Art of the Scandal
 Thursday, June 23 @ 1pm

Virtual - Friday Night Film Discussion: "Truman"
 Friday, June 24 @ 7pm

Virtual - LGBTQ+ Book Club: Read "Last Night at the Telegraph Club" *For 15-100
 Monday, June 27 @ 7pm

Midday Book Club: Read (TBA)
 Tuesday, June 28 @ 1pm

Virtual - Local Author Panel: Writing for the LGBTQ+ Community
 Thursday, June 30 @ 7pm

Adult Needlecraft:
 Mondays at 6pm
 Saturdays at 2pm

Teen Programs

Our Teen programs are currently on hiatus but teens are welcome to use our Teen Room regardless!

CHILDREN'S PROGRAMS

Sulinha Trio Brazilian Music
 Saturday, June 4 @ 11am
 At the Farmer's Market Field

(In-Person Walk-In) Pajama Story Time *For Younger Kids
 Tuesday, June 14 @ 6:30pm

Records & Burpee Petting Zoo + Exotic Animals
 Friday, June 24 @ 10:30am
 At the Farmer's Market Field Summer Reading Kickoff!

(In-Person Walk-In) Mom's Club - Little Crafters *Ages 0-5
 Monday, June 27 @ 10:15am

YMCA Play, Learn, and Grow Group *Ages 0-5 In-Person
 Tuesdays @ 11am

Hybrid - Lapsit for Infants and Toddlers
 Wednesdays @ 10:30-11am

(In-Person) Friday Morning Storytime *PreK and Up
 Fridays @ 11-11:30am

Have you seen our ONLINE Stories by Miss Lois? Join our Facebook Group to read along!

Read to a Dog For kids reading on their own:
 "Knives and Machete"
 Thursday, June 9 @ 6pm
 Thursday, June 23 @ 6pm

(In-Person) Lego Clubs This Month *5 and Up:
 Thursday, June 9 @ 4pm
 Saturday, June 18 @ 10:30am
 Thursday, June 30 @ 2pm

SUMMER READING!

Kick off summer reading with the Ashland Public Library! This year's theme is "Off the Beaten Path" so join us all summer long in finding ways to enjoy nature, be our-selves, and read great books.

As always, we'll have paper reading logs in the library, but we also encourage to create/login to your Beanstack Account to manage your summer reading and win awe-some prizes!

Ashland Recent Home Sales

Date	Ashland	Amount
5/17/2022	56 Oak Street	\$630,000
5/13/2022	355 America Blvd #29A	\$510,000
5/11/2022	192 Myrtle Street	\$590,000
5/06/2022	83 Myrtle Street	\$520,000
5/06/2022	81 America Blvd	\$665,000
5/04/2022	24 Meeting House Path	\$422,000
5/03/2022	77 Howe Street	\$550,000
05/02/2022	87 Roberts Road	\$525,000
4/29/2022	44-46 Tilton Avenue	\$710,000
4/29/2022	2 Voyagers Lane	\$510,000
4/28/2022	7 Meadowbrook Lane	\$364,900
4/28/2022	335 America Blvd	\$624,000
4/28/2022	47 Braeburn Lane	\$569,000
4/26/2022	54 Voyagers Lane	\$460,000
4/25/2022	13 Waverly Street	\$455,723
4/22/2022	135-137 Pleasant Street	\$760,000
4/22/2022	258-260 Main Street	\$738,000
4/21/2022	136 W Union Street	\$425,000
4/20/2022	47 Voyagers Lane	\$490,000
4/19/2022	11 Lands End Way	\$660,000
4/19/2022	195 Fountain Street	\$590,000
4/19/2022	361 Union Street	\$501,000
4/19/2022	183 Eliot Street	\$600,000



135-137 Pleasant Street in Ashland recently sold for \$760,000 [center building in photo].
 Image credit: www.zillow.com

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



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Graduates of the Foundation for MetroWest Youth In Philanthropy Program Grant \$30,000 To Support Mental Health Issues Across The Region

In the wake and ongoing effects of the COVID-19 pandemic, an Active Minds study found 80% of students have experienced a negative impact on their mental health, with 20% saying it actively worsened. The Foundation for MetroWest's Youth in Philanthropy program is at the forefront of educating students about the areas of greatest need in their communities. The students are empowered to award grants to projects that align community need with areas of focus that resonate most with them. This year, the 48 students who graduated from the 2021 program saw a growing trend of mental health issues amidst the ongoing pandemic and directed grants accordingly.

"As we deal with the impact of the pandemic, mental health matters more than ever," said Caroline Murphy Director of Programs at the Foundation for MetroWest. "It's really inspiring to see students focusing on supporting one another and laying

the groundwork for a MetroWest that is healthy in body and mind."

Throughout the program, each class works to evaluate grant applications, conduct site visits, and distribute up to \$10,000 to youth-serving nonprofits in our communities. In the fall cohort of this 17-week program high school students in the Ashland, Natick, Hopkinton, and Sudbury programs, comprised of students from a variety of towns, granted a total of \$30,000 across six nonprofits. The following are organizations that the students selected to receive the grants:

- **MetroWest Mediation Services** supporting 50 cases in the Harassment Order mediation program to facilitate conversation and end conflict.
- **REACH, MA** creating educational programs to urge young people to prevent violence through a Peers Against Violence Educators (PAVE) program to promote long term healthy relationships.

- **Circle of Hope** purchasing and distributing basic support resources to more than 300 homeless college students at Framingham State University.

- **A Place to Turn** building the Healthy Learners program to provide health and wellness items to teens.

- **The Children's Room's** supporting a full year of grief support services to a family at no cost.

- **NAN Project** providing peer-to-peer mental health education and suicide prevention programs for students in the MetroWest.

"I think the pandemic added a lot of stress for teens, who already have so many big decisions on their plates," said Selina Lin, 14 yrs. "As a group, we chose to distribute funds to mental health support, because we felt it was one of the most important and relevant needs of our community and our peers."

 **FOUNDATION FOR METROWEST**

 **YOUTH IN PHILANTHROPY**

Since launching in 1997, the Foundation for MetroWest's Youth in Philanthropy program has educated over 2,000 students who have granted over \$1.2 million to over 200 MetroWest youth development organizations. The Foundation for MetroWest is proud to be running one of the largest youth philanthropy education programs in the country. For more information about the Youth in Philanthropy program, visit www.yipmetrowest.org. The Foundation for MetroWest encourages students to submit their applications which can be found at www.yipmetrowest.org/students in May for the Fall 2022 program.

The fall Youth in Philanthropy program would not be possible without the support of the Hopkinton Country Club

Charitable Foundation and The Sudbury Foundation. We are thankful for their support.

About Foundation for MetroWest

The Foundation for MetroWest is a community foundation that improves the quality of life in 30+ MetroWest communities. Since 1995 the Foundation has been providing financial and educational resources to local nonprofit organizations, sharing essential data about the region to inform critical decision making, and partnering with donors to help guide and align their giving with the areas of greatest need in the community. The Foundation is supported by a range of businesses, individuals, and other philanthropic organizations. Currently the Foundation stewards more than \$30 million in charitable assets for immediate needs and future impact.

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