



Sterling MEETINGHOUSE NEWS

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May 18, 2016

Selectman loses son to cancer

by Lex Thomas

On March 29, longtime former Sterling resident Jeffrey Cranson, 39, the son of Sterling selectman Maureen Cranson, lost his life to cancer. The battle was short, virulent, and devastating to his family and the hundreds of friends worldwide that knew him and have shared countless stories of his loving nature, generosity, and ability to have a significant and positive impact on everyone he met. A native of Sterling, Jeff was in the first Village Green Preschool graduating class, and attended Houghton and Chocksett schools,

Wachusett Regional High School, and Worcester State University. For the past two years, Jeff had lived in Sitka, Alaska, with his fiancée Alexandria Najduch, and worked for Sitka Parks and Recreation.

In January, Jeff was diagnosed with aggressive stage IV melanoma that rapidly spread throughout his body. Two large tumors on his brain caused him to suffer a stroke. On January 27, he was transported by air ambulance from Sitka to Seattle, where he underwent emergency

SELECTMAN, page 19



Jeffrey Cranson

Contributed PHOTO

Sterling Police Department serves and protects

by Chelsea Dill

On April 25, Sterling Police Chief Gary Chamberland, Detective David Johnson, Officer Brian Bourque, and Officer Ryan Ferguson, addressed a gathering of town residents at a police forum held at First Church in Sterling. The open forum included an information session about how Sterling Police have dealt with recent



(Right) Barbara Dupont of First Church in Sterling welcomes the audience and panel to the police forum.

PHOTO by Chelsea Dill

issues in the community and surrounding towns, as well as an opportunity for the audience to ask questions and raise concerns. The forum was sponsored by First

STERLING POLICE, page 11

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LETTERS

Thanks for a good Town Meeting

I would like to thank all who participated in helping make this year's Annual Town Meeting a success. To everyone at Town Hall, and to our Town Counsel from Kopelman & Paige LLP (k-plaw.com), thank you for your help and support in preparing for the meeting. To the Board of Selectmen and the Finance Committee, thank you for your work in simplifying the warrant.

On the whole, I think it was a good and efficient meeting thanks to all of your work, help, and the fact that we were able to work well together as team.

My thanks to members of the community who sent me their feedback and suggestions after the meeting. I appreciate your candid comments, and will do my best to incorporate them into the next Town Meeting. If readers of the Sterling Meetinghouse News have comments or suggestions, please send them my way by email at atm2016@amrith.org, or send a letter to my attention c/o the Town of Sterling.

Amrith Kumar
Town Moderator

Thanks to voters

I would like to thank all the voters who supported my bid for re-election to the Sterling Board of Health. I am honored to be able to serve the community in which I live for another three years.

Allen Hoffman
Board of Health

Moving forward

Thanks to everyone who voted in the town election. While it's disappointing to lose, it's unfortunately a fact of life for many involved in Sterling town politics on occasion. I will look back on my terms on both the Board of Assessors and Sterling Municipal Light Board with great satisfaction and sense of shared achievement. Thank you to everyone who reached out since the election to offer positive encouragement.

I'd especially like to thank Matt Stelmach, Bob Cutler, and Don Murray for welcoming me when I was new, and easing my transition as a new board member. I wish both boards the best of luck and hope they'll continue in positive directions. I can't neglect to thank the awesome SMLD employees who do such a great job every day.

My disappointment was tempered by the pleasant surprise of learning that I got a seat on the Wachusett Regional School District Committee from unexpected write-ins. I will take a few days to make a thoughtful decision about whether to accept that new role, and to ponder whether the district is ready for a bit of fiscal conservatism.

Whatever the future holds, I'm grateful for the opportunity I've had and encourage more people to step up and get involved in their community.

Mike Rivers
Fox Run Road, Sterling

Dugout repair underway at field

The Sterling Recreation Department would like to thank Mike DiVerdi, and Andrew, Mark, and Michael Hryniewich for volunteering their time and energy on March 18 to remove and replace the roof on a dugout at the Griffin Road field that had fallen into disrepair. Once completed, the dugout and roof should last many more years. This project would not have been possible without these dedicated volunteers. Thank you for helping keep Sterling safe and looking great.

Kristen Dietel, Director
Sterling Recreation



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**The next issue will publish June 15.
The advertising and copy deadline
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Richard Maki and Lex Thomas
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LETTERS

Fighting cancer is a team effort

Our fundraising goal for the 2016 Journey to a Cure with The Great Escape was \$5,000. We exceeded our goal and have more coming in. As the founder of Willie's Warriors, I would like to thank the multitudes of people that worked so hard to make this year's event a success. To all the team members who contributed time, ideas and effort, thank you for spreading the word, for raffle donations, and for keeping me motivated to undertake this event every year. Thank you to our corporate sponsors, Leominster Credit Union, Breakaway Billiards, Ciccone Family Fitness, and all the small businesses who donate every year. Thank you to all the survivors and families who attended, and those who come every year to remember their own warriors. Funds raised help the American Cancer Society and other local organizations with cancer research and awareness.

Lydia Vazquez
willieswarriors.org

Open minds

I recently had dinner with 20 Muslim neighbors. Through conversation, I learned about Islam and my own prejudices. I'm open minded, but I've been tricked into thinking that women whose heads are covered are oppressed. I sat with a woman who, like me, has a teenage daughter. We talked about the increasing academic demands and social pressures teens face. She asked which activities I participate in through our church. She wants to do more volunteer work. I found her to be fascinating, accessible, and eager to know me.

During the introduction of our visitors, my stereotypes were once again challenged. They have careers as nurses, scientists, and business people. They are dedicated to imparting strong values of love, peace and honesty to their children, who play soccer and attend college. Their religious beliefs enlightened me. The bottom line is a simple imperative that most religions share. Love your neighbor. In this election year, and whenever we meet new people, perhaps basic decency would suggest we honor their freedom of religion in this great democracy.

Judith Doherty
Swett Hill Road, Sterling

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LETTERS

EDITOR'S NOTE

Sterling Meetinghouse News is on the grow! Beginning with our June 15 issue, we're expanding to a tabloid format. This change will give our readers, contributors and advertisers a little more space to learn about and present the stories and events we care about in our town and in the region. To see the full editorial calendar for 2016, as well as the current issue and an archive of past issues, visit sterling-meetinghousenews.com.

- Lex Thomas

Letters to the Editor

Letters should be no more than 350 words, and must include your name, address, phone number and signature.

Send email to

lex@sterlingmeetinghousenews.com

or mail to:

Sterling Meetinghouse News,
PO Box 914, Sterling, MA 01564.

We reserve the right to edit letters for length.

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ANNOUNCEMENTS

Town seeks Interim Outreach Worker

The Sterling Board of Selectmen is looking for a compassionate, motivated individual to serve as Interim Outreach Worker at the Sterling Senior Center. Duties include identifying and visiting elderly persons in the community who are isolated, poor, or may benefit from available community services or senior citizen activities; providing information about resources, facilities, eligibility requirements, location of services, and related information; encouraging participation in senior programs; following up on all cases through home visits, telephone calls and other means to ensure that seniors receive services requested. Interim position is expected to last from six to 12 weeks, 18 hours/week. Interim will be eligible to apply for permanent position if it becomes available. Send resume and cover letter to Sterling Board of Selectmen, 1 Park St., Sterling, MA 01564 or selectmen@sterling-ma.gov.

2016 Brush dump schedule

The Department of Public Works has announced the brush dump is open 8 a.m. to noon on Saturday, May 21. Open to Sterling residents only. Valid form of identification (license, vehicle registration, or a resident sticker) required. For more information, visit sterling-ma.gov.

Wachusett Food Pantry May distribution

Friday, May 20 for seniors, and Saturday, May 21 for the public, 9 to 11 a.m. Residents of Sterling, Holden, Paxton, Princeton, and Rutland are eligible. Proof of residency required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Route 12), Sterling. For information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

Wachusett Regional Recycling Center spring collections

Free document shredding on Saturday, May 21, 8 to 11 a.m. Chemicals, paints, and household hazardous products will be accepted on Saturday, June 18, 8 a.m. to noon.

Regular open hours are every Monday 5 to 7 p.m., Tuesday 9 to 11 a.m., Wednesday 2:30 to 4:30 p.m., third Saturday 8 to 11 a.m. The Recycle Center welcomes home goods, reusable furniture, crafts, sporting goods, fabric, bicycles, school supplies and appliances. for swap or to be passed on to families in need. Large appliances or furniture items \$5 disposal fee. Located at 131 Raymond Huntington Highway, West Boylston. For more information, visit wachusettearthday.org.

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Century 21 Center Home Team - 27 Main Street, Sterling - www.c21cht.com

ANNOUNCEMENTS

Curbside trash/recycling schedule for May

Due to the Memorial Day holiday on Monday, May 30, trash/recycling curbside routes will be picked up one day later the week of May 30 on Tuesday through Saturday (no pickup on Monday, May 30). Have trash/recycling curbside by 7 a.m. one day later than your regularly scheduled pickup day.

Hydrant flushing underway

Flushing of the town's distribution system will continue throughout May and June. Users of the public water supply may temporarily experience low water pressure and/or dirty water. Town-wide flushing is performed in order to improve the quality of potable water. For more information, call the DPW at 978-422-6767.

Mandatory water ban in effect

In accordance with the Water Management Act Final Permit issued by the Massachusetts Department of Environmental Protection, the town is required to enact a mandatory water ban from May 1 until September 30, from 9 a.m. to 5 p.m. The ban restricts daily nonessential outdoor water use from public water sources.

New academy of Correction Officers begins in Fall 2016

Worcester County Sheriff Lew Evangelidis has announced the Worcester County Sheriff's Office is accepting applications for individuals interested in a career as a correctional officer for their Basic Recruit Training Academy starting in September. Correctional officers are responsible for the care, custody and control of inmates through supervision, observation and monitoring of inmate activities as well as the enforcement of security policies and procedures. Applicants who meet the hiring standards will be invited to attend an information session in June. For more information or to apply, visit worcestercountysheriff.com.

Keep wildlife away from houses

Sterling Animal Control Officer Louis Massa reminds residents that to help keep wildlife out of your yard, take down bird feeders, put trash out for pickup in the morning instead of the night before, and clean up thoroughly after backyard barbecues. Don't put trash barrels near your house the night before trash pickup, and don't leave garage doors open, especially with full trash barrels. Trimming bushes around house foundation will provide fewer places for wildlife to hide.

Tax amnesty available

The Department of Revenue has launched a new tax amnesty program for certain qualifying businesses and individuals. The tax amnesty, which is available through May 31, is open to businesses and individuals who did not file a tax return, or under-reported the amount of tax owed on a previously filed return that was due on or before December 31, 2015, with some exceptions. During the amnesty period, DOR will waive any penalties and the interest on those penalties for qualifying taxpayers who file a delinquent or amended return, provided that they pay the outstanding tax and interest owed to the state before the May 31 deadline. For more information, visit mass.gov/TaxAmnesty.

Caryn Gorczynski earns top honors



Caryn Gorczynski has received the 2015 Central Massachusetts Association of REALTORS Diamond Award. This is the highest recognition for individual top producers. Caryn Gorczynski is with Century 21 Center Home Team, located at 27 Main St., Sterling.



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Thursday, 2 June 2016
6:00 pm

Chocksett Middle School, Cafeteria
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Incumbents Cutler and Rivers unseated in Town Election

by Lex Thomas

On Monday, May 9, 920 voters turned out for the Annual Town Election, representing 16 percent of Sterling's eligible voters.

Robert Cutler lost his position on the Board of Selectmen, and incumbent Michael Rivers lost seats on both the Sterling Municipal Light Board and the Board of Assessors.

In the race for a three-year seat on the Board of Selectmen, Richard Lane won 533 votes to beat out incumbent Robert Cutler's 366 votes.



(Left to right) Candidates for selectman Robert Cutler and Richard Lane faced off at Sterling's Candidates Night on April 29.

PHOTO by Lex Thomas

Incumbent Allen Hoffman was re-elected to the Board of Health for another three-year term with 561 votes, beating opponent Michael Cove, who won 332 votes.

Richard Sheppard was elected to a 3-year term on the Board of Assessors by a narrow margin of 467 votes against incumbent Michael Rivers' 414.

Joseph Curtin won a 3-year term on the Sterling Municipal Light Board with 537 votes,

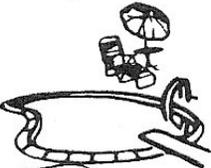
beating out incumbent Michael Rivers' 353.

Incumbent Michael Pineo won another 3-year term as Constable with 608 votes against Joseph Ruggiero at 270.

In uncontested races, Donald Harding was re-elected to the DPW Board for another 3-year term, Sarah Petullo and incumbent Albert Carlin were elected to 3-year terms on the Board of Library Trustees, Ann Kokernak was elected to the Sterling Housing Authority for 5 years, and David Shapiro was elected to the Planning Board for a 5-year term.

There were no candidates for one seat on the Wachusett Regional School District Committee for a 3-year term.

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Town Meeting highlights

by Lex Thomas



PHOTO by Lex Thomas

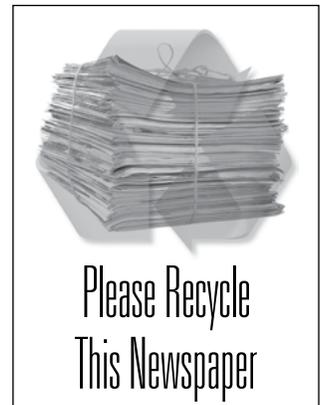
Town Clerk Dawn Michanowicz swears in newly elected officials on May 11.

On Monday, May 2, residents and voters attended Sterling's Annual Town Meeting and deliberated over 33 warrant articles that will affect the town for FY 2017 and beyond. This year's warrant was shorter than in previous years, on account of Town Moderator

Amrith Kumar's suggestion that town officials combine several items that had appeared individually on past warrants. Kumar and other officials had taken the precaution of letting voters know that they would still have the opportunity to raise issues and concerns about all items, and the abridged format appeared to work well. This year's meeting was also significantly shorter than in the past, clocking in at around three hours.

Voter approval highlights:

- \$10,481,514 town operating budget passed, which represents a 3.5 percent increase over the current year due in large part to a 44.7 percent rise in funding for the Building Department, and an increase in hours for the Building Commissioner from 25 to 32 hours, and the joint building and zoning office assistant from 30 to 36 hours.
- \$9,045,906 state required net minimum contribution to the Wachusett Regional School District, and \$1,855,657 Sterling contribution above the net minimum for operational expenses.
- \$776,750 assessment to the Montachusett Regional School District, for Sterling's share of operational and capital costs.
- \$417,596 in Chapter 90 funds for highway resurfacing and other expenditures, as earmarked by the DPW.



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Sterling Economic Development Committee to hold public forum

by Lex Thomas

The Sterling Economic Development Committee, in cooperation with the Montachusett Regional Planning Commission, will hold a public forum to gain insight from the public and public officials concerning future improvements and economic development along the Route 12 corridor in Sterling. The forum will be held on Thursday, June 2, 6 to 8:30 p.m., at the Chocksett Middle School cafeteria, located at 40 Boutelle Road, Sterling. The school is handicapped accessible. A light dinner and refreshments will be served.

The committee is working on a draft economic development and zoning analysis for the Route 12 corridor that could promote economic development while retaining Sterling's small town community character. Public input is a critical element of the study. The public forum is open to the general public and everyone with an interest in the downtown area is highly encouraged to attend, including citizens, local and state officials, business owners and others.

"We've been reaching out to businesses, querying them about their space needs, and other needs," says committee member Rosanne Mapp.

A high degree of public involvement is critical in order for the event to be successful and provide information to the committee and the commission.

To encourage and facilitate participation, attendees will take part in activities to identify key issues for the committee to address in the draft analysis.

A number of breakout sessions will follow the opening presentation, giving participants the opportunity to brainstorm and provide feedback on the types of business development that would be optimal for the town. Event organizers are hoping that each breakout group will include eight to 10 participants, and consider four or five questions.

According to committee chair Jim Patacchiola, one of their priorities is to increase the town's tax base. "Because of grandfathered permits that aren't transferable to new owners, we're reducing our tax base, which increases the tax burden on taxpayers as businesses phase out," he says. "One of the functions of the committee is to turn that trend around."

Zoning is another concern. "At this point, zoning is so limited that it's restrictive in terms of business growth," says Patacchiola. "We need bylaw changes, but we want to know the uses people would prefer to see."

"The purpose of the forum is to give residents an opportunity to take part in the process of determining how Sterling grows, and to maintain the town's tax base."

Everyone is welcome to come and learn more about this project and to express opinions and concerns. For information, visit sterling-ma.gov/economic-development-committee. Unable to attend the public forum? Submit questions and/or comments to EconomicDevelopment@sterling-ma.gov.



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Sterling Police Department serves and protects

Continued from page 1

Church in Sterling in order for the community to get to know the town's police force and learn how the officers are attending to current policing issues.

Chief Gary Chamberland, who has been in his post since 2004, gave a brief overview of life in the precinct, including schedule rotation, line of response when an emergency call comes in, and how he selects officers to join the department. "As chief, I'm responsible for all aspects of the police department," he said. "I think my most important task is hiring new officers. I try to match an officer's personality with the town. I take that very seriously."

The officers discussed how new technology has helped them with police work in recent years, including the ability to stay connected through smartphones and receive real-time updates about crimes and emergency situations. Officer Bourque presented a slideshow about officer training that included a description of how SPD apprehended a thief in a 2014 house break-in through the use of an advanced home monitoring system. Police are able to keep the community informed via media platforms such as television, radio, and social media.

During the question-and-answer session, many Sterling residents expressed concerns about issues they've experienced or heard about. The officers responded with different strategies they'll use to address their concerns. One of the main issues raised was traffic incidents, especially speeding. The officers acknowledged that there are several high-risk-of-impact points in town, especially on Route 12. A rotary is slated to be built by the entrance ramp to I-190 in order to decrease speed from 55 to 35 mph.

In response to a query about student safety, officers assured the audience that they are in close contact with

town schools through on-site police radios, and are notified of every incident and emergency. About youth and adult mental health concerns, the officers said they work closely with the schools and school psychologist. If needed, resources are available through the District Attorney's office, including court-ordered mandates for mental health screenings.

Another topic of discussion revolved around regionalizing local dispatch centers. While general opinion was against the move, regionalizing seems to be unavoidable due to a new state mandate, especially given the high cost and penalization for maintaining a local dispatch. "Essentially, we would be giving up control of dispatch to a much larger regional center," said Chamberland. "I think it's inevitable because, as much as I don't want it to happen, I don't feel we can ask taxpayers to fund Sterling's entire police dispatch center."

The officers also recommended that if a civilian sees something suspicious, report it to the police immediately, because public news tips help them with investigations. The public should also be observant and trust their instinct about suspicious individuals and potentially dangerous situations. If an individual encounters someone suspicious and can remain safe, taking note of physical descriptions, car models, and license plate numbers help the police investigation. If possible, a photo is also useful.

In response to a question about the most stressful part of police work, the officers' answers ranged from worry about their own loved ones, and working late hours with lack of sleep, to receiving bad news about fellow officers.

"Always working on holidays is tough," said Officer Bourque. "Everyone else is having cookouts or opening Christmas gifts."

"Some days are the best, but some days are bad," added Detective Johnson.

But they all agreed that the best part of being a police officer in Sterling is the town itself. While the officers take care of the community, residents give back to the department. Every Thanksgiving and Christmas, the department receives homemade meals and treats, and generous donations to the Toys For Tots campaign December. Being a part of the department gives officers the opportunity to connect on a personal level with the community's familiar faces.

"We have the best job in the world," concluded Officer Ferguson.

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Striking a chord at Houghton Elementary

by Chelsea Dill

Last December, Houghton Elementary school music educator Jess Wilke was scrolling through Facebook and noticed something she couldn't resist 'liking.' A surprise giveaway announcement from Kala Brand Music stated that they would be donating Waterman ukuleles to schools before the end of the year. In order to be eligible, teachers had to nominate their school by 'liking' the post, sharing it with their Facebook friends, and including the name and location of their school in the comments section. Eager to win the ukeles for her classroom, Wilke and other Houghton teachers responded, hoping to boost their chance to win. Wilke included a photo



Music teacher Jess Wilke with Waterman ukuleles.

Contributed PHOTO

of herself alongside Houghton School physical education teacher Mike Walsh and art teacher Kathy Greene playing "Run, Run, Rudolph" on ukuleles during last year's school holiday concert. Teachers from across the country entered the contest, but it turned out that with Kala Brand Music's giveaway, everyone was a winner.

"Anybody that 'liked' and shared their Facebook post ended up getting ukuleles," says Wilke. "They gave away thousands of instruments."

Obtaining ukuleles for her classroom was something she always had in mind, but the lack of financial resources had prevented her putting her plan into action. But thanks to Kala Brand Music's generosity, Wilke was able to make her ukulele dreams a reality. "It was an amazing Christmas gift," she says.

The ukulele has gained popularity over the years because of its portable size and relative ease of mastery by musicians ranging from beginners to advanced. Wilke currently plays her own ukulele for classroom lessons and during special school events, like the annual Peace Pole celebration. When she learned that Houghton won ukuleles from the giveaway, she was thrilled to be able to get the instruments into her students' hands. "You sound great instantly," she says. "It's a very easy instrument to play."

In January, 40 ukuleles arrived at Houghton. The instrument seemed to lend itself perfectly to elementary



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School NEWS

school students, especially because of its kid-friendly size and plastic construction. "Now we have this awesome little portable instrument that's easy for kids to play and sing along to," Wilke says. Several other local schools received ukuleles, including 120 donated to Worcester public schools.

Wilke is looking forward to integrating the ukuleles into next year's curriculum, while easing it into her classes for the rest of this school year. "It's different than anything else we have," she says. "It's very accessible and I can see it being something we can improve upon each year. I think it's going to add a whole new dynamic to what we can do musically." She has already started teaching first graders how to play, as well as students from the district-wide Special Education Program.

"Kala's ukuleles seem to reach some kids who are harder to teach in the music classroom," says Wilke. The songs she teaches transition perfectly to the ukulele, especially folk tunes. Some of her students' favorite songs to play on the ukuleles are "Polly Wolly Doodle," "Bow Wow Wow," and they like to strum along to Aretha Franklin's "Chain of Fools." Many of her students' first exposure to musical chords comes from using the ukulele, which is in many ways easier to play than a guitar. Wilke hopes that using the ukulele will broaden her

students' minds by providing an academic balance that makes music available, and allowing them to explore different musical styles. Many of her students are eager to take the ukuleles home to practice. "It's really fun as a music teacher to see what appeals to each kid," she says. "It's important to give everyone exposure to see what instruments they like."

Wilke plans to have students play ukuleles for special events, starting with the Flag Day celebration on June 14. Having students of different ages play ukulele together or starting a faculty ukulele club are other ideas she has in mind. "The sky's the limit," she says, "It's pretty cool."



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Village Green Preschool hosts farewell reception

A farewell reception and open house is planned for Thursday, May 26, 2:30 to 4:30 p.m., in the First Church in Sterling Parish Hall, to recognize Lisa Noyes who will be retiring this year. Lisa has been a much beloved teacher at Village Green for the past 18 years and through her nurturing and caring manner has given countless preschoolers a great start to their education. Friends and preschool families, both past and present, are invited to stop by and share their good wishes with Lisa.

St. Richard's awards scholarships

On May 8, eight high school graduates, who are Sterling residents and members of St. Richard's Church were each awarded a \$750 scholarship.

Julia Hryniewich and David Philbin were awarded the Marie San Martino Scholarship of St. Richard's.

Caitlyn Boutotte and Kenan Kolanda were awarded the Father Michael Warner Scholarship.

Shannon Sweet and Rachael Sweet were awarded the C.C.D. Helper Annual Scholarship of St. Richard's.

Michael Curtin was awarded the Annual Altar Server

Annual Scholarship of St. Richard's.

Daniel Pingeton was awarded the Paul Bergeron Memorial Knights of Columbus of St. Richard's Council 14940 Scholarship.

Monty Tech Greenhouse now open

Monty Tech's on-site greenhouse will be open to the public until Friday, June 3. Hours of operation are from 11 a.m. to 1 p.m., Monday through Friday, when school is in session.

Inventory includes a wide variety of hanging baskets, annuals, perennials, and vegetable and herb plants. Birdbaths, garden statues and concrete benches, all made in Monty Tech's masonry program, are also available for sale.

The greenhouse is located behind the school building, 1050 Westminster St., Rte. 2A, at the Fitchburg-Westminster line.

Monty Tech awarded grant for Vet Tech Program

Monty Tech has been awarded a Governor's Workforce Skills Equipment Grant totaling \$136,412, which will enable the school to purchase equipment and expand STEM programming for students who will be enrolled in the school's new Veterinary Science program. Monty Tech is one of 26 vocational-technical schools in the state to receive the new grant. School officials are planning to break ground this summer on a 6,000 on-campus facility that will house Monty Tech's newest technical and career program focusing on veterinary science. The first students will be enrolled in the program starting in the 2017-2018 school year.

Applewild summer camp

For information about program options for Summer Camp at Applewild, or to register, visit applewild.org/summer.

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Business NEWS

Free seminars for first-time homebuyers

Leominster Credit Union is hosting free seminars for first-time homebuyers on Wednesday, May 18 and 25. A team of real estate experts including a realtor, attorney and financing professionals will present the program of assorted topics. The seminars are held in, Clinton, Holden, Worcester, and Leominster. Seating is limited and registration is required. Visit Leominstercu.com/homes for seminar details and to register.

Chamber to discuss marketing options

How to market your business is the focus of the Wachusett Area Chamber's upcoming Business Development Discussion on Wednesday, May 25, 8 to 9:30 a.m., at the Alden Research Laboratory auditorium, 30 Shrewsbury St., Holden. Gordon Smith, director of marketing and business development for the Landmark Corporation, will lead the event, sponsored by Clearly Coworking. Free for Chamber members, non-members \$5. Coffee and bagels will be provided by The Bagel Inn. To register, call 508-829-9220, email info@wachusettareachamber.org, or visit wachusettareachamber.org to register online.

Chamber hosts annual dinner

The Wachusett Area Chamber of Commerce will hold its Annual Dinner on Tuesday, June 7 at Cyprian Keyes Golf Club located at 284 E. Temple St., Boylston. The event, sponsored by Bay State Savings Bank, is open to the public. Reception at 6p.m., followed by dinner at 7 p.m. \$40 per person.

During the event, the Wachusett Area Chamber will

present its Community Leadership Award to Stephen Yerdon, executive director at Devereux School in Rutland, and will present up to three \$2,000 scholarship awards to deserving seniors in the Wachusett region. Election of officers and members of the Board of Directors also will take place.

To register, call 508-829-9220, email info@wachusettareachamber.org, or visit wachusettareachamber.org to register online.

New event center hosting open house

There's a new event venue coming to town. The 228 in Sterling, built on the old Twin Oaks site, will host a grand opening celebration in cooperation with the first car cruise of the season on Sunday, June 12, from 3 to 7 p.m., at 228 Leominster Road (Route 12).

Catered by Lorna Jean's Good Eats. Everyone welcome, free admission. No pets. For information, email events@the228insterling.com.

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ARE YOU COVERED?

LOCAL HAPPENINGS

Regional Recycling Center is a local treasure

by Susan West

When Sterling's recycling center closed last year, town residents were directed to the Wachusett Watershed Regional Recycling Center in West Boylston, capable of handling all recycling and large item disposal needs for the residents of Boylston, Holden, Paxton, Princeton, Rutland, Sterling and West Boylston.

WWRRC has been in operation for about five years in partnership with Wachusett Earthday, Inc., the Department of Conservation and Recreation, and the par-



Recycling Center shelves are full of useful items for every room of the house.

PHOTO by Susan West

icipating towns. Created on a piece of land surrounded by woods, this all-inclusive facility was created to carry out the mission of keeping items and debris out of landfills and recycling them properly to ensure the least impact on water sources and the environment.

WWRRC is completely run and staffed by volunteers trained to accept all non-hazardous items during regular open hours. Items are either disposed of or offered for free in a warehouse style

"shopping" center. Volunteers work outdoors directing residents to collection spots and indoors in the Reuse building, accepting donated items, cleaning and stocking shelves, and helping visitors find what they're look-



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LOCAL HAPPENINGS

ing for. It takes about 20 volunteers during any shift for the center to be fully staffed.

In addition, special collection dates give residents four opportunities each year to dispose of hazardous wastes and solid materials in order to remove them from the watershed and dispose of them properly. Document shredding is scheduled three times each year, and recycling education is provided in an information station inside the main building.

Helen Townsend from Princeton serves as president of the Board of Directors. All board members are working volunteers who create policy and instructions for the staff and recycling vendors. Additional site coordinators and committees ensure safety and sound working procedures, as well as training and scheduling. Volunteers understand that their efforts have a huge impact on the environment, and learn all facets of recycling by being cross-trained for many different jobs within the center. For many, this is their first lesson in recycling. Volunteer groups come from local middle schools, colleges and community service programs to give others a chance to learn about and appreciate the recycling initiative.

At this time, WWRRC is especially in need of donated

construction and sign making services. For more information about recycling items or volunteering, visit wachusetearthday.org, call the center at 978-464-2854, or contact Helen Townsend at helenht05@gmail.com.

The Wachusett Watershed Regional Recycling Center is located at 131 Raymond Huntington Highway, West Boylston.

Farmers Market seeks sponsors

The Sterling Farmers Market anticipates a great season and is seeking sponsors for each week. The \$200 sponsorship fee provides funds for the musicians who perform and helps to cover market associated costs. In addition, the market provides signage and Facebook page posts for sponsors. Sponsors are invited to set up a table and distribute marketing materials.

The 2016 market starts May 20 and runs every Friday through October, downtown Sterling, from 3 to 6:30 p.m. For information or sponsorship, email sterlingfarmersmarket@gmail.com.

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Sterling-Lancaster Community TV

Broadcast Schedule May 21st to May 27th, 2016
Comcast Channel 8

Saturday	Genre
12:00 AM Midnite Mausoleum - Horror Of Zombies	Entertainment
4:00 AM Midnite Mausoleum - Horror Of Zombies	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM Channel 8 Community News	News
1:00 PM Explore - India	Documentaries
2:00 PM Channel 8 Community News	News
3:00 PM Identity Theft	PSA
4:00 PM Childrens Corner - Hot Diggy Dog	Children
5:00 PM Valley Homegrown - Barishi	Music
6:15 PM The Song - Mariam Massaro	Music
7:00 PM Explore - India	Documentaries
8:00 PM Channel 8 Community News	Local
9:00 PM Identity Theft	PSA
10:00 PM Barbara and You	Interview
Sunday	Genre
12:00 AM Midnite Mausoleum- Horror Of Zombies	Entertainment
4:00 AM Midnite Mausoleum- Horror Of Zombies	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Channel 8 Community News	News
1:00 PM Explore - India	Documentaries
2:00 PM Channel 8 Community News	News
3:00 PM Identity Theft	PSA
4:00 PM Childrens Corner - Hot Diggy Dog	Children
5:00 PM Valley Homegrown - Barishi	Music
6:15 PM The Song - Mariam Massaro	Music
7:00 PM Explore - India	Documentaries
8:00 PM Channel 8 Community News	Local
9:00 PM Identity Theft	PSA
10:00 PM Barbara and You	Interview
Monday-Friday	Genre
12:00 AM Midnite Mausoleum - last man on earth	Entertainment
4:00 AM Midnite Mausoleum - last man on earth	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Lentil Vegetable Soup	Cooking
10:00 AM High Five Fitness - Ep13	Health
11:00 AM Community Substance Abuse Awareness Forum	Local
1:00 PM Explore - The Challenge of Change	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Cheesy Chicken Sandwich	Children
5:00 PM Atlantic Wind Symphony Orchestra	Music
7:00 PM Explore - The Challenge of Change	Documentaries
8:00 PM Community Substance Abuse Awareness Forum	Local
10:00 PM Barbara and You	Interview

Broadcast Schedule May 28th to Jun 3rd, 2016
Comcast Channel 8

Saturday	Genre
12:00 AM Midnite Mausoleum - last man on earth	Entertainment
4:00 AM Midnite Mausoleum - last man on earth	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
1:00 PM Explore - The Challenge of Change	Documentaries
2:00 PM Community Substance Abuse Awareness Forum	Local
4:00 PM Childrens Corner - Cheesy Chicken Sandwich	Children
5:00 PM Atlantic Wind Symphony Orchestra	Music
7:00 PM Explore - The Challenge of Change	Documentaries
8:00 PM Community Substance Abuse Awareness Forum	Local
10:00 PM Barbara and You	Interview
Sunday	Genre
12:00 AM Midnite Mausoleum - last man on earth	Entertainment
4:00 AM Midnite Mausoleum - last man on earth	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
1:00 PM Explore - The Challenge of Change	Documentaries
2:00 PM Community Substance Abuse Awareness Forum	Local
4:00 PM Childrens Corner - Cheesy Chicken Sandwich	Children
5:00 PM Atlantic Wind Symphony Orchestra	Music
7:00 PM Explore - The Challenge of Change	Documentaries
8:00 PM Community Substance Abuse Awareness Forum	Local
10:00 PM Barbara and You	Interview
Monday-Friday	Genre
12:00 AM midnite mausoleum- war of planets	Entertainment
4:00 AM midnite mausoleum- war of planets	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Dish It Out - Butternut Squash Soup	Cooking
10:00 AM Visions For Health - Asian Body Work Therapy	Health
11:00 AM Smart Boating - Hurricane Protection	Hobby
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM Explore - Youthful Expressions	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Macaroni Madness	Children
5:00 PM Valley Homegrown - ASTrio	Music
6:15 PM The Song - Gerry Segal	Music
7:00 PM Explore - Youthful Expressions	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Smart Boating - Hurricane Protection	Hobby
10:00 PM Barbara and You	Interview

**Please note this schedule is subject to change.
Refer to www.slctv.us for any updates.**

LOCAL HAPPENINGS

Lancaster's Bulfinch Meeting House kicks off 200th anniversary celebration



Contributed PHOTO

First Church of Christ Unitarian, Lancaster

Lancaster's town green is home to the Charles Bulfinch-designed Fifth Meeting House, which serves today as the home of the First Church of Christ Unitarian. Built in 1816, the building is one of only a few Bulfinch churches.

A year-long celebration of the iconic building and its rich history begins on Memorial Day, May 30. Events include lectures, special musical performances, an organ concert, an art contest and show, as well as a capstone celebration in the spring of 2017. For information and a calendar of events, visit firstchurchlancasterma.org/200th-anniversary-celebration, or contact Robert Johansen at robertjohansen2790@gmail.com or 978-365-2427.

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LOCAL HAPPENINGS

Selectman loses son to cancer

Continued from page 1

brain surgery to remove the tumors. On February 6, he was strong enough to be brought by Angel Flight to Boston, where he was admitted to Brigham and Women's Hospital to begin a series of radiation treatments to reduce the swelling in his brain and retard the growth of another tumor. Three weeks later, he was moved to Spaulding Rehabilitation Hospital in Cambridge where he underwent twice-daily chemotherapy treatments, as well as speech, occupational, and physical therapy, which helped him to slowly regain some of his speech and mobility.

Jeff's fiancée rented a small apartment near Spaulding, while the rest of his family made the daily commute from Sterling to Boston, taking turns in shifts throughout each day and night, so that he was never alone.

Just days after his 39th birthday, Jeff and his family were devastated to learn that not only had chemotherapy failed to even touch the cancer, but that the disease had spread like wildfire throughout his already frail body. He was re-admitted to Brigham and Women's Hospital where he died a few days later.

For his parents, two sisters, and their families, the past few months have been both incredibly fast-moving and unbearably slow. But for all of them, Jeff's death has left a gaping hole that won't ever totally heal.

On March 7, Jeff's sister Kristen Cranson Nelson, who maintained a website on caringbridge.org to keep family and friends informed of his progress, wrote, "Each day is a roller coaster of good moments that fill us up and sad, bad moments that suck your

spirit from your body! Cancer is so angry! We are all so angry. Trying to put our anger in place to fight this unfair battle with cancer is the worst."

Reflecting on a future without her brother, Kristen says "My heart was already conditioned to miss him when he moved to Alaska. But what's different now is the finality."

His mother, Maureen Cranson, thinks a lot about his travels throughout the world, and his loving and adventurous nature. "He was outdoors all the time," she says. "He loved hiking, climbing, kayaking, everything, and he taught those skills to others."

"He spent 10 months hiking in India and in the Himalayas, and I'm still hearing from people that he met and helped on those journeys. There are just so many wonderful stories."

What Kristen believes will stay with her forever was Jeff's capacity for love. "I've come to realize that he was exactly like our grandmother, Natalie [Cranson]," she says. "He had the ability to love totally, without condition, and without judgment. That was his gift."

Despite their grief and moments of pain that are sudden and often random, Maureen and Kristen agree that Jeff's greatest wish would be for everyone he loved to get on with their lives, spend lots of time outdoors, and have wonderful adventures. "I don't remember ever being this sad. But Jeff wouldn't want us wallowing. He wouldn't even have wanted the wake and the funeral and the reception. But he didn't always get what he wanted," reflects Maureen, smiling.



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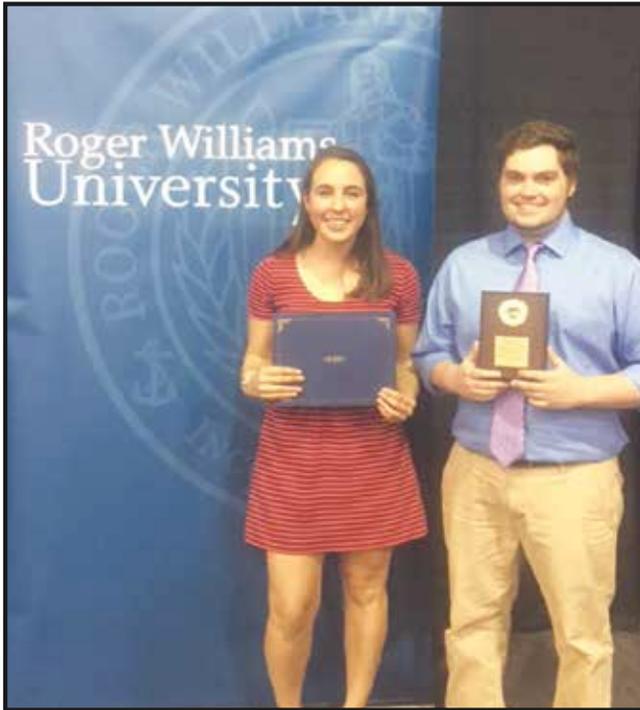
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LOCAL HAPPENINGS

Sterling achievers



Contributed PHOTO

(Left to right) Emily Tomczyk and Connor Casey.

Emily Tomczyk and Connor Casey, both raised in Sterling, have recently won awards at the student life achievement ceremony at Roger Williams University in Bristol, RI. Tomczyk, a junior, won Who's Who Among American Colleges and Universities. She graduated from Wachusett Regional High School in 2013, and is studying criminal justice. She plans to apply to law school, and hopes to work in victim advocacy law, working with children and special victims of crimes.

Casey, a graduate of St. John's High School in Shrewsbury and recent graduate from RWU, majored in journalism, with a minor in eBusiness. He would like to be a sports journalist, either in print or digital media. He was the sports editor for his college paper for the past year and a sports writer for two years before that. He also blogs about the Boston Celtics at Celticslife.com.

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Lots happening at the Library

Activities abound for all ages at Conant Public Library, located at 4 Meetinghouse Hill Road, Sterling. Call 978-422-6409 to register for programs.

Preschool Art Class with Suzanne Hauerstein – Preschool Art Class will immerse youth ages 2.5 to 5 in the creative world of art. Mondays, May 23 to June 27 (no class May 30), 10:30 a.m. Registration required.

Family movie night – Tuesday, June 7, 5:30 p.m. Zootopia, rated PG, follows rookie bunny cop Judy Hopps as she teams up with a wily fox named Nick to uncover a mystery in the bustling city of Zootopia. Features the voice talents of Ginnifer Goodwin and Jason Bateman, as well as a richly animated cast of critters.

Teen writing contest

The Friends of the Conant Public Library invites library patrons in grades six to eight to write a short story to submit to this year's Writing Slam. Stories must be a minimum of two pages. Writers can choose any topic, and have the option of creating graphics to go with the story. All participants will be eligible to win a \$100 Barnes & Noble gift certificate. The winner will be announced at a gathering on Thursday, June 9, from 6:30 to 7:30 p.m., in the Baker Room. Refreshments will be served. Deadline

to enter is Wednesday, June 1. Drop off submissions at the circulation desk at Conant Public Library, 4 Meetinghouse Hill Road, or email to friendsofconant@gmail.com. All submissions will be bound into a journal that will be available in the local history section of the library.

Summer Reading 2016

The children's summer reading program at Conant Public Library is an interactive and fun way to encourage kids to read during the summer. Children log their reading hours for a chance to win great prizes. The first day to log hours is Monday, June 20. The last day to log hours and receive raffle tickets is Saturday, August 13 until 1p.m. Registration opens on Monday, June 13, at 10 a.m. Register at the library, or visit sterlinglibrary.org to register online.

Donations sought for Summer Reading Program

Conant Public Library is now accepting donations from patrons and businesses of new toys, crafts, games, gift cards, and books to be awarded as prizes in our Children's Summer Reading Program. The program is a fun and interactive way to encourage children to continue reading during the summer. Donations may be dropped off at the children's desk or main circulation desk.

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Adult coloring program

Conant Public Library is offering an adult coloring program. Discover the stress-reducing and relaxing benefits of coloring. Monday, May 23, and Wednesday, June 8, at 6:30 p.m., in the Baker Room. Supplies available or bring your own. No registration required.

What's cooking at the Cookbook Club?

Conant Public Library's Cookbook Club will make recipes from *Martha's American Food* by Martha Stewart on Wednesday, May 25, 6:30 p.m. Choose a recipe from this

cookbook filled with American favorites, prepare the dish, and bring it to the library for an evening of good food and great conversation. Cookbooks are available at the library. To register, call 978-422-6409.

Get into genealogy

Conant Public Library will be host a free introduction to genealogy on Saturday, June 4, at 10:30 am. Learn what's needed to get started in genealogy and family history, presented by the Massachusetts Society of Genealogists, Inc. To register, call 978- 422-6409.

Discover the Galapagos Islands

Conant Public Library will host a presentation on the wildlife of the Galapagos Islands on Wednesday, June 15, at 6 p.m. Join teacher and naturalist Terri Klingler for a talk and slideshow presentation of these amazing islands. To register, call 978-422-6409.

Museum passes available

Summer's the perfect time to enjoy museum passes available at Conant Public Library. Whether you're looking for a day of interactive learning with your kids or a few hours of art or hiking, our selection of museum passes offers free or reduced admission to 13 local

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Library NEWS

museums and attractions. Fitchburg Art Museum and Davis Farmland (offering weekend passes) are among the available choices. For a complete list and information on discounts, please visit sterlinglibrary.org/museum.asp, or call 978-422-6409 to reserve passes.

Learn about your ancestors

Would you like to know when your ancestors were born, where they lived, their occupations, and how old they were when they died? Ancestry.com contains links to public records, immigration lists, newspaper articles, and more. The Friends of the Conant Public

Library sponsors a membership to Ancestry.com that is available to patrons through the library's website. Go to Sterlinglibrary.org, click on Library Services in the top menu bar, then Ancestry.com.

The Friends of the Conant Public Library supports many programs and resources that are available through the library, including e-books, passes to cultural attractions, and children's programs. For membership information, email friendsofconant@gmail.com or call Ellen Zanino at 781-858-3282



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Get ready for summer

Sterling Recreation's complete Summer 2016 brochure is available at the Butterick Municipal Building, Conant Public Library, DPW, 1835 Town Hall, and at local schools.

To learn about all programs and to register online, visit SterlingRec.com, call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling.

Active Kids

After School Tennis at Chocksett – Grades 5 to 8.

Spring Session, Mondays to June 13, 3:10 to 4:10 p.m. Chocksett Middle School gym. \$65.

Super Safari Adventure – Entering grades 3 to 8. June 27 to July 1, 9 a.m. to 4:30 p.m. Adventure to new places, like Water Country, Canobie Lake Park, and more. \$299.

Sterling Sports Adventure – Entering grades 1 to 8. Session I: June 27 to 30. Session II: July 5 to 8. 8:30 a.m. to 2:30 p.m. Chocksett Middle School. \$150/session, or \$290/both sessions.

Arts and Creativity

Project Runway – Entering grades 5 to 9. June 27 to 29, 9:30 a.m. to 2 p.m. Chocksett Middle School. \$170.

Babysitting and CPR Training – Entering grades 5 to 8. Tuesday, June 28, 9:30 a.m. to 1:30 p.m. 1835 Town Hall. \$85.

Art Blast – Entering grades 2 to 5. July 11 to 15, 9 a.m. to noon. 1835 Town Hall. \$150.

Active Adults and Teens at 1835 Town Hall

Gentle Yoga – Thursdays to June 16, 10:30 to 11:30 a.m. \$13/class.

Yoga for All – Thursdays to June 16, 7 to 8 p.m. \$13/class.

Naga Fitness with Gina at 1835 Town Hall

All classes are \$10 each or any 10 classes/\$90 paid in advance.

Kettlebells – Wednesdays, 7 to 8 p.m., and Saturdays 8 to 9:15 a.m.

Power Yoga – Saturdays, 9:30 to 10:45 a.m.

Beginner/Intermediate Yoga – Wednesdays, 5:30 to 6:45 p.m.

Town beach opening

The town beach is scheduled to open on June 18. Hours are noon to 8 p.m. daily, weather permitting, until August 18.

Reserve Your Listing in the 2016 Business Directories

Sterling • Clinton • West Boylston

For information call Mark at 978-422-9824 or email to: Mark@SterlingMeetinghouseNews.com

Sample page from last year's directory

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Visit the online Business Directory at www.SterlingMeetinghouseNews.com

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Sterling Resident Sholan Park parking permits

Resident parking permits allow Sterling residents to park at Sholan Park, which provides access to the town beach. Residents must have a blue sticker affixed to their vehicles in order to park legally. Resident parking permits are issued by the Sterling Recreation Department, primarily distributed at Sholan Park by the parking attendant on duty, when the town beach is open. To obtain a permit outside of those times, call Sterling Rec at 978-422-3041. Residents must present a current, valid vehicle registration. Families or individuals currently renting in Sterling are also eligible for a seasonal parking pass. Renters should contact the Recreation Office to obtain their pass and must provide a recent utility bill for proof of residency. Guest passes, for guests of residents, will also be available through Sterling Rec.



George Gibbs Little League takes lead on athlete safety

The Sterling-Princeton George Gibbs Little League is making sure their coaches are trained to recognize and respond to episodes of sudden cardiac arrest and operate an automated external defibrillator (AED).

The issue is personal for Barri Lynn and Stephen Godbout, who brought the issue to the attention of the George Gibbs Little League Board in April, after learning their son has a heart condition, and prompting the family to minimize risks from playing sports. The board voted unanimously in favor of adopting protocols for training coaches on spotting and responding to sudden cardiac arrest.

According to the American Academy of Pediatrics, sudden cardiac arrest claims the lives of thousands of children each year, and is the number one cause of death among student athletes.

Senior Center director resigns

Karen Phillips has resigned as director of the Sterling COA/Senior Center. Nickole Boardman will serve as Interim Director, effective immediately, until a new director is appointed. A candidate search is expected to begin shortly.

Boardman has served as Outreach Worker at the Sterling Senior Center since 2012. The search for an Interim Outreach Worker is currently underway. See page 5.

The Senior Center is now located at 36 Muddy Pond Road. The building will be open Monday, Tuesday, and Wednesday, 8 a.m. to 4 p.m.; Thursday, 8 a.m. to 8 p.m.; and Friday, 8 a.m. to 12:30 p.m. For more information or to register for programs call 978-422-3032. There is an answering machine available 24 hours a day.

Drop in for coffee Monday to Friday, 8 to 11:30 a.m. The Sterling Senior Center serves lunch at 11:30 every day. Anyone over 60 is welcome. Call 978-422-8022 for a reservation the morning before you want to come. Home meal delivery available daily. \$3 suggested donation.

Healthy Lifestyles – Wednesday, May 18, 1 p.m., by Sharon Nolli from Summit ElderCare. Everyone needs to pay attention to improving their health. This is a great place to start.

Elder Keep Well Clinic – Thursday, May 19, noon.

Pancake Breakfast – Friday, May 27, 7:30 to 9:30 a.m., at the Senior Center. Enjoy pancakes, sausages, tea breads, fruit cup, juice, and coffee, hosted by the Friends of Sterling Seniors. \$2. All are welcome.

Memorial Day – Monday, May 30. Senior Center closed.

Trinity Big Band Concert – Tuesday, May 31, 1 p.m. Come for a wonderful musical experience and refreshments.

Blood pressure clinic – Thursday, June 2, 9 to 11 a.m.

SHINE counselor – Wednesday, June 8, a counselor will be available to answer health insurance questions. Appointment required.

Advertise in Sterling Meetinghouse News

Contact Mark Barbato at 978-422-9824 or marksterlingmeetinghousenews@outlook.com.

New Senior Center, new programs

A host of new programs are underway at the new Senior Center. Call 978-422-3032 to sign up for the new classes.

Beginners French – Norman Plourde teaches this 8-week course on Tuesdays and Thursdays, 11 a.m. to noon. Free.

Knitting/Crocheting – Mondays, 2 p.m. Donations will be given to a charity. Yarn donations are gratefully appreciated.

Knitting – Fridays, 9 to 11 a.m.

Open coloring – Adult coloring is a great way to relieve stress and unleash creativity. Tuesdays and Thursdays. Free.

Pitch, Poker, and Cribbage – Pitch and poker on Mondays, 12:30 p.m. Cribbage on Wednesdays, 12:30 p.m.

Chair Pilates – In addition to chair yoga class, we will offer a chair pilates class with Jennifer Davidson on Tuesdays, 11 a.m. \$5/class.

Yogalates – Jennifer Davidson will teach a combined yoga/pilates class. Thursdays, 6 to 7 p.m. \$80/8-week course.

Journaling to Tell Your Life Story – Sterling Meeting-house News editor Lex Thomas will show you how to organize your thoughts, keep track of memories, and compile them into a journal for yourself and others. Fridays, 10:30 to 11:30. \$5/class.

Art Studio: Try it Out! – Suzanne Hauerstein will help you to get creative and try your hand at a different art technique each week in a friendly, relaxed atmosphere. All supplies included. No experience needed. \$50/5-week course.

Line Dancing – Have fun while getting some exercise. Tuesdays, 9:30 a.m. \$2 per class.

Internet-accessible computers are available for use.

Two pool tables are available for games whenever the building is open.

We provide transportation in our senior van. \$1 roundtrip in town, \$2 roundtrip out of town. No charge for transportation to the Senior Center. Call 978-422-3032 at least 48 hours in advance to make a reservation.

On Wednesdays, the senior van takes seniors on shopping trips to Walmart, Kmart, The Mall at Whitney Field, and other locations. For more information, call 978-422-3032.

The van is available to take seniors to appointments on Monday and Friday mornings, and on Monday, Tuesday, Thursday, and Friday afternoons.



PHOTO by Richard Maki

(Left to right) Newly elected selectman and Y.A.H.O.O. director Richard Lane and Irene Camerano with Y.A.H.O.O. volunteers.

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Happy Travelers offer exciting trips

The Happy Travelers, bus trips for the 50+ traveler, has an exciting roster of day trips throughout 2016. All day trip pricing includes driver and escort, gratuity and cancellation waiver. Sunday, May 22, Mount Auburn – Sunday brunch and Kennedy Library, \$105 per person. To request a copy of the 2016 schedule, call 508-835-4312 or email glady2@verizon.net. Flyers available at the Sterling Senior Center.



PHOTO by Richard Maki

Safety educator Ray Gouley shows seniors what can happen when ordinary extension bars are overloaded causing a fire, during a presentation sponsored by the SMLD.



PHOTO by Richard Maki

Irene Camerano and Ken Day enjoy lunch provided by the SMLD following the electrical safety presentation.

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Eat, Pray, Learn

"Conservatives and Liberals: Can't We Just All Get Along?" is the subject of the Eat, Pray, Love discussion on Wednesday, May 18, at First Church in Sterling, 6 Meetinghouse Hill Road. Led by Connor Wood, Ph.D. Dinner, 6 to 6:30 p.m., discussion 7 to 8:30 p.m. Childcare available. Everyone welcome. For information, call 978-422-6657.

Wachusett Greenways spring outings

Moonlight Walk on the Mass Central Rail Trail, Friday, May 20, 7 to 9 p.m.

Enjoy a leisurely walk followed by refreshments. As the light changes, we'll listen for evening calls of birds and amphibians. To sign up, contact Colleen Abrams at 508-479-2123 or colleen.abrams@verizon.net.

Bicycling on the Upper Charles Trail in Milford, Thursday, May 26, 1 to 3 p.m.

Fourteen miles round trip with an option to add another 10 miles for those who wish. Bring a helmet, water and snack. To sign up, contact Colleen Abrams at 508-479-2123 or colleen.abrams@verizon.net.

Memorial Day Weekend Bike Ride on the Mass Central Rail Trail, Saturday, May 28, 11 a.m. Starting at Miles Road in Rutland, round-trip distance approximately 10 miles. Start time 11 a.m. To sign up, contact Troy Milliken at 540-560-5283 or troy.milliken@gmail.com.

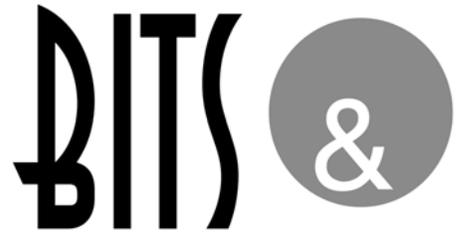
Mountain Laurels at Porcupine Hill, Sunday, June 12, 1 to 3 p.m. Moderate hike. To sign up, contact Lori or Larry at 978-407-6066 or holden_yahoo@charter.net.

Second Annual Lyme Conference

May is Lyme Disease Awareness Month, a time to shine a light on a serious and growing public health crisis. The CDC estimates that over 300,000 cases of Lyme Disease are diagnosed each year in the U.S., but many experts believe the actual number is much higher due to unreliable testing, misdiagnosis and controversy within the healthcare industry. The Central Mass Lyme Foundation will hold its second annual conference, featuring guest speakers and resources, on Saturday, May 21, at Worcester Technical High School, 1 Skyline Drive, Worcester. Registration 8:30 a.m., conference 9 a.m. to 4:30 p.m. For more information, call 1-888-511-LYME, or visit CentralMassLyme.org.

Cause for Paws donation drive

Leader Basement Systems in Sterling is holding a donation drive to benefit NEADS, a non-profit organization that trains therapy dogs to assist deaf and disabled adults, children, and veterans, and that relies solely on donations and support from local businesses and communities. Visit neads.org and click the Get Involved



tab to see what they need, everything from food to office and laundry supplies. Items may be dropped off Monday to Friday, from 9 a.m. to 5 p.m., on or before May 21 at 149 Greenland Road, Building 3C, Sterling. For item pickup, or to arrange an alternate delivery time, call Leader Basement Systems at 888-320-6363.

Democratic Town Committee meeting

The Sterling Democratic Town Committee will meet on Monday, May 23, 6:30 to 8 p.m., at the Butterick Municipal Building, Room 205. The agenda includes introduction of new committee members, treasury report and discussion of proposals for revenue generation, and discussion of upcoming Massachusetts Democratic Convention. Everyone is welcome.

Wachusett Watershed Public Safety Day

Learn about the different Local, State, and Federal agencies that respond to various emergencies within the Wachusett Watershed System. Saturday, June 4, noon to 3 p.m., at John Augustus Hall, 180 Beaman St., West Boylston. Local and state fire departments, Massachusetts state and environmental police, Massachu-

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sets National Guard, and many other emergency response agencies will be on hand to answer questions and show their specialized equipment. For more information, contact the Wachusett Ranger Station at 978-365-3800.

Republican Town Committee meeting

The Sterling RTC will meet on Monday, June 6, 7 p.m., in the 1835 Town Hall, Room 1, first floor. All registered republican residents are welcome to attend. For information, email loret.schur@gmail.com or call 978-368-8923.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, June 6, 7:30 p.m., at the post hall, 32 School St., Sterling. Hamburgers served at 6:30 p.m. E-Board 7 p.m. Sterling Association drawing will be held.

SCT announces Footloose auditions

Sterling Community Theatre will hold auditions for Footloose at First Church in Sterling, 6 Meetinghouse Hill Road, on Saturday June 11 and Sunday June 12, by appointment

only. Director Kelley Manson is seeking a large multi-generational cast of adults, teens, and children to bring this musical to life. Performances will take place September 16, 17, 23, and 24 at 7:30 p.m., with a 2 p.m. matinee on Saturdays. For more information, contact producer Katie Restuccia at sterlingcommunitytheatre@gmail.com or visit sterlingtheatre.com.

Red Cross blood drive

A Red Cross blood drive will take place on Tuesday, June 14, from 1 p.m. to 6 p.m., at Hope Chapel, 35 Chocksett Road, Sterling. For information, visit hopechapelsterling.org.

Wachusett RC Flyers open house

The Wachusett RC Flyers, an enthusiastic group of remote control airplane flyers and modelers, will hold an open house on Saturday, June 18 (rain date Saturday, June 25), 10 a.m. to 2 p.m., at their field at the end of George E. Peeso Lane (behind the Sterling Police Department). Demonstrations of model airplanes, helicopters and quadcopters. Flight simulator and free planes for the kids. Free. For information, visit wachusettrcflyers.org.

Free watercolor classes

Weekly art instruction is offered by Charlie Gray, a Rutland resident with years of experience in the field of making, teaching, and selling art. To see some of his work, visit [\[grayfinearts.blogspot.com\]\(http://grayfinearts.blogspot.com\). Free. Supply your own materials after the first session. Mondays, 9 to 11 a.m., First Church in Sterling Parish Hall, Room 2.](http://charles-</p></div><div data-bbox=)

Nar-Anon support group

A Nar-Anon family support group meets every Thursday, from 7:15 to 8:30 p.m., at St. Richard's Downstairs Chapel, 4 Bridge St., Sterling. Nar-Anon is a 12-step group for family and friends of those addicted to drugs.

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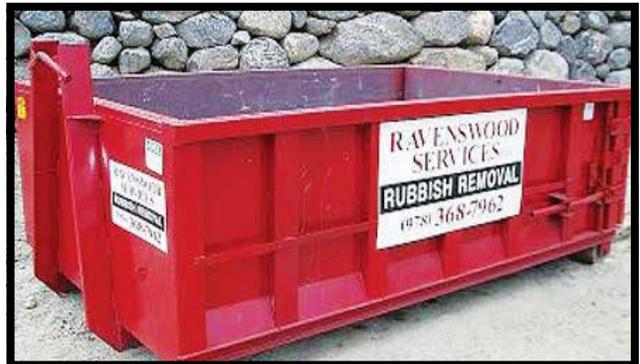
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