



# Sterling MEETINGHOUSE NEWS

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October 17, 2015



Contributed PHOTO

*Sterling Boy Scouts navigate a bridge relay to build teamworking and problem solving skills.*

Over 200 Boy Scouts braved inclement weather during the October 2 weekend to attend the Boy Scouts of America Wachusett District's Fall Camporee, held at the Sterling Springs Campgrounds. Boy Scout Troops came from towns throughout the region, including Sterling, Ashburnham, Athol, Gardner, Lancaster, Leominster, Princeton, and Westminster.

Blustery weather and rain didn't dampen the boys' spirits as they competed in 13 events focused on key Boy Scout skills bearing out the Camporee's "Back to Basics" theme. In addition to the competitions, Scouts were treated to demonstrations from the Sterling Police and Fire Departments, the Massachusetts State Police K-9 Unit, and two blacksmiths who demonstrated their skills. Saturday night featured a campfire with singing and storytelling. Sterling's own Boy Scout Troop 189 hosted the event, which garnered many positive comments from troop leaders, Scouts and district staff.

## Special Town Meeting seeks voter decisions on issues

by Lex Thomas

On Monday, October 19, a Special Town Meeting will consider a number of issues for discussion and vote by Sterling residents. Unlike the much lengthier Annual Town Meeting warrant in May, this one includes only nine articles, some of which are already familiar to voters.

In the first article, voters will be asked to appropriate a bond premium to reduce borrowing for the new Senior Center project. At the May 2014 Annual Town Meeting, the town authorized borrowing \$2,710,000 to fund construction. However, a subsequent \$180,000 premium based on market conditions, has reduced the principle. This article seeks to appropriate the \$180,000 bond premium to fully fund the project.

TOWN MEETING, page 6

**Sterling Special Town Meeting**  
 Monday, Oct. 19  
 6:30 p.m.  
 Chocksett  
 Middle School,  
 40 Boutelle Road

The Special Town Meeting Warrant is available in the Town Clerk's Office and online at [sterling-ma.gov](http://sterling-ma.gov).

**SterlingMeetinghouseNews.com**

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## LETTERS

### Town Wide Yard Sale a great success

A tremendous thank you to the Sterling community for their overwhelming support of and enthusiasm for the 10th Annual Sterling Town Wide Yard Sale!

Glorious weather brought great crowds to Sterling for this annual event. The bargain-hunting energy was high from early morning right through the afternoon, and with 77 officially registered yard sale sites and many others taking advantage of the publicity without registering, it was a great success. We would like to especially thank those who supported the event by registering their sale to be included on the map, and everyone who purchased a map and enjoyed the day in Sterling.

Over \$2,100 was raised this year through site registrations and map sales. The event is one of First Church in Sterling's great fundraisers. Funds raised provide scholarships to youth for summer camps and the mission trip to the Dominican Republic, adult education, and many local, national and international outreach and education opportunities. Many volunteer hours go into making this event a success each year, and we truly appreciate your support!

The Christian Education team would like to extend our sincerest thanks to everyone who contributed to make this such a success, especially the volunteers who sold maps on and around the Town Common throughout the day, and to Linda Davis and Pam Guild for their continued work to ensure the TWYS runs smoothly and is well advertised!

Christian Education and Formation Ministry  
Leadership Team, First Church in Sterling

### Keep featuring town history

I've lived in Sterling for eight years and was happy to learn the history of the Sterling Fair and the Pinecrest Duck Farm. Your article about the farm crops damaged by the hail storm was also interesting, giving me new insight into the challenges that local farmers face. As a relative newcomer to Sterling, I'd also love to know the detailed history of Mary and her little lamb, the Cider Mill, and village of small homes and camps on Camp-ground Road. Thanks for an informative, interesting, and friendly publication.

Elizabeth Howe  
Walnut Drive, Sterling

### Ferguson and Naughton support Sterling seniors

There are lots of exciting things going on at our Sterling Senior Center site on Muddy Pond Road. Almost daily, there's something new that brings this project closer to fruition! Sterling's taxpayers have been generous initiating our start. However, there are portions of the project that were earmarked to be completed by fundraising and grants.

To that end, Sterling needs to give a big thank you to our representatives Kimberly Ferguson and Harold Naughton Jr., who have worked tirelessly throughout their careers to help improve senior living for one of the area's most valuable assets!

Recently, representatives Ferguson and Naughton demonstrated their commitment to these constituents. Through their support and initiative, they were successful in securing \$65,000 in the FY2016 legislative budget. These funds are earmarked to help complete portions of the project not covered in the initial construction monies.

Thank you, Ms. Ferguson and Mr. Naughton. We appreciate your dedication and your support for Sterling's most recent community enhancement, our Senior Center. We will do you proud as we serve our community's aging population!

Sterling Senior Center Building Committee  
Maureen Cranson, Michael Padula,  
Richard Maki, Kevin Beaupre, Weymouth Whitney,  
Bob Bloom, Ron Cote

### Rabies clinic a success

On October 3, Sterling ran the annual fall Rabies and Microchip Clinic at VCA Sterling Animal Hospital. The turnout was very good, especially in view of the inclement weather. A total of 57 rabies shots were administered to dogs and cats and five microchips were implanted, well up from last year. The microchips are important, because I can scan the dog or cat with my universal scanner to find the owner if pets are lost or injured. I want to remind residents that cats tend to wander further from home than dogs, and microchips make it easier to find owners. Microchips are inserted in the neck area and are virtually painless. Remember that any microchip must be registered by calling the microchip company in order to be activated.

The next Rabies and Microchip Clinic in Sterling will be held in March 2016.

I want to thank the Board of Health for sponsoring

# LETTERS

the Rabies and Microchip Clinic, and Dr. Fritz, D.V.M, and staff at the VCA Sterling Animal Hospital for making things run smoothly and for the use of their facility.

I also want to thank Karen Kase, Scott Crossman, Terry Sadler, and Fran Simonds from the Animal Control Advisory Board for helping with the clinic. The clinic went very smoothly, and everybody worked well together with their designated jobs.

Louis Massa  
Sterling Animal Control Officer

## 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.*



# Sterling MEETINGHOUSE NEWS

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## EDITOR'S NOTE

Tough challenges often have multiple labels. Taking responsibility. Owning it. Being the change you want to see. Stop blaming others. Mastering your own destiny. In this issue, we explore steps for taking responsibility for our own health, and for embarking on a path that can help boost our well-being on a personal level. But what about seizing our responsibility as members of a community? Our upcoming Special Town Meeting is an opportunity for each of us to own the decisions that affect our town. By attending and voting at town meetings, we each become part of the change we want to see, and part of the political process that shapes our town and our destiny, both as individuals and as a society.

– Lex Thomas

## Soccer nets can be threat to wildlife

Sterling Animal Control Officer Louis Massa warns that standing soccer nets can pose a threat to foxes and other wildlife that could become entangled in them and strangle to death. Massa advises that when not in use, nets should be laid down flat or put away.

## ANNOUNCEMENTS

### Wachusett Food Pantry October distribution

The WFP provides monthly emergency food to any family with either a short- or long-term need. Food distribution takes place on the third Friday of the month for seniors, and the third Saturday of the month for everyone else. Residents of Sterling, Holden, Paxton, Princeton, and Rutland are eligible. Proof of residency is required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Rte 12), Sterling. Distribution Friday, October 16 for seniors, and Saturday, October 17 for the public, 9 to 11 a.m. Donations of non-expired food items, personal care products, and paper goods are gratefully accepted. Clean, intact plastic bags are also required. For information, call 978-563-1064, email [wfp@wfp1995.org](mailto:wfp@wfp1995.org), or visit [wfp1995.org](http://wfp1995.org).

### Brush dump schedule

Residents are encouraged to consider home composting of yard waste or dispose of it at the brush dump located behind the Sterling Police Department on George Peeso Lane, open 8 a.m. to noon on Saturday, October 24, 31, November 7, 14, and 21.

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## ANNOUNCEMENTS

### Operation Christmas Child at Hope Chapel

Last year, Hope Chapel accepted over 140 shoeboxes for "Operation Christmas Child," an international effort to benefit children in need around the world with simple filled shoeboxes of toys and needed supplies. This year, Hope Chapel's goal is to receive 175 filled shoeboxes, which will be accepted from November 1 to 15. Shoeboxes and instructions are available starting October 18 at Hope Chapel, 35 Chocksett Road, Sterling. Office hours are 9 a.m. to 2 p.m. Monday through Friday. For more information about the organization and how to fill a shoebox, visit [hopechapelsterling.org/operation-christmas-child/](http://hopechapelsterling.org/operation-christmas-child/).

### Recycling Center needs volunteers

New volunteers are needed for the Wachusett Watershed Regional Recycling Center. Hours are Monday evening, Tuesday morning or Wednesday afternoon for 2-hour shifts and the third Saturday morning of the month. Whether you're available weekly or occasionally, we need you. For information or to volunteer, visit [wachusettearthday.org](http://wachusettearthday.org), or contact Colleen Abrams at 508-479-2123.

### Wachusett Food Pantry needs your help!

Can you help WFP prepare for the upcoming holiday season? Volunteers are needed for monthly food distribution days (Friday and Saturday) from 9 to 11 a.m. New volunteers arrive at 8:30 a.m. for a brief orientation. Volunteers are also needed for monthly food sorting dates, sorting donating foods to ensure high quality. All adult and high school youth are welcome. No pre-registration needed. For more information about times and other requirements, contact the WFP at 978-563-1064, email [wfp@wfp1995.org](mailto:wfp@wfp1995.org), or visit [wfp1995.org](http://wfp1995.org).

### Holiday gifts needed for veterans

The Hiram O. Taylor American Legion Post 189 is assembling Christmas boxes for local veterans living in assisted living and care facilities. We're seeking donations of clothing, lap blankets, books, toiletries, hats, gloves, socks, t-shirts, sweatshirts, stationery, and other items to make Christmas happier for dozens of deserving veterans. Donations of cash (enabling post members to shop for items) or items are gratefully accepted. Send donations to Hiram O. Taylor Post 189, P.O. Box 245, 30 School St., Sterling, MA 01564 (indicate Christmas Drive on check). Donated items can be delivered to 30 School St., Sterling, or call Russ Fitch at 978-870-6813.



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Sample page from last year's directory

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Visit the online directory at [SterlingMeetinghouseNews.com](http://SterlingMeetinghouseNews.com).

## Special Town Meeting

Continued from page 1

Article 2 seeks to appropriate the bond premium to reduce borrowing for a new fire engine, which together with the reduction in borrowing for the Senior Center, will save the town approximately \$54,000 in interest costs over the life of the bonds.

Article 3 seeks to raise and appropriate or transfer \$16,500 to the Council on Aging to cover operating expenses.

Senior Center custodial expenses totaling \$1,150 are the subject of Article 4, while Article 5 proposes transference of \$100,000 to fund an Advanced Metering Infrastructure System through the Department of Public Works.

In Article 6, the Department of Public Works is seeking to enter into an agreement to lease or purchase a new loader at a cost not to exceed \$154,000, and to raise and appropriate or transfer \$30,736.69 to cover the first year's payment.

The Conservation Commission is seeking \$14,100 to reimburse a \$10,000 loan made to the town in 2008 to purchase land at 73 Chace Hill Road, and to provide for \$1,200 for an initial environmental hazard survey and \$2,900 for survey work completed at 19 Hardscrabble Road in Article 7. Article 8 seeks to transfer \$17,112.21 to the Conservation Committee Trust Fund to maintain town trails.

In Article 9, an amendment to the Classification Plan, Regular Non-Union Positions, is sought to add an administrative assistant position to the Board of Health.

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# Phillips marks decade as Senior Center Director

by Lex Thomas

This month, Karen Phillips marks 10 years as director of the Sterling Senior Center. Over the past decade, Phillips has seen changes, both in the interests and age range of Sterling's senior population.

"Our meal programs used to be the most popular, but now it's the exercise programs," she says. "We've added fitness and yoga programs, and Pilates, which appeal to our younger seniors."

Phillips says that the new Senior Center, now under construction, will give her the space and facilities to add more programs and activities in future.

"It's been a long time coming. I think that once people see what we're able to do, we're going to attract people that never thought they'd use the Senior Center," she says,

Phillips, who holds a Bachelor of Arts in psychology and a certificate in gerontology from College of the Holy Cross in Worcester, says the biggest issue facing senior

PHILLIPS, page 8

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## Sterling-Lancaster Community TV

### Broadcast Schedule Oct. 17 to Oct. 23, 2015 Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 166	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 AM Contemporary Science - Global Carbon	Educational
1:00 PM InFocus - Islamic State Part 2	Documentaries
2:00 PM Color In Your Life - Nick Broughton	Hobby
3:00 PM Contemporary Science Global Carbon	Educational
4:00 PM Culinary Kids - Brownies	Children
5:00 PM Lori Diamond and Fred Abetelli	Music
7:00 PM InFocus - Islamic State Part 2	Documentaries
8:00 PM Contemporary Science Global Carbon	Educational
9:00 PM Color In Your Life - Nick Broughton	Hobby
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 166	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:05 PM Contemporary Science Global Carbon	Educational
1:00 PM InFocus - Islamic State Part 2	Documentaries
2:00 PM Color In Your Life - Nick Broughton	Hobby
3:00 PM Contemporary Science Global Carbon	Educational
4:00 PM Culinary Kids - Brownies	Children
5:00 PM Lori Diamond and Fred Abetelli	Music
7:00 PM InFocus - Islamic State Part 2	Documentaries
8:00 PM Contemporary Science Global Carbon	Educational
9:00 PM Color In Your Life - Nick Broughton	Hobby
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 167	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Roasted Veggies	Cooking
10:00 AM Body Sculpt with Elizabeth Ep 12	Health
11:00 AM Demolition Derby	Local
12:00 PM Channel 8 Community Updates	Local
12:30 PM Pawdoption	Local
1:00 PM InFocus - Africa Mothers of Invention	Documentaries
2:00 PM Church Services	Religion
4:00 PM Culinary Kids - Mac and Cheese	Children
5:00 PM Wachuset Community Band	Music
7:00 PM InFocus - Africa Mothers of Invention	Documentaries
8:00 PM Channel 8 Community Updates	Local
8:30 PM Pawdoption	Local
9:00 PM Demolition Derby	Local
10:00 PM Barbara and You	Interview

### Broadcast Schedule Oct. 24th to Oct. 30th, 2015 Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 167	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
11:30 AM Demolition Derby	Local
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM InFocus - Africa Mothers of Invention	Documentaries
2:00 PM Demolition Derby	Local
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Culinary Kids - Mac and Cheese	Children
5:00 PM Wachuset Community Band	Music
7:00 PM InFocus - Africa Mothers of Invention	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Demolition Derby	Local
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 165	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:30 PM Channel 8 Community Updates	News
1:00 PM InFocus - Africa Mothers of Invention	Documentaries
2:00 PM Demolition Derby	Local
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Culinary Kids - Mac and Cheese	Children
5:00 PM Wachuset Community Band	Music
7:00 PM InFocus - Africa Mothers of Invention	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Demolition Derby	Local
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
12:00 AM Midnight Mausoleum	Horror Movies
7:30 AM Barbara and You	Interview
9:00 AM Dish it Out - Ep 29	Cooking
10:00 AM Physicians Focus - October 2015	Health
11:00 AM The Gravestone Girls	Local
12:30 PM Sterling Fair 2015	Local
1:00 PM InFocus	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Sleepy Creepy	Children
5:00 PM Youth Ensemble of New England	Music
7:00 PM InFocus	Documentaries
8:00 PM The Gravestone Girls	Local
9:30 PM Sterling Fair 2015	Local
10:00 PM Barbara and You	Interview

Please note this schedule is subject to change.  
Refer to [www.slctv.us](http://www.slctv.us) for any updates.

# Phillips

Continued from page 7



Karen Phillips

PHOTO by Lex Thomas

centers today is that they serve two different generations – the baby boomers now in their 60s, and the older seniors over 80.

“They don’t necessarily want the same things, but we want to serve them all,” she says. Her goal is to continue to attract younger seniors with the programs they want, while providing a safe and interesting

environment for the older population as well.

“Life doesn’t stop at 60, 70, or 80,” says Phillips. “My job is to make our senior center a place where everyone can grow and thrive. We want to make everyone happy. It’s not always easy, but we do our best.”



Contributed PHOTO

North Sea Gas, a Scottish folk band from Edinburgh, performed on October 8 at a concert sponsored by Conant Public Library. The audience enjoyed singing and clapping along.

## STERLING VILLAGE

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8 SterlingMeetinghouseNews.com • October 17, 2015



PHOTO by Jamie Chase Galvin

Whinnie waiting in line for her turn at the Fall Rabies and Microchip Clinic.

## Good turnout for Fall Rabies and Microchip Clinic

by Jamie Chase Galvin

Despite the blustery rain and inclement weather on October 3, there was a good turnout for the town's Fall Rabies and Microchip Clinic at the VCA Sterling Animal Hospital, which was open to pet owners from Sterling and surrounding communities. Rabies vaccinations and microchip placements were offered for cats and dogs.

A total of 57 rabies shots were given and 7 microchips were placed, both higher than 2014 statistics. Another rabies and microchip clinic is planned for March 2016.

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# Village Green Preschool celebrates Family Night

by Jamie Chase Galvin

On October 2, family, friends, and staff members of Village Green Preschool gathered together for a night of food, fun, and entertainment. For 15 years, Village Green has held an annual Family Night and Food Drive where families, friends, and students are invited to gather and to help give back to the community.

"The idea behind Family Night is bringing families together at the beginning of the year to get acquainted," says Director Linda Greene. "We present a program that we hope appeals to both parents and children."

Family Night is a big event for the school, typically attracting about 175 visitors. The celebration is sponsored by the Preschool Parent Advisory Board and is



Contributed PHOTO

Village Green Preschool enjoyed a great turnout for their family night.

free of charge.

One of the highlights of this year's program included a visit from John McDonough and the Pumpernickel Puppets, entertaining audiences for over 35 years. The Pumpernickel Puppets average over 250 shows each year.

In addition to this year's entertainment, participants were encouraged to bring food items for donation. A food drive is sponsored by the school and items are do-

notated to both the Wachusett Food Pantry and the Food Pantry at St. Richard's of Chichester to benefit local Sterling families and those in the surrounding area.

"Typically, 35 to 40 bags of groceries are collected over the course of this one night," says Greene.

Village Green Preschool is located at 6 Meetinghouse Hill Road. For information, call 978-422-8256 or visit villagegreenpreschool.org.

## Applewild School Harvest Fair

Applewild School hosts its Annual Harvest Fair on Saturday, October 17, from 10 a.m. to 4 p.m. Families will enjoy activities for all ages in addition to a bake sale and raffle. Applewild School alumni are invited to start the day with a co-ed alumni soccer game at 10 a.m. on the upper field. This year's event includes a ceremony to install Christie Stover as Applewild's sixth Head of School at 12:30 p.m. on the lawn adjacent to the Ansin Building.

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## Monty Tech holds Annual Career Awareness Night

Wondering which high school is best for your child? Monty Tech's Annual Career Awareness Night will take place Monday, October 19, from 6 to 8 p.m., at the school located at 1050 Westminster St. (Route 2A), at the Fitchburg-Westminster line. Local 7th and 8th graders and their parents/guardians are invited to tour the school, and see students and teachers working on projects in the school's 20 career and technical programs. Faculty and administrators will be on hand to answer questions regarding Monty Tech's academic offerings, college placement, student services, and extra-curricular activities. For more information, call 978-345-9200, Ext. 5231.

## Annual Community Spooky Walk and Halloween Party

Children of all ages are invited to the Annual Community Spooky Walk and Halloween Party hosted by Village Green Preschool on Monday, October 26, 5 to 7:30 p.m. (rain or shine). Open to families in Sterling and the surrounding communities. Plan to arrive in costume and bring a bag for trick-or-treating along the parade route. The parade begins at 5 p.m. sharp at the gazebo behind the Sterling Fire Station and will proceed down Main Street to First Church in Sterling, site of the Halloween party. The party will include fun and interactive games, crafts, pizza, snacks, and baked goods. Parents are required to stay for the entire event. Tickets for the party are \$5 per person (under 1 year free). Proceeds go to the preschool's playground maintenance fund. Tickets, which are limited, can be purchased at Apple-town Market and the Village Green Preschool office, located in the First Church in Sterling, 6 Meetinghouse Hill Road.

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## Cub Scouts registration extended

There's still time to register for Cub Scouts! Boys in grades 1 to 4 can join the fun and be part of Sterling's Pack 34. Registration extended until the end of October. For information, contact Elizabeth Gray at bobeliz\_g@yahoo.com or 978-422-3148, or Dennis Trombley at SterlingPack34Cubmaster@gmail.com or 978-422-3181.

## Applewild School Rummage Sale

The Applewild School Parents Association's Rummage Sale takes place Friday, November 6, from 4:30 to 7:30 p.m., and Saturday, November 7, from 9 a.m. to 1 p.m.

One-of-a-kind items, clothing, and gift items are available.

## Meet Applewild's Head of School

This fall, on the first and third Thursday of each month, parents are invited to meet Applewild's sixth Head of School Christie Stover during "Coffee with Christie" at 9 a.m., followed by "Take a Look Morning," an opportunity for parents to see students and teachers at work and study during a school tour. Meet at 9 a.m. at the Crocker Building, 120 Prospect St., Fitchburg. Mid-year admissions are available in some grades.

## Learn more about Applewild School

Applewild School will host an off-campus event on Friday November 6, from 4 to 8 p.m. at Apple Hill Farm and Country Club, located at 146 Joslin St., Leominster. The event will give interested parents and families an opportunity to hear from administrators, faculty, and current and former parents about the opportunities the school offers in academics and athletics, and to learn about Applewild's Affordability Initiative. Register for the event at [applewild.org/joinus](http://applewild.org/joinus).

The school will hold its Fall Open House on Saturday, November 21, at 1 p.m., including student-led campus tours and hands-on class activities with Applewild teachers. To pre-register for the open house, visit [applewild.org/open](http://applewild.org/open).

### **Advertise in Sterling Meetinghouse News**

Contact Mark Barbato at 978-422-9824 or [marksterlingmeetinghousenews@outlook.com](mailto:marksterlingmeetinghousenews@outlook.com).

# Free social media seminars for small business owners

by Jamie Chase Galvin

So, you're a small business owner and you want to use the growing marketing power and reach of social media to help grow your business. Or maybe you're already dabbling with social media as a sales tool. Now what? Starting in October, Leominster Credit Union is offering a series of seminars geared toward small business owners looking to expand their online marketing presence. This is the second time LCU is holding the series.



Contributed PHOTO

Suzan Czajkowski

networking and connecting with other small business owners."

The 4-part series is offered at LCU branches in both Leominster and Worcester. Topics include email marketing, social media, event marketing and more. LCU is proud to offer the series free of charge, but registration is required. Participants are encouraged to attend any or all parts of the series. For more information and to register, visit [leominstercu.com/live-seminars-fall-2015/or\\_email\\_marketing@leominstercu.com](http://leominstercu.com/live-seminars-fall-2015/or_email_marketing@leominstercu.com).

"Our first series, which ran last winter, was a tremendous success," says Joanne Lattanzi, Marketing Manager at LCU. "LCU is very involved in community outreach and financial education, and we realize that with the growing popularity and reach of social media and e-marketing, small business owners need this kind of information in order to take advantage of these powerful resources."

Each session is presented by Suzan Czajkowski, M.A., PCC, and owner of TheCommCoach. A communication and online marketing coach and a Master Certified Authorized Local Expert for Constant Contact, Czajkowski, who also ran the first series of seminars, especially enjoys working with small business owners.

"This is a great series for people to get their business online utilizing many tools, including email marketing, social media, websites, and blogs," she says. "We'll focus on best practices and help people work through any questions they have. It's also a great opportunity for

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## How to Use Events to Grow Your Business

December 15, Leominster 8 to 10 a.m.  
December 16, Worcester 5:30 to 7:30 p.m.

## The Power of Email Marketing: Strategies and Best Practices

January 19, Leominster 8 to 10 a.m.  
January 20, Worcester 5:30 to 7:30 p.m.

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### Free homebuyer's seminar

Leominster Credit Union is holding a free homebuyer's seminar on Wednesday, October 21 at LCU headquarters, 20 Adams St., Leominster. The seminar will address the specific needs of prospective homebuyers who either have a lack of credit or have had past credit issues. Experts in all areas of budgeting, credit, mortgage, and legal will be present to help attendees. Participants will learn to create a budget, address their credit issues, and determine the steps needed for home ownership. To register, visit [leominstercu.com/free-homebuyers-seminar/](http://leominstercu.com/free-homebuyers-seminar/).

### Register now for Salute Breakfast

The Wachusett Area Chamber of Commerce will host a Salute Breakfast honoring Annie O'Connell of "Haven of Hope" (Holden), the Holden Baseball Program, Marshall Horwitz, DDS (Holden), and the Paxton 250th Anniversary Committee on Wednesday, October 21, 7:30 to 9 a.m., at the Holden Senior Center, 1130 Main St., Holden. Sponsored by Oriol Health Care. Chamber members, \$20, non-members \$25. To register, call 508-829-9220, email [info@wachusettareachamber.org](mailto:info@wachusettareachamber.org), or visit [wachusettareachamber.org](http://wachusettareachamber.org).

### Business development discussion

So you're on social media. Now what? Developing a social media plan for your business will be the focus of the Wachusett Area Chamber's upcoming Business Development Discussion on Tuesday, October 27 from 8 to 9:30 a.m. at the Alden Research Laboratory auditorium, 30 Shrewsbury St., Holden. During this seminar, attendees will explore the types of content to use on such social media platforms as Facebook, Twitter and Instagram, how that content should differ depending

on the channel, and when is the best time to post. The discussion will be led by Suzan Czajkowski, MA, PCC, a communication coach and online marketing consultant. The event is sponsored by Clearly Coworking. Chamber members free, non-members \$5. To register, call 508-829-9220, email [info@wachusettareachamber.org](mailto:info@wachusettareachamber.org), or visit [wachusettareachamber.org](http://wachusettareachamber.org).

### Free workshops for entrepreneurs in Gardner

The North Central Massachusetts Development Corporation, the North Central Massachusetts Chamber of Commerce, and TD Bank will hold two business workshops on Tuesday, October 27 at the Greater Gardner Chamber of Commerce, 29 Parker St., Gardner, aimed at assisting potential and existing entrepreneurs.

The first session, Fundamentals in Planning, Preparing, and Financing Your Business, 8:45 to 11 a.m., will focus on evaluating and understanding the fundamentals of owning your own business, including how to get started, where and how to get financing, and the loan application process. Presented by Roland Nutter, AdvCoach. Registration begins at 8:30 a.m. Breakfast will be provided.

The second session, Understanding the Purpose of Financial Statements and How They Can Help Determine the Health of Your Business, 11:30 a.m. to 2 p.m., will focus on understanding a balance sheet, income and cash flow statements, and explain how a small business owner can anticipate financial needs in order to operate more efficiently. Presented by Robert C. Alario, CPA. Registration begins at 11 a.m. Lunch will be provided. To register, contact Sandie Cataldo at 978-353-7600, Ext. 232, email [Cataldo@massweb.org](mailto:Cataldo@massweb.org), or register online at [northcentralmass.com](http://northcentralmass.com).

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**ARE YOU COVERED?**

# Website champions local farmers

by Jamie Chase Galvin

Sterling resident Lisa Perry is the founder and pioneer behind a website dedicated to championing Sterling's farmers. Faceofthefarmer.org is devoted to supporting the area's local agriculture and gives visitors an up-close and comprehensive look at local farmers who specialize in food production.

The Face of the Farmer began in 2011. "My idea was to document Sterling's farmers," she says. "My goal was to highlight the town's rich agricultural past and bring to light the hard work and dedication of present-day farmers here in town."

To document Sterling's agricultural past, Perry sought help from David Gibbs, curator of the Sterling Historical Society, and Robert Nickerson Jr., now chair of the Sterling Agricultural Commission.

"We wanted to document what farming was like past and present, and we wanted to do it in a way that future generations understand our agricultural history," says Perry. The Sterling Historical Society was a significant source of information, and originally sponsored

the project when Perry sought a grant in 2011 to help support her work.

To document the town's current agricultural climate, Perry has spent hours interviewing and collecting information from farmers who specialize in local food production. Fifteen farmers are featured on the website. "People can find out who the farmers are, where they're located, what they sell, and their contact information," she says.

Perry's goal is to champion local agriculture. "I believe in buying local. Access to healthy, locally-grown food is so important, so we need to support our farmers," she says.

In future, Perry hopes to update information for the featured farmers in 2017, five years after conducting her original interviews. "My goal is to see what has changed since 2012, and to document how the market has changed, and any product changes," she says.

Perry hopes Face of the Farmer will be a legacy for future generations. To read about Sterling's agricultural history and to learn more about Sterling's featured farmers, visit [faceofthefarmer.org](http://faceofthefarmer.org).



   
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## LOCAL HAPPENINGS



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*Boy Scout Troop 1 visits Clinton District Court for a lesson in civics.*

### Boy Scouts get a lesson in civics

In September, members of Sterling Boy Scout Troop 1 had a valuable lesson in civics as they visited Clinton District Court of Massachusetts. District Court Judge Margaret Guzman assembled a team which included the court clerk, court officer and parole officer, as well as district and defense attorneys, to explain the legal system to the Scouts. A mock trial was staged to demonstrate a typical court proceeding, which included processing a defendant through the holding cells.

Judge Guzman described the duties, responsibilities, and rights of each Scout as a citizen of the state and nation. The event concluded with a pizza party during which the Scouts were able to sit at the bench to experience the judge's visual perspective while presiding over the court, and to get to know members of the court and ask them detailed questions about their jobs and the legal system.

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### Boy Scouts fundraiser

Eat, drink, paint a pre-selected picture on canvas, and raise funds for Sterling Boy Scout Troop 189, on Saturday, October 24, 1 to 3 p.m., at Barbers Crossing North, 175 Leominster Road, Sterling. \$30 per person. No experience necessary. To register, go to [kreativdrinking.com](http://kreativdrinking.com).

### Document shredding at Recycle Center

Wachusett Watershed Regional Recycle Center will offer free document shredding on Saturday, October 17, from 8 to 11 a.m. Visit [wachusettearthday.org](http://wachusettearthday.org) for updates, hours, and directions.

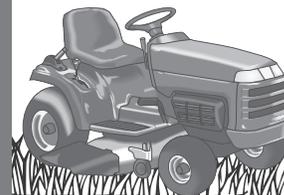
### Thrills and chills at Davis Farmland

Families can enjoy Moo Moo's Halloween Party on Saturday, October 17, Sunday, October 18, Saturday, October 24, and Sunday, October 25. Come in Halloween costume and join a trick-or-treat parade, pumpkin painting, games, surprises, and more. For details and hours, visit [davisfarmland.com](http://davisfarmland.com).

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## LOCAL HAPPENINGS

### Laser tag at Davis Mega Maze

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### Farmers Market every Friday throughout fall and winter

The Sterling Farmers Market runs every Friday until October 30 from 3 to 6 p.m. at 1 Park St. (in front of the Butterick Building), downtown Sterling. The market will then move indoors to the First Church in Sterling parish hall, 6 Meetinghouse Hill Road, until December 18. Live music, crafters, and children's events are all part of the market. Vendors include Zoll Cellars Winery, Shamrock Hives Farm, Elzire's Acre Goat Milk Soap, Sunny Knoll Farm Alpacas, Pineo Family Farm, Crystal Brook Farm, Clearview Farm, Fox Hollow Pie Company, Meadowbrook Orchards, and more. Vendor and crafter applications are currently being accepted. For more information, visit Sterling Farmers Market on Facebook or email [sterlingfarmersmarket@gmail.com](mailto:sterlingfarmersmarket@gmail.com).

### Thayer Symphony Orchestra Harvest Gala Benefit

The Thayer Symphony Orchestra's 42nd season kicks off with a Harvest Gala on Thursday, October 29, at the Doubletree Hotel, 99 Erdman Way, Leominster. Guests will enjoy live music performed by members of the orchestra and have the opportunity to meet music director Roderick MacDonald while mingling with other supporters of the orchestra. Net proceeds will help to fund the orchestra's 4-concert season. Tickets are \$100, \$90 for seniors 60+, available by calling 978-466-1800.

### 8th Annual Craft and Artisan Fair by WRHS Booster Club

The WRHS Booster Club will sponsor its 8th Annual Craft and Artisan Fair on Saturday, November 14, from 9 a.m. to 3 p.m., at Wachusett Regional High School, 1401 Main St., Holden. Over 80 crafters and artisans, raffles, and samples. Wide variety of hand crafted gifts and apparel, home décor, jewelry, pottery, wooden items, caned chairs, and more. Food court and baked goods. Admission \$2, \$1 for students and seniors. Free shuttle bus service from WRHS parking lots. Proceeds benefit the Wachusett Mountaineer Booster Club.

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# LOCAL HAPPENINGS

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## Halloween Laser Tag

There's a special event at Davis Farmland, Halloween weekend only! Outdoor laser tag inside Davis Mega Maze. October 31 and November 1, 10 a.m. to 6 p.m. For details, visit [davisfarmland.com](http://davisfarmland.com).



Contributed PHOTO

*Doug Davis and his 3-week-old lamb Cookie enjoyed the Blessing of the Animals on October 11 at First Church in Sterling.*

**[www.SterlingMeetinghouseNews.com](http://www.SterlingMeetinghouseNews.com)**  
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## Library NEWS

### Children's events at the library

There's fun for kids of all ages at Conant Public Library, located at 4 Meetinghouse Hill Road, Sterling. Call 978-422-6409 to register for programs.

**Nail Art with Nina Park** – Saturday, October 24, noon to 2 p.m. Join Nina Park, nail artist extraordinaire, for a Super Mini Manis workshop. To see some of Nina's work, check out her Instagram: ninanailedit. For youth aged 10-18. This program is sponsored by the Friends of the Conant Public Library.

**Story Time** – Sign-up starts October 26 for the next 5-week story time series beginning Monday, November 9, and Wednesday, November 18 for Wednesday morning classes. Mondays at 2 p.m., ages 3 and up. Tuesdays at 9:30 a.m. and 10:30 a.m., ages 18 months to 3 years. Wednesdays at 10:30 a.m., ages 18 months to 3 years. Thursdays at 10:30 a.m., birth to 18 months.

**Star Wars Crafternoon** – Wednesday, November 2, from 2 to 3 p.m. in the Baker Room. Ages 8 to 12. Take advantage of an afternoon off from school to make some Star Wars themed crafts.

**Family movie night** – Tuesday, November 10, 6 p.m., Baker Room. "Inside Out," one of the summer's biggest animated hits features the voice talents of Amy Poehler, Mindy Kaling, Bill Hader, and many others.

### Need publishing advice?

The Seven Bridge Writers Collaborative and the Thayer Memorial Library will host Going Public: Words of Wisdom from a Publisher/Editor on Saturday, October 17, 10:30 a.m. to 12:30 p.m., at Thayer Memorial Library, Dexter Thayer Room, 717 Main St, Lancaster. With advancing technologies and the reinterpretation of traditional editor/publisher roles, the world of publishing continues to evolve. Joe Ross, editor/publisher at Rosstrum Publishing, a micropublisher specializing in emerging authors and short runs, has seen all sides of



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## Library NEWS

this complex and ever changing industry. Join him for a discussion about his own experiences and the larger questions about publishing in general.

### Adult coloring program

Conant Public Library is offering an adult coloring program twice monthly. Discover the stress-reducing and relaxing benefits of coloring. Monday, October 26, at 6:30 p.m. in the Baker Room. No registration required.

### What's cooking at the Cookbook Club?

Conant Public Library's Cookbook Club will be making recipes from "Ina Garten: Make It Ahead" on Wednesday, October 28, at 6:30 p.m. Choose a recipe from this vibrant book, prepare the dish, and bring it with you to the library for an evening of good food and great conversation. Cookbooks are available at the library for checkout. To register, call 978-422-6409.

### Get ready to write your novel

Conant Public Library is participating in this year's National Novel Writing Month. NaNoWriMo is an annual novel writing project that brings together professional and amateur writers from all over the world. Each person commits to writing at least 1,667 words daily

with the goal of completing a novel draft of no less than 50,000 words by November 30. For information, visit the library, call 978-422-6409, or visit facebook.com/nanowrimo, en.wikipedia.org/wiki/National\_Novel\_Writing\_Month, and nanowrimo.org/.

### Holiday craft fair at First Church

The Friends of the Conant Public Library will welcome shoppers to its annual juried craft fair on Saturday, November 21, from 9 a.m. to 3 p.m., at the First Church in Sterling, 6 Meetinghouse Hill Road.

Crafters will offer a broad range of high-quality gift items, including pottery, photography, jewelry, knitted and crocheted items, children's clothing, doll clothing, wreaths, skin care products, candles, alpaca apparel and fiber, and hand-dyed batik clothing. The Friends of the Conant Public Library Arts & Crafts Show will also include a lunch café, bake sale, and raffle.

Proceeds from the fair will support the library's Summer Reading Program for children.

Members of the Friends appreciate help at the craft fair from Boy Scout Troop 1, as well as CCD students from St. Richard's parish. They help to set up and break down the fair, and assist in the kitchen. For a vendor application, email friendsofconant@gmail.com.



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### 4th Annual Scarecrow Contest

Sterling Recreation Department's fun fall event is underway. Scarecrows created by local individuals, families, and businesses, will be displayed on the Town Common until October 31. Ribbons awarded for the top three winning entries that display the most detail, creativity, and originality.

### Thrills and chills with Sterling Rec

Sterling Rec has lots of great programs to help all ages to stay in shape throughout the fall. For more information, visit SterlingRec.com to learn more about all our programs and to register online, or call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling.

### Active Kids

Sterling Rec Basketball – Grades 1 to 8. Season begins mid-November and ends February/March 2016. Grades 1 to 5, \$95 by November 1, \$105 after. Grades 6 to 8, \$95 by November 24 or Eagle selection date, \$105 after. Family cap \$240. Coaches needed!

### Arts, Creativity and More

**Music and Movement** – Infant to age 5. Mondays until December 7, 10 to 10:45 a.m. 1835 Town Hall. Register at pakmusic.org.

**Babysitters with Pediatric First Aid and CPR** – Thursday, October 22, 12:30 to 4:30 p.m. 1835 Town Hall. \$85.

### Active Adults and Teens at 1835 Town Hall

**Booty Barre** – Thursdays until November 5, 5:30 to 6:30 p.m. \$13/class.

**Gentle Yoga** – Thursdays until November 5, 10:30 to 11:30 a.m. \$13/class.

**Yoga for All** – Thursdays until November 5, 7 to 8 p.m. \$13/class.

**Men's Pick-Up Basketball** – Wednesdays, 6:30 to 9:30 p.m. Chocksett Middle School gym. \$25/season, Sterling residents only.

**Women's Pick-Up Basketball** – Mondays, 6 to 7:15 p.m. Chocksett Middle School gym. Begins October 26. \$25/season Sterling residents, \$30/season non-residents.



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## Naga Fitness with Gina at 1835 Town Hall

All classes are \$10 each or any 10 classes for \$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.

## GPS Passes

Season passes for Wachusett Mountain Ski Area. Ages 6+. Bronze: \$269, Silver: \$329, Gold: \$559. All prices increase \$100 on November 19. Group name: Sterling GPS, Coordinator: Kristen Dietel.

## Pick-Up Pickleball

Ages 50+, Mondays throughout October, 4 to 6 p.m. West Sterling Tennis Courts. All levels of experience welcome, all equipment provided. This is a fun and social game, and is reportedly the #1 growing game in the US. Great exercise, wonderful for all ages.

## Senior Center happenings

The Sterling Senior Center is located in the Butterick Municipal Building at 1 Park St. Office hours are 8:30 a.m. to 2:30 p.m., Monday to Thursday, and 8:30 a.m. to noon on Friday. For more information or to register for programs call 978-422-3032. There is an answering machine available 24 hours a day.

We serve lunch every day at the Center. Anyone over 60 is welcome to come and eat. Call 978-422-8022 for a reservation the morning before you want to come. Home meal delivery available daily. \$2.25 suggested donation.

**Fall prevention talk** – Monday, October 19, 12:30 p.m., by River Terrace Nursing Home. Falls don't have to be part of aging. Learn how to be safe in your own home and while out and about.

**Special Town Meeting** – Monday, October 19, 6:30 p.m. Chocksett Middle School gymnasium.

**Preschool performance** – Wednesday, October 21, 12:45 p.m. Village Green Preschool students perform at the Senior Center. All are welcome.

**Halloween Jingo** – Wednesday, October 21, 1:30 p.m. Come and join in this fun game, similar to bingo. Prizes and free refreshments.

**Book Club** – Thursday, October 22, 12:30 p.m. This month's selection is "The Walk," by Richard Paul Evans. All are welcome.

**Hearing and balance talk** – Monday, October 26, 12:30 p.m., by Dr. Darrow. This free seminar will highlight the importance of healthy hearing and balance. Hearing loss is the third most prevalent disorder, and dizziness is a major cause of falls in the senior population. This talk will provide information about normal hearing and balance, age-related changes in the hearing and balance system, and treatment options for both hearing loss and dizziness.

**Two to Tango** – Thursday, October 29, 1 p.m. This play by Richard Clark and Lynne McKenney Lydick includes scenes from "A Lion in Winter" and "Visitor from New York." Performance sponsored in full by a grant from the Sterling Cultural Council. Refreshments will be served.

**Pancake Breakfast** – Friday, October 30, 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 the Sterling Seniors. \$2. All are welcome.

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## Senior Center NEWS



PHOTO by Richard Maki

*Workers complete the septic system at the new  
Senior Center in early October.*

### Every week:

**Monday**—Coffee hour, 9 a.m.; Senior Fitness, 10 a.m.  
Free.

**Tuesday**—Game day, 12:15 p.m.

**Wednesday**—Chair yoga, 9:30 a.m., \$5 per class.

**Thursday**—Gentle yoga for strength and flexibility, 9  
a.m., 1835 Town Hall. \$5 per class.

**Friday**—Pilates for Seniors, 9:30 a.m., bring a mat. \$5  
per class.

### Our computers are Internet accessible, so come in to use them.

A SHINE (Serving Health Information Needs of Elders)  
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PHOTO by Richard Maki

Work on the exterior of the new Senior Center is well underway.

trip 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.

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# Healthy habits to avoid seasonal sniffles

by Chelsea Dill

Many New Englanders call autumn, with its vivid color palette, their favorite season. But it's also the precursor to winter's blustery cold and snow, as well as a more dreaded season: flu season.

Sterling Family Medicine, located at 50 Leominster Road, is one of the many medical offices arming its patients with the annual influenza vaccination. Though no one looks forward to getting shots (unless you're promised a reward lollipop), getting immunized may be worth the few seconds of discomfort. According to the Centers for Disease Control and Prevention, influenza is highly contagious and can spread to others as far as six feet away. Frequently-touched items, such as eating utensils, dishes, keyboards, and doorknobs can also spread the flu virus if they're not sterilized. The flu vaccine not only helps protect you, but those around you.

The flu vaccine is widely available to everyone, but Dr. Kathryn Maier, a physician at Sterling Family Medicine, strongly advises certain types of individuals to be inoculated. Teachers, medical staff, people over 65, and those with chronic medical conditions such as asthma, COPD, or diabetes, are at particular risk. "I also recommend anyone in contact with babies under six months of age be inoculated, because infants can't get the flu shot until they're at least six months old," says Maier.

However, the number of people who complain of flu



PHOTO by Richard Maki

Nurse Claire Jameson from the VNA Care Network administers flu shot to Pat Hager at the Senior Center flu shot clinic on October 7.

symptoms despite inoculation proves that the shot won't completely provide a free pass against the flu. "The flu shot isn't 100 percent protective," she says, "because there may be multiple strains going on at once. The amount of protection you get depends on the strains that are around in any given year. It only protects you against the actual strains that are out there."

Though it prevents certain types of influenza, the vaccine is only effective for a few months, and not the whole season. So how can you stay ahead of the seasonal sniffles? Vigilant healthy habits, combined with the flu shot, may just help you stave off a nasty bout of sneezing and wheezing this time of year and throughout the winter months.

To win the war against the flu and other seasonal maladies, Maier recommends:

- Practice good hygiene, especially washing hands frequently. Kids should sing the 'ABC' song while they wash to ensure they reach the full recommended 20-30 seconds.
- Cough into elbows and not into hands. If kids are coughing a lot, keep them home from school.
- Eat a balanced diet and drink plenty of fluids.
- Exercise on a regular basis to keep your body healthy.
- Always ask your doctor before trying any home remedies, including herbal and vitamin supplements.
- Call your doctor immediately if you have symptoms which may be signs of influenza complications such as meningitis or pneumonia, including:
  - A persistent fever above 100°F lasting two to three days.
  - Localized chest and back pain
  - Eye sensitivity to light
  - Difficulty moving neck
  - Coughing up green mucus

For more information about influenza, visit the Centers for Disease Control and Prevention's flu information page at [cdc.gov/flu/index.htm](http://cdc.gov/flu/index.htm).

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# Feed That Cold!

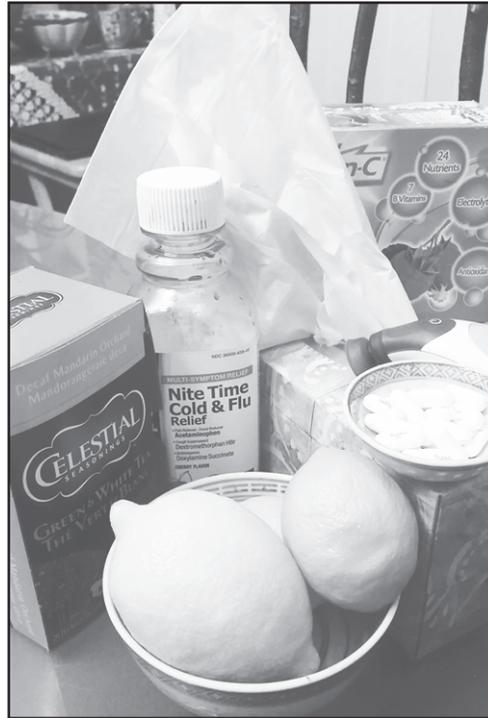
by Susan West

Did you know that a native of India or Nepal wouldn't ask what time you eat lunch, but rather what time you "take" lunch? There's a similar trend in ancient Asian cultures to talk about food the way Americans refer to medicine.

Here in America, our food choices are very different from most traditional diets in other countries, and our medical model is allopathic. For the most part, we eat what our supermarkets sell and we treat medical symptoms aggressively with drugs and surgery recommended by our doctors. What if we were to look at our food choices as medicine and "take" our daily ration? If we did, we'd be using the age-old practice of preventative medicine.

My personal medical history led me to research the principles of Ayurvedic medicine when traditional doctors threw in the towel on their ability to understand an illness caused by a gene I inherited. Not wanting to die young, I became a catalyst for change and decided that since my own medical issue lacks a known cure, the best I could do is focus on wellness, including how to use my food choices to boost my health.

I learned that for thousands of years, meals were planned for their healing properties, along with a need to provide fuel for the body. It made sense to me to go back to eating according to a set of body balancing guidelines. No more pre-spiced packaged noodles for me. I stick to foods that are wholesome and organic. I weaned myself away from processed carbohydrates and hydrogenated oils. Although I added more sleep and exercise to my regimen and I meditate daily, I still feel that eating with purpose is the single most important thing I changed. I evaluate everything I put in my mouth based on daily needs. Sure, I have my "cheat" days, but eating better food is the most influential factor that influences how well I feel overall.



A typical flu arsenal.

PHOTO by Lex Thomas

Last month, my husband who works in a hospital brought home a nasty flu-like cold. I made syrups with local honey, ginger and fresh lemon juice. We cut out sugar completely, increased citrus fruits and made sure we ate lots of multi-colored vegetables. I kept hot soups and broths handy. He recovered quickly, and although I caught it, I had only three days of symptoms. For him, what had almost always turned into a bout of pneumonia was less than a week of sniffles.

What changes will you make to strengthen your immune system now that flu season is upon us? Getting plenty of exercise, adjusting to changes in outdoor temperatures, and getting enough rest are important, but paying attention to your food choices can help empower you to be in control of your fight against the

latest bug.

Practicing good daily behaviors can turn into habits that can last a lifetime, and thinking of food as medicine is a good way to start the process.

## Haunted Open House Friday, October 23 • 5 to 8 PM

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## First Church turkey supper

All are welcome to attend the annual turkey supper at First Church in Sterling, 6 Meetinghouse Hill Road, Sterling, on Saturday, October 17, 6 p.m. Turkey, stuffing and all the fixings with apple crisp for dessert. Dine in or takeout available. Adults \$10, children (12 and under) \$6, maximum per family \$30. To purchase tickets, call 978-422-6657.

## Dinner and awards for Vietnam vets

All Vietnam veterans are invited to attend a complimentary Pasta Dinner and Award Ceremony on Saturday, October 17, dinner at 5 p.m., ceremony at 6:30 p.m., at Leominster Veterans Center, 100 West St., Leominster. Sponsored by Capt. John Joslin, Jr. Chapter, National Society Daughters of the American Revolution. For information, contact Elaine Perreault at 978-537-0850 or email elaineperr@verizon.net, subject line "Pasta Dinner." Attendees who wish to support the local scholarship fund are asked to donate \$10 per person with checks made out to Leominster Vietnam Veterans Scholarship Trust.

## Family entertainment night

The Sterling Historical Society will hold its October program on Tuesday, October 20, at 7 p.m. in the legion hall, 32 School St., Sterling. Ernie Spencer of Mary's Lamb Entertainment will present a mix of

music, humor and storytelling. Great family entertainment for all ages. For information, email [loret.schur@gmail.com](mailto:loret.schur@gmail.com), or call the Museum at 978-422-6139. Everyone welcome.

## Learn about African violets

The Sterling Extension Club will meet on Thursday, October 22, at 9:30 a.m. in St. Richard's Church basement, 4 Bridge St., Sterling. This month's program will feature the care of African violets and other plants by Joan Russo and Sue Stafford, starting at 10:30 a.m. All are welcome.

## Jazz concert at NRHS

The Nashoba Regional High School Concert Band, Advanced Jazz Ensemble, and Intermediate Jazz Ensemble will present their first concert of the year on Thursday, October 22, at 7 p.m., in the Nashoba Regional High School auditorium, 12 Green Road, Bolton, featuring the music of Robert W. Smith (ASCAP), Bob Crosby, Duke Ellington and George Gershwin. Admission \$5, free for seniors and students. For information, email [NRHSFriendsofMusic@gmail.com](mailto:NRHSFriendsofMusic@gmail.com).

## 2nd Annual Laughs for Lyme

The Central Mass Lyme Foundation will hold a comedy fundraiser on Saturday, October 23, from 6 to 10 p.m., at the Spencer Country Inn located at 500 Main St., Spencer, Massachusetts. Tickets are \$40 per person and include dinner. For more information



or to purchase tickets, visit [laughs-forlyme.brownpapertickets.com](http://laughs-forlyme.brownpapertickets.com) or [CentralMassLyme.org](http://CentralMassLyme.org), or call 1-888-511-LYME.

## Calling all crafters, artisans and vendors

Sterling Village, a nursing and rehabilitation center located in Sterling, is seeking local crafters, artisans and vendors for their upcoming Holidays in the Village craft fair on Saturday, November 7, 9 a.m. to 2 p.m. Spaces are first-come, first-served. Registration \$20 per space. Deadline to register is October 23. For information or to request an application, call Sterling Village at 978-422-5111, Ext. 1223.

## 8th Annual Indoor Community Yard Sale

Parker Charter School will hold its 8th Annual Community Yard Sale on Saturday, October 31 (rain or shine), 8 a.m. to noon, in the Francis W. Parker Charter Essential School gym, 49 Antietam St., Devens, Massachusetts. Sale items include sports equipment, books, clothing, music, household items, toys, games, holiday and novelty items, crafts, outdoor and



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# PIECES...

gardening items, and lots more. Most items are \$1. All proceeds benefit Parkers Essential Community Organization Committee.

## American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, November 2, 7:30 p.m., at the post hall, 32 School St., Sterling.

## American Legion Ham and Bean Supper

Sterling American Legion Post 189 will hold a Ham and Bean Supper on Saturday, November 7, at the First Church in Sterling parish hall, 6 Meetinghouse Hill Road, Sterling, at 5:30 p.m. \$10 donation. Takeout available. For tickets, call Bruce Daigneau at 508-852-8186, Bob Temple at 978-479-0086, or Douglas Harvey at 508-853-9175.

## Veterans Day parade

Hiram O. Taylor Post 189 Sterling, invites all veterans to observe Veterans Day on Sunday, November 8. The parade will start at 1 p.m. at Hillside Cemetery on Clinton Road (Route 62) and proceed to Memorial Park on

Cross Street for a program.

The Avenue of Flags will be displayed, weather permitting, from 8 a.m. to 3 p.m.

A shuttle bus will be available at the post hall, 32 School St., starting at noon. All are welcome to help with the Avenue of Flags.

## Historical Society 2016 calendar now available

Two Sterling Historical Society 2016 calendars are now available, Back in the Day and Images of Wally Pottery. \$10 each, at the Sterling Historical Society Museum, 7 Pine St., Sterling. Open Tuesdays, 9 a.m. to noon. For more information, email [loret.schur@gmail.com](mailto:loret.schur@gmail.com), or call the Museum at 978-422-6139. Mailing is available for a small additional fee.

## 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.

## Civil Air Patrol open house

Worcester Cadet Squadron Civil Air Patrol offers a dynamic and challenging youth cadet program, focusing on aerospace education, search and rescue, medical training, and leadership development. Open to ages 12 to 18. Open house every Tuesday, 6

p.m., at Stoddard Army Reserve Center, at Regatta Point, 25 N. Lake Ave., Worcester. For more information, visit [worcestercadetsquadron.weebly.com](http://worcestercadetsquadron.weebly.com), or email [CAPWorcester@mawg.cap.gov](mailto:CAPWorcester@mawg.cap.gov).



Contributed PHOTO

Panda Bear

## Meet Panda Bear

Panda Bear is a beautiful 6-month-old boy. He's bright white with a few black markings here and there. Panda's got a wonderful personality. He loves to play and cuddle, and loves being held. He has had his distemper shot, rabies shot, is leukemia negative, neutered, and has a microchip. The adoption fee is \$150. All cats are placed as indoors-only pets. For more information, or to schedule an appointment to meet Panda Bear or any of the kitties, email [Marilyn@neady-cats.org](mailto:Marilyn@neady-cats.org), or call 978-422-5116.

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