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January 25, 2017

New senior center director loves job and volunteers

by Lex Thomas



Contributed PHOTO

Veronica Buckley

Last year marked a time of significant change for Sterling's 2,100 senior residents (aged 60+). After several years of discussions, wrangling, and negotiations, the new senior center was finally built at the corner of Boutelle and Muddy Pond roads, and opened its doors in the spring. On October 2, a public event attracted several hundred guests and dignitaries to celebrate the center's grand opening.

The following day, Veronica Buckley took up her post at the helm as Senior Center Director. Now, four months into her tenure, Buckley remains enthusiastic. "I absolutely love my job," she says.

Along with her natural energy, Buckley brings a wealth of education and experience to the job. She spent 11 years as a part-time outreach coordinator at the Ware Senior Center, before moving to a full-time position as a resident services director for a number of housing complexes that cater to seniors.

Armed with a bachelor's degree in nursing from Georgetown University, and enjoying community work, she decided to pursue a master's degree in aging services from the University of Massachusetts in Boston.

"I wanted to be able to work with seniors and understand the issues from

all perspectives, not just from the point of view of housing," she says. "I felt that education was the key for me. I learned how much people rely on the senior center for socialization, recreation, and education services. And I learned how to overcome objections, like people saying they're not old enough to utilize their senior center."

Buckley is already focusing on very specific goals. One of her top priorities is increased outreach, which she plans to achieve not only by bringing more people into the senior center, but by taking the senior center to people who may be housebound or not entirely comfortable in a new and unknown environment.

"How do we reach that most isolated population?" she asks. "We bring them into the senior center, or we bring the senior center to them."

Toward that goal, Buckley plans to launch a "friendly visitor program" sometime this year. "We'll have ambassadors that will visit people at home," she says. "We've got seniors that are housebound

and that have mobility problems. Some are vision impaired. And some are simply uncomfortable going out."

She also plans to start a newcomer lunch in the spring, geared toward people that may not be able to get to the senior center very often, or feel uncomfortable meeting new people.

"Walking into a room full of strangers can be really scary for some people," she

says. "I want to reach them and let them know they're welcome here."

In addition to expanding outreach into the community, Buckley is also working on diversifying existing programs to attract a larger group of people.

"I'm taking a hard look at what the community's needs are," she says. "I'm talking to as many people as I can to find out what they need, what they think works, and what they'd like to see us offer."

Yoga, pilates, and Tai Chi classes are all popular, and the foot care clinic has been an immediate success. A men's group is attracting participants, and the home-

tary School students to exchange letters gives both age groups the opportunity to share experiences and ideas, and a recent visit by Chocksett Middle School students proved enjoyable for everyone.

The rotating art shows, featuring one artist's work for a two-month stint is also attracting visitors to drop by for a coffee and peruse the exhibit, as well as attending an artist reception for each show.

Although Buckley is always thinking about how to make Sterling's senior center as friendly and useful as possible, she is categorical about what has made her job a joy from the start, and what she calls one of the "best surprises" she's had.

"We have the best volunteer team I've ever experienced," she says. "They are fantastic, and I want people to know that aside from a very few people, our senior center is mostly run by volunteers. We couldn't do it without them." She's always on the lookout to expand her volunteer crew, and encourages community members of all ages to consider helping out at the senior center.

"I feel that we're building on a solid foundation," she says. "We want to maximize the use of our beautiful senior center, our vans, and all our resources, as much as possible, to make sure people are connected.

That's really what we're all about."



PHOTO by Richard Maki

Senior Center Director Veronica Buckley serves at a luncheon to honor veterans in December.

made Wednesday lunches, prepared in the center's full-service kitchen, are a big hit. Buckley hopes to increase afternoon programs, and add art programs in future.

Among Buckley's more innovative ideas is that the senior center should be attractive and welcoming to all ages. An intergenerational pen pal program that matches seniors with Houghton Elemen-

Nomination papers are now available in the Town Clerk's Office for the annual town election on May 8.

Deadline to file nomination papers is March 20.

Story on page 3

SterlingMeetinghouseNews.com

In This Issue

Letters & Editor Note	2
Announcements	2
Town News	3-4
School News	4-5
TV	4
Local Happenings	6-7
Historic Sterling	7
Library News	8
Recreation	8-9
Senior News	9-10
FYI	11

First Church an Open and Accepting congregation

by Lex Thomas

At their annual meeting on January 22, the members of the congregation of First Church in Sterling, numbering well over 200, voted unanimously to adopt the Open and Affirming Covenant (ONA), which states that, "We recognize the LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Queer) community has been the target of discrimination and judgment and we consciously choose to renounce any discrimination and judgment, by declaring ourselves an open and affirming church, embracing justice and welcoming all people, including people of diverse sexual and gender orientation into the full communion of our church and our friendship."

In her opening remarks, The Rev. Robin Bartlett, pastor of First Church in Sterling, stated that, "Our decision as a congregation means a lot. It actually saves lives."

Safety was a recurring theme among those who offered testimonials and support for adopting the covenant.

First Church in Sterling now joins over 1,000 parishes that have adopted the covenant.



PHOTO by Lex Thomas

The Rev. Robin Bartlett preaches at First Church in Sterling.

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Community donations help veterans

Hiram O. Taylor Post 189 would like to thank all who donated to the Christmas gift drive. Once again the citizens helped tremendously to make Christmas a little merrier for the veterans at Sterling Village and Oakdale Rehabilitation. It didn't just affect those 43 veterans, but also those veterans that are members of the post who worked on the program. With the money and goods donated, we were able to put together some very nice gifts. We will continue this program for as long as we can get our members and the public to participate. Thanks to all donors for your support.

Christmas Gift Committee
Hiram O. Taylor Post 189

Thanks from Wachusett Food Pantry

On behalf of the Wachusett Food Pantry, we thank you for all the hours, efforts and energies to help us build a stronger community. It is working!

Thanks to our wonderful dedicated volunteers. You're up early to head over to the pantry, smiling and greeting recipients, happy to assist with whatever task is needed, escorting folks to their cars, loading up to restock our shelves, or breaking down cardboard boxes for recycling.

Thanks to our community schools, churches and more. We consider all of you partners in our Wachusett Food Pantry village. We are so fortunate for all the food drives, turkey trots, monetary donations and thousands of food, personal care and pet food items donated annually. We know they are all generously given and very appreciated.

Thanks to everyone in our community for supporting the Wachusett Food Pantry.

Special thanks to Gary Jonaitis of Cream Crock Distributors who allows the pantry to operate in his business building. We are a 100 percent volunteer organization and sincerely appreciate our whole community.

Wachusett Food Pantry Board

Keep Rail Trail tidy

In recent weeks, and at times throughout the year, the Sterling section of the Mass Central Rail Trail has become a pedestrian obstacle course due to the quantity of dog litter on the walking path. I respectfully remind dog owners of their responsibility to pick up after pets in public areas where dogs are permitted. Further, please note that this section of trail, lying partly in a watershed area, is clearly marked "No Dogs," both near the trail head on Gates Road and about 200 yards south of the Cider Mill.

Andrew D. Hwang
North Row Road, Sterling

McGovern statement on inauguration

U.S. Congressman Jim McGovern (D-MA), a senior House Democrat, released the following statement by video on the Inauguration of President Donald Trump.

"Today, Donald Trump was sworn in as president. I have the highest respect for the office of the presidency, but in all candor I don't have an awful lot of respect for the man who took the oath of office today. He has said far too much that deeply troubles me.

"This is a man who attacked President Obama, the first African-American elected to the presidency, by questioning whether or not he was even a citizen of our country. But it's not just that - it's his disparaging comments about women and immigrants. It's his talk about creating a Muslim registry. It's his embrace of torture. It's his talk about using nuclear weapons. And it's his surrounding himself with people who embrace policies that are bigoted and racist.

"I hope for the best, and I hope that there are areas where we can find commonality, but I am reminded of the words of Maya Angelou who said when somebody shows you who they are, believe them the first time.

"I have two posters that I treasure deeply in my office honoring Rosa Parks, the great civil rights leader. The first one says "No." That's what she said when they told her to get to the back of the bus. No. We need to be prepared to say no to policies that we think are going to hurt this country. We need to say no if Donald Trump tries to weaken voting rights or civil rights. We need to say no if he tries to privatize Medicare or Social Security.

"I have a second Rosa Parks poster that says 'The only tired I was, was tired of giving in.' On Monday we honored the legacy of Dr. Martin Luther King Jr. He didn't just have a dream, he got up every day and worked to make that dream a reality. He didn't just agonize, he organized. He didn't just talk the talk, he marched, protested, and even engaged in acts of nonviolent civil disobedience. And he made a difference and he moved this country forward. We need to be inspired by Dr. King's example, and we need a renewed activism in this country to combat what might be coming down the road.

"So, my wife Lisa, and my daughter Molly and I will participate in the women's march here in Washington, D.C. and my son Patrick will participate in Boston. It is important that we make clear to President Trump that we will not acquiesce in the face of policies that we deplore. Politics is not about rolling over, politics is about standing up and fighting for what you believe in.

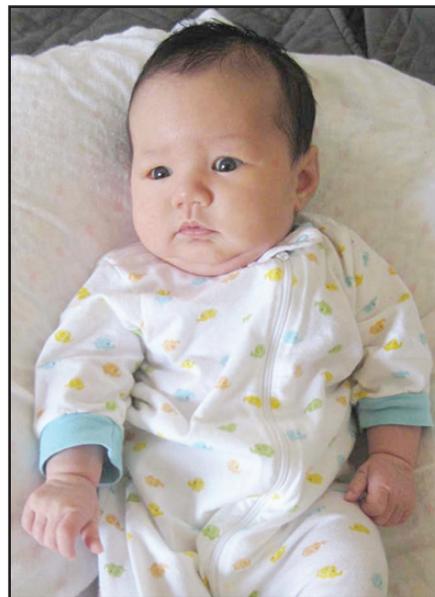
"These are challenging times, but it is important that we not despair. I have hope. I have hope that we can get

through this. I have hope that we can get through this because of the calls and notes and emails that I have received from so many of you urging me to fight and promising that you will fight alongside me.

"I'm looking toward the future as an opportunity to be able to shape the direction that our country will move in and to do all we can to make this the country what we want it to be. I'm a dad and I want my kids to have a good future. The stakes have never been higher. Let me remind you of the words of Barack Obama: Keep Hope Alive."

U.S. Congressman Jim McGovern

Congratulations to Sterling Meetinghouse News founder



Octavia Lulu Staudahe Ko

Sue and Steve Staudahe of Sterling are proud to announce the birth of their granddaughter, Octavia Lulu Staudahe Ko, on December 7, 2016. She weighed 8 pounds, 1 ounce. Her parents are Shawn Staudahe and Ginger Ko of Lawrenceville, Georgia.

Letters to the Editor

Letters should be no more than 300 words, and must include the writer's name, address, phone number and signature. Only name, street name and town will be printed. Letters may be edited for length and clarity. On occasion, letters up to 500 words may be published as opinion pieces, at the editor's discretion. Send email to lex@sterlingmeetinghousenews.com or

mail to:
Sterling Meetinghouse News,
PO Box 914, Sterling, MA 01564.

Evangelidis sworn in for second term as sheriff



Worcester County Sheriff Lewis G. Evangelidis takes the Oath of Office for his second term as sheriff administered by Lt. Governor Karyn Polito.

Flanked by members of his department's Honor Guard, command staff, local clergy and family, Worcester County Sheriff Lew Evangelidis was sworn in for his second term serving as the county's 28th High Sheriff on January 5 at St. John's High School in Shrewsbury. Massachusetts Lt. Governor Karyn Polito administered the oath of office.

"We are proud of our promises made and promises kept throughout our first term and the professionalism of our department," said Evangelidis. "I look forward to continuing that service."



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The next issue will publish February 15. The advertising and copy deadline is Monday, February 6. Items received after deadline will be included if space is available.

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Wachusett Food Pantry February distribution

Friday, February 17 for seniors, and Saturday, February 18 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

New town administrator for Sterling



PHOTO by Richard Maki

(Left to right) Incoming town administrator Ross Perry with Board of Selectmen Chair John Kilcoyne.

The Board of Selectmen has hired Ross Perry, a resident of Stow, former Stow selectman, and former member of a planning board, as Town Administrator. Perry has most recently worked for a regional planning agency, which selectmen felt gives him valuable experience that will help Sterling to achieve

long-term goals. Selectmen were also impressed with Perry's grant writing experience, which they felt would be beneficial in working with various departments that are actively pursuing grants. Perry will take up his position on February 13.

Assistant town clerk achieves CMC designation



Contributed PHOTO

Jeanne Survell (left) receives certificate from Town Clerk Dawn Michanowicz.

Assistant Town Clerk Jeanne Survell has recently attained her designation as Certified Municipal Clerk (CMC). She attended the International Institute of Municipal Clerks CMC program in July for three consecutive years and accumulated 60 credit hours of coursework cov-

ering subjects such as leadership, public speaking and municipal law. Town Clerk Dawn Michanowicz presented a certificate to Survell on December 21.

"Jeanne passed with flying colors," said Michanowicz. "She worked incredibly hard, and we're very proud of her."

Nomination papers available for 2017 town candidates

Nomination papers are now available in the Town Clerk's Office for the annual town election on May 8. Only 37 certified voters' signatures are required to have your name placed on the ballot.

The following seats are available:

- (1) Board of Assessors – 3-year term
- (1) Board of Health – 3-year term
- (2) Library Board of Trustees – 3-year term
- (1) Board of Selectmen – 3-year term
- (1) Constable – 3-year term
- (1) DPW Board – 3-year term

(1) Planning Board – 5-year term

(1) Sterling Housing Authority – 5-year term

(1) Sterling Municipal Light Board – 3-year term

(2) Wachusett Regional School District Committee – 3-year term

Deadline to file the signature sheets with the town clerk is March 20. Deadline to withdraw from the race is April 5.

For more information, contact Dawn Michanowicz, Town Clerk, at 978-422-8111, ext. 2308.

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Sterling-Lancaster Community TV

Broadcast Schedule Jan 28th - Feb 3rd, 2017

Comcast Channel 8		Genre
Saturday		
12:00 AM	Retro Movie Theater - Hercules and the Captive	Entertainment
4:00 AM	Retro Movie Theater - Hercules and the Captive	Entertainment
6:30 AM	Barbara and You	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	AUC College Service	Religion
12:00 PM	Wildlife Viewing Etiquette and Restrictions	Documentaries
1:00 PM	DW Conflict Zone Britain and the EU	Documentaries
2:00 PM	All Aboard - Narrow Gauge Passenger Chase	Hobby
3:00 PM	Wildlife Viewing Etiquette and Restrictions	Documentaries
4:00 PM	The Adventures of Donkey Ollie - Camp Of Thieves	Children
5:00 PM	Homegrown Music - Conjunto Barrio	Music
6:00 PM	Soul School - Sam Cook	Music
7:00 PM	DW Conflict Zone Britain and the EU	Documentaries
8:00 PM	All Aboard - Narrow Gauge Passenger Chase	Hobby
9:00 PM	Wildlife Viewing Etiquette and Restrictions	Documentaries
10:00 PM	Barbara and You	Interview

Sunday		
12:00 AM	Retro Movie Theater - Hercules and the Captive	Entertainment
4:00 AM	Retro Movie Theater - Hercules and the Captive	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	Wildlife Viewing Etiquette and Restrictions	Documentaries
1:00 PM	DW Conflict Zone Britain and the EU	Documentaries
2:00 PM	All Aboard - Narrow Gauge Passenger Chase	Hobby
3:00 PM	Wildlife Viewing Etiquette and Restrictions	Documentaries
4:00 PM	The Adventures of Donkey Ollie - Camp Of Thieves	Children
5:00 PM	Homegrown Music - Conjunto Barrio	Music
6:00 PM	Soul School - Sam Cook	Music
7:00 PM	DW Conflict Zone Britain and the EU	Documentaries
8:00 PM	All Aboard - Narrow Gauge Passenger Chase	Hobby
9:30 PM	Wildlife Viewing Etiquette and Restrictions	Documentaries
10:00 PM	Barbara and You	Interview

Monday-Friday		
12:00 AM	Retro Movie Theater - Dressed to Kill	Entertainment
4:00 AM	Retro Movie Theater - Dressed to Kill	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Cathy Neptune's Kitchen - Mexican Dishes	Cooking
10:00 AM	Jessersize - Upper Body Workout	Health
11:00 AM	Waterways - Illegal Lobster Condos	Documentaries
11:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	Euromaxx - Recycled Art	Documentaries
2:00 PM	Church Service	Religion
4:00 PM	The Adventures of Donkey Ollie - Shipwrecked	Children
5:00 PM	Valley Homegrown - Merrick Section	Music
6:00 PM	Soul School - New Edition	Music
7:15 PM	Euromaxx - Recycled Art	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Waterways - Illegal Lobster Condos	Documentaries
9:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
10:00 PM	Barbara and You	Interview

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

Broadcast Schedule Feb 4 to Feb 10, 2017

Comcast Channel 8		Genre
Saturday		
12:00 AM	Retro Movie Theater - Dressed to Kill	Entertainment
4:00 AM	Retro Movie Theater - Dressed to Kill	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
12:30 PM	Pawdoption	Animals
1:00 PM	Euromaxx - Recycled Art	Documentaries
2:00 PM	Channel 8 Community News	News
2:30 PM	Pawdoption	Animals
3:00 PM	Waterways - Illegal Lobster Condos	Documentaries
3:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
4:00 PM	The Adventures of Donkey Ollie - Shipwrecked	Children
5:00 PM	Valley Homegrown - Merrick Section	Music
6:00 PM	Soul School - New Edition	Music
7:15 PM	Euromaxx - Recycled Art	Documentaries
8:00 AM	Channel 8 Community News	News
8:30 PM	Pawdoption	Animals
9:00 PM	Waterways - Illegal Lobster Condos	Documentaries
9:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
10:00 PM	Barbara and You	Interview

Sunday		
12:00 AM	Retro Movie Theater - Dressed to Kill	Entertainment
4:00 AM	Retro Movie Theater - Dressed to Kill	Entertainment
7:00 AM	Trinity Bolton Church Service	Religion
9:00 AM	ECC Service	Religion
11:00 AM	Trinity Lutheran Church Service	Religion
12:00 PM	Channel 8 Community News	News
12:30 PM	Pawdoption	Animals
1:00 PM	Euromaxx - Recycled Art	Documentaries
2:00 PM	Channel 8 Community News	News
2:30 PM	Pawdoption	Animals
3:00 PM	Waterways - Illegal Lobster Condos	Documentaries
3:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
4:00 PM	The Adventures of Donkey Ollie - Shipwrecked	Children
5:00 PM	Valley Homegrown - Merrick Section	Music
6:00 PM	Soul School - New Edition	Music
7:15 PM	Euromaxx - Recycled Art	Documentaries
8:00 AM	Channel 8 Community News	News
8:30 PM	Pawdoption	Animals
9:00 PM	Waterways - Illegal Lobster Condos	Documentaries
9:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
10:00 PM	Barbara and You	Interview

Monday-Friday		
12:00 AM	Retro Movie Theater - Dominique is Dead	Entertainment
4:00 AM	Retro Movie Theater - Dominique is Dead	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Wicked Good Food - Sour Dough	Cooking
10:00 AM	Physician's Focus - Superbugs	Health
11:00 AM	H2O Series 6 - Riparian Buffers	Documentaries
12:15 PM	All Aboard - Michigan Fast Freight	Hobby
1:00 PM	Global 3000 - Zika Virus	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	The Adventures of Donkey Ollie - Welcome	Children
5:00 PM	Luther Burbank Middle School Band Concert	Music
6:00 PM	Soul School - Donna Summer	Music
7:00 PM	Global 3000 - Zika Virus	Documentaries
8:00 PM	H2O Series 6 - Riparian Buffers	Documentaries
9:15 PM	All Aboard - Michigan Fast Freight	Hobby
10:00 PM	Barbara and You	Interview

Town / School NEWS

It's time to license your dog

Fee is \$12 per dog for intact males and females, and \$8 per dog for neutered males and spayed females. Include a copy of rabies certificate. Payment can be made in person, dropped into the box outside the Butterick Municipal Building, or mailed to the Town Clerk's Office, 1 Park St., Sterling, MA 01564. Add \$2 to have tag(s) mailed back to you. Licensing fee waived for residents over 70, but rabies certificates and tags are still required. Inform the Town Clerk's Office if dog is deceased, so information can be removed from computer database. Failure to obtain a license by April 15 will result in a \$25 fine in addition to the cost of the license. For more information, call 978-422-8111, ext. 2307.

Spring Rabies and Microchip Clinic

The town of Sterling is holding a Rabies and Microchip Clinic at VCA Sterling Animal Hospital, 4 Clinton Road (Route 62), Sterling, on Saturday, March 11. \$12.50 per rabies vaccination, cash or check only. All towns are welcome. Bring cats in carriers from 9 to 10 a.m., and dogs on leashes from 10 to 11 a.m. Rabies vaccinations will be valid for one

year from March 11, 2017. To qualify for 3-year status, proof of prior rabies vaccination must be provided. No exams will be performed during the rabies clinic.

Home Again microchips will be available for \$48.50. This chip is universally recognized by all ISO compliant microchip scanners, and includes lifetime registration. Sterling's Assistant Town Clerk will be at the clinic licensing dogs for 2017 (for Sterling residents only). For more information, call Animal Control Officer Louis Massa at 978-422-7331.

Remember to return census form

Census forms have been mailed to Sterling households, as required by state law. Residents can drop off their completed form in the outside box in front of the Butterick Municipal Building, or mail it to the Town Clerk's Office, 1 Park St., Sterling, MA 01564. If someone has moved, they cannot be removed from the voting list unless their signature is on file with their new address. Census information is used by the state to allocate funds for schools, roads, and other aid, and by local police and fire departments to obtain accurate household information for public safety.

Kindergarten registration and lottery now underway

by Jamie Chase Galvin

If you are a parent or caregiver with a child eligible to attend kindergarten this fall, the kindergarten registration and lottery process is now underway. Children turning five on or before August 31 are eligible to enroll in either a half- or full-day option.

The half-day option is free for all district residents and transportation is provided to those outside the walk area.

According to Catherine Knowles, Supervisor of Pupil Personnel Services for the Wachusett Regional School District, a kindergarten registration packet, including immunization records, must be filled out and submitted as soon as possible to your selected school. Registration packets are available at each individual school, or can be downloaded at wrsd.net.

For the full-day option, there are several important dates to note. Full day kindergarten is optional, tuition-based, and uses a lottery system to determine

fair placement. Registration packets must be completed and on file at the appropriate school no later than March 17 and lottery applications must be submitted by the same date. The lottery for full-day determination will take place on March 31 at 4 p.m. in the Curriculum Center at Jefferson School, 1745 Main St., Jefferson. Parents and caregivers do not need to be present at the lottery, but are welcome to attend.

"Within a week or two of the lottery date, parents should be notified of their eligibility status for full-day kindergarten," says Knowles. "We do our best to provide the full-day program to all families that request it, if possible."

The total cost for full-day kindergarten is \$3,250. A deposit of \$850 is required by April 15 to hold placement.

For more information on the tuition payment schedule, to enter the lottery, and for kindergarten registration packets, visit wrsd.net.



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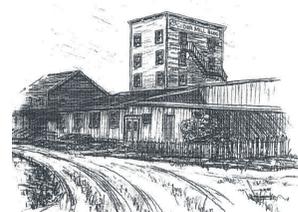
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Regional Recycle Center new hours

The Wachusett Watershed Recycle Center will not be open on Monday evenings during the months of January, February and December 2017, but will open instead on the first and third Saturdays of those months from 8 to 11 a.m. Thursday evening hours will resume in March from 5 to 7 p.m. All other hours remain the same. The Wachusett Watershed Regional Recycle Center is a completely volunteer-run organization dedicated to the preservation of healthy watershed communities through the conscientious disposal and reuse of household goods and bulk debris. New volunteers are welcome. For more information and updated hours, visit wachusettearthday.org.

Academic Center of Excellence (ACE) at Hope Chapel

As part of their mission to support the growth of students toward academic excellence, Hope Chapel in Sterling is offering a new opportunity to Wachusett district junior and senior high school students, whether they are struggling to pass their courses or are excelling and seek to be challenged to their full potential. Starting on Thursday, January 19, from 6 to 8 p.m., and continuing every other Thursday, free tutoring, SAT prep, and mentorship to students in math and science will be provided. Volunteers are from the community and represent professionals and college students, including an MD/PhD Associate Professor of Medicine at UMass Medical School, a Senior Program Manager at Draper Laboratory in Cambridge, Massachusetts, a graduate student at WPI who directs the campus tutoring center for math and science, an Assistant Vice President at Leominster Credit Union

and former high school math teacher, and a PhD Professor of Psychology at Fitchburg State University and expert in the psychology of learning. Students will be matched with tutors depending on their specific needs, from homework help to test prep, advanced conceptual understanding, and career mentorship. While these tutoring services will be provided in the church facilities, no religious outreach is scheduled during the program. Students are asked to sign up for a 2-month block (four sessions). If there is sufficient interest, Hope Chapel plans to offer additional subjects like literature, history, languages, and others in future, as well as recruiting talented students to help tutor younger students. Hope Chapel is located at 35 Chocksett Road, Sterling. For more information, call 978-422-6684, or visit hopechapelsterling.org.

Monty Tech honor roll

Thomas R. Browne, principal of Montachusett Regional Vocational Technical School, has announced the honor roll for the first quarter of the 2016-2017 school year.

The following students from Sterling have earned high honors:

Peter Agurkis, Joshua Barrett, Casey Brown, Evan Cutler, Sara Dupont, Cody Favreau, James Forest, Holly Forstrom, Wade Fuller, Jakob Gravelin, Samantha Grice, Emily Grote, David Hinckley, Sarah Jacobs, Nicholas Lanciani, Samuel Landadio, Alyssa Leonardi, Alexander Littizzio, Madison Lowe, Jarek Michalak, Dennis Minnich, Taylor Moroney, Ryan Morrissey, Tyler Page, Sarah Parker, Erica Regan, Brianna Remy, Katelyn Roseberry, William Roseberry, Anya Saben, Thomas Sahlberg, Samuel Smith, Emily St. Thomas, Heather Stevens, Benjamin Sweet, Joseph Taubert, Nolan Toohey, Katherine Tremblay.

The following students from Sterling

have earned honors:

Maya Bastian, Joseph Flanagan, Tanner O'Neill, Emily Thorogood.

Monty Tech holds Skills USA local competition

More than 225 students qualified to advance to the next level of competition at the annual SkillsUSA Local Skills and Leadership competition held recently at Montachusett Regional Vocational Technical School. Competitions were held in all 20 career and technical programs offered at the school, where students put the skills they are learning to the test. Students also tested their leadership and job-readiness skills in events such as prepared speech, promotional bulletin board, job interview, and job skill demonstration.

Students from Sterling who have qualified to advance to the next level of competition are: Norman Dziokonsk (Auto Service Technology), David Hinckley (Cabinetmaking), David Hinckley (Job Interview), David Hinckley (Related Technical Math), Benjamin Sweet (Carpentry), Ethan Devillers (Cosmetology under 500 hrs.), Casey Brown (Culinary Arts), Taylor Moroney (Dental Assisting), Gerald Bourgeois (Electronics Technology), Peter Agurkis (Industrial Motor Control), Peter Agurkis (Mechatronics), Samuel Landadio (Mobile Robotics), Kaitlin Coffey (Mobile Robotics), Samantha Grice (Principles of Technology), Tanner O'Neill (Principles of Technology), William Roseberry (Technical Drafting).

Book talk at Applewild at Devens

The next Applewild School Speaker Series at will take place on Wednesday, January 25, 6:30 p.m., at Applewild Preschool at Devens, 27 Jackson Road, Devens. New York Times best-selling author Erika Christakis, who spent time

growing up in Acton and Concord, will discuss her book, *The Importance of Being Little - What Preschoolers Really Need from Grownups*. Free and open to the public. For more information or to register, email jwing@applewild.org.

Applewild announces innovative tuition model

Applewild School, a K-8 independent school, is implementing an innovative tuition model for the 2017-18 school year designed to be responsive to individual family circumstances. The new model, Access Applewild, focuses on the contribution every family is able to make toward tuition, recognizing that all families stretch to afford an Applewild education. As further demonstration of Applewild's commitment to affordability, the highest tuition rates will be frozen for the next two years. For more information, visit applewild.org, or call Jen Wing, Director of Admission and Access Applewild, at 978-342-6053, ext. 110.

Oxbow Schoolhouse now enrolling

Oxbow Schoolhouse, a non-profit, private elementary school serving students in grades 1 through 6, is now enrolling for the 2017-2018 school year. Deadline January 31. Oxbow Schoolhouse offers a Waldorf-inspired, classical curriculum intended to meet students' varied developmental needs and lay the foundation for a healthy and well-balanced life of learning. Small class size, dynamic and thought-provoking curriculum, an emphasis on the arts, hands-on learning and ample outdoor time are some of the benefits provided. Located at 270 Barnum Road, Devens, For more information, contact info@oxbowschoolhouse.org or visit oxbowschoolhouse.org.

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Time to buy Girl Scout Cookies

by Cyndie Hare and Nickole Boardman



Contributed PHOTO

(Left to right) Aaliyah Cooper, Katherine Smith, Hayley Castano and Laela Boardman from Sterling Girl Scout Troop #30518 selling cookies.

It's Girl Scout Cookies season again. Few people know that the Girl Scout Cookies program is the largest girl-led business in the world. When you buy cookies from a Girl Scout, you're getting more than just a tasty treat. The program teaches leadership by helping girls develop five key skills: goal setting, decision making, money management, people skills, and business ethics. Long before cookie sales begin, the girls work together to decide how to spend their money. They might choose to spend on outdoor adventure, exploration, or community service, but their topmost priority is being active together. Once they make that decision, they figure out how many cookies they need to sell in order to

achieve their goal. They develop money management skills, both when selling cookies, and again by keeping track of the money they receive, and calculating how much closer it gets them to meeting their goal. They develop people skills by learning to make eye contact with customers, talking to adults with confidence, describing the variety of cookies, and talking about how they'll use the money they make. They learn business ethics by being honest and responsible in placing orders, tracking funds, respecting deadlines, and taking care of their customers.

This year, the cost of Girl Scout Cookies has gone up, which also means the girls make more money on each box they sell.

Standard favorites – Trefoils, Tagalongs, Thin Mints, Do-Si-Dos, Samoas, and Savannah Smiles – are all available at \$5 per box. A brand new specialty cookie called Smore's is available for \$6 per box, as well as a gluten-free Toffee-Tastic cookie at \$6 per box. Cookies can also be purchased and donated.

The Girl Scouts of Sterling are grateful for the community's past support. By buying Girl Scout Cookies, you foster positive values for this generation. When a Girl Scout sells you cookies, she's building a lifetime of skills and confidence.

Cyndie Hare is a Sterling Girl Scout leader. Nickole Boardman is a Sterling Girl Scout leader and cookie program manager.

Energy project already benefiting ratepayers

Since the launch of the Sterling Community Clean Energy Resiliency Initiative battery storage project in October, Sterling Municipal Light Department General Manager Sean Hamilton has reported that during the extreme cold spell in December, the batteries were operated during the ISONE peaking period, reducing Sterling's load by 2 mw and bringing immediate benefits to the ratepayers of Sterling.

"To have this event happen during our commissioning period and to operate almost five weeks ahead of our contracted schedule is a real testament to the efforts put forth by the employees at NEC Energy Systems, the operations crew from SMLD, OPM Scott Reynolds, and our design engineer Mike Barrett, who together have made this project happen in record time," he said, adding that there were still some metering communication and commissioning items that he expected would be completed shortly.

Applications open for 2017 farmers market

Vendor and crafter applications are currently being accepted for the 2017 season of the Sterling Farmers Market. Like Sterling Farmers Market on Facebook for contact and up-to-date information, or email sterlingfarmersmarket@gmail.com.

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1840 Gun Shop purchase helps preserve town's history



Contributed PHOTO

Vern Gaw of the Sterling Historical Commission in front of the 1840 Gun Shop.

The little house at 37 School St., on the corner of Maple and School streets in Sterling, has an interesting historical story. Built about 175 years ago, the little shop tells a tale of past times when our ancestors laid the framework for the lifestyle we lead today. The shop has been occupied and useful from those early times until today, and is a testament to the vision of our predecessors supporting us over many generations.

The little house has three stories. The bottom floor has one room, the second floor has two rooms, and the third floor has one room, which still features a wooden sink. Over the years the floor layout has been altered to adapt to changing owners and usages. The stone foundation has shifted slightly, but could still be repaired. The back wall is bowed outwards, but almost seems to have been built that way. The Hoffman family,

who lived there during the 1970s, fondly remember the wall being bowed out at that time over 40 years ago, but the framework of the house remains sound.

The house has supported many pre-industrial businesses. It passed into the hands of a tinsmith, Henry Sawyer, a tin maker and stove dealer. Ebenezer Butterick, the inventor of the tissue sewing pattern, used the house as a sewing shop. At one time the shop was owned by a gun maker, Frank Copeland, who created many guns, examples of which can still be seen today at the Sterling Historical Society. Copeland was also an inventor. He built an organ, a viola, and even a lawnmower.

The little house continued as a home to many Sterling residents over the ensuing years. It is now an unpolished gem in the downtown Sterling Historic District.

Recently, the gun shop has been

purchased by a private resident. This is an important moment for historical preservation, as the building was an eyesore and on the verge of being condemned. Buying an historical building is one way of preserving our history. It preserves the local cultural atmosphere that everyone in Sterling enjoys. Historical preservation in Sterling is a local event that tells our unique American history. As the little gun shop has served us over the years in many ways, it will continue to serve the community in the future.



Contributed PHOTO

A gun made by Frank Copeland on display at the Sterling Historical Society.

Article submitted by the Sterling Historical Commission.

Historic Sterling

Icy business in Sterling

by Robert McKay Jones

Sterling's Waushacum lakes, valued for the purity of the water, were also the source of tons of ice as early as 1870. By 1902, an ice consortium worth more than \$16 million was consolidating smaller ventures into The New England Consolidated Ice Company, which controlled New England's major ice suppliers. Modeled after Standard Oil, ice was considered a public utility of sorts, deemed necessary in every household. A block of ice could last as long as three weeks in an insulated metal box. Boston alone required some 90,000 tons of ice per month.

Snow was cleared off the lakes as soon as the ice was firm enough to withstand horse-drawn plows, and 500,000 tons of ice were removed from the lakes each year. Ice houses stored tons of ice blocks, each cut with a saw, hooked and pulled from the water with tongs and dragged by a horse-drawn sled to ice houses owned by Sterling Inn, C.F. Ward, Patten Brothers, J.W. Fitch, E. Burpee, John Gates, the Providence Ice Company, and others. Temporary workers earned 20 cents per hour to cut and haul ice blocks. In severely cold weather, the Providence Ice Company employed as many as 70 men harvesting up to 20,000 tons per week. Other workers found employment delivering ice to neighboring towns and cities by rail.

By 1937, the use of ice had begun to dwindle. Many of the ice houses were leveled and in September 1937, the Providence Ice House was demolished and their 30-foot-long hard pine planks were sold off as scrap by the Shanberg Wrecking Company of Clinton.

Robert McKay Jones is a member of the Sterling Historical Commission.

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Winter fun 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.

Especially for kids

Picture Book Club – Thursday, January 26, 2 p.m. Youth grades K through 2 are invited to read *More-igami* by Dori Kleber, then join us for a themed snack and craft. Book copies available at the library. Registration required.

Music Circles – Come in and make some noise. Children ages 2 to 5. Mondays starting January 30, 10:30 a.m. Sign-up for the 6-week series opens on Monday, January 9, 10 a.m. Registration is limited.

LEGO Club – The LEGO Club will meet on Thursday, February 2, and Thursday, February 16, at 4 p.m. Registration required.

Coding with Minecraft – Children ages 8 to 12 are invited for a unique program introducing them to coding through the videogame Minecraft on Saturday, February 4, from 10:30 a.m. to 12:30 p.m. Computers and supplies will be provided. Participants will be introduced to

coding concepts using the Javascript or Python coding language. This program is easy for beginners, challenging enough for the more experienced gamers, and fun for everyone. Registration required.

Middle School Book Club – Youth in grades 5 to 8 are invited to attend on Thursday, February 9, at 6:30 p.m. to discuss *Out of My Mind* by Sharon Draper. Read the book ahead of time, then come to the meeting to discuss it and participate in a themed activity. Book copies available at the library. Registration required.

Drop-in craft – Monday, February 13, 11 a.m. to 2 p.m., for children of all ages. Valentine's Day themed craft. Staff and volunteers will be on hand to assist. No registration required.

Minute to Win It – Conant Public Library is hosting its own version of Minute to Win It on Tuesday, February 21, at 11 a.m. Children in grades 2 and up are invited to participate in seemingly simple, 60-second challenges inspired by the Minute to Win It game show and popular children's literature. Registration required.

3rd & 4th Grade Book Club – There's a new book club for children in grades 3 and 4, featuring chapter books of all

genres to help inspire a love of reading and will include a book themed activity. Wednesday, February 22, at 2 p.m., to read *Frindle* by Andrew Clements, which follows a young boy as he learns about the power of words to inspire change. Book copies available at the library. Registration required.

Family Movie Matinee – Thursday, February 23, 1 p.m. *Trolls* is rated PG and follows an unlikely pair of trolls named Poppy (Anna Kendrick) and Branch (Justin Timberlake) as they embark on a journey to save their friends from the invading Bergens. Children under 17 accompanied by their caregivers are invited to attend. Registration required.

Artopia – A new monthly art program for youth in grades 5 and up. Monthly challenges with different crafts. Thursday, February 23, at 6:30 p.m., transform the ordinary into the extraordinary by weaving baskets out of recycled magazines and book pages. Supplies and snacks provided. No registration required.

Parent's Night Out Book Club

Are you a parent who loves to read and talk about books? Let's read some family- and parenting-themed contemporary fiction together. Wednesday, February 1, 6:30 p.m., Baker Room, *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures* by Anne Fadiman. Books are available at the library. No registration required.

Adult coloring program

Discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Wednesday, February 8, and Monday, February 27, at 6:30 p.m., in the Baker Room. Supplies available or bring your own. No registration required.

Beat stress with meditation

Dr. Allan Hughes will present "Meditation for Stress Free Living" on Saturday, February 25, at 10:30 a.m., at Conant Public Library in Sterling. Dr. Hughes will discuss the extraordinary effect of meditation to reduce stress-related responses, improve concentration, and enhance clarity of thought and mental equilibrium, and present a simple yet powerful meditation technique. Call 978-422-6409 to register.

Winter fun with Sterling Rec

Stay fit and have fun throughout the winter with Sterling Rec. For program information and to register, visit SterlingRec.com, call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling. Like Sterling Recreation Department on Facebook for up-to-date program and event information.

GPS Passes – Season passes

For Wachusett Mountain Ski Area. Ages 6+. Bronze: \$369, Silver: \$429, Gold: \$659. Group name: Sterling GPS, Coordinator: Kristen Dietel.

Active Kids

Tiny Tots Playtime – Infant to age 4, 5-year-old siblings welcome. Wednesdays to March 29, 9 to 11 a.m. 1835 Town Hall. \$30/3-month session/family or \$3/day.

Kids Zumba/Yoga – Session V, grades 1+. Thursdays, February 16 to March 23, 4 to 5 p.m. 1835 Town Hall. \$35/ session.

Babysitters with Pediatric First Aid and CPR – Grades 5 to 8. Thursday, January 26, 12:30 to 4:40 p.m. 1835 Town Hall. \$85.

After School Tennis – Grades 1 to 4. Wednesdays, March 1 to April 5, 4 to 5 p.m. Houghton Elementary School gym. \$100.

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Art and Creativity for Kids

Music and Movement – Infant to age 5. Mondays to March 20, 10 to 10:45 a.m. 1835 Town Hall. Register at pakmusic.org.

Cooking – Grades 5 to 8. Tuesdays, March 7 to 28, 3 to 4:30 p.m. Chocksett Middle School cafeteria. \$120.

Candy Making Workshops – Grades 5 to 8. Tuesdays, February 7 and 14, 3 to 4:30 p.m. Chocksett Middle School cafeteria. \$40/workshop, \$70 for both.

Active Adults and Teens

Gentle Yoga – Thursdays, February 2 to April 6, 10:30 to 11:30 a.m. 1835 Town Hall. \$80/session or \$13/class.

Yoga for All – Thursdays, February 2 to April 6, 7 to 8 p.m. 1835 Town Hall. \$80/session or \$13/class.

Adult Cooking Workshop – Ages 16+. Thursday, February 9, 6 to 8 p.m. Sterling Senior Center. \$40.

Cribbage – All ages welcome. Thursdays to February 9, and/or February 16 to March 16, 7 p.m. Sterling Senior Center. \$20/player/session.

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

Ladies' Pick-Up Basketball – Ages 18+. Mondays, 6 to 7:15 p.m. Chocksett Middle School gym. \$25/season for Sterling residents, \$30 non-residents.

High School Pick-Up Basketball – Grades 9 to 10, Tuesdays, to March 28, 7:30 to 8:45 p.m. Grades 11 to 12, Mondays, to March 27, 7:15 to 8:30 p.m. Chocksett Middle School gym. \$25/player.

Get your Boston Celtics tickets

Join the Recreation Department for an afternoon of Celtics basketball. Watch

the Celtics take on the Chicago Bulls on Sunday, March 12 at 3:30 p.m. at the legendary TD Garden. Balcony seat tickets \$80.

Naga Fitness with Gina at 1835 Town Hall

All classes are \$10 each or \$90/10 classes 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.

Join Sterling Rec at Foxwoods

Reserve your spot for a great night at Foxwoods Resort and Casino on Saturday, March 25. The group will leave from Butterick Municipal Building at 4 p.m., returning around midnight. \$30/person includes roundtrip transportation, buffet voucher, and \$10 slot bonus play. Reservation required.

Stay Busy at the Senior Center

The Senior Center is Located at 36 Muddy Pond Road, and is 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 at all times.

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

Land Ho

by Ray Tatten

Been drifting, pulled by a strong current, finally spotting land, high points coming into focus through the mist of middle age. Wading ashore like Columbus - discovering things - by accident.

Bought an I-Phone, so now I stop at gas stations for directions only once in a while. Learned new words like homophobic, xenophile, and misogynist, (although I still mix them up). I thank political pundits for that. Third world countries are "emerging," and it's always "Happy Holidays." At checkout, I don't do plastic. I like how it feels when I say, "No bag, I'm going green."

Not everything I learn about is good - like what's a root canal. Or Medicare. After too many websites and phone calls, it didn't seem worth all the figuring out. Drivers tailgate me more these days, throwing me dirty looks for some reason when they speed by.

Then there's the grubs. The brown patch from poor watering was actually an infestation that's wrecked my front lawn. I'm telling myself not to be upset, but a lush lawn is one of life's pleasures - grubs a problem that only happens to other people. It's good we have Google now, so as these things pop up, I don't have to feel stupid. I've learned a lot about grubs.

Instead of using the drive thru at Dunkin Donuts, I go inside so they can get a good look at me. That way I get a senior discount and save 15 cents on my tea. And my haircut went from a \$22 "styling" to "regular senior" for \$10.

I enjoy conversations more - in the supermarket or in line at the post office. There's poetry about it I never noticed - been too busy, I guess, just getting through the day. I like a stop at Bolton Orchards, a call from my kid needing help on something, breakfast and the paper at Lou's Diner on Saturday morning. Even a good snowstorm, my wife near the sink, turning her head with one of her warm smiles when I tumble in from outside, sweaty, wet and pooped after a few hours of snow blowing.

Finally learning what's important - what I like most, I was doing least. So I play golf now whenever I can. A day on the course beats anything so far - an occasional pure shot better than... well... just better than. And just as seldom.

There is no going back. I haven't burned the ship, but allowing less important things to drift off on their own. Like the great explorer, I was looking for something else, but this may be better - a whole new world.

I christen it "Senior Land."

Ray Tatten is a Sterling resident.

Got time to spare? Volunteer at the Senior Center

The Senior Center couldn't run without its volunteers. If you have a few hours to spare during the week, consider joining their team.

Wachusett Food Pantry delivery available for seniors

Are you a Sterling Senior (65+) unable to get to the food pantry? We can help by delivering to you. Monthly distribution items available include pasta sauce, peanut butter, tuna fish, beans, cereal, milk, juice, meat, vegetables, eggs, cheese and bread, as well as personal care and paper products. For more information or to register, call 978-422-3032. Proof of age and residency is required. Senior distribution is the Friday before the third Saturday of each month.



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PHOTO by Richard Maki

Detective David Johnson from the Sterling Police Department explains the use of pepper spray and the 911 system at a safety presentation at the Sterling Senior Center on January 4.

Upcoming Events

- Homemade lunch** – Wednesday, January 25, 11:30 a.m. Homemade turkey dinner. \$3 donation. Sign-up required.
- Book signing with Larry Stoddard** – Wednesday, January 25, 12:30 p.m.
- Foot clinic** – Thursday, January 26, 9 a.m. to 1 p.m. Provided by Jovy Bennett, RN, Certified Foot Care Nurse. By appoint-

- ment only. \$35.
- Book club** – Thursday, January 26, 12:30 p.m., featuring *On the Road with Charles Kuralt*.
- Pancake Breakfast** – Friday, January 27, 7:30 to 9:30 a.m. Enjoy pancakes, sausages, tea breads, fruit cup, juice, and coffee, sponsored by the Friends of Sterling Seniors. \$3.

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- SHINE** – Wednesday, February 1, 9:30 a.m. By appointment. Get your insurance questions answered.
- Homemade lunch** – Wednesday, February 1, 11:30 a.m. Homemade burger, fries, and strawberry shortcake. \$3 donation. Sign-up required.
- BP clinic** – Thursday, February 2, 10 a.m. to noon. Sponsored by Sterling EMS.
- Guided meditation with Bob Stickles** – Friday, February 3, 8:30 a.m. \$5.
- Lunch and Learn Volunteer Quarterly Meeting** – Friday, February 3, 12:30 p.m. Topic is “The Vision for Our Senior Center.”
- Pitch Party** – Saturday, February 4, 6:30 p.m. Sponsored by Sterling Grange.
- Bingo** – Monday, February 6, 1p.m. Hosted by Senior Whole Health. Prizes include Dunkin’ Donuts gift cards.
- Men’s Club** – Tuesday, February 7, 8:30 a.m. Men are invited to enjoy coffee, home-baked goods and a lively discussion.
- Nursing students need volunteers** – Wednesday, February 8, 9 a.m. Nursing students from MCPHS will conduct health interviews. Elder volunteers needed.
- VA benefits presentation** – Wednesday, February 8, 11 a.m. Veteran Services Officer Rick Voutour discusses veteran benefits that are available.
- Homemade lunch** – Wednesday, February 8, 11:30 a.m. Homemade beef stew.

- \$3 donation. Sign-up required.
- February birthday cake** – Friday, February 10, 12:15 p.m. Cake for everyone celebrating their February birthday.
- Create a Valentine themed gift bag** – Monday, February 13, 1 p.m. Courtesy of NaviCare. Sign-up required.
- Elder Keep Well Clinic** – Tuesday, February 14, 9:30 to 11:30 a.m. Get medical and prescription questions answered and blood pressure checks by a VNA nurse.
- Valentine’s Day luncheon** – Tuesday, February 14, 11:30 a.m. \$3 donation. Sign-up required.
- Live music** – Tuesday, February 14, 12:30 p.m. Love songs of the 1930s, 1940s and 1950s, with Denis Coughlin.
- Homemade lunch** – Wednesday, February 15, 11:30 a.m. Homemade chicken pot pie. \$3 donation. Sign-up required.
- Valentine’s Jingo** – Wednesday, February 15, 12:30 p.m.
- Potluck** – Thursday, February 16, 6 p.m. Bring a favorite dish to share, then create a paper bouquet. Sign-up required.
- Guided meditation with Bob Stickles** – Friday, February 17, 8:30 a.m. \$5.

Daily events

A host of exciting programs and daily events are underway at the Senior Center. Call 978-422-3032 to sign up, or drop in to pick up a detailed newsletter and calendar of events.



PHOTO by Richard Maki

Photographer John Gaumond (center) describes his images at the recent artist reception at the Sterling Senior Center. Gaumond's work will be exhibited at the Senior Center throughout January and February.

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Free boating and sail classes

Flotilla 10-10, U.S. Coast Guard Auxiliary will offer safe boating (Boating Skills and Seamanship-BSS) and sail (Sailing Skills and Seamanship-SSS) classes beginning Wednesday, January 25 at Worcester State University. Classes meet for eight weeks Wednesdays, 7 to 9 p.m. Registration January 25, 6:30 to 7 p.m., Sullivan Building, room S 105. For information, visit a0131010.uscgaux.info. To register, email james.barbato@comcast.net. \$35 materials fee.

First Church community lunch

First Church in Sterling will host their second community lunch on Saturday, February 4, at noon. Free, no reservation required. The goal is to provide a free, tasty meal once a month in a hospitable, respectful and welcoming setting to people in the community who find it hard to provide or prepare a good meal, or who would enjoy eating a meal prepared by others in a communal setting. All are welcome. For information, or to volunteer, call 978-422-6657.

Pitch Party sponsored by Sterling Grange

Sterling Grange will hold its monthly public pitch party on Saturday, February 4, 6:30 p.m., at the Sterling Senior Center, 36 Muddy Pond Road. Admission \$4. Refreshments served. For more information, call 978-563-1437 or email sterlinggrange53@gmail.com. All are welcome.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, February 6, 7:30 p.m., at the post hall, 32 School St., Sterling.

Bridging Writers author series

Seven Bridge Writers Collaborative presents John Bell reading from *The Road to Concord*. Monday, February 6, 6:30 p.m., at Thayer Memorial Library, 717 Main St., Lancaster. Bell is a writer from Newton specializing in the start of the American Revolution. The Road to Concord is a new look at the start of the Revolutionary War, tracing the genesis of the fateful British march in April 1775 to little-known events of the preceding September, when a militia uprising in the Massachusetts countryside set off an arms race for artillery. The Road to Concord is the first book to tell the full story of those events. Free.

Meat raffle

The Hiram O. Taylor Post 189 of the American Legion will hold a meat raffle on Sunday, February 12, 1 p.m., at the Eight Points Sportsmen's Club, 147 Beaman Road, Sterling.

Mount Wachusett hike

Join Wachusett Greenways to hike from the Westminster Road entrance, past Echo Lake to the summit of Mount Wachusett on Saturday, January 28, at 10 a.m. To register, contact Christy at christybarnes0706@gmail.com or 508-755-6321.

Sterling Garden Club presents Language of Flowers

The Sterling Garden Club presents Language of Flowers by Diane Edgecomb on Thursday, February 16, 9:15 a.m., at First Church in Sterling, Houghton Room. Master storyteller Diane Edgecomb, recipient of the National Oracle Award for Storytelling Excellence and five Storytelling World awards, will be accompanied by Celtic harpist and vocalist Margot Chamberlain. This enchanting performance brings to life the legends that surround favorite garden flowers. The centerpiece of the performance is the Persian legend of the Nightingale and Rose, and their original adaptation of this exotic legend follows the journey of the rose through the ages, weaving together the myths that surround it. Edgecomb's humorous retelling of the Arthurian legend of Dame Ragnelle rounds out the program. Expect to laugh, be moved, and leave your cares behind. All are welcome.

Poutwater Pond hike

Explore this pristine kettle pond with Wachusett Greenways on Saturday, February 18, at 10:30 a.m. This 3-mile roundtrip hike will ascend 300 feet through the north Sterling woods, traverse open fields and terminate at the pond. Snowshoes are available for loan. Nordic skiers are welcome, but terrain is steep in sections. Bring snacks or pack a lunch. To register, contact Mike Peckar at mike@wachusettgreenways.org or 508-835-2959.

Register for Massachusetts Breast Cancer Coalition events

Massachusetts Breast Cancer Coalition (MBCC) hold its annual statewide Against the Tide Swim, Kayak, Walk, Run and/or Aquathon fundraising events again in 2017. Proceeds benefit MBCC, the state's leading breast cancer organization that seeks to understand the causes of breast cancer and find ways to prevent the disease.

The Statewide Metro-Boston Against the Tide will be held for the 25th com-

memorative year at DCR's Hopkinton State Park on Saturday, June 17. The statewide Cape Cod Against the Tide will be held for the 18th year at DCR's Nickerson State Park (Brewster, Massachusetts) on Saturday, August 19. Both events consist of several components: competitive and recreational swims, recreational kayak, a fitness walk, and USA Track & Field certified 5K and 10K runs. Participants of all ages and abilities can choose one, two, or three of these activities. The event also offers an Aquathon "Splash and Dash" component, where participants "splash" in the competitive 1-mile swim and immediately "dash" in the 5K or 10K run (chosen by the participant). To register for one or both events, visit mbcc.org/swim, or call 1-800-649-MBCC (6222). Those who cannot attend are invited to make a pledge to a registered participant or team. Participants may register as an individual or as part of a team. Registration is \$40 per adult per activity (\$80 for Aquathon) and \$25 per student per activity (\$50 for Aquathon), up to a maximum of three events. Participants are encouraged to fundraise beyond the registration minimum, as all proceeds support the Massachusetts Breast Cancer Coalition. Prizes will be awarded to the podium finishers and top fundraisers.

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 charlesgrayfinearts.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.

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.

Looking for a family pet?

Two-year-old Holly is a pretty girl with tuxedo markings. She's very friendly, loves lots of attention, and would make a great family pet. All of Holly's veterinary work is complete. She's leukemia negative, spayed, and has a



Holly

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