



Sterling

MEETINGHOUSE

NEWS

FREE

Local
Postal
Customer

PRSR STD
ECRWSS
US POSTAGE
PAID
EDDM Retail

April 19, 2017

New Eagle Scouts celebrate achievement

by James Barbato

Three Sterling teens, William Roseberry, a senior at Montachusett Regional Vocational Technical School, Michael Kush and Colin Smith, seniors at Wachusett Regional High School, were awarded the rank of Eagle Scout at a ceremony on Sunday, March 27, at the First Church in Sterling (sponsor of Troop 1), by their scoutmaster, Brian Toohey. Eagle Scout is the highest award a scout can earn. The Boy Scouts of America (BSA) have strict criteria for this award. Each of the recipients must earn 21 merit badges and complete a final community service project. Of the 21 required merit badges, 13 are from a required list that includes camping, cooking, swimming (hiking or cycling), citizenship in the community, citizenship in the nation, citizenship in the world, communications, lifesaving or emergency preparedness, environmental science or sustainability, family life, first aid, personal fitness and personal management. The remaining eight required merit badges may be selected from an additional 123 available choices, depending on their personal interests of each individual scout. When Boy Scouts of America was founded in 1911, there were only 57 possible merit badges. Today that list has grown to 136, encompassing the many areas of science and technology that have developed since 1911.

Each Eagle Scout is also required to complete a final community service project whose goal is to give something back to their community. Each scout proposes a project which undergoes review and input from the scout leaders and approval from the various town boards or agencies whose areas their project will impact.

For his community service project, Colin Smith replaced a deteriorating mailbox post in front of Conant Public Library with a granite post. In addition, he planted trees and shrubs on the library's front lawn. Michael Kush's community service project entailed building raised planting boxes for the seniors to use at the Sterling Senior Center. William Roseberry's project was to scrape and paint yellow a series of fire hydrants along Pratts Junction Road and Route 12. Although these hydrants are in Sterling, the yellow color (instead of red and white) denotes that they are the property of the town of Leominster.

According to Roseberry, Kush, and Smith, they gained valuable leadership skills because they needed to acquire materials, assemble volunteers to help with the physical labor, and manage their projects from start to completion.

Roseberry will attend the University of Massachusetts Lowell in September, and intends to major in civil engineering. Smith has been accepted at the University of Vermont. He has not yet decided on a major, but is leaning toward mathematics and business. Kush will attend the Colorado School of Mines, where he will major in civil engineering.

Sterling Meetinghouse News congratulates our new Eagle Scouts for their achievement.



(Center) William Roseberry with his parents John and Linda.



(Center) Michael Kush with his parents Debra and Gregg.



(Center) Colin Smith with his parents Christine and Marc.

1835 Town Hall holds open house

On April 17, an open house at the 1835 Town Hall in downtown Sterling gave visitors an opportunity to tour the building – one of the most historically significant edifices in the region – and to learn about its historic and current importance to our community. The 1835 Town Hall Committee felt this was an important event, in view of four warrant articles that will be considered by Sterling voters at the Annual Town Meeting on May 1 (see page 3).

1835 Town Hall Committee Chair Robert McKay Jones has shared the following list of some of the information that open house guests learned, and that the committee feels should be considered by anyone that was unable to attend the event in preparation for making an informed decision at the Annual Town Meeting.

- There is a stepped gallery measuring 275 square feet that overlooks the Great Hall. It's very cool.
- However, the basement jail cell is a cramped and scary place to visit, even for a few minutes.
- The three meeting rooms on the first floor are designed for small, medium and large meetings, and have audio-visual equipment available.
- The 1835 Town Hall building is used by more than 600 people each month for many different reasons. Usage is split equally between civic and private organizations, and Sterling Recreation Department programs.
- The 1835 Town Hall serves as a community center. Its variety of uses makes it a bargain that deserves the support of Sterling's residents.
- 1835 Town Hall building utilities cost

- about \$610 per month (\$7,320 per year).
- Maintenance and rehabilitation over the past 10 years has totaled \$50,000, or \$10,000 per year (\$835 per month).
- Amortizing the 5-year capital plan over the next 50 years is about \$12,200 per year.
- Future allocation of all costs including utilities, maintenance and capital expense will be roughly \$2,043 per month.
- All in all, the cost of the 1835 Town Hall is less than \$4 per square foot.
- Rental cost in Sterling ranges between \$8 and \$12 per square foot.
- Based on 2,810 households in Sterling, it costs \$8.76 annually per household to support our community center – our 1835 Town Hall.

For more information, visit sterling-1835townhall.org or <http://www.sterling-1835townhall.org>.

To arrange a private tour of the 1835 Town Hall, email info@sterling1835townhall.org.

SterlingMeetinghouseNews.com

In This Issue

Letters	2
Announcements	2
Town News	3-4
School News	4-5
Business News	6
Local Happenings	6-7
Library News	8
Recreation	9
Senior News	9-10
TV	10
FYI	11

Annual Town Meeting – Monday, May 1 – 6:30 p.m.

Chocksett Middle School, 40 Boutelle Road

Annual Town Meeting warrant is available at the Butterick Municipal Building, Conant Public Library, 1835 Town Hall, Department of Public Works, Sterling Municipal Light Department, and online at sterling-ma.gov.

Town Election – Monday, May 8 – 7 a.m. to 8 p.m.

Houghton Elementary School, 42 Boutelle Road

Absentee ballots available in the Town Clerk's Office, Butterick Municipal Building

Voters will decide future of 1835 Town Hall

The annual town meeting on May 1 will be upon us quickly. Departments and committees have worked hard over the last few weeks to build reasonable budgets which the Finance Committee, Board of Selectmen and Town Administrator, working as a team, compile into our annual town budget.

Sometimes discussions on budget items become contentious, though it really does not need to be that way. The selectmen believe the voters of Sterling are smart and informed. The selectmen simply want to give our voters a clear choice, rather than one option.

The 1835 Town Hall investment will be a costly one, no matter what. Due to current laws, the amount of money required to repair the roof will trigger additional required spending to assure disabled access to 100 percent of the building. The access investment may not have to be made immediately, however it will be required. Delaying construction just increases that cost. We have seen this phenomenon with other recent capital projects in town. In the past, the town has voted to appropriate money to support the 1835 Town Hall. A recent instance of this support was in 2011, when voters appropriated \$75,000 for architectural designs for repairs, handicap access, and to allow the project to qualify for grants. This design was ultimately deemed too costly, and it did not allow for the updated septic needs. No grants were ever awarded. This Board of Selectmen wishes to avoid such a gaffe.

The four articles are designed to give the full gamut of choices, from full voter support, to voter acknowledgement that the building has served its useful life for the town. The first article, for \$610,000, provides the amount of money, by the latest estimate, to complete the project (roof, access and septic.) This article should mean that the 1835 Town Hall will not return to town meeting for future capital expenses. The second article, for \$289,000, provides for repair of the roof and finishing the interior second floor ceiling. It does not provide for access or septic and will mean that additional capital expense articles will need to be presented at future town meetings. The third article, for \$150,000, accounts only for structural repair of the roof. This article will mean that additional capital expense articles will need to be presented at future town meetings. The fourth article, for \$15,000, allows for minimal investment by the town, and allows the Board of Selectmen to research future use of the property, including its sale. Some have stated that the sale of the building may be illegal due to the original deed for the land, sold to the town in 1807, stating that the land cannot be converted to private use. That may or may not be the case. What is not being stated is that the 1835 Town Hall Committee requested an opinion on that matter from the Attorney General's Office. The attorney general declined to render an opinion on that matter. If the town votes to sell the building, the selectmen will arrange for the appropriate research to verify this approach. Otherwise we are avoiding an expense that may not be necessary.

The bottom line in this discussion is that the will of the voters should be respected. This is not the issue of a small group of people (the Board of Selectmen or the 1835 Town Hall Committee). It's about our community, the willingness of the voters to continue to support the 1835 Town Hall, and to what extent. The selectmen believe that the matter should be decided now and not drawn out any longer. This is the reason for the choice.

Sterling Board of Selectmen
John Kilcoyne, Maureen Cranson, Rich Lane

Neither snow nor rain...

I would like to take this opportunity to thank our wonderful Sterling Municipal Light Department and Sterling Police for the assistance we received during the recent blizzard. A pole outside our home was blown out of position, cutting power to my home and my neighbor. We called SMLD and reported it. They were kind and professional. We then alerted the police to the downed lines on the road. Seeing as the winds were sustained at 50 mph, we assumed that all help would wait until the storm died down. Within 10 minutes both SMLD and SPD were on the scene. As winds whipped around them, they righted the telephone pole and restored our electricity. We were so very impressed. Thank you so much for the work you do for our town.

Michelle Harris
Redstone Hill Road

Watch out for wildlife

Sterling Animal Control Officer Louis Massa reminds residents that all wildlife is becoming more active after the winter. To help to keep wild animals out of your yard and in the woods where they belong, take down bird feeders, put trash out for pickup in the morning instead of the night before (especially if you use trash bags), and clean up thoroughly after backyard barbecues. Do not put trash barrels near your house the night before trash pickup, and do not leave garage doors open, especially with full trash barrels. Trimming bushes around the foundation of your house will provide fewer places for wildlife to hide. Coyotes and fisher cats are especially dangerous to domesticated pets, and black bears, who gravitate toward bird feeders, will soon become active.

Curbside trash/recycling schedule for May

Due to the Memorial Day holiday on Monday, May 29, trash/recycling curbside routes will be picked up one day later the week of May 29 on Tuesday through Saturday (no pickup on Monday, May 29). Have trash/recycling curbside by 7 a.m. one day later than your regularly scheduled pickup day.

Spring 2017 brush dump schedule

The brush dump located behind the Sterling Police Department on George Peeso Lane will be open 8 a.m. to noon on Saturday, April 22, April 29, May 6, May 13, and May 20. Open to Sterling residents only. For more information, visit the DPW web page at sterling-ma.gov.

Hydrant flushing

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

Odd/even water ban

Effective April 1, all use of automatic irrigation systems and any type of lawn sprinkler must comply with the odd/even water system. Properties with even numbered street addresses will be allowed to use irrigation systems and sprinklers on even calendar days and properties with odd numbered street addresses will be allowed to use irrigation systems and sprinklers on odd calendar days. The use of sprinklers, automatic or other, is prohibited from 9 a.m. to 5 p.m. on all days. Handheld watering of vegetable and flower gardens with a hose is unrestricted and may be performed on any day or time. For more information, visit the DPW web page at sterling-ma.gov.

Recycling Center news

The Wachusett Watershed Regional Recycling Center is open Tuesdays 9 to 11 a.m., Wednesdays 2:30 to 4:30 p.m., Thursdays 5 to 7p.m., and every third Saturday 8 to 11 a.m. The Recycling Center welcomes home goods, reusable furniture, crafts, sporting goods, fabric, bicycles, school supplies and appliances for swap or to be passed on to families in need. Each large appliance or furniture item disposal fee \$5 to \$15. For more information, call 978-464-2854 or visit wachusettearthday.org.



The Sterling Meetinghouse News is published by Barbato Media LLC
PO Box 914, Sterling, MA 01564
www.SterlingMeetinghouseNews.com
978-422-6760
mail@SterlingMeetinghouseNews.com

For advertising information send email to: mail@SterlingMeetinghouseNews.com or call 978-422-6760

The next issue will publish May 17. The advertising and copy deadline is Monday, May 8. Items received after deadline will be included if space is available.

Publisher • Mark Barbato
Editor • Lex Thomas
Contributors • James Barbato and Lex Thomas
Advertising Sales • Mark Barbato
Art Director • Kimberly Morse

The Sterling Meetinghouse News is mailed free of charge to all postal patrons of Sterling. We are not liable for typographical errors in advertisements.

Honey Do List - Done!

Call us for a quote. No job too small or too big.



Got a Problem? I Can Fix It!

Paul's Fix-It-All



- Kitchen and Bath Remodeling
- Replacement Windows and Doors
- Interior Trim Repair

- Garage door and opener replacement
- Decks • Porches
- Snow Plowing

Free Estimates • Fully Insured • HIC #171108 • References Available • 7 Princeton Rd., Sterling
Paul Higgins • Cell: 978-879-7208 • Phone: 978-422-8536 • pvhtsh@verizon.net

Candidates for upcoming town election

The 2017 Sterling Town Election will take place on Monday, May 8. Polls are open from 7 a.m. to 8 p.m., and are located at Houghton Elementary School, 42 Boutelle Road. Absentee ballots are available in the Town Clerk's Office in the Butterick Municipal Building, 1 Park St. For information about applying for an absentee ballot, visit sterling-ma.gov/town-clerk/pages/absentee-ballots. There is no early (advance) voting for this local election.

Candidates slated to appear on the ballot for the town election on May 8 are: **John F. Kilcoyne** for re-election to one available seat on the Board of Selectmen for a 3-year term.

Donna M. Clark for re-election to one available seat on the Board of Health for a 3-year term.

Stephen R. Godbout for election to one of three available seats on the Wachusett Regional School Committee for a 3-year term.

Marion Mahar for re-election to one of two available seats on the Board of Library Trustees for a 3-year term.

Alexandra "Lex" Thomas for election to one of two available seats on the Board of Library Trustees for a 3-year term.

In addition, the following seats are available for write-in candidates:

- (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 – 4-year term
- (1) Sterling Municipal Light Board – 3-year term
- (3) Wachusett Regional School District Committee – 3-year term

Chapter 90 funding for Sterling

Sterling will receive \$413,796, under a \$200 million Chapter 90 bond authorization approved by the House of Representatives on March 29. Sterling's share is part of approximately \$2.3 million for local road and bridge repairs awarded to the First Worcester District. Chapter 90 funds can be spent on a variety of municipal roadway projects, including resurfacing, drainage, sidewalks, traffic control and street lighting. The funding can also be used for bikeways, landscaping and tree planting, and for certain road building machinery, equipment and tools. Sterling residents will vote at the Annual Town Meeting on May 1 to approve these funds and expenditures to be made by the Department of Public Works, with approval of the Board of Selectmen, and in accordance with the DPW's 5-year Capital Plan reviewed annually by the Capital Plan Committee.

Voters will decide on 1835 Town Hall repairs

At the Annual Town Meeting on May 1, Sterling residents will vote on four warrant articles pertaining to the 1835 Town Hall that will determine the future of one of the most historically important structures in the region and the oldest town building in Sterling.

The 1835 Town Hall requires significant interior and exterior repairs and renovations in order to optimize its use as a community center, and to comply with local and federal building and accessibility codes, including those set by the Massachusetts Architectural Access Board.

The first article (Article 15) will seek voter approval to raise and appropriate, borrow, or transfer from available

funds \$610,000 to fund an extensive and exhaustive range of projects, including roof replacement, architectural design of structural repairs, electric wiring, insulation, septic upgrading, design and installation of a wheelchair lift, installation of a sprinkler system, and repair or replacement of the front columns. Selectman Rich Lane supports this approach which he believes would minimize the possibility of future financial investment by the town, stating at the Board of Selectmen meeting on April 5 that "every time we delay a project, the prices go up." Neither Finance Committee nor the 1835 Town Hall Committee support this article, as there is concern that it precludes town eligibility for grants available for a project extended over multiple years.

The second article (Article 16) will seek approval for allocation of \$298,000 to fund roof repairs, including architectural design, project management, and construction, as well as electric wiring, interior insulation, and ceiling finish. In addition, this strategy would turn the building's second floor into usable space. While this article would require future financial investment in order to comply with state and federal accessibility laws, 1835 Town Hall Committee chair Robert McKay Jones believes that a portion of the town's expense would be eliminated by the availability of grants. This article is supported by Finance Committee and the 1835 Town Hall Committee.

The third option (Article 17) seeks approval for partial funding of \$150,000 to fund roof repairs only, including structural repairs, sheathing and underlayment, and architectural asphalt shingles. This work would be intended to preserve the basic integrity of the building until further funding becomes available, and would require a future financial investment by the town. It would not

render the second floor as usable space. Neither Finance Committee nor the 1835 Town Hall Committee support Article 17.

The fourth option (Article 18) recommends seeking approval for \$15,000 to fund necessary building stabilization and preservation in order to allow the Board of Selectmen to seek sale of the property. This article is not supported by either Finance Committee, or the 1835 Town Hall Committee.

The Board of Selectmen has decided to defer to the Annual Town Meeting on all four articles. An affirmative vote on articles 15, 16, or 17, will result in a "no action" determination on the remaining articles.

School budget up for voter approval

It's anticipated that voters will be divided on this year's Wachusett Regional School District budget at Sterling's Annual Town Meeting on May 1. In Article 5, voters will be asked to raise and appropriate \$9,206,776, Sterling's net minimum contribution as provided by the state for the WRSD annual budget (\$8,145,271), plus Sterling's share of WRSD transportation costs (\$657,260), and the town's portion of the WRSD debt and interest cost for the high school (\$389,709), and debt and interest for oil spill remediation (\$14,536). The amount sought in this article is state mandated. Finance Committee recommends passage of this article. The Board of Selectmen will report at the Annual Town Meeting.

However, the Board of Selectmen doesn't recommend passage of Article 6 seeking voter approval to raise and appropriate \$2,145,662 above the net minimum contribution requested by WRSD, as Sterling's share of their annual

Let Our Experience Be Your Protection

PAULA K. ABERMAN ASSOCIATES, INC.



PAULA K. SAVARD
ABR, CRB, CRS, GRI

2086 MAIN ST. LANCASTER
978-537-4971



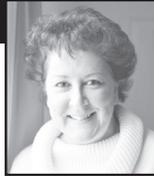
GAIL LENT
ABR, CRS, GRI



Paula Savard 987-537-4971 x 101
www.paulasavard.com

Sterling - \$384,900 Stately 2 family colonial totally owner occupied. Vinyl siding, asphalt roofing, vinyl windows replaced. Country kitchen, first floor family room, formal dining, eat in country kitchen, livingroom office all on first floor. Apartment has kit, 1r 1/2 bath and laundry on first floor, 2 attic style bedrooms and bath on the second floor.

Commercial Office • 486 Chestnut Street (Suite 11), Gardner, MA 01440



ROBIN DUNBAR BAIN



LINDA BARRY



SANDRA DERIENZO
ABR, GRI



PETER HALEY



JOHN KEEFE



ANNA MARY KRAEMER
CRS



BETH LAMONTAGNE



YASMIN LOFT



NICK MASSUCCO



HANNAH MEYER



TRACY PAGE



STEFANIE ROBERTS



TRACY SLADEN



JACK VANKANN

Can you improve performance while reducing risk?

Learn what leading business schools know about the science of investing



Call for a complimentary consultation
Thomas W. Bodine, ChFC • Sterling resident
email: tbodine@3dadvisor.com
508-351-6026 or 978-368-8977



300 West Main St., Building B, Northborough

Guitar Lessons

Also, for beginners:
bass guitar, Ukulele,
voice and piano
over 25 years' experience



For all levels and ages at the Recreational Department in Sterling

Call Lou Valentino at 860-574-9467

myworld.bliss@gmail.com

Go to www.yogavisionaries.com for student testimonials and rates.



The First & Last Step In Printing.

Color Copies • Blueprint Copies • Business Cards
Forms • Brochures • Promotional Items

Save time... send files electronically!

www.mmpressfitchburg.com



EVERY DOOR DIRECT MAIL
FLYERS AND POSTCARDS
DESIGN AND PRINTING

386 Summer St., Fitchburg, MA • 978-345-0818

budget, provided the budget doesn't exceed \$90,872,878 for the fiscal year 2018. At the Board of Selectmen meeting on April 5, Selectman Rich Lane stated that the requested contribution above the net minimum is "not sustainable."

Finance Committee recommends passage of this article.

The Board of Selectmen will also report at the Annual Town Meeting on the Montachusett Regional Vocational School Assessment (Article 7), which asks voters to approve \$842,182 as Sterling's share of operational and capital cost of the Montachusett Regional Vocational School District, and to transfer \$12,227 from the Capital Fund to pay Sterling's portion of the debt and interest for the Montachusett Regional High School Building Project, for a total appropriation of \$854,409.

Finance Committee recommends passage of this article.

Temporary moratorium for growing recreational marijuana

At the Annual Town Meeting on May 1, voters will be asked to support a temporary moratorium on the use of land or structures for non-medical marijuana. The moratorium would freeze any application to permit a recreational marijuana establishment in Sterling until June 30, 2018. The moratorium would provide time for the town to write zoning bylaws and regulations governing these establishments in the town, and to comply with any state laws and regulations that might be enacted later this year. The Board of Selectmen recommends approval of this article. Finance Committee will defer to the Annual Town Meeting.

Applewild School honor roll

Applewild School has released the honor roll for the first semester of the 2016-17 school year. Maegan Fitzpatrick and Anna Hayward, grade 7 students from Sterling, have earned academic high honors.

Monty Tech students shine at SkillsUSA district competition

Monty Tech SkillsUSA students brought home a total of 47 medals, plus two state-officer-candidate positions, from the organization's district-level competition held recently in Charlton. Peter Agurkis of Sterling won a bronze medal in mechatronics, and Norman Dziokonski of Sterling won a silver medal in auto service technology. Dziokonski will advance to the State Leadership and Skills Conference to be held April 27 to 29 in Marlboro.

Sterling EMS accepting scholarship applications

Sterling EMS, Inc. offers two annual scholarships. The \$500 Standard Scholarship is awarded to a Sterling resident enrolled in a medically-related training program. The \$1,500 Memorial Scholarship is awarded to a Sterling resident entering an undergraduate post-secondary educational program in a medically-related field. Applicants must be graduates or upcoming graduates of an accredited high school, possess a GED (or alternative), or have taken the Commonwealth of Massachusetts competency test for home schooled/alternatively schooled individuals. Applications are available at the Sterling Fire Department, Conant Public Library, and Butterick Municipal Building in Sterling, as well as in the guidance department of area high schools. Application deadline is April 30.

Chocksett Club scholarship application available

The Sterling Chocksett Club Scholarship application is available in the guidance department of area high schools and at Conant Public Library. Applications must be postmarked on or before May 1. Applicants must be Sterling residents. For more information, email loret.schur@gmail.com.

Getting started homeschooling

Whether you're actively considering home education or are just curious about how it's done, you're invited to attend Getting Started Homeschooling on Thursday, May 4, 6:30 p.m., at Conant Public Library, 4 Meetinghouse Hill Road, Sterling. Topics include an overview of homeschooling, getting started, methods, resources, and homeschooling support. The program will be presented by Milva McDonald and Tracy Ventola. Milva McDonald is a founder of Advocates for Home Education in Massachusetts, Inc., a non-profit charitable educational organization that gathers and disseminates information about homeschooling in Massachusetts through education, advocacy, and events. Tracy Ventola is an AHEM volunteer and a former elementary school teacher now homeschooling her two children. For more information on AHEM, visit AHEM.info. Admission is free, but registration is required. Call 978-422-6409 to register.

Community-wide diaper drive

The Diaper-A-Day Pantry is sponsoring a community-wide diaper drive during May in honor of Mother's Day. The Pantry, located at the Church of the Good Shepherd in Clinton, gives out about 900 diapers a month to area families. Diaper donations may be dropped off at First Church in Sterling, at 6 Meetinghouse Hill Road. Preferred sizes are 3, 4, 5 and 6.

This year's Annual Town Meeting warrant includes over 40 articles that will be presented to Sterling residents for their vote on Monday, May 1, at 6:30 p.m., Chocksett Middle School, 40 Boutelle Road. Pick up or download your copy of the warrant, and bring it with you to the Annual Town Meeting, and help make informed decisions for your town. The warrant is available at the Butterick Municipal Building, Conant Public Library, 1835 Town Hall, Department of Public Works, Sterling Municipal Light Department, and online at sterling-ma.gov.

WJG Painting

Custom Residential Services

Interior & Exterior

Power Washing • Interior Repairs

Fully Insured • Free Estimates

Grincar@comcast.net

Wayne J. Grinkis • 978-422-8690

Tell them you saw it in the Sterling Meetinghouse News

Your Hometown Funeral Home



100 Worcester Road (Route 12) • Sterling
978-422-0100



We are committed to providing the highest standards of funeral service with a comfortable and supportive environment to each family we serve.

Richard S. Mansfield
Funeral Director

You have to see Kitchen Associates New Showroom! It is room after room of beautifully designed kitchens.

More good news... Kitchen Associates received the Angie's List Super Service Award for 2014! If you are building a new home or remodeling, my wife and I highly recommend Kitchen Associates. We are enjoying the amazing functionality of our kitchen. You can view some of their other kitchen and bath masterpieces on their website.



New England's largest kitchen showroom is in your own hometown. That's impressive!



KITCHEN ASSOCIATES
Wood-Mode FINE CUSTOM CABINETRY

76 Leominster Road, Sterling
800-788-0733 • www.kitchenassociates.com
M-F 9am-5pm • Wed till 7pm • Sat 10am-4pm

Largest Kitchen Showroom in New England



William R. Southworth, D.M.D.
Specialist in Orthodontics

Nashaway Medical Building
225 Leominster Road (Rte. 12), Sterling
(978) 422-7400

Paula Meola
Dance & Performing Arts, Inc.

- Dance
- Music
- Voice
- Theatre

LARGEST PROFESSIONAL FACULTY IN CENTRAL MASSACHUSETTS

50 Leominster Road • Sterling • 978-422-6989
www.paulameoladance.com
Email: office@paulameoladance.com

Creature Comforts

Professional Pet Grooming for Cats and Dogs

978-422-7900

80 Maple Street, Sterling, Massachusetts
creature_comforts@comcast.net

Holden Grange announces scholarship

Holden Grange is offering its \$800 W. Sumner and Howard L. Jordan Scholarship to a graduating high school senior or student attending any recognized institution of learning beyond high school. Any applicant who does not belong to Holden Grange must reside in Holden, Paxton, Princeton, Rutland, or Sterling and be pursuing a course of study in agriculture/horticulture, veterinary science, or conservation/environment. A Holden Grange member in good standing for at least one year preceding the date of application is eligible to pursue any course of study. Scholarship recipient will be named in June, and funds will be awarded upon successful completion of the first semester with at least a 3.0 grade point average. A letter of intent, stating future educational goals and a description of three community activi-

ties or three Grange activities in which the applicant is involved must be accompanied by an official transcript and a letter of recommendation, and post-

marked by May 1 to Holden Grange, 26 Glenwood Place, Rutland, MA 01543. For more information, contact 508-886-2341 or holdengrange78@gmail.com.

Local boys compete strong for Sterling Gym

Local athletes competed in the Region 6 Gymnastics Championships held in Braintree on April 7 to 9. The town of Sterling was represented by Xavier Hitzrot and Owen Carney as two of the four members of the Sterling Academy of Gymnastics level 8 Junior Olympic team. The two additional members of the team, Liam Arnold and Anthony Agnelli, helped the team capture the second place team title for Region 6 men's gymnastics, just three weeks after the team won first place

recognition at the Massachusetts State JO Championships. The team finishes out a very successful season of individual and team competition. Xavier Hitzrot has also qualified to represent Sterling Gym in May at the Junior Olympic National Championships in Kissimmee, Florida, where he will compete with the best young gymnasts from across the United States.

At Right: (Left to right) Liam Arnold, Owen Carney, Xavier Hitzrot, and Anthony Agnelli.



Contributed PHOTO

Cider Hill Estates

Phase 1, 2 & 3 - **SOLD OUT**
Phase 4 - **Taking Reservations**



Located off Redstone Hill Road
in Sterling



CiderHillEstates.com



Spring Market has begun! Call us today for a Free Market Analysis!



Clara Gorczynski
508-335-4130
Clara@c21cht.com



Caryn Gorczynski
617-240-6442
Caryn@c21cht.com



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

2 Convenient Locations



11 Electric Ave • Fitchburg, MA
978-345-2505
www.halsteadinsurance.com



**Halstead-Flanagan
Insurance Agencies**

Call us today for a complimentary quote



219 Worcester Rd • Sterling, MA
978-422-7353
www.mjflanaganinsurance.com

FARRAGHER & HENEGBRY LLP

Business & Tax Consultants

Robert M. Farragher
Clark W. Henebry, CPA

156 Church Street, Clinton, MA 01510
(978) 368-8958 • Fax: (978) 368-7848
mail@fandhacctg.com

Central Glass Co.

Family-owned for over 50 years

- We Repair Windows & Screens
- Custom Table Tops & Mirrors
- Auto Glass & Side View Mirror Glass
- Shower & Tub Glass Enclosures
- Plexiglass and More!



127 Mechanic Street, Leominster
978-537-3962 • Monday-Friday 8-4



**RUCHALA
Chimney Sweeping**

Sweeping • Chimney Liners
Pellet Stove Cleaning

Doing Santa's
dirty work
since 1993!

Stephen E. Ruchala, Jr., Owner
sruchala@verizon.net
Hubbardston, MA
978-928-1121



CS SL SF 104002, BU 144504
CSIA Cert #6483, HIC #166448

www.RuchalaChimney.com

Sterling Village hosts “Business After Hours”

The Wachusett Area Chamber of Commerce will hold a “Business After Hours” networking event on Tuesday, April 25, 5:30 to 7:30 p.m. at the Sterling Village Nursing and Rehabilitation Center, located at 18 Dana Hill Road, Sterling. The event, sponsored by Sterling Village, will feature networking, tours of the facility, hors d’oeuvres and door prizes. Chamber members \$15, non-members \$20. To register, call 508-829-9220, email info@wachusettareachamber.org, or register online at wachusettareachamber.org.

Free first time homebuyers’ seminars

Leominster Credit Union is hosting free first time homebuyers’ seminars each Wednesday from April 26 through May 25. The seminars will be held in, Clinton, Holden, Worcester, and Leominster. A team of real estate experts including a realtor, attorney and financing professionals will present the program. Attendees will learn about the costs associated with homeownership, how your credit affects your options, making an offer and negotiating the price, the inspection process, and closing. Seating is limited and registration is required. For more information and to register, visit Leominstercu.com/home-seminars/.

LCU book drive

Leominster Credit Union is joining with credit unions throughout Massachusetts to collect new and gently used books in association with the Cooperative Credit Union Association Annual Book Drive. The books will be donated to local organizations providing an educational resource for many children. Books may be dropped off at any Leominster Credit Union office by April 28. For more information, contact Kathy Hurley at 978-466-7242 or khurley@leominstercu.com.

Email marketing focus of Chamber discussion

Email marketing will be the focus of an upcoming Business Development Discussion presented by the Wachusett Area Chamber on Thursday, April 27, 11:30 a.m. to 1p.m. at Clearly Coworking, 474 Grove St., Worcester. The discussion will be led by Suzan Czajkowski, MA, PCC, TheCommCoach. The event is sponsored by Clearly Coworking. Chamber members free, non-members \$5. Attendees may bring a brown bag lunch. To register, call 508-829-9220, email info@wachusettareachamber.org, or register online at wachusettareachamber.org.

Author Michael Tougias at Habitat for Humanity breakfast

Habitat for Humanity North Central MA will kick off the spring building season with its annual breakfast on Wednesday, May 3, 7:30 to 8:30 a.m., at the First Parish of Bolton, 673 Main St., Bolton. The annual breakfast is an awareness and “friend-raising” event and provides an opportunity for the community to meet Habitat’s newest homeowners and learn about current building and renovation projects in the region. Habitat for Humanity North Central MA will also honor long-term volunteers at the breakfast. Award-winning author Michael J. Tougias, New York Times bestselling author and co-author of 24 books, will be the keynote speaker. Among his bestsellers is the novel *The Finest Hours*, a work recounting the dramatic Coast Guard rescue of the crew of two ships, World War II surplus vessels, stranded off Cape Cod. The story was made into a movie in 2016. Free, but reservations are required. For reservation, visit the Habitat for Humanity North Central MA website.



PHOTOS by James Barbato

Participants gather at First Church in Sterling for the Palm Sunday Promenade for People while Rev. Robin Bartlett gives the benediction on April 19.



Time to register for Y.A.H.O.O.

Y.A.H.O.O. – Young Adults Helping Out Others – is a Sterling-based program in which teenage volunteers assist the elderly in town with yard work they can no longer do by themselves. Volunteers in grades 7 to 12 from all across the district and surrounding areas are encouraged to sign up online at sterlingyahoo.org. This is a great opportunity for teens to perform community service while having fun with their friends. The program runs every Saturday through May 13.

Job fair in Gardner

The North Central Career Center of Gardner will host a job fair on Tuesday, April 25, 9:30 a.m. to 12:30 p.m., at the Gardner Police Station, 200 Main St., Gardner. Local employers include Advanced Cable Ties, Advantage Home Care, Alternatives, Applesed Personnel Services, Broadview Assisted Living, CoWorx Staffing, Great Wolf Lodge, GVNA Healthcare, Hannaford Supermarket, Moduform, NH Ball Bearing, HiTech; Nouria Energy, Operon Resources, Recovery Centers of America, Seven Hills Foundation, TRW/ITW, Wachusett Brewing Co., and Workers Credit Union. For more information and a complete

S.J.M. Home Improvement Property Maintenance



**Complete Remodeling
Finish Work
Custom Carpentry
Kitchens • Baths
Doors and More**

Steven J. Milliard

Fully Licensed and Insured

*Free Estimates and Reasonable Rates
HIC and CSL*

Let Us Handle All of Your Home Improvements

Phone: 508-769-5917 • Fax: 508-835-4383

Email: sjmhomeimprovement@hotmail.com

sjmhomeimprovement.com

GROUND CONTROL Corp.

**5 Chocksett Road • Sterling, MA 01564
978-422-6741**



It's Not Too Late To Pump Your Septic Tank!

Title V Inspections

Performed by a state-certified system inspector, Title V inspections are required before selling a home, when a home is inherited, if the property goes from residential use to business use and sometimes when building a home addition.

Septic Pumping

Septic systems are maintained through preventative maintenance, such as septic pumping. When performed on a regular basis, pumping will protect the system and cost dramatically less than a repair or replacement. Without regular septic pumping, solids build up and enter the leaching field, which will lead to clogged pipes and system failure.

**FORGIONE LAWN CARE
RESIDENTIAL & COMMERCIAL**

- Mowing, trimming & pruning
- Fertilizing, aeration & over-seeding
- Lawn installs & revitalizing
- Clean-ups

978-368-1119 • ForgioneLawn.com

**Watson's
Painting Service
Interior/Exterior**



61 Redstone Hill
Sterling, MA

Peter Watson
978-422-3166

Jay Abboud

Jay's

AUTO SERVICE



All Vehicle Repairs
Foreign and Domestic

Oil & Filter Change \$25 (semisynthetic)
Specialize in Electrical Repairs

62 Leominster Road, Sterling, MA 01564 | P978.422.5100 | F978.422.5101



LOCAL HAPPENINGS

list of participating companies, visit ccncm.com, or call 978-632-5050 or 978-534-1481.

Learn about bees and trees with Sterling Grange

The first of a two-part series hosted by Sterling Grange entitled Trees, Bees, and Flowering Friends will be held on Saturday, May 6, 9 to 11 a.m., at the Sterling Senior Center, 36 Muddy Pond Road. Massachusetts Apiary Inspector Anita Deeley will discuss the many types of pollinators in our area, how they live, why they swarm, and how we can support them. For information about Deeley's work as an active beekeeper, visit beverlybees.com. This free seminar, along with the second one on June 10, is funded through a Massachusetts State Grange Agricultural Education Grant.

Sterling Grange holding public dinner

Sterling Grange will hold a public dinner at First Church in Sterling, 6 Meetinghouse Hill Road, Sterling, on Saturday, May 6, at 5 p.m. Menu includes ham, mashed potatoes, carrots, salad, rolls, beverage, and cake. \$10 for adults, \$5 for children under 12. For reservations, call 508-886-2341, or send an email including your name and number of tickets to sterlinggrange53@gmail.com. Following dinner, a Community Citizen Award will be presented to a Sterling resident. Proceeds will benefit the Grange Hall Renovation Fund. For more information about the Grange, visit grange.org/sterlingma53.

Sterling Grange pitch party

Sterling Grange will hold its monthly public pitch party at the Sterling Senior Center on Saturday, May 6, at 6:30 p.m. Admission \$4. Refreshments will be

served. All are welcome. Proceeds from the pitch party will benefit the Grange Hall Renovation Fund.

DCR opens Wachusett Dam walkway

The Department of Conservation and Recreation announces the opening of the top of Wachusett Dam in Clinton for the public to walk across on the afternoon of Saturday, May 13. DCR is responsible for protection of the metropolitan Boston water supply, which includes the Wachusett Reservoir and watershed area. The walkway along the top of the Wachusett Dam has been closed since the 1990s due to water supply security and public safety concerns. DCR Watershed Rangers and staff will be on hand to answer questions and to provide other information on DCR's watershed protection program. Due to increased security, backpacks, briefcases, and other large bags will not be allowed at this event. All other items may be subject to search. For more information or for directions, call the Wachusett Reservoir Ranger Station at 978-365-3800.

Wachusett Greenways upcoming events

Wachusett Greenways walk in Fitchburg, on Sunday, April 23, 1 p.m. Flat Rock Audubon sanctuary provides habitat for species needing relatively large territories such as fisher, coyote, and red fox. Six miles of trail on over 300 acres of protected land. To sign up, contact Lori at holden_yahoo@charter.net, 978-407-6066.

Wachusett Greenways annual gathering will take place on Thursday, April 27, at 6 p.m., at Holden Senior Center. Swap trail tales and enjoy good food and fellowship.

Garden Club plant sale is coming



Chris Corff of the Sterling Garden Club helps shoppers at the annual Plant Sale.

The Sterling Garden Club will hold its annual Plant Sale on Saturday, May 20 (rain or shine), 9 to 11 a.m., on the Sterling town common. Every year Sterling residents line up early to purchase beautiful perennials from club members' gardens which have proven hardy in our climate, and plants from Sterling Greenery donated to the sale. In addition to perennials, there will be annuals, herbs, trees, shrubs, grasses, ground covers, vegetables and hybrid daylilies. Plants are priced from \$4 to \$10 per pot, with unique plants and large shrubs priced slightly higher. To donate plants to the sale, call Vivian Pratt at 978-422-7970. All leftover plants are donated to Habitat for Humanity. Proceeds from the sale support Sterling civic beautification projects and educational programs for students in the Sterling schools, as well as other activities.

Learn to sew knit fabric

Join the Central Massachusetts Chapter of the American Sewing Guild for a workshop and learn how to sew a knit top. This one-day course is tailored for beginners. Topics include fabric basics, fitting basics, and a step-by-step guide to the cutting and sewing process. Upon completion of the class, participants will have completed one top and

have the knowledge and confidence to make more tops at home. Participants should own a sewing machine and be able to sew a seam using a straight or zigzag stitch. Sunday, May 7, 9:30 a.m. to 4:30 p.m., 1835 Town Hall, 31 Main St., Sterling. For more information and to register, visit eventbrite.com/e/learn-to-sew-a-knit-t-shirt-tickets-33437503473.



Lauren Demerjian
Broker/Owner
REALTOR®, CRS,
SRES, CBR, ASP, SFR,

508-320-8606

Congratulations Karen Packard

and

Laurie Kraemer

Recipients of the

Top Producer Award

REALTOR Association Central Massachusetts



Karen Packard
REALTOR®
978-407-2568

kpackardrealtor@gmail.com
www.OPENDOOR-re.com



11 Main Street, Sterling
www.OPENDOOR-re.com

978-422-5252



Laurie Kraemer
REALTOR®, SRES, ABR
978-400-6932

lauriekraemer@hotmail.com
www.wachusethomes.com

Contributed PHOTO

Celebrate spring at the Conant Public 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

Saturdays with BB8 – On select Saturdays, children ages 5+ can enjoy an hour of free play with Sphero BB8 in the Baker Room (kit must stay in the library). Child must be accompanied by an adult 18+ with a valid CWMARS library card to check out the BB8 kit. For more information, or to schedule your session, call 978-422-6409.

Recycled Materials Maker Day – Celebrate Earth Day at the Recycled Materials Maker Day. Use recycled materials to create unique crafts. Thursday, April 20, 11 a.m. to 4 p.m. we'll be using recycled materials to create unique crafts. Ages 3+. No registration required.

Kids Cook – Kids Cook is a new monthly cookbook club for youth in grades 5+. This month we will be making recipes from *Complete Children's Cookbook*, filled with easy, delicious recipes and colorful pictures. Each participant chooses a different recipe from the book, pre-

pare the dish at home, and brings it with them to the library for an evening of good food and good fun. Thursday, April 20, at 6 p.m. Cookbook copies are available at the library for checkout. Registration is required - please call 978-422-6409 to register.

3rd & 4th Grade Book Club – Features chapter books of all genres and includes a book-themed activity. Monday, April 24, 6:30 p.m. *The Wishing Spell (The Land of Stories: Book One)* by Chris Colfer, follows two modern day siblings as they enter into the enchanting world of classic fairy tales. Available for check out at the library. Registration required.

Bubblemania – Make bubbles on the lawn outside of the library on Tuesday, April 25, 10:30 a.m. Rain date Wednesday, April 26. No registration required.

LEGO Club – Master builders grades K and up are invited to attend on Thursday, April 27, at 4 p.m. Registration required.

Artopia – Youth in grades 5+ are invited to explore painting with watercolors. Thursday, April 27, 6:30 p.m. Supplies and snacks provided. No registration required.

Storytime – Sign-up is now open for the next 6-week storytime series beginning

the week of May 1. Mondays at 2 p.m., ages 3 years to kindergarten; Tuesdays at 10:30 a.m., ages 18 months to 3 years; Wednesdays at 10:30 a.m., ages 3 years to kindergarten; Thursdays at 10:30 a.m., birth to 18 months. Registration is limited and spaces fill quickly.

Drop-in Star Wars craft – May the fourth be with you. Star Wars themed crafts all day on Thursday, May 4. For children of all ages. No registration required.

Drop-in craft – Monday, May 8, 10:30 a.m. to 2 p.m., for children of all ages. Mother's Day-themed craft. Staff and volunteers will be on hand to assist. No registration required.

What's cooking at the Cookbook Club?

Enjoy flavorful recipes from *Cooking for Jeffrey* by Ina Garten on Wednesday, April 26, 6:30 p.m. Choose a recipe, prepare the dish, and bring it to the library for an evening of good food, great conversation, and new recipes. Cookbooks are available at the library for checkout. To register, call 978-422-6409.

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, May 3, 6:30 p.m., *One Plus One* by Jojo Moyes, a quirky contemporary romance novel. Books are available at the library. No registration required.

Adult coloring

Discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Wednesday, May 10, and Wednesday, May 31. All sessions 6:30 p.m. Supplies available or bring your own. No registration required.

Book talk

Conant Public Library is hosting a special book club for those interested in the effects of screen time on today's youth. Dr. Nicholas Kardaras, author of *Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance*, utilizes clinical research and brain imaging studies to show the neurological damage excessive screen time can have on developing brains. Tuesday, May 16, at 6:30 p.m. Copies of the book are available for checkout at the library. No registration is required.

WHITNEY BROS.

SINCE 1930

PLUMBING • HEATING • AIR CONDITIONING



Oil Delivery
100 gallon minimum

Oil & Gas
Service and Installations

Hot Water Heaters

Heat Pumps





whitneyoil.com
969 Main St., Clinton
978.365.2644 | barry@whitneyoil.com

Let Us Do Your Yard Work!



- Spring Cleanups
- Mulch Delivery & Application
- Bed Edging
- Lawn Mowing & Trimming
- Lawn De-thatching
- Pruning & Sheering
- Field & Brush Mowing
- Garden Plowing & Tilling
- Custom Patio & Walkways
- Junk Removal - houses, garages, attics, etc. . .



CHARLES ACRES FARM
LANDSCAPING
Sterling, MA

Call Kevin at 508-612-6462

RANDOM BURNER SERVICE

- Oil Burner Service
- Certified **Roth Oil Tank** Installer
- 24-Hour Emergency Service
- Burner Installations and Repairs

Free Estimates
1-978-630-1430



License #057441 • Fully Insured

ELITE

TURF CARE

Fully licensed and insured

Snow Plowing
Lawn Care
Pest Control
Plantings

Roof raking/ Ice melt
Core Aeration/Overseeding
Mosquito spray
Tree Removal

www.eturfcare.com Email: anthony@eturfcare.com
978-537-4912



Duane's Custom Carpentry

Quality Custom Built-Ins

Crafted For Your Individual Needs



Mudrooms • Window Seats
Bookcases • Laundry Rooms
Fireplace Surrounds • Crown Molding
Door, Window & Baseboard Trim

View our Portfolio at:
www.DuanesCustomCarpentry.com

Duane Fogerty
978-422-3493

Road race rescheduled

Due to the snow storm on April 1, the Sterling Recreation Department has rescheduled their first annual road race to Saturday, May 6. Races are 5K (\$25 fee) and 10K (\$35 fee). The races will start and finish at the Griffin Road Athletic Complex behind Chocksett Middle School. All races begin at 9 a.m. Registration 8 to 8:45 a.m. Walkers are welcome to take part in the 5K, which will start at 9:15 a.m. (\$20 fee). Additional \$5 fee for day-of registrations, or visit sterlingrecruns.racewire.com to register in advance. First 100 registrants will receive a free t-shirt.

Sterling residents are advised that the road race route will affect Griffin Road, Muddy Pond Road, Boutelle Road, Greenland Road, Reed Road, Princeton Road, and Jewett Road.

Spring has sprung with Sterling Rec

Spring is here! Stay fit and have fun 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.

Active Kids

Tiny Tots Playtime – Infant to age 4, 5-year-old siblings welcome. Wednesdays to June 21, 9 to 11 a.m. 1835 Town Hall. \$30/3-months/family or \$3/day.

Kids Zumba/Yoga – Session VII, grades 1+. Thursdays, April 27 to May 18, 4 to 5 p.m. 1835 Town Hall. \$35/ session.

Archery – Grades 5 to 8. Wednesdays, April 24 to May 31, 3:15 to 4:15 p.m. Muddy Pond T-ball Field. \$115.

After School Tennis for Houghton – Grades 1 to 4. Wednesdays, April 26 to May 31, 4 to 5 p.m. Houghton Elementary School gym. \$100.

NEAA Minis Multi Sport – Ages 3 to 5. Fridays, April 28 to June 2, 10 to 11 a.m. Griffin Road Athletic Complex. \$90.

After School Tennis for Chocksett – Grades 5 to 8. Mondays, May 1 to June 5, 3:15 to 4:15 p.m. Chocksett Middle School gym. \$85.

Art and Creativity for Kids

Music and Movement – Infant to age 5. Mondays to June 19, 10 to 10:45 a.m. 1835 Town Hall. Register at pakmusic.org.

Cooking – Grades 5 to 8. Tuesdays, April 25 to May 16, 3 to 4:30 p.m. Chocksett Middle School cafeteria. \$120.

Sewing – Grades 5 to 8. Thursdays, April 27 to May 11, 3 to 4:30 p.m. Chocksett Middle School art room. \$100 (includes materials).

Wicked Cool Half-Days – Grades 1 to 4. Thursday, May 9, 1 to 3:30 p.m. Sterling Senior Center. \$40.

Active Adults and Teens

Head to Toe Workout – Ages 16+. Mondays, April 24 to June 19, 6:30 to 7:30 p.m., or Fridays, April 28 to June 23, 8:45 to 9:45 a.m. 1835 Town Hall. Mondays \$96, Fridays \$108.

A.M. Boot Camp – Ages 16+. Wednesdays, April 26 to June 21, 5:30 to 6:30 a.m. 1835 Town Hall. \$108.

Senior Play-Golf – Ages 60+. Tuesdays, May 1 to October 31 (weather and golf course permitting), 8 a.m. Cyprian Keyes Golf Club. \$12/player.

Gentle Yoga – Thursdays to June 1, 10:30 to 11:45 a.m. 1835 Town Hall. \$13/class.

Yoga for All Levels – Thursdays to June 1, 7 to 8 p.m. 1835 Town Hall. \$13/class.

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

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.

Enroll now for summer programs

Summer programs are officially up at Sterlingrec.com and registration is open. As the school year winds down, check out all the great programs offered throughout the summer. Programs for all ages and interests, including tennis, basketball, culinary arts, new Circuit Lab computer programs, and even a theater program, in addition to Sterling summer classics like the Summer Concert Series and Summer Lake Program.

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. Call 978-422-3032 for information.

Get to know your Senior Center

Located at 36 Muddy Pond Road, the Sterling Senior Center 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 60+ is welcome. Check the Sterling Council on Aging newsletter for daily menu. Call 978-422-8022 for a reservation the morning before you want to

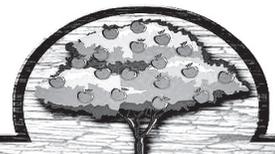
Have you had your chimney inspected? Don't wait for expensive repairs!!!
J&M Chimney Service
 Inspections • Cleaning • Caps
 Waterproofing • Masonry Repair
 Re-lining • Flashseal
 Gutter Cleaning • Much more
FREE ESTIMATES
 Joey Arsenault
 Owner Operated
 Licensed • Fully Insured
 Clinton, MA

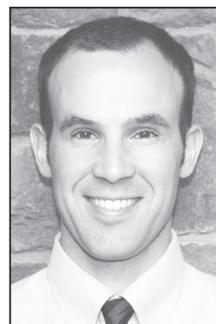
Call today! 978-733-1209
jandmchimney@gmail.com


HENDRICKSON Advertising, Inc.
 Screen Printing
 • Decals • Posters
 • T-Shirts • Caps
In-House Embroidery
 Route 12, Sterling
 978-422-8087


Grooming Studio
 27 Main St. (rear)
 Sterling
978-422-6406
 Professional Dog Grooming

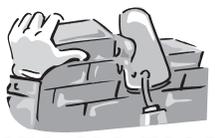
Sterling PLUMBING & HEATING
 Heating Technician
(978) 422-8900
 Fast In-Town Service
 Licensed and Insured


MEADOWBROOK ORCHARDS
 ESTABLISHED 1912
FARMSTORE | BAKERY | RESTAURANT
 209 CHACE HILL ROAD + STERLING, MA
WWW.MEADOWBROOKORCHARDS.COM
(978) 365-7617
 FOLLOW US ON FACEBOOK
 **BREAKFAST AND LUNCH** 
STOP IN AND BUY YOUR 2017 CSA
 **MOTHER'S DAY BREAKFAST**
 SUNDAY, MAY 14 • 7AM TO 1PM
SEE NEW WEBSITE FOR HOURS
WWW.MEADOWBROOKORCHARDS.COM
OPEN WED TO SUN


Sterling Property Group, Inc.
is your one-stop shop for your real estate needs. We also coordinate legal assistance, mortgage information and expertise - serving any real estate need.
With a combined 30 years of experience in the local community, our goal is to make the process easy and hassle-free for you.
Keith Cordial 
Local. Dependable. Committed.

 Phone: (978) 422-7477
 Cell : (508) 864-9886
 PO Box 1369
 Sterling, MA 01564
 Email: kcordial@cordialdistributors.com

Hi-TEC Automotive Services
 Roger Aubin
 41 Chocksett Road
 PO Box 681
 Sterling
(978) 422-8244


Sterling Masonry
 Residential • Commercial

978-422-7396
 • Free Estimates
 • Licensed & Insured
www.sterlingmasonrycompany.com
 Specializing in:
 • Fireplaces
 • Walkways
 • Chimney Repairs
 • Stonework
 • Cultured Stone
 • Retaining Walls

"Oh My Gosh" Antiques & Collectibles
 Found at The Cider Mill
 15 Waushacum Ave.
 Sterling
(978) 422-8675
 Open 7 Days a Week
 11 am to 5 pm
 Tues. & Thurs. till 8 pm


Sterling-Lancaster Community TV

Broadcast Schedule Apr 22nd - Apr 28th, 2017

Comcast Channel 8

Saturday

Time	Program	Genre
12:00 AM	Public Domain Theatre Girls - Detour	Entertainment
4:00 AM	Public Domain Theatre Girls - Detour	Entertainment
6:30 AM	Barbara and You	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	The Old Fashioned Way - Beasts and Boards	Local
1:00 PM	DW Conflict Zone - The National Front	Documentaries
2:00 PM	The Northern Railroad from Concord to White River	Hobby
3:30 PM	The Old Fashioned Way - Beasts and Boards	Historical
4:00 PM	Childrens Corner - Meatball Medley	Children
5:00 PM	Sterling Summer Concert Series - Blue Flames	Music
7:00 PM	DW Conflict Zone - The National Front	Documentaries
7:30 PM	The Northern Railroad from Concord to White River	Hobby
9:00 PM	The Old Fashioned Way - Beasts and Boards	Historical
10:00 PM	Barbara and You	Interview

Sunday

Time	Program	Genre
12:00 AM	Public Domain Theatre Girls - Detour	Entertainment
4:00 AM	Public Domain Theatre Girls - Detour	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	The Old Fashioned Way - Beasts and Boards	Historical
1:00 PM	DW Conflict Zone - The National Front	Documentaries
2:00 PM	The Northern Railroad from Concord to White River	Hobby
3:30 PM	The Old Fashioned Way - Beasts and Boards	Local
4:00 PM	Childrens Corner - Meatball Medley	Children
5:00 PM	Sterling Summer Concert Series - Blue Flames	Music
7:00 PM	DW Conflict Zone - The National Front	Documentaries
7:30 PM	The Northern Railroad from Concord to White River	Hobby
9:00 PM	The Old Fashioned Way - Beasts and Boards	Historical
10:00 PM	Barbara and You	Interview

Monday-Friday

Time	Program	Genre
12:00 AM	Public Domain Theatre Girls - Assassins of Youth	Entertainment
4:00 AM	Public Domain Theatre Girls - Assassins of Youth	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Recipes for Better Living - Ep 29 Sandwiches	Cooking
10:00 AM	Visions for Health - Nutrition	Health
11:00 AM	All Aboard - Rockets and Rails	Hobby
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Tomorrow Today - Genetic Origins for Migraines	Documentaries
2:00 PM	Church Service	Religion
4:00 PM	Childrens Corner - Broccoli Basics	Children
5:00 PM	Nashoba Symphonic Band	Music
6:30 PM	Mostly Rock 'n' Roll - Peyton Tochterman	Music
7:00 PM	DW Tomorrow Today - Genetic Origins for Migraines	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	All Aboard - Rockets and Rails	Hobby
10:00 PM	Barbara and You	Interview

Broadcast Schedule April 29 - May 5, 2017

Comcast Channel 8

Saturday

Time	Program	Genre
12:00 AM	Public Domain Theatre Girls - Assassins of Youth	Entertainment
4:00 AM	Public Domain Theatre Girls - Assassins of Youth	Entertainment
6:30 AM	Barbara and You	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Tomorrow Today - Genetic Origins for Migraines	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	Pawdoption	Animals
3:00 PM	All Aboard - Rockets and Rails	Hobby
4:00 PM	Childrens Corner - Broccoli Basics	Children
5:00 PM	Nashoba Symphonic Band	Music
6:30 PM	Mostly Rock 'n' Roll - Peyton Tochterman	Music
7:00 PM	DW Tomorrow Today - Genetic Origins for Migraines	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	All Aboard - Rockets and Rails	Hobby
10:00 PM	Barbara and You	Interview

Sunday

Time	Program	Genre
12:00 AM	Public Domain Theatre Girls - Assassins of Youth	Entertainment
4:00 AM	Public Domain Theatre Girls - Assassins of Youth	Entertainment
7:00 AM	Trinity Bolton Church Service	Religion
9:00 AM	ECC Church Service	Religion
11:00 AM	Trinity Lutheran Church Service	Religion
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Tomorrow Today - Genetic Origins for Migraines	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	Pawdoption	Animals
3:00 PM	All Aboard - Rockets and Rails	Hobby
4:00 PM	Childrens Corner - Broccoli Basics	Children
5:00 PM	Nashoba Symphonic Band	Music
6:30 PM	Mostly Rock 'n' Roll - Peyton Tochterman	Music
7:00 PM	DW Tomorrow Today - Genetic Origins for Migraines	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	All Aboard - Rockets and Rails	Hobby
10:00 PM	Barbara and You	Interview

Monday-Friday

Time	Program	Genre
12:00 AM	Public Domain Theatre Girls - Giant Leeches	Entertainment
4:00 AM	Public Domain Theatre Girls - Giant Leeches	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Taste of Asia Ep1	Cooking
10:00 AM	Jessersize - Ep 9	Health
11:00 AM	The Wall That Heals	Local
11:30 AM	Car Guy - Silicon Valley Auto Show	Hobby
12:00 PM	Nerd Caliber - Cosplay Conventions	Entertainment
12:30 PM	Busting Stereotypes - Women in the Media	Local
1:00 PM	Focus On Europe - Turkey Pipe Carving	Documentaries
2:00 PM	Church Service	Religion
4:00 PM	Childrens Corner - Fantastic Fruit Salad	Children
4:30 PM	Busting Stereotypes - Women in the Media	Local
5:00 PM	Nashoba Spring Choral Concert	Music
6:05 PM	Soul School - Quincy Jones	Music
7:15 PM	Focus On Europe - Turkey Pipe Carving	Documentaries
8:00 PM	The Wall That Heals	Local
8:30 PM	Car Guy - Silicon Valley Auto Show	Hobby
9:00 PM	Nerd Caliber - Cosplay Conventions	Entertainment
9:30 PM	Busting Stereotypes - Women in the Media	Local
10:00 PM	Barbara and You	Interview

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

come. Home meal delivery available daily. \$3 suggested donation.

Upcoming Events

Home-cooked lunch – Wednesday, April 19, 11:30 a.m. Homemade taco soup and cornbread. \$3 donation. Sign-up required.

Understanding a Reverse Mortgage – Wednesday, April 19, 1 p.m. Presentation by Wachusett Mortgage Corporation.

Foot clinic – Thursday, April 20, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

Guided meditation with Bob Stickle – Friday, April 21, 8:30 a.m. \$5.

Greeting card workshop – Monday, April 24, 1 p.m. Limited to 20 participants.

Chinese Buffet Anniversary Luncheon – Wednesday, April 26, 11:30 a.m. Sign-up required.

Book club – Thursday, April 27, 12:30 p.m., featuring 1776 by David McCullough.

Annual Senior Citizen Dinner Dance – Thursday, April 27, 5 to 8 p.m. Wachusett Regional High School. Reservations required through Holden Senior Center.

Pancake Breakfast – Friday, April 28, 7:30 to 9:30 a.m. Enjoy plain or surprise pancakes, sausages or spiral ham, scrambled eggs, fruit cup, juice, and coffee, sponsored by the Friends of Sterling Seniors. \$3. All ages welcome.

Friday flicks – Friday, April 28, 12:30 p.m. West Boylston Cinema.

Dull Men's Club – Tuesday, May 2, 8:30 a.m. Featuring conversation about changes in the automotive repair industry.

Walking Club – Tuesday, May 2, 9 a.m. Meet at Cider Mill (Rail Trail). Every Tuesday.

SHINE – Wednesday, May 3, 9:30 a.m. By appointment. Get your insurance questions answered.

Home-cooked lunch – Wednesday, May 3, 11:30 a.m. Homemade baked potato bar. \$3 donation. Sign-up required.

BP clinic – Thursday, May 4, 10 a.m. to noon. Sponsored by Sterling EMS.

Artists' Reception – Thursday, May 4, 7 to 8:30 p.m. Students from Houghton and Chocksett schools.

Guided meditation with Bob Stickle – Friday, May 5, 8:30 a.m. \$5.

May birthday cake – Friday, May 5, 12:15 p.m. Cake for all May birthdays.

Pitch Party – Saturday, May 6, 6:30 p.m. Sponsored by Sterling Grange.

Elder Keep Well Clinic – Tuesday, May 9, 9:30 to 11:30 a.m. Medical and prescription questions answered and blood pressure checks by a VNA nurse.

Walking Club – Wednesday, May 10, 10 a.m. Meet at Sterling Senior Center (track). Every Wednesday.

SMLD presentation and pizza party – Wednesday, May 10, 11 a.m. Sign-up required.

Foot clinic – Thursday, May 11, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

COA board meeting – Thursday, May 11, 5:30 p.m.

Mother's Day tea – Friday, May 12, 1 p.m.

Mass Commission for the Blind presentation – Monday, May 15, 1 p.m.

Meditation with Gina Engel – Monday, May 15, 6 p.m. Every Monday.

Home-cooked lunch – Wednesday, May 17, 11:30 a.m. Homemade stone soup. \$3 donation. Sign-up required.

Ken Day's 100th birthday celebration – Thursday, May 18, 11:30 a.m. Chicken parmesan. \$3 donation. Sign-up required.

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.

STERLING Rare Coin

We Buy and Sell

**Gold • Silver • Platinum
Coins and Currency Collections
Jewelry • Watches • Silverware
Comic Books • Antique Collectibles**



Banks Recommend Us

Confidential Appraisals Available by Appointment

"We Operate by the Golden Rule"

50 Leominster Rd. (Rte. 12) • Dunkin' Donuts Plaza
Tues.-Fri. 10-5, Sat. 9-1, or by appointment
978-422-8228 or 508-450-1282 (cell)

**COUPON
\$10 OFF**



• Work Boots • Work Clothing • Medical Wear •
Any Purchase of \$60 or More.
Not valid with any other offers. Expires May 31, 2017.

978-534-0969

155 Hamilton Street, Leominster MA 01453
www.highcountryworkwear.com

FROM A SINGLE BRANCH... TO THE WHOLE FOREST.

Hazardous Tree Removal, Stump Grinding, Tree Pruning, 24-hour Emergency Response

FAVREAUFORESTRY.COM 978.706.1038
109 CHACE HILL ROAD STERLING, MA

Dr. John T. Mooney
Doctor of Optometry

**LEOMINSTER
Optometric Associates, Inc.**

23 Mill St. (near intersection of Routes 12 & 13)
Leominster • 978-537-5546



Kids' Fishing Derby

The Eight Point Sportsmen's Club will hold its 2017 Kids' Spring Fishing Derby on Saturday, April 22, and Sunday, April 23, from 8 a.m. to 4 p.m. each day at 147 Beaman Road, Sterling. There is a three-fish daily limit. Registration is \$3 for juniors (15 and under) and \$7 for adults (16+). Separate registration for each day. Prizes awarded to all juniors each day. Trophies awarded to first, second, and third place overall finishers after 4 p.m. on Sunday. The snack shack will be open for purchasing refreshments.

Fundraiser at Strand Theatre

The Thomas J. Serewicz, Sr. Foundation For Kind & Responsible Living, Inc., presents A Princess Bride (rated PG), at The Historic Strand Theatre and Grille, 58 High St., Clinton, on April 23. Serewicz, who grew up in Sterling, was killed by a drunk driver in 2010, at the age of 24, leaving a wife and two young children. His foundation is made to focus on the way he lived, with kindness and compassion. \$6 per ticket, available at the door. Silent auction begins at 1p.m. in the theatre lobby. Proceeds benefit The Thomas Serewicz Sr. Foundation Scholarship for Christian Youth Conference (CYC) of Maine, a non-denominational program leading youth into adulthood growing faith, love and an attitude of caring for others. For more information, visit facebook.com/events/1574721919210701, or contact TJSfoundation@gmail.com, or 978-549-7062.

Sterling Democratic Committee meeting

The Sterling Democratic Committee will meet on Monday, April 24, 6:30 to 8 p.m., Room 205, Butterick Municipal Building, 1 Park St., Sterling. The agenda will include adding new voting members to the committee, working on the Facebook page, potential local projects, and announcements about the state convention and other events supporting democratic values. All Sterling registered Democrats and interested Unenrolled voters are welcome.

Open Mic to celebrate National Poetry Month

Seven Bridge Writers Collaborative will host a special poetry open mic to celebrate National Poetry Month on Sunday, April 30, 2 to 4 p.m., at The Hall, First Church of Christ, Unitarian, 725 Main St., Lancaster. This is an opportunity for poets to share their poetry with the community. Five minute limit to readings. Student winners of the Seven Bridge Student Poetry Contest will share their poems. All are invited to come read and listen.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, May 1, 7:30 p.m., at the post hall, 32 School St., Sterling. E-board at 6 p.m. Hot dogs served at 6:30. Nominations will be held at this meeting.

Bridging Authors Series presents Paul Hertneky

Seven Bridge Writers Collaborative presents Rust Belt Boy: Stories of an American Childhood by Paul Hertneky on Monday, May 1, 6:30 to 8 p.m., at Thayer Memorial Library, 717 Main St., Lancaster. The author counts himself among the millions of baby boomers who fled the industrial north upon fulfilling their parents' dreams of a college education, leaving behind a rich cultural legacy that has all but disappeared. A graduate of the Bennington Writing Seminars, Hertneky serves on the faculty of Chatham University. For more information, email 7bridge-writerscollaborative@gmail.com or visit sevenbridgewriters.blogspot.com.

First Church community lunch

First Church in Sterling will host their next community lunch on Saturday, May 6, 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.

New England Symphony honors veterans

The New England Symphony Orchestra will present their second annual "Salute to Veterans" concert on Saturday, May 13, 7:30 p.m., in the Stratos Dukakis Performing Arts Center at Montachusett Regional Vocational Technical School, 1050 Westminster St., Fitchburg. Ticket prices range from \$28 to \$35, \$25 to \$32 for seniors, and \$12 for students. To purchase tickets, visit newenglandsymphony.org, or call 978-466-1800.

Treasures of the Community Gala

First Church in Sterling's 11th Annual Treasures of the Community Gala will take place on Saturday, May 20, at Devens Common Center, 31 Andrews Parkway, Devens. Tickets are \$65 per person and on sale until May 1. The event features live and silent auctions. Auction preview and cash bar cocktail hour with appe-

tizers begins at 5 p.m., followed by a buffet dinner at 6:30 p.m. Auctioneer Ron D'Auteuil from Old Tyme Stuff Auction, Worcester, will begin the live auction at 7:40 p.m. sharp. Auction items include sporting event tickets, home décor services, IT support, tutoring, spa and wellness services, homeowner services, handcrafted items, antiques, theme gift packages, vacation adventures, weekend getaways, restaurant gift certificates, and fine wines. View items in advance at fc-treasures.com. The Treasures of the Community Gala has raised over \$220,000 over 10 years. This year's goal is \$40,000 to benefit First Church in Sterling's events, community lunches, and other programs; Neighbor to Neighbor, a fund that assists individuals and families in Sterling that have demonstrated financial need with payments toward housing, food, utilities, clothing and other essential living costs; Interfaith Hospitality Network, an organization that serves homeless families in the Worcester area; and the La Romana mission trip, which has travelled to the Dominican Republic for the past 24 years to build the Good Samaritan General Hospital and provide health care and access to clean water to thousands of poor in remote cane cutter villages.

For information about participation and item donation, contact Phil Holman at 508-868-9245 or philsterl@comcast.net. To advertise in the gala catalogue, contact Linda Holman at lady mantle@comcast.net. To volunteer, contact Pam Guild at 978-422-6078 or pam@po-box282.com; or contact Treasures of the Community Gala, First Church in Sterling, PO Box 1073, Sterling, MA 01564-1073.

Ham and bean supper

The Hiram O. Taylor American Legion Post 189 will hold a ham and bean supper on Saturday, May 27, at 5:30 p.m. at the First Church in Sterling parish hall. Takeout available. \$10 donation requested. For tickets, contact Bruce Daigneau at 508-852-8186, Bob Temple at 978-479-0086, or Douglas Harvey at 508-853-9175.

Memorial Day parade

The Hiram O. Taylor American Legion Post 189 announces that Sterling's annual Memorial Day Parade will take place on Monday, May 29, beginning at 11 a.m. at Hillside Cemetery. Buses for participants will start running at 10 a.m. from the Legion Hall, 32 School St., to the fire station on Main Street, then to Hillside Cemetery on Route 62. Marchers will begin formation at 10:45 a.m. The parade will proceed to Oak Hill Cemetery, Old Cemetery, Memorial Park (behind the fire station), and to the Sterling Town Common for the observance

program. The Avenue of Flags will be on display from 8 a.m. to 4 p.m. at Hillside Cemetery, weather permitting. Anyone, including Boy Scouts and Girl Scouts, who would like to help honor deceased veterans should arrive at the cemetery at 7:30 a.m. to help raise the flags.



Surety Services, NE
www.ttiai.com

Insurance for Home, Auto & Business



- Richard C. Traina**
- Accredited Advisor in Insurance, AAI
 - Certified Insurance Counselor, CIC
 - Construction Risk Insurance Specialist, CRIS
 - Licensed Insurance Advisor

**44 Main Street
Sterling, MA
01564-0489
978-422-7700
Richard@ttiai.com**

ARE YOU COVERED?

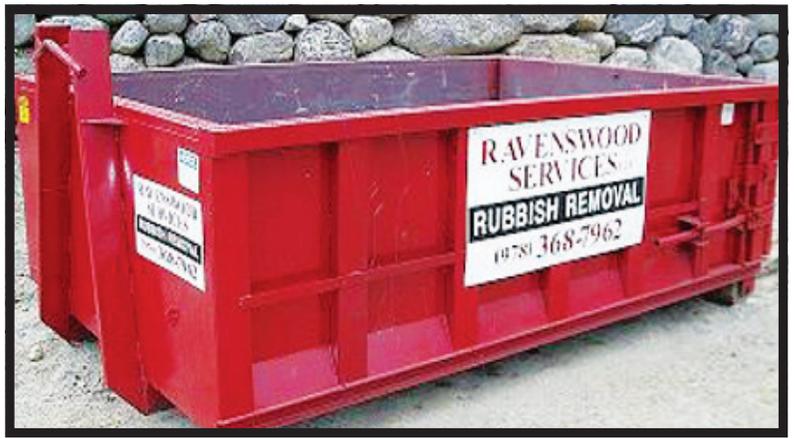
VILLAGE PIZZA
Pizza, Subs, Syrian Pockets & More...
Serving the Town of Sterling since 1986
978-422-7166
Open Every Day from 11am to 10pm
239 Worcester Road • Sterling

CHEVALIER PEST CONTROL
Professional Results At Do-It-Yourself Prices
www.chevalierpestcontrol.com
Residential • Commercial
Eric Chevalier Sterling, Ma Cell 978-660-0294 Toll Free 866-610-8003

Chris' BARBER SHOP
50 Leominster Road Sterling, MA 978-563-1011

Tuesday - Friday 6:30am - 6pm
Saturday 6am - 12:30pm
Walk-ins & SAME DAY call ahead seating
MENS CUT \$15
BOYS CUT (12-) \$13
SENIOR CUT (65+) \$10
Mustache & Beard trims included in price
CLEAN UP \$4
Clean up includes a trim around ears and neckline & neck shave
End your haircut w/a warm lather neck shave
STERLINGMABARBERSHOP.COM

Reserve Your Dumpster Now for Spring Clean-up.



RAVENSWOOD

DUMPSTER RENTAL

(978) 368-7962

www.ravenswoodservices.com

Locally Owned Family Business

Rent a Dumpster for as little as \$250



STERLING VILLAGE
A PRIVATELY OWNED SKILLED NURSING & REHABILITATION CENTER

SHORT-TERM REHABILITATION • LONG-TERM CARE
RESPIRATORY CARE • WOUND CARE • HOSPICE CARE

Private & Semi-Private Air Conditioned Rooms • 24 Hours Skilled Nursing Care
Formal Dining Room • Laundry Services
Activities • Wi-Fi • Physical, Speech, Occupational & Respiratory Therapists
On Site, Available 7 Days A Week



CALL OUR ADMISSIONS DEPARTMENT TODAY FOR A TOUR! (978) 422-5111 EXT. 1229



Our staff works closely with residents and their families to create a personalized program that maximizes each resident's potential. The care plan is delivered by a comprehensive team of physicians, nurses, rehab therapists, social workers, activities staff and a dietician who work 24 hours a day to provide the highest quality care.



18 Dana Hill Road Sterling, MA 01564
978-422-5111 | www.sterling-village.com

We are conveniently located within minutes of Route 2, I-190 and I-290, seven minutes from downtown Worcester, and 25 minutes from Route 495



R.S. #4193



9 Chocksett Road • Sterling • 978-422-6823

**It is your RIGHT to choose who repairs your car
Choose someone you can trust!**

Rental Cars and Towing Arranged

"Environmentally friendly waterborne paint"

All Repairs Guaranteed*

for as long as you own your car

**Exclusions apply, including tires, glass and rust repairs.
Contact shop for details.*

