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December 13, 2017

Autism doesn't define a person

by Albert Jersey



Contributed PHOTO

(Left to right) Kathleen Brown and Albert Jersey.

When I was in preschool, I never thought Kathleen Brown would help me to achieve the goals that I believed were impossible. But she knew how to connect with me, despite my autism. Brown is a Sterling resident who worked at Houghton Elementary School as a Special Education Assistant. Up until her retirement in 2016 she worked with children on the autism spectrum as an ABA Therapist in the Wachusett Regional School District.

"Albert motivated me to achieve goals," she says. "I saw that he was special. The more I became motivated. Each time I saw him overcome some aspect of his struggle, my willpower increased to impact the world around him. He surprised so many people from what he demonstrated, and for what he's capable of achieving."

I had difficulty recognizing social cues, and trouble thinking "outside of the box". I was obsessed with black and white thinking, and lacked an understanding of body language skills. Yet as the years progressed, I got better and better. I've always looked for improvement. Each struggle I've overcome, I felt at times like giving up. But subconsciously I never gave up. As my father says, "Jerseys never quit."

"I know Albert and I have had bumps on the road," says Brown. "The love and passion that came from working with Albert continues to motivate me so that I may find ways to encourage and guide others on the autism spectrum into the community."

Today, I realize now how far I've come. I'm so grateful for all the friends and family that have guided me through roads of prosperity, helped me evolve into a man that is on his way to accomplish more than I could have ever imagined. I can express my emotions, make friends more readily, relate to people more easily. I believe the power of light and love empowers me to connect and make people happy.

Kathy Brown worked with me from 1997 to 2004 when she was assigned to another student in the Wachusett Regional School District. We reconnected again in 2017, and she was amazed and proud of the progress I had made. She was surprised I had a full time job and had worked as a waiter at Barber's Crossing in Sterling.

"What really amazes me is how Albert's state of mind has changed," says Brown. "He doesn't think in black and white any more, but is able to see many more nuances. He really understands poetry and quotes that are figurative and meant to display subtle meaning. He's a great punster."

Now a graduate of Worcester State University with a bachelor's degree in business, I've never felt so good in my life. I embrace the word "Namaste," which means "My soul honors your soul, we are the same, we are one."

Each difference makes each person who they are. Our differences make us all the same. Love is a weapon of light and has the power to eradicate all forms of darkness. That is the key—when we offer love, even to our enemies, we destroy their hatred and darkness.

Autism is a part of me, not who I am.

Albert Jersey is a Sterling resident. He works at Charles River Laboratories located in Worcester. Albert is interested in sports, history, reading, philosophy, and music

Annual census forms

Annual census forms will be in mailboxes during the last week of December. Return the form(s) to Town Clerk, 1 Park St., Sterling, MA 01564, by February 1. Forms may also be dropped into the box in front of the Butterick Municipal Building, or scan and email to AsstTownClerk@Sterling-ma.gov. The town clerk is required by state law to mail census forms to every household. Former town residents cannot be removed from the voting list without their signature and new address on file. Census information is used by the state to allocate school budgets, Chapter 90 funds and other state aid, and by local police and fire departments to obtain accurate household information for public safety reasons. For more information, call the town clerk's office at 978-422-8111, ext. 2307, or email TownClerk@Sterling-ma.gov.

Tran wins Senate race

by Lex Thomas

Republican Dean Tran, who has served as councilor-at-large in Fitchburg since 2006, has won the Senate seat vacated by Jennifer Flanagan in the special election held on December 5. Flanagan resigned as state senator for the Worcester and Middlesex District in August after being appointed to the state's Cannabis Control Commission by Governor Charlie Baker. The Senate district represents Sterling, Berlin, Bolton, Fitchburg, Gardner, Lancaster, Leominster, Lunenburg, Townsend, Westminster, and precincts 1 and 2 in Clinton. Tran defeated Democratic candidate Sue Chalifoux Zephir, Claire Freda running as an Unenrolled candidate, and Green-Rainbow Party candidate Charlene DiCalogero.

In Sterling, 881 voters turned out at the poll, representing 15.13 percent of eligible voters. Tran received 451 votes, defeating Chalifoux Zephir with 402 votes, Freda with 21 votes and DiCalogero with 7 votes. District-wide unofficial results show Tran with 7,289 votes, Chalifoux Zephir with 6,614, Freda with 1,552, and DiCalogero with 201.

Responding by email following the election, Tran expressed gratitude "for the tremendous support and trust from the people throughout the district. My background and message of honesty and hard work resonated with the voters. I look forward to bringing my record of serving the people to Beacon Hill and representing all residents to the best of my ability."

Tran added that his first priority will be to review the bills that will be coming before the Senate. "I want to make sure that I fully understand the bills, bring them to the attention of my constituents and consider public input before discussing and voting on them."



Contributed PHOTO

Dean Tran

SterlingMeetinghouseNews.com

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Merry Christmas & Happy Holidays

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Contributed PHOTO

Y.A.H.O.O. Youth Board. (Front row, left to right) Kyla Ormsbee, Emily Chapman. (Back row, left to right) Theresa Page, Emma Rivers, Siobhan Moisan, Aiden Moisan.

Yahoo for Y.A.H.O.O.

It was another great fall season for Sterling Y.A.H.O.O. Together, 240 volunteers achieved 500 hours of work, and raked yards at 22 houses. Everyone was very dedicated and hardworking. Thank you to all the Yahooigans and the Drivervisors who came out on cold Saturday mornings to help in the community. Special thanks to Kevin Beaupre and Irene Camerano for their endless support. It is greatly appreciated. Once again, thank you for an amazing season and see you in the spring!

Theresa Page
Lake Shore Drive, Sterling

Many hands make craft fair a success

The Friends of the Conant Public Library Arts and Crafts Show, held on November 18 at First Church in Sterling, was a wonderful community event enjoyed by shoppers and vendors. The Friends would like to thank the many volunteers who helped make the fair a success, including those who donated goodies for the lunch café and bake sale, assisted in the kitchen,

brought meals to vendors, sold raffle tickets, accepted donations at the door, designed and distributed posters and signs, helped to set up and break down the fair, and helped vendors carry their wares into the building. Proceeds will support the Conant Public Library's Summer Reading Program for children.

Friends of the Conant Public Library
Sterling



PHOTO by Richard Maki

Santa lights the town tree at the Annual Tree Lighting.

Thanks for a great tree lighting event

The Recreation Department would like to thank everyone who made the Holiday Tree Lighting on Sunday, December 3, a truly magical experience. Those who attended brought joy, enthusiasm and heaps of holiday spirit. We thank everyone that came out to the event, but also those who worked behind the scenes to make it happen. Special thanks to Evergreen Farm for their donation of our beautiful tree, Sterling Girl Scouts for their treats and decorations, Suzie & Tolly for sharing their magical talents, Angela Cote for her beautiful reading of 'Twas the Night Before Christmas', First Church in Sterling for opening their doors to us, Sterling Fire, Police and DPW for all their help, our little elves that keep the event running and of course, Santa, for bringing some extra holiday cheer.

This year, the Girl Scouts also organized a food drive for the St. Richard's Food Pantry, which added something special to the day. Thank you to our wonderful community for continuing to be an amazing place to work. We wish everyone a safe and happy holiday season.

Theresa Page
Lake Shore Drive, Sterling

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.

Have a Happy Holiday season and a prosperous New Year!



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Grange Craft Fair a success

Thank you to the crafters and attendees who supported Sterling Grange's first annual Craft Fair held in October. As with any new venture, there are always things to learn and expand upon. We will incorporate the ideas and suggestions we gathered that day into our plans for a 2018 event.

On January 20, the Grange will hold a public dinner at the Eight Point Sportsmen's Club, 147 Beaman Road, Sterling, at 5 p.m. A sincere thank you is extended to the Eight Point Sportsmen's Club for allowing the Grange to hold these events at its facility free of charge. With the goal of raising funds for the renovation of the Grange Hall, this act of kindness is greatly appreciated.

Janet Segur, President
Sterling Grange #53

Thanks to voters

I want to express my heartfelt thanks to the voters of the Worcester & Middlesex District for electing me to the state Senate. I am honored and humbled that you have placed your trust in me. I will work tirelessly on your behalf to seek solutions to our many challenges and problems. My victory was made possible by the outpouring of diverse grassroots supporters, friends, family and the many campaign volunteers who all want to secure a lasting and meaningful improvement to our quality of life. Not only am I thankful for your support, but also for all elected and public officials who serve the district and advance the issues of importance in their cities and towns. It is not easy to put oneself out there these days, so I give credit to those with the initiative to do so. Again, from the bottom of my heart, thank you. I would also like to wish everyone a Merry Christmas, Happy Holidays, and a healthy New Year.

Dean Tran

December and January curbside trash pickup schedule

Due to the Christmas Day and New Year's Day holidays, trash and recycling curbside routes will be picked up one day later than usual during the week of December 25 and January 1. Curbside pickup will occur from Tuesday to Saturday during those weeks. Have trash/recycling at curbside by 7 a.m. one day later than your regular pickup day.

The DPW will be closed on Monday, January 15, in observance of Martin Luther King Day. The holiday will not affect the curbside trash and recycling pickup schedule. Curbside trash and recycling will be picked up on a regular schedule during the week of January 15. Have trash and recycling curbside by 7 a.m. on your regularly scheduled pickup day.

ReUse Buiding closed for reorganization

The ReUse Building at the Wachusett Regional Recycling Center will be closed for drop-off and pick-up due to building reorganization from December 16 through January 15. The remainder of the site will be open during regular hours. Located at 131 Raymond Huntington Highway, West Boylston. For more information and hours, call 978-464-2854 or visit wachusettearthday.org.

Recycling Center seeking volunteers

If you have a passion for reuse, recycling and reducing the waste stream, and can spare several hours weekly or

monthly to the cause, the Wachusett Watershed Regional Recycling Center needs you. Volunteer opportunities are available every day of the week (except Sunday), and at all levels of physical activity. For more information, visit wachusettearthday.org, or call 508-464-2854 and leave a message with your name and phone number.

Beware of jury duty scam

Worcester County Sheriff Lewis G. Evangelidis is warning residents about a phone scam in Worcester County where citizens are being targeted and threatened with prosecution for failing to comply with jury service in federal or state courts. A caller identifying himself as an officer from the Worcester County Sheriff's Office has attempted to pressure recipients into providing pre-paid money cards, credit card and confidential data, potentially leading to identity theft and fraud. These calls, which threaten recipients with fines and jail time if they do not comply, are fraudulent and are not connected with the U.S. courts or the Worcester County Sheriff's Office. The Worcester County Sheriff's Office does not contact residents and demand payments or ask for credit card information on behalf of the courts regarding jury duty and is asking residents to be vigilant against this scam. Federal and state courts do not require anyone to provide any sensitive information in a telephone call or email. Persons receiving such a telephone call or email should not provide the requested information, and should notify the Clerk of Court's office of the U.S. District Court in their area.

Tell them you saw it in the Sterling Meetinghouse News



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

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

Wachusett Food Pantry December and January distribution

Friday, December 15 for seniors, and Saturday, December 16 for the public. Friday, January 19 for seniors, and Saturday, January 20 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. The WFP is a 100 percent volunteer-run year-round operation that provides monthly three- to five-day supply of emergency food to any family with either a short- or long-term need. New and current volunteers are encouraged to arrive at 8:15 a.m. to help with distribution.

No time to volunteer? You supply and we buy! Send your tax deductible contribution by check to Wachusett Food Pantry, P.O. Box 62, Jefferson, MA 01522. For more information, call 978-563-1064, email wfp@wachusettfoodpantry.org, or visit wachusettfoodpantry.org.



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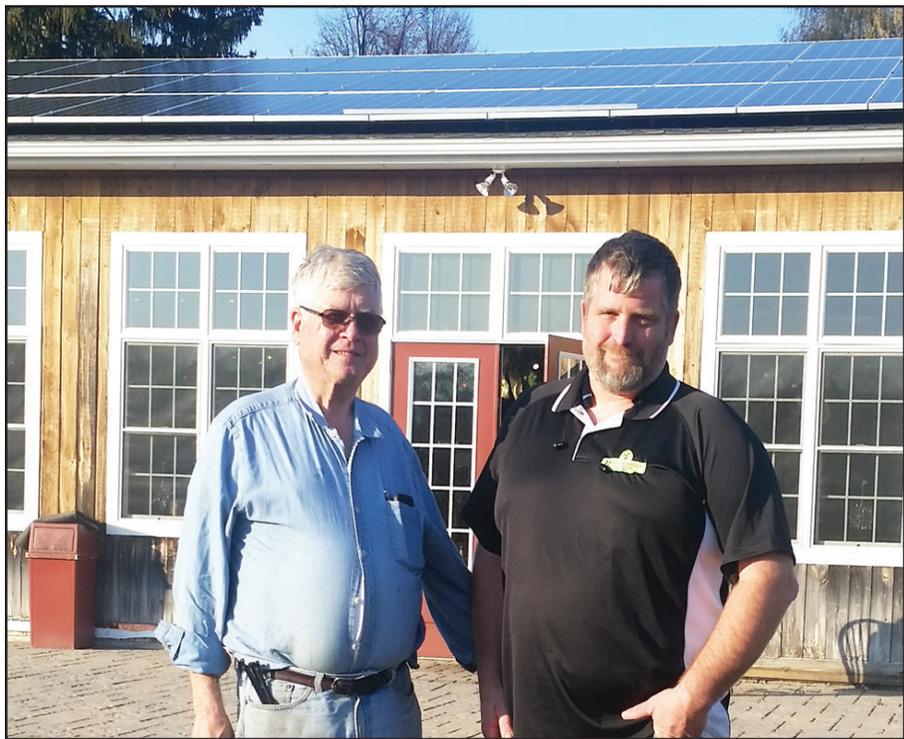


PHOTO by Lex Thomas

(Left to right) Jay Gehrig and David Chandler on the back patio at Meadowbrook Orchards. Solar panels are visible on the roof.

Meadowbrook Orchards goes solar

by Lex Thomas

Meadowbrook Orchards, located on Chace Hill Road in Sterling, has installed solar panels that will significantly reduce both their future energy cost and their ecological footprint. David Chandler, owner of Meadowbrook Orchards, says that going largely solar is something he's thought about for a long time. "We've got just about the perfect angle for efficiency," he says.

Work began in November, and is now up and running.

Chandler is working with Westford Solar Engineering, whose principal, Jay Gehrig, knows Chandler's mother Kathy Chandler through their combined work on skiing events for the Special Olympics.

David Chandler's reasoning behind his decision to go solar has both environmentally friendly and business strategies in mind. "This is environmentally sound, and it gives us significant savings in the costs of running our business," he says. "This has been a process. It started with plans and then an inspection." The project has been facilitated through a state grant that required numerous inspections and applications.

"We want to be environmentally friendly," says Chandler. "With solar, we're looking to save about 40 percent of our yearly power needs." The majority of their power needs are for freezers and coolers.

Jay Gehrig, owner of Westford Solar Engineering, says his company has installed 21,000 watts of solar panels, expected to generate 30 megawatts per year of power.

"We expect this will offset 30 to 40 percent of their usage per year," he says.

Chandler is hopeful that the project will expand to the entire farm in the future.

"If this works as well as we hope it will, we want to do a much larger project on the farm," he says. "We'll be closely monitoring the project over the next few months. We're very hopeful."

SMLD wins Leading By Example Award



Contributed PHOTO

(Left to right) DOER Commissioner Judith Judson; Sterling Selectman Maureen Cranson; Deputy Director, Green Communities Division, DOER Joanne Bissetta; and SMLD General Manager Sean Hamilton attended the award ceremony at the State House in Boston.

Eight Massachusetts state agencies, public colleges, municipalities, and public sector individuals have been recognized for their leadership in promoting clean energy and environmental initiatives with the 11th annual Leading by Example Awards. Awardees were honored for policies and programs that created significant energy and emissions reductions, renewable energy installations, water conservation, and the implementation of sustainability initiatives that reduce the environmental impacts of state and municipal operations.

The Town of Sterling and Sterling Municipal Light Department received a recognition award for its innovative installation of the first utility-scale

battery storage project in New England that serves as a model to other municipalities and utilities nationally, reducing municipal building energy use by 15 percent, and deploying an advanced water metering system.

The Leading by Example program is part of the Department of Energy Resources (DOER) and coordinates clean energy and environmental opportunities at facilities owned and operated by the Commonwealth. The awards were presented at a State House ceremony by Energy and Environmental Affairs Secretary Matthew Beaton, DOER Commissioner Judith Judson, and Division of Capital Asset Management and Maintenance Commissioner Carol Gladstone.

Toys for Tots accepting donations

The Sterling Police Department, together with the United States Marine Corps, is collecting new, unwrapped toys and check donations for the 2017 Toys for Tots campaign. Donations may be dropped off at the Sterling Police Station until December 15. Make checks payable to "Toys for Tots." For more information, call Toys for Tots coordinator Detective David Johnson at 978-422-7331.



PHOTO by Richard Maki

Checking it twice! Santa reads Samuel Minow's wish list at the Annual Tree Lighting on December 3.



PHOTO by Richard Maki

Kids of all ages enjoyed decorating the tree at the Annual Tree Lighting on December 3.

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1835 Town Hall project making progress

by Robert McKay Jones

The 1835 Town Hall is moving closer to having a new roof and structural repairs. In November, the Town of Sterling entered into a contract with our designer/project manager Joe Booth, president of JMBA + Architects of New Bedford. The firm specializes in refurbishing historic structures and has won awards for their preservation work, including the New Bedford Preservation Society Elm Award and Massachusetts Historical Commission Preservation Award. The 1835 Town Hall Committee is excited to work with Booth and his team as we move to open up the Great Hall and begin long awaited repairs.

Booth has already begun his preliminary review, taken measurements, and outlined the selective demo that he would like to see in order to reveal structural issues. Several firms are interested in performing a selective demo, and Booth's engineers are expected to revisit the 1835 Town Hall again in the next few weeks to prepare the plan for structural repairs.

Meanwhile, the 1835 Town Hall Committee and Town Administrator Ross Perry have applied for an \$85,000 project grant from the Massachusetts Office on Disability (MOD) Americans with Disabilities Act (ADA) Municipal Improvement Grant Program. If granted, we will be ahead of schedule on the 1835 Town Hall universal access project. This has been made possible as a result of Sterling signing the Community Compact agreement in June.

In November, the committee submitted a letter of intent to the Massachusetts Cultural Facilities Fund stating that we intend to apply for a \$200,000 capital grant to augment our current funding

to complete restoration of the 1835 Town Hall interior and Great Hall. The committee is working to complete the application in advance of the January 12 deadline. Their funding decision is expected to be made in June.

The 1835 Town Hall Committee invites you to stroll down Main Street near our Town Hall where holiday music plays from the portico from 8 a.m. to 8 p.m. every day throughout the holiday season.

Robert McKay Jones is Chair of the 1835 Town Hall Committee.

Protect family pets from holiday perils

Sterling Animal Control Officer Louis Massa reminds pet owners to keep animals safe during the holiday season. Decorations that are traditional and festive pose risks that pet owners need to consider. Massa recommends skipping tree fertilizer for real trees and keeping pets from treating stagnant water in the tree holder as a water bowl. Got a climber on your hands? To keep dogs and cats away from the base of the tree, place crumpled paper, a plastic bottle filled with beans, or anything else that creates noise at the base. This trick may scare them off or at least warn owners that pets are approaching a danger zone.

Delicate ornaments may be family treasures, but they can be dangerous to pets. To protect both pets and valuable decorations, make sure that small or breakable ornaments are placed high on the tree. In addition to being choking and intestinal blockage hazards, shards from broken glass ornaments may potentially injure little paws and mouths.

Sterling student selected as scholar



Contributed PHOTO

David M. Hinckley Jr.

David M. Hinckley Jr. of Sterling, a senior in the cabinetmaking program at Montachusett Regional Vocational Technical School, has been named to the 2017-2018 Student Scholar Program sponsored by the Worcester County Superintendents' Association. He will be honored, along with other scholars from throughout Worcester County, at the Annual Scholars' Luncheon to be held on January 9 at Assumption College, Worcester.

Hinckley is currently ranked 10th in his class of 329 students with a 3.69 GPA. A member of the National Honor Society, he has consistently been named to the high honor roll and Principal's List since he was a freshman.

A member of SkillsUSA, he placed second in the job interview skills event and third in the cabinetmaking contest at leadership and skills competitions. He is currently serving as SkillsUSA chapter vice president. He is a recipient of the John and Abigail Adams Scholarship, the Rensselaer Medal Award, and the New England Woodcarvers President's Award. Hinckley has been a member of the boys' varsity soccer team for all four years at Monty Tech and has served as starting goalie since 10th grade. He is employed as a co-op student for MD Carpentry, out of Sterling. He also works as a ski technician for rentals at Wachusett Mountain. His hobby is woodworking. Following graduation, he plans to pursue a degree in engineering and obtain his construction supervisor license.

He is the son of David and Tara Hinckley of Sterling.

Chocksett honor roll

Chocksett Middle School has released the honor roll for the first quarter of the 2017-18 school year.

The following grade 7 students have earned high honors:

Emma Austin, Kiara Bearisto, Piper Bennett, Ava Bouley, Kyle Citro, Juan Contreras, Willa Cottrell, Andrew Croce, Alexander Croteau, Madeline DiVerdi, Luke Freeborn, Ava Giorgi, Christopher Happy, Lauren Hare, Abigail Harris, Meghan Henry, Leah Hitzrot, Alexander Keefe, Lukas Lahaye, Anthony Lemus, Benjamin Marcoulier, Miyah McRell, Tyler Morrill, Matthew Nickerson, Kaelin Pousland, Jenelle Remy, Jessica Taubert.

The following grade 7 students have earned honors:

Caleb Barrett, Courtney Beaudoin, Miranda Cary, Allison Clapp, Amanda Corvelo, Eric Couture, Domenic Cozzolino, Maxwell Davis, Sydney Day, McKenna Dyer, Madeline Favreau, Allyson Fisher, Chet Fors, Elizabeth Georgules, Hailey Gogos, Andrew Gonsorcik, Brandon Grenier, Zachary Grippo, Charles Hajdu, Xavier Hitzrot, Jadenne Hoang, Jack Joerres, Annabelle Joyce, Karisa Juneau, Maeve Keneally, Mandi Kristoff, Samuel Lanciani, Megan Larsen, Evan Lloyd, Brett Lucht, Justin Mariani, Joshua Marrero, Yaviah Martinez, Xavier McManus, Travis Page, Anthony Picarello, Mia Pichierri, Brooke Potter, Mac Pulda, Julia Queeney, Cecilia Rausch, Logan Shepard, Kyle Smith, Alec Thibeault, Julie Turner, Jeffrey Watson.

The following grade 8 students have earned high honors:

Madelyn Bailey, Anna Bavosi, Anne Conway, Megan Cumming, Nolan Davis, Sierra Demerjian, Madelyn Fisher, Thomas Foley, Ella Glow, Jonathan Godbout, Harrison Graffam, Kylie Grebinar, Oliver Hoang, Sedona Iafrazi, Paige Keneally, Steven Layton, Cassandra Lundgren, Julia Martel, Lea Mathews, Kael McManus, Kyla Ormsbee, Jillian Peto, Isabella Philbin, Abigail Pousland, Liam Quinn, Jenna Schwarz, Theodore Stangas.

The following grade 8 students have earned honors:

Emily Abrams, Margaret Adams, Lauren Baker, Jamie Brown, Owen Carney, Jake Cherubini, Maya Davidson, Paige Fales, Matthew Ferrecchia, David Francis, Jennah Gelardi, Anthony Giorgi, Kealey Johnson, Damon Kane, Lauren Kirkpatrick, Reilly Laitala, Amelia LeBlanc, Andrew Macone, Jack Mailberg, Bailey McNamara, Karlen Michalak, Joshua Mogensen, Sydney Morrissey, Jade Moynihan, Ella O'Connor, Regina Pallotta, Noah Pavlowich, Stephanie Silva, Mitchell Thoday, Allan Urbina, Mathew Williamson, Ava Willman.

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Conroy Speaker Series unites community



Contributed PHOTO

(Left to right) Perkins President and CEO Michael W. Ames, Lynn Lyons, and Perkins Executive Director Emeritus Charles P. Conroy.

With her expertise, quick wit and stories, Lynn Lyons, psychotherapist, and author of several books including *Anxious Kids, Anxious Parents*, educated a packed house with strategies for how to recognize and ultimately overcome anxiety at the kick-off event of the Dr. Charles P. Conroy Speakers Series on November 30 held at the Perkins School in Lancaster. Lyons addressed what anxiety is and where it comes from, and noted that in 2014, the World Health Organization declared that depression was the leading cause of illness and disability in adolescents between the ages of 10 and 19. She offered several alternatives to dealing with anxiety by sharing several anecdotes of real-life cases she has handled.

The series, named in honor of Sterling resident Dr. Charles P. Conroy and his 28 years of service as executive director of the Perkins School, is focused on bringing members of the community together for lectures and discussion of a wide range of topics related to programs and services provided by the school, including child development, mental health, education, intellectual and developmental disabilities, and organizational planning and leadership. Perkins is a comprehensive human service agency whose mission is to promote meaningful and sustained well-being for children, youth, and adults facing educational, developmental, or mental health challenges. For more information, visit perkinsprograms.org.

Monty Tech's NHS holds annual induction



Contributed PHOTO

Members of Monty Tech's National Honor Society pose for a photo following the organization's annual induction ceremony.

Monty Tech's chapter of the National Honor Society recently held its annual induction ceremony in the school's auditorium. A total of 45 upperclassmen, one of the largest groups to date, qualified for induction. Principal Thomas R. Browne joined Thomas Lamey, chapter co-advisor, in presenting certificates and pins to the new members, along with officer pins. Browne praised the students' outstanding record of community service and quoted a recent survey that showed a strong record in community service is an advantage in seeking career positions, urging students to continue to work for their communities.

Sara Dupont, Alissa Gaulin, Samuel Landadio, Erica Regan, Katelyn Roseberry, Emily St. Thomas, and Katherine Tremblay, all of Sterling, were inducted during the ceremony. Casey Brown, David Hinckley, and Taylor Moroney of Sterling are existing members of the NHS.

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Bottle drive helps Scouts and the environment



Contributed PHOTO

On October 28, Sterling's Boy Scout Troop 189 held its semi-annual bottle drive. The fundraiser was a great success thanks to the generosity of the Town of Sterling's Municipal Light Department allowing the troop to hold the event in its parking lot, ABC Moving and Storage Company for supplying a large truck to transport the bottles and cans to the redemption center, and the many people who dropped by throughout the day to donate bottles and cans for the cause. The event helps the environment, and the money raised helps provide the troop with opportunities for educational trips and necessary equipment.

Donate holiday gifts for veterans

The Hiram O. Taylor American Legion Post 189 is assembling Christmas bags for local veterans living in rehabilitation and care facilities in Sterling and Oakdale, and is seeking donations of lap blankets, socks, t-shirts, sweatshirts, sweat pants, lounge pants, books, puzzle books, toiletries, and stationary. Last year, 46 veterans happily received Christmas bags. Donations of cash (enabling post members to shop for items) are gratefully accepted. Send donations to Hiram O. Taylor Post 189, P.O. Box 245, 32 School St., Sterling, MA 01564 (indicate Christmas Drive on check). Donated items can be delivered to 32 School St., Sterling. For more information, contact Bob Temple at 978-479-0086 or bobtemple189@gmail.com.



PHOTO by Richard Maki

All aglow for the holiday season.

Sterling Grange wins award



Contributed PHOTO

A page from the book of an agricultural education workshop held last spring by the Grange.

During the celebration banquet at the recent annual convention of the National Grange in Spokane, Sterling Grange was awarded first place for its report summarizing community service projects and volunteer hours performed by members. Janet Segur, president of the local chapter, accepted the award, "I am thrilled by this honor," she says. "The members of Sterling Grange have been working diligently on the goals of renovating the Grange Hall on Maple Street and being visible in the community. Since 2013, membership has grown steadily, hall renovation has begun, and

Grange involvement in the community has increased. The members take great pride in receiving this award and are delighted their efforts are recognized by the national organization."

During the past year, volunteer hours for Grange activities on the local and state levels totaled 933, and individually, members reported 4,684 hours of community service performed outside of the Grange. For more information on Grange membership and activities, visit grange.org/sterlingma53/, call 508-886-2341, or email sterlinggrange53@gmail.com.

Small donation helps many

by Jamie Chase Galvin

Since its inception in 1995, families and individuals from the Wachusett area have benefited from the Wachusett Food Pantry that offers both emergency-based and a monthly food program to those in need. The Wachusett Food Pantry is currently housed at 50 Worcester Road in Sterling at the Cream Crock Distribution Building and offers non-perishable groceries and fresh produce, meat, cheese, and bread as long as supplies last to those in need of a helping hand.

With an organization that's run strictly by dedicated and committed volunteers, the Wachusett Food Pantry is putting out a call for more volunteers to help operations run smoothly. "We help anyone in need of food from the five Wachusett towns," says Kim McCarthy, president of the Wachusett Food Pantry. "Some people come once and others come every month. Our numbers always increase this time of the year usually with heating bills due in October, November, and December."

This increase means that more volunteers are needed to help with the monthly food distribution on the third Saturday of each month. "We have a great group of core volunteers," says McCarthy, who has been serving with the pantry for the past 12 years. But with an average of 125 to 135



PHOTO by Lex Thomas

The Wachusett Food Pantry is located at the Cream Crock Distribution Building, 50 Worcester Road (Route 12), Sterling.

families being aided monthly, there can never be too many helping hands.

On Friday mornings, volunteers are needed to assist seniors over 60 before the pantry opens to the general public the following day. However, as McCarthy notes, "hunger is a year round problem so we really like year round volunteers as well." Volunteers must be in ninth grade or older and have the ability to maintain strict confidentiality.

Individuals may also donate items on the food pantry's wish list. Needs include personal care items such as shampoo, soap, toilet paper, and snack food items such as cookies and lunch items that children can put in their lunch boxes. Over 1,100 families have been helped by the pantry in its 21-year history. Even small donations or time commitments can have a lasting impact on the Wachusett community.

Around 85 percent of Wachusett Food Pantry's food items come from the Worcester County Food bank. The remainder comes from food drives organized by local schools, religious and civic groups around the region, and contributions from the community. "Families can come in and shop just like they would at a grocery store," says McCarthy. "Families can choose any food that they need."

"With so much to be thankful for at this time of year, we want to encourage people to make a time commitment or donation to the Wachusett Food Pantry. It means so much to so many."

For more information, visit wachusettfoodpantry.org.

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Holiday festivities 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.

Let's play at library's new "Playbrary"

Play is an essential part of early literacy development. Conant Public Library invites families with young children to stop by and enjoy "Playbrary," a collection of toys for ages birth and up. Toys are located at the Children's Room desk and are available for children and caregivers to use while at the library. Children under 10 must be supervised by a caregiver. No library card is necessary to use the toys, and they are available during all open hours. For information, call 978-422-6409.

Especially for kids

Winter Reading Challenge – Children of all ages are invited to participate in a Winter Reading Challenge, starting on Monday, December 18 through Monday, February 26. Pick up your BINGO card at the children's desk and take part in a reading challenge to beat the winter doldrums. For more information, call 978-422-6409.

Storytime – Sign-up starts Monday, December 18, at 10 a.m., for the next 6-week storytime series starting the week of January 8. Mondays at 2 p.m., ages 3 and up. Tuesdays at 10:30 a.m., ages 18 months to 3 years. Tuesdays at 2 p.m., all ages. Wednesdays at 10:30 a.m., ages 3 and up. Thursdays at 10:30 a.m., Drop-in baby storytime, birth to 18 months (no registration required). Registration is limited.

Winter No-Bake Dessert – Children in grades 3 and up are invited to create

a delicious winter no-bake dessert on Wednesday, December 20, at 4 p.m. Registration required.

Drop-In LEGO Play Day – Children of all ages are invited to drop in for LEGO play on Tuesday, December 26, from 11 a.m. to 4 p.m. Children under 10 must be accompanied by a caregiver. No registration required.

Drop-In Craft Day – Children of all ages are invited to attend a drop-in craft day on Wednesday, December 27, from 10 a.m. to 1 p.m. Staff will be on hand to assist. No registration required.

Picture Book Club – Children in grades K through 2 are invited to join the Picture Book Club on Wednesday, December 27, at 2 p.m. This month's selection is *Snowmen at Night* by Caralyn Buehner. Read the book before the meeting, then come for a book-themed activity and discussion. Copies of the book are available at the library for checkout. Registration required.

Noon Year's Eve – Conant Public Library is hosting a special Noon Year's Eve celebration on Thursday, December 28, at 11 a.m. for children ages 3 and up. Featuring stories, snacks, and a themed activity. Registration required.

Kids Cook – Thursday, December 28, at 2 p.m., for youth in grades 3 and up. Each participant chooses a different recipe from *National Geographic's Kids Cookbook: A Year-Round Fun Food Adventure*, prepares the dish at home, and brings it to the library for an afternoon of delicious snacks and fun with other young chefs. Cookbooks are available at the library for checkout. Registration required.

Programming Smart Raspberry Pi Robots – The Rhode Island Computer Museum is returning to Conant Public Library to teach children ages 9 and up how to program a robot built using the Raspberry Pi computer. Participants will

make the robot talk and move in remote control mode or as a drone, complete team coding challenges, and send the robot on an exploration mission. Saturday, January 13, from 12:30 to 2:30 p.m. This program is sponsored by the Friends of the Conant Public Library. Registration required.

Adult coloring

Discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Wednesday, December 13, at 6:30 p.m. Supplies available or bring your own. No registration required.

Parents' Night Out Book Club

Enjoy an evening out with a good book and good company. The Parents' Night Out Book Club features different family- and parenting-themed books each month. Wednesday, January 3, at 6:30 p.m., the club will discuss *The Storied Life of A.J. Fikry*, a poignant story of widower and bookstore owner A.J. Fikry and the mysterious package that winds up on his doorstep, giving him a chance to transform his dreary life. Books available at the library. No registration required.

Adult beginner's sewing class

Conant Public Library will offer a beginner's sewing class for adults with instructor Cathie Ryan. This 6-week sewing program covers mending buttons, hems, zippers, patches and more. After the first week, participants may bring their own sewing machines for use in class, or can continue with hand sewing. Participants are encouraged to bring their mending projects. All supplies provided (except for sewing machines). Classes meet Tuesdays from 5:30 to 7:30 p.m., beginning January 9. Registration required.

Download Conant Public Library app

Conant Public Library has a free app that provides access to a mobile-friendly catalog, your CWMARS account, as well as Overdrive and other library services. The Conant Public Library app is available to download through the App Store and the Google Play Store. Search for CWMARS, then download. For more information, call 978-422-6409.

Brain and hearing symposium

Conant Public Library is offering a brain and hearing symposium with Dr. Keith Darrow on Thursday, January 11, at 6:30 p.m. Dr. Darrow is an MIT and Harvard Medical trained neuroscientist, and author of *Stop Living in Isolation*. Individuals living with hearing loss, as well as their caregivers, can learn how to live active lives and avoid cognitive decline and social isolation. All attendees will receive a free copy of Dr. Darrow's new book. Call 978-422-6409 to register.

Holiday House Lighting Tour

Would you like to share your festive outdoor decorations and lights with the community? Or do you and your family love driving around town to find your favorite holiday light displays? The Recreation Department invites you to take part in a Holiday House Lighting Tour. This is an opportunity to share your decorative holiday lighting and share the joy of the holidays. The Holiday House Lighting Tour runs daily until December 24, from 6 to 9 p.m. To add your home to the tour, contact the Recreation Department at recreation@sterling-ma.gov or 978-422-3041. To view the tour list, visit SterlingRec.com, Sterling-Ma.gov/Recreation or 'like' our Facebook page.



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This martial art is dedicated to her. Mulan Fa Chuan or "Mulan Fist" is not a self-defense course but an actual Martial Art with a curriculum and belts. It is a "hard" martial art based on practical application.



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Active Kids

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

After School Tennis at Houghton – Grades 1 to 4. Saturdays, January 6 to February 10, 11 a.m. to noon. Houghton Elementary School gym. \$100.

Wicked Cool for Kids – Grades 1 to 4. Thursdays, January 25, March 8, and May 25, 1 to 3:30 p.m. Sterling Senior Center. \$50/class.

Art and Creativity for Kids

Music and Movement – Infant to age 5. Session II. Mondays, January 8 to March 19, 10 to 10:45 a.m. 1835 Town Hall. Previously registered family \$160 (first child), \$100 (second child). New family \$175 (first child), \$115 (second child). Register at pakmusic.org.

Cooking – Grades 5 to 8. Tuesdays, 3 to 4:30 p.m. January 9 to 30. Chocksett Middle School cafeteria. \$120.

Holiday Cookies Workshop – Grades 5 to 8. Thursday, December 14, 3 to 4:30 p.m. Chocksett Middle School cafeteria. \$35.

Active Adults and Teens at 1835 Town Hall

Gentle Yoga – Ages 14+. Thursdays to February 1, 10:30 to 11:30 a.m. \$13/class.

Yoga for All Levels – Ages 14+. Thursdays to February 1, 7 to 8 p.m. \$13/class.

Wednesday Yoga – Wednesdays, 5:30 to 6:30 p.m. Every Wednesday (weather permitting). \$10/class or \$90/10 classes.

A.M. Boot Camp – Ages 16+. Wednesdays, January 3 to April 11, 5:30 to 6:30 a.m. \$168.

Head to Toe Workout & Core Pilates – Ages 16+. Mondays, January 8 to April 9, 6:30 to 7:30 p.m., or Fridays, January 5 to April 13, 8:45 to 9:45 a.m. Mondays: \$144 (12 weeks). Fridays: \$168 (14 weeks).

Yoga Dance – Ages 14+. Tuesdays, January 23 to April 10, 6:30 to 7:30 p.m. \$99/session or \$15/class.

High School Pick-Up Basketball – Grades 9 to 10, Tuesdays to April 24, 7:30 to 8:45 p.m. Grades 11 to 12, Mondays to April 23, 7:15 to 8:30 p.m. Chocksett Middle School gym. \$25/player.

Men's Pick-Up Basketball – Ages 18+. Wednesdays to May 30, 6:30 to 9:30 p.m. Chocksett Middle School gym. \$25/season.

Ladies' Pick-Up Basketball – Ages 18+. Mondays to March 26, 6 to 7:15 p.m. Chocksett Middle School gym. \$25/season.

Naga Fitness with Gina at 1835 Town Hall

All classes are \$10 each or \$90/10 classes paid in advance. For program descriptions, visit SterlingRec.com.

Kettlebells – Saturday 8 to 9 a.m.

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

Ski & Snowboard Programs

Monday After School Ski & Snowboard – Grades 3 to 12. Mondays, January 8 to February 26, 3:15 to 8 p.m., Wachusett Mountain Ski Area. Six-week pass \$140. Season Pass: Bronze \$369, Silver \$449, Gold \$659 Program code: STRRM.

Saturday Program – Grades 3 to 12. Saturdays, January 6 to February 17, 8:15 a.m. to 3 p.m., Wachusett Mountain Ski Area. Seven-week lift badge \$240 (only valid for the seven-week program, 8 a.m. to 4 p.m.).

Cribbage – Session I: Thursdays, January 11 to February 8. Session II: Thursdays, February 22 to March 22. 7 p.m. at Sterling Senior Center. \$20/player/session. Everyone welcome.

Bruins tickets – Thursday, February 1, 2018, 7 p.m. Boston Bruins vs. St. Louis Blues, TD Garden, Promenade seating. \$90/ticket, available at SterlingRec.com or at the Sterling Rec office.

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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 for anyone 60+. Check the Sterling Council on Aging newsletter for daily menu. Call 978-422-3032 for a reservation the day before you want to come. Home meal delivery is available daily. \$3 suggested donation.

Volunteer at the Senior Center

The Senior Center couldn't run without our volunteers. If you have a few hours to spare during the week, consider joining our team. To volunteer, call 978-422-3032.

Senior Center snow policy

When Wachusett district schools are closed for the day due to inclement weather, there will be no programming (including meals program) at the Senior Center for the day. The Senior Center

will also follow the Wachusett Regional School District's decisions regarding delayed opening and early dismissal throughout the winter.

December and January event highlights

Winter Comfort Food Dinner

Jim and Bob Ash will sponsor a Winter Comfort Food Dinner in memory of their mother Myrtle on Wednesday, January 24, at 6 p.m. The menu features meatloaf wrapped in bacon, oven roasted potatoes, green beans almondine and gravy, with Myrtle's famous peanut butter cookies for dessert.

Special events

Ukelele Club Christmas Concert & Sing-Along – Thursday, December 14, 2:30 p.m.

Christmas Jingo – Wednesday, December 20, 12:30 p.m.

Pancake Breakfast – Celebrity server Charlene Steele, Manager, Halstead-Flanagan Insurance Agency. Friday, December 29, 7:30 to 9 a.m. \$3 donation.

Artist Reception, Silk Road Art Guild – Thursday, January 4, 6 p.m.

Photography workshop – First class of an 8-week series. Monday, January 8, 2 p.m.

Dull Men's Club – Guest speaker Sterling Police Chief Gary Chamberland. Tuesday, January 9, 9 a.m.

Acrylic painting – First class of an 8-week series. Thursday, January 11, 12:30 p.m. \$5.

Armchair Travel – Greece. Thursday, January 11, 2:30 p.m.

Senior Strong Pretesting – Mandatory for session participants. Friday, January 12, 1 p.m.

Melody Mixers Planning Meeting – Join us if you like to sing. Wednesday, January 17, 3 p.m.

Comfort Food Dinner – Wednesday, January 24, 6 p.m. \$5.

Pancake Breakfast – Celebrity server David Chandler of Meadowbrook Orchards. Friday, January 26, 7:30 to 9 a.m. \$3 donation.

For a complete listing of senior center calendar events, visit sterling-ma.gov/senior-center or pick up a newsletter at the Senior Center.

Keep busy through the winter

The Sterling Senior Center has new programs to help you to stay active through the winter months.

Acrylic Painting with Andrea Driscoll

Learn the basics and more. Whether you are new to painting or have been in the class before, learn to paint or improve your skills, and enjoy the company of others who have the same goals. The class is relaxed and everyone progresses at their own pace. Weekly demonstrations of painting techniques will help participants to progress. Paints and brushes will be available for the first class, and a list will be provided for students to bring their own supplies. The first class is about color mixing –

you don't need many paints if you learn to mix basic colors. Don't miss this very important session! Thursdays from 12:30 to 2 p.m., starting January 11. \$5/class. Sign up requested.

Senior Strong returns to Senior Center

Matt Changelian and the All-Access Physical Therapy team will be back at the Senior Center to offer Session 2 of the Senior Strong strength, flexibility and balance program. This program is ideal for anyone interested in safely improving their current level of fitness and making an attendance commitment. The program can be modified to suit individual needs and fitness levels. Seniors currently on the waitlist will be accepted into the program first. Fridays at 1 p.m., starting January 12. For more information, call the Senior Center at 978-422-3032.

Coat drive

Donate the gift of a warm and serviceable winter coat or jacket. The Senior Center is accepting coats for the Thomas J. Serewicz Sr. Foundation for Kind & Responsible Living coat drive until January 5.

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.

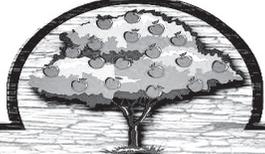
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Food and games at First Church community lunch

First Church in Sterling, located at 6 Meetinghouse Hill Road, Sterling, will host a community lunch on Saturday, January 6, at noon. In addition, there will be a social and game time following lunch, from 1 to 3 p.m. Bring a favorite game, or join into something new and different. Free, no reservation required. First Church provides a free, tasty meal on the first Saturday of each month in a hospitable, respectful and welcoming setting for people in the community who find it hard to provide or prepare a good meal, or who would enjoy eating a meal in a communal setting and meeting new friends and neighbors. All are welcome. For information, or to volunteer, call 978-422-6657. To view volunteer opportunities, visit signup.com/go/3uwLnt.

Pitch Party sponsored by Sterling Grange

Sterling Grange will hold its monthly public pitch party on Saturday, January 6, 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 sterling-grange53@gmail.com. All are welcome.

American Legion meeting

The next meeting of the Hiram O. Taylor Post 189 of the American Legion will take place on Monday, January 8, at 7:30 p.m. E-board at 6 p.m. Hot dogs served at 6:30 p.m.

Central Mass Lyme Foundation meeting

The Central Mass Lyme Foundation will hold its January meeting on Saturday, January 13, 1 to 3 p.m., at 90 Holden St., Worcester. Guest speaker is Paula Denoncourt, Certified Holistic Health Coach.

Open house orientation for La Romana mission

On Sunday, January 14, from noon to 2 p.m., the La Romana medical mission team will hold an orientation session at the First Church in Sterling Parish Hall, 6 Meetinghouse Hill Road, Sterling. The orientation is for anyone interested in learning more about or joining the annual mission to the Dominican Republic, and includes several stations presenting topics from water filtration and speaking Creole, to learning how to take medical vitals, and more. Guests will rotate through all stations, learning about the needs of and programs for the impoverished Haitian sugar cane workers served by the mission. Volunteers from central Massachusetts, Maine and as far away as Virginia are teaming up and traveling to La Romana from March 2 to 11, to provide medical, dental, and vision

services to impoverished Haitian workers and families living in the bateys of the Dominican Republic. They are also working to complete the building of a hospital to serve the same population. For almost 20 years, with the help of many volunteers and supporters, this mission has been able to make a difference in the lives of countless people. They are currently seeking volunteers to join this effort. Anyone interested in volunteering to be a part of this adventure as a traveler or a support volunteer, contact Doug Davis at farmerdoug65@comcast.net or 978-265-7547.

Public supper sponsored by Sterling Grange

Sterling Grange will hold a public supper on Saturday, January 20, at 5 p.m., at the Eight Point Sportsmen's Club, 147 Beaman Road, Sterling. The meal includes Swedish meatballs, mashed potatoes, green beans, salad, rolls, beverage, and poke cake. Adults \$10, children ages 6 to 12 \$5, children 5 and under free. Proceeds will benefit the Grange Hall Renovation Fund. For reservations, call 508-886-2341, or email name and number of tickets required to sterling-grange53@gmail.com.

Sterling Democratic Committee meeting

The Sterling Democratic Committee will meet on Monday, January 22, 6:30 to 8 p.m., Room 205, Butterick Municipal Building, 1 Park St., Sterling. All Sterling registered Democrats and interested Unenrolled voters are welcome. The committee meets on the fourth Monday of each month.

Caribbean Dinner and Silent Auction

Enjoy a delicious Caribbean-style dinner, silent auction, and live entertainment and support the La Romana Mission Team on their 2018 trip to bring medical aid and supplies to the impoverished Haitian sugarcane workers in the Dominican Republic. Saturday, January 20, First Church in Sterling Parish Hall, 6 Meetinghouse Hill Road. For information, to make a donation, or to register, contact Linda Davis at 978-563-1773 or davisfarmers@comcast.net.

Got paint?

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.

St. Richard's breakfast supports sister village

St. Richard's Church in Sterling hosts a Community Sunday Morning Breakfast that is open to the public every Sunday from 7:30 to 9:30 a.m. Proceeds from the breakfast support St. Richard's "Sister Village" of Los Patzanes, Guatemala. Everyone is welcome to enjoy a delicious breakfast. For information, call 978-422-8881.

ReStore seeks donations

Habitat for Humanity North Central Massachusetts is looking for donations for their ReStore, located in Leominster. ReStore sells donated new and gently used furniture, home improvement and building materials at a fraction of the original retail value. All profits go to support home ownership for hard working families in North Central Massachusetts, while keeping good reusable materials in use and out of the landfill.

To donate gently used items, visit the store anytime Wednesday through Saturday, 10 a.m. to 4 p.m. Staff available to assist with offloading items. You can also contact the store at 978-227-5556, or visit restorencm.org/donate to schedule a donation pick-up. Donations are picked up Wednesdays, Thursdays and Fridays.

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.

Free to loving home



Ciara

Contributed PHOTO

Two-year-old Ciara is a lovely lady with tortoiseshell markings, long whiskers, and big green eyes. Ciara has heart disease. While it's impossible to assess the impact this will have on her future, it's possible that it will never be a problem. We are looking for a family to give Ciara a chance for a home. She is sweet and gentle, and will make a wonderful companion for some lucky person. She would prefer to



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be an only cat. All future veterinary costs at Central Animal Hospital in Leominster, including a yearly ultrasound, will be paid by NEADY Cats. All of Ciara's veterinary work is complete. She's leukemia negative, spayed, and has a microchip. All cats are placed as indoors-only pets. NEADY Cats is now located in Sterling, and welcomes dedicated volunteers. For more information about volunteer opportunities, or to schedule an appointment to meet Ciara or any of the kitties, email Marilyn@neadycats.org, or call 978-422-5116.

Chris' BARBER SHOP
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Saturday 6am - 12:30pm
Same week appointments
Walk-ins welcome - subject to change because of appt. schedule.

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7th Annual New Year Open House at the Cider Mill Fri., Jan. 11 • 11am-4pm

It's a Celebration!

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- Food • Shopping

... and a few more
New Year surprises!

Snow date: Sun., Jan. 13, 11am-4pm



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Sterling-Lancaster Community TV

Broadcast Schedule December 16 to December 22, 2017

Comcast Channel 8

	Saturday	Genre
12:00 AM	Saturday Night at the Movies - Panic in the Streets	Entertainment
4:00 AM	Saturday Night at the Movies - Panic in the Streets	Entertainment
6:30 AM	Sound Off - Veterans Organizations	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Antique Truck Show	Local
1:00 PM	Focus on Europe - Finnish and Arab Goods	Documentaries
2:00 PM	Car Guy Channel - 76 Pontiac Transam	Hobby
3:00 PM	Antique Truck Show	Local
4:00 PM	Childrens Corner - Sleepy Creepy	Children
5:00 PM	Symphonic Band - Musical Masquerade	Music
6:30 PM	The Song - Pat Lamanna	Music
7:00 PM	Focus on Europe - Finnish and Arab Goods	Documentaries
8:00 PM	Antique Truck Show	Local
9:00 PM	Car Guy Channel - 76 Pontiac Transam	Hobby
10:00 PM	Sound Off - Veterans Organizations	Interview

Sunday

12:00 AM	Saturday Night at the Movies - Panic in the Streets	Entertainment
4:00 AM	Saturday Night at the Movies - Panic in the Streets	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	Antique Truck Show	Local
1:00 PM	Focus on Europe - Finnish and Arab Goods	Documentaries
2:00 PM	Car Guy Channel - 76 Pontiac Transam	Hobby
3:00 PM	Antique Truck Show	Local
4:00 PM	Childrens Corner - Sleepy Creepy	Children
5:00 PM	Symphonic Band - Musical Masquerade	Music
6:30 PM	The Song - Pat Lamanna	Music
7:00 PM	Focus on Europe - Finnish and Arab Goods	Documentaries
8:00 PM	Antique Truck Show	Local
9:00 PM	Car Guy Channel - 76 Pontiac Transam	Hobby
10:00 PM	Sound Off - Veterans Organizations	Interview

Monday - Friday

12:00 AM	Haven Falls Horror Fixx - Santa Clause Conquers	Entertainment
4:00 AM	Haven Falls Horror Fixx - Santa Clause Conquers	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Tina Cooks - Three Fishes	Cooking
10:00 AM	Yoga for Health and Joy - Yoga for Runners	Health
11:00 AM	Car Guy Channel - Hot San Jose Nights	Hobby
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	Conflict Zone - Britain and the EU	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	Childrens Corner Happy Holidays part 1	Children
4:30 PM	Childrens Corner Happy Holidays part 2	Children
5:00 PM	Northern Light Orchestra The Spirit Of Christmas	Music
6:00 PM	Chapman Holiday Wassail	Music
7:00 PM	Conflict Zone - Britain and the EU	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Car Guy Channel - Hot San Jose Nights	Hobby
10:00 PM	Barbara and You	Interview

Broadcast Schedule Dec 23 to Dec 29, 2017

Comcast Channel 8

	Saturday	Genre
12:00 AM	Haven Falls Horror Fixx - Santa Clause Conquers	Entertainment
4:00 AM	Haven Falls Horror Fixx - Santa Clause Conquers	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	Conflict Zone - Britain and the EU	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	Pawdoption	Animals
3:00 PM	Car Guy Channel - Hot San Jose Nights	Hobby
4:00 PM	Childrens Corner Happy Holidays part 1	Children
4:30 PM	Childrens Corner Happy Holidays part 2	Children
5:00 PM	Northern Light Orchestra The Spirit Of Christmas	Music
6:00 PM	Chapman Holiday Wassail	Music
7:00 PM	Conflict Zone - Britain and the EU	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Car Guy Channel - Hot San Jose Nights	Hobby
10:00 PM	Barbara and You	Interview

Sunday

12:00 AM	Haven Falls Horror Fixx - Santa Clause Conquers	Entertainment
4:00 AM	Haven Falls Horror Fixx - Santa Clause Conquers	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	Special Christmas Programming	Fun Stuff

Monday - December 25

12:00 AM	Special Christmas Programming	More Fun Stuff
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Tuesday - Friday

12:00 AM	Saturday Night at the Movies - Gulliver's Travels	Entertainment
4:00 AM	Saturday Night at the Movies - Gulliver's Travels	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Cathy Neptune's Kitchen - 5 Appetizers	Cooking
10:00 AM	Physician Focus - Winter is Coming	Health
11:00 AM	Car Guy Channel - Completed Projects	Hobby
12:00 PM	Waterways - Florida Panthers	Documentaries
1:00 PM	Global 3000 - Fighting Drought in the Andes	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	Childrens Corner - Macaroni Madness	Children
5:00 PM	Jeff Loeb Jazz Trio and Friends	Music
7:00 PM	Global 3000 - Fighting Drought in the Andes	Documentaries
8:00 PM	Waterways - Florida Panthers	Documentaries
9:00 PM	Car Guy Channel - Completed Projects	Hobby
10:00 PM	Barbara and You	Interview

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