



Sterling MEETINGHOUSE NEWS

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October 3, 2015

Teaching the joy of dance

by Lex Thomas

From her high school years, when she travelled to Boston several times each week from her home in Worcester to take classes at the Boston Ballet, Paula Meola dreamed of having a performing arts school of her own. She knew when she was barely more than a toddler that dance was going to be her life, and that she would eventually impart her skill, training, discipline, technique, and love for the art of dance, to others.

In 2002, Meola purchased her school on Leominster Road in Sterling from its previous owner who became ill. Today, Meola has almost 400 students and countless alumni. She offers a broad range of performing arts training, including all styles of dance, music, and acting, and is about to stage the school's 14th production of perennial holiday favorite The Nutcracker.

Meola's exposure to dance began early. Her father's cousin was a ballet teacher in Worcester, where she grew up. The family's three daughters all took lessons, but her sisters eventually gave it up. "I stayed with it," she says. "I just knew it was something I had to do. I loved everything about it, and it became a huge part of my life very early on."

Although she has studied many styles of dance, ballet is, and has always been, her passion. She credits her par- JOY OF DANCE, page 6



Paula Meola coaches dancers preparing to audition for The Nutcracker.

PHOTO by Lex Thomas

Downtown landmark placed on National Register of Historic Places

by Lex Thomas

On September 16, the Sterling Historical Commission presented a historically accurate plaque to the 1835 Town Hall Committee, Board of Selectmen, and other town officials, to replace the original 1800 plaque affixed outside the 1835 Town Hall. The plaque commemorates the site of the first Town House in Worcester County. The original building was moved and the current structure erected in 1835.



Historic plaque at 1835 Town Hall.

PHOTO by Lex Thomas

SterlingMeetinghouseNews.com

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LETTERS

Eagle Scout projects must be maintained

Congratulations to the Scouts for the great new benches around the running track behind our schools. They are attractive and useful. I have to point out, though, that a previous Eagle Scout project, the Sterling Fitness Trail around the track and the athletic fields, is now falling into disrepair. Two signs are missing, and the sit-up bench needs repair. When I emailed the scoutmaster about this I was told that maintenance is the responsibility of the entity for which the structure is built. Which entity would that be? The town of Sterling, or the WRSD? Do they know this?

While I applaud the initiative and hard work of the Scouts, it would be sad to see our future landscape littered with crumbling Eagle Scout projects because no plans were made for their maintenance.

Margaret Lock
Worcester Road

EDITOR'S NOTE

This month, Sterling Meetinghouse News celebrates our first anniversary under new ownership. The year has been eventful, sometimes challenging, but (almost) always fun, and I'm proud to be part of the organization. This year, we've added Kim Morse to the team as our talented art director. Her work is magic, and she has created miracles on more than one occasion. For the past two issues, we've included a first-person column by Sterling resident and author Susan West. I've received many positive comments on her fresh and forthright style, and have invited her to contribute on a regular basis. We look forward to a long and productive relationship with her. Welcome to the team, Sue!

– Lex Thomas



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**The next issue will publish October 17.
The advertising and copy deadline is Monday, October 5. Items received after the deadline will be included if space is available.**

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Richard Maki, Lex Thomas and Susan West
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The Sterling Meetinghouse News is mailed free of charge to all postal patrons of Sterling.
We are not liable for typographical errors in advertisements.



PHOTO by Mark Barbato

Shoppers make their selections at the annual Town Wide Yard Sale on September 19.

Letters to the Editor



Letters should be no more than 350 words, and must include your name, address, phone number and signature. Send email to lex@sterlingmeetinghousenews.com or mail to:
Sterling Meetinghouse News,
PO Box 914, Sterling, MA 01564.

We reserve the right to edit letters for length.

Sterling-Lancaster Community TV

Broadcast Schedule Oct. 3 to Oct. 9, 2015
Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 164	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 AM Science Quest - Water Treatment	Educational
1:00 PM InFocus - Blame My Parents	Documentaries
2:00 PM On the History Trail - Farmhouse	History
3:00 PM Science Quest - Water Treatment	Educational
4:00 PM Story Time - Ep 6	Children
5:00 PM The Golden Road Band	Music
7:00 PM InFocus - Blame My Parents	Documentaries
8:00 PM On the History Trail - Farmhouse	History
9:00 PM Science Quest - Water Treatment	Educational
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 164	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:15 PM Science Quest - Water Treatment	Educational
1:00 PM InFocus - Blame My Parents	Documentaries
2:00 PM On the History Trail - Farmhouse	History
3:00 PM Science Quest - Water Treatment	Educational
4:00 PM Story Time - Ep 6	Children
5:00 PM The Golden Road Band	Music
7:00 PM InFocus - Blame My Parents	Documentaries
8:00 PM On the History Trail - Farmhouse	History
9:00 PM Science Quest - Water Treatment	Educational
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 165	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Poached Pears	Cooking
10:00 AM Body Sculpt with Elizabeth - Ep 11	Health
11:00 AM Color in Your Life - Peter Montimore	Hobby
12:00 PM Channel 8 Community Updates	Local
12:30 PM Pawdoption	Local
1:00 PM InFocus - Islamic State Part 1	Documentaries
2:00 PM Church Services	Religion
4:00 PM Story Time - Ep 7	Children
5:00 PM Atlantic Wind Symphony Orchestra	Music
7:00 PM InFocus - Islamic State Part 1	Documentaries
8:00 PM Channel 8 Community Updates	Local
8:30 PM Pawdoption	Local
9:00 PM Color in Your Life - Peter Montimore	Hobby
10:00 PM Barbara and You	Interview

Broadcast Schedule Oct. 10th to Oct. 16th, 2015
Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 165	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
11:30 AM Color in Your Life - Peter Montimore	Hobby
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM InFocus - Islamic State Part 1	Documentaries
2:00 PM Color in Your Life - Amelia Batchelor	Hobby
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Story Time - Ep 7	Children
5:00 PM Atlantic Wind Orchestra	Music
7:00 PM InFocus - Islamic State Part 1	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Color in Your Life - Peter Montimore	Hobby
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 165	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:30 PM Channel 8 Community Updates	News
1:00 PM InFocus - Islamic State Part 1	Documentaries
2:00 PM Color in Your Life - Peter Montimore	Hobby
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Story Time - Ep 7	Children
5:00 PM Atlantic Wind Orchestra	Music
7:00 PM InFocus - Islamic State Part 1	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Color in Your Life - Peter Montimore	Hobby
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 166	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Cheese Blintzes	Cooking
10:00 AM Holistic Health - Acupuncture	Health
11:00 AM Color in Your Life - Nick Broughton	Hobby
12:00 PM Contemporary Science - Global Carbon	Educational
1:00 PM InFocus - Islamic State Part 2	Documentaries
2:00 PM Church Services	Religion
4:00 PM Culinary Kids - Brownies	Children
5:00 PM Lori Diamond and Fred Abatelli	Music
7:00 PM InFocus - Islamic State Part 2	Documentaries
8:00 PM Color in Your Life - Nick Broughton	History
9:00 PM Contemporary Science - Global Carbon	Educational
10:00 PM Barbara and You	Interview

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

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ANNOUNCEMENTS



PHOTO by Lex Thomas

The Sterling Grange on Maple Street is getting a facelift, starting with a new coat of exterior paint. For information about the Grange's history and activities, including monthly meetings, visit grange.org/sterlingma53/.

Fall Rabies and Microchip Clinic

Sterling will hold a Rabies and Microchip Clinic at VCA Sterling Animal Hospital, 4 Clinton Road (Route 62), Sterling, on Saturday, October 3. \$12 per rabies vaccination, cash or check only. All towns are welcome.

Bring cats in carriers from 9 to 10 a.m., and dogs on leashes from 10 to 11 a.m. Vaccinations valid for one year. To qualify for 3-year status, proof of two vaccinations administered within nine to 12 months must be provided. No exams will be performed during the clinic.

Microfindr™ microchips are available for \$48.50, including lifetime registration.

For more information, call Animal Control Officer Louis Massa at 978-422-7331.

Columbus Day trash and recycling pickup schedule

The DPW will be closed on Monday, October 12, in observance of Columbus Day. Curbside trash and recycling will be picked up on a regular schedule during the week of October 12. Have trash and recycling curbside by 7 a.m. on your regularly scheduled pickup day.

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ANNOUNCEMENTS

Register to vote in time for Special Town Meeting

There will be a Special Town Meeting on Monday, October 19 at Chocksett Middle School gym, 40 Boutelle Road. To vote at the meeting, you must be a town resident and registered voter.

The deadline to register to vote, change your address or change political party is Friday, October 9, at 8 p.m., at the Town Clerk's office, Butterick Municipal Building.

2016 registration available for Democrat, Republican, Green-Rainbow, and United Independent parties. The United Independent Party is not to be confused with the "unenrolled" designation, often called "independent." For information, call 978-422-8111, Ext. 2307, or email TownClerk@sterling-ma.gov.

Brush dump schedule

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

Wachusett Food Pantry needs your help!

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

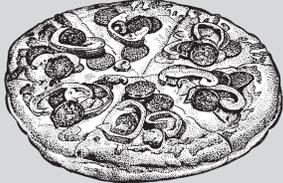
Recycling Center needs volunteers

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

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Teaching the joy of dance

Continued from page 1

ents for providing her with the best training they could find.

"At the time, there really were no dance schools that had a strong ballet program," she says. "The best was the Boston Ballet, so that's where I went."

Meola studied with the legendary teachers Virginia Williams and Sydney Leonard, whom she describes as being driven by compassion. "Virginia shaped me as a dancer," she says. Among her fondest memories are several years performing in the cast of Boston Ballet's

productions of *The Nutcracker*.

By the time she reached college age, Meola knew she wanted to dance, but there were few options for advanced ballet training.

"I just wanted to go to New York City," she recalls. "But I learned pretty quickly that dancing for a company wasn't in my future. I didn't have the right height or physique. But I knew I was a good dancer. I always paid attention to technique and to the nuances of dance."

Determined to continue learning everything she could about ballet, Meola enrolled in the dance program at Butler University in Indianapolis, one of the strongest in the country.

"From the moment I got there, I knew I was at home," she says. "I loved it. It was amazing. I danced with Butler Ballet all four years I was there. The class of dancers I graduated with was exceptional. Everyone excelled. I was very lucky to be a part of that."

In addition to her background in the arts, Meola hails from a formidable family of business owners

and entrepreneurs, which she says has helped her in starting up and running her own business.

"I guess you could say it's in my blood," she says. "I grew up surrounded by business talk, and knowing what it means to be self-employed. I learned early on that it's not enough to just be an artist. I have to be a business person as well. I'm constantly mentally and emotionally changing gears." Meola says she relies on her family, including daughter Alie Robbie who is active in running the school and studio with her, for strength, advice, and practical help, such as building stage sets, loading and unloading equipment, and selling tickets to her productions. "This really is a family commitment," she says.

Meola has brought her commitment to training excellence into her school. She employs a team of teachers, so that she can get specialists in each dance genre.

"A lot of schools have just one or two teachers that teach everything," she says. "But that's not really how it works. Some teachers are terrific at ballet, while others specialize in tap and jazz, and others are experts at hip hop. I try to find the best people I can for each style."

She also invites guest teachers from New York, Los Angeles, Canada, and other places, throughout the year to conduct master classes or choreograph productions. She believes it's important for young dancers to have as much exposure as possible to different dancing and teaching styles during their formative years.

Meola's students are girls and boys ranging from 2.3 to 18 years of age. Along with her commitment to rigorous training, she also believes that the experience needs to be fun.

"Although I'm proud that a lot of our kids end up in dance careers, that's not the end goal for me," she says. "Most of all, I want this to be fun for them. I want them to learn to love dance as much as I do."

The annual production of *The Nutcracker* involves every child in the school, and students take a Disney trip every two years. The yearly Halloween party is a favorite with students, and Meola runs "try a new class for a month for free" programs to encourage students to try something new and different.

"For me, the best reward is when the dancers graduate and move out into the world with confidence and a strong sense of self-esteem," Meola says. "That's a wonderful thing to see."

Paula Meola Dance Studio is located at 50 Leominster Road, Sterling. For more information, call 978-422-6989 or visit paulameoladance.com.

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PHOTOS by Mark Barbato and Richard Maki

Shoppers enjoyed a wonderful day of bargain hunting at the Town Wide Yard Sale sponsored by First Church in Sterling on September 19. More than 60 vendors participated on the Town Common and throughout town.



SMLD celebrates Public Power Week

by Lex Thomas

October 4 to 10 is Public Power Week, designated by the American Public Power Association, and recognized throughout the country.

Over a century ago, Sterling residents formed a committee to consider forming their own electric department to provide street lighting downtown, and so the Sterling Municipal Light Department was born. A 3-member board of commissioners was established,



PHOTO by Lex Thomas

(Left to right) Sterling Municipal Light Board members Michael Rivers, Brian Pierce, and Matthew Stelmach.

and over the decades, many Sterling residents have served on the board. In September, SMLD unveiled a plaque listing everyone that has served the department, going back to 1910, intended to honor all those who took the time to serve the department and the

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PHOTO by Lex Thomas

Plaque commemorating SMLD Board members since 1910.

community. The plaque is proudly displayed in the foyer of the newly renovated SMLD headquarters on Main Street, and lists several hundred names.

More than 2,000 cities and towns nationwide – or some 47 million people – light up their homes, businesses and streets with public power, electricity that comes from a community-owned and –operated utility, providing reliable and safe not-for-profit electricity at a reasonable price while protecting the environment.

On a national basis, public power residential customers pay average electricity rates that are about 13 percent lower than those paid by private power customers. In Sterling, rates are currently running 25 percent lower than the nearest investor-owned utility.

SMLD General Manager Sean Hamilton says that not everyone in Sterling realizes that they’re served by a public power utility, and he wants to change that.

“We’re committed first and foremost to providing the best possible customer service,” he says. “When our customers need help, they aren’t dealing with someone in another town. They’re dealing with a local utility that puts our customers’ needs first. We’re proud of that, and we want everyone to know it.”

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Caryn Gorczynski

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- Co-owner and Broker of Century 21
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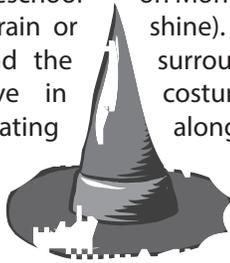
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Annual Community Spooky Walk and Halloween Party

Children of all ages are invited to the Annual Community Spooky Walk and Halloween Party hosted by Village Green Preschool on Monday, October 26, 5 to 7:30 p.m. (rain or shine). Open to families in Sterling and the surrounding communities. Plan to arrive in costume and bring a bag for trick-or-treating along the parade route. The parade begins at 5 p.m. sharp at the gazebo behind the Sterling fire station and will proceed down Main Street to First Church, site of the Halloween party. The party will include fun and interactive games, crafts, pizza, snacks, and baked goods. Parents are required to stay for the entire event. Tickets for the party are \$5 per person (under 1 year free). Proceeds go to the preschool's playground maintenance fund. Tickets, which are limited, can be purchased beginning Thursday, October 8 at Appletown Market and the Village Green Preschool office, located in the First Church in Sterling, 6 Meetinghouse Hill Road.



Cub Scouts registration extended

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



Contributed PHOTO

Brosnan Malek chats with teacher assistant Tanya Rowan while parents Nancy and Joe Malek look on, at Village Green Preschool's Welcome Play Date for students and families on September 10.



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PHOTO by Richard Wlasi

Better get quacking! The Sterling Firefighters' Association prepared their annual chicken and duck barbecue dinner on September 26. Diners filled the fire hall, with lots more stopping by to get their dinner to go. They sold 1,100 meals.

Sterling Girl Scouts complete Silver Award Project



Contributed PHOTO

Sterling Girl Scouts with the blankets they donated to the Red Cross to help the victims of housefires.

Local Girl Scouts Emma Bardis and Sarah Piscione collaborated on and recently completed a Silver Award Project making blankets for the Red Cross. The girls began by visiting the Red Cross in Worcester to find out what they could do to help the organization help those in need. The Red Cross suggested donating blankets. Together, Bardis and Piscione found blanket-making kits on a clearance sale, and also used a discount coupon to purchase ready-made blankets. In addition, they received donations of blanket-making kits and cash. In all, they made 18 blankets, which they delivered to Katie Slonaker, Disaster Program Manager, Central Mass Territory, at the Red Cross in Worcester on August 31. Slonaker said the blankets would go directly to victims of residential house fires this winter, helping with the organization's humanitarian efforts.

Bardis and Piscione will participate in the Girl Scouts town-wide investiture on October 18, demonstrating how to make the blankets and giving information on donating them.

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Reclaimed Daisies offers vintage and handmade treasures

by Jamie Chase Galvin

Drivers along Worcester Road in Sterling will notice a new storefront in town. Reclaimed Daisies opened for business in September and specializes in handmade items, vintage finds, unique furniture pieces, and antiques.

The name Reclaimed Daisies is a tribute to the reclaimed wood store used by owner Jenna Charon to source many of her one-of-a-kind pieces and her favorite flower.

Charon has always been creative and previously sold her treasures at antique booths, craft fairs and flea markets. But she knew it was time to find a permanent home for her much loved items. "I was tired of travel-



PHOTO by Jamie Chase Galvin

Jenna Charon, owner of Reclaimed Daisies.

ing to craft fairs and flea markets, and especially of all the unloading and loading," she says. "I knew it was time." This is Charon's first official business venture and she's ready for the challenge.

Charon credits her husband, Rodney, with finding the perfect location. He stumbled upon the empty space while working on the building next door. "The building needed love, but it had

so much great potential," says Charon. Together with her husband and family, she worked for two grueling months sanding, painting, and rearranging to get the store ready for its grand opening in September.

Charon enjoys recycling and repurposing items to give them a new life. "My handmade items have a lot of thought and a lot of love put into them," she says. "I find great pieces and know they belong somewhere with someone."

Reclaimed Daisies is a place that Charon hopes customers will come to find unique pieces they love as much as she does. "These are all treasured pieces," she says. "I've handpicked each one. The selection is eclectic."

In addition to handmade wine racks, signs, trays, furniture pieces and various vintage items, Reclaimed Daisies will also have seasonal items for sale. Located at 217 Worcester Road, or visit their Facebook page.

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Lilacs of Sterling celebrates new location

by Jamie Chase Galvin



PHOTO by Mark Barbato

Lilacs of Sterling celebrates relocation with ribbon cutting ceremony.

On September 19, Lilacs of Sterling celebrated its official relocation with a ribbon cutting ceremony attended by town officials and well-wishers. In May, Lilacs of Sterling, previously located at 27 Main St., moved to 11 Main St.

"The ribbon cutting ceremony was a great way to promote the business and to celebrate being in a new spot," said store owner Lisa Coleman.

Coleman credits the North Central Massachusetts Chamber of Commerce with giving her the idea for a ribbon cutting ceremony. Coleman recently joined the organization to connect with other business owners and gain helpful insights into new and effective marketing strategies.

Coleman is excited about her new location. "The move enabled us to stay here in Sterling, and that was important," she said.

Lilacs of Sterling is a florist shop that also showcases chocolate, fudge, penny candy, small gifts, mugs, and balloons.

Chamber hosts networking event

The Wachusett Area Chamber of Commerce will hold a networking event on Tuesday, October 6, 5:30 to 7:30 p.m., at NEADS, Dogs for Deaf and Disabled Americans, 305 Redemption Rock Trail, Princeton. The event, sponsored by TD Bank, will feature tours of the new client house, networking, hors d'oeuvres and door prizes. Chamber members, \$15, non-members \$20. To register, call 508-829-9220, email info@wachusettareachamber.org, or visit wachusettareachamber.org.

Small business counseling available to local businesses

Free one-on-one counseling and technical assistance is available to entrepreneurs and existing businesses in North Central Massachusetts through a partnership between the North Central Massachusetts Chamber of Commerce and the Massachusetts Small Business Development Center Network Central Regional Office at Clark University.

Cheryl Miller, Senior Business Advisor, is available by appointment to meet with any prospective or existing small businesses at the Chamber office.

Services available include assistance with developing business plans, marketing plans, securing financing, and other critical areas. Clientele includes start-up, early stage, expanding and troubled businesses. The MSBDC also works with prospective buyers of businesses. All programs are offered at no charge, on a non-discriminatory basis, and are handicapped accessible. For more information or to schedule an appointment, call 978-353-7600, Ext. 222.

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LOCAL HAPPENINGS

Make your voice count on local issues

by Susan West

Having worked for an insurance agency in the past, I remember trying to impress upon people the importance of having a good policy that meets your needs. During tough times, the first expenses folks naturally cut out of the household budget are what they consider non-essentials. If they hadn't cashed in on their insurance policy lately, they'd often cut down on their coverage to lower the premium cost. This is a huge mistake.

When things go horribly wrong and you've got access to funds, you have options. When you need cash to counteract catastrophe a good insurance policy can be a life saver. As a means to repair or rebuild, your insurance payout may be the only buffer you've got between yourself and disaster.

I see a similar scenario played out in the political arena. Political times, like the economy, change for the better or worse. It's a frustrating cycle. Sometimes, it seems that the political choices at hand are far too extreme to represent the needs of most citizens, so we give up. If we can't find a candidate that mirrors our own personal agenda, it's easy to zone out of the political process.

But it's during those times that we need to stand up and use the political might our forefathers gave us in order to change what isn't working. We need to raise our collective voices. We need to get involved in what matters to our community. We need to vote. Voting is like a good insurance policy that will carry us through rough times, and we shouldn't give up any opportunity to exercise this most important right.

In today's world, a plethora of extreme ideas and values is being foisted on us, often fuelled by ignorance and intolerance. Individualism doesn't seem to be celebrated much these days. We stigmatize differences. Ideally, our local and national politics should reflect respect for all people and ideas, and it's imperative that every local, state or national election demonstrates that respect. That's as important for our upcoming Special Town Meeting as it is for primaries and presidential elections.

Sterling is home to a broad spectrum of residents. Some were born and raised here, others have moved here, attracted by our small town hospitality and fine schools. We are homeowners, business folks, farmers, and veterans of all ages and backgrounds. Our votes should reflect all of us. Every Sterling citizen should attend our town meetings and vote on the issues that matter to our town, striving for an overall consensus that will ensure harmony and long-term benefit for all.

I urge you to pick up a copy of the Special Town Meeting warrant (or download it at the Town of Sterling website), and get to know the issues that will be voted on October 19. Talk to people about their individual situations and read about the state of our economy, our schools, and our treatment of the most vulnerable amongst us. Research all proposals, then vote for what best serves our community.

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LOCAL HAPPENINGS

VCA Lancaster Animal Hospital welcomes new veterinarian

by Jamie Chase Galvin

The VCA Lancaster Animal Hospital recently welcomed Dr. Rachel Faeth to their team. Faeth joined the animal hospital in August and is excited to be an integral part of the organization.

Faeth originally studied criminal justice at Marist College in Poughkeepsie, New York, graduating with a bachelor's degree in 2007. She eventually realized that becoming a veterinarian was her true calling. She completed a post-baccalaureate, and then earned a Doctor of Veterinary Medicine degree from the Cummings School of Veterinary



Dr. Rachel Faeth

Medicine at Tufts University in 2014.

Faeth feels right at home at VCA Lancaster Animal Hospital. "The entire team at VCA Lancaster, from the front desk to the techs to the kennel staff, is all so warm and welcoming, and they truly care about the pets and their owners," she says. "I'm very pleased to be a part of such a special group."

To make an appointment with Dr. Faeth, or for more information on the VCA Lancaster Animal Hospital, located at 456 High St., Lancaster, visit vcahospitals.com/lancaster.

Contributed PHOTO

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LOCAL HAPPENINGS

Habitat for Humanity Toast to Hope fundraiser

Habitat for Humanity North Central Massachusetts and area restaurants, wine, craft beer, and spirits experts kick off A Toast to Hope: Wine, Whiskey, Craft Beer and Chocolate Tasting, on Thursday October 15, 5:30 to 8 p.m. at the Devens Conference Center. The event will feature expert-led classes, a silent auction, and raffle prizes. For information or to purchase tickets, visit ncmhabitat.org/. To become a sponsor, call Executive Director Carolyn Read at 978-348-2749, Ext. 206 or email carolyn@ncmhabitat.org.

Farmers Market every Friday

The Sterling Farmers Market runs every Friday from 3 to 6:30 p.m. at 1 Park St. (in front of the Butterick Building), downtown Sterling. For more information, visit Sterling Farmers Market on Facebook or email sterling-farmersmarket@gmail.com.

Wachusett Food Pantry distribution

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

Document shredding at Recycle Center

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

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Library offers new programs for fall

by Jamie Chase Galvin

Conant Public Library is offering its patrons new and expanded fall programs. "The public let us know they want more," says Director Patricia Campbell "and we're excited to get the word out that we're offering some wonderful new programs and events."

On the library's calendar of events is a visit from North Sea Gas, an award-winning Scottish folk band that offers instrumental and vocal harmonies, storytelling, and traditional Scottish music. They perform October 8 at the Chocksett Middle School Theatre. This is an event for all ages and no registration is required.

November is National Novel Writing Month, universally known as NaNoWriMo. In honor of this annual event, the library will offer budding novelists the opportunity to participate in a group that encourages writers to pen at least seven pages a day and finish the first draft of a 50,000-word novel by the end of the month. To help writers, a NaNoWriMo support group will meet several times during October and November, facilitated by Library Board of Trustees member Ray Tatten.

"Our goal is to provide a group for support and encouragement to get people together to finally write that novel," says Campbell. The group will share writing prompts, story ideas, support, and encouragement. No registration is required, and writers of all

levels are invited to attend.

An evening drop-in knitting program is open to knitters of all skill levels, and a mindfulness meditation series will promote techniques to encourage self-awareness and relaxation.

Along with expanded programming, there are some new challenges to the library's space. Campbell plans to enlist the help of a space planner to advise library staff on how best to meet the demands of expanded programs within available space. "We need guidance on how to utilize our available area to accommodate our expanded programming, while adding more quiet spaces for reading," says Campbell.

In addition to more programs, there have been several staff changes. The library welcomed Heidi Flynn as the newest member to their team in early September. Flynn provides customer service and is learning the circulation system, and will eventually take over event promotion.

Alex Grebinar recently moved into the role of Assistant Director. Grebinar has been with the library for five years and manages circulation services and the adult collection.

Campbell is invigorated by the recent changes and additions. "People are looking for community and programming and we're excited to offer it here" she says.

Youth events at the library

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

Pajama Story Time -Wednesday, October 21, 6 p.m., Baker Room. This month's theme is construction.

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Annual book sale in Lancaster

The Friends of the Thayer Memorial Library will hold its annual book sale on Saturday, October 3, 9 a.m. to 4 p.m., and Sunday, October 4, noon to 4 p.m., at Town Hall, 695 Main St., Lancaster. All proceeds benefit books, programs and events at the library. Credit cards accepted. Prices reduced on Sunday.

Thrills and chills with horror writers

The Seven Bridge Writers Collaborative and the Thayer Memorial Library will host a panel of authors from the New England Horror Writers Association that will be reading excerpts from their works, answering questions and selling copies of their books on Saturday, October 3, 10:30 a.m. to 12:30 p.m., Thayer Memorial Library, Reference Room, 717 Main St, Lancaster. Writers include Matthew Bartlett, Remy Flagg, Dan Keohane, Dale Phillips, Jennifer Allis Provost, Morven Westfield, and Trisha Wooldridge.

Classics Book Club

Selection for the book club meeting on Wednesday, October 7, 1 p.m., in the Baker Room, is *"Heart of Darkness"* by Joseph Conrad, available at the library. No registration required.

An evening of Scottish folk music and storytelling

North Sea Gas, a Scottish folk band from Edinburgh, will perform on Thursday, October 8, 7 p.m. at the Chocksett School Theater, sponsored by Conant Public Library. The award-winning band specializes in traditional and contemporary folk music on a variety of instruments, and storytelling. No registration required.

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Get ready to write your novel

Conant Public Library is participating in this year's National Novel Writing Month. NaNoWriMo is an annual novel writing project that brings together professional and amateur writers from all over the world. Each person commits to writing at least 1,667 words daily with the goal of completing a novel draft of no less than 50,000 words by November 30. The essential ingredient is to prevent the desire for perfection from interfering with production, allowing for your story, characters, conflicts and resolutions to flow from your memory, imagination and place of inspiration. Fine tuning and development happen later. Join us either Wednesday, October 7, or Tuesday, October 13, at 6:30 p.m. for an information session and preparation to begin on November 1. For information, visit the library, call 978-422-6409, or visit facebook.com/nanowrimo, en.wikipedia.org/wiki/National_Novel_Writing_Month, and nanowrimo.org/.

Thursday Night Book Club

Selection for the book club meeting on Thursday, October 15, 6:30 p.m., is *"Everything I Never Told You"* by Celeste Ng, available at the library. No registration required.



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4th Annual Scarecrow Contest

It's time to round up your supplies, hats, shirts, dresses, or whatever it takes to make your scarecrow special for the Sterling Recreation Department's fun fall event. Here's your opportunity to let your imagination run wild for the 4th Annual Scarecrow Contest. Create a scarecrow interpretation of your favorite character. Open to individuals, families, businesses, clubs, and organizations. The scarecrows will be displayed on the Town Common from October 15 to 31. Participants must be Sterling residents. Ribbons awarded for the top three winning entries that display the most detail, creativity, and originality. Register by October 15 at the Recreation Department, 31 Main St. Scarecrows can be dropped off any time before October 18. The cost is \$10, and includes the mounting for your scarecrow, rules and helpful hints.

Stay fit with Sterling Rec

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

Active Kids

Twisted Kids Yoga – Grades 1 to 4. Tuesdays, October 6 to November 10, 4 to 5 p.m. Houghton Elementary School gym. \$100.

Kids Zumba/Yoga – Grades 1 to 4. Thursdays, October 1 to 29, 4 to 5 p.m. 1835 Town Hall. \$35/4-week session.

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

Arts, Creativity and More

Music and Movement – Infant to age 5. Mondays, September 28 to December 7, 10 to 10:45 a.m. 1835 Town Hall. Register at pakmusic.org.

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

Active Adults and Teens at 1835 Town Hall

Booty Barre – Thursdays, October 1 to November 5, 5:30 to 6:30 p.m. \$62/session or \$13/class.

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Recreation / Senior Center *NEWS*

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

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

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

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

Naga Fitness with Gina at 1835 Town Hall

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

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

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

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

GPS Passes

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

Pick-Up Pickleball

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

Senior Center happenings

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

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

Senior Flu Clinic – Wednesday, October 7, 9 to 11 a.m., Room 205, Butterick Municipal Building. Sterling residents 60+ are welcome to come to this free flu clinic. Bring health insurance cards.

Columbus Day – Monday, October 12. Senior Center closed.

Wii Bowling Tournament – Wednesday, October 14, 1 p.m. Compete with other towns.

SHINE counselor – Thursday, October 15, a counselor will be available to answer health insurance questions. Appointment required.

Elder Keep Well Clinic – Thursday, October 15, noon.

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

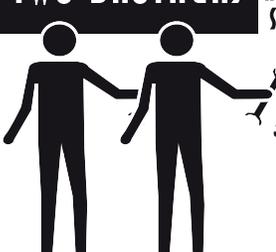
Special Town Meeting – Monday, October 19, 6:30 p.m. Chocksett Middle School gymnasium.

Every week:

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

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Senior Center NEWS

Tuesday—Game day, 12:15 p.m.

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

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

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

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

A SHINE (Serving Health Information Needs of Elders) counselor is available on the third Thursday of each month to answer health insurance questions. Call 978-422-3032 for an appointment.

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

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



PHOTO by Richard Maki

Exterior of the new senior center under construction.

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PHOTO by Richard Maki

Great room of the new senior center is framed out. Interior partitions are installed and work on wiring, plumbing and HVAC began in September.



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SPECIAL FEATURE

Local farm hosts farm-to-table dinner

by Lex Thomas

Over the past few years, with increased public awareness about the benefits of consuming locally grown foods, both for consumers, and farmers and local food producers, farm-to-table dinners have become a popular and practical way for diners to experience their local bounty, and for

farmers to encourage food buyers to shop locally.

On Saturday, October 24, Meadowbrook Orchards in Sterling will host a multi-course farm-to-table feast prepared by Matt Camp, formerly executive chef at The International in Bolton, and currently owner of Your Kitchen Table.



Each of the three courses includes a vegetarian option, and each is paired with a glass of wine from Zoll Cellars Winery.

The evening will kick off at 6 p.m. with a welcome reception, allowing guests an opportunity to mingle while enjoying local artisanal cheeses and charcuterie, served with toast points, fruit crisps and preserves.

Dinner will begin at 7 p.m. with a first course of smoked chicken roulade (omitted for the vegetarian option) with roasted peppers and herbed goat cheese, warm cranberry vinaigrette and local field greens, served with a sauvignon blanc.

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The second course features pork belly confit with white bean ragout, fried leeks and barbeque pork jus, or potato leek soup with toast points for vegetarian diners, paired with an oaky chardonnay or a pinot noir.

Braised lamb (omitted for the vegetarian option) with a pumpkin polenta cake, celeriac puree and smoky tomato coulis follow as the third course, together with a bold red zinfandel or cabernet sauvignon.

The meal will end with spiced rum and apple beignets with vanilla crème anglaise and plum gastrique, paired with a harvest pumpkin mead.

Most ingredients will be locally sourced from suppliers including Crystal Brook Farm, Stillman Dairy Farm, Shamrock Hives Farm, Lilac Hedge Farm, and many others.

The dinner will be served at a long dining table, allowing guests ample opportunity for conversation, and the décor will be casually elegant.

Kathy Chandler of Meadowbrook Orchards, organizer of the event, also expects to have live music for the occasion. And despite the enormous amount of work involved in organizing the event, she's enjoying the process, and especially working with Chef Camp.

"It's been fun working with him," she says. "We're learning a lot from him about becoming more of a farm-to-table operation," adding that the farm-to-table concept is not only the healthiest way to eat, but the most supportive of local farmers and food suppliers.

The cost of the farm-to-table dinner is \$99 per person. Tickets must be purchased in advance, and are available at Meadowbrook Orchards, located at 109 Chace Hill Road, Sterling, or online at meadowbrookorchards.com. For information, call 978-365-7617.



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40th annual Horse Shed Fair

The 40th annual Horse Shed Fair takes place Saturday, October 3, rain or shine, 10 a.m. to 4 p.m. on the grounds of the First Church of Christ, Unitarian (the Bulfinch Church), Main Street, Lancaster Center. Over 50 quality crafters and artists display and sell their work. This popular event includes home cooking and baking, an old-fashioned tea room, tours of the historic church, and a raffle. For information, visit first-churchlancasterma.org/events.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, October 5, 7:30 p.m., at the post hall, 32 School St., Sterling.

Breast cancer awareness program

The Sterling Women's Club presents a breast cancer awareness program on Thursday, October 8, 7 p.m., at Sterling Village, 18 Dana Hill Road, Sterling. Speaker is Holly Raissipour from the Susan G. Komen Foundation. Everyone welcome. Light refreshments will be served.

Domestic violence conference

The second annual Domestic Violence Conference will take place on Friday, October 9, 9 a.m. to 3 p.m., at Leominster City Hall, 25 West St., Leominster. Keynote speakers are Kathy Lewis and Alvin Notice from the Tiana Angelique Notice Foundation. Other speakers include members of the Fitchburg Police Department and Mount Wachusett Community College faculty. No registration required. Open to the public. Light refreshments will be served. Free.

Blessing Sterling's animals

Everyone is welcome to attend the second annual Blessing of the Animals service on Sunday, October 11, at First Church in Sterling, 6 Meetinghouse Hill Road. Farm animals that can't enter the church sanctuary will be penned on the Town Common, and blessed after the service. For more information including service time, or to let the Rev. Robin Bartle know in advance that you intend to bring farm animals, call 978-422-6657.



First Church turkey supper

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

Dinner and awards for Vietnam Vets

All Vietnam Veterans are invited to attend a complimentary Pasta Dinner and Award Ceremony on Saturday, October 17, dinner at 5 p.m., ceremony at 6:30 p.m., at Leominster Veterans Center, 100 West St., Leominster. Sponsored by Capt. John Joslin, Jr. Chapter, National Society Daughters of the American Revolution. For information, contact Elaine Perreault at 978 537-0850 or email elaineper@verizon.net, subject line "Pasta Dinner" by the October 3 meal deadline. We are asking attendees who wish to



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Monthly Lyme Foundation meeting

The Central Mass Lyme Foundation will hold a meeting on Saturday, October 10, 1 to 3 p.m., at the Unitarian Universalist Church, 90 Holden St., Worcester. Steven Hocurscak from Sterling will share his expertise about the Rife Machine in the treatment of Lyme Disease. For more information, call 1-888-511-LYME, or visit CentralMassLyme.org.

2nd Annual Laughs for Lyme

The Central Mass Lyme Foundation will hold a comedy fundraiser on Saturday, October 23, from 6 to 10 p.m., at the Spencer Country Inn located at 500 Main St., Spencer, Massachusetts. Tickets are \$40 per person and include dinner. For more information or to purchase tickets, visit laughsforlyme.brownpapertickets.com or CentralMassLyme.org, or call 1-888-511-LYME.

Calling all crafters, artisans and vendors

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

Nar-Anon support group

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

Civil Air Patrol open house

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

Point, 25 N. Lake Ave., Worcester. For more information, visit worcestercadetsquadron.weebly.com, or email CAPWorcester@mawg.cap.gov.

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Contributed PHOTO

Ms. Whiskers

Here's Ms. Whiskers, a stunning 5-year-old black and white female tuxedo with a long slender body and big double paws. She's a quiet lady who would do well with a working person. Ms. Whiskers loves people and gets along well with other cats. She has had her distemper shot, rabies shot, is leukemia negative, spayed and has a microchip. The adoption fee is \$150. All cats are placed as indoors-only pets. For more information, or to schedule an appointment to meet Ms. Whiskers or any of the kitties, email Marilyn@neadycats.org, or call 978-422-5116.



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