

TOWN OF LANCASTER EVENTS

January 15, 2020

Volume 80 Issue 2

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Join us in bringing our communities together for a unique winter, family-focused Event!

^{Ist Annual} Cabin Fever Winter Festival

- Participate in a Pull A Person Sled Race and/or vie for first prize with your cleverly designed Crazy Sled to parade around!
- Enjoy our Chili Challenge and Beer/Wine samples while your children take a picture with OLAF and enjoy many kids' activities.
- Have fun and feel <u>GREAT</u> knowing your purchased ticket contributes to providing local programs and services for those in need!

Don't miss out on the fun! Buy your tickets today!

100% of the net proceeds from our Winter Festival goes back to local programs and services in Lancaster, Stow and Bolton.

For updates and a full list of frivolities...

Visit our Facebook page <u>Cabin Fever Winter Festival</u> and website <u>www.RotaryCabinFeverFest.com</u>



For Information: Contact Nanci Bishop at 978-479-1603 or <u>nanbish@yahoo.com.</u>

EVERYTHING YOU NEED TO KNOW ABOUT THE 2020 ELECTIONS

Are you a registered voter? Need to make changes? Check your voter status by ClickingHere!

REQUEST AN ABSENTEE BALLOT

VIEW 2020 PRESIDENTIAL PRIMARY BALLOTS

EARLY VOTING TOWN CLERKS OFFICE FEBRUARY 24-27th DURING OFFICE HOURS

CONTACT THE TOWN CLERKS OFFICE



MARCH 3, 2020

DONT FORGET RETURN YOUR STREET LISTING TO THE TOWN CLERKS OFFICE!



Have a street listing that you need to return? Email it to us- <u>townclerk@lancasterma.net</u>

Didn't receive one? Call our office 978-365-3326 ext. 1013 or <u>email us and we</u> <u>will send you one!</u>

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TOWN OF LANCASTER

SIGNATURE OF RESPONDENT Signed under penalties of pertury as prescribed by M.G.L. ch.56 &4

Email Address:

** DOG LICENSE RENEWAL IS ON THE REVERSE OF THIS FORM **

Date:

REGISTER YOUR DOG TODAY!



<u>Click here to REGISTER</u> <u>ONLINE</u>

<u>Click here for MAIL IN</u> <u>APPLICATION</u>



The Joy of Herbs



SUNDAY, JANUARY 19th, 7:00PM to 8:30PM, Lancaster Community Center, behind the Library

Come learn everything about the wonderful world of herbs – organic growing conditions (sunlight, soil, fertilizer, water), harvesting techniques and preserving your herbal bounty (vinegars, oils, honeys, cleaning products and so much more).

Presenter: Rita C. Wollmering, Founder of The HERB FARMacy- <u>https://www.theherbfarmacy.com</u>

Rita is a dynamic, engaging speaker on horticultural topics with a specialty in herbs and "going green". She brings a depth of knowledge, broad experience and personal passion to each topic. Her ability to present information in an informative and interactive way that is fun for participants has received wonderful praise.

For more information visit our website at <u>lancastergardenclub.net</u> Members free- Non-members \$5.00



The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:

2020CENSUS.GOV

Shape your future start HERE >



D-OP-EL-EN-125



January 22nd 6:30

Lower Level of the Community Center

Join a group of your inquisitive neighbors who are interested in all things Cannabis. Since the legalization of MA several years ago the topic has grown tremendously (no pun intended). Discussion topics include the impact of legalization, MA law, business impacts, homeopathic medicine in general and specifically marijuana, hemp, culture, cooking, propagation and harvesting, cooking etc. Anything else you would like to discuss? Everything is on the table except Cannabis (this is a public building).

Questions? 978-733-4076. This is a free 'club' with light snacks provided. Hope you can join in!

TOO MANY HOLIDAY TREATS?



Time to get Healthy

FREE! For Lancaster Residents Join the Backstage Gym

All Lancaster Residents welcome FREE! Great space and equipment. To sign up, or ask questions call 978-733-4076 or email. Join our classes too. <u>coaadmin@lancasterma.net</u>

<u>Waiver and FREE training session required</u> before using the gym. The Backstage gym is brought to you thanks to a generous donor to the Friends of Lancaster Seniors. Hours: They gym is open Town Hall hours: Monday 9-5 Tuesday-Friday 9-4 (please note Town Hall is closed to the public Friday but we are open)



Try PiYO FREE pop ups.

- January 23rd at 9:30
- February 13th at 9:30

If you like it sign up for a series

9:30 a.m. Feb. 27th, March, 5, 12, 19, 26 April 2

High intensity, low impact. Use your body to shape your body. This is not Yoga, nor Pilates but rather a combination of the best of both. Set to music you will get a workout that will help sculpt your body. Have fun and get in shape! What more could you want?

> Series: \$45 mats, water provided. Drop in \$15 Reserve your class at 978-733-4076

Questions? Mm10198@yahoo.com or coaadmin@lancasterma.net



That Was Hysterical, Finding the Funny in Your Writing, A Workshop and Intensive, with Paula Castner and Dave Agans



Part I: Saturday, January 18, 2020 10:30 a.m. – 12:30 p.m.

Part II: Saturday, January 25, 2020 10:30 a.m. – 1:30 p.m. Thayer Memorial Library, 717 Main Street, Lancaster, Massachusetts

Mark Twain said that humor is mankind's greatest blessing—but he was blessed with a great sense of humor. If you're not Mark Twain, you may think writing funny is no fun at all. It can be fun, if you know how to do it. Join us for a two-hour workshop and learn why and how to equip your writer's toolbox with a tickle feather and a giant foam rubber hammer. Your readers will thank you, after they catch their breath.

This is both a lecture and a hands-on workshop. Writers interested in one-on-one feedback may sign up for the humor intensive offered the second week. Participation in Part II requires attendance at Part I. To register for Part II, visit sevenbridge.org.

Paula Castner is the Chief Operating Officer for Seven Bridge Writers Collaborative as well as a freelance writer, playwright, drama director, writing workshop facilitator, baking coach, and professional administrator. Her pieces have been published in a variety of venues, from parenting magazines, to newspapers, to online magazines, and have claimed first prize in several writing contests. Her play, *A Fairy Tale Life? A Musical*, with music by Canadian folk artist, Nancy Beaudette, was performed in Lancaster, Massachusetts. She is currently working on her second musical, set in an art museum. Her long-term writing project is a fictionalized account of a historical court case about a slave girl from Holden, MA.

DAVE AGANS, corrupted by Mad Magazine and Get Smart at an early age, began writing spy spoofs in the sixth grade. He has since written the musical comedy, Hot Buttons, dozens of comic stage monologues, the popular, humorous technical book, Debugging, and the conspiracy satire, The Urban Legion. He also discovers and reviews fumy fiction in The Yucks-Files blog. Dave can be recognized on New Hampshire golf courses by his flawed swing and on the roads by his AMUSED license plate.





The Short Story, with Winona Wendth



Thursdays, 6 to 8 p.m. April 16, 23, 30, and May 7, 14, 21 2020

Thayer Memorial Library, 717 Main Street, Lancaster, Massachusetts

This six-week class introduces the short story—what it is and what it isn't—how to find inspiration for and develop one, and how to transform a chapter of a longer piece or a memoir into a self-contained "short form" work of fiction. Writers will practice both reading and writing short stories with the intention of producing at least one work that is "completed, but not finished

This class will include weekly reading and writing assignments related to setting, characters, narrative structure and plot, language and tone, and point of view.

By the end of these six sessions, writers should have the tools necessary to make and implement decisions regarding their short-from projects that will be close to ready for submitting for publication.

Writers will have time to devote to their own projects and revisions in class through guided exercises; they should plan to share their work with others, a necessary step in revision.

Class is limited to nine writers. The fee for the six-week course is \$200.00. Preregistration is required. To enroll, please visit sevenbridge.org, or contact us with questions at 7bridgewriterscollaborative@gmailcom. Deadline to register: April 1, 2020.

Winona Winkler Wendth holds an MFA from the Bennington Writers' Seminars and has been teaching literature and writing for over twenty years; she is currently an adjunct professor at Quinsigamond Community College where she teaches the short story and writing fiction, among other writing and literature courses. Her fiction and creative non-fiction has appeared in a variety of periodicals. Wendth has been a writing group leader and craft workshop presenter at Seven Bridge Writers' Collaborative for seven years.





The Scene Workshop, with Rich Marcello



Saturday, February 15, 2020, 10:30 a.m. – 12:30 p.m. Thayer Memorial Library, 717 Main Street, Lancaster, Massachusetts

Arguably, the most important component of a novel is not the sentence, the paragraph, or even the overall story—it's the scene.

What makes a good scene? How does a scene move the overall story forward? How do you build a scene fraught with tension and conflict? The Scene Workshop will answer these questions along with many others focused on achieving the right balance of dialogue, internal thoughts, narrative summary, and setting, to make a scene come to life.

This is an introductory workshop. No experience necessary.

Rich Marcello is a poet, songwriter, musician, and writer. He is author of three novels, *The Color of Home, The Big Wide Calm*, and the recently released *The Beauty of the Fall*, all published by Langdon Street Press. Previously, he enjoyed a career as a technology executive, managing several multi-billion dollar businesses for Fortune 500 companies. Faulkner Award winner Mark Spencer praised Rich's latest novel, writing that "Few novels are as intelligent and relevant as *The Beauty of the Fall*. Almost none is as eloquent, compelling, heartbreaking, and ultimately, uplifting." His latest work, *The Long Body That Connects Us All*, is his first book of poetry. Marcello has partnered with the Seven Bridge Writers' Collaborative since 2015.



Thayer Memorial Library – Youth Services January 2020

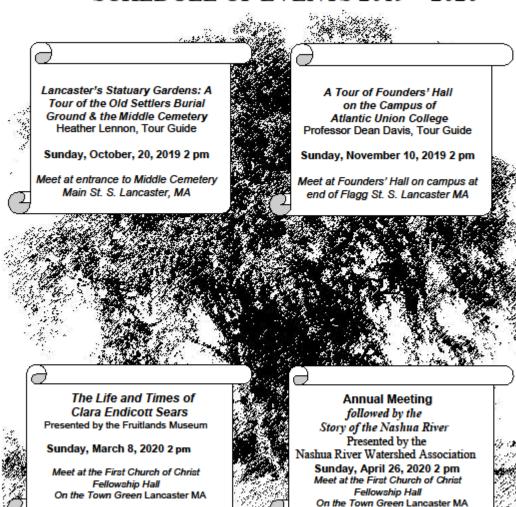


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TML closed on Sundays			1 LIBRARY CLOSED	2 Story Hour: New Year - 10:30 AM	3 Story Hour: 10:30 AM	4
5	6 LEGO Club - 4:00 PM	7	8	9 Story Hour: Bundle Up - 10530 AM	10 Early Release Movie: Abominable – 130 PM	11 Snuggles & Stories – 10;30 AM
12	13 Crafternoon: 3D Snowflakes - 4:00 PM	14	15	16 Every Child Ready to Read with Liz Garreffi – 10:30 AM Board Game Mania – 4:00 PM	17 Story Hour: 10:30 AM	18
19	20 LIBRARY CLOSED	21	22	23 Story Hourt Penguins - 10530 AM	24 Read to Will the Therapy Dog - 3:00 PM	25 Snuggles & Stories - 10:30 AM
26	27 UNO Tournament - 6:00 PM	28	29 Tween Book Group: The Bitter Side of Sweet – 6:00 PM	30 Story Hour: Groundhogs – 10:30 AM Board Game Mania – 4:00 PM	31	

Programs marked with an asterisk (*) require registration. Contact Youth Services Librarian Maren Caulfield at 978-368-8928 x 5 or caulfieldm@cwmars.org. All other programs are drop-in and do not require registration. All programs are free and open to the public.

The Crafternoon activity is recommended for ages 8 and up. LEGO Club is open to all ages. Tween Book Group is recommended for ages 10-14. The UNO Tournament is open to ages 5 and up. Story Hour is recommended for ages 2-5. Snuggles & Stories is recommended for ages 0-34 months. Older and younger siblings can attend both storytime programs.

SCHEDULE OF EVENTS 2019 - 2020



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Message from the President



As we enter our 31st year, the members of the Executive Board and I are excited to present our four programs for the 2019-2020 season.

As the oldest town in Worcester County, Lancaster holds numerous treasures stretching back to pre-colonial days. This year, I am excited to be involved more directly with program planning that involves not only Lancaster but also our general region and Harvard, one of our daughter towns.

Also, we have also just finished working with Lancaster's Boy Scouts on improving the Rowlandson Rock Historic site up on George Hill and the Town Pound Historic Site along Langen Road. Do stop by and take a look if you happen to be in the vicinity of either one. The Herbert Hosmer display is also coming together nicely in the new Exhibit Room in the Prescott Building.

As always, we look forward to seeing you this fall at our first meeting, and please bring a friend or invite a new resident in your neighborhood so they can learn of Lancaster's deep, rich and colorful history. We truly have much to offer. All are welcome.

Enclosed for your convenience is a form for you to submit your embership dues. Thanks so much for your continued support.

Heather Lennon, President



FREE EVENTS!

THURSDAY, NOVEMBER 7 6:30-8:30 PM



DAN HABIB "Intelligent Lives" Screening & Discussion with the Director

From award-winning filmmaker Dan Habib comes "Intelligent Lives," a catalyst to transform the label of intellectual disability from a life sentence of isolation into a life of possibility for the most systematically segregated people in America.

Dan Habib is the creator of the award-winning documentary films "Including Samuel," "Who Cares About Kelsey?," and many other short films on disability-related topics. Habib is currently a filmmaker at the University of New Hampshire's Institute on Disability.

For more information about Dan or the film, visit: INTELLIGENTLIVES. ORG

THURSDAY, FEBRUARY 6 (2020) 6:30-8:00 PM



SCREENAGERS "Next Chapter: Uncovering Skills for Stress Resilience" Screening

Filmmaker and physician Dr. Delaney Ruston takes the conversation to the next level with "Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience" — a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done to help them build crucial skills to navigate stress, anxiety, and depression in our digital age. Following the film, a discussion will be facilitated by Sharon Lowry, MSW, Perkins Assistant Director of Education and Bridget Matte, LSW, Clinical Coordinator of Perkins' Day School program.

THURSDAY, MARCH 19 (2020) 6:30-8:00 PM



MARJATTA MOIMAS Gentle Mindfulness for Wellbeing

Marjatta Moimas is a Qualified Mindfulness Based Stress Reduction (MBSR) teacher, has a BS in her home country of Finland, and an MA in Mindfulness Studies from Lesley University.

Marjatta is trained in making meditation safe and inclusive for trauma survivors as well as in Mindfulness Based Cognitive Therapy (MBCT). Join us for "Gentle Mindfulness for Wellbeing" (a trauma-sensitive approach) as we practice introductory techniques and learn about the importance of mindfulness.

THE DR.CHARLES P. CONROY SPEAKERS SERIES @ PERKINS

The Dr. Charles P. Conroy Speakers Series focuses on bringing members of our community together for lectures and discussion on a wide range of topics related to the various programs and services we provide at Perkins.

perkinsprograms.org/conroy-speakers-series/

LOCATION

Perkins @ The Janeway Education Center

975 Main Street Lancaster, MA

These events are FREE and open to the public

PRESENTING SPONSORS

Shine UMacoMemorial HealthAiliance Clinton Hospital

SUPPORTING SPONSOR





Join us for a Warm Get Away!

Glass blowing class in New Hampshire.

Make a trek, make an ornament!

And lunch at the best restaurants in Jaffery; Sunflowers.

January, 31st 2020

Join us to learn a new skill, glass blowing! Imagine spending an afternoon in the toasty warm Terrapin studio with friends trying your hand at a creative art-glass blowing. You will leave having learned the basics having created a pretty glass ball/ornament that you will want to leave out all year long. Prior to our class we will dine at Sunflowers, voted best restaurant in Jaffrey.



Expect to pay about \$15 for lunch. (not included) We leave at 10, back about 3:30-4. \$48 each includes transportation, class and taxes and tips. Rsvp 978-733-4076 space is limited. Reserve by 1/21/2020 See policies in the Crier.

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By popular request: Another Famous Consignment Crawl

Let's visit the Golden Triangle

Rt. 9 The Neon Highway

January 22nd

Let's make it on the quieter side.



We are off to a special Wednesday crawl. Wednesday January 22nd we leave the Center at 9 to head off for an afternoon of bargain hunting adventure with good friends and of course a good food! We will shop away from the bright light of the neon lined Rt 9 to find hidden bargains and special treasures. This time we will stop in Sherborn, Natick and Framingham and if time allows we will meander home through Sudbury. Along the way we will stop for lunch on one of the side roads of "Worcester Turnpike". Good friends, laughs and I bet some great bahgans! We return to have you home for supper. Sign up early we will sell out quickly!

Transportation, secret stops, and snacks \$8 Lancaster residents/\$10 for out of town- now that is a bahgan! Reserve at 978-733-4076 This will sell out. Reserve by 1/15/2020

Sterling-Lancaster Community TV Broadcast Schedule January 18 - January 24, 2020 Comcast Channel 8

	Saturday	Genre
12:00 AM	The Bashful Bachelor	Entertainment
4:00 AM	The Bashful Bachelor	Entertainment
7:00 AM	The Kamla Show - Karen Allen	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
1:00 PM	Global 3000 - Education Around the World	Documentaries
2:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
3:00 PM	WRHS Winter Concert 2019 [Wednesday]	Local Music
4:00 PM	The Boink Show - Kids & Kinship	Children
4:30 PM	WRHS Winter Concert 2019 [Wednesday]	Local Music
5:45 PM	A Far Cry Quartet at NARA Park	Music
7:00 PM	Global 3000 - Education Around the World	Documentaries
8:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
9:00 PM	Nerd Caliber - New York Comic Con 2019	Hobby
10:00 PM	The Kamla Show - Karen Allen	Interview

Sunday

12:00 AM	The Bashful Bachelor	Entertainment
4:00 AM	The Bashful Bachelor	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	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
1:00 PM	Global 3000 - Education Around the World	Documentaries
2:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
3:00 PM	WRHS Winter Concert 2019 [Wednesday]	Local Music
4:00 PM	The Boink Show - Kids & Kinship	Children
4:30 PM	WRHS Winter Concert 2019 [Wednesday]	Local Music
5:45 PM	A Far Cry Quartet at NARA Park	Music
7:00 PM	Global 3000 - Education Around the World	Documentaries
8:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
9:00 PM	Nerd Caliber - New York Comic Con 2019	Hobby
10:00 PM	The Kamla Show - Karen Allen	Interview

Monday - Friday

12:00 AM	The Front Page	Entertainment
4:00 AM	The Front Page	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Wicked Good Food - Breakfasts	Cooking
10:00 AM	Yoga for Health and Joy - Hand & Wrist	Health
11:00 AM	Out and About - 3D Printer Expo	Hobby
11:30 AM	Out and About - Antique Locks	Hobby
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Wachusett Chamber Salute Breakfast 2019	Local
1:30 PM	Euromaxx - Europe's Highest Active Volcano	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	The Boink Show - Author Saymoukda	Children
4:30 PM	WRHS Winter Concert 2019 [Thursday]	Local Music
6:00 PM	The Most Peaceful Night (Leominster) - Part 1	Music
7:00 PM	Euromaxx - Europe's Highest Active Volcano	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Wachusett Chamber Salute Breakfast 2019	Local
9:15 PM	Out and About - 3D Printer Expo	Hobby
9:30 PM	Out and About - Antique Locks	Hobby
10:00 PM	Barbara and You	Interview

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

Sterling-Lancaster Community TV Broadcast Schedule January 25 - January 31 2020 Comcast Channel 8

	Saturday	Genre
12:00 AM	The Front Page	Entertainment
4:00 AM	The Front Page	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	Wachusett Chamber Salute Breakfast 2019	Local
1:30 PM	Euromaxx - Europe's Highest Active Volcano	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	WRHS Winter Concert 2019 [Thursday]	Local Music
4:00 PM	The Boink Show - Author Saymoukda	Children
4:30 PM	WRHS Winter Concert 2019 [Thursday]	Local Music
6:00 PM	The Most Peaceful Night (Leominster) - Part 1	Music
7:00 PM	Euromaxx - Europe's Highest Active Volcano	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Wachusett Chamber Salute Breakfast 2019	Local
9:15 PM	Out and About - 3D Printer Expo	Hobby
9:30 PM	Out and About - Antique Locks	Hobby
10:00 PM	Barbara and You	Interview

Sunday

12:00 AM	The Front Page	Entertainment
4:00 AM	The Front Page	Entertainment
	Trinity Bolton Church Service	Religion
9:00 AM	ECC Church Service	Religion
11:00 AM	Trinity Lutheran Church Service	Religion
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Wachusett Chamber Salute Breakfast 2019	Local
1:30 PM	Euromaxx - Europe's Highest Active Volcano	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	WRHS Winter Concert 2019 [Thursday]	Local Music
4:00 PM	The Boink Show - Author Saymoukda	Children
4:30 PM	WRHS Winter Concert 2019 [Thursday]	Local Music
6:00 PM	The Most Peaceful Night (Leominster) - Part 1	Music
7:00 PM	Euromaxx - Europe's Highest Active Volcano	Documentaries
8:00 PM	Channel 8 Community Updates	News

8:30 PM Wachusett Chamber Salute Breakfast 2019	Local
9:15 PM Out and About - 3D Printer Expo	Hobby
9:30 PM Out and About - Antique Locks	Hobby
10:00 PM Barbara and You	Interview

Monday - Friday

12:00 AM	The Flying Deuces	Entertainment
4:00 AM	The Flying Deuces	Entertainment
8:00 AM	Barbara and You	Interview
9:00 AM	Cathy Neptunes Kitchen - Super Bowls	Cooking
10:00 AM	Yoga for Health and Joy - Face	Health
11:00 AM	Out and About - Gems, Minerals, & Fossils	Hobby
11:30 AM	Out and About - Antarctic Dinosaurs	Hobby
12:00 PM	Fork in the Road - Chocksett Inn	Local
12:30 PM	A History & Tour of the Bayard Thayer Mansion	Local
1:30 PM	Tomorrow Today - How Colors Affect Us	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	The Boink Show - Dentists	Children
5:00 PM	Luther Burbank Winter Concert 2019	Local Music
6:00 PM	The Most Peaceful Night (Leominster) - Part 2	Music
7:00 PM	Tomorrow Today - How Colors Affect Us	Documentaries
7:30 PM	Fork in the Road - Chocksett Inn	Local
8:00 PM	A History & Tour of the Bayard Thayer Mansion	Local
9:00 PM	Out and About - Gems, Minerals, & Fossils	Hobby
9:30 PM	Out and About - Antarctic Dinosaurs	Hobby
10:00 PM	Barbara and You	Interview

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