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June 20, 2015

Five generations celebrate family ties

by Lex Thomas

On June 7, five generations of the Day family gathered for a picnic and cookout that resulted in an amazing family portrait.

"How many people can show you a picture that includes five generations?" asks the family patriarch and Sterling resident Ken Day. "Four, maybe, but rarely five."

Born in Derby, Vermont, Day moved to Sterling in April 1938, and has lived here for the past 77 years. In 1940, he founded Sterling Duck Farm, which was located at the site now occupied by the Sterling National Country Club, and which gained renown as the biggest duck farm in Sterling. Day sold the farm and retired in 1978.



Contributed PHOTO

Five generations strong. (Left to right) Ken Day, Nathan Day, Dennis Day, Brandon Day, and Justin Day.

At that point, he and his wife, who died in 2010, built a home in Key West, Florida, where they spent winters until their property was destroyed by a hurricane.

They returned to Sterling and to the home they had built here during the 1950s, where Day continues to live today.

Day's son Nathan is retired, and lives with his wife in Houlton, Maine. His grandson Dennis, who lives in Webster,

Massachusetts, is a commercial artist, and is well known to Sterling music lovers as the drummer in his band, The Blue Flames. Great-grandson Brandon and great-great-grandson Justin reside in Fitchburg, Massachusetts.

Day also has a son Richard in Antrim, New Hampshire, who owns a car restoration business.

Sterling resident debuts healthcare book

by Jamie Chase Galvin



Author Susan West

PHOTO by Jamie Galvin

Sterling resident Susan West has recently released her first book, and it's been not only a labor of love, but one of enlightenment into some of the health challenges she's faced during her own life. *Walking With Vaidya—A Journey into Ayurveda and Preventative*

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LETTERS

Menin thanks voters

I have asked Sterling Meetinghouse News to publish this letter to express my appreciation for your vote on May 11. As the election was undoubtedly (almost) as tight as ever, I offer my congratulations to Sue Valentine for a yeoman effort and for being a pleasant competitor through it all. I certainly attempted to get my positions on issues well publicized prior to the election, but will keep an open door (and phone) for anyone wishing to express their kindred or contrary opinions over the next three years.

Further, please note that meetings of your Board of Health are usually held on the second Thursday of each month at 6:30 p.m. in the Butterick Municipal Building, and offer a public forum at about 7 p.m. where Sterling citizens are encouraged to come forward with any health-related issue or concern.

Gary C. Menin Sr.
Board of Health

Senior Center events are wonderful

On May 18, over 30 attended a special tribute to Senior Center volunteers. We received many treats and items to take home. Karen Phillips, who is the director and does a wonderful job, thanked all of us for our help. The monthly pancake breakfasts have been well attended and many people contribute by providing and serving a variety of good food, coffee and juice. Thanks to all who make this possible. On May 22, seniors were treated to breakfast by students at Chocksett Middle School, followed by a wonderful concert of music and singing by students, led by Ann Busby and David Slipp. The performance was delightful and excellent. Keep up the good works, Friends of Sterling Seniors.

Clifford W. Hager
Circle Avenue, Sterling

Correction

On page 11 of our May 23 issue, the film production company for "How I Dumped My Ex-Boyfriend's Body" is wrongly identified as Fat Boy Films. The correct name is Fat Foot Films.

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.

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LETTERS

Memorial Day in Sterling is the best

After this year's observance of Memorial Day in Sterling, I would like to make some comments. First, I would like to thank the family that donated the new flags and poles along Main Street in memory of World War II Army veteran John E. Reddy.

Having attended some 60 Memorial Day observances in Sterling and several elsewhere, I can say with confidence that we have the best one around. It's very important that we keep the tradition going so that younger generations can see how important it is to honor our fallen heroes. It's always good when weather permits the Avenue of Flags to go up. This year we had 213 flags, and it takes a lot of help to put them up and take them down.

In addition, thanks to Bob Anderson, our bus driver, and AA Transportation for the use of the bus, Sterling Police and Fire departments, and the Boy Scout troops for their participation, everyone who came to watch the parade and observe the program, and most of all my fellow Legionnaires for their help putting flags on veterans' graves and participating in the parade along with the Auxiliary and Sons of the American Legion.

Robert E. Temple, Adjutant, Past Commander
Hiram O. Taylor, Post 189 American Legion



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Editor's note

The longer I serve as editor of Sterling Meetinghouse News, the more I realize is happening in our town. We have businesses and a farmers market that offer the best in local products, a library with plenty of programs and services to make patrons lifelong readers and learners, our own beach, and a recreation schedule packed with activities. Our town services are second to none, and our residents are friendly. Take time this summer to enjoy our town, and let me know what you discover!

– Lex Thomas

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ANNOUNCEMENTS

Keep pets safe in summer

July 4th is coming up soon. Celebrating with fireworks and good food is a tradition for families nationwide. But Sterling's Animal Control Officer Louis Massa reminds everyone that those celebrations can be dangerous to family pets. The American Society for the Prevention of Cruelty to Animals wants to protect your pets this Independence Day, and recommends never using fireworks around pets. Lit fireworks can cause severe burns or trauma to the face and paws of curious pets. Unused fireworks pose a danger because many contain potentially toxic substances including potassium nitrate, arsenic and other heavy metals. Avoid taking pets to loud, crowded fireworks displays. Keep pets in a quiet, protected and escape-proof place during fireworks displays. Don't leave alcoholic drinks where pets can reach them. Pets that ingest alcohol can become intoxicated, weak, severely depressed, or lapse into a coma. Death from respiratory failure is also possible in severe cases. If you suspect your pet may have come in contact with or ingested a potentially poisonous substance, contact your local veterinarian as soon as possible, or contact Tufts New England Veterinary Medical Center in North Grafton at 508-839-5395, or Wachusett Animal Hospital in Westminster at 978-407-1122. Both facilities are open 24/7 for emergency veterinary care.



Contributed PHOTO

One of two bobcats spotted in a backyard on Chace Hill Road on the morning of May 26.

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ANNOUNCEMENTS

Sterling resident debuts healthcare book

West

Continued from page 1

Medicine was published in December and has been available to readers since February. The book represents a collaboration between West and Radhika Prassannatma, the Vaidya, or Ayurvedic practitioner, who has mentored her over the past several years.

"Walking With Vaidya is about my personal opportunity and experience to learn the principles of Ayurveda and preventative medicine in general," says West. "I felt compelled to tell people about Ayurveda, since it seemed that no one knew what it is." Derived from Hindu traditional medicine, Ayurvedic practices are considered a type of alternative medicine.

The book took West two years to complete. "I decided to dedicate half the book to researching and writing about the American healthcare industry and medical model and why we both lack and need a preventative form of medicine," she says. "The second half of the book is a summary of Vaidya Radhika's interpretation of the Ayurvedic principles as they were taught to me."

West hopes readers will embrace the Ayurvedic form of medicine and become inspired to learn more about alternative treatments.

"In the Western medical model, we tend to equate the word medicine with taking a prescription or over-the-counter drug. Medicine is an entire system of caring for our health that includes many more aspects. We need to form solid daily health routines and inspire others to do so as well," she says.

West plans to complete a second book and is halfway through completing a work of fiction. Walking With Vaidya—A Journey into Ayurveda and Preventative Medicine is available in soft cover or Kindle format via Amazon.com.

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Grange presents award to Sterling Fair Committee



Contributed PHOTO

(Left) Secretary Gloria Rugg accepts award on behalf of the Sterling Fair Committee from Grange member Erin DeCoste.

On May 16, Sterling Grange presented a Community Citizen Award to the Sterling Fair Committee, which was recognized for its ongoing commitment to providing a family-oriented annual community event with a focus on agriculture and education. Comprised entirely of volunteers, the 20-member committee meets year-round, and works non-stop, along with more than 50 additional volunteers during the weeks before and after the event. The Grange acknowledged their enthusiasm and dedication to the town of Sterling and the surrounding communities.

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Town Administrator contract approved

by Lex Thomas

On June 16, the Board of Selectmen voted 2-to-1 to approve a 3-year contract for Town Administrator Michael Szlosek, who has served as Interim Town Administrator since December.

"I think Mike's done a good job," said Selectman John Kilcoyne. "It hasn't been perfect, some good, some not so good, but I think the criticisms are very general in nature and could be attributed to anybody." Kilcoyne

added that the rapid turnover in town administrators following the sudden death of former Town Administrator Jeffrey Ritter in October has added significant challenges to the job, and that any other decision would be detrimental to the town.

Selectman Maureen Cranson voted against approval of the contract, stating that she would only support approving a 1-year contract. "I'm not comfortable with a 3-year contract," she said. "I don't feel he's put his best foot forward yet."

Chair Robert Cutler said he was happy to have Szlosek on board.

Szlosek is a native of Ludlow, where he lives with his wife and child. He holds a Juris Doctor degree from the Boston University School of Law and an MBA from UMass Amherst's Isenberg School of Business. His contract with the town is effective immediately.

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Town beach opens

The Sterling town beach at Sholan Park is scheduled to open for the season on June 20. Sholan Park is open daily from noon to 8 p.m. (weather permitting). There are picnic tables, fireplaces and charcoal grills available for use during the summer season, as well as a sand volleyball court and a paved half basketball court. A boat ramp is located at the end of Hall Avenue. Car or trailer parking is limited to town residents only and a sticker is required. Town residents may obtain a temporary parking permit for guests. Animals are not allowed on the beach and picnic areas of Sholan Park. Violators are subject to a \$25 fine, enforced by the Animal Control Officer. This law does not apply to service animals, defined by the ADA as any guide or signal dog, or other animal trained to provide assistance to an individual with a disability.

Recycling Center closing due to redundant services

The Recycling Center located at the DPW, 171 Worcester Road, Sterling, will close permanently on July 1. Recycling Center stickers will no longer be issued. The Wachusett Watershed Regional Recycle Center located at 131 Raymond Huntington Highway, West Boylston, is available to Sterling residents.

In response to inquiries about the closure, DPW Superintendent Bill Tuttle emailed the following statement to Sterling Meetinghouse News:

"There have been many inquiries into the reasons for the closure of the Recycle Center located at the Sterling

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DPW building. The DPW Board weighed many factors and ultimately voted unanimously to close the center permanently effective July 1, 2015.

"One of these factors was the fact that we have access to redundant services. Sterling is a vested member in the Wachusett Watershed Regional Recycle Center on Raymond Huntington Highway in West Boylston, which is located 3 miles from the Sterling DPW. Many of the services offered at WWRR are the same as those that have been offered in Sterling, and in most cases at a lesser cost.

"Another factor closely associated with redundant services is the continuous lack of revenue generated at the Sterling Recycle Center. The Sterling center has always been self-funded and over the last 7 years, the revolving account for the center has diminished from over \$50,000 to less than \$20,000.

"Additionally, following a serious accident at the Recycling Center this winter, the DPW Board identified a major liability to the taxpayers of Sterling. The accident resulted in two town employees being seriously injured due to an ice flow which bounced off two roof lines and landed on the employees. The ice flow, which weighed approximately 300 pounds, could have landed upon a resident, a town official, a vendor delivering fuel for town vehicles, a child, or a member of your family.

"With the constant flow of town vehicles and equipment entering and exiting the Recycle Center area to refuel, it provides for an unsafe area for people to be walking around and it therefore creates a liability to the town. On any given day, loaders, dump trucks, fire engines, police cruisers, light department trucks, and ambulances come into that area to refuel their vehicles. Given the amount of traffic that flows in and out, it tends to be an inherently dangerous situation.

"All of these factors which have been discussed and contemplated by the DPW Board, along with the best interest of the town's people, resulted in the decision to close the Recycle Center at the DPW Building."

For more information, visit wachusettearthday.org.

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SMLD renovations complete

Renovations to the Sterling Municipal Light Department building on Main Street were recently completed after a year of work. The improvements were designed to upgrade the facility and last for years into the future.

Four ceiling levels, miles of wiring, and dividing walls were removed, amounting to over 200 tons of debris that needed to be disposed of before the upgrades could begin. Much of the work was performed with the aid of SMLD staff, as well as workers from the DPW and various local companies and contractors. The front office area was redesigned to be more customer-friendly. New wiring, fire alarm systems, drywall, a new heating system, and insulation were added to make the building energy efficient. Security cameras and LED lighting were also installed.

SMLD General Manager Sean Hamilton says that he is "pleased with the way the demolition and redesign companies worked together, along with help from students at Montachusett Regional Vocational School." Monty Tech students were on site for several months throughout the winter and spring and assisted in a variety of tasks needed to successfully complete the project.

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SMLD gives back to Monty Tech



Contributed PHOTO

(Left to right), SMLD office manager Nancy Forgioni, Electrical sophomores Nick Couture of Phillipston and Jon Jean of Winchendon, SMLD employee Christine Arsenault, and Industrial Technology sophomore Jasmine McCullough of Gardner.

Leading a helping hand to district communities is a longstanding tradition at Monty Tech. Whenever possible, teachers and students in the building trades are able and willing to help member communities with

building, repair and remodeling projects.

It's a win-win situation for all parties. Municipalities receive highly skilled work at no charge, and students are able to broaden their skills and get firsthand real-world work experience.

Several collaborations have taken place between Monty Tech and the town of Sterling. Last year, Monty Tech teacher Bill Stuessy and his Industrial Technology students spent several months doing energy upgrades at the DPW building. Town officials were so impressed with the work and the students, they asked Stuessy to come back this year and help renovate the SMLD building. Stuessy and his students spent most of the school year assisting light department crews in renovating the building's interior.

SMLD General Manager Sean Hamilton, who oversaw both renovation projects, wanted to show Monty Tech the town's appreciation for their work. He and a team of his employees traveled to Fitchburg recently to help Monty Tech building crews by priming interior walls at a duplex the school is building for Habitat for Humanity on Oakland Street. The SMLD employees also hosted a cookout at the site for students and teachers.



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"I wanted to pay it forward and lend a hand to the school," said Hamilton. "I can't say enough good things about Monty Tech, Bill Stuessy and his students. Their work is outstanding, and they saved the town a huge amount of money."

SMLD has also hired two co-op seniors to work at the Sterling plant. The students, Alivia Nutter of Ashby and Joseph Tremblay of Holden, both recent graduates, will continue to work there throughout the summer.

Planning for Sterling Fair well underway

by Jamie Chase Galvin

The Sterling Fair, which takes place in September, may be weeks away, but planning for the fair is well in hand and is a huge undertaking. According to the Sterling Fair Committee Co-Chair Terry Heinold, "committee members start planning for the new fair as soon as the old fair ends." Heinold is currently serving in his fourth year as co-chair, and previously held the position of chair for almost twenty years.

Planning for the smooth operation of the Sterling Fair

includes setting a budget, securing volunteers, booking talent and main attractions that participate in the fair, and many other details large and small. Both the committee and other town departments commit time and energy to ensure a successful event each fall.

Heinold says that the Sterling Fair is in fact a "gypsy fair" with no real home, noting that the Ciborowski family that owns the airport land and Jimmy Simpson Sr., who owns Sterling Air Inc., "graciously donate the fairgrounds each year so the town can run the fair, which has been the case since 1999."

This year, fairgoers can look forward to many attractions including entertainment, good food, live music, vendors, the midway, and over 600 animals in livestock. Heinold adds that, although the planning is well underway, there is still a need for additional volunteers both on the planning committee itself and for the weeks immediately before and after the fair to help with set-up and clean-up.

The 2015 Sterling Fair will run September 11 through 13, and will continue to offer free admission and parking to attendees. For more information about the fair or to learn about volunteer opportunities, visit sterlingfair.org.

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Chocksett welcomes new principal

by Jamie Chase Galvin

Christopher LaBreck is set to take the reins as principal of Chocksett Middle School starting July 1. LaBreck's background in education began at a young age, as both his parents are teachers. He attended Assumption College in Worcester where he majored in Social and Rehabilitative Services with a concentration in Education, then earned a Masters of Education in Special Education. He is licensed by the state as a principal for Pre-K to 12.



Contributed PHOTO

In addition to his educational background, LaBreck has spent years in various educational capacities, including working as a teacher at a private alternative school in Springfield, and as a Special Education teacher at Sullivan Middle School in Worcester. He also held the position of Special Education Team Chair for

the Worcester Public Schools and Assistant Principal at King Phillip Regional High School in Wrentham. Most recently he served as Assistant Principal, and for the past nine years, Associate Principal, at West Boylston Middle High School.

LaBreck is excited to begin his new position at Chocksett and says he gets "excited, nervous, and anxious before every school year. The best part of working in education is the students. I don't know of another career where you get several moments every day to feel the kind of joy and pride you feel when you see a student demonstrate progress academically or socially."

LaBreck says he has enjoyed his time at West Boylston Middle High School and that making the decision to leave was difficult. Although sorry to leave West Boylston, LaBreck says he's ready for this new challenge.

"There are a lot of positives to working at Chocksett," he says. "I'll be part of a larger district where there are opportunities to learn from more colleagues and grow professionally, while still being part of a small supportive community."

LaBreck says he's grateful to the parents, faculty, and district administrative staff that were involved in the hiring process, and to the Chocksett staff for their warm welcome.

"I want to encourage parents and community members to reach out to me. I welcome the opportunity to meet with anyone who wants to meet with me," he says.

LaBreck will replace Anthony Cipro, who has served as principal of both Houghton and Chocksett schools since the Chocksett principal's position was eliminated due to budget constraints in July 2012. Cipro will remain as principal of Houghton Elementary School.

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Sterling students place first and second at State science fair

by Jamie Chase Galvin

Sterling residents and Wachusett Regional High School students Dylan Doxsey and Kyle Foster placed at the Massachusetts State High School Science and Engineering Fair held May 1 and 2 at the Massachusetts Institute of Technology in Cambridge.

Doxsey, who received a second place award, enjoyed participating at the state level of competition. "I enjoyed meeting people in the scientific community, and hanging out with the people that I already knew," he said. Doxsey expressed his gratitude "to Dr. Bill Theurkauf, Mr. Dan Whitmore, Mr. Nick Guerin, Mrs. Litterio-Foster, and everyone else who helped and supported me during this project." He is hoping to compete again next year.

Foster, who received a first place award, enjoyed the fair despite the occasional stress. "Judging can be nerve racking," he said, "but I thoroughly enjoyed presenting my findings and competing. I also found it interesting to see all the different ideas that other students have

come up with for their projects and all of the extensive research they've done."

In addition to competing at the MA State Science and Engineering Fair, Foster competed at the International Science and Engineering Fair in Pittsburg mid-May and learned valuable life lessons along the way. "Conducting a year-long science fair project for the past three years has taught me some real life lessons in time management and the need to persevere despite setbacks."

Sterling Chocksett Club awards 11 scholarships

On June 3, 11 college-bound high school seniors who are Sterling residents received scholarships totaling \$8,500 at the Sterling Chocksett Club's annual Scholarship and Merit Award Banquet. In addition, the Club presented a Chocksett Club Merit Awards certificate to 25 8th grade students who are Sterling residents.

The scholarship recipients are Caroline Akerson, Caley Bussiere, Brett Cotter, Benjamin Davis, Drew DiPilla, Victorya Dube, Mary Heighton, Savannah Klinger, Hannah Piland, Jennifer Sabourin, and Laura Sawin.

Since 1959, the Sterling Chocksett Club has awarded \$180,300 in scholarships to Sterling students.

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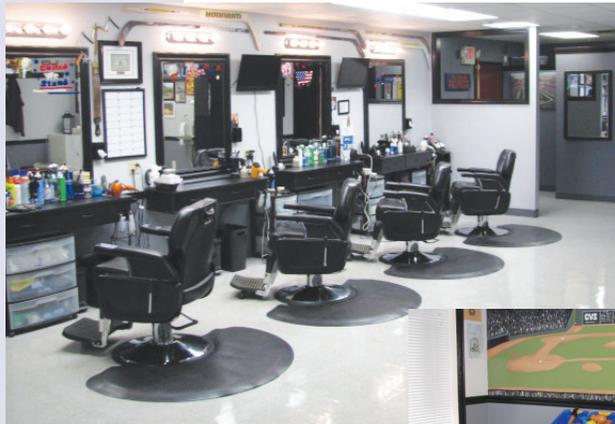
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PHOTO by Richard Maki

(Left to right) Nicole Sutherland, Stephanie Coughlin and Sydnie Nelson provide musical accompaniment for patriotic songs at Houghton Elementary School's Flag Day ceremony on June 11.



PHOTO by Richard Maki

Members of Hiram O. Taylor Post 189 of the American Legion listen to patriotic songs accompanied by teachers at Houghton's Flag Day ceremony on June 11.

(At right) Nicholas B. Lowe of Sterling, a House Carpentry major at Monty Tech, is congratulated on his graduation by his father, Sean Lowe. Sean is a graduate of Monty Tech's Culinary Arts program and is the chef in the school cafeteria.



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Daisy Troop rescues Houghton's garden

by Danielle Ray



Contributed PHOTO

Girl Scouts from Daisy Troop #30502.

Girl Scouts from Daisy Troop #30502 recently completed a service project to induct Houghton Elementary School's garden into the National Wildlife Federation 'Certify Your Schoolyard' program.

"This program assists schools in developing schoolyard habitats where teachers and students learn how to attract and support local wildlife," says Troop #30502 co-leader Meredith Tufts. "After speaking with Melissa Tomforde of the [Houghton] Garden Committee it turns out that Houghton's garden needed only a few items to meet all of the criteria."

The garden was created by former Houghton teacher Peg Spaulding and is located in the back of the school near the playground structure. It includes a number of perennials such as salvia, hosta, lavender, and daisies, as well as a variety of shrubs and common meadow flowers such as milkweed and violets.

"The garden suffered quite a bit of damage due to the harsh winter and heavy snow removal machinery," says Tufts. "Hopefully some of what our troop is doing will help bring the garden back to what it was."

The Daisies have been working on their 'Three Cheers for Animals Journey' over the past two years. In order for the girls to earn their journey badges and become Brownies they need to work on a service project. They chose a project that revolves around taking care of animals. The troop has already visited Animal Shelter Inc. in Sterling, made homemade dog treats, and brought donations to the shelter.

"We went over the criteria for the garden project and the girls came up with examples of all the differ-

ent components of a habitat," says Tufts. "The more we talked about it, the more interested they became in the project and wanted to provide nice cozy homes and nests for the animals to live in."

The project included implementing criteria that made the garden more animal friendly including a water source (bird bath), plants with seeds and/or berries (a blueberry bush) to provide food throughout the year for animals, and dense shrubs and nesting boxes to provide shelter and places for animals to raise their young.

The Daisies used a portion of the money they raised from selling Girl Scout cookies to purchase the bird bath and materials for the nesting boxes which were built by Daisy Julia Fogerty's father, Duane Fogerty of Duane's Custom Carpentry.

The girls asked Select Horticulture of Lancaster owners Jim and Kate Freeborn, who are Sterling residents and whose children both attend Houghton, to donate a blueberry bush.

The girls met after school at Houghton on June 8 to complete the project which included weeding, removing leaves, planting donated bushes, staking and tying shrubs that were damaged over the winter, transplanting plants that were growing in the path, setting up the bird bath, and installing the nesting houses. They also hung the 'Certify Your Schoolyard' sign.

"The National Wildlife Federation provides numerous classroom resources for teachers," says Tufts. "We are planning to make a binder of some of these resources for the teachers in the hopes that they will be able to involve the students more in the garden in future."

For more information on the National Wildlife Federation Schoolyard Habitats visit nwf.org/How-to-Help/Garden-for-Wildlife/Schoolyard-Habitats.aspx.



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Meadowbrook to start fruit CSA in July

by Lex Thomas



Contributed PHOTO

Meadowbrook Orchard's head baker Susan Farraj prepping peach turnovers.

In these days of increased consumer awareness about the benefits of purchasing and consuming locally grown comestibles, the concept of the CSA, or Community Supported Agriculture, is growing in popularity in both rural and urban areas. By participating in a CSA, consumers are purchasing a "share" of a farmer's harvest at the beginning of the growing season, and receive their "share" of the farm's output

weekly throughout the season.

According to David Chandler, whose family has owned Meadowbrook Orchards since it was founded in 1912, CSAs help farmers to defray often staggering costs while providing participants with farm-fresh produce at a cost that is often significantly lower than supermarket prices over the course of a season.

"People usually don't realize what it costs farmers to grow their crops," he says. "The idea behind a CSA is to give farmers an upfront income source at the start of the season to help offset our expenses."

Chandler says it costs Meadowbrook Orchards about \$200,000 each year in labor, materials, and upkeep – such as mowing, pruning, and spraying – to grow apples. And in spite of meticulous planning and care, the risk of disaster is always present.

"A few years ago, five minutes of hail destroyed 70 percent of our crop in one section of the orchard," he recalls. "That risk is always there. It's something we deal with day in and day out throughout every season."

Even if the weather cooperates and crops thrive, payment for produce delivered is rarely immediate. As a wholesaler, Chandler says he can't expect payment from his customers in under six weeks, and sometimes a lot longer.

"When apples leave our farm, we're not paid for them for weeks, or even months," he says. "Here we are in the middle of 2015, but we're still collecting payment for our 2014 crop."

At Meadowbrook, participants can sign up for the CSA program and pay \$300 for a "share" of the crop, which entitles them to a weekly supply of seasonal fruits from July until late October, starting with blueberries and raspberries, then peaches, plums, and apples later in the season.

"In the end, our customers will get more than \$300 worth of fruit," says Chandler. "Even if there's a week when

the yield is lower than usual, there will be other weeks that it's a lot higher. That's just the reality of farming."

Chandler is already working with Shamrock Hives Farm to provide grass-fed beef, and naturally-raised pork and chicken, and would be happy to find other farms ready to offer CSAs through Meadowbrook Orchards.

"A lot of people want one-stop shopping," he says. "I want to make that as accessible as possible."

In addition, Chandler continues to offer daily breakfast and lunch menus that change to reflect seasonal produce, and frozen prepared foods, such as chicken parmesan, chicken cordon bleu, beef and turkey pot pies, buffalo chicken macaroni and cheese, and twice baked potatoes, that customers can take home with full reheating directions. Frozen fruit pies, tea breads, apple dumpings, and dinner rolls are also available.

"Everything is made here from our own recipes," says Chandler. "It's all made with TLC, and with the best ingredients we can source. I try to let my employees be creative with the foods we prepare. It makes them happy, and it makes our customers happy."

Meadowbrook Orchards is located at 209 Chace Hill Road, Sterling. For more information, menus, and a schedule of events, visit meadowbrookorchards.com, or call 978-365-7617.

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Sterling native helps foundation management firm hit huge fundraising milestone

by Danielle Ray



Contributed PHOTO

The all-star Foundation Management and Pro Productions team responsible for raising nearly \$7 million for charitable organizations includes (left to right) Marketing Coordinator Adam Benoit, Business Development Manager Kelly Gift, President Erin Lynch, and Account Manager Kaitlyn Montagna.

When Sterling native Kaitlyn Montagna joined the start-up team at Foundation Management and Pro-Productions LLC (FMP) as an account manager in 2010, she knew they would do great things. But she

never imagined they would raise nearly \$7 million for various foundations and charities in under five years.

"Hitting the \$5 million mark was amazing, then \$6 million, and now we're almost at \$7 million," says Montagna. "That number represents over 15 different organizations and causes we have raised money for. To think about how many people that reaches is just awesome."

To celebrate the milestone, Montagna, FMP President Erin Lynch, Marketing Coordinator Adam Benoit, and Business Development Manager Kelly Gift will take a trip to Disney World in Florida in October.

FMP is responsible for event production, foundation management, and marketing consultation for a number of local foundations and charitable organizations including The Greg Hill Foundation, 1st Lieutenant Derek Hines Soldiers Assistance Fund, ALLY Foundation, McCourt Foundation, Boston Police Foundation, and the annual Jason Varitek Celebrity Putt Putt Tournament. The company provides a variety of client services, including seeking grants, handling administrative functions, and ensuring that clients are in compliance with all legal and tax requirements, as well as planning, coordinating and executing both small and large fundraising events.

Lynch, who has been in the event production and charitable foundation industry for more than 15 years, echoes Montagna's sentiments regarding the monumental feeling that comes with raising such a large sum.

"It's rewarding because all our hard work has resulted in helping a lot of people," she says. "It's been amazing to watch the number grow. It gives going to work every day a greater purpose.."

Montagna and Lynch have big goals they hope to accomplish over the next five years, which include not only raising more money but expanding the company to integrate the management of additional foundations, charitable organizations, and fundraising events.

"I'd like to continue to see growth," says Montagna. "Year after year many of the events we organize have grown both in size and in how much money is raised. It's a great trend that I hope continues."

Montagna has seven years of foundation management and fundraising experience, having worked previously at a company where she learned the ropes.

"The most enjoyable part of my job is being able to help so many people and getting to know them," she says. "People who take on working for their cause are so passionate and inspirational you can't help but want to be a part of it."

For more information, visit fmpproductions.com.

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Sterling-Lancaster Community TV

Broadcast Schedule June 20 to June 26, 2015
Comcast Channel 8

| Saturday | Genre |
|--|---------------|
| 6:00 AM The Steve Katsos Show - Ep 149 | Variety |
| 6:30 AM Barbara and You - Starburst | Interview |
| 8:00 AM Village Church Service | Religion |
| 10:00 AM AUC College Church Service | Religion |
| 12:00 PM Channel 8 Community Updates | News |
| 12:30 PM Pawdoption | Animals |
| 1:00 PM InFocus - Scotland | Documentaries |
| 2:00 PM The Folklorist - Ep 1 | History |
| 3:00 PM Channel 8 Community Updates | News |
| 3:30 PM Pawdoption | Animals |
| 4:00 PM The Local Kids - Candy Review | Children |
| 5:00 PM NRHS Band Concert | Music |
| 7:00 PM InFocus - Scotland | Documentaries |
| 8:00 PM Channel 8 Community Updates | News |
| 8:30 PM Pawdoption | Animals |
| 9:00 PM The Folklorist - Ep 1 | History |
| 10:00 PM Barbara and You - Starburst | Interview |

| Sunday | Genre |
|--|---------------|
| 6:00 AM The Steve Katsos Show - Ep 149 | 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 - Scotland | Documentaries |
| 2:00 PM The Folklorist - Ep 1 | History |
| 2:30 PM Channel 8 Community Updates | News |
| 3:00 PM Pawdoption | Animals |
| 4:00 PM The Local Kids - Candy Review | Children |
| 5:00 PM NRHS Band Concert | Music |
| 7:00 PM InFocus - Scotland | Documentaries |
| 8:00 PM Channel 8 Community Updates | News |
| 8:30 PM Pawdoption | Animals |
| 9:00 PM The Folklorist - Ep 1 | History |
| 10:00 PM Barbara and You - Starburst | Interview |

| Monday-Friday | Genre |
|---|---------------|
| 6:30 AM Steve Katsos Show - Ep 150 | Variety |
| 7:30 AM Barbara and You | Interview |
| 9:00 AM Eat Well Be Happy - Fritters | Cooking |
| 10:00 AM Physicians Focus | Health |
| 11:00 AM The Garage - Toy Chest | Hobby |
| 12:00 PM Sterling Little League Opening Day | Local |
| 12:30 PM Sterling Cub Scouts Pack 34 | Local |
| 1:00 PM InFocus - Terror in Nairobi | Documentaries |
| 2:00 PM Church Services | Religion |
| 4:00 PM The Local Kids - Minecraft | Children |
| 4:30 PM Sterling Cub Scouts Pack 34 | Local |
| 5:00 PM NRHS POPS Choral Concert | Music |
| 7:05 PM InFocus - Terror in Nairobi | Documentaries |
| 8:00 PM Sterling Little League Opening Day | Local |
| 8:30 PM Sterling Cub Scouts Pack 34 | Local |

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

Broadcast Schedule June 27 to July 3, 2015
Comcast Channel 8

| Saturday | Genre |
|---|---------------|
| 6:00 AM The Steve Katsos Show - Ep 150 | 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 PM Sterling Little League Opening Day | Local |
| 12:30 PM Sterling Cub Scouts Pack 34 | Local |
| 1:00 PM InFocus - Terror in Nairobi | Documentaries |
| 2:00 PM The Garage - Toy Chest | Hobby |
| 3:00 PM Sterling Little League Opening Day | Local |
| 3:30 PM Sterling Cub Scouts Pack 34 | Local |
| 4:00 PM The Local Kids - Minecraft | Children |
| 5:00 PM NRHS Pops Choral Concert | Music |
| 7:00 PM InFocus - Terror in Nairobi | Documentaries |
| 8:00 PM Sterling Little League Opening Day | Local |
| 8:30 PM Sterling Cub Scouts Pack 34 | Local |
| 9:00 PM The Garage - Toy Chest | Hobby |
| 10:00 PM Barbara and You | Interview |

| Sunday | Genre |
|---|---------------|
| 6:00 AM The Steve Katsos Show - Ep 150 | Variety |
| 7:00 AM Trinity Bolton Church Service | Religion |
| 9:00 AM ECC Service | Religion |
| 11:00 AM Trinity Lutheran Church Service | Religion |
| 12:05 PM Sterling Little League Opening Day | Local |
| 12:30 PM Sterling Cub Scouts Pack 34 | Local |
| 1:00 PM InFocus - Terror in Nairobi | Documentaries |
| 2:00 PM The Garage - Toy Chest | Hobby |
| 3:00 PM Sterling Little League Opening Day | Local |
| 3:30 PM Sterling Cub Scouts Pack 34 | Local |
| 4:00 PM The Local Kids - Minecraft | Children |
| 5:00 PM NRHS Pops Choral Concert | Music |
| 7:00 PM InFocus - Terror in Nairobi | Documentaries |
| 8:00 PM Sterling Little League Opening Day | Local |
| 8:30 PM Sterling Cub Scouts Pack 34 | Local |
| 9:00 PM The Garage - Toy Chest | Hobby |
| 10:00 PM Barbara and You | Interview |

| Monday-Friday | Genre |
|--|---------------|
| 6:30 AM Steve Katsos Show - Ep 151 | Variety |
| 7:30 AM Barbara and You | Interview |
| 9:00 AM Eat Well Be Well - Apricot Compote | Cooking |
| 10:00 AM Medicare and More - Ep 7 | Health |
| 11:00 AM Lancaster Fire Dept. Drill | Local |
| 12:00 PM Channel 8 Community Updates | Local |
| 12:30 PM Pawdoption | Local |
| 1:00 PM InFocus - Ebola Hot Zone | Documentaries |
| 2:00 PM Church Services | Religion |
| 4:00 PM Animal Adventures - High Ledges | Children |
| 4:30 PM WRHS Sprina Concert Night 1 | Music |

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LOCAL HAPPENINGS

Memorial Day Observations

PHOTOS by Richard Maki



A solemn moment for participants in the Memorial Day program on May 25.



Future Girl Scouts marching in the Memorial Day parade on May 25.



Boy Scout Cam Amsden of Troop 190 attaches a name placard on a flag at the Avenue of Flags in preparation for the Memorial Day observance on May 25.



Marchers in the Memorial Day parade on May 25.

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LOCAL HAPPENINGS

Household hazardous products collection day

Wachusett Earthday is sponsoring a household hazardous products collection day on Saturday, June 20, from 8 a.m. to noon, at the Wachusett Watershed Regional Recycle Center, located at 131 Raymond Huntington Highway, West Boylston. The Recycle Center offers chemicals and paints collection for a fee. Reuse, recycling, electronics and bulk items will be accepted, some with fees. The Recycle Center is open Mondays from 5 to 7 p.m., Tuesdays from 9 to 11 a.m., and Wednesdays from 2:30 to 4:30 p.m.

Many items are accepted and offered free for reuse including sporting goods, crafts, containers, baskets, toys, bicycles, medical equipment, home goods and more. Currently the Recycle Center is especially seeking sporting goods, pots and pans, silverware and craft supplies.

A modest fee is charged for TVs, appliances, computer monitors, lawn mowers, furniture, rugs, toilets, sinks, mattress, large children's toys, outdoor furniture, household project debris, car tires, and propane tanks.

No fee is charged for paper, cardboard, glass, plastic, separated #6 styrofoam, metal cans, returnable bottles

and cans, all batteries, mercury thermostats, thermometers, fluorescent tubes, bicycles, clothing, books, linens, small household goods, electronics, printers, and computer parts (except monitors). Scouts collect returnable bottles and cans.

The Center is open to residents of Boylston, Holden, Paxton, Princeton, Rutland, Sterling and West Boylston. For more information and updates, visit wachusettearthday.org or contact Colleen at 508-479-2123.



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LOCAL HAPPENINGS

Postal worker retires after 20 years

by Danielle Ray

Susan Scales recently retired from the U.S. Postal Service in Sterling after 18 years as a clerk and 20 in total as a postal worker.

"It's time to move on," Scales says. "I will miss the people, and the customers who are so friendly. When you have the same customers for 18 years they becoming friends, and my co-workers are like family. When you work six days a week you spend more time at the post office than at home. But I'm ready for the next stage of my life."

Scales grew up and attended school in Worcester. She applied to be a postal worker in Pepperell, Massachusetts, two decades ago on account of the health insurance and benefits, as her husband owns his own business.



Contributed PHOTO

On May 30, Sue Scales (left) received a plaque commemorating her years of service by Sterling Postmaster Robert Marrama. Co-worker Nadine Mitchener was among the post office employees that helped celebrate the retirement.

Scales says that although the holidays were often challenging, she enjoyed getting to know the repeat customers she served over the years. She recalls that there were five clerks when she started working in Sterling who hand sorted a lot of the mail, including catalogs and magazines. Today, machines do all the sorting, and there are currently three clerks.

"Letters have gone down and packages have gone up," she says. "People are shopping more online and paying bills online."

Scales says she has "mixed feelings" about her retirement. Her husband is semi-retired, and Scales will continue to do the accounting for his business.

One of her goals in retire-

ment is to camp in every state in the continental United States. She and her husband have camped at Disney World and several states along the way, as well as some New England states. They plan to head west and camp at some national parks next summer.

Scales adds that her husband and son are both private pilots and that they often "fly for food. We want to fly up to Maine for the day this summer and get lobster."

Scales is also looking forward to spending more time with her seven grandchildren who range in age from 5 to 25 years old.

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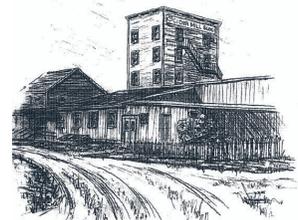




PHOTO by Richard Maiki

Contest participants (from left to right) Jarek Michalak, Emma Burke, Becca Emsley, Sidney Stadlman, McKenzie Wright, Cassandra Lundgren, and Katherine Zanino.

Young writers perform at the library

On June 11, seven of eight participants in the teen writing program and contest at Conant Public Library performed their original works for an audience of family and friends. The writers, ranging in age from 12 to 15, were invited to write about kindness as part of the "One Book, One Sterling" initiative. The participants' names were also entered into a raffle to win a Kindle Fire donated by The Friends of the Conant Public Library, which was won by Sarah Jacobs. The remaining participants were given Barnes and Noble gift cards, also donated by The Friends of the Conant Public Library.

Summer youth events at the library

Conant Public Library invites you to explore the programs being offered in conjunction with the annual statewide Summer Reading Program, "Every Hero Has a Story!". Sponsored by the Massachusetts Library System,

Davis Farmland, The Friends of CPL, Roll On America, and many local families. The library is located at 4 Meetinghouse Hill Road, Sterling. Registration is required for all programs. Call 978-422-6409 to register.

Toto the Tornado Kitten – Toto was only 3 weeks old and barely weighed 6 ounces when he was spotted in a tree during a tornado on June 2, 2011, in Brimfield, Massachusetts. What happened to Toto? Come find out! Toto the Tornado Kitten will visit the library on Wednesday, June 24, at 10:30 and 11:30 a.m. Everyone will get a chance to pet Toto. Books will be on sale for \$10. All proceeds go to the Animal Rescue League of Boston or the Thomas J. O'Connor Animal Control & Adoption Center in Springfield.

Summer Reading Program – Patrons ages birth through 17 are invited to participate in this time-based, self-directed, and family-driven program to improve language and reading comprehension skills, or as a reminder to set time aside for reading. Reading is a wonderful family activity, providing a great opportunity to start a dialogue and connect as a strong unit with different viewpoints. Summer travel provides an opportunity to listen to audio books and read. Registration opens on Monday, June 22. Sign up in person or online. Participants will track reading time starting Monday, June 29, and will receive a raffle ticket for every 2 hours spent reading. The final day to read and record time is August 20.

Movie – Thursday, July 2, 10:30 a.m., "Grace Stirs Up Success," an American Girl movie.

Story Hour – Registration starts July 6 for the next story hour series. Ages 18 months to 3, Tuesdays at 10:30 a.m., and Thursdays at 2 p.m. Ages 3 and up, Mondays at 2 p.m., and Wednesdays at 10:30 a.m.

Family movie night – Wednesday, July 8, 5:30 p.m., "McFarland USA."



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Library NEWS

Disneynature summer film series – The library will show family-friendly Academy Award-winning Disney-nature films throughout the summer, open to children ages 6 and up, accompanied by an adult. The films are true adventures with real-life footage, but parents are cautioned that the depictions of nature's realities may be upsetting for very young viewers.

Thursday, July 9, 3:30 p.m. – *"Wings of Life"* describes the relationship of bees, birds, bats, and butterflies, to flowers. Narrated by Meryl Streep, the documentary follows the journey of these pollinators, some of which travel amazing distances to pollinate a very specific flower. Nature-loving viewers will enjoy a look at nature's unsung heroes.

Thursday, July 16, 3:30 p.m. – Set against one of the wildest places on earth, *"African Cats"* tracks the extraordinary adventure of two families as they strive to make a home in an untamed land. Breathtaking images bring viewers face-to-face with the majestic kings of the savanna and their true-life love, humor and determination.

Thursday, July 23, 3:30 p.m. – *"Bears"* showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set in Alaska, their journey begins as winter comes to an

end and the bears emerge from hibernation to face the bitter cold. The world outside is exciting, but risky, as the cubs' playful descent down the mountain carries with it a looming threat of avalanches

Book club – Ages 8 to 12, Tuesday, July 14, 2 p.m.
Selection is *"Pippi Longstocking."*

Family movie night – Wednesday, July 15, 5:30 p.m.,
"Curious George 3."

Pajama Story Time – Wednesday, July 22, 1 p.m.

Family movie night – Wednesday, July 22, 5:30 p.m.,
"Superman: The Movie."

Book club – Ages 8 to 12, Tuesday, July 28, 2 p.m.
Selection is *"The Chocolate Touch."*

Enjoy a tasty evening with the Cookbook Club

Come and sample recipes from *"Skinnytaste"* on Wednesday, June 24, at 6:30 p.m. at Conant Public Library. Each participant will prepare a recipe from the book, and bring it to the library for an evening of good fun and great conversation. Cookbooks are available for checkout at the library. Call 978-422-6409 to register.

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If you are building a new home or remodeling, my wife and I highly recommend Kitchen Associates. We are enjoying the amazing functionality of our kitchen. You can view some of their kitchen and bath masterpieces on their website, including my own kitchen!



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Movie nights at the library

"Mr Turner" will be the feature film on Tuesday, July 14, at 5 p.m.

With an all-star cast that includes Maggie Smith, Bill Nighy, Judi Dench, Dev Patel, and Richard Gere, "*The Second Best Exotic Marigold Hotel*" is anything but second best. This uplifting and romantic film is great summer entertainment. Tuesday, July 21, at 1 p.m. and 5:30 p.m., in the Baker Room. Call 978-422-6409 to register.

Thursday Night Book Club

Selection for the book club meeting on Thursday, July 23, 6:30 p.m., is the Goodreads 2014 Choice Winner "*We Were Liars*" by E. Lockhart. This tale of suspense takes place on a private island off of Cape Cod. Call 978-422-6409 to register.

Digital magazines and newspapers now available at the library

If you're planning to take your e-reader to the beach this summer, the Conant Public Library has many new magazines and newspapers available for free through OverDrive. This new collection features popular digital magazines and newspapers, including The New Yorker,

Reader's Digest, Cosmopolitan, Glamour, ESPN, Men's Health, Popular Science, Bon Appetit, and Parents. Users can check out periodicals on the same digital library website where they currently borrow eBooks, digital audiobooks and streaming video titles. All that is required is a valid library card and a NOOK account. Titles can be read using a NOOK tablet device or free NOOK Reading App available for a multitude of smartphones and tablets. For more information or assistance, call 978-422-6409.

Donate books to the library store

The Friends of the Conant Public Library are asking for donations of recently published

books in very good condition for the Friends' book store. Drop adult fiction and children's book donations off at the library's main desk. All proceeds from book sales support library programs such as the Summer Reading Program.



The Moon and the Sun

A Poem By: Sarah Jacobs

The moon is mean and cruel. **The sun is kind and sweet.**

The moon rudely forces you inside. **The sun nicely invites us outside for a pleasant day.**

The moon forcefully pushes us into bed, **The sun honorably invites us outside at dawn,**
and yells, "Stay here, go to sleep now!" **and whispers, "Today is going to be a great day**

The moon cackles as every light goes out. **The sun warmly welcomes me into his world,**

The moon evilly peers at us, **as we dance and play all day in the sunny fun,**

In the brisk sound of silence. **and all I can hear is remarks of kindness jumping in the air,**

The moon is cruel and mean. **The sun is kind and sweet.**



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Summer is finally here and the Sterling Recreation Department has some great activities planned all ages. Sports, arts and crafts, getaways, and even concerts, we've got it all! Visit sterling-ma.gov/recreation and follow the red button to learn more about all of our programs & register online. For more information, call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling.

Summer Lake Super Safari Adventure – Entering grades 3 to 8. June 23 to 26, 9 a.m. to 4 p.m. Join summer lake staff for four days of amazing adventures. Travel to Kimball Farms in Westford, Sky Zone, Canobie Lake Park, and Water Country. \$250/4 days, or \$70/trip.

Summer Lake Program – Entering grades 1 to 8. Session I: June 29 to July 10; Session II: July 13 to 24; Session III: July 27 to August 7. All sessions 8:30 a.m. to noon at Sholan Park. \$130/child/session, or \$70/week.

Arts and Creativity

Project Runway – Entering grades 5 to 8. June 29 to July 1, 9 a.m. to 2 p.m., Chocksett Middle School. \$165.

Art Experiences for Kids – Entering grades 1 to 5. July 6 to 10, 9 a.m. to noon, Houghton Elementary School. \$150.

Sports

Baseball Fundamentals -- Ages 5 to 8. Session I: June 29 to July 2; Session II: August 3 to 6. All sessions 4 to 5:30 p.m. at Redstone Hill Fields. \$65/session.

Sterling Sports Adventure – Entering grades 1 to 8. Session I: June 29 to July 2; Session II: July 6 to 9. All sessions 8:30 a.m. to 2:30 p.m. at Chocksett Middle School. \$145/session or \$280/both sessions. This program has a separate registration form available at the Recreation Department and printable online.

Active Adults and Teens

Morning Yoga – Tuesdays, July 14 to August 18, 7 to 8 a.m. at Sholan Park. \$65/session or \$13/class.

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 – Tuesdays, 7 to 8:15 p.m., and Saturdays 9:30 to 10:45 a.m.

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

Butts & Guts – Tuesdays, 5:30 to 6:45 p.m.



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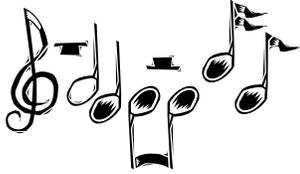
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Martha's Vineyard – Sunday, August 2. Take the Island Queen ferry to Oak Bluffs. Explore the Victorian gingerbread cottages and visit famed Edgartown. \$89/person.



Summer Concert Series

Concerts take place Monday and Wednesdays in July and August, from 6 to 8 p.m., at Memorial Park. Free and open to the public.

- Wednesday, July 1** – The Blue Flames
- Monday, July 6** – The Transistors
- Wednesday, July 8** – The Main Event
- Monday, July 13** – The Rampage Trio
- Wednesday, July 15** – Time Machine
- Monday, July 20** – Side Effect
- Wednesday, July 22** – The NoWhere Men

Contract signed to begin new senior center construction

by Danielle Ray

The Senior Center Building Committee has announced that Builder Systems Inc. of Auburn has won the general contractor bid for the new Sterling Senior Center project that voters approved at a cost of up to \$2.71 million at the May 2014 Annual Town Meeting. The bid, which was the lowest of six that were accepted mid-May, is on target for the estimated construction cost of \$1.9 million. The remainder of the funds has been and will continue to be used to pay for project managers and architects.

"It's very exciting for us to be at this stage," says Senior Center Building Committee Co-Chair Maureen Cranson, adding that she expected a projected timetable for the project would be developed at the committee's meeting on June 18.

Builder Systems will be working in cooperation with the architects at T2 Architecture Inc., civil engineers from Whitman & Bingham Associates, the project manager from Architectural Consulting Group, and the Sterling Municipal Light Department and Sterling Department of Public Works, among others. The groundbreaking is expected to take place at the site located at the intersection of Muddy Pond and Boutelle roads toward the end of June.

"All of the principals will be working closely together," Cranson says. "This is a real team project."

A pre-construction meeting took place on June 11 and the construction trailer is already located at the site.

"The only factor other than normal construction delays will be the weather," says Cranson. "There's still much to do, but the majority of the work is now in the hands of the professionals."

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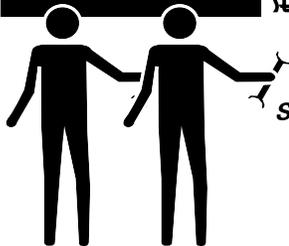
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Senior Center happenings

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.

Book Club – Thursday, June 25, 12:30 p.m. This month’s selection is “If I Stay,” by Gayle Forman. Copies are available at the Senior Center.

Pancake Breakfast – Friday, June 26, 7:30 to 9:30 a.m., at the Senior Center. Enjoy pancakes, sausages, tea breads, juice, and coffee, hosted by the Friends of the Sterling Seniors. \$2. All are welcome.

Father’s Day Ice Cream Social – Monday, June 29, 12:30 p.m. Celebrate by making your own ice cream sundae. \$1. Register by Wednesday, June 24 at 1 p.m.

July 4th – The Senior Center will be closed on Friday, July 3.

SHINE counselor – Thursday, July 16, a counselor will be available to answer health insurance questions. Appointment required.

Elder Keep Well Clinic – Thursday, July 16, noon.

Probiotics talk – Wednesday, July 22, 10:30 a.m., by an MOC nutritionist. The Sterling Municipal Light Department will be hosting this talk by Ray Gouley. Come for the talk, stay for lunch. To register, call the kitchen at 978-422-8022.

Book Club – Thursday, July 23, 12:30 p.m.

Every week:

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

Tuesday—Game day, 12:15 p.m.

Wednesday—Chair yoga, 9:30 a.m., \$3 per class; Computer class, 9:30 a.m.

Thursday—Gentle yoga for strength and flexibility, 9 a.m., 1835 Town Hall. \$3 per class.

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



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PHOTO by Richard Maki

It's a strike! Wii bowlers enjoy competition, a workout and refreshments.

Seeking Wii bowlers

The Sterling Senior Center recently hosted 22 Wii bowlers from Rutland, Hubbardston, West Boylston and Sterling. Senior teams rotate their monthly participation among the area senior centers. West Boylston bowlers won the first round of the competition. Participants enjoyed exercise, light refreshments, and the chance to gather with old and new friends. New members, especially males, are being actively recruited by the Sterling team. For more information, contact the COA at 978-422-3032.

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.



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Learn to fly fish at Lancaster Mill Pond

The Wachusett Watershed Ranger Program is offering an introduction to fly fishing, including fly casting lessons, techniques, and information about some of the fish species you're likely to catch in and around the Wachusett Reservoir. Rods, flies and a group fishing license will be available, or bring your own equipment. Saturday, June 20, 9 a.m., at Lancaster Mill Pond, Clinton. Free. For more information or directions, contact the Wachusett Watershed Ranger Office at 978-365-3800.

The Lancaster Friends of the Nashua River will hold their annual Lancaster Nashua River Festival on Saturday, June 20, 9 a.m. to 4 p.m., at Kalon Farm Field on Route 117 in Lancaster located across the street from the Lancaster/Bolton Fair Grounds. The event will feature a wide variety of family activities and include exhibitors from throughout the community. Free. For information and a schedule of events, visit LancasterFriendsoftheNashua.org.

Republican Committee meeting

The Sterling Republican Committee (RTC) will hold a meeting on Monday, June 29, 7 p.m., at the 1835 Town Hall, Room 1. For more information, call Loret at 978-368-8923 or email loret.schur@gmail.com.

American Legion meeting

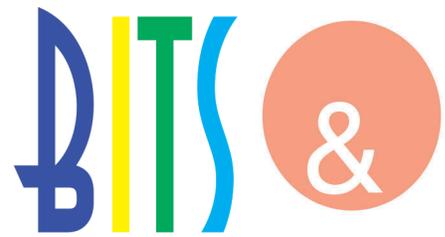
There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, July 6, 7:30 p.m., at the post hall on School Street in Sterling.

Lyme Foundation meeting

The Central Mass Lyme Foundation will hold a meeting on Saturday, July 11, 1 to 3 p.m., at the Unitarian Universalist Church, 90 Holden St., Worcester. Guest speaker Deb Jodoin will discuss the benefits of detoxifying your body through lymphatic massage and essential oils. For more information, call 1-888-511-LYME, or visit CentralMassLyme.org.

Enjoy tea at NEADY Cats

Everyone is invited to attend the Memorial Garden Blessing and Tea with the Kitties at NEADY Cats on Saturday, July 18, from 10:30 a.m. to noon. The event will begin with a special blessing in the NEADY Cats Memorial Garden. All are welcome to attend and remember a special pet who has passed over the Rainbow Bridge. Light refreshments and visits with the kitties will follow the blessing. For more information, including a wish list of supplies always welcome at the shelter, visit neadycats.org.



Nar-Anon support group

A Nar-Anon family support group meets every Thursday, 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.

Wachusett Food Pantry July food distribution

The WFP is a volunteer operation that 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 senior citizens, and the third Saturday of the month for everyone else. Any resident of Sterling, Holden, Paxton, Princeton, or Rutland is eligible. Proof of residency is required. Located in the Cream Crock Distribution Building, 50 Worcester Road, (Rte 12), Sterling. Distribution is on Friday, July 17 for seniors, and Saturday, July 18 for the general public, from 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 use at distribution. For more information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

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PIECES...

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.

Zoll Cellars Winery, Shamrock Hives Farm, Elzire's Acre Goat Milk Soap, Sunny Knoll Farm Alpacas, Pineo Family Farm, Crystal Brook Farm, Clearview Farm, Fox Hollow Pie Company, and Meadowbrook Orchards are among this season's regular vendors.

Local business sponsors are needed to support the market. The \$250 sponsorship fee helps provide payment as well as Farmer Funds to the musicians who play at the markets, electricity and tents, craft supplies for the kids, and promotion. Sponsors are welcome to distribute information at the markets, and receive signage at the market and promotion on the market's Facebook page. Vendor and crafter applications are still being accepted for the 2015 season. For more information, visit the Sterling Farmers Market page on Facebook or email sterlingfarmers-market@gmail.com.

Recycling bins available

Curbside recycling bins are available for purchase at the DPW Office, 171 Worcester Road, Sterling. \$7 each.

Town beach stickers and guest passes

Beginning July 1, the Sterling Recreation Department, located at 31 Main St., will issue town beach stickers and guest passes, which will no longer be issued by the DPW. For information, call 978-422-3041

Hydrant flushing underway

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

Mandatory water ban in effect

In accordance with the Water Management Act Final Permit issued by the Massachusetts Department of Environmental Protection, the town is required to enact a mandatory water ban from May 1 until September 30, from 9 a.m. to 5 p.m. The ban restricts daily "nonessential" outdoor water use from public water sources. .

Neady Cat



Contributed PHOTO

Sleek black cat looking for a home

Do you have room in your heart and home for Pompay? She's a sleek, black, 9-month-old kitten that's quiet and a little timid, but never misses the sound of a treat bag and will come running. She's easy to pat and loves to play. Pompay is missing her right eye, but has adjusted to her limitations and has no problem navigating her way around. Pompay would do best as an only cat. For more information about Pompay or any of the NEADY Cats kitties, email Marilyn at neadycats@charter.net.

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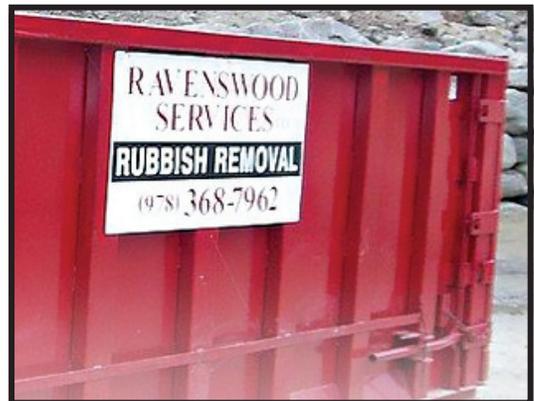
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