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May 17, 2017

Principal LaBreck reflects on middle school past and future

by Jamie Chase Galvin



Contributed PHOTO

Christopher LaBreck

July will mark the start of Christopher LaBreck's third year as principal of Chocksett Middle School. LaBreck's background in education began at a young age. 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.

Reflecting back over the past two years, LaBreck feels a sense of pride in what has been accomplished, while looking ahead to the continued growth and forward movement of the Chocksett community. LaBreck has brought considerable experience in addition to his educational background to his position. He spent years in various educational capacities, including as a private alternative school teacher in Springfield, and as a special education teacher at Sullivan Middle School in Worcester. He served as Special Education Team Chair for Worcester Public Schools and Assistant Principal at King Phillip Regional High School in Wrentham. Prior to assuming his position at Chocksett, he served as Assistant Principal and then Associate Principal at West Boylston Middle High School.

During his tenure as principal of Chocksett Middle School, LaBreck has enjoyed many achievements, but feels one of his proudest endeavors has been tackling some student needs that have been historically underserved. "I'm really proud that we've begun addressing the

social-emotional needs of our students, both at Chocksett and across the district," he says. "With the support of [Director of Pupil Personnel] Cathy Knowles and Central Office, we've added a half-time school counselor who is teaching lessons around social and emotional development in grades six to eight."

LaBreck feels it's the continued hard work of the Chocksett staff that is at the forefront of moving the school forward and crossing items off the to-do list. "I'm proud of how the staff here has taken an active role in moving the school forward, giving their time to work on meeting our school improvement goals and already setting new goals for next year. It's a pleasure to work with professionals who care so much about what they do every day," he says.

LaBreck is excited not only by what he and his staff have already accomplished, but by his future plans for the school as well. Next on the agenda is the implementation of Positive Behavioral Interventions and Supports (PBIS) for the school community.

"PBIS is a philosophy that shifts focus from what students shouldn't be doing, which means rules, to what they should be doing, meaning expectations. We establish expectations across the school and in classrooms with as much consistency as possible, and then take the time to teach kids what we expect. The

philosophy also recognizes those kids who are meeting expectations in small, but meaningful ways," he explains.

Adding high-speed wireless Internet to the school building is another future goal LaBreck hopes to tackle. "We're very excited about the possibility of adding high-quality wireless internet throughout the building," he enthuses. "That will impact how students learn, by giving them immediate access to unlimited information. It will help us to engage students in their learning and personalize their learning."

LaBreck acknowledges that holding the reins at the middle school is both challenging and rewarding. With about 400 children to uplift and educate, LaBreck takes his past and future accomplishments very seriously. "We have around 400 students and they all have different needs—academically, emotionally, and socially. Finding the right balance between challenging them academically, pushing them socially, and supporting them emotionally, especially at this age, is our challenge," he says. "We have great students who do wonderful work and, for the most part, they're really good to each other. Seeing them as individuals who are learning and growing, recognizing they'll make mistakes, and helping them to learn from their mistakes, is the most rewarding part of the job, but it's also the most

challenging part."

It's those very students that push LaBreck and the hardworking staff at Chocksett Middle School to strive toward their future goals. "Being able to watch students work hard at something, make mistakes, correct the mistakes and get it right—in both academic and extra-curricular activities—is amazing. When our students come in as fifth graders, they are kids. They grow and change so much during their time here. Our goal is to make sure that when they leave here after eighth grade, they have a level of independence and confidence, as well as the academic and social skills they'll need to be successful in high school and beyond. Seeing that happen, and being a small part of it, that's extremely rewarding."

LaBreck is grateful for the support of those around him, recognizing that it takes a village to run a successful and forward thinking school community. "I am so grateful for the support of the community. Parents have been welcoming and helpful. The various town departments, the DPW, police and fire departments, Sterling Recreation, town office personnel, and the Sterling Municipal Light Department, are always willing to help in any way they can," he says. "The way everyone in town is willing to work together and help each other is very reassuring. It helps us to succeed."

Growing number of services available to veterans

by Ray Tatten

After over 23 years of active duty with the U.S. Marines, 1st Sgt. Richard Voutour is a civilian again. He currently serves as Veterans' Services Officer for Sterling, Leominster and Lancaster, dedicated to helping veterans receive the benefits and services they have earned. Sterling Meetinghouse News met with Voutour at his office located in the Sterling Senior Center to learn more about the assistance and programs available to area veterans, their spouses and widows.

SMN: What are the major challenges facing our veterans?

RV: That varies, since there are two separate groups. Young veterans, who may have been deployed multiple times to actual war zones or dangerous areas, struggle with transition to civilian life. After two, three, or four tours, they find themselves suddenly alone, without the camaraderie they had known and depended on. They have no peers, and no one to look out for them. Families and spouses can't fill that void or often even understand it. Even with a job, new veterans struggle to find their place in regular life. For older veterans, the problems are more often financial. Many in retirement are outliving their money, while facing daily decisions as basic as whether or not they can afford to eat.

SMN: As a society, how are we helping veterans deal with these challenges?

RV: First, there are tons of services available. The military has done a better job on a one to one basis. The federal Veterans' Administration offers extensive medical services with additional coverage added regularly for what's considered presumptive conditions that are suspected as a result of deployment, such as Agent Orange symptoms. The list is growing, and includes cancer, diabetes and Parkinson's disease. Hearing loss due to loud environments caused by machinery, weapons, and explosions, is another example of a prevalent presumptive condition with treatment covered. Insofar

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ROAD WORK UNDERWAY IN STERLING.

Road work crews have begun a significant construction project on Route 12 in Sterling in the area between Chocksett Road and I-190. Road work takes place from Monday to Friday and may cause traffic delays throughout the summer.

Drivers are asked to use an alternate route whenever possible.

And remember to slow down when travelling through construction zones.



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Stop poisoning our lake

While Article 14, calling for treatment of East Lake Waushacum, passed at the Annual Town Meeting, I would like to voice my extreme concern about just how damaging and destructive spraying the lake is for native species. For many years, the Conservation Commission has recommended spraying East Lake Waushacum with herbicides and algaecides. They promise this will improve the quality and safety of the lake water. This plan is put forward with incomplete understanding of a lake environment and its ecology.

Spraying has achieved only transient improvement. Overall water quality has decreased significantly and the lake is now in an advanced state of eutrophication with regular annual algae blooms. Wildlife, animals, amphibians, fish and waterfowl, once abundant in the lake, have all been severely impacted and reduced.

There are three common categories of aquatic vegetation: emergent, sub-emergent, and floating. All are present in East Lake Waushacum and all are of crucial importance to the health of the lake. Submersed and emergent plants protect shorelines from erosion due to wave action and currents. They can also help stabilize sediment, which can increase water clarity. Typically, emergent plants are the first ones encountered as you approach the lake. They are the most common, with roots buried in the sediment and shoots sticking up out of the water. Native aquatic vegetation is beneficial and crucial to the healthy lake ecosystem, providing identical functions as terrestrial plants. They provide food and habitat for themselves and other plants living in the lake, and are a food source for animals living in the lake, including fish, frogs, and insects. Without plant vegetation, wildlife in a lake dies. Continued annual spraying has destroyed much of the native life of the lake, greatly damaging its health.

In addition, just as terrestrial plants use photosynthesis to remove carbon dioxide from the air and produce oxygen, lake vegetation removes carbon dioxide from the water and replaces it with oxygen. Without the removal of carbon dioxide and the addition of oxygen, native plants cannot live and a lake quickly becomes unhealthy and dies. Already there are dead zones in East

Lake Waushacum, zones with no oxygen, no life, and only dead water.

Too often, people misunderstand and under-value the importance of aquatic plants in freshwater ecosystems and would rather not have them in the lake at all. Aquatic plants provide important nest and den-building materials and living space for wildlife, such as insects, frogs, snails, and crustaceans, which in turn supply food for fish and waterfowl. Many studies have shown that vegetated areas support many times more of these tiny creatures than do unvegetated areas. The job of all this wildlife is to help keep the lake clean and clear.

The toxic chemicals the Conservation Commission plans to spray on the lake are glyphosates and copper sulfate. Glyphosates are extremely toxic. They cause cancers, neurological, cardiovascular, and gastrointestinal diseases, and are very harmful to children. Copper sulfate kills lake plants quickly, while increasing the frequency and severity of algal blooms. It doesn't biodegrade and accumulates on the bottom of the lake creating a sediment of toxic heavy metals which persist for eons. Copper sulfate, like glyphosates, kills lake wildlife and is harmful to children.

The first and most important step in returning the lake to health is to concurrently stop dumping toxic chemicals into the water and investigate the ecosystem of the lake to determine the root cause of the problem. Funds allocated for spraying could be used for such a study. Then an action plan can be developed towards resolution of the problems. Only if we take real positive action and stop looking for a quick fix can we address the lake problems and help return the lake to health. It may take years to revive the health of the lake. Hopefully, it's not too late.

East Lake Waushacum existed in pristine condition for almost 20,000 years. We know that Native Americans lived around the lake for thousands of years in harmony with nature. It took only 50 years for us to turn East Lake Waushacum into a toilet for our chemicals, septic waste, herbicides, pesticides and fertilizers. Let's stop poisoning our lake. Let's clean it up for ourselves, our children and grandchildren.

Maryanne MacLeod
Swett Hill Road, Sterling

Thank you, Y.A.H.O.O.

My thanks go out to the wonderful Sterling kids who volunteer in the Y.A.H.O.O. program, which stands for Young Adults Helping Out Others. In this case, the "others" are seniors in the town of Sterling who can no longer do heavy yard work.

For the past 15 years, kids from the seventh grade through high school have given up several Saturdays in the spring and fall to clean up yards and do tasks for the elderly. There is no monetary compensation, just the grateful thanks from those they help.

They don their orange sweatshirts and grab rakes and tarps and whatever tools they need for the tasks waiting for them. They come with their smiles and hugs and brighten the day. It is two hours of pleasure to watch boys and girls teasing each other, laughing, all the while getting things cleaned up. We seniors call them our "Orange

Angels."

Y.A.H.O.O. was started by Kevin Beaupre and his late wife. Several people took on the task of continuing the leadership, which requires a great deal of time to organize. Thanks to Selectman Rich Lane and his group who picked the program up, as it would have shut down otherwise, which would have been a great loss of a wonderful service.

We also want to thank the sponsors who donate the funds needed to purchase supplies, drivers who transport the kids to their destinations, and the parents who have done such a great job teaching their youngsters that it's a great thing to help others.

Irene E. Camerano
Beaman Road, Sterling



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

Letters to the Editor

Letters should be no more than 300 words, and must include the writer's name, address, phone number and signature. Only name, street name and town will be printed. Letters may be edited for length and clarity. On occasion, letters up to 500 words may be published as opinion pieces, at the editor's discretion. Send email to lex@sterlingmeetinghousenews.com

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ANNOUNCEMENTS

Watch out for wildlife

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

Wachusett Food Pantry May and June distribution

Friday, May 19 for seniors, and Saturday, May 20 for the public, 9 to 11 a.m. Friday, June 16 for seniors, and Saturday, June 17 for the public, 9 to 11 a.m. Residents of Sterling, Holden, Paxton, Princeton, and Rutland are eligible. Proof of residency required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Route 12), Sterling. For information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

Spring 2017 brush dump schedule

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

Curbside trash/recycling schedule for May

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

Mandatory odd/even water ban restriction

Effective April 1, all use of automatic irrigation systems and any type of lawn sprinkler must comply with the odd/even water system. Properties with even numbered street addresses will be allowed to use irrigation systems and sprinklers on even calendar days and properties with odd numbered street addresses will be allowed to use irrigation systems and sprinklers on odd calendar days. The use of sprinklers, automatic or other, is prohibited from 9

a.m. to 5 p.m. on all days. Handheld watering of vegetable and flower gardens with a hose is unrestricted and may be performed on any day or time. For more information, visit the DPW web page at sterling-ma.gov.

Free documentation shredding

Wachusett Watershed Regional Recycling Center, Saturday, May 20, from 8 to 11 a.m. Only bring paper with confidential information to the shredding truck. Other non-confidential paper products can be deposited in the paper recycling dumpster. Due to the popularity of the free document shredding, quantities may be limited to serve all residents.

Paint and chemical disposal

Wachusett Watershed Regional Recycling Center, Saturday, June 17, from 8 a.m. to noon.

Recycling Center hours

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

Sheriff's office accepting applications for Basic Recruit Training Academy

Worcester County Sheriff Lew Evangelidis has announced the Worcester County Sheriff's Office is accepting applications for individuals interested in a career as a correctional officer for their Basic Recruit Training Academy #48 starting in September. Correctional officers are responsible for the care, custody and control of inmates through supervision, observation and monitoring of inmate activities as well as the enforcement of security policies and procedures. Applicants must have an associate degree or higher education, or documentation of 60 credits towards completion of a bachelor's degree at an accredited college or institution of higher learning, or two years of military service. United States military applicants are given priority status in the hiring process. Applicants who meet the hiring standards will be invited to attend an information session in June. Those selected for the Basic Recruit Training Academy will participate in a 12-week program and must pass a written exam, physical fitness test, background check and psychological screening test. For more information or to apply, visit worcestercountysheriff.com. Application deadline is June 7.

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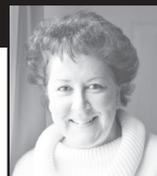
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Monty Tech Greenhouse now open

Monty Tech's on-site greenhouse will be open to the public until Friday, June 9. Hours of operation are from 11 a.m. to 1 p.m., Monday through Friday, when school is in session.

Inventory includes a wide variety of hanging baskets, annuals, perennials, vegetable and herb plants. Birdbaths, garden statues and concrete benches, all made in Monty Tech's masonry program, are also available for sale. The greenhouse is located behind the school building, 1050 Westminster St., Rte. 2A, at the Fitchburg-Westminster line. For more information, visit montytech.net.



Contributed PHOTO

Monty Tech's greenhouse is in full bloom.

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Chocksett student performs at Carnegie Hall

On May 1, Sterling resident Abigail Harris joined a 60-person strong theatre ensemble of youth aged 12 to 16 from across the country called the Camp Broadway Kids in a New York Pops 34th Birthday Gala performance at Carnegie Hall in New York City. Camp Broadway's 60-member cast was selected from a national audition of over



Contributed PHOTO

Abigail Harris outside the Lyric Theatre in New York City.

500 amateur performers. They made their Carnegie Hall debut following three days of intense rehearsals featuring master classes in vocal performance, dancing and acting under the direction of Camp Broadway's creative team of world class performers, directors, and choreographers.

"Camp Broadway and performing at Carnegie Hall was a wonderful experience," says Harris. "It was so fun making new friends, seeing new places and learning from amazing people."

This year's Camp Broadway Kids hailed from 25 states and represented 57 cities in the U.S., as well as Bermuda and Puerto Rico. Harris is 12 years old, and a grade 6 student at Chocksett Middle School. For more information about the Camp Broadway program, visit campbroadway.com.



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Contributed PHOTO

Sean Lowe (right), Monty Tech's Cafeteria/School Nutrition Director, is the school's Employee of the Year. With him is Travis Hull of Winchendon, a senior Culinary Arts major who is working with Lowe as a co-op student.

Monty Tech's "Outstanding Employee of the Year"

Sterling resident Sean Lowe, Monty Tech's Cafeteria/School Nutrition Director, has been selected as the school's "Outstanding Employee of the Year". Each year, the Rotary Club of Fitchburg and the Fitchburg Rotary Club East solicit nominations for outstanding municipal employees. Those individuals nominated by their employers are honored with other exceptional employees from across the City at an awards ceremony celebrating excellence, professionalism and dedication to their craft. Lowe was honored, along with other outstanding Fitchburg employees, at an awards dinner on May 16.

Lowe is a 1989 graduate of Monty Tech's Culinary Arts Program. He joined the cafeteria staff as a cook in November 2009. He became the Cafeteria Kitchen Supervisor in August 2014 and was promoted to his current position in August 2016.

According to Principal Thomas R. Browne, Lowe works behind the scenes, but his efforts have a high impact on the organization's success. "Every day hundreds of students and staff rely on Sean and his team to give them a moment of satisfaction through their breakfast and lunch service," he said. "Sean is committed to offering the best meal he can during that moment. His cafeteria team, including co-op students that work directly with him, is one of the most cheerful groups in the school, and it rubs off on the students and staff. Sean knows that food can bring joy, and Sean completes his task joyfully. He is an amazing employee who simply makes our school better," Browne said.

Lowe's family owns and operates Village Catering in Sterling.

Pinewood Derby

The cub scouts from Sterling Pack 34 held their annual Pinewood Derby on Sunday, March 12, with 25 entries. The boys planned, designed and assembled their cars from scratch and then joined together at the First Church in Sterling to race them. Each car raced several times and the winners were determined by average speed. Trophies were awarded to scouts with the top four average race times.

The fastest car this year was built by Webelos Scout Bruce Pulda. His car, "American Flag," beat out its competitors with a speed of 210.75 mph. Coming in second was Wolf Scout Dillon Tetreault's car with a speed of 210.19. Third place went to Webelos Scout Sam Tetreault at 209.9 mph and Bear Scout Alden Shepard placed fourth with a speed of 205.62 mph.

The scout with the top speed from each den competed at the Nashua Valley Council races held at Mount Wachusett Community College at the end of April. Those scouts included Bruce Pulda, Alden Shepard, Dillon Tetreault, and Tiger Scout Logan Butler.

The scouts thank members of the Sterling Fire Department who volunteered their time to judge which car designs they liked best in the following categories: Funniest - Ben Iarrobino's "Mystery Machine," Best SciFi - Gage Turgeon's "Sans Machine," Most Patriotic - Jake DeVecchio's "Roger That," Most Scout Spirit - Logan Butler's

"USS Butler," Most Car Like - Rory Lundgren's "Blue Fireball," Most Un-Car Like - Adam Orsini's "M1A1," and Chairman's Choice - Brian Orsini's "Hippie Mobile."

Pack 34 welcomes new Cub Scoutmaster

Ken Lannon has assumed the Pack 34 Cub Scoutmaster position. His son Jack is a Cub Scout in the Pack 34 Wolf den.

As with past cubmasters, Lannon will be responsible for leading future pack meetings, attending and contributing to monthly committee meetings where events are planned, and communicating with all pack members. Among other behind-the-scenes responsibilities, such as organizing council events and ensuring scouts receive achievements, the cubmaster represents the pack at the Memorial Day and Labor Day parades and other important events.

Pack 34 expresses sincere thanks to Dennis Trombley, who served as cubmaster for the past three years, for a job well done.

The committee, scouts and parents also sincerely thank Elizabeth Gray for many years of service as a Cub Scout den leader, mentor, cheerleader, summer camp volunteer, committee chairperson and more. Adam Bennett has spent much time shadowing Gray and is serving very well as the new committee chairperson.



Contributed PHOTO

(Left to right): Edward F. Manzi, Jr., Fidelity Chairman & CEO; Dr. Sheila M. Harrity, Superintendent-Director of Monty Tech; Christopher W. McCarthy, Fidelity President & COO; Jim Hachey, Monty Tech Vocational Director, and Thomas Browne, Monty Tech Principal.

Monty Tech's new program gets donation

Montachusett Regional Vocational Technical School received the first of five \$3,000 donations from Fidelity Bank to support the school's new veterinary science program.

In an effort to provide additional career and educational opportunities for students, Monty Tech is currently building a 7,500 square foot veterinary science training center on its campus. When completed, the center will include classrooms, a laboratory and a full-service clinic where low-income families in the Monty Tech district will be able to receive veterinary care at a reduced cost.

Monty Tech teachers and students from the school's building trades programs are doing all the construction. All costs for construction materials will be covered through donations, grants, and in-kind matches, and will not have an impact on member communities' assessments. Students will be accepted into the new program starting in the fall.

Monty Tech announces honor roll

Principal Thomas R. Browne has announced the honor roll for Montachusett Regional Vocational Technical School's third quarter of the 2016-2017 school year.

Students from Sterling named to the Principal's List are: Casey Brown, Holly Forstrom, Thomas Sahlberg, Emily St. Thomas, and Tyler Page.

Students from Sterling who earned high honors are: Alyssa Leonardi, William Roseberry, Heather Stevens, Peter Agurkis, Kaitlyn Coffey, Samantha Grice, David Hinckley, Alexander Littizzio, Taylor Moroney, Brianna Remy, Alissa Gaulin, Samuel Landadio, Madison Lowe, Ryan McGahey, Kyle Packard, Katelyn Roseberry, Katherine Tremblay, Joshua Barrett, Emily Grote, Sarah Jacobs, Sarah Parker, Anya Saben, Samuel Smith, Joseph Taubert, and Emily Thorogood.

Students from Sterling who earned honors are: Gerald Bourgeois, Evan Cutler, James Forest, Nicholas Lanciani, Benjamin Sweet, Sara Dupont, Kiera McNamara, Erica Regan, Cody Favreau, Dennis Minnich, and Ryan Morrissey.

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PHOTO by James Barbato

(Left to right) Stephen Godbout, John Kilcoyne, and Lex Thomas were sworn in on May 9 by Town Clerk Dawn Michanowicz.

Record low attendance for town election

On Monday, May 8, 285 voters turned out for the Annual Town Election, representing 5 percent of Sterling's eligible voters, one of the lowest turnouts in the town's recent history, according to Town Clerk Dawn Michanowicz.

Town Clerk earns master designation

Sterling Town Clerk Dawn Michanowicz has earned the designation of Master Municipal Clerk (MMC), which is awarded by the International Institute of Municipal Clerks (IIMC), Inc. IIMC grants the MMC designation only to those municipal clerks who complete demanding education requirements; and who have a record of significant contributions to their local government, their community and state.

The International Institute of Municipal Clerks, founded in 1947, has 10,300 members throughout the United States, Canada and 15 other countries, and the mission of this global non-profit corporation is to enhance the education opportunities and professional development of its diverse membership.

In light of the speed and drastic nature of change these days, lifelong learning is not only desirable, it is necessary for those in local government to keep pace with growing demands and changing needs of the citizens they serve.

Election results

Robert Cutler won his bid for re-election to the Board of Assessors for a 3-year term with 230 votes.

Incumbent **John F. Kilcoyne** won re-election to the Board of Selectmen for a 3-year term with 241 votes.

Incumbent **Donna M. Clark** was re-elected to the Board of Health for another 3-year term with 218 votes.

Marion M. Mahar was re-elected to one of two available seats on the Board of Library Trustees for a 3-year term with 224 votes.

Alexandra Thomas was elected to one of two available seats on the Board of Library Trustees for a 3-year term with 195 votes.

Lawrence R. Favreau was re-elected to the DPW Board for another 3-year term with 230 votes.

Incumbent **John J. Santoro** was re-elected to the Planning Board for another 5-year term with 229 votes.

Elisabeth A. Earle was elected to the Sterling Housing Authority for a 4-year term with 229 votes.

Incumbent **Brian J. Pierce** was re-elected to the Sterling Municipal Light Board for a 3-year term with 242 votes.

Stephen R. Godbout was elected to one of three available seats on the Wachusett Regional School District Committee for a 3-year term with 232 votes.

Write-in candidate **Susan T. Hitchcock** was elected to one of three available seats on the Wachusett Regional School District Committee for a 3-year term with 26 votes.

Write-in candidate **James E. Hartnett** was elected as Constable for a 3-year term with 19 votes.

Budget, school funding, and 1835 Town Hall repairs pass at Annual Town Meeting

by Lex Thomas

On Monday, May 1, residents and voters attended Sterling's Annual Town Meeting and deliberated over 40 warrant articles that will affect the town for FY 2018 and beyond. Town Moderator Amrith Kumar kept the meeting running smoothly, while giving attendees ample opportunity to raise questions and discuss individual warrant items. The meeting was attended by about 200 town residents. As anticipated, articles pertaining to the 1835 Town Hall and the Wachusett Regional School District budget provoked some heated debate.

- \$842,182 assessment to the Montachusett Regional School District, for Sterling's share of operational and capital costs.
- \$413,796 in Chapter 90 funds for highway resurfacing and other expenditures, as earmarked by the DPW. Sterling's share is part of approximately \$2.3 million for local road and bridge repairs awarded to the First Worcester District. Chapter 90 funds can be spent on a variety of municipal roadway projects, including resurfacing, drainage, sidewalks, traffic control and street lighting. The funding can also be used for bikeways, landscaping and tree planting, and for certain road building machinery, equipment and tools. Sterling residents voted unanimously to approve these funds and expenditures to be made by the Department of Public Works, with approval of the Board of Selectmen, and in accordance with the DPW's 5-year Capital Plan reviewed annually by the Capital Plan Committee.
- \$298,000 to fund 1835 Town Hall roof repairs, including architectural design, project management, and construction, as well as electric wiring, interior insulation, and ceiling finish. In addition, this strategy will turn the building's second floor into usable space. While the article is expected to require future financial investment in order to comply with state and federal accessibility laws, 1835 Town Hall Committee chair Robert McKay Jones believes that a portion of the town's expense would be eliminated by the availability of grants.

Voter approval highlights:

- \$11,080,796 town operating budget passed, which represents a \$206,621 or 1.9 percent increase over the current fiscal year. Department heads were asked to limit budget increases to 2 percent across the board.
- \$9,206,776 state required net minimum contribution to the Wachusett Regional School District, Sterling's net minimum contribution as provided by the state for the WRSD annual budget (\$8,145,271), plus Sterling's share of WRSD transportation costs (\$657,260), and the town's portion of the WRSD debt and interest cost for the high school (\$389,709), and debt and interest for oil spill remediation (\$14,536). Although voter division was anticipated on this article, it passed with a majority vote.
- \$2,145,662 Sterling contribution to the WRSD annual operating budget above the net minimum for operational expenses. This represents a 6.3 percent increase over the current fiscal year, possibly setting a precedent that the Board of Selectmen felt would be unsustainable in future years. However, Sterling resident Philip Campbell remarked that WRSD's per pupil expenditure of about \$11,000 last year compared to the state average of about \$14,500 made the district "tremendously underfunded." The article passed with a majority vote.

SMLD named an energy leader

by Lex Thomas



Sean Hamilton

Contributed PHOTO

The Sterling Municipal Light Department has long been recognized as a leader for implementing innovative energy initiatives that benefit ratepayers while maximizing energy resources. In survey results released in April, SMLD ranked in first place on the Utility Energy Storage list with 533 watts per customer installed in 2016. The 10th annual survey includes figures from 412 utilities across the country on solar connected to the grid both in 2016 and in total since 2007.

On October 12, clean energy leaders and stakeholders from across Massachusetts and New England gathered in Sterling to celebrate the groundbreaking for SMLD's Community Clean Energy Resiliency Initiative Battery Storage Project, the first utility-scale municipal energy storage system in Massachusetts. The 2-megawatt/3.9 megawatt-hour battery storage system installed at Sterling's Chocksett Road Substation is able to isolate from the main grid during a power outage and, with the support of existing solar generation, provide up to 12 days of backup power to the town's police station and dispatch center, critical facilities providing first responder services. The system is designed to provide emergency backup power during severe weather episodes. The project doubles the installed battery storage capacity in Massachusetts.

While SMLD and its general manager Sean Hamilton are recognized as models for similar projects throughout the country, Hamilton is quick to point out that his organization's success is due to a vast network of cooperative efforts throughout the town, the state, and the country.

"You don't do a project like this without a lot of help on the operations side," says Hamilton. "We've worked with all kinds of boards and committees in Sterling. They've all been fantastic. When you have that kind of cooperation, things go smoothly."

One reason the project is drawing a lot of attention from communities and power utilities throughout the country is that the facility was built in 33 working days, and

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Inspire Studios offers motivational workouts

by James Barbato



(Left to right) Kristin McKenny and Gretchen Cutter.

PHOTO by James Barbato

Sterling resident Gretchen Cutter and her business partner Kristin McKenny of Lunenburg have opened a boutique spin studio specializing in small group training classes focusing on bikes, weights, kettlebells, and ropes. Inspire Studios is located at 557 Lancaster St., Leominster, within KB Fitness Factory.

The spin classes are small and candlelit, making them more intimate. Cutter's and McKenny's goal is to inspire people to better themselves with a great cardio workout in an atmosphere that allows participants to meditate about what is going on in their lives at that moment. Each class includes a "reflection song" where the podium bike instructor is quiet and the participants spin while listening to the song's message. Fast-paced funk, pop, and rock are also integrated into the hour-long classes to make them fun.

Inspire Studio is not just another gym. The owners call it a "journey". There are theme rides where clients vote on the playlist they'll spin to during class. Monthly challenges and prizes keep everyone involved in the program and motivated. Cutter and McKenny believe that small classes encourage friendships and maximize the opportunity for each person to achieve their personal fitness goals.

"Our goal is to reach out to Sterling residents who might be looking for a more personal type of workout experience," they say.

For more information, to view cycling and group training schedules, or to register for classes, visit inspirestudiosma.com, or call Gretchen at 508-887-5788 or Kristin at 978-340-1759. First class is free.

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Caryn Gorczynski earns top honors



Contributed PHOTO

Caryn Gorczynski has received the 2017 Central Massachusetts Association of REALTORS® Diamond Award. This is the highest recognition for individual

top producers, and Gorczynski is one of only six realtors to receive the honor. Caryn Gorczynski is with Century 21 Center Home Team, located at 27 Main St., Sterling.

LCU Shred-A-Thon

Leominster Credit Union will hold a Shred-A-Thon at its 910 West Boylston St., Worcester location, on Saturday, May 20, 9 a.m. to noon. All items will be shredded on-site by a secure shredding service. Free for members and non-members. Bring up to three legal size file boxes or three 13-gallon kitchen trash bags to be shredded for free. Important documents to bring to the Shred-A-Thon include bank statements, tax returns, medical bills, credit card statements and other personal documents. Donations to Habitat for Humanity will be gratefully accepted. For more information contact Joanne Lattanzi, Marketing Manager, at 978-466-7240 or marketing@leominster-cu.com

Oakdale Rehab hosts "Business After Hours"

The Wachusett Area Chamber of Commerce will hold a "Business After

Hours" networking event on Tuesday, May 23, 5:30 to 7:30 p.m., at the Oakdale Rehabilitation & Skilled Nursing Center, located at 76 North Main St., West Boylston. The event, sponsored by the Oakdale Rehabilitation & Skilled Nursing Center, will feature networking, tours of the facility, hors d'oeuvres and door prizes. Chamber members \$15, non-members \$20. To register, call 508-829-9220, email info@wachusettareachamber.org, or register online at wachusettareachamber.org.

Free first time homebuyers' seminars

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

Chamber hosts dinner

The Wachusett Area Chamber of Commerce will hold its Annual Dinner on Tuesday, June 6 at Chocksett Inn located at 59 Laurelwood Road, Sterling. The event, sponsored by Bay State Savings Bank, is open to the public. Reception at 6p.m., followed by dinner at 7 p.m. \$40 per person.

During the event, the Wachusett Area

Chamber will present its Community Leadership Award to Karen Mulcahy, marketing officer at Bay State Savings Bank, and will present up to three \$2,500 scholarship awards to deserving seniors in the Wachusett region. Election of officers and members of the Board of Directors also will take place.

To register, call 508-829-9220, email info@wachusettareachamber.org, or visit wachusettareachamber.org to register online.

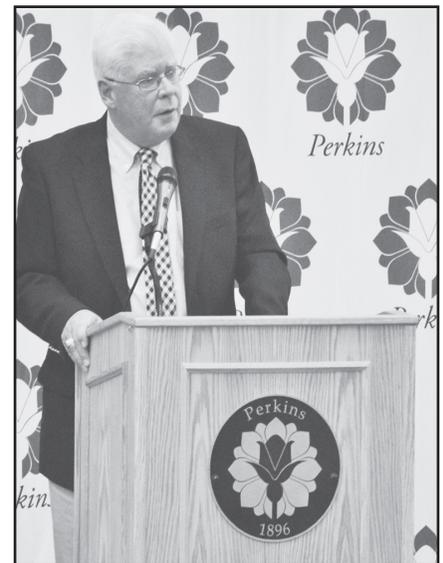
Down payment and closing cost assistance for eligible homebuyers

For the fourth year, Leominster Credit Union will provide up to \$110,000 in assistance to first-time homebuyers and displaced homemakers through the Federal Home Loan Bank's Equity Builder Program. Eligible homebuyers can receive up to \$11,000 in down payment and closing cost assistance. This program is on a first come, first serve basis.

To qualify, buyers are subject to credit approval and must meet the Equity Builder Program qualifications criteria, which include income limits. For more information and eligibility guidelines, call 800-649-4646.

Dr. Charles P. Conroy Auditorium and Speakers Series unveiled

On April 30, Sterling resident and long-standing Perkins Executive Director and CEO Dr. Charles P. Conroy was recognized with an unveiling of the Dr. Charles P. Conroy Auditorium and the Dr. Charles P. Conroy Speakers Series.



Dr. Charles P. Conroy at the dedication.

The event took place in the Janeway Auditorium—now the Dr. Charles P. Conroy Auditorium—with over 100 family, friends, and past and present staff in attendance. In his role at Perkins, Dr. Conroy saw the census grow from 34 upon his arrival to over 900 at the time of his retirement in 2015. The \$2.3 million budget of 1987 grew to \$20 million in 2015. Conroy has been a dedicated champion for inclusiveness and has often advocated on behalf of the many people Perkins serves. The Dr. Charles P. Conroy Speakers Series was designed to continue the dialogue and encourage new champions for those who otherwise might not have a voice in the years ahead. Dr. Conroy's commitment to teaching, speaking and writing in the areas of education, leadership and advocacy make this speakers series a fitting tribute.

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Sterling Rec offers first road race

by Jamie Chase Galvin

On May 6, the Sterling Recreation Department held its first ever department sponsored road race. With both a 5K and 10K option, there was an opportunity for both seasoned runners and first time exercise enthusiasts to partake in this community event.

"We always wanted to put a road race on and we were finally in a position to get it off the ground," said Recreation Director Kristen Diemel. With approximately 70 participants and people of all ages taking part, Diemel was excited to offer this community event to Sterling residents and runners from surrounding towns. Originally slated to take place in April, inclement weather put the race on hold. Undeterred and determined to hold the race, the Recreation Department rescheduled the race to a later date to ensure a safe and quality race.

"We wanted this to be an event that kicks off spring, to encourage members of the community to hit the ground running and get the community back out and together," said Diemel. With a large amount of behind-the-scenes work to ensure a safe race, Diemel acknowledged it would not be possible without many volunteers. Organizational and volunteer tasks included procuring a timing company and registering with the United States of America Track and Field Association.

Diemel added Sterling Police and the Sterling Fire Department were both hugely instrumental in making the race a success. Diemel met with both departments before any of the ground work was laid to ensure a secure race route was possible and that participants and the public would be out of harm's way.

Diemel hopes to make the road race an annual event.

Farmers Market 2017

The 2017 market starts May 19 and runs every Friday rain or shine through October 20, from 3 to 6:30 p.m. Located at 1 Park St., (in front of the Butterick Municipal Building), downtown Sterling.

Live music, crafters, monthly special children's events, and a wide variety of local vendors offering fresh, home grown and homemade products are just some of what you can expect at the market.

The vendor lineup for the 2017 season includes B & B Farm, Meadowbrook Orchards, Minuteman Kettle Corn, Pineo Family Farm, Shamrock Hives Farm, Thompson's Maple Farm, try a Little Whoopie (featuring Fox Hollow Pie Company baked goods), and more.

Local businesses and individuals have the opportunity to support the market by sponsoring a musician and/or children's event. Sponsors will be invited to set up a table at the market, and their support will be promoted with signage at the market as well as on the market's popular Facebook page.

Vendor and crafter applications are currently being accepted for the 2017 season. For a complete list of vendors, upcoming musicians, and more information, 'Like' Sterling Farmers Market on Facebook or email sterlingfarmersmarket@gmail.com.

Veterans

continued from page 1



Richard Voutour

as financial help, the VA offers home loans with no money down and no private mortgage insurance. Depending on income levels, the Veterans Administration offers supplemental living help. Often an older veteran only starts to seek help after retirement or after a spouse's death. Veterans' widows often struggle for years after the death of their spouse, not realizing that benefits continue to be available to them. Health care coverage is available at VA hospitals and clinics, and can include prescriptions as well.

SMN: How is the Veterans' Administration addressing the problem of suicides among veterans?

RV: Massachusetts has a program called Statewide Advocacy for Veterans' Empowerment, (SAVE), working as a liaison between veterans and their families and various federal and state agencies. The fundamental principle of the SAVE program is to advocate for veterans who are not able to obtain the benefits they have earned due to institutional or personal barriers. When an at-risk individual is identified, we send a peer, a combat veteran, to talk with him or her. We've found that can make a big difference, since a person may be considering suicide because he or she thinks no one cares.

SMN: In addition to federal government programs, does Massachusetts offers its own roster of veterans' services?

RV: Massachusetts is a role model. We offer the best services by a wide margin. We have a vocal and aggressive lobby. We have a very active state organization, the Massachusetts Veterans' Services Officers Association. In Massachusetts, we also have great support from our elected officials. By law, we have established a veterans' services presence in every town. I handle Leominster and Lancaster, as well as Sterling.

SMN: What additional services does Massachusetts provide?

RV: Under Chapter 115, we assist with medical expenses for lower income veterans and widows. We assist with burial expenses, including veterans' cemeteries in Agawam and Winchendon, in which

all expenses relating to burial are free. There are assisted living facilities available in Chelsea and Holyoke. Depending on disability rating, there are property tax exemptions as well.

SMN: Are any career-related services available?

RV: Veterans' Employment and Training Service (VETS) offers local "One Stop Career Centers" in Worcester and Leominster, each with a rep to help veterans find jobs, including resume building, interview skills and job searching.

Massachusetts provides civil service preference for veterans. Candidates automatically move to the top of the list, with the disabled receiving additional preference. As a natural transition from the military, veterans gravitate to public safety jobs like police, fire, and security. Since it's what they know, they bring confidence to dangerous assignments and to jobs that may include handling conflict and firearms.

Massachusetts allows trade certificates for electricians, plumbers and other trades to transfer, while waiving the fees. The Small Business Administration offers seminars and entrepreneurial help. Massachusetts casinos must buy supplies from a vet-owned company.

SMN: What's available for veterans who want to pursue their education?

RV: Since 9/11, the GI Bill provides free tuition to any state school. Northeastern University in Boston has its Yellow Ribbon Program that provides free tuition to veterans. The bill will pay for up to 48 months of school.

SMN: What about reservists? Do they qualify for benefits?

RV: If a reservist is mobilized for at least 180 days, or 90 days in wartime as we saw with 9/11, they are considered veterans and qualify.

SMN: What's the most important message you have for veterans?

RV: We have help available. If they're struggling with anything, or facing issues as basic as health care and food, we are here and we can help.

Richard Voutour's main office is located in Leominster. To arrange an appointment, email rvoutour@leominster-ma.gov or call 978-534-7538. Office hours are Monday, Tuesday and Friday, 8 a.m. to 4 p.m.; Wednesday, 8 a.m. to noon; and Thursday, 8 a.m. to 5:30 p.m. He is in Lancaster on Tuesdays, 8 a.m. to noon, and in Sterling on Fridays, 8 a.m. to noon. For an appointment in Sterling, call 978-422-3032.

The Mass Vets Advisor website at massvet-sadviser.org/Resources.aspx contains detailed information as well as a full range of resources and services that veterans can access.

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, and 365 days a year. Support for deaf and hard of hearing individuals is available.

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Chris Corff of the Sterling Garden Club chats with shoppers at last year's plant sale.

Garden Club plant sale is coming

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

History of fishing at Wachusett Reservoir



Wachusett Reservoir is a premiere place to fish in the northeast, with six state fishing records. Find out how it got that way. The Wachusett Reservoir Watershed Rangers will present an interpretive program, on Sunday, May 21, at 1 p.m. The PowerPoint presentation will look at the history of fish management at the Reservoir and the different species of fish found there. Meet at John Augustus Hall, DCR regional office, middle entrance, 180 Beaman St., West Boylston.

Sterling Grange pitch party

Sterling Grange will hold its monthly public pitch party at the Sterling Senior Center on Saturday, June 3, at 6:30 p.m. Admission \$4. Refreshments will be served. All are welcome. Proceeds from the pitch party will benefit the Grange Hall Renovation Fund.

Community-wide diaper drive

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

SMLD

continued from page 6

went into operation on December 16 during a particularly cold spell, and immediately reduced energy costs by \$17,000.

"That's a successful project," says Hamilton.

The project was completed with a \$2.7 million budget, which included a \$1.46 million grant from the Massachusetts Department of Energy Resources, under the leadership of Commissioner Judith Judson, with additional financial and technical assistance from the Department of Energy, Office of Electricity (DOE-OE) under the direction of Dr. Imre Gyuk.



Contributed PHOTO

At the groundbreaking of the Sterling battery storage project are (from left): Joe Curtin, Sterling Municipal Light Board; Selectmen Chairman, John Kilcoyne; Todd Olinsky-Paul; Sterling Municipal Light Board Chairman Matthew Steimach; Dr. Imre Gyuk, Department of Energy program manager; Department of Energy Resources Commissioner Judith Judson; Mass. Secretary of Energy Matthew Beaton; State Rep. Harold Naughton Jr.; Sterling Municipal Light Board Clerk Brian Pierce; Eladia Romero (representing U.S. Rep. James McGovern); State Senator Jennifer Flanagan; State Rep. Kim Ferguson; Dan Borneo, Sandia National Laboratories, Project Leader, and Sterling Municipal Light Manager Sean Hamilton.

"But the grants were to the town," says Hamilton. "So we needed cooperation from the Board of Selectmen and others to get the project off the ground. You can do a project in any town at any time. But it's the teamwork that makes a difference, and this is a team."

Hamilton is proud that the project was completed without incurring any debt, and that SMLD will be debt-free by next year.

One of the challenges Hamilton and his SMLD crew have faced as leaders in the field is the lack of precedent in testing various aspects of the project, which has recently been tested with Sterling's police and fire departments running on batteries for a short period of time.



Contributed PHOTO

SMLD crew installing transformer.

"I am so proud of our SMLD crew," says Hamilton. "They worked hard to get the project operational in just 33 days. But we couldn't have done it without a lot of help. Anytime we made a call, we got results. When we called the DPW for help, they were there right away. The police and fire departments were incredibly patient with testing the system. This is really a great town, and we're very lucky to have such fantastic teamwork and support. Our success is everyone's success."

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Celebrate spring at the Library

Activities abound for all ages at Conant Public Library, located at 4 Meetinghouse Hill Road, Sterling. Call 978-422-6409 to register for programs.

Especially for kids

Kids Cook – Kids Cook is a monthly cookbook club for youth in grades 4+. This month we will be making recipes from *Kids in the Kitchen Cookbook*, which is filled with colorful snacks, meals, and desserts that kids can prepare themselves. Each participant chooses a different recipe from the book, prepares the dish at home, and brings it with them to the library for an evening of good food and good fun. Wednesday, May 17, at 6 p.m. Cookbook copies are available at the library for checkout. Registration required.

Middle School Book Club – Youth in grades 5 to 8 are invited to attend on Thursday, May 18, at 6:30 p.m. to discuss *The Lightning Thief* by Rick Riordan, the first book in the Percy Jackson and the Olympians series. Read the book ahead of time, then come to the meeting to discuss it and participate in a themed activity. Book copies are available at the library. Registration required.

Picture Book Club – Thursday, May 25, 2 p.m. Youth grades K through 2 are invited to read *Anything but Ordinary Addie: The True Story of Adelaide Herrmann, Queen of Magic* by Mara Rockliff, then join us for a themed snack and magic tricks. Book copies are available at the library. Registration required.

StoryWalk – Presented by Conant Public Library and welcomed by Wachusett Greenways and the Massachusetts Department of Conservation and Recreation, StoryWalk is open from Saturday, May 27, through Thursday, June 29, starting at the Rail Trail entrance behind the Cider Mill in Sterling. This StoryWalk will feature *Bear Sees Colors* by Karma Wilson. For more information, call 978-422-6409.

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

Youth art and writing program at Conant Library

The Friends of the Conant Public Library invites library patrons in grades five to eight to participate in the Art & Writing Slam. "What does art mean to me?" is this year's theme.

Students can choose a topic and create a work of art. Options include written art (story, essay, or poem), visual art (painting, drawing, print, photograph, or multi-media), or a combination (two pages of a comic book or graphic novel). A one-page artist's statement needs to include your source of inspiration, the reason the art form was the best way to express your artistic vision, and your name, grade, and contact information. Deadline to enter is Thursday, June 1. Drop off your submissions at the circulation desk in the library, or email to friendsofconant@gmail.com.

All participants are invited to a gathering on Thursday, June 15, from 6:30 to 7:30 p.m., in the Baker Room at the library, 4 Meetinghouse Hill Road, Sterling. Refreshments will be served, and prizes will be awarded. All submissions will be bound into a journal that will be available in the young adult section of the library.

The Friends of the Conant Public Library supports many programs and resources that are available through the library, including E-books, passes to cultural attractions, and children's programs. For membership information, email friendsofconant@gmail.com.

Meditation with Gina Engel

Conant Public Library is offering a free, 8-week meditation program with Gina Engel on Mondays, 6 p.m., starting May 15, at the Sterling Senior Center, 36 Muddy Pond Road. Participants will enjoy sessions on insight, breath, mantra, walking, and loving kindness. Each meeting will include both information and a practice session. Engel has studied yoga and meditation philosophies with nationally known instructors. No registration required. For more information, call 978-422-6409.

What's cooking at the Cookbook Club?

Enjoy quick and simple recipes from *Dinner Made Simple* by the editors of *Real Simple* magazine on Wednesday, May 31, 6:30 p.m. Choose a recipe, prepare the dish, and bring it to the library for an evening of good food, great conversation, and new recipes. Cookbooks are available at the library for checkout. To register, call 978-422-6409.

Lyme disease talk

Are you concerned about the increased risk of Lyme disease this year? Conant Public Library is hosting an informative evening about Lyme disease prevention, treatment, and support. Thursday, June 1, at 6:30 p.m. Michele Miller, co-founder of the Central Massachusetts Lyme Foundation, will share

her experience with Lyme disease and its effects on physical, mental and spiritual well-being. Registration required. Call 978-422-6409 to register.

Parent's Night Out Book Club

Enjoy an evening out with a good book. The Parent's Night Out Book Club features different family- and parenting- themed reads each month. Wednesday, June 7, 6:30 p.m., we'll read the thriller *You Will Know Me* by Megan Abbott. Books are available at the library. No registration required.

Adult coloring

Discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Wednesday, June 14, and Monday, June 26. All sessions 6:30 p.m. Supplies available or bring your own. No registration required.

Donations sought for Summer Reading Program

Conant Public Library is now accepting donations from patrons and businesses of new toys, crafts, games, gift cards, and books for youth aged birth to teen to be awarded as prizes in our Children's Summer Reading Program. The program is a fun and interactive way to encourage children to continue reading during the summer. Donations may be dropped off at Conant Public Library. For more information, call 978-422-6409.

Download Conant Public Library app

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

Children's book sale and mini golf event

The Friends of the Thayer Memorial Library's Children's Book Sale will take place on Thursday, June 22, 3 to 7 p.m., in the lower level of the library at 717 Main St., Lancaster. The sale is in conjunction with the Thayer Memorial Library's Summer Reading Kickoff Program. In addition to the book sale, the Friends of the Thayer Memorial Library in partnership with local business sponsors are hosting a miniature golf event during the sale. The course is

open to all ages and balls and putters will be provided. An exclusive teen miniature golf event will be held from 8 to 10 p.m. For more information, or to volunteer, email friendsoftml@gmail.com.



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Enroll now for summer programs

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

For program information and to register, visit SterlingRec.com, call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling. 'Like' Sterling Recreation Department on Facebook for up-to-date program and event information.

Active Kids

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

Minis Multi Sport – Ages 3 to 5. Session I: July 17 to 21. Session II: August 7 to 11, 3 to 4 p.m. Griffin Road Athletic Complex. \$90 per session.

Music Together Summer Sampler – Ages infant to 5 years. Mondays, July 10 to August 7, 9:30 to 10:30 a.m. 1835 Town Hall. \$65/5 weeks or \$55/4 weeks.

Sterling's Sports Adventure – Entering grades 1 to 8. Session I: June 26 to 29. Session II: July 3 to 7, 8:30 a.m. to 2:30 p.m. Houghton and Chocksett schools. \$150/child/session, or \$290/child/both sessions.

Field Hockey Fundamentals – Entering grades 5 to 8. August 14 to 18, 9 a.m. to noon. Griffin Road Athletic Complex. \$100.

Sterling Rec Tennis Clinic – Ages 8 to

17. Session I: July 24 to 27 (rain date July 28). Session II: August 7 to 10 (rain date August 11), 9 a.m. to noon. West Sterling Tennis Courts. \$80 per session.

After School Tennis Academy, Summer Session – Ages 6 to 12. July 31 to August 3 (rain date August 4), 9 a.m. to noon. West Sterling Tennis Courts. \$100.

Togo Palazzi Basketball Clinic – Ages 8 to 17. July 17 to 20, 8:30 a.m. to 2:30 p.m. Houghton and Chocksett schools. \$165.

Game One Basketball – Entering grades 2 to 8. July 10 to 13, 8:30 a.m. to 2 p.m. Houghton and Chocksett schools. \$160.

Super Safari Adventure – Entering grades 3 to 8. June 26 to 30, 9 a.m. to 4:30 p.m. Trips include Funway Park, Water Country, Canobie Lake Park, and SkyZone. Sign up by June 15. \$299/5 days, or \$70/day.

Half-Day Summer Lake Program – Entering grades 1 to 8. Session 1: July 3 to 14. Session II: July 17 to 28. Session III: July 31 to August 11. 8:30 a.m. to noon. Sholan Park (town beach). Session I, \$130. Sessions II and III, \$140. One week option \$75.

Full-Day Summer Lake – Entering grades 1 to 6. Session 1: July 3 to 14. Session II: July 17 to 28. Session III: July 31 to August 11. 8:30 a.m. to 4 p.m. Sholan Park (town beach) and field trips. \$500/session. One week option \$250.

Pollywog Program – Entering kindergarten. Session 1: July 10 to 14. Session II: July 24 to 28. Session III: August 7 to 11. 8:30 a.m. to noon. Sholan Park (town beach). \$75.

Counselor in Training Program (C.I.T.) – Entering grade 9. Session 1: July 3 to 14. Session II: July 17 to 28. Session III: July 31 to August 11. 8:15 a.m. to 12:15 p.m. Sholan Park (town beach). \$30.

Art and Creativity for Kids

Wicked Cool Half-Days – Grades 1 to 4. Thursday, May 25, 1 to 3:30 p.m. Sterling Senior Center. \$40.

Culinary Wars – Entering grades 5 to 12. June 26 to 29, 9 a.m. to noon. Chocksett Middle School cafeteria. \$170.

Cake Wars – Entering grades 5 to 12. July 10 to 13, 9 a.m. to noon. Chocksett Middle School cafeteria. \$170.

Project Runway – Entering grades 5 to 9. July 18 to 20, 9:30 a.m. to 1:30 p.m. Chocksett Middle School art room. \$175.

Center Stage Sterling – Entering grades 5 to 8. July 17 to 28, 9 a.m. to 2 p.m. Chocksett Middle School theatre. \$225.

Where the Wild Things Art – Entering grades K to 4. June 26 to 30, 9 to 11 a.m. 1835 Town Hall. \$115.

Hands-On Electronics – Entering grades 3 to 5. July 17 to 21, 9 a.m. to noon. 1835 Town Hall. \$145.

Creating Computing – Entering grades 6 to 8. July 17 to 21, 1 to 4 p.m. 1835 Town Hall. \$145.

Minecraft Mastercrafters – Entering grades 2 to 6. August 7 to 11, 8:30 a.m. to 3:20 p.m. 1835 Town Hall. \$280.

Active Adults and Teens

Babysitting with Pediatric First Aid and CPR Training – Entering grades 5 to 8. Monday, June 26, 11 a.m. to 3 p.m. 1835 Town Hall. \$85.

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

Head to Toe Workout – Ages 16+. Mondays, July 10 to August 21, 6:30 to 7:30 p.m., or Fridays, July 14 to August 25, 8:45 to 9:45 a.m. 1835 Town Hall. \$84/7 weeks.

A.M. Boot Camp – Ages 16+. Wednesdays, July 12 to August 23, 5:30 to 6:30 a.m. 1835 Town Hall. \$84/7 weeks.

Morning Yoga on the Beach – Ages 14+. Tuesdays, July 11 to August 15, 7 to 8 a.m. Sholan Park (1835 Town Hall on rainy days). \$65 or \$13/class.

Naga Fitness with Gina at 1835 Town Hall

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

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

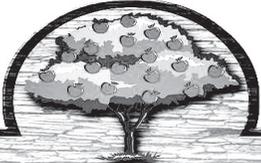
Power Yoga – Saturdays 9:30 to 10:45 a.m.

Naughton to co-host 2nd annual Wachusett Reservoir fish stocking

State Representative Harold P. Naughton, Jr. will co-host the 2nd Annual Fish Stocking Event on Thursday May 25, from 10 a.m. to noon, at the Lancaster Mill Pond in Clinton. This event is being planned and coordinated with assistance from the Department of Conservation and Recreation (DCR). DCR, who manages the Wachusett Reservoir as well as the dam area, will open the dam gates, to release over 300 rainbow trout into Lancaster Mill Pond (located at the base of the dam, near the water fountain).

"Restocking the Commonwealth's reservoirs is an exciting annual tradition that educates our children about the importance of both conservation and recreation within our state parks system," said DCR Commissioner Leo Roy.

This event is free and open to the public. Limited parking will be available along Boylston Street near the Promenade Gate entrance to the dam.



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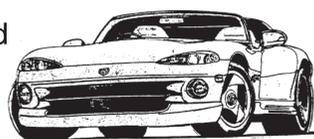
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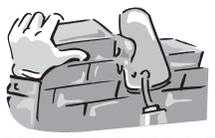
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Sterling-Lancaster Community TV

Broadcast Schedule May 20 - May 26, 2017 Comcast Channel 8

Saturday Genre

12:00 AM	Public Domain Theatre Girls - Glen or Glenda	Entertainment
4:00 AM	Public Domain Theatre Girls - Glen or Glenda	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	Nerd Caliber - Cosplay Vacation	Entertainment
1:00 PM	DW Conflict Zone - David Petraeus	Documentaries
2:00 PM	All Aboard - East Broad Top	Hobby
2:30 PM	Journeys - Ep 1 The Cake Lady	Interview
3:00 PM	Nerd Caliber - Cosplay Vacation	Hobby
4:00 PM	Childrens Corner - Going Greek	Children
5:00 PM	Nashoba Spring Band Concert 2017	Music
6:10 PM	Valley Homegrown - Nice Try Kid	Music
7:15 PM	DW Conflict Zone - David Petraeus	Documentaries
8:00 PM	All Aboard - East Broad Top	Hobby
8:30 PM	Journeys - Ep 1 The Cake Lady	Interview
9:00 PM	Nerd Caliber - Cosplay Vacation	Hobby
10:00 PM	Barbara and You	Interview

Sunday

12:00 AM	Public Domain Theatre Girls - Glen or Glenda	Entertainment
4:00 AM	Public Domain Theatre Girls - Glen or Glenda	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	Nerd Caliber - Cosplay Vacation	Entertainment
1:00 PM	DW Conflict Zone - David Petraeus	Documentaries
2:00 PM	All Aboard - East Broad Top	Hobby
2:30 PM	Journeys - Ep 1 The Cake Lady	Interview
3:00 PM	Nerd Caliber - Cosplay Vacation	Hobby
4:00 PM	Childrens Corner - Going Greek	Children
5:00 PM	Nashoba Spring Band Concert 2017	Music
6:10 PM	Valley Homegrown - Nice Try Kid	Music
7:15 PM	DW Conflict Zone - David Petraeus	Documentaries
8:00 PM	All Aboard - East Broad Top	Hobby
8:30 PM	Journeys - Ep 1 The Cake Lady	Interview
9:00 PM	Nerd Caliber - Cosplay Vacation	Hobby
10:00 PM	Barbara and You	Interview

Monday-Friday

12:00 AM	Public Domain Theatre Girls - Rescue	Entertainment
4:00 AM	Public Domain Theatre Girls - Rescue	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Cooking Without Boundaries - Beans and Legumes	Cooking
10:00 AM	Jessersize - Ep 8	Health
11:00 AM	Color in Your Life - Ken Done	Hobby
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Tomorrow Today - The Universe of the Skin	Documentaries
2:00 PM	Church Service	Religion
4:00 PM	Childrens Corner - Crazy Cookies	Children
5:00 PM	Soul School - Best Intentions	Music
6:15 PM	Valley Homegrown - John Coster	Music
7:30 PM	DW Tomorrow Today - The Universe of the Skin	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Color in Your Life - Ken Done	Hobby
10:00 PM	Barbara and You	Interview

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

Broadcast Schedule May 27 to June 2, 2017 Comcast Channel 8

Saturday Genre

12:00 AM	Public Domain Theatre Girls - Rescue	Entertainment
4:00 AM	Public Domain Theatre Girls - Rescue	Entertainment
6:30 AM	Barbara and You	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Tomorrow Today - The Universe of the Skin	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	Pawdoption	Animals
3:00 PM	Color in Your Life - Ken Done	Hobby
4:00 PM	Childrens Corner - Crazy Cookies	Children
5:00 PM	Soul School - Best Intentions	Music
6:15 PM	Valley Homegrown - John Coster	Music
7:30 PM	DW Tomorrow Today - The Universe of the Skin	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Color in Your Life - Ken Done	Hobby
10:00 PM	Barbara and You	Interview

Sunday

12:00 AM	Public Domain Theatre Girls - Rescue	Entertainment
4:00 AM	Public Domain Theatre Girls - Rescue	Entertainment
7:00 AM	Trinity Bolton Church Service	Religion
9:00 AM	ECC Church Service	Religion
11:00 AM	Trinity Lutheran Church Service	Religion
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Tomorrow Today - The Universe of the Skin	Documentaries
2:00 PM	Channel 8 Community Updates	News
2:30 PM	Pawdoption	Animals
3:00 PM	Color in Your Life - Ken Done	Hobby
4:00 PM	Childrens Corner - Crazy Cookies	Children
5:00 PM	Soul School - Best Intentions	Music
6:15 PM	Valley Homegrown - John Coster	Music
7:30 PM	DW Tomorrow Today - The Universe of the Skin	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Color in Your Life - Ken Done	Hobby
10:00 PM	Barbara and You	Interview

Monday (Memorial Day)

12:00 AM	Haven Falls Horror Fixx - Bucket o' Blood	Entertainment
4:00 AM	Haven Falls Horror Fixx - Bucket o' Blood	Entertainment
7:00 AM	Victory at Sea - Two if by Sea	History
8:00 AM	Victory at Sea - The Turkey Shoot	History
9:00 AM	Victory at Sea - The Fate of Europe	History
10:00 AM	Victory at Sea - The Conquest of Micronesia	History
11:00 AM	Victory at Sea - The Battle for Leyte Gulf	History
12:00 PM	Victory at Sea - Suicide for Glory	History
1:00 PM	Victory at Sea - Sealing the Breach	History
2:00 PM	Victory at Sea - Roman Renaissance	History
3:00 PM	Victory at Sea - Rings Around Rabaul	History
4:00 PM	Victory at Sea - Return of the Allies	History
5:00 PM	Victory at Sea - Melanesian Nightmare	History
6:00 PM	Victory at Sea - Guadalcanal	History
7:00 PM	Victory at Sea - Design for War	History
8:00 PM	Victory at Sea - Beneath the Southern Cross	History
9:00 PM	Victory at Sea - Target Suribachi	History
10:00 PM	Victory at Sea - Mare Nostrum	History

Tuesday - Friday

12:00 AM	Haven Falls Horror Fixx - Bucket o' Blood	Entertainment
4:00 AM	Haven Falls Horror Fixx - Bucket o' Blood	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Eat Well Be Happy - Ep37 Mexican Dishes	Cooking
10:00 AM	Visions for Health - Mold	Health
11:00 AM	Car Guy Channel - 50 Years of Mustang	Hobby
11:30 AM	All Aboard - Rock Island Railroad	Hobby
12:00 PM	Common Cents - Finance for Students	Educational
1:00 PM	Global 3000 - South Korean Demonstrations	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	Childrens Corner - Rules Rule	Children
5:00 PM	Mostly Rock 'n' Roll - Garrison Starr	Music
6:00 PM	Soul School - Casey Kaysem	Music
7:00 PM	Global 3000 - South Korean Demonstrations	Documentaries
8:00 PM	Car Guy Channel - 50 Years of Mustang	Hobby
9:00 PM	Common Cents - Finance for Students	Educational
10:00 PM	Barbara and You	Interview

Historic Sterling

Sterling's maypole celebration

by Robert McKay Jones



(Left to right) Harland Estabrook, Madeline Carter, Glenn Burpee and Christine Burpee enjoyed Sterling's May Festival in 1907.

PHOTO Courtesy of the Sterling Historical Society

On May 17, 1892, the Fitchburg Sentinel ran a story about Sterling's May festival, reporting that, "for the May festival the hall was tastefully decorated with evergreen and lace draperies; the great crowd made the audience about in the condition of 'Yankee Doodle when he went to town.' The fair young queen, Lydia, sat in regal state upon her throne beneath an evergreen arch, while her gay young subjects—gallant knights in costumes of ye olden time, and 'lady's faire' in white, circled about her majesty in 'merrie' dance and song. The winding of the maypole by the youngest of her subjects tripping to merry measure, gave a glimpse of fairy land. The gavotte (or skirt dance) by eight young ladies, was truly the 'poetry of motion' with the intricacies of movement, its airy grace of skirts and swaying fans and lovely faces, all formed a scene of beauty to be remembered with joy; so, evidently, thought the audience, by the imperative encore, to which came graceful response. Much credit is due to all the participants for the artistic entertainment. A delicate refection was served, and a dance till midnight followed. A large party from Clinton was present. The crowded and suffocating condition of the hall should strongly impress the town of the necessity of enlarging it with proper ventilation."

That was our community 125 years ago. Although we don't really know the meaning behind the maypole, other than its European origin and popularity in nineteenth century Sterling, it was yet another reason to gather together at our Town Hall for music, dance and entertainment and to celebrate the coming of spring. The evergreen and lace draperies hanging in the Great Hall must have been lovely, but one wonders what might have been the ingredients of the delicate refection. The following year, in 1893, the Town Hall was lengthened and both stage and gallery were added.

Robert McKay Jones is Chair of the 1835 Town Hall Committee and a member of the Sterling Historical Commission.

Free Community Concert Youth Ensemble of New England

Directed by:
Dr. Connie Rittenhouse Drexler

The Youth Ensemble of New England features young musicians from surrounding towns who have delighted audiences throughout New England and across the world. The orchestra's repertoire features works from classical composers, including Bach, Beethoven, Vivaldi and Mozart along with John Phillip Souza and Boston Pops Leroy Anderson. The concert will include solo performances from artists ranging from nine years old through high school.

This event is perfect for the family who appreciates fine music performed by talented musicians. Sterling's own Dr. Drexler introduces pieces with information about each composer. After the concert, members of the orchestra will be available to offer "instrument hands-on" for children and adults with musical curiosity.

Thursday, June 22, 7p.m.

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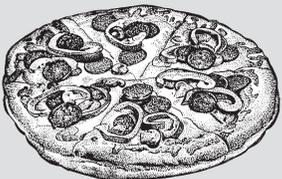
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Volunteer at the Senior Center

The Senior Center couldn't run without its volunteers. If you have a few hours to spare during the week, consider joining their team. Call 978-422-3032 for information.

Get to know your Senior Center

Located at 36 Muddy Pond Road, the Sterling Senior Center is open Monday, Tuesday, and Wednesday, 8 a.m. to 4 p.m.; Thursday, 8 a.m. to 8 p.m.; and Friday, 8 a.m. to 12:30 p.m. For more information or to register for programs, call 978-422-3032. There is an answering machine available at all times.

Drop in for coffee Monday to Friday, 8 to 11:30 a.m. The Sterling Senior Center serves lunch at 11:30 daily. Anyone 60+ is welcome. Check the Sterling Council on Aging newsletter for daily menu. Call 978-422-8022 for a reservation the morning before you want to come. Home meal delivery available daily. \$3 suggested donation.

Upcoming Events

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

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

Guided meditation with Bob Stickle – Friday, May 19, 8:30 a.m. \$5.

SENIORS pg 14



Houghton Elementary School art teacher Kathleen Greene adjusts one of the student paintings on display throughout May at the Sterling Senior Center.

PHOTO by Richard Maki



Houghton Elementary School art teacher Kathleen Greene with kindergarten student Jennifer Martel in front of her artwork at the Houghton/Chocksett Student Art Exhibit at the Sterling Senior Center.

PHOTOS by Jon Martel



Students and families admire the creativity on display at the student art show.

PHOTO by Richard Maki

Wachusett Food Pantry delivery available for seniors

Are you a Sterling Senior (65+) unable to get to the food pantry? We can help by delivering to you. Monthly distribution items available include pasta sauce, peanut butter, tuna fish, beans, cereal, milk, juice, meat, vegetables, eggs, cheese and bread, as well as personal care and paper products. For more information or to register, call 978-422-3032. Proof of age and residency is required. Senior distribution is the Friday before the third Saturday of each month.

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Seniors

from page 13

Volunteer Appreciation BBQ – Friday, May 19, 6 to 8 p.m.

Cookout – Wednesday, May 24, 11:30 a.m. \$3 donation. Sign-up required.

Music by Rusty Guertin – Wednesday, May 24, 1 p.m.

Foot clinic – Thursday, May 25, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

Book club – Thursday, May 25, 2:30 p.m., featuring Manhunt by James L. Swanson.

Pancake Breakfast – Friday, May 26, 7:30 to 9:30 a.m. Enjoy plain or surprise pancakes, sausages or spiral ham, scrambled eggs, fruit cup, juice, and coffee, sponsored by the Friends of Sterling Seniors. \$3. All ages welcome.

Home-cooked breakfast for lunch – Wednesday, May 31, 11:30 a.m. \$3 donation. Sign-up required.

BP clinic – Thursday, June 1, 10 a.m. to noon. Sponsored by Sterling EMS.

Guided meditation with Bob Stickles – Friday, June 2, 8:30 a.m. \$5.

Pitch Party – Saturday, June 3, 6:30 p.m. Sponsored by Sterling Grange.

Garden kickoff – Monday, June 5, 9 a.m. With Carl Hewitt.

Dull Men's Club – Tuesday, June 6, 9 a.m. Featuring conversation about baseball lore.

Health interviews by MCP – Wednesday, June 7, 9 a.m. Sign-up required.

SHINE – Wednesday, June 7, 9:30 a.m. By appointment. Get your insurance questions answered.

Home-cooked lunch – Wednesday, June 7, 11:30 a.m. Homemade pasta with grilled chicken. \$3 donation. Sign-up required.

Foot clinic – Thursday, June 8, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

Pocket Billiards Exhibition – Thursday, June 8, 1 p.m. With Roger Boucher.

COA board meeting – Thursday, June 8, 5:30 p.m.

Coffee with ALFA – Friday, June 9. Advance registration required.

June birthday cake – Friday, June 9, 12:15 p.m. Cake for all June birthdays.

Elder Keep Well Clinic – Tuesday, June 13, 9:30 to 11:30 a.m. Medical and prescription questions answered and blood pressure checks by a VNA nurse.

Home-cooked lunch – Wednesday, June 14, 11:30 a.m. Homemade soup and sandwich wraps. \$3 donation. Sign-up required.

Hello Summer BBQ – Thursday, June 15, 5:30 to 7:30 p.m. \$5. Purchase tickets in advance.

Guided meditation with Bob Stickles – Friday, June 16, 8:30 a.m. \$5.

Father's Day ice cream social – Monday, June 19, 12:30 p.m. Sign-up required.

Home-cooked lunch – Wednesday, June 21, 11:30 a.m. Build your own taco. \$3 donation. Sign-up required.

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Wachusett Greenways spring outings

Bicycling on Assabet River Rail Trail, Saturday, May 20, 10 a.m. to noon. Moderately challenging ride through Hudson, kids can explore a railroad car, then cross the Assabet River and ascend a long, but gentle slope into Marlborough. Return trip is downhill. Ice cream at the end. To sign up, contact Liz Johnson at ejohnson1850@gmail.com.

"Hike the Heart" on East-West Trail, Saturday, June 10, 10 a.m. to noon. Approximately 4 miles, moderately difficult. Start at Cascades Park in Tatnuck with views of Worcester's largest waterfall (aka cataract), overlooking northern hardwood forests and passing vernal pools. For complete route information and to sign up, contact Christy Barnes at 508-755-6321, or christybarnes0706@gmail.com.

Treasures of the Community Gala

First Church in Sterling's 11th Annual Treasures of the Community Gala will take place on Saturday, May 20, at Devens Common Center, 31 Andrews Parkway, Devens. Tickets are \$65 per person. The event features live and silent auctions. Auction preview and cash bar cocktail hour with appetizers begins at 5 p.m., followed by a buffet dinner at 6:30 p.m. Auctioneer Ron D'Auteuil from Old Tyme Stufe Auction, Worcester, will begin the live auction at 7:40 p.m. sharp. View items in advance at fcstreasures.com. The Treasures of the Community Gala has raised over \$220,000 over 10 years. This year's goal is \$40,000 to benefit First Church in Sterling's events, community lunches, and other programs; Neighbor to Neighbor, a fund that assists individuals and families in Sterling that have demonstrated financial need with payments toward housing, food, utilities, clothing and other essential living costs; Interfaith Hospitality Network, an organization that serves homeless families in the Worcester area; and the La Romana mission trip, which has travelled to the Dominican Republic for the past 24 years to build the Good Samaritan General Hospital and provide health care and access to clean water to thousands of poor in remote cane cutter villages.

For information, contact Phil Holman at 508-868-9245 or philsterl@comcast.net.

Sterling Democratic Committee meeting

The Sterling Democratic Committee will meet on Monday, May 22, 6:30 to 8 p.m., Room 205, Butterick Municipal Building, 1 Park St., Sterling. The agenda will include a report on the Worcester and Middlesex District Democratic Picnic,

review of progress on the new Facebook page, announcements about the June 3 state convention and other events supporting democratic values, and planning local outreach efforts. All Sterling registered Democrats and interested Unenrolled voters are welcome.

Ham and bean supper

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

Memorial Day parade

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

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

First Church community lunch

First Church in Sterling will host their next community lunch on Saturday, June 3, at noon. Free, no reservation required. The goal is to provide a free, tasty meal once a month in a hospitable, respectful and welcoming setting to people in the community who find it hard to provide or prepare a good meal, or who would enjoy eating a meal prepared by others in a communal setting. All are welcome. For information, or to volunteer, call 978-422-6657.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, June 5, 7:30 p.m., at the post hall, 32 School St., Sterling. E-board at 6 p.m. Hot dogs served at 6:30.

Pollinator workshop hosted by Sterling Grange

Sterling Grange will host a seminar on Saturday, June 10, 9 to 11 a.m., at the Sterling Senior Center. Certified Master

Gardener, Tree Steward, and experienced landscaper, Paulette Heim of Sterling, will share tree and shrub ideas to complement your landscape and provide food, safety, and support for pollinators. This session is funded through a Massachusetts State Grange Agriculture Education Grant. All are welcome to attend. Free.

Red Cross blood drive

A Red Cross blood drive will take place on Tuesday, June 13, from 1 p.m. to 6 p.m., at Hope Chapel, 35 Chocksett Road, Sterling. Donors of all blood types are needed, especially those with types O negative, B negative and A negative. According to the Red Cross, type O negative is the universal blood type that can be safely transfused to anyone, and is often used to treat trauma patients. Schedule an appointment to give blood. Walk-ins are welcome, but the process will take longer. To register to give blood or to volunteer, visit hopechapelsterling.org.

Wachusett RC Flyers open house

The Wachusett RC Flyers, an enthusiastic group of remote control airplane flyers and modelers, will hold an open house on Saturday, June 17 (rain date Saturday, June 24), 10 a.m. to 2 p.m., at their field at the end of George E. Peeso Lane (behind the Sterling Police Department). Demonstrations of model airplanes, helicopters and quadcopters. Flight simulator and free planes for the kids. Free. For information, visit wachusettrcflyers.org.

St. Richard's breakfast supports sister village

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

ReStore seeks donations

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

To donate gently used items, visit the store anytime Wednesday through Saturday, 10 a.m. to 4 p.m. Staff available to assist with offloading items. You can also contact the store at 978-227-5556, or

visit restorencm.org/donate to schedule a donation pick-up. Donations are picked up Wednesdays, Thursdays and Fridays.

Fresh Air Fund seeking host families

Under its Friendly Towns Program, The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer experiences to more than 1.8 million New York City children from low-income communities since 1877. During the summer, children visit host families in suburban, rural and small town communities along the East Coast. Fresh Air summers are filled with children running barefoot through the grass, gazing at star-filled skies and swimming for the first time. For more information about The Fresh Air Fund, or to volunteer to host a child, visit freshair.org.

Unleash your inner artist

Weekly art instruction is offered by Charlie Gray, a Rutland resident with years of experience in the field of making, teaching, and selling art. To see some of his work, visit charlesgrayfinearts.blogspot.com. Free. Supply your own materials after the first session. Mondays, 9 to 11 a.m., First Church in Sterling Parish Hall, Room 2.

Nar-Anon support group

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

Perfect pet for senior



Orlando

Orlando is a very big and loving black and white male. He's extremely friendly and loves tummy rubs. He'd be a wonderful pet and companion for an older owner. All of Orlando's veterinary work is complete. He's leukemia negative, neutered, and has a microchip. All cats are placed as indoors-only pets. Adoption fee \$160. Did you know NEADY Cats has a senior policy? Adoption fee is \$50 for 50+.

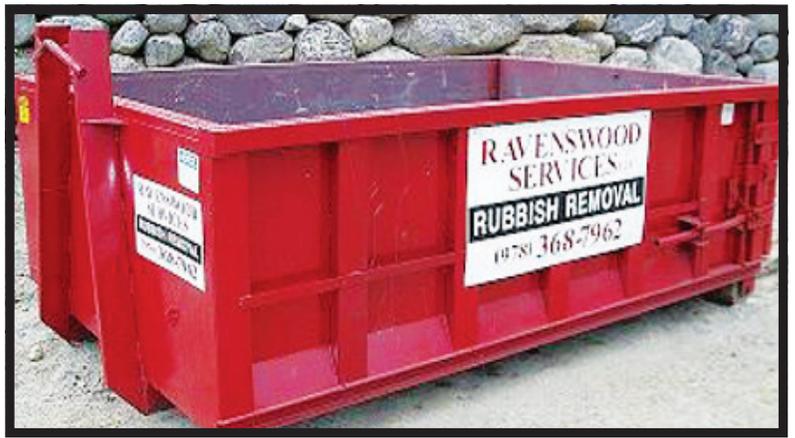
NEADY Cats is now located in Sterling, and welcomes dedicated volunteers. For more information about volunteer opportunities, or to schedule an appointment to meet Orlando or any of the kitties, email Marilyn@neadycats.org, or call 978-422-5116.

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