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July 19, 2017

Sterling joins Massachusetts Community Compact Initiative

by Lex Thomas

On June 15, Sterling became the 286th Massachusetts community to sign the Governor's Community Compact, an initiative launched in 2015 by the Baker-Polito administration. Lt. Gov. Karyn Polito joined with town officials for the signing at a ceremony held at the Sterling Senior Center.

"We are thrilled to announce this new partnership between the state government and the town of Sterling," Polito said. "The Baker-Polito administration looks forward to working with town officials to implement their selected best practices." Polito heads the Community Compact cabinet.

The Community Compact initiative is a voluntary, mutual agreement between the Commonwealth and local government, and gives Massachusetts municipalities the chance to make needed improvements through collaboration and support from the state. It enables the state to work closely with town officials to support public interests and develop mutual standards for governing effectively through chosen best practices. By entering into a Community Compact, both the Commonwealth and the town agree to fulfill selected best practice commitments.

Sterling will work with the Commonwealth to implement best practices in financial management, housing and economic development, and public accessibility.



PHOTO by Richard Maki

(Left to right) Selectman John Kilcoyne, Selectman Rich Lane, Senator Jennifer Flanagan, Lieutenant Governor Karyn Polito, Sterling Town Administrator Ross Perry, Selectman Maureen Cranson, Sterling Economic Development Committee member Brian Kindorf, Chief of Staff for Harold Naughton Jr. Susan Templeton, and Planning Board Vice-Chair Michael Pineo.

Celebrating 200 years of amazing life



Contributed PHOTO

(Left to right) Centenarians Ken Day and Charlotte Gildutis share holding the Boston Post Cane.

Over the past few weeks, the Sterling Historical Society has been delighted to join in two monumental birthday celebrations. Ken Day turned 100 years old on May 18, and Charlotte Gildutis followed turning 100 on June 30. The Sterling Historical Society presented citations from both the Massachusetts State House and the Senate for congratulations on these especially significant birthdays to both of them. The Historical Society was also proud to present Boston Post pins to each.

In 1909, 700 towns and cities in New England (321 from Massachusetts), received a Boston Post Cane from the Boston Post's editor and publisher, Edwin A. Crozier, never one to pass up a successful marketing gimmick. The canes were made out of African ebony. The wood was dried, turned and hand polished, and each cane took approximately one year to produce. Canes were engraved with the following inscription: "Presented by the Boston Post to the OLDEST CITIZEN of (town)." The initial intent was for the oldest male citizen of each town to receive the cane. Later, the Boston Post approved the oldest citizen, whether male or female, to receive the cane. Throughout the years, many canes have been lost, stolen, burned or have gone missing in action. Some towns still hold their original cane in the town vaults, or in display cases. Some have had reproductions made of missing canes.

After combing through years of records and research material, it was discovered that Sterling had never received the Boston Post Cane. As a result, the Sterling Historical Society has obtained a reproduction cane of our own, which will be on display at the Sterling Historical Museum and will be used as a ceremonial presentation upon becoming the "Oldest Citizen of Sterling". We have also been able to obtain 2-inch pin replicas of the cane, which were gifted to Day and Gildutis at their birthday celebrations. Between them, they represent a combined 200 years of wonderful life and living, and we honor them.

For more information about the Sterling Historical Society or to visit the Sterling Historical Museum, email info@sterlinghistorical.org, or call 978-422-6139.

Sterling resident turns 100

by James Barbato

Sterling resident Charlotte Gildutis was honored on her 100th birthday at the Sterling Senior Center's pancake breakfast on Friday, June 30. As part of the celebration she was presented with a congratulatory proclamation from the Massachusetts House of Representatives.

Gildutis was born at the hospital in Clinton and lived most of her adult life in Sterling. She was a home economics teacher in Athol for three years, and was also a substitute teacher from time to time. She has two daughters, four grandchildren and one great grandchild.

Gildutis summed up her secret for longevity very simply. "Eat right, live right," she advised.

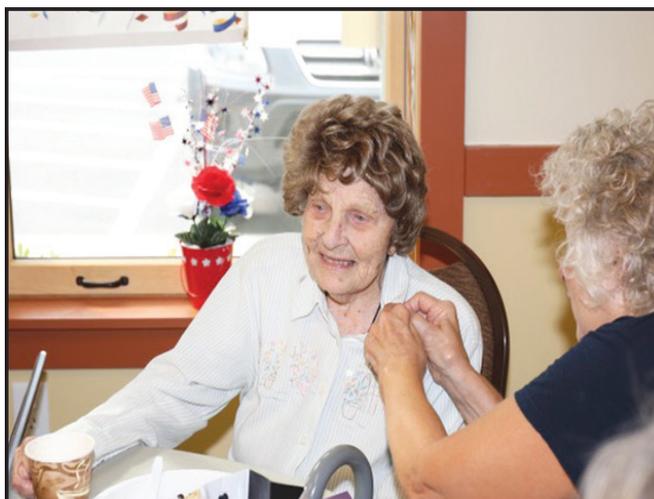


PHOTO by Richard Maki

(At Left) Carer Vivian Pratt presents commemorative pin to Charlotte Gildutis at her 100th birthday celebration on June 30 at the Sterling Senior Center.

SterlingMeetinghouseNews.com

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ROAD WORK UNDERWAY IN STERLING

A significant construction project on Route 12 between Chocksett Road and I-190 may cause traffic delays Mondays through Fridays throughout the summer.

Drivers are asked to use an alternate route whenever possible, and to slow down when travelling through construction zones.

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Cub Scouts tackle Heywood Reservoir Trail clean-up

On Sunday, May 21, an energetic group from Sterling Cub Scout Pack 34 Den 9, undertook at least three miles of trail clearing on the Heywood Reservoir Trail, with trailhead on Upper North Row Road. Den leaders Ryan Iarrobino, Chris Tetreault and Ron Turgeon, guided the young scouts. Armed with clippers, shears, saws, trash bags and lots of energy, they formed a dedicated and formidable team, clearing away fallen branches and trees, trimming overhang and gathering up no less than three large bags of trash. Sterling's Open Space Implementation Committee thanks the scouts and their leaders for their helpfulness and can-do spirit, and invites everyone to check out the Heywood Reservoir Trail or other Sterling trails, mapped and described by the committee.

Peder C. Pedersen, Chair
Sterling OSIC

Pesticides harm all insects

After two years of drought and the recent spring rain producing fiendish black flies, I fully anticipated a nasty mosquito season. My phoebes appeared to be working overtime, clearing insects from the sky, delivering them to their brood, then heading out for more quarry. Then a strange thing happened: the mosquitos didn't come. June was cold, but rainy. The phoebes fledged and were gone. No phoebes anywhere. The mystery was solved when I spied a sign at the foot of my neighbor's driveway advertising a mosquito spraying service. A few days later, a different service arrived on the street to spray another neighbor's property. Driving around the area I noticed multiple signs advertising that the outdoors is fun again. I had two mosquitos in my yard in June, no phoebes, no butterflies, and fewer than average dragonflies.

As a physician, I understand the importance of targeted spraying. Towns in southeastern Massachusetts often need to spray in late summer when the

presence of Eastern Equine Encephalitis is detected in the mosquito populations. Targeted spraying in Florida and other areas in the south help decrease the incidence of Zika infection and its devastating consequences. But this spraying appears to be done to remove nuisance mosquitos and ticks. I would argue there are already effective ways of managing these insects with topical sprays, ridding the yard of pools of water and performing tick checks.

Pyrethrin is a natural insecticide often mentioned in pamphlets advocating for barrier spraying, but what is being sprayed are synthetic pyrethroids, purposely developed to be more toxic and slower to break down. Pyrethroids are toxic to all insects, beneficial ones and pests alike.

If you still feel that you must pursue barrier spraying, I implore you to speak with company representatives to ensure the pesticides are staying on your property only. I want my phoebes back.

Robin Yurkevicz, MD
Elliott Road, Sterling

Thank you, Over Easy

I want to share my experience with Over Easy Cafe on Route 140 with your readers. I recently fell off a ladder and broke both heels, and have been in a wheelchair for the past six weeks. A couple of weeks after my accident there was a knock on my door at home. The wonderful people that run the cafe brought me a care package of food with best wishes written all over the box from all that work there. What a place! Their thoughtfulness was greatly appreciated. It sure makes my day knowing they care so much for their patrons.

Rick Fage
Williams Street, Sterling

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it in the
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Wheels of town politics

by Robert McKay Jones

On February 5, 1884, the Clinton Courant reported roller skating in Sterling's town hall was the hot topic of the day. An application was made to the Board of Selectmen to open the hall for skaters using skates with leather straps and wooden wheels. Selectmen declined to give permission without a town vote, due to fears

that treating the floor with pumice stone to make it suitable for skating might damage it for dancing. But those in favor petitioned selectmen to call a town meeting on this burning issue. On January 29, citizens voted 19 in favor and 14 opposed.

Roller skating was enjoyed by many at the Sterling Town Hall on Saturday

evenings in the winter of 1884. The 20-cent admission fee didn't include music, but selectmen promised they'd supply a hand-organ for a night or two if attendance warranted it. The pumice stone treatment proved unnecessary, keeping everyone happy and well entertained.



Roller skates, circa 1884

Contributed PHOTO



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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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Artist selected for art and craft exhibition



Contributed PHOTO

Artist Glynda Benham

"In an English Country Garden" by Sterling mosaic artist Glynda Benham has been selected for inclusion in Fitchburg Art Museum's 82nd juried Regional Exhibition of Art and Craft. Benham's work is fabricated from stained glass, millefiori, vintage glass stones, stone, and Italian smalti embedded in colored thin set (mortar). She was born in the United Kingdom in the Roman town of Cirencester (Corinium), where mosaics were constantly excavated in the area as she was growing up. Despite her early preference for science and mathematics, she returned decades later to her roots to work in mosaics. Benham is an avid collector of rocks and other materials on her travels to use in her pieces. She has studied with leading mosaic artists from around the world.

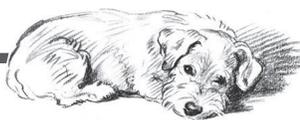
The exhibit is open until September 3. For more information, including hours, visit fitchburgartmuseum.org.

Leave wildlife alone

Sterling Animal Control Office Louis Massa urges residents to not handle any wildlife. They may look cute and harmless, especially the young, but they can bite and may carry the rabies virus. Recently, a young raccoon that had been handled by a number of Sterling residents was put down for rabies testing, which subsequently proved to be negative. Had the raccoon been left alone, it would probably have lived and been fine. For more information and helpful links, visit sterling-ma.gov/animal-control.

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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Wachusett Food Pantry August distribution

Friday, August 18 for seniors, and Saturday, August 19 for the public, 9 to 11 a.m. Residents of Sterling, Holden, Paxton, Princeton, and Rutland are eligible. Proof of residency required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Route 12), Sterling. The WFP is a 100 percent volunteer-run year-round operation that provides monthly three to five-day supply of emergency food to any family with either a short- or long-term need. New and current volunteers are encouraged to help with distribution, especially during the summer months. For information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

Mass Audubon annual photo contest

Photographers of all ages, abilities, and backgrounds are encouraged to enter the annual Mass Audubon Picture This: Your Great Outdoors photography contest. The competition encourages participants to reveal the state's natural wonders, including people in nature, birds, mammals, other animals, landscapes, and plants and fungi. The contest includes two age levels: 18 and Older, and Under 18. Each entrant may submit up to 10 photos, which must be taken in Massachusetts, or at Mass Audubon's Wildwood Camp in Rindge, New Hampshire. A grand prize winner will be awarded a \$250 gift card, to be redeemed at a Mass Audubon shop or wildlife sanctuary. The grand prize photograph will be featured in Mass Audubon's member newsletter. Eleven winners will receive \$100 gift cards, and at least six honorable mentions will win \$50 gift cards. Additional honorable mentions may be awarded at the discretion of the judges. Deadline September 30. All entries must be submitted online. For submission guidelines and other contest rules and details visit massaudubon.org/picturethis.

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.

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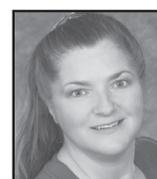
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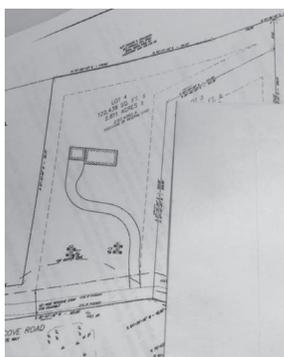
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Sterling EMS Scholarship awards

At its June meeting, Sterling EMS, Inc. awarded scholarships totaling \$5,000 to students who are pursuing training in medically-related fields of study. Scholarship winners are Morgan DiPilla, who will attend UMass, Amherst; Kelsey Moulton, who will attend the University of New England; Shannon Noel, who will attend the University of Delaware; Connor Pauplis, who will attend the University of New Hampshire; Cassandra Smith, who will attend Curry College; and Stephanie Smith, who will attend Worcester State University.



Contributed PHOTO

Scholarship recipients (left to right) Connor Pauplis, Kelsey Moulton, Morgan DiPilla, Shannon Noel, Stephanie Smith, and Cassandra Smith.

Sterling Chocksett Club awards scholarships

The Sterling Chocksett Club has awarded scholarships to Kelsey Moulton, Carolyn Heighton and Callum Glasier. The Club also awarded 20 merit awards to 8th grade graduates heading to high school. The Sterling Chocksett Club congratulates all in their amazing achievements.



Contributed PHOTO

(Left to right) Kelsey Moulton, Carolyn Heighton and Callum Glasier.

AAA champs!

The Tigers are the George P. Gibbs Little League AAA Division Champs after winning the championship game against the Royals, winning 11-10 on June 15. Congratulations, Tigers!

(At Right): George P. Gibbs Little League AAA division champions.
 (Back row, left to right) Coach Jay LaBrack, and assistant coaches Ken Hall, Dave Backus, Mike Plump, and Eric Lando.
 (Middle row, left to right) Players Kyle McMahon, Shane Lando, Sam Rosman, Caleb Hall, Travis LaBrack, Silas Backus, Dean Lando, Theo Sanders, Taven Henkel, and Jackson Plump.
 (Front row) Miller Backus.



PHOTO by Crystal Plump

Chocksett honor roll

Chocksett Middle School has released the honor roll for the fourth quarter of the 2016-17 school year.

The following grade 7 students earned high honors:

Madelyn Bailey, Anna Bavosi, Anne Conway, Leena Elbayoumi, Madelyn Fisher, Thomas Foley, Ella Glow, Jonathan Godbout, Harrison Graffam, Kylie Grebinar, Oliver Hoang, Sedona Iafrazi, Cassandra Lundgren, Lea Mathews, Kael McManus, Jillian Peto, Isabella Philbin, Abigail Pousland, Liam Quinn, Jenna Schwarz, Theodore Stangas.

The following grade 7 students earned honors:

Jamie Brown, Owen Carney, Jake Cherubini, Megan Cumming, Maya Davidson, Nolan Davis, Sierra Demerjian, Anthony Giorgi, Deborah Goodrich, Douglas Jepson, Damon Kane, Paige Keneally, Reilly Laitala, Steven Layton, Andrew Macone, Julia Martel, Hannah McCall, Karlen Michalak, Joshua Mogenssen, Sydney Morrissey, Ella O'Connor, Kyla Ormsbee, Noah Pavlowich, Taylor Picard, Stephanie Silva, Mitchell Thoday, Ava Willman.

The following grade 8 students earned high honors:

Jared Bailey, James Barone, Emma Croce, Isabella DelNegro, Abigail Carol Gibson, Evan Gonsorcik, Luke Grady, Noah Hajdu, Kelsey Harris, Sara Harvey, Sofija Juodaitis, Heather LeClair, Maria-Rose Mello, Zachary Melzar, Jillian Pauplis, Evan Queeney, Matthew Regan, Luke Stelmach, Natalie Ward, Samuel White, McKenzie Wright.

The following grade 8 students earned honors:

Sarah Austin, Emma Baillie, Megan Bardis, Aili Bauman, Luke Boardman, Rocco Bovenzi, Connor Brassard, Zachary Brennan, Megan Carney, Evan Conti, Kylie Decelles, Colman Dyer, Natalie Frantz, Drew Gage, Michael Iacaboni, Cailin Joyce, Quinn Kneeland, Alexa Lemoi, Grace Lowe, Noah Lucht, Caleb Marrero, Megan McDowell-Arnold, Mia Monahan, John Papandrea, Cole Ratcliffe, Logan Rivard, Haley Sanders, Paige Sanville, Noah Sutherland.



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Town-wide food drive



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(Left to right) Bob Sarafconn, Cathie Ryan, Christine Smith, Barbara Davidson-Miles and Frank Cummings, all of Sterling, at Wachusett Food Pantry.

The Sterling Democratic Town Committee is holding a town-wide food drive from July 21 to July 28 to benefit the Wachusett Food Pantry. Donations will be collected on the Sterling town common during the farmers market on Friday, July 21, and Friday, July 28 from 3 to 6:30 p.m. Between those dates, noncash donations can be dropped off (daytime only) at 3 Lesley Lane, Sterling (off Route 62, across from the hillside excavation).

The Wachusett Food Pantry welcomes donations of non-perishable food (nothing beyond its expiration date), personal care items, paper goods, cash and checks made out to Wachusett Food Pantry.

The goal of this midsummer drive is to meet the food pantry's needs as donations fall off over the summer, but need persists. As a non-profit, non-denominational, volunteer organization, the Wachusett Food Pantry provides free

emergency food each month to an average of 140 households in the Wachusett region faced with either a short-term or long-term need. The only requirement to receive assistance is residence in Sterling, Holden, Paxton, Princeton or Rutland. The Wachusett Food Bank receives 80 percent of its food supply from the Worcester County Food Bank, which is in turn supported by state and federal food assistance programs. The remainder of the food it distributes is provided by food drives.

The Sterling Democratic Town Committee is organizing this event because feeding the hungry is an American value that all support. Christine Smith, Co-chair of the Sterling Democratic Town Committee and a Wachusett Food Pantry volunteer, suggested the project to the committee and organized a crew to volunteer. The committee has enthusiastically endorsed the project, and is looking forward to a successful food drive this month, and hopes to find further opportunities to assist the food pantry throughout the year.

What does the Wachusett Food Pantry need?

- Personal care items: shampoo, toothpaste, toothbrushes, soap, feminine products
- Household items: toilet paper, laundry detergent
- Food: cereal, snacks, crackers for kids, macaroni and cheese, Chef Boyardee products

Tasty treats and fun at farmers market

The Sterling Farmers Market is in full swing 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. 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 can 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 and on the market's 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 on Facebook or email sterlingfarmersmarket@gmail.com.

Monty Tech senior awards and scholarships

The following seniors from Sterling won awards at Montachusett Regional Vocational Technical School: Norman C. Dziokonski, Most Improved Student, Automotive Technology; James M. Forest, Most Outstanding Student, Masonry; William R. Roseberry, Most Outstanding Student, Drafting Technology; Heather M. Stevens, Spanish, Most Outstanding, Graphic Communications.

The following seniors from Sterling won scholarships: Evan R. Cutler, A. Jandris & Sons, Inc. Award; Alyssa C. Leonardi, Monty Tech Foundation Award; William R. Roseberry, Clinton Savings Bank Charitable Foundation; Heather M. Stevens, 2017 Yearbook Scholarship and Monty Tech Foundation Award.

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Girl Scouts make community improvements

At the end of June, Sterling Girl Scouts completed a community project for their bronze award, the highest award a Girl Scout junior (grades 4 and 5) can complete. The Girl Scouts were required to explore the community to find a project, make a plan, put the plan into motion, and spread the word. They decided that Houghton Elementary School, where they attended prior to moving to the middle school, needed some sprucing up. As a troop, they met with Houghton Elementary School Principal Tony Cipro, who gave them a tour of the playground and explained that the surfaces children play on at recess and gym were faded and in need of painting. The girls asked questions about how the job needed to get done and what supplies were needed. Based on



Hard at work: (left to right) Grace Lannon and Sophia Prendergast.



Contributed PHOTOS

(Back to front) Hayley Castano, Laela Boardman, Chloe Aldous, Mae Freeborn, Grace Lannon, Sophia Prendergast, Aaliyah Cooper, Nicole Sutherland and Marlise Morini. Not pictured, Rowan O'Connor and Vivian Riccardi.

Principal Cipro's input, the troop took a trip to Maki's Building center in Sterling, who not only gave them a generous discount, but provided welcome advice. Girl Scouts and helpers got to work and repainted 14 playground games, including four squares games, hopscotch, and a basketball court, as well as adding safety lines at the parent pick-up/drop-off sidewalk. The girls did an amazing job and are proud of the improvements they made. Part of Girl Scout law is to "make the world a better place." Our Girl Scouts did that by making an improvement in their community for hundreds of children to enjoy for years to come.

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Meet Vern Gaw, Sterling Historical Commission Chair



Contributed PHOTO

Sterling Historical Commission Chair Vern Gaw.

For Sterling native Vern Gaw, town history has been a lifelong passion. In the early 1800s, when Sterling was a resort town and a tourist destination, his grandfather Butterick brought the family here to escape Boston's urban congestion. Trains from Boston brought visitors to the respectable Methodist camp or cottage colony. Gaw's Butterick relatives bought a house on what is now Route 62, which marks the beginning of his deep connection to Sterling, and his prodigious memory serves to keep Sterling's history alive.

Gaw remembers sledding down Maple Street from the top of the hill all the way to Main Street, (no longer recommended due to increased traffic). He believes that historical preservation is important because of the town's uniqueness. "Sterling was originally part of Lancaster," he says. "Lancaster didn't want Sterling to become its own town, because its orchards provided Lancaster with a lot of apple

products. In 1742 Sterling voted to separate from Lancaster."

In 1800, Sterling was the first town in north Worcester County to have a town hall, indicating the separation of church and state, and its well-preserved downtown area also makes the town unique.

In addition to the historical commission, the town has a historical society that protects a wealth of historical information and artifacts. The Conant Public Library is a valuable resource for information about Sterling, and the 1835 Town Hall Committee is working hard to preserve that building.

"Our most important task is keeping history alive," Gaw says. During 2017, the commission will repair cemetery stones in town cemeteries and improve historical signage in town.

Celebrate summer at the Conant Public 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 Knit – Children who know how to knit are invited to attend the drop-in knitting program on Wednesday, July 19, and Wednesday, July 26, at 2 p.m. No registration required.

Sandcastle Building Contest – Build a world of sand from your favorite book. Conant Public Library and Sterling Recreation Department are co-sponsoring a special summer reading-themed sandcastle building contest on Saturday, July 22, at 10:30 a.m. (rain date Saturday, August 5), at the town beach. Families with children birth to 18 years old are invited to participate. No registration required. Limited building tools available. Participants are encouraged to bring their own building supplies. Non-Sterling residents are welcome to participate, but those without a valid parking sticker must leave the beach after the program.

Drop-in craft – Children of all ages are invited to join in for a summer themed drop-in craft on Monday, July 24, from 10:30 a.m. to 3 p.m. No registration required.

Afternoon Matinee – Take a break from the heat and enjoy an afternoon matinee. *Smurfs: The Lost Village* on Monday, July 24, at 1p.m., rated PG, is the story of the beloved Smurfette (Demi Lovato), Brainy (Danny Pudi), Clumsy (Jack McBrayer), and Hefty (Joe Manganiello), as they journey through a forbidden forest filled with magical creatures and a Smurf secret. Children 17 and under are invited to attend. Children under 10 must be accompanied by a caregiver. Registration required.

Tinkering Tuesdays – Children ages 3 to 6 are invited to attend on Tuesday, July 25, at 10:30 a.m. Tinkering Tuesdays will feature creations with different materials and open-ended tinkering time for

young engineers and their caregivers. Registration required.

Stuffed animal sleepover – Children ages 4+ are invited to bring a stuffed animal to the library for a special pajama storytime on Tuesday, July 25, at 6:30 p.m. We'll share songs, stories, snacks, and a craft. Stuffed animals are invited to stay at the library overnight for their own special after-hours party! We'll share the stuffed animal friends' adventures and hijinks on our Facebook page, as well as with the children when they come in to pick up their stuffed animal the following day. Registration required.

Storytime – Take a reading break from the heat. Children ages 2+ are invited to storytime on Wednesday, July 26, at 10:30 a.m. This storytime will feature stories, songs, and a craft. Registration required.

Drop-in Baby Storytime – Crawl in for baby storytime on Thursday, July 27, at 10:30 a.m. Babies ages birth to 18 months. No registration required.

LEGO Free-Build – Master builders of all ages and their caregivers are invited to attend our LEGO free-build on Thursday, July 27, from 1 to 4 p.m. No registration required.

Harry Potter's Birthday Celebration – Children ages 6+ are invited to drop in for a magical celebration of Harry Potter's birthday on Monday, July 31, from 11 a.m. to 3 p.m. Harry Potter themed scavenger hunt and crafts. Pick up first clue at the Children's Room circulation desk and stop by the Baker Room for crafts. No registration required.

Summer reading is at an all-time high

It's that time of the year again – summer reading is back in Sterling! Conant Public Library's summer reading program is an interactive and fun way to encourage children to continue reading during the summer. Children ages birth to 18 years are invited to participate. Pre-readers can participate by being read to by a caregiver. Children log their reading hours for a chance to win raffle prizes. The last day to register is Saturday, July 22, and the last day to log hours and enter tickets into the raffle is Thursday, August 17. Registration is required. To register, go to sterlinglibrary.org or visit the library. For more information, call 978-422-6409.

Summer Reading Program prize donations needed

Conant Public Library is still accepting donations 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. All donations may be dropped off at the library. For more information, call 978-422-6409.

What's cooking at the Cookbook Club?

Enjoy good food and simple recipes made with fresh foods from *Food, Health and Happiness: 115 On-Point Recipes for Great Meals and a Better Life* by Oprah Winfrey, on Wednesday, July 26, 6:30 p.m. Prepare a 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.

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Parent's Night Out Book Club

Enjoy an evening out with a good book and enjoy a good laugh. The Parent's Night Out Book Club features different family and parenting-themed reads each month. Wednesday, August 2, 6:30 p.m., we'll read *Dad Is Fat* by Jim Gaffigan. Books are available at the library. No registration required.

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.

Adult Summer Reading Program

The 13th Annual Conant Public Library Adult Summer Reading Program begins on August 1 and will run through August 31. Adults who check out reading materials (adult books, magazines or audio books) will receive a raffle ticket. Local businesses are offering wonderful prizes for the raffle. For more information, call 978-422-6409.

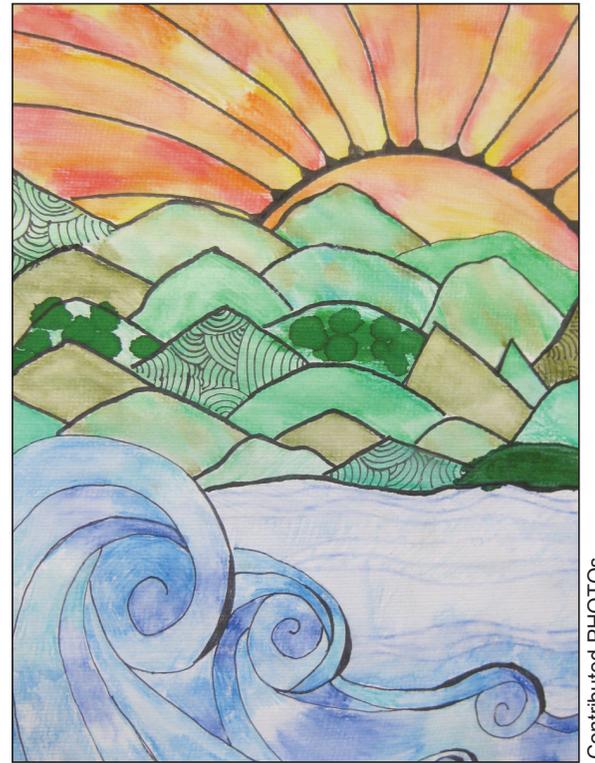
Adult coloring

Come cool off and discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Monday, July 31, at 6:30 p.m. Supplies available or bring your own. No registration required.

Students shine in art and writing event



(Left to right) Marlise Morini, Andrew Trahan, Zoe Moynihan, Ava Willman, Katherine Zanino, Lauren Hare, and Laela Boardman participated in the Art & Writing Slam, along with Tim Grebinar, Julia Martel, Mia Robinson, and Julia Willman.



Ava Willman used watercolor pencils to create this abstract landscape.

Contributed PHOTOS

Eleven students submitted original artwork and artist's statements to the Art & Writing Slam held at the Conant Public Library in Sterling on June 15. Participants had the opportunity to speak about their work, which included poetry, stories, drawings, and more. Gift certificates to Rota Spring Farm in Sterling were awarded to each student, and there was a drawing for a Barnes & Noble gift card. Copies of all submissions will be bound into a journal that will be available in the youth section of the library.

The event was hosted by the Friends of the Conant Public Library, a group that supports many programs and resources that are available through the library, including E-books, passes to cultural attractions, and children's programs. For information on becoming a member, email to friendsofconant@gmail.com, or pick up a brochure at the circulation desk in the library.



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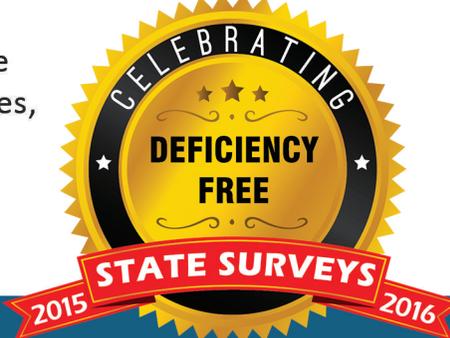
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Town beach parking permits

Resident parking permits allow Sterling residents to park at Sholan Park, which provides access to the town beach. Residents must have a blue sticker affixed to their vehicles in order to park legally. Resident parking permits are issued by the Sterling Recreation Department, primarily distributed at Sholan Park by the parking attendant on duty when the town beach is open, Monday to Sunday, noon to 8 p.m., weather permitting, or contact Sterling Recreation at 978-422-3041. Residents must present a current, valid vehicle registration. Families or individuals currently renting in Sterling are also eligible for a seasonal parking pass. Renters should contact Sterling Recreation at 978-422-3041 and must provide a recent utility bill for proof of residency. Guest passes are available.

Enjoy summer with Sterling Rec

Summer programs are up and running at Sterlingrec.com. There's still time to register for 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.

Seeking new trail stewards

Wachusett Greenways is looking for trail patrollers. You can select your favorite trail section and sign on as a year-round patroller. You'll be helping to keep the Mass Central Rail Trail and White Oak Trail in tip-top shape for everyone to enjoy. For more information, contact Colleen Abrams at 508-479-2123.

Active Kids

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

Music Together Summer Sampler

Ages infant to 5 years. Mondays to August 7, 9:30 to 10:30 a.m. 1835 Town Hall. \$55/4 weeks.

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

Sterling Recreation 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/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.

Half-Day Summer Lake Program – Entering grades 1 to 8. Session III: July 31 to August 11. 8:30 a.m. to noon. Sholan Park (town beach). \$75.

Full-Day Summer Lake Program – Entering grades 1 to 6. Session III: July 31 to August 11. 8:30 a.m. to 4 p.m. Sholan Park (town beach) and field trips. \$250.

Pollywog Program – Entering kindergarten. 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 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.

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.

Active Adults and Teens

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 to August 21, 6:30 to 7:30 p.m., or Fridays to August 25, 8:45 to 9:45 a.m. 1835 Town Hall. \$84.

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

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

Art and Creativity for Kids

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

Summer Concert Series

Mondays and Wednesdays, 6 to 8 p.m., at Memorial Park. Free and open to the public.

Wednesday, July 19 – The NoWhere Men

Monday, July 24 – Throwback to the 60s

Wednesday, July 26 – The Illusions

Monday, July 31 – Wachusett Community Band

Wednesday, August 2 – The Main Event

Monday, August 7 – Worcester County Bluegrass All Stars

Wednesday, August 9 – Bandwagon

Monday, August 14 – The Rampage Trio

Monday, August 21 – The Blue Flames

The Sterling Recreation Department is grateful to the Massachusetts Cultural Council, Aubin Trucking and Excavating, Century 21 Center Home Team, Clinton Savings Bank, Don-Jo Manufacturing, DMH Electric, Inc., Groundwater Supply Co., Hendrickson Advertising, Leominster Credit Union, Pandolf-Perkins Company, Rafferty Aluminum and Steel Co., Rota Spring Ice Cream, Sterling Deli & Chinese Takeout, Village Pizza & More, for their sponsorship of the summer concert series.

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

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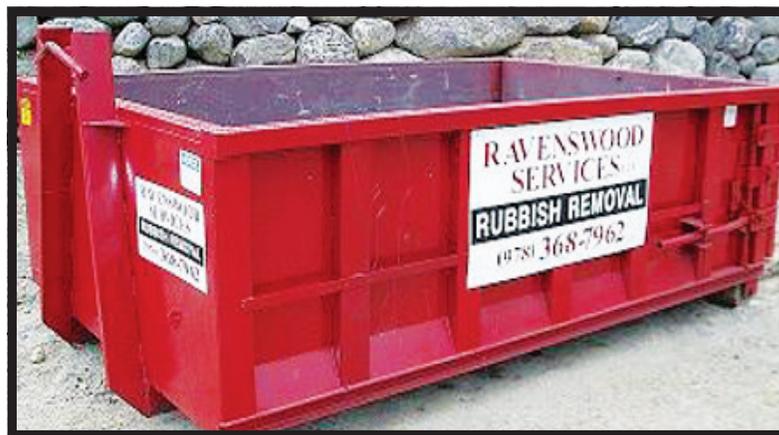
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Volunteer at the Senior Center

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



PHOTO by Richard Maki

Town Clerk Dawn Michanowicz had a great time as celebrity server at the Senior Center pancake breakfast, sponsored by the Friends of Sterling Seniors, on June 30.

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, July 19, 11:30 a.m. Homemade tortellini kabobs. \$3 donation. Sign-up required.

Mass/Dot Disability Placard Program – Wednesday, July 19, 12:30 p.m. With Michele Ellicks.

Guided meditation with Bob Stickles – Friday, July 21, 8:30 a.m. \$5.

KenKen class – Monday, July 24, noon.

Brown Bag Pharmacy – Monday, July 24, 12:30 p.m. Sponsored by MCPHS.

Home-cooked lunch – Wednesday, July 26, 11:30 a.m. Fiesta ranch chix pasta. \$3 donation. Sign-up required.

Foot clinic – Thursday, July 27, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

Book club – Thursday, July 27, 12:30 p.m., featuring Blood in the Water by Larry Stoddard.

Pancake Breakfast – Friday, July 28, 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 per plate. All ages welcome.

Forensic Science Road Show – Friday, July 28, 1 p.m.

Dull Men's Club – Tuesday, August 1, 9 a.m. The Dull Men's Club is inviting "exciting women" to join them for a presentation about the history of Sterling, Clinton and the Clinton Dam.

Home-cooked lunch – Wednesday, August 2, 11:30 a.m. Chef's salad. \$3 donation. Sign-up required.

SHINE – Thursday, August 3, 9 a.m. By appointment only. Get your insurance questions answered.

BP clinic – Thursday, August 3, 10 a.m. to noon. Sponsored by Sterling EMS.

Guided meditation with Bob Stickles – Friday, August 4, 8:30 a.m. \$5.

Quarterly Lunch and Learn – Friday, August 4, 12:30 p.m. For volunteers and staff. Sign-up required.

Pitch Party – Saturday, August 5, 6:30 p.m. Sponsored by Sterling Grange. Everyone welcome.

Zucchini Cook Off – Monday, August 7, 3 p.m.. Everyone welcome.

Elder Keep Well Clinic – Tuesday, August 8, 9:30 to 11:30 a.m. Medical and prescription questions answered and blood pressure checks by a VNA nurse.

Home-cooked lunch – Wednesday, August 9, 11:30 a.m. Sausage alfredo pasta. \$3 donation. Sign-up required.

Foot clinic – Thursday, August 10, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

COA board meeting – Thursday, August 10, 5:30 p.m.

August birthday cake – Friday, August 11, 12:15 p.m. Cake for all August birthdays.

Montachusett Opportunity Council Nutrition Program – Tuesday, August 15, 11 a.m.

Home-cooked BBQ lunch – Wednesday, August 16, 11:30 a.m. Hamburgers, hot dogs, and corn on the cob. \$3 donation. Sign-up required.

Summer Jingo – Wednesday, August 16, 12:30 p.m.

Pickleball and tennis

Two Sterling summertime residents are looking for AARP-eligible people for some active fun. The Sterling Recreation Department has set aside Monday afternoons at 3 p.m. for pickleball. Beginners are welcome. No equipment needed. Tennis times are flexible and will be arranged for participants. For information, call Kirk at 978 422-6242.

Happy Travelers offer exciting trips

The Happy Travelers, bus trips for the 50+ traveler, offers an exciting roster of day trips throughout 2017. All day trip pricing includes driver, escort, and gratuity. A \$5 cancellation waiver has been added to the cost of day trips to cover any cancellation up to seven days prior to the trip (refund will be minus the cancellation waiver). Refunds for cancellations less than seven days prior to the trip will only be made if space can be filled. To request a copy of the 2017 schedule, call 508-835-4312 or 508-612-5312, or email glady2@verizon.net. Flyers available at the Sterling Senior Center.

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North Central Career Center summer job fair

The North Central Career Center and the North Central MA Chamber of Commerce will hold a job fair on Wednesday, July 19, 9 a.m. to noon, at the Doubletree Hotel, 99 Erdman Way, Leominster. Seventy companies will participate, offering over 200 jobs. A list of employers is available at ccnccm.com. Free.

Sterling Democratic Committee meeting

The Sterling Democratic Committee will meet on Monday, July 24, 6:30 to 8 p.m., Room 205, Butterick Municipal Building, 1 Park St., Sterling. The agenda will include a report by delegates that attended the Democratic State Convention, plans for a food drive to support the Wachusett Food Pantry, plans for a summer Democratic social, a discussion of potential candidate nights, and other old and new business. All Sterling registered Democrats and interested Unenrolled voters are welcome.

Self-defense seminar for women

Local Girl Scout Madeline Roy will host a basic women's self-defense seminar on Tuesday, July 25, from 6:30 to 8 p.m. in the 1835 Town Hall. This event is open to all women ages 14+ (incoming high school freshman and older). The seminar will cover basic techniques that require no background knowledge or athletic ability. Participants are welcome to stay for all or part of the program. To confirm attendance or for more information, call or text 978-549-9340, or email maddie-roy@comcast.net. Free.

Polish picnic at Turner Pavilion

Come out and enjoy a Polish picnic on Saturday, August 5, from 1 to 5 p.m. at the Turner Hall Pavilion, 60 Branch St., Clinton, featuring polka music by Dennis Polisky and the Maestro's Men, Polish food, unique raffles, Polish jewelry and merchandise, cash bar, and a display of photos of Clinton's Polish community over the years. Polish dishes such as golumkis, kapusta, grilled kielbasa, and Polish pastries will be available for sale, with take-outs available after 3 p.m.
In addition to business advertis-

ers, community members can honor friends and relatives with a memorial ad in the Polish picnic program. Sponsors and volunteers should contact Theresa at 978-270-2457 or email tkane@poluscenter.org (by July 25 for inclusion in the program). Free admission and parking, but donations of any amount will help pay for the band. Further proceeds will be donated to the Polus Center for Social & Economic Development, Inc. The Polus Center is a non-profit agency that provides employment opportunities for youth and adults with disabilities in Massachusetts and rehabilitation services for victims of war and conflict around the world. Learn more about the Polus Center at www.poluscenter.org.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, August 7, at 7:30 p.m., at the post hall, 32 School St., Sterling. E-board at 6 p.m. Hot dogs served at 6:30 p.m. The September meeting will take place on Monday, August 28, at 7:30 p.m. Meeting will include a Sterling Association drawing.

Holden Days is coming

Holden's annual street fair and celebration will take place on Saturday, August 26, from 9 a.m. to 3 p.m., on Main Street, Holden. Local businesses, non-profits, crafters and artisans are invited to participate in this annual community event. This annual event promises great food, fun and entertainment for the entire family, as well as promotional opportunities for area businesses and organizations. To reserve booth space, contact wachusettareachamber.org/events/holden-days.

Habitat for Humanity 4th Annual Golf Event

Habitat for Humanity North Central MA is gearing up for its annual "Building Dreams" Golf Tournament, slated for Tuesday, September 19 at Shaker Hill Country Club in Harvard. Cost to register is \$175 per golfer or \$600 for a foursome. Registration includes greens fee and cart, golf shirt and gift bag, morning refreshments, and lunch. The shotgun start is at 9 a.m. Registration opens at 7:30 a.m. Final registration deadline is August 30. To register, visit ncmhabitat.org. Sponsorship opportunities are available and local businesses and organizations are encouraged

to apply early as space is limited. Sponsorship forms are available at ncmhabitat.org. All proceeds benefit the work of Habitat for Humanity North Central MA, bringing affordable housing to those in need throughout the organization's 25 towns and cities in the region.

Central Mass Lyme Conference

The Central Mass Lyme Foundation will host its 3rd Annual Lyme Disease Conference on Saturday, September 23, from 9 a.m. to 4:30 p.m., at Worcester Technical High School, 1 Skyline Drive, Worcester. Registration begins at 8:30 a.m. This event will explore the complexities of Lyme and other tick-borne diseases and include presentations by ILADs-trained physicians regarding treatment, research and testing. Tickets \$10 in advance, \$20 at the door. Boxed lunch available for \$10. For more information or to purchase tickets, contact Michele Miller at CentralMassLyme@gmail.com, call 1-888-511-LYME, or visit CentralMassLymeConference.com.

First Church community lunches to resume in fall

Following a successful series of free community lunches held on the first Saturday of each month from January through June, First Church in Sterling will take a summer hiatus, and resume the community lunch program in October. Stay tuned for upcoming details.

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

Nar-Anon support group

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

Peachy cute



Precious

Two-year-old Precious is a lovely peach, gray and white female calico cat. She's very friendly and would do best in a quiet home. All of her veterinary work is complete. She'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 Precious or any of the kitties, email Marilyn@neadycats.org, or call 978-422-5116.

Contributed PHOTO

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Sterling-Lancaster Community TV

Broadcast Schedule July 15th - July 21st, 2017

Comcast Channel 8

Saturday	Genre
12:00 AM Game Crush - Fallout 4 Blind Playthrough P7	Entertainment
12:45 AM Game Crush - Fallout 4 Blind Playthrough P8	Entertainment
1:30 AM Game Crush - Fallout 4 Blind Playthrough P9	Entertainment
1:45 AM Game Crush - Fallout 4 Blind Playthrough P10	Entertainment
4:00 AM Game Crush - Fallout 4 Blind Playthrough P7	Entertainment
4:45 AM Game Crush - Fallout 4 Blind Playthrough P8	Entertainment
5:30 AM Game Crush - Fallout 4 Blind Playthrough P9	Entertainment
5:45 AM Game Crush - Fallout 4 Blind Playthrough P10	Entertainment
6:30 AM Your Federal Government - National Park Service	Interview
8:00 AM Village Church Service	Religion
10:00 AM College Church Service	Religion
12:00 PM LBMS Play - You Ain't Nothin' But A Werewolf	Local
1:30 PM Global 3000 - Protecting Cities From Flooding	Documentaries
2:00 PM LBMS Play - You Ain't Nothin' But A Werewolf	Local
4:00 PM Childrens Corner - Curious Clamming	Children
4:45 PM Railroad House Band	Music
7:15 PM Global 3000 - Protecting Cities From Flooding	Documentaries
8:00 PM LBMS Play - You Ain't Nothin' But A Werewolf	Local
10:00 PM Your Federal Government - National Park Service	Interview

Sunday	Genre
12:00 AM Game Crush - Fallout 4 Blind Playthrough P7	Entertainment
12:45 AM Game Crush - Fallout 4 Blind Playthrough P8	Entertainment
1:30 AM Game Crush - Fallout 4 Blind Playthrough P9	Entertainment
1:45 AM Game Crush - Fallout 4 Blind Playthrough P10	Entertainment
4:00 AM Game Crush - Fallout 4 Blind Playthrough P7	Entertainment
4:45 AM Game Crush - Fallout 4 Blind Playthrough P8	Entertainment
5:30 AM Game Crush - Fallout 4 Blind Playthrough P9	Entertainment
5:45 AM Game Crush - Fallout 4 Blind Playthrough P10	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 LBMS Play - You Ain't Nothin' But A Werewolf	Local
1:30 PM Global 3000 - Protecting Cities From Flooding	Documentaries
2:00 PM LBMS Play - You Ain't Nothin' But A Werewolf	Local
4:00 PM Childrens Corner - Curious Clamming	Children
4:45 PM Railroad House Band	Music
7:15 PM Global 3000 - Protecting Cities From Flooding	Documentaries
8:00 PM LBMS Play - You Ain't Nothin' But A Werewolf	Local
10:00 PM Your Federal Government - National Park Service	Interview

Monday-Friday	Genre
12:00 AM Game Crush - Fallout 4 Blind Playthrough P11	Entertainment
12:30 AM Game Crush - Fallout 4 Blind Playthrough P12	Entertainment
1:00 AM Game Crush - Fallout 4 Blind Playthrough P13	Entertainment
1:30 AM Game Crush - Fallout 4 Blind Playthrough P14	Entertainment
4:00 AM Game Crush - Fallout 4 Blind Playthrough P11	Entertainment
4:30 AM Game Crush - Fallout 4 Blind Playthrough P12	Entertainment
5:00 AM Game Crush - Fallout 4 Blind Playthrough P13	Entertainment
5:30 AM Game Crush - Fallout 4 Blind Playthrough P14	Entertainment
7:30 AM Barbara & You	Interview
9:00 AM Cooking in the Merrimack Valley - Appetizers	Cooking
10:00 AM Seniorcize - Ep 4	Health
11:00 AM Car Guy Channel - Mopar Show	Hobby
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM DW Conflict Zone Nato Headquarters in Brussel	Documentaries
2:00 PM Church Service	Religion
4:00 PM Childrens Corner - Everything Elephant	Children
5:00 PM Soul School - Issac Hayes	Music
6:00 PM Valley Homegrown - Intonation	Music
7:15 PM DW Conflict Zone Nato Headquarters in Brussels	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Car Guy Channel - Mopar Show	Hobby
10:00 PM Barbara & You	Interview

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

Broadcast Schedule July 22 to July 28, 2017

Comcast Channel 8

Saturday	Genre
12:00 AM Game Crush Fallout 4 Blind Playthrough - P11	Entertainment
12:30 AM Game Crush Fallout 4 Blind Playthrough - P12	Entertainment
1:00 AM Game Crush Fallout 4 Blind Playthrough - P13	Entertainment
1:30 AM Game Crush Fallout 4 Blind Playthrough - P14	Entertainment
4:00 AM Game Crush Fallout 4 Blind Playthrough - P11	Entertainment
4:30 AM Game Crush Fallout 4 Blind Playthrough - P12	Entertainment
5:00 AM Game Crush Fallout 4 Blind Playthrough - P13	Entertainment
5:30 AM Game Crush Fallout 4 Blind Playthrough - P14	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM College Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM Conflict Zone Nato Headquarters in Brussels	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption	Animals
3:00 PM Car Guy Channel - Mopar Show	Hobby
4:00 PM Childrens Corner - Everything Elephant	Children
5:00 PM Soul School - Issac Hayes	Music
6:00 PM Valley Homegrown - Intonation	Music
7:15 PM Conflict Zone Nato Headquarters in Brussels	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Car Guy Channel - Mopar Show	Hobby
10:00 PM Barbara and You	Interview

Sunday	Genre
12:00 AM Game Crush Fallout 4 Blind Playthrough - P11	Entertainment
12:30 AM Game Crush Fallout 4 Blind Playthrough - P12	Entertainment
1:00 AM Game Crush Fallout 4 Blind Playthrough - P13	Entertainment
1:30 AM Game Crush Fallout 4 Blind Playthrough - P14	Entertainment
4:00 AM Game Crush Fallout 4 Blind Playthrough - P11	Entertainment
4:30 AM Game Crush Fallout 4 Blind Playthrough - P12	Entertainment
5:00 AM Game Crush Fallout 4 Blind Playthrough - P13	Entertainment
5:30 AM Game Crush Fallout 4 Blind Playthrough - P14	Entertainment
7:00 AM Trinity Bolton Church Services	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 Conflict Zone Nato Headquarters in Brussels	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption	Animals
3:00 PM Car Guy Channel - Mopar Show	Hobby
4:00 PM Childrens Corner - Everything Elephant	Children
5:00 PM Soul School - Issac Hayes	Music
6:00 PM Valley Homegrown - Intonation	Music
7:15 PM Conflict Zone Nato Headquarters in Brussels	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Car Guy Channel - Mopar Show	Hobby
10:00 PM Barbara and You	Interview

Monday - Friday	Genre
12:00 AM Game Crush - Fallout 4 Blind Playthrough P15	Entertainment
12:30 AM Game Crush - Fallout 4 Blind Playthrough P16	Entertainment
1:10 AM Game Crush - Fallout 4 Blind Playthrough P17	Entertainment
1:30 AM Game Crush - Fallout 4 Blind Playthrough P18	Entertainment
4:00 AM Game Crush - Fallout 4 Blind Playthrough P15	Entertainment
4:30 AM Game Crush - Fallout 4 Blind Playthrough P16	Entertainment
5:10 AM Game Crush - Fallout 4 Blind Playthrough P17	Entertainment
5:30 AM Game Crush - Fallout 4 Blind Playthrough P18	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM My Mothers Recipes - Odalisque	Cooking
10:00 AM Yoga for Hands and Feet	Health
11:00 AM NRWA - Tick Talk	Local
1:00 PM Tomorrow Today - Lindau	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Rules Rule	Children
5:00 PM Soul School - Marvin Gaye	Music
6:00 PM Valley Homegrown - Hot Dirt	Music
7:00 PM Tomorrow Today - Lindau	Documentaries
8:00 PM NRWA - Tick Talk	Local
10:00 PM Barbara and You	Interview

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