



# Sterling MEETINGHOUSE NEWS

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June 15, 2016

## Eagle Scout has many reasons to celebrate

by Jamie Chase Galvin

These days, Connor Macone of Sterling has a lot to celebrate. Graduating from Wachusett Regional High School on June 9 and heading to college in the fall, Macone recently also completed the necessary requirements to receive the highest rank within the Boy Scouts organization; the rank of Eagle Scout.

Macone is a member of Troop 1 in Sterling and has been a part of that group since sixth grade. Previously part of Pack 34 as a Cub Scout, Macone has been a vibrant member of the Boy Scouts organization for many years and his hard work paid off



Eagle Scout Connor Macone, with parents Nicole and David Macone.

Contributed PHOTO

on May 19 when he was feted with his Eagle Scout designation.

Achieving the rank of Eagle Scout includes completing a community service project to benefit the surrounding community. "Eagle Scout is the highest rank of Boy Scouts and you must complete all of your requirements before your eighteenth birthday," says Macone. "My service project mainly supported the track and soccer field behind Chocksett Middle School. With the help of the younger and older Scouts in my troop I built eight benches, each eight feet long, for seating around the track."

With the dedicated help of other EAGLE SCOUT, page 17

## Sterling flying club seeks new members

by Lex Thomas

The Wachusett RC Flyers, a club for remote control airplane flyers and modelers, was formed in 2012 at Fitchburg Municipal Airport. While the airport is a good location, it comes with the stipulation that only FAA-registered pilots and ex-pilots can get onto the field.



Al Dean loves to demonstrate and fly his remote control planes.

Contributed PHOTO

The club began scouting around the area to find a less restrictive space that would provide the opportunity to expand membership. In 2014, the Sterling Board of Selectmen approved the club's application to utilize the landfill at the end of George E. Peeso Lane, behind the Sterling Police Department.

On Saturday, June 18 (rain date Saturday, June 25), the STERLING FLYING, page 10

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### In This Issue

Letters & Editor Note	2-3
Announcements	4-6
Town News	7-11
School News	12-14
Business News	15
Local Happenings	16-17
Library News	18-20
TV	19
Recreation	21-22
Senior News	23-25
Bits & Pieces	26-27

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## LETTERS

### Town meetings a success

Now that the dust has settled from the Special Town and Annual Town meetings, I want to share my thanks, offer kudos, and general thoughts about our meetings. First, I'd like to thank the voters of Sterling for their attendance and willingness to participate in what Town Moderator Amrith Kumar called the purest form of government. It was a well conducted and respectful meeting thanks to the preparation of our moderator. The moderator, Board of Selectmen, and Finance Committee agreed to make changes to the warrant in an effort to streamline the process. We consolidated money articles, proposed a single capital article, funded the requested school appropriation, and assigned capital leases to their corresponding departmental budget. I'd like to think that the thoughtfulness, transparency, and fiscal responsibility shown limited any contentious debate. As a result, we approved a combined budget of \$22 million that addresses our current expenditures and capital needs, funds capital and stabilization, and contributes to our OPEB fund. I am proud of this budget as it supports the efforts of our 91 employees in 38 departments while strengthening our financial position, and addresses our future.

At this time of year, I pay particular attention to the actions of other town meetings throughout Worcester County as they debate their budgets. If you follow as I do, in many cases, they have trouble funding schools and municipal services, and may request Proposition 21/2 overrides. OPEB is that white elephant in the room that many simply cannot address in their deliberations. Sterling's FINCOM is committed to current financial stability while thoughtfully planning for our future. We believe that the pay-as-we-go approach is our best strategy to ensure longterm success.

Finally, I wish to thank the members of FINCOM who, since January, have been meeting weekly to formulate the budget we recommended on May 2. In particular, I wish to salute Bob Brown as he leaves FINCOM after 30 years of service. He has been such a valuable asset to our town and is truly its institutional memory as it pertains to our budget. He has served as the committee chair and most recently as vice chair. Personally, Bob has been a valuable advisor and mentor to me as I've come to understand our town finances. I know that, as always, he is only a phone call away.

Joe Sova, Chairman  
Finance Committee



The Sterling Meetinghouse News is published by Barbato Media LLC, PO Box 914, Sterling, MA 01564  
[www.SterlingMeetinghouseNews.com](http://www.SterlingMeetinghouseNews.com)  
978-422-9824 • [mail@SterlingMeetinghouseNews.com](mailto:mail@SterlingMeetinghouseNews.com)

For advertising information send an email to [mail@SterlingMeetinghouseNews.com](mailto:mail@SterlingMeetinghouseNews.com) or call 978-422-9824.

**The next issue will publish July 20.  
The advertising and copy deadline  
is Monday, June 11th. Items received after  
the deadline will be included if space is available.**

Publisher • Mark Barbato  
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Advertising Sales • Mark Barbato  
Art Director • Kimberly Morse

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## LETTERS

### Opening the lines of communication

When I decided to run for selectman, I made a conscious decision to run a true "grassroots" campaign. Because I am involved in the town, I know Sterling to be an educated, close knit, caring and concerned community. I thought Sterling was the perfect community for such a campaign. I was not disappointed.

And now the work begins. As your selectman, my first order of business will be to open the lines of communication. I wish to encourage dialogue, where all get a chance to speak and others actively listen. Although the Board of Selectmen does not have the power or authority to resolve every issue, that does not mean an issue should be ignored or dismissed. I look forward to hearing from Sterling's residents, business owners, farmers and employees about how we can all make Sterling a better place to live. Thank you for your vote and for your confidence in me.

Rich Lane  
Board of Selectmen

## EDITOR'S NOTE

On occasion, it happens that the best laid plans fall victim to life's complications. Although we had announced in the last issue that we'd be growing to a tabloid size with this issue, we've decided to postpone that change for the time being. We're still planning it and are moving in that direction. It's just taking us a little longer than anticipated. In the meantime, we're busy keeping Sterling informed. Have a safe and happy summer! .

- Lex Thomas

### Letters to the Editor

Letters should be no more than 350 words, and must include your name, address, phone number and signature. Send email to

lex@sterlingmeetinghousenews.com or mail to:

Sterling Meetinghouse News,  
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# ANNOUNCEMENTS



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*Pvt. William Batchelder*

Sterling native William Batchelder recently attended a 19-week Boot Camp and Advanced Individual Training at Fort Leonard Wood in Missouri. He graduated on May 25 and is a Private in the US Army, RI National Guard Military Police. Out of ECHO Com-

pany's three platoons at camp, Batchelder was awarded the Leadership Award, given to the highest performing soldier as voted on by the Sr. Drill Instructors and Fort Commander. Criteria include physical fitness testing, marksmanship, hand to hand combat skills and testing on Army and Military Police training and procedures - tactical, written examinations, and interviews.

Batchelder graduated from Wachusett Regional High School in 2014 and is enrolled at the University of Rhode Island where he is studying Criminal Justice. He enlisted in the RI National Guard in Boston in August 2015.

## Town seeks Senior Center Director

The Town of Sterling seeks a Senior Center Director. Under the policy direction of the Council on Aging and the administrative supervision of the Town Administrator and Board of Selectmen, the Senior Center Director will be responsible for leadership, managerial and financial functions at the newly constructed Sterling Senior Center. In addition to supervising staff and volunteers, the Senior Center Director will prepare grant applications, administer grants, and serve as liaison to outside fundraising groups. The director works closely within the community to identify needs and coordinate Council activities. A complete job description is available from the office of the Sterling Board of Selectmen. Applicants should have a Bachelor's degree in a related field and at least five years of experience as a senior center director, assistant director, or related position. Full time exempt. Salary range is \$47,070 to \$70,616. Normal hiring range is \$47,070 to \$52,958. Apply to Town of Sterling, Board of Selectmen, 1 Park St., Sterling, MA 01564 or selectmen@sterling-ma.gov by June 23.

## New curbside trash contractor

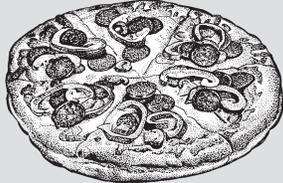
Casella Waste Services has been contracted to collect Sterling's curbside trash and recycling, effective July 1. This will result in savings to taxpayers of over \$30,000 per year. The trash collection day for town streets will remain the same, however trash/recycling pickup times may be adjusted. The DPW reminds residents to have trash/recycling at curbside by 7 a.m. on your pickup day. For your convenience, refer to the 2016-2017 Residential Curbside Trash/Recycling flyer recently mailed to each household.

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## ANNOUNCEMENTS

### SMLD starts repairs on Pikes Hill Road

On May 23, the Sterling Municipal Light Department began work on one of their last four major URD projects on Pikes Hill Road. The upgrade is necessary due to the age of the cable (over 30 years) and to reduce the number of power failures that could occur in the area due to older deteriorating cable. There will be outages as the old system transfers to the new and the SMLD will contact customers affected prior to the interruption in service. An SMLD employee will be on site at all times during this project. For more information, call 978-422-8267 Monday through Thursday, 7:30 a.m. to 4:30 p.m., and Fridays, 7:30 to 11:30 a.m.

### Keep pets safe during summer festivities

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

### 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 birds and other animals in their habitats, forests and fields, and people enjoying the outdoors. The contest includes two age

levels: Over 18 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. Nine winners will receive \$100 gift cards to redeem at a Mass Audubon shop or wildlife sanctuary. 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](http://massaudubon.org/picturethis).

### Wachusett Food Pantry June distribution

Friday, June 17 for seniors, and Saturday, June 18 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](mailto:wfp@wfp1995.org), or visit [wfp1995.org](http://wfp1995.org).

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# ANNOUNCEMENTS

## Sheriff receives award

The Military Orders of World Wars, Worcester Chapter has announced that Worcester County Sheriff Lew Evangelidis is the recipient of their 2016 Silver Patrick Henry Public Service Award. Evangelidis was selected for the award in recognition of his efforts in reducing recidivism, increasing professional standards for correctional officers, addressing the current opioid epidemic with his Face2Face Program, charitable programs including annual winter coat and food drives, and for vigorously supporting veterans and veterans organizations throughout Worcester County.

## Wachusett Regional Recycling Center spring collections

Chemicals, paints, and household hazardous products will be accepted on Saturday, June 18, 8 a.m. to noon. Also accepting all bulk, recycling, reuse and electronics (some with fee). Regular open hours are every Monday 5 to 7 p.m., Tuesday 9 to 11 a.m., Wednesday 2:30 to 4:30 p.m., 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. Large appliances or furniture items \$5 disposal fee. Located at 131 Raymond Huntington Highway, West Boylston. For more information, visit [wachusettearthday.org](http://wachusettearthday.org).

## “Oh My Gosh” Antiques & Collectibles

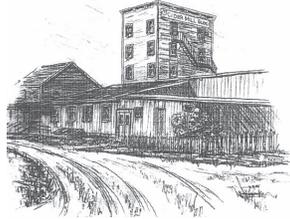
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## Mandatory water ban in effect

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

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# New selectman learning the ropes

by Lex Thomas

Sterling's newest selectman, Rich Lane, has spent the past few weeks immersing himself in the issues and procedures that will largely define the next three years of his life. Editor Lex Thomas caught up with him by email recently to pose a few questions.

**LT:** What were your thoughts when you learned that you were elected?

**RL:** My very first thought was, "Wow!" I was both overwhelmed and humbled. I made the decision to run taking my belief on how government should be run into consideration. (Small government, by the people, for the people and of the people.) I never thought that running for

an elected position, especially in a small town such as Sterling, should be an expensive proposition. My decision was to run a "grassroots" campaign. No signs, no mailings, just a statement of my beliefs in local

publications and some emails to get my message out. More than a few people thought that would never work. Sterling proved those people wrong. People do care, they do read, they do talk.

**LT:** What is your profession, and how are you balancing that with your responsibilities as a selectman?

**RL:** I am employed as a Safety Officer for a construction company that focuses on large, low slope, commercial roofing. I was elected just as our busy sea-



PHOTO by Richard Maki

Selectman Rich Lane.

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# New selectman learning the ropes

Continued from page 7

son started, so I'm still in the curve as far learning how to balance my responsibilities of family, church, work, selectman, Scouts and Y.A.H.O.O. I'm sure I'll hit some bumps along the way and make a few mistakes, but I will always do my best, learn from mistakes, and try to do better. My family has always been very understanding and helpful, and I'm really very grateful to them for that, and especially grateful to my wife, Lisa.

**LT:** How's the "learning curve" going? Are the issues familiar to you, or have there been surprises? What's the most unexpected issue that has arisen?

**RL:** So far I've been familiar with most of the issues that have arisen. I haven't had any unpleasant surprises. I was not familiar with some of the administrative protocol, but I guess that's to be expected having never held office before. Two recent issues are of real concern to me: the zoning issues being discussed on Redstone Place, as well as a potential tax assessment issue that was just brought to my attention.

**LT:** What are your most immediate and long term

goals?

**RL:** My immediate goal is to become more familiar with the "system" of how our Sterling government works on a day-to-day basis. I never wanted to come in like gangbusters and change things just for the sake of change, but once I learn what does need to be changed I intend to work hard on those things. Government works for the people, we should be looking for ways to get things done, not making excuses or finding reasons not to.

**LT:** What do you feel are the most critical issues for the Board of Selectmen at this time?

**RL:** Personnel issues. The recent departure (prior to my election) of the Senior Center Director, staffing, wages and contracts are all issues that affect the citizens and employees of the town. Because these issues are personal to all of us it takes lots of dialogue, tact, discretion and empathy to handle them properly.

**LT:** Any further thoughts?

**RL:** Too many to list!

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# Economic Development Committee holds public forum

by Lex Thomas

On June 2, the Sterling Economic Development Committee, in cooperation with the Montachusett Regional Planning Commission, held a public forum to gain insight from the public and public officials concerning future improvements and economic development along the Route 12 corridor in Sterling,

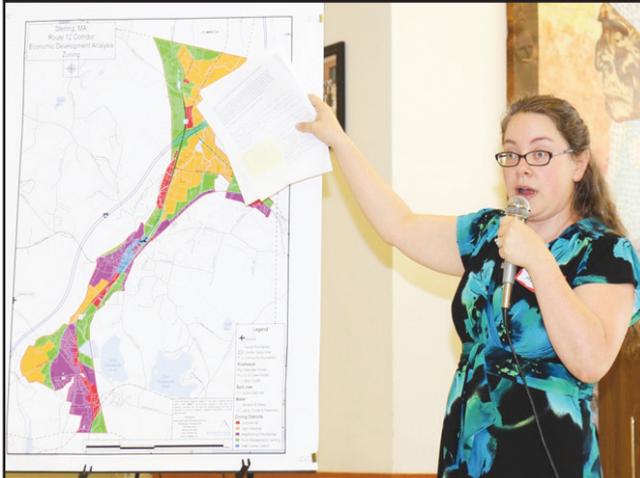
from Leominster to West Boylston.

The committee is working on a draft economic development and zoning analysis for the Route 12 corridor that could promote economic development while retaining Sterling's small town community character. Public input is a critical element of the study.

The forum was facilitated by Chantell Fleck, Principal Planner with the Montachusett Regional Planning Commission.

Economic Development Committee chair Jim Pataciola opened the event by providing a brief background of the committee and the need for the current study. "In trying to understand and survey businesses in town, we recognized there are some zoning problems that might be an obstruction to new and existing businesses. Zoning is the foundation upon which all business is built in a community," he said, adding that as businesses close or leave town, the shrinking tax base means that homeowners are stuck picking up the tab.

Fleck, who began working with Sterling about a year ago and who will continue until the end of 2016, said



MRPC planner Chantell Fleck opens the public forum.

STERLING ECONOMIC DEV., page 10



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## Sterling Economic Dev.

Continued from page 9

that it's clear that current zoning bylaws are not helping businesses in town.

The forum was attended by about 40 people, who divided into four discussion groups to consider the benefits and disadvantages of encouraging and maintaining commercial and/or manufacturing development in Sterling, and the types of economic development participants would like to see along the Route 12 corridor.

While there was general agreement among the discussion groups that a more robust commercial climate would maintain and improve the tax base, provide employment, and provide the convenience of local services for residents, there were also concerns that increased commercial development could lead to traffic problems and congestion.

The Economic Development Committee plans to hold more events to encourage as much participation among Sterling residents and business owners as possible.

## Sterling Flying Club

Continued from page 9

club will hold its second open house. Club secretary/treasurer Al Dean is hoping the event draws families and youth who may be interested in pursuing the hobby.

The open house is free of charge, and will feature demonstrations of model airplanes, helicopters, acrobatic planes, quadcopters, FPV multicopters, and gliders. Two flight simulators will be available. Kids will get a free foam glider, complete with instructions for building their own, and anyone can try their hand at flying with an instructor.

"We're looking to spark interest in new members, and especially in youth," says Dean.

In addition to being an engaging sport, Dean says there are practical reasons for youth to take up remote control flying. According to the Aircraft Owners and Pilots Association (aopa.org), there will be a worldwide shortage of 500,000 pilots by 2035.

"The airline industry has largely depended on the military as a source of pilots," says Dean. "Now, the airlines have to train pilots, and there aren't a lot of people who can afford to accrue 250 flight hours to qualify." Learning the rules of aviation and the science of flight through a club may give youth a solid foundation of knowledge, and spark an interest that could become a lifelong career.

Boys and girls as young as 10 can learn how to build and fly their own remote control planes. All new members are required to join the Academy of Model Aeronautics (modelaircraft.org). Membership is free, and offers full liability coverage. For a small fee, members receive a monthly publication packed with information for the aviation hobbyist.

The fee to join Wachusett RC Flyers is \$75 for adults, and \$10 for youth. The membership application is available online at [wachusettrcflyers.org](http://wachusettrcflyers.org). Airplanes and kits suitable for all ages begin at around \$125.

"We're excited about our open house, and hope everyone will come on out to check it out," says Dean. "We're also grateful to the Board of Selectmen, especially [former selectman] Bob Cutler for giving us the approval for the site, and to the DPW for all the work they've done to prepare the field for our use."

*Open house Saturday, June 18, 10 a.m. to 2 p.m., at the field at the end of George E. Peeso Lane. Free. For information, visit [wachusettrcflyers.org](http://wachusettrcflyers.org).*



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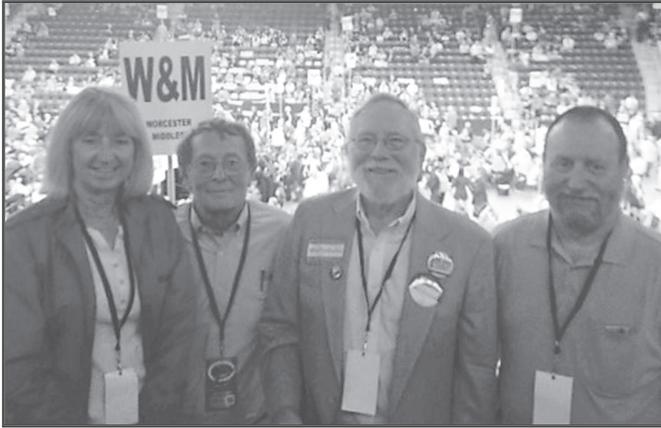
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Contributed PHOTO

(L to R) Barbara Davidson-Miles, Steve Miles, Frank Cummings and Bob Sarafconn.

Sterling delegates Barbara Davidson-Miles, Steve Miles, Frank Cummings and Bob Sarafconn attended the Massachusetts Democratic Convention in Lowell on June 4. While there were no state-level candidates to nominate this year, the convention heard calls for unity in November's presidential election, and passed resolutions urging rejection of the Trans-Pacific Partnership and re-examination of the rules regarding superdelegates at the Democratic National Convention. The Sterling Democratic Committee's next meeting is June 27. For more information, contact Barbara at bdmme@aol.com.

### Farmers Market seeks sponsors

The Sterling Farmers Market anticipates a great season and is seeking sponsors for each week. The \$200 sponsorship fee provides funds for the musicians who perform and helps to cover market associated costs. In addition, the market provides signage and Facebook page posts for sponsors. Sponsors are invited to set up a table and distribute marketing materials.

The 2016 market runs every Friday through October, downtown Sterling, from 3 to 6:30 p.m. For information or sponsorship, email [sterlingfarmersmarket@gmail.com](mailto:sterlingfarmersmarket@gmail.com).

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**ARE YOU  
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# Why we teach

by Paul Della Valle

This is why we teach.

The seniors left Clinton High around 11 a.m. Friday, off on that great adventure that will be their lives. Three hours later, one of them walked into my room, blubbering like a baby. Six-foot-three, 220 pounds, and blubbering like a baby, going from room to room in his adopted home. He couldn't bring himself to leave.

"I just want to say thank you one more time," he said in his thick Dominican accent and gave me a big hug.

I went downstairs to the office later to get my mail and there was a card from another senior, a daughter of Haiti who has flourished against all odds. No gold or treasure could mean as much as her card.

This is why we teach. It's hard, hard work and the money isn't great. The summers off and vacation days are wonderful, compensation I suppose for chaperoning dances on weekends, running clubs, taking classes, staying late to give students extra help, correcting papers at night.

But that's not why we teach.

I've only been a public school teacher for eight years. I

was a journalist for 30 before that. I have loved both careers. There is a certain integrity to each. In journalism, there's a consensus among the editors and reporters that truth in what you publish is sacred. The charlatans who don't adhere to that philosophy are found out and driven out.

The common thread for teachers is the love of kids. I've taught at Clinton High School for six years, after a year in Southbridge and a year in Ashburnham, and I can say this absolutely—every single teacher, staff member, administrator and guidance counselor I work with is there for the kids. Every single one.

It's a beautiful thing, and it will break your heart over and over and over. Two of my CHS students have died—one in a horrific car crash and one in a bizarre accident. So many students have lives filled with sorrow. So many have so little. The first year I taught I pulled a sixth grader aside in the hall and told him that he needed to buckle down or he'd never go to college. "I can't go to college," he said. "My family has no money." I told him he could get a scholarship if he worked hard, for

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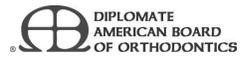
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Contributed PHOTO

(L to R) Miriam Mendez, Paul Della Valle, and Maria Araujo. Mendez will study nursing at Worcester State University, and Araujo will major in engineering at WPI.

playing soccer, or for just being poor.

The next writing assignment in his class was "Things I hope for." He started his, "I hope to get a collegeship."

Many of our students at Clinton High are minorities. The school is a wonderful and diverse utopia, a world unto itself. There is no racial divide whatsoever at CHS. The top two students in the Class of 2016 are the son of Puerto Rican immigrants, who will go to Harvard, and a native of Brazil, who will go to Boston University. They both won "collegeships," they are both full of life and incredibly talented, and they both worked so hard. I am proud to say I was one of their teachers and I am grateful that I got to spend so many days with them and their classmates, reading great books and poems, discussing

great ideas, and singing silly songs.

I first became a teacher after researching the life of Horace Mann for a book I was working on in 2008. Everything Mann said resonated with me, like a tuning fork in my chest. One hundred and seventy nine years ago. Mann, the father of public education, quit his lucrative job as an attorney and as president of the Massachusetts Senate to become the Commonwealth's first secretary of education. He called public education, "the great equalizer of the conditions of men." It is still true today.

"What a thought to have the future minds of such multitudes dependent in any perceptible degree upon one's own exertions," Mann wrote in 1837. "It is such a thought as must mightedly energize or totally overwhelm any mind that can comprehend it ... Few undertakings according to my appreciation of it have been greater. I know of none which may be more fruitful in beneficent results."

This is why we teach.

*Sterling resident Paul Della Valle is a teacher, writer, gifted musician, and an inspiration to many.*

## Monty Tech rewards outstanding graduates

Several Sterling residents, members of the 2016 graduating class at Montachusett Regional Vocational Technical School in Fitchburg, have received awards at a recent ceremony. Tomielee Graca received an academic award for excellence in Spanish studies. Rachael Sweet received the St. Richard's Church, Sterling, Award, and Jason Tremblay received a Monty Tech Foundation Award.



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### Sterling students newest Monty Tech graduates

The following Sterling residents are members of the 2016 graduating class at Montachusett Regional Vocational Technical School in Fitchburg. Jonathan Bicchieri (Graphics Communications), Brandon Bourgeois (Plumbing), Catherine Castagnaro (Business Technology), Haley Forstrom (Cabinetmaking), Stephanie Garceau (Cosmetology), Tomielee Graca (HVAC & Property Maintenance), Nathan Kush (Masonry), Cooper Nourse (HVAC & Property Maintenance), Kali Packard (Cosmetology), Tyler Rouleau (Graphics Communications), Michael Roy (Graphics Communications), Rachael Sweet (Culinary Arts), and Jason Tremblay (Machine Technology).

### Sterling student named to Dean's List

Starr Sabourin from Sterling has been named to the Dean's List for the Spring 2016 semester at Worcester State University.

### Local families needed to host exchange students

ASSE International Student Exchange Programs, in cooperation with local high schools, is seeking local families to host high school exchange students between the ages of 15 and 18, from a variety of countries, including Norway, Denmark, Spain, Italy and Japan. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academic achievement and personality, and host families can choose their students from a wide variety of backgrounds, countries and personal interests. For more information, call Lindsay at 207-390-0886 or the ASSE Eastern Regional Office at 1-800-677-2773, or visit [host.asse.com](http://host.asse.com).



Contributed PHOTO

(L to R) Kyle Foster, Kelsey Denley, Abigail Sanders, Rachael Kush, Danielle Jolie, and Margaret Holmquist are recipients of the Sterling Chocksett Club scholarships totaling \$8,800. Caitlyn Boutotte, not pictured, is also a recipient.

  
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# 'Your Event, Your Way' at The 228

by Chelsea Dill

Planning a wedding? Or a milestone birthday or anniversary? The 228 on Route 12 in Sterling may just be the perfect place for your next event. Local business owners, Patricia Fisher and David Fisher, transformed the old Twin Oaks site into a brand new event space for any small to medium-sized event. The 228 is a family-run business and its staff has close ties to Sterling.

"Being involved in the town where I grew up and having a business that contributes to the community is a great feeling," says Sharon Fisher Olsen, manager of The 228.

At the old Twin Oaks lot, a large, modern barn with rustic décor makes up the main building. Combined with the spacious grounds, the entire location lends itself perfectly to indoor and outdoor gatherings. A covered picnic area with brightly-colored lounge chairs and a spacious lawn make up the outdoor area, which sits on about nine acres of land. The rustic building seats 99, but the grounds can host larger parties. Off the main building, there is an attached porch that is perfect for cocktail receptions for guests before they enter the building for the main event.

The owners are loyal to local businesses and will recommend preferred vendors to clients. Florist Lilacs of Sterling and food truck and catering service Lorna Jean's Good Eats are among the businesses and services recommended and promoted. The owners of The 228 realize that recommending local businesses is an important aspect in supporting the community and helping it thrive. Some of the occasions that have already taken place at The 228 include weddings, fundraisers, and an ongoing Cruise Night where classic cars are on display. The family-run event center is not just a great space for celebrating special occasions, but is also available for community sponsored events, such as blood drives and

health screenings.

From family picnics, to birthday parties, to corporate functions, renting The 228 grants the client full access to the entire property. The space is versatile and the owners are great resources for information and services. Not only can the venue host events throughout warm weather months, but it's also equipped to handle events year-round. In addition, The 228 has great potential for a client to customize the look of the space to suit their needs and the occasion. The 228 staff has the capability to install a temporary dance floor for events like wedding receptions or parties. Sharon and Pat are open to any idea to customize

an event to make it perfect for the customer. True to their slogan, 'Your Event, Your Way,' The 228 will undoubtedly become one of the go-to places for gatherings in Sterling.



PHOTOS by Chelsea Dill



The barn and picnic area at The 228, Sterling's new event center.

The 228 is located at 228 Leominster Road, (Route 12), Sterling. For more information or to book an event, email [events@the228insterning.com](mailto:events@the228insterning.com), or visit [the228insterning.com](http://the228insterning.com).

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## LOCAL HAPPENINGS

On May 21, a memorial service was held for retired Deputy Fire Chief Richard Farrar, who died in March. Farrar served the town of Sterling for over 30 years before retiring as Deputy Chief.



PHOTOS by Richard Maki



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## LOCAL HAPPENINGS

# Eagle Scout has many reasons to celebrate

Continued from page 1

members of his troop and his father, Macone's service project took about 40 hours to complete. "The younger Scouts painted all of the boards one weekend and the next couple of weekends my father and I put the benches together. The older scouts were a huge help putting the benches together, too."

Completing his Eagle Scout community service project and celebrating this milestone is just one of many great memories and opportunities that being a member of Troop 1 has afforded Macone. Camping trips and long hikes with his troop are among his favorite memories.

"I would just like to thank the Troop for all of the opportunities that they provided such as overnight camping trips, 50-mile hikes, and many other events that are held throughout the year," he says.

Leadership is another essential skill that Macone takes away from his years as a Boy Scout. "I learned a lot about leadership in the Troop. Since certain ranks require you to have a leadership position, everyone in the Troop is a leader at some point. I think leadership is a very important skill to learn early because it is a valuable life skill and I was able to learn by actually doing it."

Macone takes these valuable life lessons and skills with him this fall to Boston where he will be a freshman at Wentworth Institute of Technology. Macone plans to major in Computer Science, but not before thanking his parents for their unwavering support and assistance in getting him this far. "I would like to thank my mom and dad for giving me everything I needed, along with their time, so that I could become an Eagle Scout."



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# Summer reading heats up at the library

by Jamie Chase Galvin

Conant Public Library will once again host its annual summer reading program. This year's theme is "Wellness, Fitness, Sports." According to Angela Cote, Youth Services Librarian, the purpose of the program is to encourage children to keep reading for fun during the summer and to prevent summer learning loss. For every two hours of reading that they record, participants will receive one raffle ticket for prizes such as toys, crafts, books, and gift cards. There's no limit to the amount that children can read. Time spent being read to counts as well.

Children from birth through grade 12 are encouraged to participate. Registration began on Monday, June 13, but kids can register at any time. The eight-week program will conclude on Saturday, August 13.

Children can register online at [sterlinglibrary.org](http://sterlinglibrary.org) or in person during regular library hours. Participants under 12 years of age require a parent or guardian to help set up their account. A library card is not required, but Cote says that the summer is a great time to set up a child's individual account complete with a library

card that they can use throughout the year.

This year's program has a new twist that will make logging time spent reading even easier. "This year we're excited to be using a new online program for logging in reading hours called Wandoo Reader," says Cote. "As in previous years, children will be able to create their own account and log in their hours at home, but this year they will also be able to create a special character that will progress through online challenges as they log hours."

Summer reading is the perfect way to keep young learners engaged between afternoons spent at the lake and outings for an ice cream treat. "For families, summer reading can be a great way to set up a routine of daily reading, either aloud together or independently. We hope fun incentives for reading will help motivate reluctant readers," says Cote.

"Letting kids pick their own books on topics that interest them is a great way to keep kids engaged in reading. We have a great collection of high interest early reader series, graphic novels, and popular middle grade and young adult series. Reading lists are available at the children's desk with suggestions for popular genres as well as award winners. Another great way to sneak some extra reading time into busy summer schedules is audio books. We have children's picture books, chapter books, and young adult books that are great for those long summer car rides."

The library is currently accepting prize donations for the summer reading raffle, including new toys, books, craft sets, and gift cards. To make a donation toward the summer reading program, visit the library during its regular hours. For more information, visit [sterlinglibrary.org](http://sterlinglibrary.org), or call 978-422-6409.

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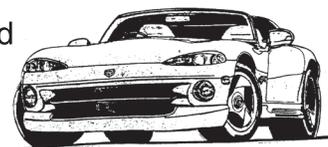
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## Library NEWS

### Summer fun 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.

**Drop-in craft day** – Thursday, June 23, 10 a.m. to 3 p.m., for youth of all ages. Celebrate the start of summer vacation by making colorful pinwheels. No registration required.

**Family movie night** – Tuesday, June 28, 6 p.m. *Kung-Fu Panda 3*, rated PG, follows the lovable jokester Po as he moves from student to teacher and trains young pandas to be martial arts masters in order to defend their home from the evil Kai. Features the voice talents of Jack Black, Angelina Jolie, Seth Rogen, Jackie Chan, and Lucy Liu. Registration required.

**Summer Reading Kick-Off** – Wednesday, June 29, 10:30 a.m., First Church in Sterling, with the Sciencetellers: Power and Energy. The Sciencetellers will be making things fly, spin, move, and soar while telling stories. Attendees will experience power and energy through hands-on learning based experiments. Youth ages 4 and up. The Sciencetellers program is made possible by generous donations made in memory of Stephanie Smith. Youth enrolled in the Summer Reading program will receive five bonus raffle tickets for attending this event. No registration required.

**StoryWalk** – Conant Public Library will host StoryWalk featuring the bright, rhythmic picture book *Hop, Hop, Jump!* by Lauren Thompson. Pages from the book will be posted along the walk for families to read and enjoy while savoring the beautiful summer weather. Friday, July 8 to Friday, July 22 starting at Memorial Park, behind the fire station in Sterling.

**Cupcake Wars** – Tuesday, July 12, 1 p.m. Test your cupcake decorating skills and compete for prizes based on taste, creativity, and originality during an afternoon of delicious fun. Ages 10 to 17. Registration required.

**Summer Film Series: Sports** – Wednesdays, July 13 to August 10, 2:30 p.m. Summer film series featuring sports themed, family movies. July 13, *Air Bud*; July 20, *The Sandlot*; July 27, *Turbo*; August 3, *Space Jam*; August 10, *Surf's Up*. Youth of all ages are invited to attend but must be accompanied by a caregiver. Registration required.

**Tot & Me Yoga!** – Thursday, July 14, 10:30 a.m., with Lindsay Lucarelli of Twisted Kids Yoga. Yoga poses, songs and movement will encourage unique yoga expressions, all while supporting physical activity and creativity. This program is for babies and toddlers up to 24 months old. Participants must be able to stand. No mats needed. Space is limited. Registration required.

## Sterling-Lancaster Community TV

### Broadcast Schedule Jun 18th to Jun 24th, 2016

Comcast Channel 8

Saturday	Genre
12:00 AM midnite mausoleum- in the year 2889	Entertainment
4:00 AM midnite mausoleum- in the year 2889	Entertainment
6:45 AM Barbara and You - Johnny Cash Special	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC Alumni Worship Service	Religion
11:22 AM On The Waterfront - Ep 1 Clams	Hobby
12:00 PM Channel 8 Community Updates	News
1:00 PM Explore - Youthful Expressions	Documentaries
2:00 PM Channel 8 Community Updates	News
3:00 PM On The Waterfront - Ep 1 Clams	Hobby
4:00 PM Childrens Corner - Everything Elephant	Children
5:00 PM Nashoba Spring Choral Concert 2016	Music
7:00 PM Explore - Youthful Expressions	Documentaries
8:00 PM Channel 8 Community Updates	News
9:00 PM On The Waterfront - Ep 1 Clams	Hobby
10:00 PM Barbara and You - Johnny Cash Special	Interview

Sunday	Genre
12:00 AM midnite mausoleum- in the year 2889	Entertainment
4:00 AM midnite mausoleum- in the year 2889	Entertainment
7:00 AM Trinity Bolton	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Channel 8 Community News	News
1:00 PM Explore - Youthful Expressions	Documentaries
2:00 PM Channel 8 Community Updates	News
3:00 PM On The Waterfront - Ep 1 Clams	Hobby
4:00 PM Childrens Corner - Everything Elephant	Children
5:00 PM Nashoba Spring Choral Concert 2016	Music
7:00 PM Explore - Youthful Expressionsg	Documentaries
9:00 PM On The Waterfront - Ep 1 Clams	Hobby
10:00 PM Barbara and You - Johnny Cash Special	Interview

Monday-Friday	Genre
12:00 AM midnite mausoleum- attack from space	Entertainment
4:00 AM midnite mausoleum- attack from space	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Flounder Stew	Cooking
10:00 AM High Five Fitness - Ep17	Health
11:00 AM Bee keeping 101	Hobby
12:00 PM Consumer Affairs - Ep 2	Interview
1:00 PM Explore - West Virginia	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Meatball Medley	Children
5:00 PM Nashoba Spring Band Concert 2016	Music
7:00 PM Explore - West Virginia	Documentaries
8:00 PM Bee keeping 101	Hobby
9:00 PM Consumer Affairs - Ep 2	Interview
10:00 PM Barbara and You	Interview

### Broadcast Schedule June 25th to July 1st, 2016

Comcast Channel 8

Saturday	Genre
12:00 AM midnite mausoleum- attack from space	Entertainment
4:00 AM midnite mausoleum- attack from space	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM Consumer Affairs - Ep 2	Interview
1:00 PM Explore - West Virginia	Documentaries
2:00 PM Bee keeping 101	Hobby
3:00 PM Consumer Affairs - Ep 2	Interview
4:00 PM Childrens Corner - Meatball Medley	Children
5:00 PM Nashoba Spring Band Concert - May 20th 2016	Music
7:00 PM Explore - West Virginia	Documentaries
8:00 PM Bee keeping 101	Hobby
9:30 PM Consumer Affairs - Ep 2	Interview
10:00 PM Barbara and You	Interview

Sunday	Genre
12:00 AM midnite mausoleum- attack from space	Entertainment
4:00 AM midnite mausoleum- attack from space	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 Consumer Affairs - Ep 2	Interview
1:00 PM Explore - West Virginia	Documentaries
2:00 PM Bee keeping 101	Hobby
3:00 PM Consumer Affairs - Ep 2	Interview
4:00 PM Childrens Corner - Meatball Medley	Children
5:00 PM Nashoba Spring Band Concert - May 20th 2016	Music
7:00 PM Explore - West Virginia	Documentaries
8:00 PM Bee keeping 101	Hobby
9:00 PM Consumer Affairs - Ep 2	Interview
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
12:00 AM midnite mausoleum- the terror	Entertainment
4:00 AM midnite mausoleum- the terror	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Cathy Neptune's Kitchen - Giant Burger	Cooking
10:00 AM ME Auburn Hospital - Ticks	Health
11:00 AM On The Waterfront - Ep 2 Lobsters	Hobby
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM What's Happening to the Bees?	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Music Music Music	Children
5:00 PM Just Coolin - Clifford Brown	Music
6:00 PM Europe In Concert - Amy MacDonald	Music
7:00 PM What's Happening to the Bees?	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM On The Waterfront - Ep 2 Lobsters	Hobby
10:00 PM Barbara and You	Interview

Please note this schedule is subject to change.  
Refer to [www.slctv.us](http://www.slctv.us) for any updates.

### Discover the Galapagos Islands

Conant Public Library will host a presentation on the wildlife of the Galapagos Islands on Wednesday, June 15, at 6 p.m. Join teacher and naturalist Terri Klingler for a talk and slideshow presentation of these amazing islands. To register, call 978-422-6409.

### One Book, One Town discussion

This year's selection for the annual One Book, One Town community-wide read is *The Boys in the Boat* by Daniel James Brown, the heartfelt story of nine working-class boys competing against elite crew teams during the Olympic Games in Berlin, 1936. It's a story of overcoming the odds, finding strength in difficult times and following your dreams. Conant Public Library will host a book discussion on Thursday, June 16, at 6:30 p.m. in the Baker Room.

### Adult coloring program

Conant Public Library is offering an adult coloring program. Discover the stress-reducing and relaxing benefits of coloring. Monday, June 27, at 6:30 p.m., in the Baker Room. Supplies available or bring your own. No registration required.

### Boston Sports Museum passes available

Are you a fan of Boston sports? Reserve one of the Sterling Library's new Boston Sports Museum passes today and visit the Boston Sports Museum, located on levels 5 and 6 of the TD Garden and housing over half a mile of exhibits. The pass provides access to free arena tours of the TD Garden, the museum's collection of sports memorabilia and more! Passes are valid weekdays and weekends and admit up to six people. Available until September 5. To reserve a pass, call 978-422-6409.

### Museum passes available

Summer's the perfect time to enjoy museum passes available at Conant Public Library. Whether you're looking for a day of interactive learning with your kids or a few hours of art or hiking, our selection of museum passes offers free or reduced admission to 13 local museums and attractions. Fitchburg Art Museum and Davis Farmland (offering weekend passes) are among the available choices. For a complete list and information on discounts, visit [sterlinglibrary.org/museum.asp](http://sterlinglibrary.org/museum.asp), or call 978-422-6409 to reserve passes.



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Contributed PHOTO

*Sterling scouts visit the Massachusetts State House in Boston.*

### Sterling residents help present scouting report at State House

Several Sterling Cub and Boy Scouts had a unique opportunity to meet elected officials at the Massachusetts Statehouse in Boston on June 6, representing Sterling Cub Scout Pack 34 and Boy Scout Troop 189. Sterling Cub Scouts Garreth Gray and William Temple and Boy Scout Thomas Foley traveled to Boston to take part in a presentation on scouting activities that took place in the Commonwealth in the past year. The entire scouting community from across Massachusetts, including Cub Scouts, Boy Scouts, Venturers and Explorers, were invited to present the report to Lt. Gov. Karen Polito and other members of the State Senate and House of Representatives.

Following the formal event, the boys and their parents were invited to tour the state house and see the grand staircase, the Hall of Flags and other notable aspects of the building.

### Summer's almost here

Sterling Recreation's complete Summer 2016 brochure is available at the Butterick Municipal Building, Conant Public Library, DPW, 1835 Town Hall, and at local schools.

To learn about all programs and to register online, visit [SterlingRec.com](http://SterlingRec.com), call 978-422-3041, email [recreation@sterling-ma.gov](mailto:recreation@sterling-ma.gov), or stop by the office at 31 Main St., Sterling.

### Town beach opening

The town beach will open on June 18. Hours are noon to 8 p.m. daily, weather permitting, until August 18.

### Active Kids

**Super Safari Adventure** – Entering grades 3 to 8. June 27 to July 1, 9 a.m. to 4:30 p.m. Adventure to new places, like Water Country, Canobie Lake Park, and more. \$299.

**Sterling Sports Adventure** – Entering grades 1 to 8. Session I: June 27 to 30. Session II: July 5 to 8. 8:30 a.m. to 2:30 p.m. Chocksett Middle School. \$150/session, or \$290/both sessions.

**Half-Day Summer Lake** – Entering grades 1 to 8. Session I: July 5 to 15. Session II: July 18 to 29. Session III: August 1 to 12. 8:30 a.m. to noon. Sholan Park. \$140/session, or \$75/week.

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Please join our FREE monthly support group on the second Tuesday of each month from 6-8pm. A light dinner will be provided. The support group is open to the public. RSVP to Debbie Williams at 508-853-8180.

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## Recreation NEWS

**Full-Day Summer Lake** – Entering grades 1 to 6. Session I: July 5 to 15. Session II: July 18 to 29. Session III: August 1 to 12. 8:30 a.m. to 4 p.m. Sholan Park. \$500/session, or \$75/week.

## Arts and Creativity

**Project Runway** – Entering grades 5 to 9. June 27 to 29, 9:30 a.m. to 2 p.m. Chocksett Middle School. \$170.

**Babysitting and CPR Training** – Entering grades 5 to 8. Tuesday, June 28, 9:30 a.m. to 1:30 p.m. 1835 Town Hall. \$85.

**Art Blast** – Entering grades 2 to 5. July 11 to 15, 9 a.m. to noon. 1835 Town Hall. \$150.

## Active Adults and Teens at 1835 Town Hall Naga Fitness with Gina at 1835 Town Hall

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

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

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

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

## Sholan Park 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. To obtain a permit outside of those times, call Sterling Rec 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 the Recreation Office to obtain their pass and must provide a recent utility bill for proof of residency. Guest passes, for guests of residents, will also be available through Sterling Rec.

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PHOTO by Gary Menin

*Black bear visits Birch Avenue in Sterling*

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# Senior celebrant marks 100th birthday

by Richard Maki

**H**elen Perry Estabrook recently punctuated the word "senior" when she celebrated her 100th birthday at the Sterling Senior Center. Surrounded by almost 100 family members and friends, Mrs. Estabrook enjoyed her meal and the opportunity to talk with family members, several having traveled thousands of miles to celebrate with her.

Asked about her earliest memory, her daughter, Suzanne Dupuis, said Helen often spoke about being tossed out of a small horse-drawn cart when Strawberry, the family pony, was startled by a loud noise. In 1953, Mrs. Estabrook also survived the collapse of her home when the Worcester tornado destroyed her neighborhood.

Regarding the secret to her longevity, she simply said she, "just takes one day at a time."

Mrs. Estabrook was a long-time volunteer in several organizations in the Sterling area. Currently a resident of Sterling Village, she resided for many decades on Wilder Road in Sterling.



PHOTO by Richard Maki

At left: (L to R) Suzanne Dupuis and Helen P. Estabrook.

**Update: Sadly, Mrs. Helen Estabrook passed away on Saturday, June 11, 2016. Funeral arrangements are under the care of the Miles Funeral Home, 1158 Main St., Holden.**

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PHOTO by Richard Maki

(L to R) LCU President John O'Brien, Vice-President of Marketing Janet Belsky, LCU Sterling Branch Manager-Paula Konde, FOSS Treasurer Greg Billings, and LCU Board Member Richard Sheppard

### LCU makes donation to Senior Center

In May, Leominster Credit Union presented a \$6,000 donation to the Sterling Senior Center. The donation has been used to purchase a new pool table, refurbish the old pool table, and purchase a rack for cues and balls, as well as a wall mount for a television.

### Operation A.B.L.E. Informational Meeting

The Senior Community Service Employment Program will hold an information session on Thursday, June 16, 10 to 11 a.m., at Conant Public Library, 4 Meetinghouse Hill Road, Sterling. Presented by Denise Hurley, Employment Specialist, this program is for unemployed job seekers 55+ from Worcester, Essex, Middlesex, Suffolk, and Norfolk counties who are committed to finding a job. Participants who meet federal low-income guidelines start earning right away. They receive paid on-

the-job training in their own community for up to 20 hours per week, get help searching for a job, and new work experience to add to their resume. Job seekers are placed in government agencies or non-profits, and provided intensive job search assistance and training. The goal is to find unsubsidized employment within a year. This is a terrific opportunity for older job seekers who have been out of work for long periods of time and need current work experience. For more information, call Denise Hurley at 978-534-1481, ext. 262.

**The Senior Center is now located at 36 Muddy Pond Road.** The building will be 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 24 hours a day.

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

**Elder Keep Well Clinic** – Thursday, June 16, noon.

**Ice Cream Social** – Thursday, June 16, 12:30 p.m. Call to reserve.

**JINGO** – Monday, June 20, 1 p.m. Game similar to Bingo. Prizes awarded.

**Pancake Breakfast** – Friday, June 24, 7:30 to 9:30 a.m., at the Senior Center. Enjoy pancakes, sausages, tea breads, fruit cup, juice, and coffee, hosted by the Friends of Sterling Seniors. \$2. All are welcome.

**Airplane talk** – Monday, June 27, 12:30 p.m. Learn about the history of the first commercial airplanes. Plane will be available for viewing at the Fitchburg airport from June 30 to July 4.

**Scratch ticket bingo** – Thursday, June 30, 4 p.m.

**Independence Day** – Monday, July 4. Senior Center closed.

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PHOTO by Richard Maki

Trinity Big Band entertained at the senior center on May 31.

### Sterling Village earns deficiency-free rating

Sterling Village, a skilled nursing and rehabilitation facility located in Sterling, has received a deficiency-free rating for a second consecutive year, from the Massachusetts Department of Health and Human Services, Division of Health Care Quality Standard Survey, conducted from May 24 through May 26, 2016.

The survey, which was conducted by a team of four licensed health care auditors, is an annual rigorous, unannounced examination which evaluates a skilled nursing facility on over 500 state and federal regulations encompassing protection of resident rights, abuse reporting, activities, quality of care, cleanliness, nursing, dining, safety, social services as well as day to day administration.

Sterling Village is a 143-bed skilled facility, providing comprehensive medical, nursing and rehabilitative care in a state-of-the-art facility, situated on a 24-acre campus. Staff is dedicated to providing high quality, sub-acute and longterm care, with respect and dignity. Amenities include large private and semi-private rooms, each with in-suite bathroom, stimulating activity programs, secure access to the outdoors with spacious patios and restaurant-style dining. Located at 18 Dana Hill Road, Sterling. To schedule a tour, call 978-422-5111 or visit [sterling-village.com](http://sterling-village.com).

### Wachusett Food Pantry delivery available.

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 Nickole Boardman at 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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## Thayer Symphony Orchestra holds annual meeting

The Board of Directors of Thayer Symphony Orchestra will hold their annual meeting on Thursday, June 16, 6 p.m., at the Woodblock Building, 14 Monument Square, Leominster. Attendees will hear reports from the orchestra's Music Director John Roderick MacDonald, President Edgar Cyrus and Treasurer Sallie Thoma. Members of the corporation will vote for directors and officers.

## 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 18 (rain date Saturday, June 25), 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](http://wachusettrcflyers.org).

## Wachusett Greenways events

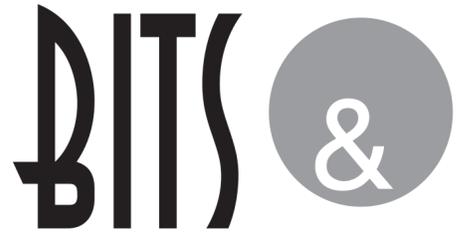
**Evening boating on the summer solstice.** Sunday, June 19, 7 to 8:30 p.m. Enjoy an evening on the quiet waters of Long Pond in Rutland on this penultimate long night. Tour

the edges for wildlife, smell summer scents and hear night sounds. Followed by refreshments at Christy's home. To sign up, call 508-755-6321 or email [christybarnes0707@gmail.com](mailto:christybarnes0707@gmail.com).

**Family Paddle on Maple Spring Pond.** Saturday, July 23, 10 a.m. to noon. Join Troy for a casual paddle by canoe or kayak on Maple Spring Pond in Jefferson. Light refreshments provided. Bring PFD, boat and insect spray. To sign up, call 540-560-5283 or email [troy.milliken@gmail.com](mailto:troy.milliken@gmail.com).

## Reiki First Degree Workshop

Reiki is a simple method of hands-on healing developed by Dr. Mikao Usui of Kyoto, Japan. Energy flows through the arms and hands of the Reiki practitioner and into the cells of the person being treated, where the energy is used to normalize body functions. Cindy Popp-Hager is a Reiki Master Practitioner and Teacher. She is a co-founder of the Sterling Healing Arts Center, a collaborative of complementary health specialists, where she has an active practice focused on teaching and individual healing. Classes are Tuesday and Thursday evenings, June 21, 23, 28 and 30, 6 to 9 p.m. with follow-up practice session later in the summer at Sterling Healing Arts, 2 Beverly Drive, Sterling. \$150. To register, call 978-422-6528 or 978-422-8891.



## Democratic Town Committee meeting

The Sterling Democratic Town Committee will meet on Monday, June 27, 6:30 to 8 p.m., at the Butterick Municipal Building, Room 205. The agenda includes introduction of new committee members, updating progress on fundraising activities, and discussion of results from the Democratic state delegate meeting on June 4. All Sterling registered Democrats and independents are welcome.

## American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, June 27, 7:30 p.m., at the post hall, 32 School St., Sterling. Hamburgers served at 6:30 p.m. E-Board 6 p.m. This will be in lieu of the July meeting.

## Sterling Grange hosts luncheon and concert

Sterling Grange invites the public to a luncheon and patriotic concert on Sunday, July 3, 1:30 p.m. at First Church in Sterling, 6 Meetinghouse Hill Road. Ham, pasta salads, chips, strawberry shortcake, and beverages



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will be served by the members of the Grange. Adults \$7, children under 12 \$3.50. The Youth Ensemble of New England, an orchestra comprised of about 30 young people will perform at 2:30. For reservations, email [sterlinggrange53@gmail.com](mailto:sterlinggrange53@gmail.com) or call 508-886-2341 by June 25. Proceeds from the luncheon will benefit the Grange Hall Renovation Fund. Concert admission is free, but donations are gratefully accepted.

## How does your garden grow?

Sterling Grange will host workshop "Garden Pests and Problems," on July 16, 10a.m., at the First Church in Sterling. Speaker Ken Oles, Vice-President of Massachusetts Agriculture in the Classroom, encourages you to bring a photograph or specimen of a garden problem in a sealed plastic bag. All ages are welcome to this fun and educational program. Door prizes will be awarded. Workshop is funded through a Massachusetts State Grange Agricultural Education grant.

## Habitat for Humanity 3rd Annual Golf Event

Habitat for Humanity North Central MA is gearing up for its annual "Building Dreams" Golf Tournament,

slated for September 13 at Shaker Hill Country Club in Harvard. The "shotgun" style event is shaping up to be the best golf event to date. Cost to register is \$175 per golfer with reduced rates for 2, 3 and 4-player teams. Registration includes greens fee and cart, golf shirt and gift bag, morning refreshments, snacks, and luncheon.

Early registration is July 1, and all foursomes registered will receive a free Mulligan for their team. Additional Mulligans can be purchased on the day of the event. Final registration deadline is August 30.

Sponsorship opportunities are available and local businesses and organizations are encouraged to apply early as space is limited. Sponsorship forms are available on the Habitat website. To register, visit [ncmhabitat.org](http://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.

## Free watercolor classes

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](http://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.

## Smile for the camera!



Contributed PHOTO

Aubrey

Aubrey is a pretty 3-year-old all white lady with big gold eyes. She's very friendly and loves attention. Aubrey is quiet and would do well with a working person. Her veterinary work is up to date. She's leukemia negative, spayed, and has a microchip. Adoption fee \$150. All cats are placed as indoors-only pets. For more information, or to schedule an appointment to meet Aubrey or any of the kitties, email [Marilyn@neady-cats.org](mailto:Marilyn@neady-cats.org), or call 978-422-5116.

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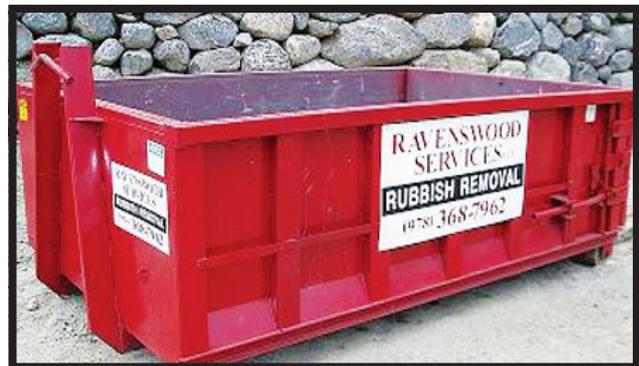
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