



# Sterling

## MEETINGHOUSE NEWS

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July 20, 2016

### Local blog gaining traction

by Jamie Chase Galvin

What's better than doing something you love? Not much, according to 16-year-old Sterling resident Nick Galle who has found a recent, and highly successful, niche in writing a Boston-based sports blog. Galle, who enters his junior year at Wachusett Regional High School this fall, has always been an avid sports fan, but found a true passion for researching and writing a blog based on Boston's illustrious sports history and its current events.

Galle started his blog, Beantown Blog 617, in August 2015. "It started as something fun," says Galle who has worked hard over the past year developing and furthering his fan base. "I grew up watching sports, especially Boston with such a huge history in sports. The blog was a way to get involved in it and stay connected with it."

Beantown Blog 617 started out as a fun way for Galle to get involved in the Boston world of sports, but it has quickly turned into a widely read go-to site for other area sports fans. Galle's blog

averages around 2,000 viewers per month and has garnered 2,100 followers on Twitter with Galle publishing about three new articles per month.

What sets Galle's blog apart is his tenacity and his ability to snag

some very impressive interviews in the Boston-based sports arena in unique ways. Galle's interviews include Mike Grinnell from ESPN, and New Hampshire and Boston radio talk show host Mike Felger. "I reached out to Mike Grinnel



Contributed PHOTO

Nick Galle

on Twitter," says Galle. "One of the best things has been getting to talk to guys I've looked up to in the sports field."

Galle's hope for Beantown Blog 617 is that it continues to grow and will become a solid foundation for his future journalistic plans. "I enjoy writing and want to keep people up to date. I also want to go to school for journalism, so it's a good foundation for that," he says.

With hopes of landing in Boston once he graduates from Wachusett Regional High School, Galle has his eyes set on Boston University and its impressive journalism program. Sports fans need not worry though; Galle has no plans to quit work on Beantown Blog 617. "It's the best thing to have a fan base that cares about the same things you do. I love to do this blog."

To check out Beantown Blog 617 and Galle's recent and past posts, visit [beantownblog617.sportsblog.com](http://beantownblog617.sportsblog.com).

### Coping with despair in a troubled world

by Lex Thomas

Over the past few weeks and months, violence has ripped through the world at a breakneck pace. Online and print media are inundated with brutal and gruesome reports of national and worldwide terror events that have escalated from occasional to almost daily occurrences. Broadcast media runs and re-runs these same reports and images 24/7. Social media is crammed with so many images of bloodshed and indignities that French officials asked the public to refrain from posting disturbing pictures and videos on social media out of respect for the families and victims during this week's Bastille Day attack in Nice.

According to Robin Bartlett, pastor of First Church in Sterling, the barrage of atrocities, whether within our own borders or thousands of miles away and affecting different races and cultures, reverberate throughout communities large and small.



PHOTO by Lex Thomas

Pastor Robin Bartlett

"We're fortunate to live in a safe place," says Bartlett. "But people are waking up. People in our community and in our congregation are waking up. We have a diverse congregation in terms of theological and political perspectives. Over the past year, there's been an incredible shift as people are becoming more aware that we can't shut out the world."

Bartlett is convinced that the global violence isn't new, but that the plethora of cameras, both in the hands of media and lay people, are bringing atrocities increasingly to light.

"The human species has always killed one another and lived in separation from one another," she says. "The difference is that now we have different weapons."

Lamenting that she is "so tired of watching bodies torn apart by bullets," Bartlett admits that it's difficult to not despair. "We organize prayer vigils, but prayer doesn't work," she says. She believes that sensitivity and compassion for each other and a willingness to work together to solve big problems, such as racism and hatred, are needed.

"I meet with so many people who are suffering," she says. "But, in fact, we're all suffering, and we're connected in our suffering." Bartlett counsels people to think about the question: Who is my neighbor?

"A lot of people would say, well,

my neighbor's that guy on Maple Street," she laughs. "But in fact, every single person in the world is your neighbor." She believes that until people begin listening to those they might not normally listen to, the unrest and violence will continue.

"What troubles me most

*COPING, continued page 8*

[SterlingMeetinghouseNews.com](http://SterlingMeetinghouseNews.com)

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Chocksett gardens teach sustainability



Contributed PHOTO

Chocksett school's new raised bed gardens.

The staff and students of Chocksett Middle School would like to take this opportunity to thank the very generous benefactors behind our new raised bed vegetable gardens. In an attempt to educate our students on self-sustainability and renewable resources, raised bed gardens were constructed behind the school. The yields from the gardens will be used in our cooking clubs and for special events. Along with the raised beds, a dripline watering system with timer and rain barrel were purchased to help control the watering of the beds as well as supplement some of the watering and defer cost from the school. We are still in the infantile stages of building, growing, and educating, and plan to expand in future.

We want to thank Maki Building Centers in Sterling and Lunenburg for their very generous donation of lumber and supplies to build the beds. Sterling Peat & Loam generously donated 5 yards of compost/loam mix, and monetary donations from the Chocksett PTO and the Sterling Garden Club went to purchase plants and garden supplies.

We are overwhelmed by the charitable nature of our neighbors and local businesses. They were all willing to contribute and to lend a hand. From their perspective, if the students of Sterling were going to benefit, they were only too happy to help. Thank you again!

Administration, Staff, and Students  
Chocksett Middle School, Sterling

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](mailto:lex@sterlingmeetinghousenews.com)

or mail to:

Sterling Meetinghouse News,  
PO Box 914, Sterling, MA 01564.

*We reserve the right to edit letters for length.*



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Editor's note

Welcome, readers, to our new look! We are so excited to bring you Sterling's news and events in tabloid format, and are looking forward to your feedback. Although our skies have been for the most part sunny and bright, our world has lately been wracked by a spate of sad and violent events. In this issue, we're bringing you some happy local items to lift spirits, as well as some thoughtful words about how to cope in difficult times. Have a safe and happy summer. – Lex Thomas



**Grooming Studio**

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Correction

The photo of the black bear on Birch Avenue on page 22 of the June 15 issue was incorrectly attributed. The photo was taken by Kevin Flannery.

**Sterling MEETINGHOUSE NEWS**

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The next issue will publish August 17. The advertising and copy deadline is Monday, August 8th. Items received after deadline will be included if space is available.

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**Mandatory odd/even water ban**

On July 8, the Energy and Environmental Affairs Office of the Commonwealth of Massachusetts declared a drought watch for Central Mass. Effective July 11, all use of automatic irrigation systems and any type of lawn sprinkler shall comply with the odd/even water system. Properties with even numbered street addresses will be allowed to use irrigation systems and sprinklers on even calendar days and properties with odd numbered street addresses will be allowed to use irrigation systems and sprinklers on odd calendar days. The use of sprinklers, automatic or other, is prohibited from 9 a.m. to 5 p.m. on all days. Handheld watering of vegetable and flower gardens with the use of a hose is unrestricted and may be performed on any day or time.

This policy is mandatory and shall remain in effect until September 30. Violators are subject to fines or other enforcement action, as determined by the DPW Board/Water Commissioners. While this action may initially be sufficient to address the increased demand, more drastic measures and stringent restrictions could be forthcoming. This is a proactive approach by the DPW Board/Water Commissioners with regards to future possible withdrawal limits as they are issued by the DEP.

For more information regarding the mandatory water ban already in effect, visit [sterling-ma.gov](http://sterling-ma.gov) or call the DPW at 978-422-6767.

**Keep wildlife away from houses**

Sterling Animal Control Officer Louis Massa reminds residents that all wildlife is very active at this time of the year. To help keep wildlife out of your yard, take down bird feeders, put trash out for pickup in the morning instead of the night before, and clean up thoroughly after backyard barbecues. Don't put trash out for pickup the night before, especially if you use trash bags. Don't put trash barrels near your house the night before pickup, and don't leave garage doors open, especially with full trash barrels. Trimming bushes around house foundation will provide fewer places for wildlife to hide.

**Keep pets safe**

Sterling Animal Control Officer Louis Massa reminds residents that coyotes and fisher cats are a danger to domesticated pets, especially small dogs and outdoor cats. Large dogs are at risk when several coyotes pack together. Coyotes and other wildlife are teaching their young how to hunt and fend for themselves at this time of the year, so keep an eye on pets when they are outdoors. To scare off coyotes, bears or other wildlife in your yard, make a loud noise, such as banging pots and pans together, or blowing a car horn.

Do not handle any wildlife. Their young may look cute, but they can bite. For more information and helpful links, visit [sterling-ma.gov/animal-control](http://sterling-ma.gov/animal-control).

**Beware of heat exhaustion/hyperthermia in dog**

Dog fur is great protection against the cold, but can be a problem in hot weather. Unlike humans, dogs have only a few sweat glands in their footpads and can only eliminate heat by panting. When panting isn't enough, body temperature rises, which can be fatal if not corrected quickly. Excessive panting and signs of discomfort indicate overheating. It's important to be aware of the ambient temperature and take appropriate preventative measures. Any hot environment can cause heatstroke, but the most common causes are careless actions such as leaving a dog in a car on a hot day or forgetting to provide shade for an animal kept outdoors.

**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 August distribution**

Friday, August 19 for seniors, and Saturday, August 20 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).

**Take your recyclables to Wachusett Regional Recycling Center**

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).

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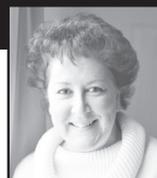


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# Nature as the classroom at Houghton Elementary

by Chelsea Dill



PHOTO by Chelsea Dill

Peg Spaulding presents the ponding program to 2nd grade students.

“Look! There it is!” Second grade students at Houghton Elementary School excitedly pointed to the blue heron flying over the pond at Muddy Pond Road in June. “We hope every year to see one, and this year certainly didn’t disappoint,” says former Houghton teacher, Peg Spaulding, co-founder of Houghton’s ponding program. In some schools, students gaze longingly out of classroom windows when the weather is warm, but at Houghton, ponding moves the classroom outdoors. Students from kindergarten through 2nd grade joined Spaulding and Terri

Klingler, from the Massachusetts Audubon Society, for hands-on experience in learning about ecology and the environment.

Houghton’s ponding program started about 20 years ago when Spaulding noticed that the little pond on Muddy Pond Road sat neglected. “We decided that the kids needed more natural experience,” she says, adding that she and a group of volunteers saw the pond as a perfect natural classroom. A curriculum-based program was created that she says “teaches kids to be smart about nature.”

The pond at Muddy Pond Road

became known as “Peg’s Nature Pond” in 2012, in honor of Spaulding’s years of dedication to environmental conservation and promoting student education about the wildlife in their own backyard — in this case, behind their own school. When Spaulding retired, she became involved with Mass Audubon, and in turn, Mass Audubon helped co-direct the ponding program. Program activities include showing students a safe way to remove a tick, why milkweed is important for Monarch butterflies, looking at tadpoles, and identifying pond plants and wildlife in the pond water samples they collect.

“Above all, the program’s goal is to let nature be the teacher,” says Klingler, while enhancing classroom-based science lessons. Klingler also introduces Lily, a rescued painted turtle that is under the care of Mass Audubon. With a background in environmental science, Klingler teaches students about turtle anatomy, different types of turtles existing in the wild, and explains that Lily can feel their hands when they pet her through the nerves in her shell.

An integral part of the ponding experience includes teaching

kids that taking care of the environment allows animals to thrive in the wild. They learn that roots from nearby trees clean the soil when toxic substances leach into the ground, including fertilizer compounds and scat from geese. When too many trees are cut down, the land lacks the filtering ability and impedes the production of adequate nutrients for the local plants.

Even though ponding occurs annually for Houghton students, currently there is no particular group in charge of the pond upkeep. With its stately trees, meandering path, and lively fountain, the pond is a peaceful sanctuary that enhances Sterling’s beauty. It could be a great volunteer project for those looking for ways to give back to nature and the community.

All through the ponding experience, students enjoy exploring like scientists on the verge of an important breakthrough as they look with wide-eyed wonder at each new plant or animal in the pond. With a program that gives students memorable hands-on learning experiences, they return to the classroom smarter—and perhaps wiser—about preserving nature and wildlife.

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(Left to right) DPW workers Cam Ruziak and Mike Tuttle spruce up the fence surrounding the Town Common with a fresh coat of paint.

PHOTO by Lex Thomas



(Left to right) Paramedic Jim Emerton, Treasurer, Sterling EMS Inc., Kristen Dietel, Director of Sterling Recreation Department, and Firefighter/Paramedic Erik Ares of the Sterling Fire Department.

PHOTO by Barry Lein

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## Sterling-Lancaster Community TV

### Broadcast Schedule Jul 23rd to Jul 29th, 2016

Comcast Channel 8

Saturday	Genre
12:00 AM Midnite Mausoleum- Devil's Messenger	Entertainment
4:00 AM Midnite Mausoleum- Devil's Messenger	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC Alumni Worship Service	Religion
12:00 PM Flowers and Veggies - Ep. 1	Hobby
1:00 PM Focus on Europe - Ep 1	Documentaries
2:00 PM Lancaster FD VS The Patriot Allstars	Local
3:15 PM Flowers and Veggies - Ep. 1	Hobby
4:00 PM Childrens Corner - Sleepy Creepy	Children
5:00 PM MRE 4th & 5th Grade Concert - June 8th 2016	Music
6:00 PM Just Coolin - Ornette Coleman	Music
7:00 PM Focus on Europe - Ep 1	Documentaries
8:00 PM Lancaster FD VS The Patriot Allstars	Local
9:15 PM Flowers and Veggies - Ep. 1	Hobby
10:00 PM Barbara and You	Interview

Sunday	Genre
12:00 AM Midnite Mausoleum - Devil's Messenger	Entertainment
4:00 AM Midnite Mausoleum - Devil's Messenger	Entertainment
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Church Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:15 PM Flowers and Veggies - Ep.1	Hobby
1:00 PM Focus on Europe - Ep1	Documentaries
2:00 PM Lancaster FD VS The Patriot Allstars	Local
3:15 PM Flowers and Veggies - Ep.1	Hobby
4:00 PM Childrens Corner - Sleepy Creepy	Children
5:00 PM MRE 4th & 5th Grade Concert - June 8th 2016	Music
6:00 PM Just Coolin - Ornette Coleman	Music
7:00 PM Focus on Europe - Ep1	Documentaries
8:00 PM Lancaster FD VS The Patriot Allstars	Local
9:15 PM Flowers and Veggies - Ep.1	Hobby
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
12:00 AM Midnite Mausoleum - Satanic Rites Dracula	Entertainment
4:00 AM Midnite Mausoleum - Satanic Rites Dracula	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Cathy Neptunes Kitchen - Kids in the Kitchen	Cooking
10:00 AM Visions for Health - Tai Chi	Health
11:00 AM Nashoba Graduation 2016	Local
12:20 PM Channel 8 Community Updates	News
12:40 PM Pawdoption	Animals
1:00 PM Euromaxx - 100 Years of Fashion Photography	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Cheddars Better	Children
5:00 PM Europe in Concert - Jethro Tull	Music
6:00 PM The Song - Mary Wheelan	Music
7:05 PM Euromaxx - 100 Years of Fashion Photography	Documentaries
8:00 PM Nashoba Graduation 2016	Local
9:20 PM Channel 8 Community Updates	News
9:40 PM Pawdoption	Animals
10:00 PM Barbara and You	Interview

### Broadcast Schedule Jul 30th to Aug 5th, 2016

Comcast Channel 8

Saturday	Genre
12:00 AM Midnite Mausoleum - Satanic Rites Dracula	Entertainment
4:00 AM Midnite Mausoleum - Satanic Rites Dracula	Entertainment
6:30 AM Barbara and You	Interview
8:00 AM Village Seventh Day Adventist Church	Religion
10:00 AM AUC Alumni Worship Service	Religion
12:00 PM Channel 8 Community News	News
12:20 PM Pawdoption	Animals
1:00 PM Euromaxx - 100 Years of Fashion Photography	Documentaries
2:00 PM Nashoba Graduation - June 12th 2016	Local
3:20 PM Channel 8 Community News	News
3:40 PM Pawdoption	Animals
4:00 PM Childrens Corner - Cheddars Better	Children
5:00 PM Europe In Concert - Jethro Tull	Music
6:00 PM The Song - Mary Wheelan	Music
7:00 PM Euromaxx - 100 Years of Fashion Photography	Documentaries
8:00 PM Nashoba Graduation - June 12th 2016	Local
9:20 PM Channel 8 Community News	News
9:40 PM Pawdoption	Animals
10:00 PM Barbara and You	Interview

Sunday	Genre
12:00 AM Midnite Mausoleum - Satanic Rites Dracula	Entertainment
4:00 AM Midnite Mausoleum - Satanic Rites Dracula	Entertainment
7:00 AM Trinity Bolton	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church	Religion
1:00 PM Euromaxx - 100 Years of Fashion Photography	Documentaries
2:00 PM Nashoba Graduation - June 12th 2016	Local
3:20 PM Channel 8 Community News	News
3:40 PM Pawdoption	Animals
4:00 PM Childrens Corner - Cheddars Better	Children
5:00 PM Europe In Concert - Jethro Tull	Music
6:00 PM The Song - Mary Wheelan	Music
7:00 PM Euromaxx - 100 Years of Fashion Photography	Documentaries
8:00 PM Nashoba Graduation - June 12th 2016	Local
9:20 PM Channel 8 Community News	News
9:40 PM Pawdoption	Animals
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
12:00 AM Midnite Mausoleum- Werewolf girls dorm	Entertainment
4:00 AM Midnite Mausoleum- Werewolf girls dorm	Entertainment
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Ep35 Wild Salmon Steaks	Cooking
10:00 AM Physician's Focus - Men's Health July 2016	Health
11:00 AM Behind the Scenes of the Mighty Wurlitzer	Education
12:15 PM On Your Computer - Ep.1	Education
1:00 PM Euromaxx - Building on the Water	Documentaries
2:00 PM Church Services	Religion
4:00 PM Childrens Corner - Sweet Maple Syrup	Children
5:00 PM Just Coolin - Roy Ayers	Music
6:00 PM Valley Homegrown - Medicine Warriors	Music
7:00 PM Euromaxx - Building on the Water	Documentaries
8:00 PM Behind the Scenes of the Mighty Wurlitzer	Education
9:15 PM On Your Computer - Ep.1	Education
10:00 AM Barbara and You	Interview

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

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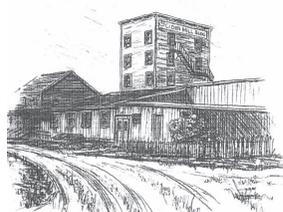
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### Septic Pumping

Septic systems are maintained through preventative maintenance, such as septic pumping. When performed on a regular basis, pumping will protect the system and cost dramatically less than a repair or replacement. Without regular septic pumping, solids build up and enter the leaching field, which will lead to clogged pipes and system failure.

### Local students named to Saint John's High School honor roll

Saint John's High School in Shrewsbury recently announced the following Sterling students named to its honor roll for the fourth quarter of 2015-2016: Andrew Ortiz (First Honors), and Christopher Barone and Michael Hryniewich (Second Honors).

### Summer children's days

The Seventh-day Adventist Church, located at 80 Leominster Road, Sterling, will hold three events featuring free crafts, games, and lunch on Sundays, July 31, August 14, and August 28, from 10 a.m. to 2 p.m. Everyone is welcome.

### Beloved teacher retires

On May 26, Village Green Preschool in Sterling held a public reception at the First Church honoring Lisa Noyes, a beloved teacher who retired after 18 years. Mrs. Noyes has made a remarkable impression on the community, having been the first, welcoming teacher of hundreds of area students. Many former preschoolers and their parents from several area towns came to reminisce and offer good wishes.

(Right) The Prendergast siblings of Sterling pose with a beloved teacher. (Left to right) Sophia, 10; Jack, 15; Lisa Noyes; Jessica, 6, and Ryan, 4.



Contributed PHOTOS

(Left) Scott Beardsley, now a college senior, with Lisa Noyes and his niece and nephew, Amelia and Tyler Stevens of Sterling. All were in Mrs. Noyes's preschool classes, Scott in 1998, when Noyes joined the school's staff, and Amelia was a student this year.

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### 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).

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Scholarship awarded by Village Green Preschool



Contributed PHOTO

(Left to right) Preschool Director Linda Greene, Kyle Foster, and Scholarship Committee Chair, Laura Darrow.

On May 19, the Parent Advisory Board of Village Green Preschool awarded their scholarship to Kyle Foster of Sterling. Foster is a graduate of Wachusett Regional High School and plans to study mechanical engineering in an honors program at UMass Lowell. The scholarship is presented annually to a graduating senior who attended Village Green Preschool and has outstanding academic credentials.

Sterling Women's Club scholarships awarded



Contributed PHOTO

(Left to right) Rachel Sweet, Cassie Lane, and Kelsey Denley.

The Sterling Women's Club held their Annual Scholarship Dinner on May 19 at Cristina's Restaurant in Leominster. They awarded Kelsey Denley, Cassie Lane and Rachel Sweet each a scholarship for the college of their choice. These recipients were selected from 14 applicants based on several factors, including academic strength and achievements, as well as community involvement. Denley graduated from Wachusett Regional High School and is headed to Clark University. Lane also graduated from WRHS and plans to attend UMass Amherst in the fall. Sweet is a WRHS graduate and will be attending Siena College in Albany, NY.

Sterling EMS scholarship awards

At its June meeting, Sterling EMS, Inc. awarded scholarships totaling \$4500. Recipients from left to right are Stephanie Smith (Worcester State University), Savannah Jean Klingler (University of Rhode Island), Cassandra Smith (Curry College), Brianna Marie Hougham (Ave Maria University), and Margaret Holmquist (Benedictine College).



PHOTO by Barry Lein

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# Airport drag races thrill local fans

by Richard Maki

Lots of vintage cars and dragsters competed in the 2016 Orange Drag Strip Reunion at Sterling Airport in June. Over 8,000 spectators, vendors and participants filled the airport on a warm and sunny Saturday.

Time trials were held in the morning to give contestants an opportunity to practice their skills at nudging every ounce of energy and speed from their performance-enhanced cars and trucks, followed by races grouped into four categories: Muscle Cars, Street Cars, Nostalgia and Heavy Eliminators. While similar performance cars were paired together for the afternoon elimination trials, no times were recorded. Only the winners of the 330-foot drag strip continued in further competition until a final winner was determined.

Approximately 150 owners also displayed their pre-1974 cars and trucks in a non-racing area reserved for automotive enthusiasts, buyers and sellers.

Sterling police reported no incidents involving the family-friendly crowd, while the fire department responded to a pair of minor track accidents that occurred along the



Burning rubber at drag race at Sterling Airport.



PHOTOS by Richard Maki

deceleration lanes.

The drag race has a long history with former events at airports in Orange, Fitchburg, Orlando, and Sterling for the past two years.

The event was recorded by Sterling-Lancaster Community Television and is broadcast on channel 8.

# Coping with despair

from page 1

deeply is this tendency we have to dehumanize," she says. "When bad things happen, we look for a rap sheet or mental illness or something else to explain away a tragedy. That doesn't work."

When counseling people who are suffering or who are troubled by the recent spate of highly-publicized events of violence and terror, Bartlett advises that people focus on building a strong community in which everyone has a role in bringing about peace, understanding, and an end to suffering.

"We all need each other to survive," she says, "and different people have different roles in responding to tragedies. Some organize, some educate, some sit with their despair, some make soup to bring to a friend with cancer. But we need to come together, because we all need each other."

"I really can't imagine going through these events alone. We need one another to build communities of strength and resistance, because this isn't going to stop. We need to build cells of resistance. We need to listen to one another."



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# Eagle Project helps spruce up Conant Library

by Christine Koral Smith

On a rainy and dismal Saturday in May, a team of 20 Boy Scouts and adults worked together to enhance the landscaping of Conant Public Library's front lawn. The team was led by Colin Smith of Troop 1 Sterling, who took on the task as his Eagle Scout Project. Together, the team planted a flowering plum tree and three shrubs. They also weeded the area, spread bark mulch, and power washed the existing brick patio area. In addition, the mailbox post was replaced with a sturdy granite post, and the rusty mailbox was replaced.

Fundraising is one of the essential aspects of the Eagle Project and Colin received support from



Contributed PHOTO

(Left to right) Karlen Michalak, Josh Basiner, Jason Lucier, Rowen Thauere, Rishi Krishana, Dennis Basiner, Colin Smith, and Eric Mendez plant a tree.

several sources: Friends of the Conant Public Library provided funds for the mailbox and post, Don-Jo Manufacturing offered

funding for the plum tree, Clinton Savings Bank covered the cost of the shrubs, and incidentals were provided by family members.

Colin says that "working with a great team and viewing the final product" were the most enjoyable aspects of his Eagle Project. "The most challenging part was working through the approval process, since it involves getting multiple layers of approval through the Scouting organization and community departments."

Eagle Scout is the highest achievement or rank a boy may attain in the Boy Scouts of America (BSA) program. Only four percent of Scouts achieve this rank as it entails years of dedication to meet the requirements. These requirements include demonstrating leadership and community service, earning at least 21 merit badges, and completing the Eagle Project.

## Farmers Market seeks sponsors

The Sterling Farmers Market is enjoying 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 Sterling Farmers Market is held every Friday, rain or shine, from 3 to 6:30 p.m. at 1 Park St. (in front of the Butterick Building), downtown Sterling. The market showcases a plethora of local farmers and vendors offering farm fresh produce, bread, meats, honey, organic eggs, dried herbs, homemade ice cream, baked goods, whoopie pies, soaps, dog treats, plants, and so much more.

The vendor lineup for the 2016 season includes B & B Farm, Black Thistle Farm, Meadowbrook Orchards, Pineo Family Farm, Shamrock Hives Farm, Simple Church Bread, Surfing Goat Soaps, Thompson's Maple Farm, and Try a Little Whoopie (featuring Fox Hollow Pie Company baked goods).

Live music, crafters once a month, and special children's events are just some of what you can expect at the market.

Vendor and crafter applications are currently being accepted for the 2016 season. For more information, like 'Sterling Farmers Market' on Facebook or email [sterlingfarmersmarket@gmail.com](mailto:sterlingfarmersmarket@gmail.com).



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Students participate in writing program



Contributed PHOTO

Participants in the Writing Slam were (left to right) Sarah Austin (grade 7), Maria-Rose Mello (grade 7), Natalie Ward (grade 7), Mia Robinson (grade 5), and Ben Dwyer (grade 8).

Five students submitted short stories to the Writing Slam held at the Conant Public Library in Sterling on June 9. All submissions have been bound into a journal that is available in the local history 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 [friendsofconant@gmail.com](mailto:friendsofconant@gmail.com) or call Ellen Zanino, president, at 781-858-3282.

Summer Reading

The Children's Summer Reading Program is an interactive and fun way to encourage children to continue reading during the summer. Children can log their reading hours to get a chance to win fun prizes. Youth ages from birth to 18

are invited to participate. The last day to enter and log hours, receive raffle tickets and enter the raffle is Saturday, August 13 until 1 p.m. To register, visit [sterlinglibrary.org](http://sterlinglibrary.org), or visit the library. For more information, call 978-422-6409.

**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 until Friday, July 22 starting at Memorial Park, behind the fire station in Sterling.

**Summer Film Series: Sports** – Wednesdays to August 10, 2:30 p.m. Summer film series featuring sports themed, family movies. 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.

**Drop-in craft: Sea Creatures** – Thursday, July 28, 10 a.m. to 1 p.m., for youth of all ages. Make cupcake liner sea creatures. Staff and volunteers will be on hand to assist. No registration required.

**Henna Tattoos with Amanda Roberge** – Tuesday, August 2. Youth of all ages are invited to drop in between 2 and 2:45 p.m. to get their own henna tattoo. No registration required.

**Olympic memories**  
The Olympics are almost here! Join Olympic silver medalist Fred Borchelt on Tuesday, July 26, 6:30

p.m. Borchelt will discuss his life in competitive rowing and his Olympic experience. In addition, he'll bring his silver medal from the 1984 Los Angeles Summer Olympic Games, as well as a torch used in an Olympic torch relay. This event will be held at the Senior Center, located at 36 Muddy Pond Road, Sterling, No registration required.

What's cooking at the Cookbook Club?

Conant Public Library's Cookbook Club will be cooking up some favorites on Wednesday, July 27, at 6:30 p.m. Instead of featuring a cookbook, choose your own favorite recipe, prepare it, and bring it to the library to share for an evening of good food and great conversation. To register, call 978-422-6409.

Parent's Night Out Book Club

Are you a parent who loves to read and talk about books? Let's read some family- and parenting-themed contemporary fiction together. The next meeting is on Wednesday, August 3, 6:30 p.m., Conant Public Library Baker Room, to discuss *What Alice Forgot* by Liane Moriarty. Books are available in the children's room. No registration required.

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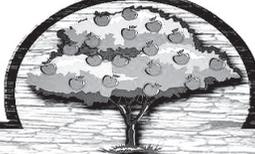
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### Adult Summer Reading Program

It's officially summer and what better time to kick back and read? The 12th Annual Adult Summer Reading Program at Conant Public Library will run from August 1 until the Labor Day weekend. Come in and check out some form of reading material for adults, including books, audio books, and magazines, and receive a raffle ticket to win prizes. Local businesses are generously offering wonderful prizes for the program. For more information, call the library at 978-422-6409.

### 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.

### Adult coloring program

Conant Public Library is offering an adult coloring program. Discover the stress-reducing and relaxing benefits of coloring. Wednesday, August 10, at 6:30 p.m., in the Baker Room. Supplies available or bring your own. No registration required.

### 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.

### Summer's 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.

### Active Kids

**Adventure Kid** – Ages 8 to 14. July 27 to 29, 9 a.m. to noon. Sholan Park. \$125.

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

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

**Sterling Recreation Tennis Clinic** – Ages 8 to 17. Session I: July 25 to 28 (rain date July 27). Session II: August 8 to 11 (rain date August 12). 9 to 11 a.m. West Sterling Tennis Courts. \$80/session.

**Worcester County Tennis Academy** – Ages 6 to 12. August 1 to 4 (rain date August 5). 9 a.m. to noon. West Sterling Tennis Courts. \$100.

**First Play Golf** – August 1 to 5. Ages 6 to 8, 4:30 to 5:30 p.m. Ages 9 to 12, 5:30 to 6:30 p.m. Griffin Road Fields. \$90.

### Town beach open

The town beach is open until August 18. Noon to 8 p.m. daily, weather permitting.

### Arts and Creativity

**Lift-Off Using LEGO®** – Entering grades K to 2. July 25 to 29, 9 a.m. to noon. 1835 Town Hall. \$140.

**Aerospace Fundamentals Using LEGO®** – Entering grades 3 to 5. July 25 to 29, 1 to 4 p.m. 1835 Town Hall. \$140.

**Minecraft Mastercrafters** – Entering grades 3 to 7. August 1 to 5, 8:30 a.m. to 2:30 p.m. 1835 Town Hall. \$270.

### Active Adults and Teens at 1835 Town Hall

**Morning Yoga** – Tuesdays until August 16, 7 to 8 a.m., at Sholan Park (1835 Town Hall on rain days). Drop-in \$13/person.

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

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**Sterling Cardinals claim AAA championship**

The Sterling Cardinals have won the George P. Gibbs Little League AAA Division championship with a 10-6 victory over the Pirates. The game took place at Rick Maypothor Field in June.



*The joy of victory!*



PHOTOS by Crystal Plump

George P. Gibbs Little League AAA division champion Cardinals. (Kneeling, left to right) Jackson Plump, Zach Iarrobino, Vince Bonica, Gabe Terlato, Sam Tetrault, and Andre Bonica. (Standing, left to right) Joe Torano, Thomas Willman, Domenic Cozzillino, Sebastian Terlato, and Cole Blair. (Back row, left to right) Manager Bob Terlato, coach Brian Cozzillino, coach Mike Plump, and coach Ryan Iarrobino.

**Summer Concert Series**

Concerts take place from 6 to 8 p.m., at Memorial Park. Free and open to the public.

**Wednesday, July 20** – The No-Where Men

**Monday, July 25** – Throwback to the 60s

**Wednesday, July 27**– Illusions

**Monday, August 1** – Wachusett Community Band

**Wednesday, August 3** – Bandwagon

**Monday, August 8** – Worcester County Bluegrass All Stars

**Monday, August 15** – The Rampage Trio

**Monday, August 22** – Season Finale – The Blue Flames

**THANKS TO OUR SUMMER CONCERT SPONSORS**

Village Pizza & More, D.M.H. Electrical Contractors, Don-Jo Manufacturing, Inc., Massachusetts Cultural Council, Hi-Tec Automotive Services, Paula Meola Dance & Performance Arts, Inc., Rota Spring Farm, Pandolf-Perkins Company, Kitchen Associates, Davis' Farmland, Leominster Credit Union, Clinton Savings Bank, and Traina & Traina Insurance Agency, Inc.

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**Sterling Senior Center**  
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 Please RSVP to Lauren at 508-320-8606

Lauren Demerjian  
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 508-320-8606

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**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.

**Senior Play-Golf Program**

Attention all seniors who play golf or would like to learn: The Sterling Recreation Department is organizing a Senior Play-Golf Program with the Cyprian Keyes Golf Club at 284 East Temple St., Boylston. Golfers of all skill levels can enjoy time with friends on a 9 hole par 3 course. Senior Play-Golf will run Tuesdays at

8 a.m. tee-time with shot-gun style start, beginning August 2 and continuing through the fall. Come as often as you would like to play. \$12 greens fee/week, carts optional for an additional \$9. An information session will be held on Thursday, July 21, at 6 p.m., at Cyprian Keyes Golf Club. Golf director Scott Hickey will present an overview of the program, and participants will have the opportunity to see the course and register. Hickey will lead a one-hour clinic beginning August 2, at 8 a.m., for anyone interested in learning to golf. \$12/person. To register for the information session on Thursday, July 21, contact the Recreation Department at 978-422-3041. Walk-ins welcome.

**The Senior Center is located at 36 Muddy Pond Road.**

The building 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 a.m. daily. 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 sug-

gested donation.

**Elder Keep Well Clinic** – Thursday, July 21, noon.

**Backyard BBQ** – Friday, July 22, 11 a.m. to 1 p.m. Lunch, dessert, games and raffles, sponsored by Clinton Savings Bank. Call to reserve.

**Book club** – Thursday, July 28, 12:30 p.m.

**Pancake Breakfast** – Friday, July 29, 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.

**Daily events** – A host of exciting programs are underway at the new Senior Center. Call 978-422-3032 to sign up.

**Mondays** – 10 a.m., exercise. Free. 12:30 p.m., Zumba. \$5.

**Tuesdays** – 9:30 a.m., line dancing. \$2. 11 a.m., beginners French. Free. 11 a.m., chair pilates. \$5. 12:30 p.m., game day. Come play our games or bring your own. Free. 2 p.m., open coloring. Use our supplies or bring your own.

**Wednesdays** – 9:30 a.m., chair yoga. \$5. 1 p.m., Wii Bowling. 12:30 p.m., cribbage. Drop-in. 12:30 p.m., shopping. Take the

van to different stores each week.

**Thursdays** – 9 a.m., yoga. \$5. 11 a.m., beginners French. Free. 2 p.m., open coloring. Use our supplies or bring your own. 4 p.m., Bingo. \$1/card, cash prizes. 6 p.m., yagalates. Yoga and pilates combined into one class. \$5.

**Fridays** – 9 a.m., knitting with friends. 9:30 a.m., pilates. \$5. 10:30 a.m., journaling your life story. \$5.

**Internet-accessible computers are available for use.**

Two pool tables are available for games whenever the building is open.

We provide transportation in our senior van. \$1 roundtrip in town, \$2 roundtrip out of town. No charge for transportation to the Senior Center. Call 978-422-3032 at least 48 hours in advance to make a reservation.

On Wednesdays, the senior van takes seniors on shopping trips to Walmart, Kmart, The Mall at Whitney Field, and other locations. For more information, call 978-422-3032.

The van is available to take seniors to appointments on Monday and Friday mornings, and on Monday, Tuesday, Thursday, and Friday afternoons.



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PHOTO by Richard Maki

Officers Ryan Ferguson and Steve Fugere, representing the Sterling Police Association, demonstrate the gas grill donated to the Senior Center. Mary Higgins, volunteer kitchen supervisor, accepts the gift on behalf of Sterling seniors.

### Wachusett Food Pantry delivery 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 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.

### Happy Travelers offer exciting trips

The Happy Travelers, bus trips for the 50+ traveler, has an exciting roster of day trips throughout 2016. All day trip pricing includes driver and escort, gratuity and cancellation waiver. Saturday, July 30, Plymouth, MA Whale Watch, lunch at the Hearth & Kettle, \$99 per person. To request a copy of the 2016 schedule, call 508-835-4312 or email glady2@verizon.net. Flyers available at the Sterling Senior Center.



Contributed PHOTO

Penpals have been busy at the Senior Center.

### Want to be a pen pal?

This past winter, Mrs. Gail Miller's 4th grade class at Houghton Elementary School took part in a pen pal program with Sterling seniors. The 4th graders wrote to the seniors and letters were delivered back and forth from the Senior Center to the school through Nickole Boardman at the Senior Center. Receiving letters was exciting for both the seniors and the kids. In June, Mrs. Miller's class invited their pen pals to a play they performed, giving everyone an opportunity to meet their pen pal. At the end of the school year, many of the kids gave the seniors their home addresses and hope to continue to write during the summer and beyond. The Senior Center plans to continue the pen pal program with Mrs. Miller's new 4th grade class in September. Seniors interested in being a pen pal in September should contact Nickole at the Senior Center at 978-422-3032.

## Zumba for 55+ Sterling Senior Center



and if the music is good, you dance

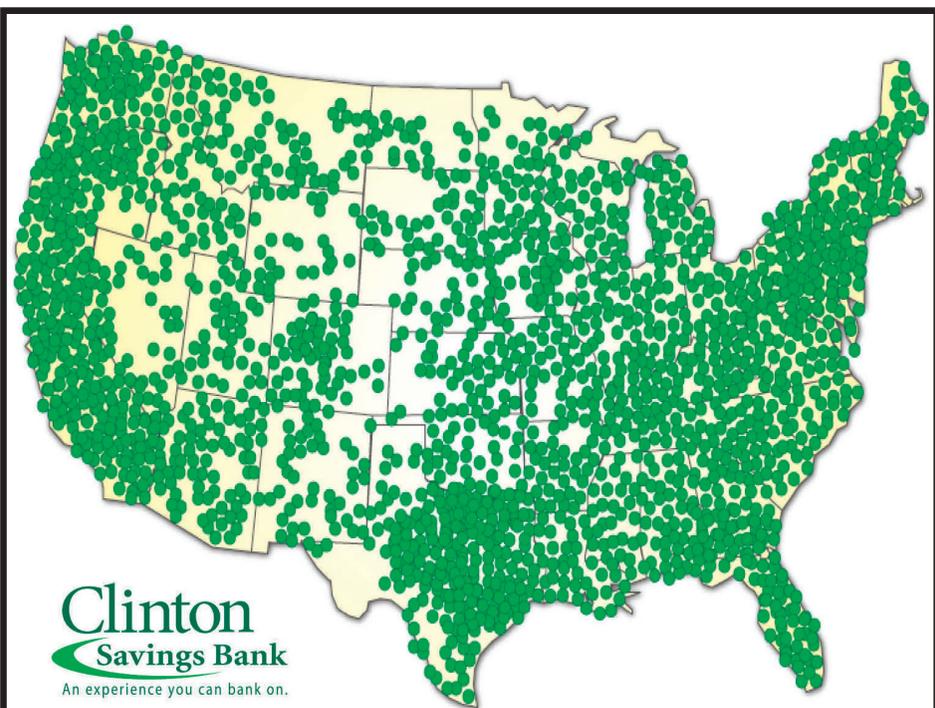
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### Family Paddle on Maple Spring Pond

Saturday, July 23, 10 a.m. to noon. Join Wachusett Greenways and 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,

### Democratic Town Committee meeting

The Sterling Democratic Town Committee will meet on Monday, July 25, 6:30 to 8 p.m., at the Butterick Municipal Building, 1 Park St., Room 205. The agenda includes welcoming new committee members, a presentation on VoteBuilder by Jack Green, Deputy Political Director of Congressman Jim McGovern's campaign, and final planning for the August social. All Sterling registered Democrats and independents are welcome.

### North Central Career Center Summer Job Fair

The North Central Career Center has lined up more than 60 companies from all industries, for their job fair on Wednesday, July 27, 9 a.m. to noon, at the Doubletree Hotel, 99 Erdman Way, Leominster. All participating companies are hiring. The Career Center estimates there will be well over 200 jobs posted for this event. Job fairs provide a tremendous networking opportunity for job seekers and employers to discuss current openings and potential future prospects. Employers have the opportunity to encounter several hundred diverse candidates with a variety of skills. To help job seekers prepare to meet employers, the Career Center offers a full calendar of workshops, including Preparing for a Job Fair in their Leominster and Gardner locations. For information or to

register, contact the North Central Career Center at 978-534-1481 or 978-632-5050. An updated list of employers is available at ccncm.com. The event is free for job seekers, \$50 for employers.

### American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, August 1, 7:30 p.m., at the post hall, 32 School St., Sterling. Hot dogs served at 6:30 p.m. E-Board 6 p.m. Another meeting will take place on Monday, August 29, in lieu of a September meeting. The meeting will include a Sterling Association drawing.

### Mass Breast Cancer Coalition's annual statewide event

The Massachusetts Breast Cancer Coalition (MBCC) will hold its 17th annual, statewide Against the Tide Swim, Kayak, Walk, Run and/or Aquathon fundraising event on Saturday, August 20, 7 a.m. to noon, at DCR's Nickerson State Park in Brewster. The event consists of competitive and recreational swims, recreational kayak, a fitness walk, and USA Track & Field certified 5K/10K runs. Participants of all ages and abilities can choose any or all activities. The event also offers an Aquathon "Splash and Dash" component, where participants "splash" in the competitive 1-mile swim and immediately "dash" in the competitive 5K or 10K run (chosen by the participant). Participants may register as an individual or as part of a team. Registration is \$40 per adult per event activity and \$25 per student per event activity. Participants are encouraged to fundraise beyond these suggested minimums, as all proceeds support Massachusetts Breast Cancer Coalition's unique goal towards breast cancer prevention. Prizes will be awarded to the

fastest athletes and top fundraisers. For more information and to register, visit mbcc.org/swim or call 617-376-6222.

### Sterling Democratic Social

The Sterling Democratic Social will be held on Monday, August 29, 6 to 9 p.m., at Miles End Farm (look for the blue oval sign), 128 Princeton Road, Sterling, home of Barbara Davidson-Miles and Steven Miles. Come meet and hear brief remarks by U.S. Congressman Jim McGovern, Massachusetts State Senator Jennifer Flanagan and State Representative Harold Naughton Jr. There will be free food and drink and lots of good political conversation. This event is free and open to all Sterling registered Democrats and interested unenrolled voters, but RSVPs are required. Email HatsOffForHumanRights@comcast.net or call 978-422-6030.

### 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 for 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.

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 ncm-

habitat.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. 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.

### The eyes have it!



Lanni

Lanni is a very lovely 2-year-old short-haired female with big green eyes. She's very playful and loves attention. 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 Lanni or any of the kitties, email Marilyn@neadycats.org, or call 978-422-5116.

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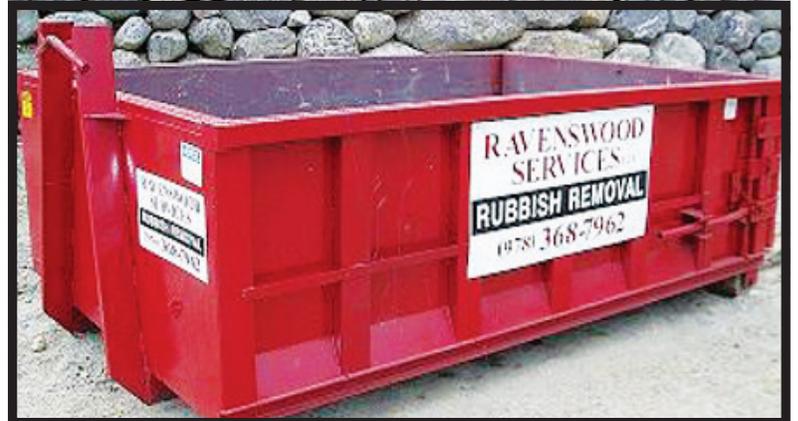
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