



Sterling MEETINGHOUSE NEWS

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July 25, 2015

Vietnam veteran from Sterling honored at memorial in Washington

by Danielle Ray

On June 21, longtime Sterling resident and 3-year Army veteran Frank Eley was honored for his service posthumously at a memorial ceremony at the Vietnam Veterans Memorial Wall in Washington, D.C. His widow Mary Eley, son Frank Eley Jr. and his wife Kristen Gerante, grandson Frank Eley III, daughter Sarah Orabone and her husband Dr. Joshua Orabone, and niece LaFonda Eley attended the event and helped to call out Frank's name during the ceremony.

Eley served two tours during the Vietnam War and was a sergeant when he was honorably discharged in 1971. He met Mary in 1977 while they were both employed at Digital Equipment Corporation in Maynard. The couple married in September 1981 and moved to Sterling in 1983.

Early in 1990, Frank began experiencing back pain and, in August, was diagnosed with Stage IV advanced prostate cancer at the age of 42.

"This wasn't normal and the doctors at the time didn't understand how it was possible," says Mary Eley. Eventu-
ELEY, page 11



Contributed PHOTO

(L to R) Frank N. Eley Jr., his wife Kristen Gerante and son Frankie III, Mary Eley, LaFonda Eley, Sarah Orabone, and Dr. Joshua Orabone, attended the tribute ceremony at the Vietnam War Memorial in Washington, D.C.

Gaw retires from 1835 Town Hall Committee

by Allison Milliard



(R to L) Vern Gaw and Bob Jones.

PHOTO by Allison Milliard

Recently, Vern Gaw retired as chair of the 1835 Town Hall Committee, of which he's been a member for the past 12 years.

Originally, the committee's goal was to improve Sterling's historic town hall, which is the site of the first town hall in Worcester County. It was built in 1835 in an effort to separate church and state, a place for town meetings not swayed by religious undertones. The building was intended as a community center, and in 2003 the committee decided it should remain, first and foremost, a community center. Sterling's recre-

GAW, page 6

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**ARE YOU
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Harvest Grille is sorely missed

The Harvest Grille was a small gem, but a bright one, and it was ours right here in Sterling. Of course, it served great food and honest measured drinks at an affordable price. Its real claim on our hearts, however, was that customers were comforted and cossetted. No matter how hard the day had been, all cares were shed when you crossed the threshold of the Grille. It was a place to meet friends and make friends. In three short years, [co-owner] Susan Harragin made it a place Sterling could be proud to call its own.

Now it's gone, doubtless due in no small part to persecution by small-minded town officials who felt that they weren't doing their jobs unless they were throwing their weight around, notwithstanding Harragin's protestations to the contrary. It's apparent that something is drastically wrong with Sterling's administration when its procedures are unfavorably compared to those of the People's Republic of Holden.

What small business trying to offer good service to this town will they drive out next? Our Harvest Grille is gone. Perhaps that's the way of things. The Garden of Eden and Camelot also had limited runs.

William J. O'Connor III
Newell Hill Road, Sterling

Gala a huge success

The Treasures of the Community Gala Event and Auction held on May 16 was a huge success. Thank you to the Sterling community for your overwhelming support. Your donations, advertising, volunteering and participation at the event will make a difference in many people's lives.

The event, which attracted over 180 guests, raised nearly \$30,000, which will help to fund First Church in Sterling local community outreach programs, new windows and operating expenses for Interfaith Hospitality Network in Worcester, and medical care and home water filtration system mission projects in and around La Romana, Dominican Republic.

Many thanks for all that you do today that impacts tomorrow!

Treasures of the Community
Gala Event Committee

Phil Holman and Pam Guild, Co-Chairs

Gereda Burger

Linda Holman

Janet Madison

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EDITOR'S NOTE

On occasion, a story comes across my desk that stays with me far beyond the normal process of going from blank page to newsprint. Danielle Ray's account of the life and devastating health struggles of Vietnam veteran Frank Eley, recently honored in a tribute in Washington, D.C., is such a story. I urge you to read it carefully, and try, if you can, to walk in the footsteps of this long-suffering man and his brave and loving family. Sgt. Eley, I salute you.

– Lex Thomas

Correction

On page 1 of our June 20 issue, Ken Day is wrongly identified as the founder of Sterling Duck Farm. The farm, called Pinecrest Duck Farm, was owned by Douglas Hayes. Mr. Day was an employee.

Letters to the Editor

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

Send email to lex@sterlingmeetinghousenews.com or mail to: Sterling Meetinghouse News, PO Box 914, Sterling, MA 01564.

We reserve the right to edit letters for length.



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**The next issue will be out on August 22.
 The advertising and copy deadline is Monday, August 10. Items received after the deadline will be included if space is available.**

Publisher • Mark Barbato
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ANNOUNCEMENTS

Sterling taxes due

First quarter 2016 real estate tax bills have been issued by the town. Payment is due no later than August 3, 2015. Note that due to a new billing format, the bill looks different than it has in the past. For more information about the new bill or your taxes, call the Collector's Office at 978-422-8111, ext. 2310.

Plan for pet safety in case of emergency

Animal Control Officer Louis Massa urges Sterling residents to have an animal evacuation plan in place in case of a man-made or natural disaster, such as a hurricane, fire, or gas leak in your home. Massa recommends practicing putting cats and small dogs in a pillow case, box or crate. Large dogs should be evacuated on a leash. In an emergency situation, avoid letting domesticated animals loose outdoors, where they may run off due to stress. Be aware of where pets sleep, and keep updated rabies certificates in a safe place where they are easily accessible, in case pets need to spend time in a shelter. And don't forget to plan for safe evacuation of guinea pigs, gerbils, hamsters, birds, fish, and farm animals.



PHOTO by Jim Barbato

Sterling artist Ann Barbato

Local artist in FAM exhibition

Sterling artist Ann Barbato's mixed-media piece 'Memorabilia' has been accepted into the Fitchburg Art Museum's 80th Regional Exhibition of Art & Craft. The exhibition is open to the public until September 6, and displays a wide variety of work from artists and crafters who live within 30 miles of Fitchburg. Fitchburg Art Museum is located at 185 Elm St., Fitchburg. For more information about Barbato's work, visit annmbarbatostudio.com.

You have to see Kitchen Associates New Showroom! It is room after room of beautifully designed kitchens.

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



Dan Andelman

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ANNOUNCEMENTS

Clinton Hospital recognized for stroke treatment

UMass Memorial Clinton Hospital has received the Coverdell NIH Stroke Scale Rate of 100 Percent Award from the Paul Coverdell National Acute Stroke Program at the Massachusetts Department of Public Health. The award recognizes hospitals that performed NIH stroke scale assessments on 100 percent of stroke patients in 2014.

Traina recognized as insurance industry leader



File Photo

Richard C. Traina, CIC

The Society of Certified Insurance Counselors (CIC) has recognized Richard C. Traina, CIC of Traina & Traina Insurance Agency, Inc. in Sterling, for 20 years of leadership and ongoing training in the insurance industry. Earning this designation places Traina in the top 1 percent of all insurance professionals in the country.

Sheppard re-elected to LCU board

Leominster Credit Union has announced that Sterling resident Richard A. Sheppard has been re-elected as clerk. Sheppard has been a member of the Board of Directors since 2006. He serves on the Executive, Audit, Investment, and Compensation committees.

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 daily water ban from 9 a.m. to 5 p.m. until September 30. The ban restricts daily nonessential outdoor water use from public water sources.

Recycling bins available

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

Town beach stickers and guest passes

Town beach stickers and guest passes are available at the Sterling Recreation Department, located at 31 Main St. For information, call 978-422-3041.

Sterling-Lancaster Community TV

Broadcast Schedule July 25 to July 31, 2015 Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 154	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:30 AM On the Waterfront - Clams	Educational
1:00 PM InFocus - Tourism Goes Green	Documentaries
2:00 PM Lucky Pro Wrestling Part 1	Local
3:30 PM On the Waterfront - Clams	Educational
4:00 PM Yolotales - Kids Special 2	Children
5:00 PM Valley Homegrown - Woodford Way	Music
6:15 PM The Song - Steve Dunn	Music
7:30 PM InFocus - Modern Culture Temples	Documentaries
8:00 PM Lucky Pro Wrestling Part 2	Local
9:00 PM On the Waterfront - Clams	Educational
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 154	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:30 PM On the Waterfront - Clams	Educational
1:00 PM InFocus - Tourism Goes Green	Documentaries
2:00 PM Lucky Pro Wrestling Part 1	Local
3:30 PM On the Waterfront - Clams	Educational
4:00 PM Yolotales - Kids Special 2	Children
5:00 PM Valley Homegrown - Woodford Way	Music
6:15 PM The Song - Steve Dunn	Music
7:00 PM InFocus - Tourism Goes Green	Documentaries
8:00 PM Lucky Pro Wrestling Part 2	Local
9:00 PM On the Waterfront - Clams	Educational
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 155	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Well - Thai Scallops	Cooking
10:00 AM Holistic Health - Smart Groceries	Health
11:00 AM On The History Trail - Magic Lanterns	History
12:00 PM Channel 8 Community Updates	Local
12:30 PM Pawdoption	Local
1:00 PM InFocus - War in Ukraine	Documentaries
2:00 PM Church Services	Religion
4:00 PM Yolotales - Sweep Revenge	Children
5:00 PM Harmonies - The Rafters	Music
6:15 PM The Song - Karen Davis	Music
7:30 PM InFocus - War in Ukraine	Documentaries
8:00 PM Channel 8 Community Updates	Local
8:30 PM Pawdoption	Local
9:00 PM On The History Trail - Magic Lanterns	History
10:00 PM Barbara and You	Interview

Broadcast Schedule August 1 to August 7, 2015 Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 155	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM InFocus - War in Ukraine	Documentaries
2:00 PM On the History Trail - Magic Lanterns	History
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Yolotales - Sweep Revenge	Children
5:00 PM Harmonies - The Rafters	Music
6:15 PM The Song - Karen Davis	Music
7:00 PM InFocus - War in Ukraine	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM On the History Trail - Magic Lanterns	History
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 155	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:30 PM Channel 8 Community Updates	News
1:00 PM InFocus - War in Ukraine	Documentaries
2:00 PM On the History Trail - Magic Lanterns	History
2:30 PM Channel 8 Community Updates	News
3:00 PM Pawdoption	Animals
4:00 PM Yolotales - Sweep Revenge	Children
5:00 PM Harmonies - The Rafters	Music
6:15 PM The Song - Karen Davis	Music
7:00 PM InFocus - War in Ukraine	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM On the History Trail - Magic Lanterns	History
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 156	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Chicken Creole	Cooking
10:00 AM Visions for Health - Ep 17	Health
11:00 AM Ask Dog Lady - Ep 2	Educational
12:00 PM Jury By Trial	Local
1:00 PM InFocus - Who Am I	Documentaries
2:00 PM Church Services	Religion
4:00 PM Yolotales - Express 1	Children
5:00 PM Valley Homegrown - Zvdeco Connect	Music

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

Gaw retires from 1835 Town Hall Committee

Continued from page 1

ation department is housed there, and the building is used for numerous activities, and even private events.

"This building is a huge asset to our town. As a homeowner, I believe it adds value to my home," says Gaw.

As chair, Gaw oversaw numerous improvements to the building while maintaining its historic integrity, including window and floor replacement, new carpeting, and exterior painting. Recently, he has worked with an architect to plan handicapped access to the building's upper floor. The 120-year-old wooden shingle roof lasted until the 1970s, and parts of it were replaced by heavy slate. The original structure of the building was not designed to hold that kind of weight. He hopes that funds will become available for a more permanent solution in future.

Gaw, who grew up in Sterling and has spent most of his life here, is also a member of the Historical Commission. "It's my town. It's our town. I've spent my life here and I feel we should take care of it. This is a perfect place for me to do that. It's a comfortable place to be," he says, adding that he's fascinated by the town's history. "There are handprints of past generations all over town. People fitted these curved, tapered columns [at the 1835 Town Hall] by hand using tools of a near-biblical age. I think

that's incredible. Things like that make you feel united and part of the community."

Currently, Gaw is working in the early stages of restoring the Sterling Grange on Maple Street. He also intends to complete some projects around his own home, which has been in his family since his boyhood, and plans to restore a house he owns on the Cape that was built in 1730.

At present, it's unclear if Gaw will join any other committees, although he'll continue being a part of the Historical Commission and working on local town projects.

Robert McKay Jones replaces Gaw as chair of the 1835 Town Hall Committee. Jones owns Technology Resources and Information Fundamentals (TRIF) in Sterling and has lived in town for about 35 years. As an avid photographer, Jones became interested in the town hall from a more artistic perspective. He also serves on the Historical Commission and is active with the Sterling Historical Society.

1835 Town Hall Committee Vice Chair Danielle Ray says that Gaw will be missed. "I've been part of the committee for about a year, and Vern has always been the backbone. His commitment and passion for our beautiful and historic building is inspiring, and we will miss him as chairman."



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Sterling student 1st in regional science competition

Sanjay Ganeshan of Sterling tied for first place in a New England-wide high school science competition. The Massachusetts Society for Medical Research's 24th Annual Student Competition recognizes students who investigate recent biomedical research breakthroughs and then create compelling and informative essays, posters or websites about them. A volunteer panel of 25 biomedical professionals judged the entries.

Ganeshan's website, "A Leg Up On Prosthetic Knees," was judged against entries from scores of motivated students across New England. He will be a senior at the Mass Academy of Math and Science at WPI.



Contributed PHOTO

Sanjay Ganeshan receives his award from Lynn Brum, a member of the Board of Directors of MSMR.

Sterling Women's Club awards annual scholarships



Contributed PHOTO

The Sterling Women's Club held their Annual Scholarship Dinner on May 14 at Il Forno in West Boylston, and awarded Caroline Akerson, Jennifer Sabourin and Laura Sawin each a scholarship for the college of their choice. The recipients were selected from 12 applicants based on several factors, including academic strength and achievements, and community involvement. All three graduated from Wachusett Regional High School. Ackerson is headed to Fairfield University, Sabourin plans to attend Stonehill College, and Sawin will attend Worcester Polytechnic Institute.

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Contributed PHOTO

(L to R) MaryCatherine Heighton, Savannah Jean Klingler, and Sarah Gianos.

EMS Inc. scholarship winners announced

At its June meeting, Sterling EMS Inc. awarded scholarships totaling \$3,500 to MaryCatherine Heighton, who will attend Western New England University, Savannah Jean Klingler, who is headed to the University of Rhode Island, and Sarah Gianos who plans to attend Fitchburg State University.



Contributed PHOTO

Houghton students work with Christy Barnes of Mass Audubon.

Garden Club funds Mass Audubon program at Houghton

A special program, "From Seed to Flower," was presented to the second grade classes at Houghton Elementary School during the final weeks of the school year. This life science event is funded by the Sterling Garden Club's Educational Enrichment initiative, and is aligned with Massachusetts Curriculum Frameworks. The program was presented by Christy Barnes of Massachusetts Audubon.

Students worked in small groups using hands-on materials, and learned about seeds and plants. They discovered how seeds grow into plants, were introduced to the different types of seeds produced by plants, and the various ways the seeds are disbursed through wind, animals and hooks which enable them to catch a ride. For information about Educational Enrichment sponsorships, call Jackie Pruneau at 508-852-0245.

Monty tech announces Honor Roll

Principal Thomas R. Browne has announced the honor roll for Montachusett Regional Vocational Technical School's fourth quarter of the 2014-2015 school year.

Students from Sterling named to the Principal's List are: Freshmen – **David Hinckley, Taylor Moroney.**

Students from Sterling who earned high honors are: Seniors – **Zachary Nowlan, Andi Windward;** Juniors – **Jonathan Bicchieri, Haley Forstrom;** Sophomores – **Alyssa Leonardi, Rebecca Mathews, William Roseberry;** Freshmen – **Casey Brown, Sara Dupont, Holly Forstrom, Samantha Grice, Ryan Hendrickson, Alexander Littizzio, Brianna Remy.**

Students from Sterling who earned honors are: Seniors – **Tyler Favreau, Emma Massa, Conner Wilbur;** Juniors – **Tomielee Graca, Cooper Nourse, Rachael Sweet;** Sophomores – **James Belair, Heather Stevens, Nolan Toohey;** Freshman – **Kiera McNamara.**

St. John's announces Honor Roll

Saint John's High School in Shrewsbury has announced its honor roll for the fourth quarter of the 2014-2015 school year.

Student from Sterling named to the Headmaster's List: Junior – **Paul Stanovich.**

Students from Sterling who earned first honors are: Senior – **Patrick Goodman;** Sophomore – **Andrew Ortiz.**

Students from Sterling who earned second honors are: Seniors – **Brett Cotter, Chase Patten;** Freshman – **Christopher Barone.**

Applewild Preschool open house

Applewild Preschool at Devens will host its first summer open house on Tuesday, July 28, from 5 to 6:30 p.m., at 27 Jackson Road, Devens. Families may register for this event at applewild.org/openhouse or call 978-796-5183. Walk-ins welcome.



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Making her business her own

by Allison Milliard

In June, Sterling's local florist Lilacs relocated to 27 Main St. The new shop has enabled more cohesion to the two sides of owner Lisa Coleman's business – flowers and penny candy. Lilacs is a full-service florist, offering floral arrangements for weddings, funerals, birthdays, and other events, as well as get-well bouquets and honey bunches. On the candy side of the store, Coleman offers retro penny candy, chocolates, fudge and other goodies available by the pound, gift boxed, or in individual pieces. There is also a small gift shop in the store, with Yankee candles, mugs, local handmade cards, handmade soaps, garden statues and other items. In addition, Lilacs offers holiday wreaths seasonally.

"Although I miss the quaintness of the old location, I like that my two businesses are merged into one room. I love that I still have a storefront property that is less confined," says Coleman.

Prior to the move, some customers perceived the candy shop and florist as entirely different businesses, and Coleman found it could be difficult to notice when customers had entered the candy shop if she was in the flower section. Now, everything is in one bright, cheerful, and inviting room.

Nearer the common, the shop is now more centrally located in the town. "Being closer to other businesses allows us to share customers," says Coleman. "If some-



Lisa Coleman, owner of Lilacs.

PHOTO by Allison Milliard

one goes into the salon next to me, they're much more likely to poke their head into my shop now that it's across the hallway, rather than across the street.

"And the penny candy attracts kids who take tae kwon do classes down the hall. The businesses in this little compound, along this whole strip, really, enhance one another and work very well together."

Coleman has enjoyed the opportunity to reorganize the shop to meet her needs. The florist shop had two previous owners, who left behind some equipment she didn't need and which she didn't move into the new space. Coleman also appreciates the added freedom that comes with more open space. "We had more square footage at the old location, but a lot of it was storage," she says. "Now, we have more useable storefront space set up exactly the way I want it."

"Oh My Gosh" Antiques & Collectibles

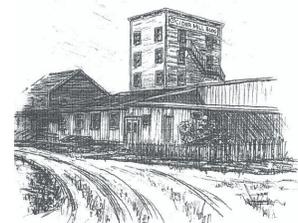
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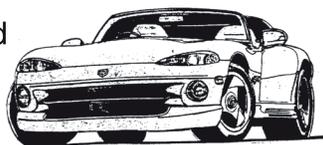
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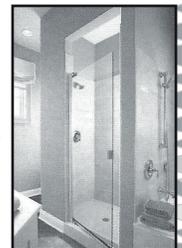
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Dr. Azer joins Nashaway Pediatrics team

by Jamie Chase Galvin

Dr. Mariana Azer has joined Nashaway Pediatrics as their newest pediatrician. After graduating from medical school in 2002, Azer completed her pediatric residency training at the University of Medicine and Dentistry of New Jersey. She is board certified by the American Board of Pediatrics and is a fellow of the American Academy of Pediatrics.



Dr. Mariana Azer

Contributed PHOTO

Azer felt the call to become a pediatrician at a very young age. "My parents were both physicians, so I was exposed to the medical field from a very young age," she says. "I would see how happy they were when a patient felt better and I was very proud of them. And growing up in a small town, I would hear from the patients how my parents made them feel better, so it seemed natural for me to be a doctor, too."

Azer says that being a pediatrician brings her great joy. "I have always felt so much pleasure providing care and taking care of people, especially children. Children bring so much joy to the world and to me personally."

Being a member of the Nashaway Pediatrics team allows Azer the opportunity to do what she loves. "I was working

with UMass at a different location and when the position opened last summer in Sterling, I was interested in moving my practice here. It's a great place to work. We're like a family, and our patients and their families feel it. I love that patients are always seen on time and we make every effort to see sick patients the same day they call, as well as on weekends."

Azer looks forward to meeting and working with new families and is currently accepting new patients. "I'm happily accepting new patients. I do meet and greet visits, so I can meet expectant parents, get to know them and answer any questions that they may have."

Nashaway Pediatrics is located at 225 Leominster Road, Sterling. For information or to make an appointment, call 978-422-6900.



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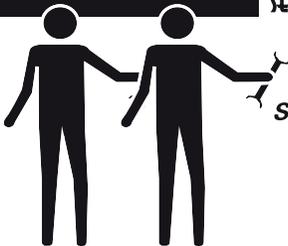
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SPECIAL FEATURE

Vietnam veteran from Sterling honored at memorial in Washington Eley

Continued from page 1

ally, it came to light that Frank's cancer was the result of exposure to Agent Orange in a battle zone.

Initially, he responded well to hormone and radiation treatments, but suffered long-term complications following radiation treatment he underwent in 1990 and 1991. He was disabled in 1994, and was forced to leave his position at Digital, a job he loved. The last five years of his life were especially difficult, plagued with rapidly declining health as a result of the earlier treatments. Following a difficult 23-year battle, he succumbed to cancer on June 14, 2013.

"I don't think it's a coincidence that Frank was born on Pearl Harbor Day, December 7, and was rushed to the hospital on D-Day, June 6, and died on Flag Day, June 14," says his widow. "Frank loved to fly the flag and was a true American patriot. He gave his life for this country."

In October 2013, son Frank Eley Jr. met with then Sterling Veteran's Services Officer Richard Sheppard to aid the family in filing a claim with the Veteran's Association (VA) that would formally acknowledge the role Agent Orange played in Frank's death.

"We were told the process could be difficult and a long ordeal, possibly lasting several years," recalls Mary Eley. "Richard [Sheppard] was very helpful and told us if we sent in a fully developed claim it may take a lot less time."

Eley Jr. completed the VA paperwork and submitted it in November 2013 along with 23 years' worth of his father's medical records from Dana-Farber Cancer Institute. On March 15, 2014, the family was notified that the VA agreed that Frank's cancer was the result of Agent Orange exposure.

"We were surprised and thrilled," says Mary. "I received the letter [from the VA] the day before my birthday. I felt it was a gift from Frank."

The family was invited to attend the Vietnam Veterans Memorial Fund (VVMF) ceremony to honor Frank and several other veterans. "The VVMF did an outstanding job for us and all the families," says Mary. "They had excellent speakers that talked about the sacrifices of Vietnam vet-

erans, those killed and missing in action, and those that came home to fight health battles, and their families.

"The most emotional part was hearing families call out their loved one's name and then going to the wall to lay the tribute plaque that will go into the VVMF archives.

The plaques will be rotated in the VVMF Education Center in Washington, D.C., when it's completed."

Mary says the program, which was held on Father's Day, was particularly moving as sons and daughters of Vietnam veterans who never met their fathers attended the ceremony.

"I know Frank would not have asked for this honor but he deserved it, and it's very healing for our family to know that his 23-year journey, having to give up a great career and losing his quality of life year after year, will be remembered by his country and all those that knew and loved him," she says.

Eley's family members are trying to heal in different ways. Frank Jr. and his wife were expecting a child when Frank died.

"When we found out that we were having a son, it was very

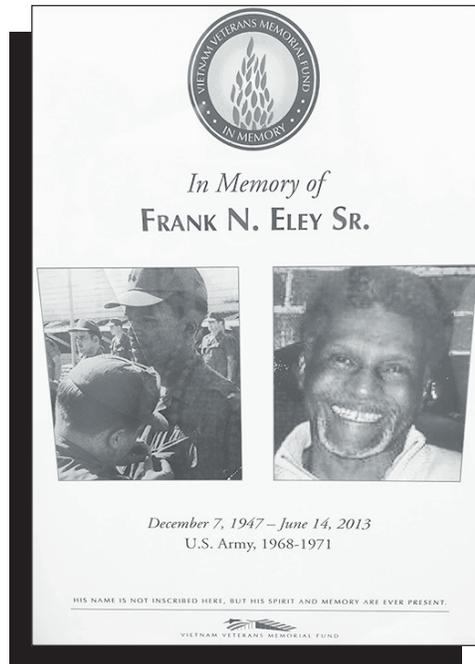
important to me to name him after my dad," says Frank Jr. "One of the hardest things was knowing that my dad would never meet his grandson. Naming him after my dad made us feel like there would always be a connection between my dad and my son. As my son grows up, I'll tell him about his grandfather.

"I want to be able to take him back to the Vietnam Veterans Memorial and explain to him the sacrifices my dad made by serving his country. I hope that one day he'll be able to appreciate that sacrifice and be proud of who his grandfather was."

Mary says she would urge other families of veterans who are dealing with health issues to get the help they deserve and that is available.

"Frank never did that during his lifetime but looking back, we could have," she said.

If you have a loved one who served in Vietnam and died of a disease known to be related to Agent Orange, visit benefits.va.gov/COMPENSATION/resources_comp03.asp to see if you are eligible for Dependency Indemnity Compensation (DIC) benefits.



Vietnam Memorial Wall tribute

Contributed PHOTO

LOCAL HAPPENINGS

Company connects consumers with local food products

by Danielle Ray

Lettuce Be Local, located in Sterling and founded in 2012 by husband and wife Lee and Lynn Stromberg, strives to bring together local farmers and their wares with chefs in restaurants and other food arenas as a way to pair fresh, local and sustainable agriculture and products with culinary prowess.

"We use the acronym E.A.T.," says Lynn Stromberg. "Educate, Aggregate, and Transport local food."

Several farms in Sterling, including Clearview Farm, Crystal Brook Farm, Meadowbrook Orchards, Pineo Family Farm, and more, participate in Lettuce Be Local as sources for local agriculture and products..

"Sterling is booming with a ton of great farms offering different things," says Stromberg.

Rhubarb from Pineo Family Farm on Tuttle Road recently traveled to Worcester, and products from other Sterling farms have made their way to Sturbridge, Bedford, Lexington, and many other destinations.

Stromberg says the definition of a chef to a Lettuce Be Local consumer extends beyond those found in restaurants, and applies to anyone with an interest in preparing, cooking and presenting nutritious, healthy, local foods in locations including, but not limited to, schools and caf-

eterias, nursing homes, hospitals – in fact in any environment that includes a busy kitchen.

Stromberg has been sourcing her food locally for years, including for her wedding reception in July 2012. Working with a caterer, she not only designed the entire menu for 105 guests, but also hand delivered every ingredient to the caterer, down to the coffee creamer and lavender tea, all of it locally sourced.

Stromberg already had a background in event planning at hotels and other venues when she decided to start Lettuce Be Local with her husband. She realized how challenging it was for chefs at the venues she worked with to get local products and ingredients readily.

"Farmers were having trouble getting their product to other markets, and I wanted to connect them," she says. "That process naturally combined with the fact that, because we grow our own food and source our own products, we were very frustrated whenever we went out to eat with the lackluster ingredients being used. We asked ourselves 'Why are we spending money to go out when the food quality is below par?' We might just as well be cooking at home. It was a great way to connect farmers and chefs, but it was also selfish."

A 10-month pilot test that started with 10 farms and

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LOCAL HAPPENINGS

one restaurant has grown into a 7-days-a-week operation that sources products from and supports 75 farms that offer products which are delivered to the more than 30 culinary avenues currently working with Lettuce Be Local. Due to the steady growth of the business, Stromberg left her job to run Lettuce Be Local full time in April 2014.

"It has grown exponentially," she says. "We also support farm-to-farm connection so we are helping one farmer who has too much of a product or needs to sell his or her product, sell to another farm. It keeps their farm stands stocked, and it keeps money local. Everyone wins."

Lettuce Be Local runs a Local Farmer Dinner Series, most recently at Mesa Farm in Rutland on July 26. This event is the largest dinner of the year with 200 guests, live music, raffle prizes, hay rides, beer and wine tastings for each course, a juice bar, and more. Tickets must be preordered.

"It's the height of the growing season, and dinner showcases what products are available and at their peak. Our goal is to directly connect consumers to farmers, and we give each farm credit for every ingredient on the menu."

Customers are able to preorder a LocaBox, which includes 20 lbs. of the food and ingredients featured in the five courses from each dinner, which will feed a family of four for about a week for \$48.

One of Stromberg's favorite things about Lettuce Be Local is working directly with the farmers, an industry she says works harder than any other she has encountered in the course of her career.

"Working with the farming community is one of the most indescribable, amazing experiences of my life. They are so amazing and resilient."

In addition, she says there is no one she has met that says they don't enjoy good food. She feels privileged to connect the farmers who grow and produce healthy, nutritious ingredients with the consumers who enjoy them.

"For most people, their memories are wrapped up in food – vacations, weddings, meals at home. You also get an emotional connection with the people who produce the most amazing ingredients.

"As individuals, we have the power to make a difference. We have to be the change we want to see. If we want to change our economic or health situation we have to make that change ourselves. I encourage people to attend their local farmers market and restaurants that buy local ingredients. You need to ask where their ingredients come from. That's the only way we can have an impact."

For more information, including future Local Farmer Dinner Series dates, visit lettucebelocal.com, find Lettuce Be Local and Local Farmer Dinner Series on Facebook, or email lynn@lettucebelocal.com.

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LOCAL HAPPENINGS

Sterling Airport hosts drag race

by Richard Maki



PHOTO by Richard Maki

Softening the tires just before a trial run at the Orange Drag Strip Reunion.

Over 2,000 classic car and drag racing buffs attended the 2015 Orange Drag Strip Reunion hosted by Sterling Airport on June 19. About 400 classic cars dating from the turn of the last century to 1973 were on display. A swap meet appealed to mechanically inclined attendees eager to find replacement parts.

The feature event was a 330-foot elimination drag race that started at the runway intersection and moved westward. Race cars on display ranged from home-grown creations to recognizable, but highly modified, production cars and trucks. Rapid acceleration was the name of the game with the fastest cars racing side-by-side down the one-eighth of a mile runway course. Trials were not officially timed, and the fastest car standing after the elimination trials was declared the unofficial winner. Pride of performance, camaraderie, and workmanship won the day for this year's participants.

Wachusett Food Pantry needs your help!

Volunteers are needed to pick up donated non-perishable food items at the Holden Big Y and the Gale Free Library in Holden a few times a week, the Holden Congregational Church once a week, and at Holden Chapel when requested. Volunteers for Friday and Saturday distribution dates are also needed. For more information, contact the WFP at 978-563-1064 or email wfp@wfp1995.org.



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LOCAL HAPPENINGS

Town Wide Yard Sale celebrates 10th year

Here's the perfect opportunity to support a great cause, get rid of household clutter and enjoy a day of bargain hunting! First Church in Sterling is sponsoring the 10th Annual Sterling Town Wide Yard Sale on Saturday, September 19, from 8 a.m. to 2 p.m. (rain or shine). All proceeds directly benefit youth and adult education programs and opportunities at First Church. Our \$2 yard sale map will enable shoppers to search for bargains at multiple sites. Maps will be available to purchase at the town common on sale day from 7:45 a.m. (not a minute earlier!) to 1 p.m. To have your yard sale listed on our map, pick up a registration form at Conant Public Library, the Butterick Municipal Building or online at fcsterling.org. Registration deadline is September 14. Registration fee is \$20 for a sale in your own yard, or \$25 for space on the town common (tables are not provided). Fee includes your listing with description on our map, and free publicity. Space on the common is limited. For more information or to reserve your space, contact Linda Davis at 978-563-1773 or davisfarmers@comcast.net.

Wachusett Food Pantry August distribution

The WFP is a volunteer operation that provides monthly emergency food to any family with either a short- or

long-term need. Food distribution takes place on the third Friday of the month for senior citizens, and the third Saturday of the month for everyone else. Any resident of Sterling, Holden, Paxton, Princeton, or Rutland is eligible. Proof of residency is required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Rte 12), Sterling. Distribution is on Friday, August 21 for seniors, and Saturday, August 22 for the general public, from 9 to 11 a.m. Donations of non-expired food items, personal care products, and paper goods are gratefully accepted. Clean, intact plastic bags are also required for use at distribution. For more information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

Fundraiser to benefit injured veterans

Clinton Savings Bank will host a fundraising event to raise money for Homes for Our Troops, a charitable organization that provides mortgage-free, specially adapted homes nationwide for severely injured veterans to enable them to rebuild their lives. Bump, Set, Spike! takes place on Tuesday, July 28, 5 p.m., at Nashoba Regional High School, 12 Green Road, Bolton. Teams of six to 10 people will each play at least three games. Registration fee is \$350 per team, or \$500 for two teams. To register, visit events.smartcrowdz.com/Bump-Set-Spike-Charity-Event2015CSBBumpSetSpike/schedule.

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Summer youth events at the library

Conant Public Library invites you to explore the programs being offered in conjunction with the annual statewide Summer Reading Program, "Every Hero Has a Story!". Sponsored by the Massachusetts Library System, Davis Farmland, The Friends of CPL, Roll On America, and many local families. The library is located at 4 Meetinghouse Hill Road, Sterling. Registration is required for all programs. Call 978-422-6409 to register.

Summer Reading Program

Patrons ages birth through 17 are invited to participate in this time-based, self-directed, and family-driven program to improve language and reading comprehension skills, or as a reminder to set time aside for reading. Sign up in person or online. Participants will receive a raffle ticket for every 2 hours spent reading. The final day to read and record time is August 20.

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

Pajama Story Time – Tuesday, July 28, 6 p.m. July theme is sound.

Family movie night – Tuesday, August 4, 6 p.m., Baker Room. "Home." An alien race called the Boov conquer

earth, and it's up to a young girl named Tip to save the world. Featuring the voice talents of Rihanna, Jim Parsons, Steve Martin, Jennifer Lopez and many more, this zany animated family film is sure to entertain. Rated PG.

Pajama Story Time – Wednesday, August 5, 1 p.m., and Wednesday, August 19, 6 p.m. August theme is picnics.

Summer movie at the library

Based on the best-selling novel by Nicholas Sparks, "The Longest Ride" interweaves two love stories, one taking place in the present between a bull rider and a young college student, and one between a young couple in the 1940s. Starring Scott Eastwood, Britt Robertson, and Alan Alda. Wednesday, July 29, 1 p.m., in the Baker Room. Call 978-422-6409 to register.

Enjoy a tasty evening with the Cookbook Club

Whether you prefer cooking or baking, you can prepare and sample recipes from "Baking Chez Moi" and "Fresh Happy Tasty" on Wednesday, July 29, at 6:30 p.m. at Conant Public Library. Each participant will prepare a recipe from one of these books, and bring it to the library for an evening of good fun and great conversa-



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Library NEWS

tion. Cookbooks are available for checkout at the library. Call 978-422-6409 to register.

Adult summer reading at the library

Don't let the kids have all the fun this summer. The Annual Sterling Adult Summer Reading Program begins August 3 and runs through Labor Day. For each check-out, including books, audiobooks, or magazines, adult patrons of Conant Public Library will receive a raffle ticket for a chance to win great prizes from local businesses. Call 978-422-6409 to register.

Adult movie night

Based on the classic Thomas Hardy novel, "*Far from the Madding Crowd*" is a sweeping period romance set in Victorian England. Bathsheba Everdene, one of literature's great heroines, is a strong and independent woman with three very different suitors competing for her affections. The 2015 film stars actress Carey Mulligan. Rated PG-13. Program is for adults 18 and up. Tuesday, August 11, 5:30 p.m., Baker Room. Call 978-422-6409 to register.

Drop-in knitting

Conant Public Library hosts a drop-in knitting group on Tuesdays from 1:30 to 3 p.m. Knitters of all skill levels

are welcome. No registration is necessary.

Thursday Night Book Club

Selection for the book club meeting on Thursday, August 20, 6:30 p.m., is "*Jonathan Strange & Mr. Norrell*" by Susanna Clarke. This New York Times Best Seller won the 2005 Hugo Award for Best Novel and was made into a BBC miniseries. The genre is alternative fantasy where magic returns to early 19th century England. Call 978-422-6409 to register.

Digital magazines and newspapers available at the library

Conant Public Library has many new magazines and newspapers available for free through OverDrive. This new collection features popular digital magazines and newspapers, including *The New Yorker*, *Reader's Digest*, *Cosmopolitan*, *Glamour*, *ESPN*, *Men's Health*, *Popular Science*, *Bon Appetit*, and *Parents*. Users can check out periodicals on the same digital library website where they currently borrow eBooks, digital audiobooks and streaming video titles. All that is required is a valid library card and a NOOK account. For more information or assistance, call 978-422-6409.

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Toto on tour

by Danielle Ray

Author Jonathan Hall presented his book "Toto the Tornado Kitten" to a captive audience of children of all ages at the Conant Public Library on June 24.

Hall's book and the follow up, "Oh Toto! Where Did You Go?," both illustrated by Carol Ruzicka, chronicle the story and subsequent adventures of Toto, a 6-ounce kitten rescued from a tree during a devastating tornado that struck central and western Massachusetts in June 2011.

Toto was brought to the Brimfield Fire Department



PHOTO by Danielle Ray

Author Jonathan Hall reads his book 'Toto the Tornado Kitten' to children at Conant Public Library.

where Hall is an EMT. Fire department staff helped to care for him along with personnel from the Animal Rescue League of Boston. Hall's wife Amy surprised him by adopting Toto 2 months later.

Today, Toto is a thriving, healthy 4-year-old cat who travels with Hall sharing their story. All proceeds from the books go directly to animal rescue groups. About \$57,000 has been raised so far. For more information including live appearance dates and readings, and to purchase the book or make a donation, visit totothetornado kitten.com.

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Summer Lake and Boating

Summer Lake Program – Entering grades 1 to 8. Session III: July 27 to August 7, 8:30 a.m. to noon, Sholan Park. \$130/child/session, or \$70/week.

Pollywogs – Entering kindergarten. Session III: August 3 to 7, 8:30 a.m. to noon, Sholan Park. \$75.

Adventure Kids Boating – Ages 8 to 14. August 3 to 5, 2 to 4 p.m., Sholan Park. \$120.

Arts and Creativity

Minecraft Mastercrafters – Entering grades 3 to 7. July 27 to 31, 8:30 a.m. to 2:30 p.m., Chocksett Middle School. \$240.

Sports

Game On! – Entering grades 2 to 8. July 27 to 30, 8:30 a.m. to 2 p.m., Houghton Elementary School and Chocksett Middle School. \$140.

Intro to Beach Volleyball – Entering grades 5 to 8. July 27 to 31, 4 to 5:30 p.m., Sholan Park volleyball court. \$75.

Baseball Fundamentals – Ages 5 to 8. Session II: August 3 to 6, 4 to 5:30 p.m., Redstone Hill Fields. \$65.

Worcester County Tennis Academy – Ages 6 to 12. August 3 to 6, 9 a.m. to noon, West Sterling Tennis Courts. \$100.

Total Sports Squirts – Ages 3 to 6. August 10 to 14, 9:30 to 10:15 a.m., Griffin Roads Fields. \$85.

Naga Fitness with Gina at 1835 Town Hall

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

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

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

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

Caring for your memory impaired loved one!

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If your loved one's funds are ever depleted, they will still be able to stay at Dodge Park.*

*Subject to EAEDC approval

Monthly Support Groups are held 2nd Tuesday of every month. Veterans may be entitled to monthly benefits of as much as \$2,019.

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Recreation NEWS

Active Adults and Teens

Morning Yoga – Tuesdays until August 18, 7 to 8 a.m., Sholan Park. \$13/class.

Trip

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

Summer Concert Series

At Memorial Park. Free.

Monday, July 27 – *Far From Eden*

Wednesday, July 29 – *The Golden Road Band*

Monday, August 3 – *Wachusett Community Band*

Wednesday, August 5 – *Illusions*

Monday, August 10 – *Jazz Voyage*

Monday, August 17 – *Worcester County Bluegrass All Stars*

Monday, August 24 – *Season Finale – The Blue Flames*

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Senior Center happenings

The Sterling Senior Center is located in the Butterick Municipal Building at 1 Park St. Office hours are 8:30 a.m. to 2:30 p.m., Monday to Thursday, and 8:30 a.m. to noon on Friday. For more information or to register for programs call 978-422-3032. There is an answering machine available 24 hours a day.

We serve lunch every day at the Center. Anyone over 60 is welcome to come and eat. Call 978-422-8022 for a reservation the morning before you want to come. Home meal delivery available daily. \$2.25 suggested donation.

Pancake Breakfast – Friday, July 31, 7:30 to 9:30 a.m., at the Senior Center. Enjoy pancakes, sausages, tea breads, juice, and coffee, hosted by the Friends of the Sterling Seniors. \$2. All are welcome.

SHINE counselor – Thursday, August 20, a counselor will be available to answer health insurance questions. Appointment required.

Book Club – Thursday, August 20 (note date change), 12:30 p.m. This month's selection is "In the Company of Cheerful Ladies," by Alexander McCall Smith.

Elder Keep Well Clinic – Thursday, August 27 (note date change), noon.

Pancake Breakfast – Friday, August 28, 7:30 to 9:30 a.m., at the Senior Center. Enjoy pancakes, sausages, tea

breads, juice, and coffee, hosted by the Friends of the Sterling Seniors. \$2. All are welcome.

Every week:

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

Tuesday - Game day, 12:15 p.m.

Wednesday- Chair yoga, 9:30 a.m., \$5 per class.

Thursday- Gentle yoga for strength and flexibility, 9 a.m., 1835 Town Hall. \$5 per class.

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

Our computers are Internet accessible, so come in to use them.

A SHINE (Serving Health Information Needs of Elders) counselor is available on the third Thursday of each month to answer health insurance questions. Call 978-422-3032 for an appointment.

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

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.

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Cicccone Chiropractic holds 1st Annual Family Fun Walk/Run

Cicccone Family Chiropractic will hold its 1st Annual 5K Walk/Run in conjunction with their Annual Family Fun Day on Sunday August 2. The race will start and finish at Cicccone Family Chiropractic, 131 Main St., Lancaster. Registration starts at 10 a.m., rain or shine. All fitness levels welcome. Registration fee is \$20 prior to race day, and \$25 the day of the race. The first 100 people to register will receive an exclusive race t-shirt and complimentary nerve scan, and are welcome to enjoy a healthy barbecue at the Family Fun Day, an annual event to raise awareness of the essential components of health. All Family Fun Day events are free for all race participants and supporters.

Proceeds from the race and fundraising efforts will benefit the Maximized Living Foundation, whose mission is to bring the components of good health to all people. In 2010 the foundation opened a health clinic in Zimbabwe, and in 2014 the Dream Center in Los Angeles to work with the homeless. Cicccone Family Chiropractic is committed to helping people reach their potential, and avoid or overcome deadly disease through protocols that are at the forefront of science. For more information, call 978-368-3330 or email inquiries@ciccconechiro.com.

Wachusett Greenways bike ride in Sterling

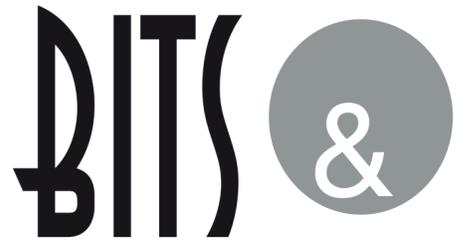
Join Margaret Lock on a scenic bike ride on the Sterling section of the rail trail followed by a ride on back roads on Monday, August 3, from 11 a.m. to 1 p.m. The pace will be leisurely, but there are some hills. Picnic lunch at town beach, then ride to Rota-Spring Farm for ice cream. Meet at the Cider Mill, 15 Waushacum Ave., Sterling, at 11 a.m. Bring helmet, water, and a packed lunch. For more details and to register, call Margaret at 978-422-9720.

American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, August 3, 7:30 p.m., at the post hall on School Street in Sterling.

Vacation Bible School at Trinity Church

SonSpark Labs Vacation Bible School will take place August 3 to 7, from 9 a.m. to noon, at Trinity Church Congregational, 14 Watt-aquadock Hill Road, Bolton. Children age 4 through entering 8th grade. Free. For more information or to register, visit Trinity-Bolton.org or call 978-779-5517.



Lyme Foundation meeting

The Central Mass Lyme Foundation will hold a meeting on Saturday, August 8, 1 to 3 p.m., at the Unitarian Universalist Church, 90 Holden St., Worcester. Guest speaker Mary Sullivan will discuss self care. For more information, call 1-888-511-LYME, or visit CentralMassLyme.org.

Home alone safety program for kids

Clinton Hospital's Community Benefits Department is offering a free home alone safety program for children ages 9 to 11 on Tuesday, August 25 from 2 to 4 p.m. at St. John's Gym, 149 Chestnut St., Clinton.

Home Alone Safety, presented by Juanita Allen Kingsley from Century Health Systems, will teach children about telephone and door answering techniques, internet safety, acci-

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dent and fire protection, and first aid techniques for the times when they may be home alone. The program uses a variety of teaching methods, including a video and role playing. Space is limited and registration is required. To register, call Rosa Fernandez at 978-368-3716.

Mass Audubon annual photo contest

Photographers of all ages, abilities, and backgrounds are encouraged to enter the 6th 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. Deadline September 30. All entries must be submitted online. For submission guidelines and other contest rules and details visit massaudubon.org/picturethis.

Golf outing helps build dreams for area families

Habitat for Humanity North Central Massachusetts will hold its second annual Building Dreams Golf Tournament on Tuesday, September 15, rain or shine, at Shaker Hills Country Club on Shaker Road in Harvard, Massachusetts. Registration begins at 7:30 a.m. with a shotgun start at 9 a.m. A complimentary lunch reception will be held immediately following the event. Funds raised will support the ongoing construction of two new homes located at 76 Central Ave. in Ayer. The organization is reaching out to area residents to create teams of four to play rounds of golf and for local businesses to sponsor holes along the course and items that will be distributed to all participants. For more information, visit ncmhabitat.org, or contact Denise Wortman at 978-852-7955 or at denisew1123@verizon.net.

Nar-Anon support group

A Nar-Anon family support group meets Thursday's, 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.

Information sessions at Applewild

Applewild's sixth Head of School, Christie Stover, is hosting 'Coffee with Christie,' a series of events at the school's main campus, 120 Prospect St., Fitchburg, on Thursday mornings at 9 a.m. until August 27. Stover will be available for prospective families to ask questions about education and how to engage learners. To register, visit applewild.org/coffee or call 978-342-6053. Walk-ins welcome.



Contributed PHOTO

Just a few of the kittens currently available for adoption.

Kittens, kittens everywhere

There are several adorable kittens currently available for adoption at NEADY Cats shelter. All kittens have had their first distemper shot, first worming, and are leukemia tested negative. The adoption fee is \$150 and includes a free spay/neuter certificate and free HomeAgain microchip. All kittens are placed as indoors-only pets. For more information, or to schedule an appointment to visit the kittens, call 978-422-5116.



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