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August 17, 2016

Local farm plows on, despite drought

by Lex Thomas

David Chandler, whose family has owned Meadowbrook Orchards on Chace Hill Road since it was founded in 1912, is enduring another tough season on account of weather conditions for the second consecutive year. Like all local farmers, Chandler endured near total destruction of his wholesale apple crop after a fast-moving yet devastating hail storm tore through the area last summer. This year, it's the drought.

"This year has been extremely difficult," he says. "Fortunately, we have no stone fruit, like peaches, but the apples this year are much smaller than normal. They just haven't had the water to grow. That will make it difficult for us."

While a half peck bag usually contains about 12 apples, this year it will contain 14 or 15. While that might sound like a good deal for consumers, it pretty much destroys the wholesale market, where the value of an apple is based on its size per bushel.

"For the second year in a row, our wholesale output will be severely hurt," says Chandler. "Last year, we weren't able to sell any for wholesale. All our apples got sold for cider."



PHOTO by LexThomas

Smokin' hot! Dave Chandler keeps a close eye on the smoker for Meadowbrook Orchards Thursday night barbecue.

The farm doesn't use town water, but depends on two irrigation ponds used for vegetables and berries. Those ponds are currently 2 feet below normal.

But farmers are nothing if not persistent and persevering. Along with consistently expanding their stock of specialty and gourmet products, their own homemade frozen soups, breads, main courses, side dishes, and desserts, and offering seasonal produce and fresh cut flowers, Meadowbrook continues for the sixth year to offer a Thursday night barbecue dinner that's not only a good value, but is one of the most delicious meals you'll find anywhere in the region.

"When I take something on, I want us to do the best, and as good as

possible," says Chandler. "When we came up with the barbecue idea, the original concept was just to do grilled meat, but that wasn't really what I wanted to do, so I built a smoker. I read about it, looked up how to build a smoker, got in touch with a gentleman that does welding for us, we collaborated and built a smoker. If you look at it, it's basic, nothing fancy to it, but it works and it works well."

Their customers, who number from 150 to 250 per week, agree.

"The first barbecue we did here, people said it was better than anywhere else they'd been," he says, still clearly delighted by the memory. "But when I hear compliments from people from the South, that's fun."

For the Thursday night barbecues, which last from 5 to 8 p.m., Chandler

MEADOWBROOK, continued page 8

Family fun at Sterling Fair

by Lex Thomas

For some, the end of summer is a reminder of back to work and school, and the rapid approach of fall and winter, falling leaves, ice and snow. On a happier note, it's a reminder that the Sterling Fair is just around the corner. This year's fair takes place September 9 to 11, but planning and preparation for one of the town's most popular annual events, began months ago, a mere four weeks after last year's fair closed.



Contributed PHOTO

There's fun for everyone at the Sterling Fair.

According to Fair Committee Co-Chair Doug Downey, this year's event will feature all the traditional favorites, but with a few new and expanded activities as well.

"We're super excited to be featuring garden tractor drag races on Friday night [September 9]," he says. "People are really excited about it, too. We're sure it's going to be a great event." The horse pull, oxen pull, and farm tractor pull are also popular events that will take place throughout the weekend.

The frog jump contest, always a fun-filled event, is described as BYOF, or Bring Your Own Frog. "We do have spare frogs, in case anyone has trouble finding one," says Downey. He assures the public that frogs "are released back into the community after the contest. No frogs are hurt during this top athletic event."

And for anyone seeking a new and innovative use for pots and pans, there's a women's skillet tossing contest, which grows bigger each

year. "Last year we had somewhere between 60 and 70 women participating," says Downey. "We hear that a lot of people are practicing, so we think this might be huge." He adds that husbands and partners of participants are volunteering as targets.

Fireworks, concerts, food trucks, midway rides, contests, and a pancake breakfast sponsored by the Chocksett Club on Saturday and Sunday mornings, will all be back, as well as exhibit halls, livestock, and baking, flower, produce and photography contests.

Downey laughs and quips frequently while talking about the fair, but when it comes to the volunteers and community supporters, he's serious and grateful. "We all do this because we love it. Every single person is a volunteer," he says. "Not one person gets paid. A lot of people put in a lot of hours and work, and we're always

STERLING FAIR, continued page 10

Deadline to register to vote or change your political party is Friday, August 19. Town Clerk's Office open until 8 p.m.

Primary Election is Thursday, September 8, 7 a.m. to 8 p.m., Houghton Elementary School, 32 Boutelle Road.

Absentee ballots available in the Town Clerk's Office or download the form at sec.state.ma.us/election/election/howabs.htm. NEW! Online voter registration now available at sec.state.ma.us/ovr/.

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To town boards on behalf of Sterling voters, taxpayers and businesses – Do your job

Voters, taxpayers and local businesses depend on town boards and officials to protect the citizens and the general welfare of the town through the proper application of its bylaws, ordinances and regulations. Sterling's Protective By-laws state that "these regulations are enacted to promote the general welfare of the town of Sterling, to protect the health and safety of its inhabitants, to encourage the most appropriate use of land throughout the town, to preserve the cultural, historical and agricultural heritage of the community, to increase the amenities of the town, and to reduce the hazard from fire by regulating the location and use of buildings and the area of open space around them."

All parties should be concerned when officials appear to be avoiding their mandated protective responsibilities. For example, a proposed project concerning a multi-family development has been before the Sterling Planning Board and Zoning Board of Appeals. Residents are concerned that these boards are failing to do their due diligence, setting dangerous decision-making precedents, exposing the town to litigation, and neglecting to act in the best interest of Sterling.

Both boards have been presented with a proposal which entails crossing an unmaintained (dirt) portion of Redstone Place, a section of road whose legal status is in question. The Planning Board has had two opportunities to investigate the legal status of this road but chose to evade their responsibility to conduct a definitive investigation. In November 2013, the Planning Board cited cost as the factor in their decision. In June 2016, the board approved the developer's plan but deferred the question of the road's legal status to the ZBA, once again citing cost. This penny wise and pound foolish strategy could end up costing Sterling taxpayers much more in the long run if litigation is pursued.

In a half-hearted attempt to determine the road's legal status, the ZBA requested that the Town Clerk review and summarize previous town meeting actions regarding Redstone Place. However, the legal nature of actions is in question and serves as the crux of the confusion surrounding the road's status. To residents who have attended numerous hearings on this proposal, town officials appear reluctant to pursue a definitive course of action in determining the road's status, thus exposing the town and its citizens to potential legal action.

If elected and appointed officials are not willing to do their jobs to protect the rights and interests of town citizens, who will, and what will be the ultimate costs and consequences? At upcoming ZBA meetings on this issue, town residents should expect the ZBA to postpone consideration of the project proposal until the definitive legal status of Redstone Place has been determined, and call upon town counsel to assist in the pursuit of a legal conclusion to this matter. Sterling citizens, taxpayers, and businesses deserve no less from their local officials.

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Matthew Lane, Sterling

Dennis and Elizabeth Basiner
Redstone Place, Sterling

Lisa and David Bergman
Matthew Lane, Sterling

Anne Marie Catalano and Michael G. Smith
Hazelhurst Way, Sterling

Greg Fynan
Redstone Place, Sterling

Laura Giard
Ashton Lane, Sterling

Wayne and Cynthia Haase
Matthew Lane, Sterling

Scott R. Handler and Marion E. Larson
Matthew Lane, Sterling

Michelle Dumas Michalak
Ashton Lane, Sterling

Stephen and Valerie Ortiz
Redstone Place, Sterling

Donald Patten Jr. and Janice Patten
Hazelhurst Way, Sterling

Jason and Rebecca Piland
Redstone Place, Sterling

Tom and Patty Regh
Redstone Place, Sterling

Jim and Joyce Shepardson
Redstone Place, Sterling

Margaret and Richard Thomas
Ashton Lane, Sterling

Ron and Jeanne Woroski
Matthew Lane, Sterling

Kudos, Chelsea Dill

I'd like to compliment Chelsea Dill on her excellent article in the July 20 edition of Sterling Meetinghouse News. "Nature as the Classroom at Houghton Elementary" captures the essence of our ponding programs beautifully. Thank you, Chelsea!

Peg Spaulding
Upper North Row Road, Sterling

Passing the baton

I'd like to thank Sterling town resident Hannah Miller for enthusiastically agreeing to take on my website, faceofthefarmer.org. I'm so pleased to have passed this website to Hannah. She's smart, funny, resourceful, and most important, she knows more than a little about farming. She's a rising junior at UMass Amherst's Stockbridge School of Agriculture, where she's studying for dual BS degrees in Sustainable Food and Farming, and Animal Science. Hannah will continue to promote the farms and agricultural happenings in town, and her blog will feature agricultural topics. I can't wait. Thank you, Hannah, for taking this on. The farmers deserve you!

Lisa Perry
Falmouth, MA (recently relocated from Sterling)

Editor's note

It seems hardly plausible, but the jarring appearance of "Back to School" signs popping up everywhere is proof positive that fall is fast approaching, and summer's almost over. Hard to believe, given the searing heat through much of July and August, and the drought that is giving our farmers enormous challenges for the second year in a row. How much we owe to those brave, hard-working and committed individuals and families that farm in our community. To be so entirely dependent on nature and the elements is pressure indeed. Remember to support our local farm stands and our farmers market, and enjoy the bounty our farmers work so hard to produce. – Lex Thomas

Letters to the Editor

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

or mail to:

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

We reserve the right to edit letters for length.



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The next issue will publish September 21. The advertising and copy deadline is Monday, September 12th. Items received after deadline will be included if space is available.

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Curbside trash/recycling for September

Due to the Labor Day holiday on Monday, September 5, trash/recycling curbside routes will be picked up one day later the week of September 5 on Tuesday through Saturday (no pickup on Monday, September 5). Have trash/recycling curbside by 7 a.m. one day later than your regularly scheduled pickup day.

Mandatory water ban

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. For more information regarding the mandatory water ban, visit sterling-ma.gov or call the DPW at 978-422-6767.

Have you renewed your dog's license?

Sterling Animal Control Officer Louis Massa reminds residents that failure to license a dog in the town of Sterling may result in a criminal complaint being issued against you at the Clinton District Court. Deadline to license a dog in Sterling is April 15 annually.

Documents will be filed shortly with the Clinton District Court for any unlicensed dog in Sterling in 2016.

Hot weather danger for pets

Sterling Animal Control Officer Louis Massa reminds residents that hot weather can be a danger for pets.

- Never leave pets in a car. Even with open windows, the temperature inside a car can exceed 150 degrees in minutes.
- If possible, keep pets indoors during excessive heat.
- If keeping a pet outside, make sure it has adequate shelter from the sun and plenty of fresh water at all times.
- Plan outside activities with pets during early morning and evening hours, when temperatures are cooler. Limit outside activity during high heat hours. Take extra precautions in hot weather for dogs that are elderly, overweight or snub-nosed, as they tend to have breathing problems in hot and muggy weather.

Mass Audubon 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 in their habitats, and people enjoying the outdoors. Two age levels: Over 18 and Under 18. 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 visit massaudubon.org/picturethis.

Beware of phony warrant phone scam

Worcester County Sheriff Lew Evangelidis is warning residents about a phone scam in which the caller tells victims that they have an arrest warrant in their name. In order to avoid going to jail, the caller tells the individual that they need to pay a fine. Unlike previous scams which involved claims of missed jury duty, the current scam does not say what the warrant is for, but the caller fraudulently uses the Sheriff's Office name and/or number. In some cases, the caller identifies himself as Officer Paul Gibbs of the Worcester County Sheriff's Office and asks for money to clear the warrant. This individual is not employed by the Worcester County Sheriff's Department. The Worcester County Sheriff's Office encourages people to be aware of calls like this and to never give personal or financial information over the phone to anyone whom you didn't call yourself.

Enter your flowers for Sterling Fair

The Sterling Garden Club reminds everyone that the Sterling Fair is on September 9, 10, and 11 this. You can enter your flowers on Thursday, September 8, from 5 to 8 p.m. There are separate categories for children and adults, so everyone can participate. For more information, call Linda Hoffmann at 978-422-8027.

Honors for local realtor

Caryn Gorczynski has been named one of America's most productive sales associates as a part of REAL Trends America's Best Real Estate Agents, the newly issued ranking report produced by REAL Trends and sponsored by the Zillow Group. Gorczynski is a broker at Century 21 Center Home Team, 27 Main St., Sterling.



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Sterling's Secret Garden by Chelsea Dill

On a sunny afternoon in July, I am traveling a long dirt road in the forest. I feel like a character in a fairytale venturing forth on horseback—but it's 2016, I'm in Sterling, and my car has more horsepower than horseshoes. Emerging at the edge of the forest, I come upon a clearing: in the distance, a house. Tall, like a lighthouse, with a sea of greenery surrounding it. I hear a whisper of lively piano music from across the lawn. As I move towards the gardens, I feel as if I've gone down Alice's rabbit hole. I walk past the orchard and notice some of the leaves are ashen. Spindly, sculpted trees by rows of colorful flowerbeds curve whimsically towards the sky. Spheres dance on posts over flower beds. Two great snakes guard blueberry bushes.

Human figures emerge from the house and move through the gardens. "Welcome everybody! I hope you're enjoying walking around the gardens," says Will Sherwood as he and Blaine Bershah greet and mingle with visitors for their garden tour.

Only the second time Sherwood and Bershah have hosted this event, they wanted to present an open-air gallery in which visitors would experience intimate classical music concerts throughout the afternoon and stroll through their exquisitely manicured gardens. They held their first garden tour in 2015 in connection with a larger series of fundraiser garden tours from the First Unitarian Church of Worcester where Sherwood is the organist and music director.

"My mother had a great vegetable garden and a great aunt had an extensive perennial garden in her retirement, so I'm carrying on that tradition, however completely organically and as sustainably as possible," says Sherwood. Their



PHOTO by Chelsea Dill

Sherwood and guest musicians perform in the garden.

garden has taken 20 years to mature, and seeing the result of years of care and thoughtful construction, the result is remarkable.

Bershah and Sherwood answer visitors' technical gardening questions, especially about their intricate irrigation system to stave off the drought. The ashen leaves in the orchard have turned out to be organic insect repellent for the apple, pear, apricot, and peach trees. And those snakes in the blueberries? Plastic ornaments to deter birds. There is even a motion-activated sprinkler system if wild turkeys get too cavalier in their garden exploration.

The classical music concerts primarily take place in the quaint ellipse, starting off with chamber music and moving towards standout and well-known pieces played inside the house on a grand piano and organ. The "freshly-picked melodies," as Sherwood and Bershah call them, are chosen by the guest musicians and are meant to be fitting for a glorious afternoon in nature. Gershwin's Rhapsody #2, "Tonight," from West Side Story, and Brahms's four-hand piano duets are performed by Sherwood and his Assistant Music Director, James Haupt.

One of the first concerts features Sherwood playing harpsichord alongside Joy Tartaglia and Madeline Browning on recorders. While the musicians play beautiful Baroque music, I close my eyes to let the sound suffuse my ears. Upon hearing the delicate notes, feeling the light breeze as it flows through the rustling branches, and smelling the cacophony of floral fragrances, I feel as though I've been transported back in time to the gardens at Hampton Court Palace during the reign of Henry VIII. Upon opening my eyes, I swat a spider on my notebook and realize I'm in Sterling. A brief journey into fantasy, but with real-life memories of a beautiful garden.

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Technology Committee seeking additional member

by Richard Maki

Formed at the request of the Sterling Board of Selectmen, the Information Technology Advisory Committee (ITAC) has elected officers and discussed the charter and tasks assigned by the Board of Selectmen.

Four of five newly sworn-in committee members include Robert Bloom, Robert Brown, Ronald Fur-

maniuk and Amrith Kumar. Kumar, who also serves as Town Moderator, was elected committee chair. Robert Bloom will serve as vice-chair and former selectman Ronald Furmaniuk was elected clerk.

The ITAC is an advisory body and has no authority to spend funds, enter into contracts or otherwise bind the town. The committee's charge is

"to review and advise the BOS and Town Administrator on all matters related to information technology, and advise the Town Administrator regarding an annual budget and capital plan."

The committee will specifically investigate issues regarding hardware assets, software recommendations, town-wide communications systems,

IT management, and staff training. It will provide the BOS with a written annual assessment of the town's IT infrastructure, future needs and recommendations.

The committee is seeking a fifth member. Anyone interested is encouraged to contact Amrith Kumar at sterling@amrith.org.

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, or visit wfp1995.org.

Chemical and paint collection

Wachusett Regional Recycling Center will hold a household hazardous products collection on Saturday, September 17, 8 a.m. to noon. Also accepting all bulk, recycle, reuse and electronics items (some with fee). Regular open hours are every Monday 5 to 7 p.m., Tuesday 9 to 11 a.m., Wednesday 2:30 to 4:30 p.m., third Saturday 8 to 11 a.m. Home goods, reusable furniture, crafts, sporting goods, fabric, bicycles, school supplies and appliances for swap or to be passed on to families in need are welcome. Large appliances or furniture \$5 disposal fee. 131 Raymond Huntington Highway, West Boylston. For more information, visit wachusettearthday.org.

Firefighters' Chicken & Duck Barbecue

The Sterling Firefighters' Association will prepare their annual Chicken & Duck Barbecue on Saturday, September 24, rain or shine, at the Fire Station, with seatings at 4:30 and 6:30 p.m. Meal includes corn, baked potato, dinner roll, apple, and soda. Bring the family and dine at the Sterling Fire Station. Take-out available at 4:30 and 6:30 p.m. Tickets on sale at the Fire Station or from any firefighter.

Summer Concert Series season finale

The Blue Flames. Monday, August 22, 6 to 8 p.m., at Memorial Park. Free.



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M.J. Flanagan Insurance has moved

by Lex Thomas

As part of the Halstead-Flanagan Agencies, this well-established Sterling landmark has moved to 219 Worcester Road, just two doors down from their previous location. In 2011, M.J. Flanagan Insurance Agency, founded in 1928 by Michael J. Flanagan Sr. of Sterling, joined Halstead Insurance Agency, founded in 1966 by Robert L. Halstead Sr., to form the Halstead-Flanagan Insurance Agencies.

Now headed up by Agencies President Anthony P. Trapasso Jr., Robert's son-in-law, and CFO Ann Marie Halstead-Trapasso, the company continues to be a family owned and operated independent insurance agency.

Their new premises at 219 Worcester Road was previously the historical Flanagan and Seifert family homestead, built in 1840, and the Trapasso's are thrilled by what they call a prestigious move into a historically significant building with a rich past.

Ann Marie adds that as Sterling residents for the past 18 years, and having raised two children in town, they are eager to help Sterling continue to thrive and to be able to honor Sterling's past while supporting its future.

"We decided to make the investment in renovating the former homestead after we were approached by Michael Flanagan, the property's past trustee," says Anthony. "The Flanagan family is proud of the building, and after working with Mike at the agency for the past five years, he said we came to mind because he liked the way we run our business and knew we believed in the future of the agency."

When the agencies joined forces in 2011, Michael Sr.'s sons Paul J.



PHOTO by Lex Thomas

Left to right) Anthony Trapasso, Charlene Steele, and Ann Marie Halstead-Trapasso.

Flanagan and Michael Flanagan, who have since retired, had definite ideas about what they envisioned for the future of the agency. "Paul and Mike were looking for someone with the same ideals, and someone concerned about customers and relationships, and with strong family ties," says Anthony. "That's what we're all about. Our agency mirrors our family values. For over 50 years, we've built our business on a foundation of honesty, loyalty, mutual respect, hard work, and support. That's how we develop a relationship with each of our customers."

As a result, the Trapassos are proud that their client retention rate is well above industry standards. The agency continues to be family oriented, with Michael Halstead and Kevin Halstead, being key members of the team.

In addition, Charlene Steele, who serves as the Sterling office manager and customer service representa-

tive has been with the agency since long before the companies merged. Charlene is a familiar face to Sterling residents and a support to clients, who know they are always welcome to drop into the agency for information and are always treated like family members.

"Charlene is a driving force," says Ann Marie. "She helped us to transition the company, and she has continued to maintain the high level of customer service that's our priority."

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Funds earmarked for new Veterinary Program

A grant from the Community Foundation of North Central Massachusetts will help to establish a new career program at Montachusett Regional Vocational Technical School. The \$25,000 Animal Welfare and Environmental General Endowment Grant is earmarked to support the development of the school's newest vocational-technical program, focusing on Veterinary Science.

The grant is part of a total of \$433,640 awarded by the foundation to representatives of 23 area non-profits and programs.

Plans call for a 7,500 square foot facility to be constructed on the Westminster section of school property. Construction will be done by Monty Tech teachers and students in the school's Building Trades. All program costs will be covered through donations, grants, and in-kind matches, and will not have an impact on member communities' assessments, according to Dr. Sheila M. Harrity, Monty Tech's Superintendent-Director.

Once all requisite building permits are secured and site work completed, school officials plan to break ground early this fall for the building, which will include a community veterinary center. The program is scheduled to be up and running in time for the 2017-2018 school year.

Town beach closing

Sholan Park closes for the 2016 season on Thursday, August 18. Residents visiting the area after this date must still have a sticker on their vehicle to park.

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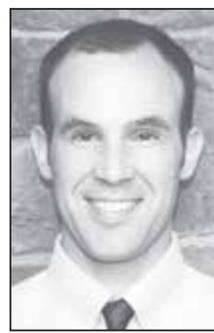


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Contributed PHOTO

(Left to right) Liam Martin, Rishi Krishana, and Sam Smith.

Scouts complete hike

Scouts from Troop 1 Sterling recently backpacked 65 miles on the Long Trail through the Green Mountains of Vermont. The hike took place over seven days, starting south of Stratton Mountain and ending north of Killington. The scouts covered challenging terrain with spectacular views while traversing four peaks over 3,000 feet. The goal of the annual hike is to complete the entire 270-mile trail from Massachusetts to Canada.

Student Trooper Program graduate



Contributed PHOTO

Robert Tomczyk (right) on graduation day with one of his drill sergeants, Massachusetts State Trooper Jeffrey Simakauskas.

On July 15, Sterling resident Robert Tomczyk, 17, graduated from the Massachusetts State Police Student Trooper Program at the State Police Academy in new Braintree. He was sponsored by the Hiram O. Taylor Post 189 of the American Legion in Sterling. Tomczyk, a student in the Gateway to College program at Quinsigamond Community College, is hoping to forge a career in law enforcement and criminal justice.

"We are so proud of his achievements at completing this very difficult camp," said Tomczyk's mother, Cheryl, adding that her son likes structure, and enjoyed the regimented nature of the program.



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Sterling-Lancaster Community TV

Broadcast Schedule Aug 20 to Aug 26, 2016
Comcast Channel 8

| Saturday | Genre |
|---|---------------|
| 12:00 AM Midnite Mausoleum- wasp woman | Entertainment |
| 4:00 AM Midnite Mausoleum- wasp woman | Entertainment |
| 6:30 AM Barbara and You | Interview |
| 8:00 AM Village Church Service | Religion |
| | Religion |
| 11:30 AM Holden Fireman's Muster 2016 | Local |
| 12:00 PM Waterways Banding Raptors Tagging Bullsharks | Documentaries |
| 1:00 PM Focus On Europe - Ep.2 | Documentaries |
| 2:00 PM Holden Fireman's Muster 2016 | Local |
| 3:00 PM Waterways Banding Raptors Tagging Bullsharks | Documentaries |
| 4:00 PM Childrens Corner - Lovesday | Children |
| 5:00 PM Just Coolin - Wes Montgomery | Music |
| 6:00 PM Valley Homegrown - Chris Piquette | Music |
| 7:00 PM Focus On Europe - Ep.2 | Documentaries |
| 8:00 PM Holden Fireman's Muster 2016 | Local |
| 9:00 PM Waterways Banding Raptors Tagging Bullsharks | Documentaries |
| 10:00 PM Barbara and You | Interview |

| Sunday | Genre |
|---|---------------|
| 12:00 AM Midnite Mausoleum- wasp woman | Entertainment |
| 4:00 AM Midnite Mausoleum- wasp woman | Entertainment |
| 7:00 AM Trinity Bolton Church Service | Religion |
| 9:00 AM ECC Church Service | Religion |
| 11:00 AM Trinity Lutheran Church Service | Religion |
| 12:00 PM Waterways Banding Raptors Tagging Bullsharks | Documentaries |
| 1:00 PM Focus On Europe - Ep. 2 | Documentaries |
| 2:00 PM Holden Fireman's Muster 2016 | Local |
| 3:00 PM Waterways Banding Raptors Tagging Bullsharks | Documentaries |
| 4:00 PM Childrens Corner - Lovesday | Children |
| 5:00 PM Just Coolin - Wes Montgomery | Music |
| 6:00 PM Valley Homegrown - Chris Piquette | Music |
| 7:00 PM Focus On Europe - Ep.2 | Documentaries |
| 8:00 PM Holden Fireman's Muster 2016 | Local |
| 9:00 PM Waterways Banding Raptors Tagging Bullsharks | Documentaries |
| 10:00 PM Barbara and You | Interview |

| Monday-Friday | Genre |
|--|---------------|
| 12:00 AM Midnite Mausoleum - moon of the wolf | Entertainment |
| 4:00 AM Midnite Mausoleum - moon of the wolf | Entertainment |
| 7:30 AM Barbara and You | Interview |
| 9:00 AM Eat Well Be Happy - Scallops with Broccoli | Cooking |
| 10:00 AM Physicians Focus Electronic Medical Records | Health |
| 11:00 AM Waterways - Biscayne Trail | Documentaries |
| 12:00 PM Channel 8 Community News | News |
| 12:30 PM Pawdoption | Animals |
| 1:00 PM Global 3000 - China's Coal Problem | Documentaries |
| 2:00 PM Church Services | Religion |
| 4:00 PM Childrens Corner - Treasure Trash | Children |
| 5:00 PM Just Coolin - Bud Powel | Music |
| 6:00 PM Valley Homegrown - Boxcar Lillies | Music |
| 7:00 PM Global 3000 - China's Coal Problem | Documentaries |
| 8:00 PM Channel 8 Community News | News |
| 8:30 PM Pawdoption | Animals |
| 9:00 PM Waterways - Biscayne Trail | Documentaries |
| 10:00 PM Barbara and You | Interview |

Broadcast Schedule August 27th to September 2nd 2016
Comcast Channel 8

| Saturday | Genre |
|---|---------------|
| 12:00 AM Midnite Mausoleum - moon of the wolf | Entertainment |
| 4:00 AM Midnite Mausoleum - moon of the wolf | Entertainment |
| 7:30 AM Barbara and You | Interview |
| 8:00 AM Village Church Service | Religion |
| 10:00 AM AUC College Church Service | Religion |
| 11:30 AM Waterways - Biscayne Trail | Educational |
| 12:00 PM Channel 8 Community News | News |
| 12:30 PM Pawdoption | Animals |
| 1:00 PM Global 3000 - China's Coal Problem | Documentaries |
| 2:00 PM Channel 8 Community News | News |
| 2:30 PM Pawdoption | Animals |
| 3:00 PM Waterways - Biscayne Trail | Educational |
| 4:00 PM Childrens Corner - Treasure Trash | Children |
| 5:00 PM Just Coolin - Bud Powel | Music |
| 6:00 PM Valley Homegrown - Boxcar Lillies | Music |
| 7:00 PM Global 3000 - China's Coal Problem | Documentaries |
| 8:00 PM Channel 8 Community News | News |
| 8:30 PM Pawdoption | Animals |
| 9:00 PM Waterways - Biscayne Trail | Educational |
| 10:00 PM Barbara and You | Interview |

| Sunday | Genre |
|---|---------------|
| 12:00 AM Midnite Mausoleum - moon of the wolf | Entertainment |
| 4:00 AM Midnite Mausoleum - moon of the wolf | Entertainment |
| 7:00 AM Trinity Bolton Church Service | Religion |
| 9:00 AM ECC Church Service | Religion |
| 11:00 AM Trinity Lutheran Church Service | Religion |
| 12:00 PM Channel 8 Community News | News |
| 12:30 PM Pawdoption | Animals |
| 1:00 PM Global 3000 - China's Coal Problem | Documentaries |
| 2:00 PM Channel 8 Community News | News |
| 2:30 PM Pawdoption | Animals |
| 3:00 PM Waterways - Biscayne Trail | Education |
| 4:00 PM Childrens Corner - Treasure Trash | Children |
| 5:00 PM Just Coolin - Bud Powel | Music |
| 6:00 PM Valley Homegrown - Boxcar Lillies | Music |
| 7:00 PM Global 3000 - China's Coal Problem | Documentaries |
| 8:00 PM Channel 8 Community News | News |
| 8:30 PM Pawdoption | Animals |
| 9:00 PM Waterways - Biscayne Trail | Education |
| 10:00 PM Barbara and You | Interview |

| Monday-Friday | Genre |
|--|---------------|
| 12:00 AM Midnite Mausoleum - Prehistoric Monster | Entertainment |
| 4:00 AM Midnite Mausoleum - Prehistoric Monster | Entertainment |
| 7:30 AM Barbara and You | Interview |
| 9:00 AM Recipes for Better Living - Muffins | Cooking |
| 10:00 AM High Five Fitness - Ep18 | Health |
| 11:00 AM All Aboard - Amtrak California Zephyr | Hobby |
| 12:15 PM Waterways - Eco-Mariner | Documentaries |
| 1:00 PM Euromaxx - Catching the Wind | Documentaries |
| 2:00 PM Church Services | Religion |
| 4:00 PM Childrens Corner - Visiting Vegetables | Children |
| 4:45 PM Atlantic Wind Symphony - July 21st 2016 | Music |
| 6:00 PM Valley Homegrown Womens Collective | Music |
| 7:00 PM Euromaxx - Catching the Wind | Documentaries |
| 8:00 PM All Aboard - Amtrak California Zephyr | Hobby |
| 9:15 PM Waterways - Eco-Mariner | Documentaries |
| 10:00 PM Barbara and You | Interview |

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

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Meadowbrook

Stay informed with The Sterling Source

by Chelsea Dill

from page 1

and his team cook 30 to 35 racks of ribs, 50 pounds of brisket, 60 pounds of pulled pork, 40 pounds each of chicken breast and leg quarters, 10 pounds of hamburger, plus hot dogs and veggie burgers. They use their own barbecue sauce, which is bottled and available for purchase in the store.

Chandler also smokes their meats using their own applewood gathered when they prune their trees in the winter.

"Prepping each barbecue is a 2-day process," says Chandler. "All" meat comes in on Wednesday and gets rubbed with spices. We light the smokers 4:30 a.m. on Thursday, meats are on by 5 a.m."

In addition, four different sides are available each time, some vegetarian. "Whenever possible, we try to use what we grow. Our caprese salad uses our tomatoes. We grow our own cabbage and broccoli to make cole slaw and broccoli slaw, whenever possible. We buy local corn, and our mac and cheese and cornbread are the best."

The Thursday night barbecue, which runs until September 29, offers kid-friendly portions. Meals range from \$6 to \$30. Live music. BYOB.

Located at 209 Chace Hill Road, Sterling. For information about event packages, visit meadowbrookorchards.com or call 978-365-7617.



Veterans' Rights and Education Opportunities meeting.

PHOTO BY Chelsea Dill

Inside the conference room at 11 Main St, late summer sunlight filters in through the windows, bathing the inviting space in a warm glow for an informational session about Veterans' Rights and Education Opportunities, presented by attorney Brad Roberts on July 27. Having a distinguished military career himself, Roberts connects personally to each veteran he meets. This free event, created on behalf of The Sterling Source, enabled Roberts to inform the public about the importance of benefits for veterans and their families—something that veterans often don't take advantage of, although entitled to them. It's just

one of the many events The Sterling Source plans to host. The Sterling Source creates and promotes monthly local events, and has rapidly lived up to its slogan, "The place to go for everything Sterling."

The idea was originally conceived by realtor Kristen Cormier, who then partnered with fellow realtor Nancy Castagna, both realtors at OPEN DOOR Real Estate. They noticed that many new residents came to them for information about the town, everything from local events to schools. "We created The Sterling Source because we're community realtors in love with Sterling, and we want to give something back to

the town," says Cormier. Next came The Sterling Source Facebook page, a one-stop site for consolidated town news, events, and important meetings. "We want to get people involved in town," says Cormier. "We don't want people saying 'I wish I'd known about that.'"

The Sterling Source has now become a definitive resource for all residents, whether they are new to town or have roots spanning several generations, like Castagna herself. The Sterling Source not only keeps people informed, but also promotes the image of a tight-knit, thriving community.

Cormier and Castagna plan to create more events in the fall, including sessions on college information and septic maintenance, and are actively seeking experts to come and share their knowledge with the public. All events are free, take place at 11 Main St., and include light refreshments.

In addition to events created on behalf of The Sterling Source, other town-wide events, including the weekly summer farmers market and baseball tryouts, are listed on the Facebook page. Cormier and Castagna accept news tips and event information through Facebook, email, and phone-ins.

"Like" our Facebook page. Send news tips and event information to realtorkristencormier@gmail.com or call 978-852-8842.



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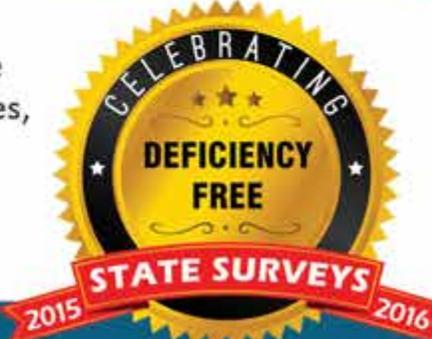
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Fresh pickings at Rota Spring



PHOTO by Chelsea Dill

Buy local produce at the farm store, including San Marzano tomatoes.

Summertime means buying produce in your own backyard instead of from chessboard-like displays in big-box supermarkets. Here in Sterling, if you're searching for great local produce and ice cream, look no further than Rota Spring Farm at 117 Chase Hill Road. According to their website, the farm has been owned by the Rota family since 1911 after it was founded by Italian immigrants, Giovanni and Marcella Rota.

Current owner, David Rota, inherited the farm in 1987 and soon integrated other aspects to the business. There's a family-friendly petting zoo and guests can enjoy views of the farm's sprawling land as they enjoy a variety of ice cream flavors.

Rota Spring Farm is a staple in the local farming community. Recurring

patrons became familiar faces and soon enough, those faces became friends who trust their farmer because they know right where their food comes from. These loyal customers strengthen the bond of Sterling's community. This bond truly encourages an authentic farm-to-table lifestyle.

Rota Spring Farm has a great selection of crops, especially squash, pumpkins, okra, kale, Swiss chard, peppers, eggplant, potatoes, onions, and different fruits. Summer crops are flourishing, especially blueberries, tomatoes, and corn. These are available in the farm store on the property, decorated to reflect a timeless New England store. Shelves are stacked with homemade preserves in sparkling Mason jars, rows of vegetables

by Chelsea Dill

and vibrantly-colored fruits and vegetables in plastic bins line the counters like a nutritious candy store. Customers can also buy a variety of Rota Spring Farm's own meat, including pork and grass-fed beef.

This fall, Sterling residents can look forward to Rota Spring Farm's gourds, pumpkins, straw bales, and potatoes. For more information visit Rota RotaSpringFarm.com, follow them on Facebook, or call 978-365-9710.

Farmers Market in full swing

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 Street (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. 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 being accepted for the 2016 season. For more information, like 'Sterling Farmers Market' on Facebook or email sterlingfarmersmarket@gmail.com.



PHOTO by Danielle Ray

There's lots of fun for kids at the petting farm.



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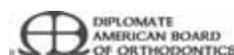
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Sterling Fair

from page 1

looking for more volunteers."

The Sterling Fair is held at the Sterling Airport on Greenland Road. Set-up takes place on Tuesday, Wednesday and Thursday before the event, and the tear-down happens entirely on Sunday night, after closing time. Boy Scouts help with set-up, and Y.A.H.O.O. helps with tear-down, but Downey encourages others to get involved, too.

"We need people to do everything from directing traffic, to setting up tents, to trash pickup. And we have spaces on the Fair Committee, too, for anyone interested in getting involved in the planning process."

Downey also feels great appreciation for the Ciborowski family that owns the land, and James Simpson Jr. and James Simpson Sr., who own the airport. "Jim shuts things down for us for a week," he says. "He's incredibly helpful and generous. The fair literally couldn't happen without those wonderful people."

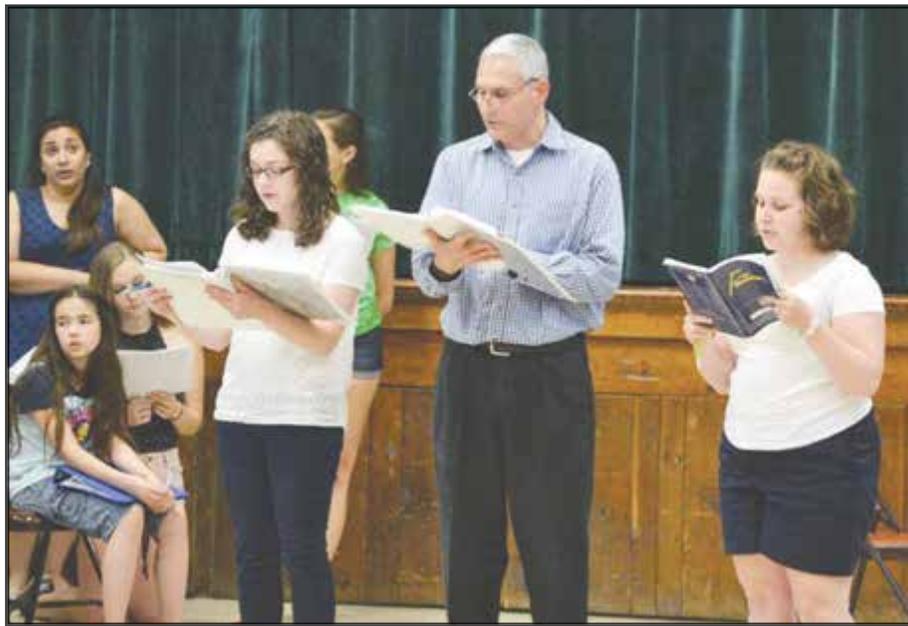
Downey is also proud that the Sterling Fair, which hosts thousands of guests every year, remains one of the only free fairs in the country, and the only free fair of its size in New England, and he wants to do whatever he can to keep it that way.

"Admission is free, parking is free," he says. "We have buttons available and we ask people to make a donation for a button. It's what keeps us going."

For more information, hours, directions, and a schedule of events, visit [The Sterling Fair Facebook page](#), or [sterlingfair.org](#).

Footloose is coming to town

by Jamie Chase Galvin



Contributed PHOTO

(Left to right) Footloose cast members Katie Abruzzese as Ariel Moore, Jim Catapano as Reverend Shaw Moore, and Rachael Rossi as Vi Moore.

Sterling Community Theatre is gearing up to put on a show that audiences of all ages will enjoy. Performances of Footloose the Musical take place September 16, 17, 23, and 24 at 7:30 p.m., with Saturday matinees at 2 p.m.

With 37 cast members and 50 volunteers, putting together six performances is no easy feat. "Of the 37 cast members, 22 are named characters with individual speaking or singing parts," explains producer Katie Restuccia, now in her seventh season with SCT. "Over the course of the performances, we will have over 50 volunteers staffing the ticket booth, concessions area, and monitoring kids' dressing rooms backstage. SCT simply couldn't exist and continue to

prosper without the help and participation of our theatre community and its friends and families. We rely on our volunteers to give our patrons a wonderful and memorable experience."

Footloose the Musical chronicles the journey of Ren, a fun, quick-witted teenager from Chicago who loves to dance. Ren and his mother move to Bomont, a small community where dancing is banned, and where he's seen as a rebel, but at heart he's a young man dealing with the pain of his father's absence. It is a heartfelt story with a memorable soundtrack.

"Many of us grew up with Footloose, either the '84 classic or the '11 remake," says director and choreographer Kelley Vantre, who has been involved with SCT productions since

2005. "I proposed this show to the SCT Board because of its values, but especially for its songs and dances and its familiarity. I think that the show's themes are pertinent. We all have traditional and rebellious sides, which makes it resonate within us as we go through life dealing with love, grief, and healing, and with family and peer pressure."

Cast and crew members have been working hard throughout the summer gearing up for opening night and beyond. Jim Catapano of Holden, who plays the lead role of Reverend Shaw Moore, is excited to participate in the production. "My character is fascinating, because he's living every parent's nightmare," he says. "I'm inspired by stories of transformation, healing, and hope and I believe Reverend Moore is changed by the end of the show, from a man who has bottled up his pain and expresses it through anger and over-protectiveness, to a man who is on the path towards healing and hope."

Vantre sums up the experience of this year's dedicated cast and crew. "We're all here because we love it. We love singing, dancing, acting, and crazily enough, we love the stress of putting it all together. It's our goal to give the audience an energetic and enjoyable show from start to finish. If the audience starts tapping their toes during one of the anthem dance numbers or singing along during the finale, then we've done our job."

For more information on show times, cast and crew, and how to purchase tickets, visit [sterlingtheatre.com](#).

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Lots happening at the Library

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

Especially for kids

Back to school drop-in craft – Thursday, August 18, 10:30 a.m. to 3 p.m., for youth of all ages. Staff and volunteers will be on hand to assist. No registration required.

Kindergarten Storytime – Conant Public Library will host a storytime for children entering kindergarten. Includes songs, stories, and crafts perfect for new kindergarteners. Monday, August 22, 2 p.m., Baker Room. Registration required.

Outdoor Tie-Dye – Wednesday, August 24, 10:30 a.m. to noon (rain date Thursday, August 25). Youth kindergarten and up are invited to bring a t-shirt to tie-dye on the Conant Public Library lawn.

Fall Storytime – Sign-up starts Monday, August 29 at 10 a.m. for the next 6-week storytime series beginning September 12. Mondays at 2 p.m., ages 3 to kindergarten. Wednesdays at 10:30, ages 3 to kindergarten. Tuesdays at 10:30 a.m., ages 18 months to 3 years. Thursdays at 10:30 a.m., birth to 18 months. Registration is limited.

Preschool Storytime – Conant Public Library will host a storytime for children entering preschool. Includes songs, stories, and crafts perfect for preschoolers. Wednesday, September 7, 10:30 a.m., Baker Room. Registration required.

Adult coloring program

Conant Public Library is offering an adult coloring program. Discover the stress-reducing and relaxing benefits of coloring. Monday, August 29, at 6:30 p.m., in the Baker Room. Supplies available or bring your own. No registration required.

What's cooking at the Cookbook Club?

Conant Public Library's Cookbook Club will be make recipes from *Essential Emeril* on Wednesday, August 31, 6:30 p.m. Choose a recipe from this cookbook filled with delicious dishes, prepare the dish, and bring it to the library for an evening of good food and great conversation. Cookbooks are available at the library for checkout. Registration is required - please call 978-422-6409 to register.

Virtual tour of Sterling cemeteries

The Gravestone Girls, whose mission is to "Keep Our Dead Alive," will present a virtual tour, called "Welcome to the Graveyard" about Sterling's six local cemeteries, at Chocksett Middle School Theatre, 40 Boutelle Road, on Monday, September 19, at 6 p.m. The 90-minute presentation, hosted by Conant Public Library, charts the evolution of cemeteries and gravestones from the colonial era into the 21st century.

This is a popular program that has been given around the New England area by The Gravestone Girls for over 15 years. For a calendar of this and other Gravestone Girls events, visit GravestoneGirls.com, or sterlinglibrary.org.

Museum passes available

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, a broad selection of museum passes offers free or reduced admission to countless local museums and attractions. Fitchburg Art Museum and Davis Farmland (offering weekend passes) are among the available choices. New England Aquarium passes are available, as well as passes to the Boston Museum of Fine Arts until August 31. The Sterling Garden Club provides a pass to Tower Hill Botanic Garden in Boylston. The Worcester Historical Museum, the USS Constitution Museum, and Mystic Aquarium have all donated passes to their museums. For a complete list and information on discounts, visit sterlinglibrary.org/museum.asp, or call 978-422-6409 to reserve passes.

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.

"Egg"cellent!



Contributed PHOTO

Meredith Cordial shows off her egg that survived the drop.

The Sterling Recreation Department recently hosted Minecraft Mastercrafters by Wicked Cool for Kids. This wicked cool program taught students entering grades 3 to 7 about engineering, electricity, chemistry, physics, botany, in addition to Minecraft. They ended the week with an egg drop contest, where competitors were responsible for creating contraptions to protect their raw egg during the fall. Over half of the eggs survived the drop.

Fall programs coming

Sterling Recreation's Fall/Winter/Spring 2016-2017 brochure will be released in September and mailed to all Sterling homes. To learn about programs and register online, visit SterlingRec.com, call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling. Like Sterling Recreation Department on Facebook for the most up-to-date information.

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Travel to sunny Portugal

The Wachusett Area Chamber of Commerce is hosting a 10-day trip to Portugal from March 31 to April 9, 2017. A travel information session with a preview of the trip's itinerary will be held Tuesday, August 30, 6:30 to 7:30 p.m., at The Manor Banquet Facilities, 42 West Boylston St., West Boylston. The trip is open to all area residents.

The itinerary includes stops in Algarve, Alentejo, Lisbon, Cascais and along the Estoril Coast. Round-trip transportation to and from Logan Airport, roundtrip airfare, hotel accommodations, 14 meals, experienced tour guides, deluxe bus tours, and admission to all tours and attractions, are included. \$3,449 per person based upon double occupancy. Single rate \$3,899; triple rate \$3,419. Travelers who book before September 30 will save \$100. Reservations are being accepted on a first come, first served basis. Deposit \$250.

For more information, contact Jen Stanovich at 508-829-9220 or email info@wachusettareachamber.org. For the full trip itinerary, visit wachusettareachamber.org.

Partnering for wellness for Sterling seniors

Clinton Hospital recently donated a medical reclining chair and blood pressure measurement equipment to the Sterling Senior Center. The articulating chair completes the major equipment in the health room where seniors can be seen by visiting nurses and other medical specialists. Clinton Hospital will also partner with the Center to bring wellness programs to Sterling seniors. The joint effort is in response to demographic data that show an aging population that increasingly needs specialized medical services, physical, nutritional and social activities.



PHOTOS by Richard Maki

(Left to right) Maureen Cranson, President of the Friends of Sterling Seniors, accepting donations from Lisa Colombo, President, Clinton Hospital, and Jeffrey Olson, Chief Financial Officer, Clinton Hospital.

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Senior Play-Golf Program

Attention all seniors who play golf or would like to learn: The Sterling Recreation Department is offering a Senior Play-Golf Program with Cyprian Keyes Golf Club, 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 runs Tuesdays at 8 a.m. tee-time with shot-gun style start throughout the fall. \$12 greens fee/week, carts optional for an additional \$9. Golf director Scott Hickey leads a one-hour clinic at 8 a.m., for anyone interested in learning to golf. \$12/person.

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 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 suggested donation.

Elder Keep Well Clinic – Thursday, August 18, noon.

Special lunch – Friday, August 19, 11 a.m. to 1 p.m. Lunch, dessert, games and raffles, sponsored by OPEN DOOR Real Estate. Call to reserve.

Book club – Thursday, August 25, 12:30 p.m. This month's selection is Blue Shoes and Happiness by Alexander McCall Smith.

Pancake Breakfast – Friday, August 26, 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 – 8:30 a.m., Tai Chi. \$5. 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., yogalates. 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.

Wachusett Food Pantry delivery available

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

Happy Travelers offer exciting trips

The Happy Travelers, bus trips for the 50+ traveler, offers an exciting roster of day trips throughout 2016. All day trip pricing includes driver and escort, gratuity and cancellation waiver. To request a copy of the 2016 schedule, call 508-835-4312 or email glady2@verizon.net. Flyers available at the Sterling Senior Center.

Want to be a pen pal?

The Senior Center plans to continue the pen pal program with Mrs. Miller's new 4th grade class at Houghton Elementary School in September. Seniors interested in being a pen pal should contact Nickole at 978-422-3032.



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Sterling seniors feted by local bank

by Richard Maki

Seventy seniors were recently treated to a summertime barbecue sponsored by Clinton Savings Bank at the Sterling Senior Center. Organized by local branch manager Kristen Farragher and her team of co-workers, seniors were served an all-you-can-eat feast of cheeseburgers, hotdogs, salads, fresh fruit, baked goods and beverages.

Farragher said local managers have the ability to “give back” to their host communities in a variety of ways and her branch decided to provide a special meal for Sterling seniors, which proved to be extremely popular. Speaking on behalf of seniors present, interim Council on Aging director Nickole Boardman expressed their collective appreciation to Clinton Savings Bank for their thoughtfulness and generosity, sharing that another group is already interested in scheduling a future meal at the Center. Boardman invites any business or civic group that would like to prepare a special meal for the seniors to contact her at 978-422-3032.



PHOTO by Richard Maki

Full house for barbecue sponsored by Clinton Savings Bank.



PHOTO by Richard Maki

Chef Bob Bloom and CSB Marketing Coordinator Christal Pond prepare burgers at the barbecue.



PHOTO by Richard Maki

(Left to right) Congressman Jim McGovern (D-MA) chats with COA member Constance Cleary and Selectman Maureen Cranson during a visit to the Senior Center on August 2.

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Democratic Town Committee meeting

The Sterling Democratic Town Committee will meet on Monday, August 22, 6:30 to 8 p.m., at the Butterick Municipal Building, 1 Park St., Room 205. The agenda includes welcoming new members, logistics for the social on August 29, and plans to assist with voter registration at the Sterling Fair in September. All Sterling registered Democrats and interested unenrolled voters are welcome.

Summer children's days

The Seventh-day Adventist Church, located at 80 Leominster Road, Sterling, will hold an event featuring free crafts, games, and lunch on Sunday, August 28, from 10 a.m. to 2 p.m. Everyone is welcome.

Sterling Democratic Social

The Sterling Democratic Social will be held on Monday, August 29, 6 to 9 p.m., at Miles End Farm, 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 food and drink and lots of good political conversation. Free and open to all Sterling registered Democrats and interested unenrolled voters. RSVP required. Email SterlingDems@gmail.com or call 978-422-6030.

American Legion meeting

There will be a meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, August 29, 7:30 p.m., at the post hall, 32 School St., Sterling, in lieu of a September meeting. The meeting will include a Sterling Association drawing.

Pitch Party sponsored by Sterling Grange

Sterling Grange will hold monthly public pitch parties on the first Saturday of each month, beginning September 3, 6:30 p.m., at the Sterling Senior Center, 36 Muddy Pond Road. Admission to play cards is \$4. Cash prizes will be awarded,

and refreshments will be served. For more information on this event or the Grange in general, call 508-886-2341 or email sterlinggrange53@gmail.com.

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 ncmhabitat.org. All proceeds benefit the work of Habitat for Humanity North Central MA, bringing affordable housing to those in need throughout the organization's 25 towns and cities in the region.

11th Annual Sterling Town Wide Yard Sale

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 11th Annual Sterling Town Wide Yard Sale on Saturday, September 17, 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. The \$2 yard sale map enables 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 the map, pick up a registration form at Conant Public Library, the Butterick Municipal Building or at First Church.

Registration deadline is September 12. 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 the 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.

International Food Festival

Holy Family of Nazareth Parish will hold the 4th International Food Festival on Saturday, September 17, 11 a.m. to 8 p.m., at 750 Union St., Leominster. For more information, call 978-537-3016.

Gardening workshop sponsored by Sterling Grange

The third and final workshop in this year's Gardening Series will be held on Sunday, September 18 at First Church in Sterling, 6 Meetinghouse Hill Road. Lunch served at 1 p.m., adults \$7, children under 12 \$3.50. Proceeds will benefit the Grange Hall Renovation Fund. Lunch followed by a free workshop titled "Putting Your Garden to Bed and Uses for Your Abundant Harvest." Door prizes will be awarded. The workshop is funded through a Massachusetts State Grange Agricultural Education Grant. For more information on this event or the Grange in general, call 508-886-2341 or email sterlinggrange53@gmail.com.

Youth sexuality education program

Our Whole Lives, a nationally-recognized and prized values-based sexuality education program in both secular and church communities, will be offered at First Church in Sterling, 6 Meetinghouse Hill Road, starting October 2, from 5 to 8 p.m. Classes will be offered twice each month on Sunday evenings through May 21, 2017 for area youth entering grades 7 through 9. Our instructors are trained through the Our Whole Lives program (uua.org/re/owl). An evening orientation is scheduled for September 25, for parents of registered youth. Please note that while

abstinence is strongly promoted throughout this program, alongside sexual health and values, this is not an abstinence-only program. Registration deadline is September 15. For more information and to register, contact Debbie Gline Allen, Minister of Lifespan Faith Development, at education@fcsterling.org, or call 978-422-6657.

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.



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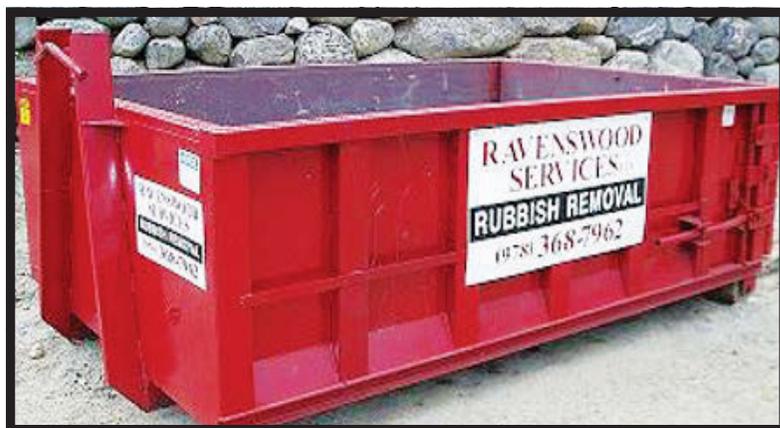
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