



Sterling MEETINGHOUSE NEWS

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September 19, 2015

Back to school not just for kids

by Lex Thomas

Over the past few decades, adult students all the way from 30-somethings to retirees, have flocked to high school and college campuses in growing numbers. Some return to the classroom to advance career options, others to resume educations disrupted during their teens, and a lucky few return to indulge unfulfilled dreams or ambitions, or purely out of a desire to learn something new. Many adult students report approaching their studies with a focus and motivation they lacked earlier in life.

For Susan Rindfleisch, 52, a Holden native and resident



Joshua Reeves with his mother, Susan Rindfleisch.

PHOTO by Lex Thomas

of Sterling for the past 19 years, returning to school in September 2013 was an act of courage, hope, and desperation, motivated by her love for a disabled son that had run out of available support channels offered by the state, and her determination to improve quality of life for him and for others in similar situations.

Rindfleisch's 24-year-old son Joshua Reeves carries multiple diagnoses, any one of which present daunting challenges to both the individual and his caregivers, including extreme bi-polar disorder with psychotic tendencies, Asperger's Syn-

BACK TO SCHOOL, page 24

Families throng to Sterling Fair

by Lex Thomas

Sterling Fair 2015 is now a memory, but for three days, people from throughout the area crowded the fair, held at the Sterling Airport, to enjoy livestock shows, art and craft displays, foods, and the midway. Organizers are hoping that this year's attendance has broken past records.



The Sterling Fair midway at dusk.
More Sterling Fair photos page 7

PHOTO by Margaret Barton

SterlingMeetinghouseNews.com

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LETTERS

Learn more about Sterling's farmers

Sterling has agricultural bragging rights! I suspect we have more food-producing farmers than any other central Massachusetts town. I want to make readers aware of a website where you can find the names, addresses, phone numbers and websites of our local farmers, and read a transcription of the Face of the Farmer, Sterling, MA, 2012 documentation project.

Visit faceofthefarmer.org to see a phenomenal presentation on the history of Sterling's farmers by Bob Nickerson, President of Sterling's Agricultural Commission. Want a personal glimpse into the lives of our current day farmers? Click on the project findings links. Must reads are the heart-felt wrap-up comments by David Gibbs, Curator of the Sterling Historical Society, and the interview with land options expert, Jim French. Face of the Farmer, Sterling, MA, 2012 was partly funded by the Sterling Cultural Council, which is funded by the Massachusetts Cultural Council.

Lisa Perry
faceofthefarmer.org

Support local farms

I read about the plight of the local Sterling farms. The farmers are hardworking people who love the land and their jobs. It's a shame when nature comes calling and does a number on their crops. I just wanted to say the next time you need some vegetables or other farm products go to the source. Their produce is local and fresh unlike what you are buying in the store. Support our local farms!

Connie Harris
Newell Hill Road, Sterling

Letters to the Editor

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

lex@sterlingmeetinghousenews.com 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 October 3.
The advertising and copy deadline is Monday, September 21. Items received after the deadline will be included if space is available.**

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The Sterling Meetinghouse News is mailed free of charge to all postal patrons of Sterling.
We are not liable for typographical errors in advertisements.



HELP WANTED

Help us to tell the stories that matter to our town!

Sterling Meetinghouse News is seeking writers to help us bring the news and stories to life that matter to our readers. While experience is desirable, we're happy to work with enthusiastic writers to develop their proficiency and style. These are freelance assignments. You decide the assignments you want to take on, or develop your own leads. There's a lot of flexibility, but the ability to work toward and respect deadlines is mandatory.

If this sounds like something you'd like to do, contact Lex Thomas, Editor, at lex@sterlingmeetinghousenews.com.

EDITOR'S NOTE

With a Special Town Meeting looming on October 19, rapid progress on construction of our new Senior Center, and a host of issues on the agendas of many of our town boards and committees, it's shaping up to be an eventful fall and winter in Sterling. In spite of all this activity, it behooves us to remember that we are, at heart, a community of individuals and families, all bearing our share of struggles. In this issue, we're featuring a family whose challenges are often hidden in a society that prefers to ignore what can't be easily fixed, and the breathtaking sacrifices and determination of one mother committed to bettering not only the life of her own son, but of others.

- Lex Thomas

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ANNOUNCEMENTS

Fall Rabies and Microchip Clinic

The town of Sterling is holding a Rabies and Microchip Clinic at VCA Sterling Animal Hospital (formerly known as Sterling Veterinary Clinic), 4 Clinton Road (Route 62), Sterling, on Saturday, October 3. \$12 per rabies vaccination, cash or check only. All towns are welcome.

Bring cats in carriers from 9 to 10 a.m., and dogs on leashes from 10 to 11 a.m. Rabies vaccinations will be valid for one year from October 3, 2015. To qualify for 3-year status, proof of two vaccinations administered within nine to 12 months must be provided. No exams will be performed during the clinic.

Microfindr™ microchips will be available for \$48.50, including lifetime registration.

Sterling's Animal Control Advisory Board members will be available to assist and answer questions. For more information, call Animal Control Officer Louis Massa at 978-422-7331.

Fall sign-up for Y.A.H.O.O.

Young Adults Helping Out Others is a Sterling-based program in which teen volunteers assist those unable to clean and rake their lawns. Volunteers in grades 7 to 12 are encouraged to sign up online at sterlingyahoo.org. We're hoping to welcome lots of new volunteers to help our community!

Register to vote in time for Special Town Meeting

There will be a Special Town Meeting on Monday, October 19 at Chocksett Middle School gym, 40 Boutelle Road. You must be a Sterling resident and registered voter in order to vote at the meeting.

The deadline to register to vote, change your address or change political party is Friday, October 9, at 8 p.m., at the Town Clerk's office, Butterick Municipal Building.

2016 registration will be available for Democrat, Republican, Green-Rainbow, and United Independent parties. The United Independent Party is not to be confused with the "unenrolled" designation, often called "independent." For more information, call 978-422-8111, Ext. 2307, or email TownClerk@sterling-ma.gov.

Sterling Cultural Council receives grant

Representative Kimberly Ferguson (R-Holden) announced that Sterling is one of six towns in the First Worcester District to be awarded part of a cumulative \$28,400 in town cultural council grants. The Sterling Cultural Council will receive \$4,600.

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ANNOUNCEMENTS

Last call for 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. 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 masaudubon.org/picturethis.

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.

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.

Recycling Center needs volunteers

New volunteers are needed for the Wachusett Watershed Regional Recycling Center. Hours are Monday evening, Tuesday morning or Wednesday afternoon for 2-hour shifts and the third Saturday morning of the month. Whether you're available weekly or occasionally, we need you. For information or to volunteer, visit wachusettearthday.org, or contact Colleen Abrams at 508-479-2123.



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New Town Moderator prepares for Special Town Meeting

by Lex Thomas



Town Moderator
Amrith Kumar

PHOTO by Lex Thomas

On October 19, Town Moderator Amrith Kumar will preside over his first Special Town Meeting. It's a responsibility he takes seriously, and a role that he's hoping to use to make town meetings more productive and better attended.

"At this point, it's a lot of reading, research, and talking to a lot of peo-

ple," Kumar says. "I'm reading through the warrant very carefully, and I've spoken to past moderators who have given me some good tips. And I'm talking to Finance Committee and the Board of Health about their articles, as well as familiarizing myself with town bylaws."

Kumar has joined the Massachusetts Moderators Association, and is reading their publication *Town Meeting Time: A Handbook of Parliamentary Law* that outlines procedural rules for town meetings.

Kumar believes that his experience conducting cor-

porate meetings will help him in his new role.

"There are lots of similarities in terms of preparation and planning the agenda well in advance," he says. "In corporate meetings, you have companies working together, but each has its own goal. That's what happens with towns and their committees, too."

Kumar sees one of his biggest jobs is making sure the warrant is understandable to voters. "I can't influence the business, but I make sure the warrant is properly served, and that I understand the articles, so that voters can understand what they're voting on."

Kumar is hoping that more Sterling residents will attend the meeting, which is expected to be fairly brief, and vote on the issues that affect the town.

In the October 3 issue, *Sterling Meetinghouse News* will review the warrant, and speak further with the Town Moderator to explain why citizens should attend.



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2015 Sterling Fair

PHOTOS by Richard Maki



Amir Holley of Worcester enjoys flying a glider at the Sterling Fair.



Hang on! Sarah Malone of Holden on the mechanical bull ride at the Sterling Fair.



The Sterling Fair midway after dark.



Hold onto your hat! The midway is always a popular attraction at the Sterling Fair.

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Random Acts of Kindness

To show her appreciation to Sterling paramedics who came to her rescue during a medical emergency in August that landed her in hospital for six days with pneumonia, Susan Rindfleisch delivered cupcakes and a special oversized chocolate chip cookie to commemorate 9/11 to the Sterling Fire Department on September 11. Got a story about your own random act of kindness? Send it in with a picture to lex@sterlingmeetinghousenews.com.



PHOTO by Lex Thomas

(L to r) Firefighter Paramedic Jamieson Shea, Firefighter EMT Fil Santos, Susan Rindfleisch, and Firefighter Paramedic Eric Ares.



PHOTO by Susan Staudaher

Renee Chmiel and Brian Patacchiola, two of the volunteers serving at the Sterling Chocksett Club's annual pancake breakfast on September 12.

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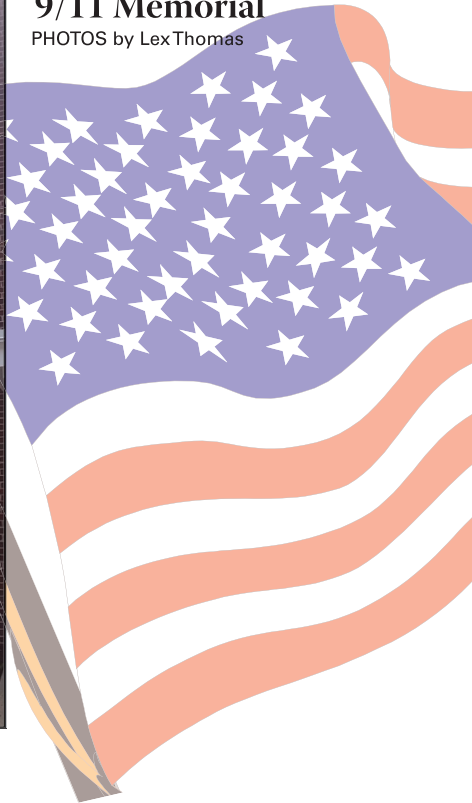
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Never Forget 9/11 Memorial

PHOTOS by LexThomas



Sterling Fire Department flies the flag at half-staff on September 11.

Never forget. 9/11 memorial at Sterling Fire Department.

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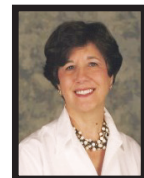
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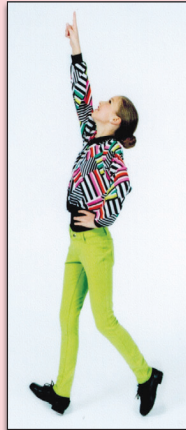


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School NEWS

Knights of Columbus 6th Annual Soccer Challenge

All boys and girls from Sterling and surrounding towns between the ages of 9 and 14 are invited to participate in the 2015 Knights of Columbus Youth Soccer Challenge. The local level competition will be held on Saturday, September 26, from 9 a.m. to noon at the lower fields of the Griffin Road recreation complex behind Houghton and Chocksett schools in Sterling.

Preregistration is not required, and there is no entry fee. In case of rain, the competition may be held at a later date to be determined..

This penalty kick style competition is sponsored by the Sterling Knights of Columbus Council #14940. Each contestant will receive 15 shots on goal and specific points depending on the placement of the goal. All boys and girls 9 to 14 years of age as of September 1, 2015, are eligible to participate and will compete in their respective age group and gender bracket. Winners of the local competition will be announced at the end of the competition, where contestants with the highest point total will win their bracket. The Soccer Challenge is an annual event with winners progressing through local, regional, district and state competitions.

For more information, contact Dan McAuliffe at 508-294-9775 or email danny_mcauliffe@yahoo.com.



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Sterling-Lancaster Community TV

Broadcast Schedule Sept. 21 to Sept. 25, 2015
Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 162	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 AM On The History Trail - Train Station	History
1:00 PM InFocus - Deal With Me	Documentaries
2:00 PM Medicare and More - Ep 8	Health
3:00 PM On The History Trail - Train Station	History
4:00 PM Story Time - Ep 4	Children
5:00 PM Far From Eden	Music
7:00 PM InFocus - Deal With Me	Documentaries
8:00 PM Medicare and More - Ep 8	Health
9:00 PM On The History Trail - Train Station	History
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 162	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:05 PM Go Fish with Dan Kenney	Sports
1:00 PM InFocus - Deal With Me	Documentaries
2:00 PM Medicare and More - Ep 8	Health
3:00 PM On The History Trail - Train Station	History
4:00 PM Story Time - Ep 4	Children
5:00 PM Far From Eden	Music
7:00 PM InFocus - Deal With Me	Documentaries
8:00 PM Medicare and More - Ep 8	Health
9:00 PM On The History Trail - Train Station	History
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 163	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Butternut Squash	Cooking
10:00 AM Physician Focus	Health
11:00 AM Color In Your Life - Amelia Batchelor	Hobby
12:00 PM Channel 8 Community Updates	Local
12:30 PM Pawdoption	Local
1:00 PM InFocus - Battle of Kobani	Documentaries
2:00 PM Church Services	Religion
4:00 PM Story Time - Ep 5	Children
5:00 PM Golden Road Band	Music
7:00 PM InFocus - Battle of Kobani	Documentaries
8:00 PM Channel 8 Community Updates	Local
8:30 PM Pawdoption	Local
9:00 PM Color In Your Life - Amelia Batchelor	Hobby
10:00 PM Barbara and You	Interview

Broadcast Schedule Sept. 26th to Oct. 2nd, 2015
Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 163	Variety
6:30 AM Barbara and You	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
11:30 AM Color in Your Life - Amelia Batchelor	Hobby
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption	Animals
1:00 PM InFocus - Battle for Kobani	Documentaries
2:00 PM Color in Your Life - Amelia Batchelor	Hobby
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Story Time - Ep 5	Children
5:00 PM The Golden Road Band	Music
7:00 PM InFocus - Battle for Kobani	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Color in Your Life - Amelia Batchelor	Hobby
10:00 PM Barbara and You	Interview

Sunday	Genre
6:00 AM The Steve Katsos Show - Ep 163	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 - Battle for Kobani	Documentaries
2:00 PM Color in Your Life - Amelia Batchelor	Hobby
3:00 PM Channel 8 Community Updates	News
3:30 PM Pawdoption	Animals
4:00 PM Story Time - Ep 5	Children
5:00 PM The Golden Road Band	Music
7:00 PM InFocus - Battle for Kobani	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption	Animals
9:00 PM Color in Your Life - Amelia Batchelor	Hobby
10:00 PM Barbara and You	Interview

Monday-Friday	Genre
6:30 AM Steve Katsos Show - Ep 164	Variety
7:30 AM Barbara and You	Interview
9:00 AM Eat Well Be Happy - Miso Soup	Cooking
10:00 AM Holistic Health - Arthritis Prevention	Health
11:00 AM On the History Trail - Smith Farmhouse	History
12:00 PM Science Quest - Water Treatment	Educational
1:00 PM InFocus - Blame My Parents	Documentaries
2:00 PM Church Services	Religion
4:00 PM Story Time - Ep 6	Children
5:00 PM Atlantic Wind Symphony Orchestra	Music
7:00 PM InFocus - Blame My Parents	Documentaries
8:00 PM On the History Trail - Smith Farmhouse	History
9:00 PM Science Quest - Water Treatment	Educational
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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Farm to Table Dinner to support children's programs

For Rutland farm owners Ann Tripp and Dale Perkins, running their farm is about more than just growing vegetables and raising horses. Mesa Farm spends a great deal of time, energy and resources giving to the community. One of the major recipients is the City to Saddle program, and many of the farm's riding students volunteer for the program.

City to Saddle is a non-profit, charitable organization committed to providing a diverse population of inner city and other under-served children access to horsemanship programs. In an effort to help City to Saddle raise both necessary operational funds and awareness, Mesa Farm will host a Farm to Table Dinner on Sunday, September 27, 3 p.m. at Mesa Farm, 67 Muschopauge Road, Rutland.

The three-course tasting menu will be prepared by Chef Brian Treitman, owner of B.T. Smokehouse in Sturbridge, with ingredients sourced by Lettuce Be Local's network of area farms. Diners can expect to sample local meats, cheeses, wines, and seasonal fruits and vegetables.

A silent auction will include sporting event tickets,

vacations, artwork, jewelry, wine and other prizes. The evening will include live music. Tickets \$99 per person. Space is limited. To purchase tickets, visit citytosaddle.org. Tickets will not be available at the door. For more information, call 508-886-6898 or email Leonora@citytosaddle.org.

Chamber hosts networking event

The Wachusett Area Chamber of Commerce will hold a networking event on Tuesday, October 6, 5:30 to 7:30 p.m., at NEADS, Dogs for Deaf and Disabled Americans, 305 Redemption Rock Trail, Princeton. The event, sponsored by TD Bank, will feature tours of the new client house, networking, hors d'oeuvres and door prizes. Chamber members \$15, non-members \$20. To register, call 508-829-9220, email info@wachusettareachamber.org, or visit wachusettareachamber.org.

Small business counseling available to local businesses

Free one-on-one counseling and technical assistance is available to entrepreneurs and existing businesses in North Central Massachusetts through a partnership between the North Central Massachusetts Chamber

School Van Drivers Wanted for September Employment

**Apply at
125 Clinton Road (Route 62), Sterling
9 AM to Noon Daily
or Call 978-422-6808 for an Appointment**

of Commerce and the Massachusetts Small Business Development Center Network Central Regional Office at Clark University.

The MSBDC operates a satellite office at the North Central Massachusetts Chamber of Commerce. Cheryl Miller, Senior Business Advisor from the MSBDC is available by appointment to meet with any prospective or existing small businesses at the Chamber office.

Services available include assistance with developing business plans, marketing plans, securing financing, cash flow, and other areas critical to ensure a successful venture. Clientele includes start-up, early stage, expanding and troubled businesses. The MSBDC also works with prospective buyers of businesses. All programs are offered at no charge, on a non-discriminatory basis, and are handicapped accessible.

For more information or to schedule an appointment with a counselor, call 978-353-7600, Ext. 222.

Seussical is in town!

On September 18, 19, 25 and 26, Sterling Community Theatre presents six performances of Seussical, The Musical in the parish hall of the First Church in Sterling, at 6 Meetinghouse Hill Road. Performances are September 18, 19, 25 and 26 at 7:30 p.m., 2 p.m. matinee on September 19 and 26. Tickets are \$17 for adults, and \$13 for children under 12 and seniors 65+, and are available online at sterlingtheatre.com or at the door.



Contributed PHOTO

Davis Mega Maze's Greatest Escape

This year's corn maze includes three miles of pathways, nine bridges, including the world's only double decker bridge, and eight acres of corn that come alive with music, puzzles, interactive adventure zones, and more. Designed in Dorset, England by 7-time Guinness World Record holder, Adrian Fisher. For more information, visit DavisMegaMaze.com.

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Wachusett Food Pantry September food distribution

The WFP 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 seniors, and the third Saturday of the month for everyone else. Residents of Sterling, Holden, Paxton, Princeton, and Rutland are eligible. Proof of residency is required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Rte 12), Sterling. Distribution Friday, September 18 for seniors, and Saturday, September 19 for the general public, 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 information, call 978-563-1064, email wfp@wfp1995.org, or visit wfp1995.org.

10th Annual Sterling Town Wide Yard Sale

Support a great cause 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, 8 a.m. to 2 p.m., rain or shine. Shop the sales at over 60 locations on the common and all around town. \$2 yard sale map lists all sites. Maps available at the town common on sale day from 7:45 a.m. to 1 p.m. Map sale profits benefit education programs at First Church.

For more information, visit fcsterling.org or contact Linda Davis at 978-563-1773 or davisfarmers@comcast.net.

Chemical and paint collection

Wachusett Watershed Regional Recycle Center will hold a collection for a fee of chemicals and paints on Saturday, September 19, 8 a.m. to noon. Reuse, recycling, electronics and bulk items will also be accepted, some with fees. Address identification required.

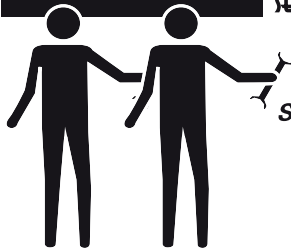
The Recycling Center is open on its regular schedule for the remainder of September: Mondays 5 to 7 p.m., Tuesdays 9 to 11 a.m., Wednesdays 2:30 to 4:30 p.m., and the third Saturday morning each month.

Items accepted and offered free for reuse include sporting goods, crafts, containers, baskets, toys, bicycles, medical equipment, home goods and more. Currently, the Recycle Center is seeking sporting goods, pots and pans, silverware, wool yarn, and craft supplies.

Modest fees are charged for TVs, appliances, lawn mowers, furniture, rugs, toilets, sinks, mattresses, large children's toys, outdoor furniture, household project debris, car tires, and propane tanks.

No fee for paper, cardboard, glass, plastic, separated #6 styrofoam, metal cans, returnable bottles and cans, all batteries, mercury thermostats, thermometers, fluorescent tubes, bicycles, clothing, books, linens, small household goods, electronics, printers, and computer parts (except monitors, which have a fee). Visit wachusettearthday.org for updates, hours, and directions.

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LOCAL HAPPENINGS

Think About It...

How volunteering helped to save me

by Susan West

As people are shifting into gear with fall and winter routines, I've noticed that there are a lot of organizations in our community seeking volunteers. There was a time that I wouldn't have given a second thought to spending my valuable time volunteering. I've been a productive worker since the day I earned the right and got my "worker's permit" at age 16. Year after year, opportunities presented themselves and I looked forward to climbing up the labor ladder. Sometimes I attended educational training programs that led to professional advancement, and other times I taught myself the skills I needed to move ahead and forge a successful career. That's what we do in America. I could always find an opportunity to work hard and advance.

Then, in what seemed like an instant but was, in reality, a trend that took a couple years to clearly define itself, I lost my ability to be a wage earner. Marked as "unemployable" due to a profound, degenerative hearing impediment, I was let go from a position at the height of my career. The references I had counted on to pave the way for my next career move evaporated, and I was forced to accept that my earning days were over.

Angry and discouraged, I spent most of that first year at home in my pajamas. I cried a lot. I felt helpless and non-productive. I felt lost.

In an attempt to navigate my way out of my slump, I began a massive purge in my home. With my newfound free time, I cleaned, washed windows, floors and walls, and dusted every corner. I reorganized kitchen cabinets, tossed expired items, and set aside

dozens of packages and cans of perfectly good food that no longer met my dietary needs. I emptied closets and piled all my clutter on one side of the living room. It took up almost half the floor space. I was amazed at how much "stuff" I had accumulated that I either never used or was saving for some special occasion that never seemed to materialize.

After the dust settled, I was faced with the new challenge of getting rid of all the items I no longer wanted. It was all great stuff, most of it nearly new. But it no longer served my needs. Doing a little research, I found both the Wachusett Food Pantry in Sterling and the Wachusett Watershed Regional Recycling Center in West Boylston. After several trips back and forth, and weighing the pros and cons of both organizations, I decided to dedicate a couple of hours each week to the recycling center, where I volunteer on Monday evenings, sorting, cleaning and shelving useful donated items. It's work that I love and because I'm not a paid employee, my hearing impediment is tolerated.

In true entrepreneurial spirit, I have graduated to a "Book Sorter," sorting, categorizing and shelving books for our many "customers." Nothing makes me happier than helping someone to find exactly the book they're looking for. I am useful.

This is what it took to make me feel whole again. I work with a great bunch of organizing fanatics that I feel are kindred spirits. I've learned that the joy of helping others is one of my most valuable life experiences. It has helped me to find my place in an often challenging world.

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LOCAL HAPPENINGS

Leominster Credit Union Shred-A-Thon

Leominster Credit Union will hold a Shred-A-Thon on Saturday, September 19, 9 a.m. to noon, at 910 West Boylston St., Worcester. Community residents can reduce the risk of identity theft by shredding old, sensitive documents on site by a secure shredding service, New England Security Shredders. Bring up to three legal size file boxes or three 13-gallon kitchen trash bags to be shredded for free. Donations to Habitat for Humanity will be accepted during the event. Documents to shred include bank statements, tax returns, medical bills, credit card statements and other personal documents.

La Romana Mission seeks volunteers

The 2016 Medical Mission Trip to La Romana, Dominican Republic, is scheduled for March 4 to 13, 2016, and is seeking volunteers to be part of this ecumenical mission. Participants will travel to the impoverished sugar cane villages serving both the Haitian and Dominican poor, and offer medical clinics, outreach, and construction at schools, the Good Samaritan Hospital, and water filter program. Medical providers, construction workers (skilled and unskilled) and youth (16+) are welcome.

Youth traveling without a parent will have an adult assigned to be responsible for them.

Fundraising and planning take place throughout the year. Cost is \$1400 per participant. The first non-refundable deposit and the 2016 Application are due at First Church in Sterling by September 25. The final payment is due by December 14.

For more information and to reserve your spot, contact Jennifer Colburn at 978-333-4103 or jenncolburn2@gmail.com, or Doug Davis at 978-265-7547 or davisfarmers@comcast.net. The 2016 Orientation Guide and 2016 application/medical-and-trip release can be downloaded from the La Romana link at fcsterling.org.

Wachusett Greenways Springdale Mill Celebration

Wachusett Greenways' 10th annual Springdale Mill Celebration will take place on Saturday, September 26, 11 a.m. to 2 p.m., rain or shine. All children and families are invited to the third Journey to the Mill on Saturday, September 26, at 11 a.m. The fun journey kicks off from the West Boylston entrance to the Mass Central Rail Trail. Sign up in advance or at the starting line to walk, bicycle, ride a scooter, a stroller or in a parent's pack. Live music,

"As first time home buyers my family decided suddenly we were ready to move and we contacted Karen. Immediately after she sent us numerous listings in the towns we were interested in that were also in our price range. We were planning on using a VA loan and she recommended someone who worked with VA loans. Karen was there to answer every question we had, and got us in for showings quickly. She even was available later in the evenings to receive signed paperwork due to my husband's work schedule. Her constant attention to detail and to communication with us, as well as the sellers agent and attorneys is one of the best qualities to have in an agent. She was always there for us, and we got answers quickly. From the point we contacted Karen to the point we closed on a house she showed us was less than 2 months. She made sure all elements of the process went smoothly, and still checks in to make sure everything is going well. She knows her stuff and walked us through every step of the way professionally and put our concerns first every time."

-Amanda



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LOCAL HAPPENINGS

food, a mill treasure hunt, face painting, hula hoops and more. The Journey is 1.5 miles along the Mass Central Rail Trail to the interpretive mill site. Each child will receive an event bib and recognition. For more information, directions, or to register, visit wachusettgreenways.org or contact Colleen Abrams at 508-479-2123.

Blacksmith Art and Music Festival

The 12th Annual Blacksmith Art and Music Festival returns to Riverfront Park in Fitchburg on Saturday, September 26, 10 a.m. to 4:30 p.m. Blacksmiths from the region, representing a variety of experience, will meet the challenges of the blacksmith competition, competing for cash prizes. Learn the secrets of master blacksmiths during a public demonstration. Stroll through the park shopping and sampling a variety of foods. Art activities for the family provided. Live music all day, showcasing local talents Anthony Martel, Gian Carlo Buscaglia, Kevin Shields, Jessa Potts, Clayton Phelps and Danielle Lesard. For information, visit fitchburgartmuseum.org.

Calling all Vietnam Veterans

All Vietnam Veterans are invited to attend a complimentary Pasta Dinner and Award Ceremony on Satur-

day, October 17, dinner at 5 p.m., ceremony at 6:30 p.m., at Leominster Veterans Center, 100 West St., Leominster. Sponsored by Capt. John Joslin, Jr. Chapter, National Society Daughters of the American Revolution. For information, contact Elaine Perreault at 978-537-0850 or email elaineperr@verizon.net, subject line "Pasta Dinner" by the October 3 meal deadline. We are asking attendees who wish to support the local scholarship fund to donate \$10 per attendee with checks made out to Leominster Vietnam Veterans Scholarship Trust.

New veterinarian joins VCA Lancaster Animal Hospital

VCA Lancaster Animal Hospital has added a new veterinarian to their practice. Dr. Rachel Faeth's passion for veterinary medicine began while growing up in rural Connecticut. She received her Bachelor's Degree in 2007 from Marist College in Poughkeepsie, New York, and went on to graduate from Tufts Cummings School of Veterinary Medicine in 2014. After spending time at a New Hampshire veterinary practice, Dr. Faeth decided to focus on small animal medicine and join VCA Lancaster Animal Hospital. Dr. Faeth is now accepting new patients.

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Youth events at the library

There's fun for kids of all ages at Conant Public Library, located at 4 Meetinghouse Hill Road, Sterling. Registration is required for most programs. Call 978-422-6409 to register.

Family movie night – Tuesday, September 22, 6 p.m., Baker Room. "Cinderella." This classic fairy tale is retold Disney-style in this live action feature starring Lily James, Cate Blanchett, Richard Madden, and Helena Bonham Carter.

Pajama Story Time – Mice Are Nice! Wednesday, September 23, 6 p.m., Baker Room. Share stories, music, snacks and crafts.

September is Library Card Sign-up Month

Conant Public Library will join the American Library Association and public libraries nationwide in celebrating Library Card Sign-Up Month in September. Studies show that children who are read to in the home and who use the library perform better in school.

Students can turn to the library for materials, programs and knowledgeable library staff that support

academic achievement. Many online resources are available in addition to the physical collection of books, including Lynda.com online learning, Gale Databases and Mango Languages.

The Sterling library invites children to come in during September and sign up for their own library card and decorate a leaf on the library card tree. A parent or guardian needs to be present to register a child 12 and under for a new card. For youth 12 and up, proof of identification is necessary.

For more information on how to sign up for a library card, visit Conant Public Library in person, call 978-422-6409, or visit sterlinglibrary.org.

Volunteers needed for Friends of Conant Public Library

The Friends of the Conant Public Library will host an informal information session on Saturday, September 26 at 10:30 a.m. in the Baker Room, for anyone interested in becoming involved as a library volunteer.

Board members and librarians will be on hand to introduce the work that the committee does for the library, describe some exciting accomplishments, and outline future goals. Refreshments will be served.

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Library NEWS

The team will also outline some of the currently open volunteer opportunities, which range in commitment levels from a couple of hours per month to a couple of hours per year. Technology-oriented volunteers are needed to use social media in support of the Friends' goals, and enhance its web presence. For more information, contact Ellen Zanino at 781-858-3282 or friends@conant@gmail.com.

What's cooking at the Cookbook Club?

Conant Public Library's Cookbook Club will be making recipes from Curtis Stone's *What's for Dinner?* on Wednesday, September 30, at 6:30 p.m. Choose a recipe from the book, prepare the dish, and bring it with you to the library for an evening of good food and great conversation. Cookbooks are available at the library for checkout. To register, call 978-422-6409.

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.

Annual book sale

The Friends of the Thayer Memorial Library will hold its annual book sale on Saturday, October 3, 9 a.m. to

4 p.m., and Sunday, October 4, noon to 4 p.m. at Town Hall, 695 Main St., Lancaster. There will be a Members Only Preview Sale on Friday, October 2, 3 to 7 p.m. If you would like to attend the Preview Sale and are not a member, you can become a member at the preview. All proceeds benefit books, programs and events at the library. Come support your community library and take home some especially good bargains. Credit cards will be accepted. Prices reduced on Sunday.

Digital magazines and newspapers available at the library

Conant Public Library has many magazines and newspapers available for free through OverDrive. This collection features popular digital magazines and newspapers, including *The New Yorker*, *Reader's Digest*, *Cosmopolitan*, *Glamour*, *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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Recreation NEWS

Sterling Rec has lots of great programs to help all ages to stay in shape throughout the fall. For more information, visit SterlingRec.com to learn more about all our programs and to register online, or call 978-422-3041, email recreation@sterling-ma.gov, or stop by the office at 31 Main St., Sterling.

Active Kids

After School Tennis at Houghton – Grades 1 to 4. Wednesdays, September 16 to October 28, 4 to 5 p.m. Houghton Elementary School gym. \$115.

After School Tennis at Chocksett – Grades 5 to 8. Mondays, September 14 to October 26, 3:10 to 4:10 p.m. Chocksett Middle School gym. \$85.

DRIVE Pre-school Soccer – Pre-K with adult. Saturdays, September 12 to October 17, 8 to 9 a.m. Houghton Field. \$75.

Micro Athletics – Ages 3 to 5. Tuesdays, September 22 to October 27, 10 to 11 a.m. Memorial Park (rain location 1835 Town Hall). \$85.

Twisted Kids Yoga – Grades 1 to 4. Tuesdays, October 6 to November 10, 4 to 5 p.m. Houghton Elementary School gym. \$100.

Art and Creativity for Kids

Music and Movement – Infant to age 5. Mondays, September 28 to December 7, 10 to 10:45 a.m. 1835 Town Hall. Register at pakmusic.org.

After School Art Studio – Grades 1 to 4. Mondays, September 14 to October 19, 4 to 5:30 p.m. Houghton Elementary School cafeteria. \$65.

Cooking – Grades 5 to 8. Tuesdays, September 22 to October 13, 3 to 4:30 p.m. Chocksett Middle School. \$120.

Active Adults and Teens at 1835 Town Hall

Head to Toe & Core Pilates – Mondays, September 14 to December 14, 6:30 to 7:30 p.m. \$156, or Fridays, September 18 to December 18, 8:45 to 9:45 a.m. \$144.

Boot Camp – Wednesdays, September 16 to December 16, 5:30 to 6:30 a.m. \$168.

Booty Barre – Thursdays, October 1 to November 5, 5:30 to 6:30 p.m. \$62/session or \$13/class.

Gentle Yoga – Thursdays, September 24 to November 5, 10:30 to 11:30 a.m. \$70/session or \$13/class.

Yoga for All – Thursdays, September 24 to November 5, 7 to 8 p.m. \$70/session or \$13/class.

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 – Saturdays 9:30 to 10:45 a.m.

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



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Pickleball players (forecourt left to right) Jone Bodwell and George Corff, and (backcourt left to right) Chris Corff and Kirk Bodwell.

Pick-Up Pickleball – Ages 50+, Mondays throughout October, 4 to 6 p.m. West Sterling Tennis Courts. All levels of experience welcome, all equipment provided. This is a fun and social game, and is reportedly the #1 growing game in the US. Great exercise, wonderful for seniors and all ages.

Men's Pick-Up Basketball – Wednesdays, 6:30 to 9:30 p.m. Chocksett Middle School gym. \$25/season, Sterling residents only.



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GPS Passes – Season passes for Wachusett Mountain Ski Area. Ages 6+. Bronze: \$269, Silver: \$329, Gold: \$559. All prices increase \$100 on 11/19. Group name: Sterling GPS, Coordinator: Kristen Dietel.


Farmers Market every Friday

The Sterling Farmers Market runs every Friday from 3 to 6:30 p.m. at 1 Park St. (in front of the Butterick Building), downtown Sterling. Vendor and crafter applications are still being accepted for the 2015 season. For more information, visit Sterling Farmers Market on Facebook or email sterlingfarmersmarket@gmail.com.


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Senior Center NEWS

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.

Volunteers of the Senior Center Annual Yard Sale

– Saturday, September 19, 8 a.m. to 2 p.m. Help the volunteers raise money for entertainment throughout the year. Donations accepted until Thursday, September 17 at 2 p.m.

The Last Word talk – Monday, September 21, 12:30 p.m. Most people don't think about funeral arrangements until they are dealing with the loss of a loved one. Unfortunately, there are those who take advantage of us during this emotional time. Join the Retired and Senior Volunteer Program to learn in an unemotional setting, receive an outline for an obituary, and learn your rights regarding final arrangements.

Book Club – Thursday, September 24, 12:30 p.m. This month's selection is "Water for Elephants," by Sara Gruen. All are welcome.

Pancake Breakfast – Friday, September 25, 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 the Sterling Seniors. \$2. All are welcome.

Cancer Prevention talk – Monday, September 28, 12:30 p.m., by Dr. Diane Lockhart. Cancer is the diagnosis that no one wants to hear. Learn some ways to protect yourself and your loved ones

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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Tell Me All Your Thoughts on God

With Andrew Linscott and Robin Bartlett

Do you ever think about or question who or what God is? Do you ever wonder what to tell your children about God? Do you struggle to answer questions like "how could a good and loving God allow bad things to happen?" Do you no longer believe in God at all? Join Robin and Andy to discuss different concepts of God in Western thought, as well as non-theistic concepts of ultimate reality, and how they might inform and enrich our spiritual and intellectual lives.

Reverend Robin Bartlett is the pastor at First Church in Sterling. She has an MA in Counseling Psychology from Lesley University and an MDiv from Boston University School of Theology. Her husband, Andy Linscott, has a BA in Philosophy from Gordon College, a Masters in Philosophy of Religion from BU School of Theology, and is finishing his PhD in the Religious Studies Department at Boston University. His dissertation is on the Philosophy of Religion, the bio-cultural study of religion and the problem of anthropomorphism.

***Bring friends and family;
all are welcome.***



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Join us for all of or any part of ***Eat, Pray, Learn*** on Oct. 21 beginning at 6 pm.
Eat 6:00-6:20/Pray 6:30-6:50/Learn 7:00-8:30

SPECIAL FEATURE

Back to school not just for kids

Continued from page 1

drome, PTSD, and anxiety disorder.

Although fairly high on the spectrum insofar as functioning, Reeves nonetheless requires round-the-clock care and help with routine tasks and decisions.

"He's a 24-year-old man stuck inside the mind of a 10-year-old," says Rindfleisch.

Reeves's disabilities began to surface early in life. "When Josh was in kindergarten, while other kids were drawing pictures of houses and families, he was drawing castles with blood dripping from daggers," she says. "Clearly, something was wrong."

In time, his symptoms grew from disturbing drawings to behaviors, sometimes out-of-control, and sometimes curled up in a fetal position for hours on end, that became impossible for Rindfleisch, then a single mother with two young children, to handle on her own. She realized residential care was the best option for her son to get the treatment he so obviously needed.

She took out a loan to hire a special education advocate. Together, they fought unresponsive medical and education systems that largely washed their collective hands of kids that couldn't be readily treated or categorized, and finally got Reeves, then 13, admitted into

Perkins School in Lancaster, where he remained for two years. In 2008, Reeves transferred to Devereux School in Rutland, Massachusetts.

"I sent him to Devereux so he could get an education in a trade," says Rindfleisch. "They pushed him along from grade to grade, but he wasn't getting much out of it."

When Reeves turned 22, he timed out of the Devereux program and was sent back home, with no ongoing treatment or support plan in place.

"Once a resident turns 22, the school won't pay for them anymore, and Worcester Regional School District says they're no longer responsible either," says Rindfleisch. "Devereux was supposed to set up a plan for him to follow when he left the school. Instead, there was no plan, no support system for him, no psychiatrist for him to see, and no support system for me. He was literally dropped on me with no resources in place. Suddenly, I had a new 24/7 job. On top of all that, I was having a lot of health issues myself, and had just had surgery the week before."

At the time, Rindfleisch was employed full-time at Dollar Tree, where she says her manager was always helpful and cooperative in accommodating her sometimes



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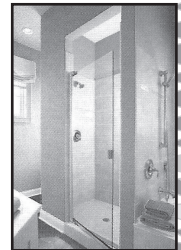
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SPECIAL FEATURE

sporadic schedule, so that she could spend alternate weekends and some holidays with her son. But finding that there were essentially no services or day programs available for Reeves, she had no choice but to quit her job. She and Reeves lived off his \$750 monthly SSI benefits, of which \$300 went to pay rent.

"I've never been a quitter, but at that point, my life was falling apart," Rindfleisch recalls. "I was distraught and depressed, but I kept going. I made dozens of phone calls trying to set something up for him. Josh needs so many meds that even our primary care physician didn't want to get involved. I was doing everything I could think of, but I felt like I was getting nowhere."

Rindfleisch finally got her son into a day program after seven months, but she still couldn't return to work.

"No two days are alike for us," she says. "If he has a bad day, I need to stay home with him. I can't leave him alone for more than a couple of hours. How can you hold down a job under those conditions?"

Instead of seeking a job she couldn't be sure she could fulfill, Rindfleisch and Reeves both signed up for the GED program at the Clinton Adult Learning Center. Rindfleisch had never completed hers, and Reeves hadn't passed MCAS, and had therefore been prevented from graduating from high school. He found

the program overwhelming, and dropped out in April 2015. But Rindfleisch persevered and was awarded her diploma last June in a ceremony she calls "one of the happiest moments of my life." She was even asked to be class valedictorian.

Rindfleisch was accepted into the Transition Program at Mount Wachusett Community College in 2014, and became a full-fledged college student in 2015, enrolled in the Human Services program. She completed her spring semester in March, and was the first person to ever earn a perfect score in one of her math classes, which resulted in congratulatory words from the dean himself.

In September, Rindfleisch began her second semester, and is now responsible for securing her own financial aid. She is taking human services and psychology courses, and expects to graduate in the spring as a Human Services Technician. She will then put all her effort into finding work that helps people with disabilities to have a better quality of life.

"I'm doing this because in my heart, I know there isn't enough out there for young people like my son," she says. "These kids need a shot at life. They need independence. If I can use my education to make a difference in someone else's life, that will be my reward."

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Barn sale and yard sale

Sterling Historical Society will hold its famous barn sale and yard sale on Saturday, September 19, 8 a.m. to 2 p.m., rain or shine. For more information, call 978-422-6139 or email info@sterlinghistorical.org.

Polish polka party and fundraiser

Enjoy traditional Polish food, raffles, a cash bar and the music of award-winning Dennis Polisky and The Maestro's Men Band on Saturday, September 19, 5 to 9 p.m., at the Polish American Veteran's Club, 292 Green St., Clinton. All proceeds benefit the Polus Center, a 501(c)3 non-profit organization based in Clinton, that supports people with disabilities. Polish dishes and products will be available for sale to ticket-holders. Tickets \$5, available at the PAV, Green Street, Clinton, and at Coffeelands World Gifts Espresso Café, 50 High St., Clinton, or call 978-368-1550.

International Food Festival

The annual International Food Festival takes place Saturday, September 19, 11 a.m. to 8 p.m., at 750 Union St., Leominster. This is the third year that Holy Family of Nazareth Church and Holy Trinity Chapel have joined people, ideas, and cultures to sponsor the festival, featur-

ing ethnic foods and live entertainment from several countries, as well as games, gift baskets, a 50/50 raffle, yard sale, country boutique, and more. Free

Part of Rail Trail closed for maintenance

The stretch of the Rail Trail from the River Street parking lot in Holden to the first bridge will be closed Tuesday, September 22 and Wednesday, September 23, 7 a.m. to 3 p.m., to allow DCR workers to remove dead trees.

Firefighters' Chicken & Duck Barbecue

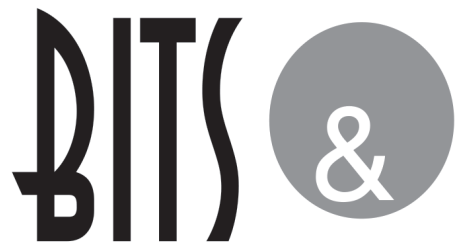
The Sterling Firefighters' Association will prepare their annual Chicken & Duck Barbecue on Saturday, September 26, rain or shine, at the Fire Station, with seatings at 4:30 and 6:30 p.m.

Chicken dinner \$13, duck dinner \$15. 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 and Traina & Traina Insurance Agency, 44 Main St., Sterling.

Nashua River kayak trip

Enjoy the beautiful fall foliage on a guided kayak trip down the Nashua River in Lancaster hosted by Still River Outfitters of Bolton on Satur-



day, September 26, 9 a.m. to noon. The trip departs the Nashua River Boat Launch on Route 117 at 9 a.m. and will arrive at Harvard's Oxbow Reservation around noon. \$15 per person, additional \$5 to rent an individual kayak. PFDs provided for all participants. Minimum age 12 to ride alone, but families with 2-person kayaks or canoes can bring children as young as 8 if accompanied by an adult. To register, visit stillriveroutfitters.com and click on the calendar/registration tab. For more information, email info@stillriveroutfitters.com or pstanton@wbjournal.com.

RTC meeting

The Sterling Republican Town Committee will meet on Monday, September 28, at 7 p.m. in the 1835 Town Hall, Room 1, first floor. For more information, email Loret. schur@gmail.com.

2015 Wachusett District Fall Camporee in Sterling



The combined Boy Scout, Webe-los, and Venturers event will take place from October 2 to 4 at the

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Sterling Springs Campground, 34 Ford Road, Sterling. Theme is Be Prepared—Back to (Boy Scout) Basics, and will include fire building, orienteering, knot tying, hiking, fishing, first aid training, bow saw relay, shelter building, and more. \$9 for each scout and adult (overnight), \$7 each Webelo and parent (includes patch, Saturday only), additional patches \$1. Pre-registration required for all units. No registrations accepted at the door. To register, visit nashuavalleybsa.org. For more information, contact Richard Lane at 978-500-3611 or email thelna@comcast.net.

Make a book the old fashioned way

The Chair City Community Art Center is a volunteer run workshop where firsthand accounts from furniture workers are made into hand-printed, hand-bound books using old fashioned methods of bookmaking. This month, volunteers who donate at least 3 hours of time can have a finished book. You don't need any special skills to volunteer. We will train you on the spot to make the books. You don't need to have

worked in the furniture industry to get involved. If you did work in the furniture industry, we want to give you a book and hear your story. Meetings throughout September. For more information, email peopleyoumaymeet@gmail.com, or drop in at 306 Central St.

Calling all crafters, artists and artisans

There are still spaces available for the 40th annual Horse Shed Fair, which will be held Saturday, October 3, rain or shine, from 10 a.m. to 4 p.m. on the grounds of the First Church of Christ, Unitarian (the Bulfinch Church), Main Street, Lancaster Center. This event is always popular with customers. For more information and an application, visit firstchurchlanasterma.org/events.

2nd Annual Laughs for Lyme

The Central Mass Lyme Foundation will hold a comedy fundraiser on Saturday, October 23, from 6 to 10 p.m., at the Spencer Country Inn located at 500 Main St., Spencer, Massachusetts. Tickets are \$40 per person and include dinner. For more information or to purchase tickets, visit laughsforlyme.brownpapertickets.com or CentralMassLyme.org, or call 1-888-511-LYME.

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.



Contributed PHOTO

Dwight

Here's Dwight!

One-year-old Dwight is a gorgeous gray and white male with medium length fur and a big, bushy tail. He looks like a Turkish Van. Dwight is a super sweet boy who loves people and gets along well with other cats. He has his distemper and rabies shots, is leukemia negative, neutered and has a microchip. The adoption fee is \$150. All cats are placed as indoors-only pets. For more information, or to schedule an appointment to meet Dwight or any of the kitties, email Marilyn@neady-cats.org, or call 978-422-5116.

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