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## MEETINGHOUSE

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August 16, 2017

## 3rd annual Lyme disease conference shares information and support

by Lex Thomas

For Michele Miller, co-founder together with her husband Ken of the Central Mass Lyme Foundation, Lyme disease awareness and prevention are missions and goals she strives for every day. Michele Miller's commitment to spread awareness of Lyme disease has its roots in a personal tragedy. On February 9, 2013, her mother Jeanne Cloutier died as a result of late stage Lyme disease, following several years of disabling pain, suffering, and misdiagnosis. Since launching the foundation in 2014, Miller has counseled hundreds of individuals and families affected by Lyme disease, and provided information and resources that she claims are not readily available and are largely unrecognized by the traditional medical community. Miller believes the illness is misunderstood, frequently misdiagnosed, and often left untreated, with potentially devastating results.

On Saturday, September 23, the third annual Central Mass Lyme Conference will bring together medical experts, researchers, healthcare professionals, and patients and their families for a day of presentations, workshops, and support. Speakers include Dr. Kenneth Liegner, a board certified internist with additional training in pathology and critical care medicine, and a well-known Lyme specialist, practicing in New York state; Dr. Daniel Cameron, an epidemiologist and Lyme disease pioneer; Dr. Elena Frid, a board certified neurologist and clinical neurophysiologist in New York, with a clinical focus in autoimmune disorders and neuro-Lyme conditions; Dr. Steven Phillips, a Yale-trained physician and researcher specializing in the diagnosis and treatment of Lyme disease; and Dr. Neil Spector, an oncologist and a cancer researcher at Duke University School of Medicine, who has described his painful near-death experience with



(Left to right) Ken Miller, Paula Denoncourt, Michele Miller, Ron Gangemi, and Darlene DiBara O'Connor.

Contributed PHOTO

Lyme disease in the recently published memoir, *Gone with A Heartbeat: A Physician's Search for True Healing*. (On Friday, September 22, Barnes and Noble in Lincoln Plaza, 541 Lincoln St., Worcester, will sponsor a book night featuring six authors who will sign their books from 7 to 8:30 p.m. A portion of all in-store sales, including non-Lyme related books, will be donated to the Central Mass Lyme Foundation.)

Twenty exhibitors, including testing laboratories, educational groups, supplement and essential oil suppliers, and Massachusetts-based support groups, will also participate.

While the conference is one of the foundation's yearly highlights, it's only part of what Miller does to spread awareness and information throughout the year. The foundation has recently added a phle-

botomist to its resources to help people with Lyme disease testing. Miller, formerly a librarian with the Wachusett Regional School District, has also been busy with her Lyme library campaign, distributing kits that include books, videos, flyers, and symptom checklists to public libraries in Central Massachusetts. She's frequently invited to speak to groups, and says that one of her favorite questions is what "ticks" her off.

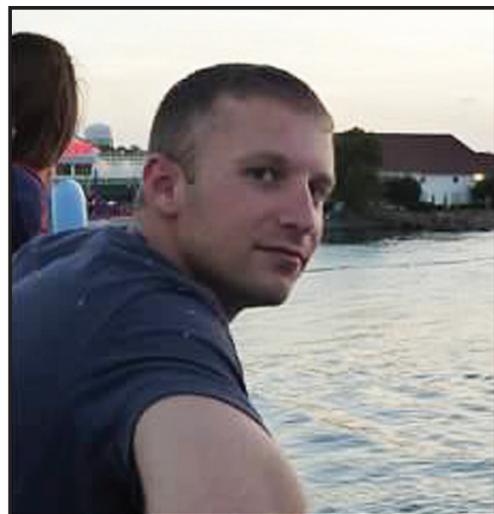
"Medical doubt is what ticks me off the most," she says without hesitation, "as well as how patients are treated and even invalidated. Lyme disease is the elephant in the room. It's time for that to stop." She believes that information and the willingness to advocate for oneself are the most important things Lyme disease sufferers can do, and the conference is designed to give patients and their families the tools they need to fight the disease head-on.

"The event is a wonderful and knowledge-packed day when we all come together to share information," says Miller. "Everyone can benefit from the conference. Anyone with a chronic illness should attend. Healthcare providers should attend. Our goal is to empower people with information. No one should have to suffer with Lyme disease alone or without the best possible treatment and care."

*The Central Mass Lyme Conference will take place on Saturday, September 23, 9 a.m. to 4:30 p.m. Registration 8:30 a.m. Worcester Technical High School, 1 Skyline Drive, Worcester. \$10 in advance, \$20 at the door. Tickets available online at CentralMassLymeConference.com.*

## Golf tournament for opioid addiction awareness

by Lex Thomas



Ryan Matthew Brunelle

Contributed PHOTO

A memorial golf tournament will take place on Saturday, August 20, at Cyprian Keyes Golf Club in Boylston, in memory of Ryan Matthew Brunelle, who died on May 12, 2016, of a drug overdose at the age of 27. The son of Sterling residents Marc and Tammy Brunelle, Ryan spent most of his life in Sterling, attended Sterling public schools, and graduated from Wachusett Regional High School in 2007. He later graduated from the Florida Institute of Technology in Melbourne with a bachelor's degree in mechanical engineering.

In addition to keeping their son's memory alive, the Brunelles want to increase public awareness of the opioid addiction crisis that is growing throughout communities large and small nationwide. "This is an issue that we knew nothing about, but that we've learned affects people of all ages," says Tammy Brunelle. She believes that those living in small, affluent communities may be especially vulnerable.

The tournament is sold out. Proceeds from the event, which will include a raffle, will be donated to Learn to Cope, a non-profit support network for individuals and families dealing with addiction and recovery ([learn2cope.org](http://learn2cope.org)).

*In our next issue, Sterling Meetinghouse News will explore the opioid addiction crisis in central Massachusetts.*

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

### In This Issue

Letters	2
Announcements	3
Business News	4
Town News	4
School News	5-6
Local Happenings	7
Library News	8
Recreation	8
TV	9
Senior	10
FYI	11

### ROAD WORK UNDERWAY IN STERLING

A significant construction project on Route 12 between Chocksett Road and I-190 may cause traffic delays Mondays through Fridays throughout the summer. Drivers are asked to exercise caution when using the new roundabout, and to slow down when travelling through construction zones.

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**Gala thank you**

Devens Common Center was abuzz with the spirit of generosity on May 20. It was a sold out event with over 200 people coming together to enjoy a festive evening at the Treasures of the Community Gala. All enjoyed socializing and viewing auction items during cocktail hour and then feasting on a delicious buffet dinner and scrumptious desserts. Serious bidding followed well into the evening on a plethora of live and silent auction treasures. The night could not have happened without the multitude of people who participated. A huge thank you to all of our wonderful volunteers, attendees, donors, advertisers and anyone else who contributed in any way to our efforts. We couldn't have done it without all of your support. You helped raise \$36,000 this year, which brings the total raised over the years to \$256,000!

Proceeds help fund Neighbor to Neighbor, helping Sterling residents during difficult economic times; Interfaith Hospitality Network, sheltering families who are homeless in the Worcester area; the LaRomana Mission, providing medical support and clean water to the Haitian population in impoverished sugar cane villages in the Dominican Republic; and First Church in Sterling, for our local community outreach endeavors.

Treasures of the Community Gala team  
Phil Holman and Pam Guild, Co-chairs  
Gereda Burger, Linda Davis  
Linda Holman, Janet Madison

**Letters to the Editor**

Letters should be no more than 300 words, and must include the writer's name, address, phone number and signature. Only name, street name and town will be printed. Letters may be edited for length and clarity. On occasion, letters up to 500 words may be published as opinion pieces, at the editor's discretion. Send email to [lex@sterlingmeetinghousenews.com](mailto:lex@sterlingmeetinghousenews.com) or mail to:

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



PHOTO by Richard Maki

Congressman Jim McGovern joined Sterling Democrats raising donations for the Wachusett Food Pantry at the Sterling Farmers Market on July 21.

**July food drive a success**

The Sterling Democratic Town Committee would like to thank everyone who donated to our July food drive to support Wachusett Food Pantry. The drive was a success, collecting \$296 and 60 boxes of food, personal care and household products. These donations will help many in our community at a time of year when food pantry donations are low. If you missed the drive and would like to donate, you can mail a check to the Wachusett Food Pantry at P.O. Box 62, Jefferson, MA 01522-0062.

Christine Smith  
Sterling Democratic Town Committee

**Correction**

On page 4 of the July 19 issue, Chocksett Middle School student Thomas Cox was omitted from the 8th grade high honors list. We regret any confusion this may have caused.

**Treat the cause, not the symptoms**

There's been a little controversy generated in Sterling Meetinghouse News recently over the expressed concern by Sterling resident Maryanne MacLeod that the near annual multi-thousand dollar application of bulk toxins into the lake is likely harmful to both the lake ecosystem and the humans who use it. I share her concern for the added reason that we're treating a symptom and not the cause. Some background:

- A comprehensive lake study was done circa 1982 and it concluded that lakeshore septic systems were indeed polluting the lake.
- Additional testing (for leachate detection) was done circa 2000 and it was concluded that lakeshore septic systems were indeed still polluting the lake.
- All the studies done since, I believe, have not specifically concentrated on leachate detection and as such have not conclusively determined if septic contamination of the lake is still a problem or not.
- Not too long ago, a DCR employee indicated that he has no doubt that there are still problematic cesspools in use in close proximity to the shoreline.
- The leadership of the Sterling Conservation Commission and the East Lake

Washacum Association (actually, all the same) admitted as late as 2012 that lakeshore septic systems are the main problem at the lake.

The above notwithstanding, ELWA folks still seem to argue that since so many systems have been upgraded since 2000 it should no longer be much of a problem. Of course, that's not necessarily true, because:

- Many systems remain original.
- Many variances were granted in the upgrading approvals because of Maximum Feasible Compliance statutes in T5.
- The minimum safe statutory distance for drinking water is 400 feet, whereas for swimming it's only 50 feet, or eight times less stringent.

So, why not spend some of this year's testing/treatment money on an updated specific leachate detection study, per the protocol of readily available government guidance, to put this issue to rest once and for all? If there's conclusive proof that any specific septic systems are still a problem, then it seems to me that they should be fixed before more taxpayer dollars for the treatment of the symptoms is spent.

Gary Menin, Sr.  
Board of Health member and  
Sterling resident



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

Publisher • Mark Barbato  
Editor • Lex Thomas  
Contributors • Jamie Chase Galvin, Robert McKay Jones, Richard Maki and Lex Thomas  
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# ANNOUNCEMENTS

## Sheriff's annual senior picnic

Worcester County Sheriff Lew Evangelidis will host the Sheriff's Annual Senior Picnic on Saturday, August 19, 11 a.m. to 3 p.m., at SAC Park, located at 348 Lake St., Shrewsbury. In addition to a traditional BBQ menu, the event will include bingo, raffle prizes, and live music. Admission is free for all seniors.

## Curbside trash/recycling for September

Due to the Labor Day holiday on Monday, September 4, trash/recycling curbside routes will be picked up one day later the week of September 4 on Tuesday through Saturday (no pickup on Monday, September 4). Have trash/recycling curbside by 7 a.m. one day later than your regularly scheduled pickup day.

## Mandatory odd/even water ban restriction

All use of automatic irrigation systems and any type of lawn sprinkler must 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 a hose is unrestricted and may be performed on any day or time. For more information, visit the DPW web page at [sterling-ma.gov](http://sterling-ma.gov).

## Wachusett Food Pantry August and September distribution

Friday, August 18 for seniors, and Saturday, August 19 for the public, 9 to 11 a.m. Friday, September 15 for seniors, and Saturday, September 16 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. The WFP is a 100 percent volunteer-run year-round operation that provides monthly three to five-day supply of emergency food to any family with either a short- or long-term need. New and current volunteers are encouraged to help with distribution, especially during

the summer months. For information, call 978-563-1064, email [wfp@wfp1995.org](mailto:wfp@wfp1995.org), or visit [wfp1995.org](http://wfp1995.org).

## Chemical and paint collection

Wachusett Regional Recycling Center will hold a household hazardous products collection on Saturday, September 16, from 8 a.m. to noon. Also accepting all bulk, recycle, reuse and electronics (some with fee). The Wachusett Watershed Regional Recycling Center is open Tuesdays 9 to 11 a.m., Wednesdays 2:30 to 4:30 p.m., Thursdays 5 to 7p.m., and every third Saturday 8 to 11 a.m. The Recycling Center welcomes home goods, reusable furniture, crafts, sporting goods, fabric, bicycles, school supplies and appliances for swap or to be passed on to families in need. Each large appliance or furniture item disposal fee \$5 to \$15. For more information, call 978-464-2854 or visit [wachusettearthday.org](http://wachusettearthday.org).

## 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 2017.

## Hot weather can be dangerous for pets

Sterling Animal Control Officer Louis Massa reminds residents that hot weather can be hazardous to 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 annual photo contest

Photographers of all ages, abilities, and backgrounds are encouraged to enter the annual Mass Audubon Picture This: Your Great Outdoors photography contest. The competition encourages participants to reveal the state's natural wonders, including people in nature, birds, mammals, other animals, landscapes, and plants and fungi. The contest includes two age levels: 18 and Older, and Under 18. Each entrant may submit up to 10 photos, which must be taken in Massachusetts, or at Mass Audubon's Wildwood Camp in Rindge, New Hampshire. A grand prize winner will be awarded a \$250 gift card, to be redeemed at a Mass Audubon shop or wildlife sanctuary. The grand prize photograph will be featured in Mass Audubon's member newsletter. Eleven winners will receive \$100 gift cards, and at least six honorable mentions will win \$50 gift cards. Additional honorable mentions may be awarded at the discre-

tion of the judges. Deadline September 30. All entries must be submitted online. For submission guidelines and other contest rules and details visit [massaudubon.org/picturethis](http://massaudubon.org/picturethis).

## ReStore seeks donations

Habitat for Humanity North Central Massachusetts is looking for donations for their ReStore, located in Leominster. ReStore sells donated new and gently used furniture, home improvement and building materials at a fraction of the original retail value. All profits go to support home ownership for hard working families in North Central Massachusetts, while keeping good reusable materials in use and out of the landfill.

To donate gently used items, visit the store anytime Wednesday through Saturday, 10 a.m. to 4 p.m. Staff available to assist with offloading items. You can also contact the store at 978-227-5556, or visit [restorencm.org/donate](http://restorencm.org/donate) to schedule a donation pick-up. Donations are picked up Wednesdays, Thursdays and Fridays.

## The First Church in Sterling's 12<sup>th</sup> Annual

# TOWN-WIDE YARD SALE



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# SATURDAY, SEPT. 16<sup>th</sup>

8:00 - 2:00, Rain or Shine

**Registration fee is \$20 & A limited number of spaces are available on the common for a fee of \$25**

All proceeds from the registration fees and the sale of maps to benefit youth and adult education programs and opportunities at The First Church in Sterling.

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**Maps are \$2 each and will be available the day of the sale on the Common**

For information contact

Linda Davis @ 978-563-1773/ [davisfarmers@comcast.net](mailto:davisfarmers@comcast.net)

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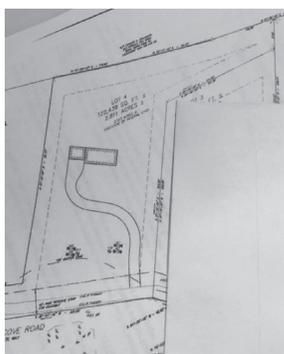


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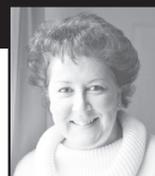
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### Caryn Gorczynski awarded top honors

Caryn Gorczynski from Century 21 Center Home Team was 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 member of "America's Best Real Estate Agents," and ranked #6 for Worcester County and #19 for Massachusetts. She is a broker at Century 21 Center Home Team at 27 Main St., Sterling.

### Free small business counseling

Nashoba Valley Chamber of Commerce offers business counseling services through the Massachusetts Small Business Development Centers (SBDCs) and SCORE (Service Corps of Retired Executives). Both agencies provide free one-to-one management and technical assistance counseling for prospective and existing small businesses. Counselors are available on Tuesdays by appointment only. To schedule an appointment, call 978-425-5761.

### Rabies/microchip clinic

There will be a rabies/microchip clinic in Sterling on Saturday, October 14. For more information, contact Louis Massa, Sterling Animal Control Officer, at 978-422-7331

### Community Emergency Response Teams holding boot camp information sessions

Community Emergency Response Teams (CERT) from Sterling, Holden, Paxton, and West Boylston will be holding volunteer emergency first responder information and registration sessions from August 16 to 28. These registration sessions are for any town residents interested in learning more about the two-day emergency skills CERT "boot camp" at the Treasure Valley Boy Scout Camp in Paxton, held on September 23 to 24.

The two-day boot camp is being sponsored by CERT teams from Sterling, Holden, Paxton, and West Boylston, and will provide area teens and adults with the training necessary to better prepare themselves and their families for natural and manmade emergencies as well as to assist their communities during an emergency. No special skills or experience are needed to attend. Individuals who complete the boot camp will be certified to become volunteer community emergency responders.

The information and registration sessions will provide interested boot camp participants with training materials and pre-boot camp learning activities. Residents interested in the boot camp and volunteering can contact the Sterling team by email at jim.emerton@sterlingfd.net. For more information about the boot camp and registration, visit [holdencert.org/cert-boot-camp-training.html](http://holdencert.org/cert-boot-camp-training.html).

The registration and information sessions are free and open to the public in Sterling on Thursday, August 24, 7 p.m. to 9 p.m., and Monday, August 28, 7 p.m. to 9 p.m., at the Sterling Fire Department, 5 Main St., Sterling.

## Fun for all at the Sterling Fair

by Robert McKay Jones

This year's Sterling Fair will take place Friday, Saturday and Sunday, September 8 to 10, at the Sterling Airport on Greenland Road. Like most local fairs, Sterling Fair has a long, and sometimes checkered, history.

The Sterling Fair or Cattle Show or Sterling Farmers' Fair as it has been called has a tradition in Sterling dating back to 1860. Except for a few short lapses during the Civil War, World War I and the years between 1958 and 1981 when the fair was suspended due to lack of volunteers, the Sterling Fair has been an important launch to fall in our corner of New England. People came from far and wide to witness proud farmers, growers, bakers, crafters and canners celebrate their talents and wares in friendly competition. Noted Sterling farmers with familiar names like Butterick, Fitch, Chandler, Sawyer, Wilder, Osgood, Burpee, and many other notables took part.

The Town Common was the center of all the action. Pens were set up along Main Street to accommodate the various thoroughbreds who awaited judging and hoped for the coveted blue ribbon. Dinner was often held in the upper or lower Town Hall, which often proved too small to host the entire crowd in one sitting, especially before the building was ex-



File PHOTO

There's fun for everyone at the Sterling Fair.

panded in 1893. Seminars, exhibits, acts, and entertainment of all sorts were part of the fair's activities. Musicians playing the music of the day, ventriloquists with their talking puppets, tool and machinery demonstrations, salesmen selling potions to soothe the skin or cure ailments, food vendors of all sorts, and games for kids and adults alike were among the attractions that made the fair a popular and highly anticipated event.

In the early 20th century, there were also games that would be considered offensive today, although they were a regular feature of all town fairs. Fortunately, those days are long gone. Today's Sterling Fair has the family appeal you would hope for in a small town fair, offering great fun, good food and spirited competition for all ages.

For more information, exhibitor lists, and an entertainment schedule, visit [sterlingfair.org](http://sterlingfair.org), or keep up with the latest news and happenings at *The Sterling Fair* on Facebook.



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# A well-deserved dedication

by Jamie Chase Galvin

The Sterling community has rewarded the hard work, dedication, and tremendous commitment of one deserving educator by renaming the Chocksett Middle School gymnasium to the Susan O. Lauder Gymnasium. At the annual town meeting in May, it became official that the Chocksett gym would be dedicated in honor of Lauder who served as a physical education teacher in Sterling for 38 years.

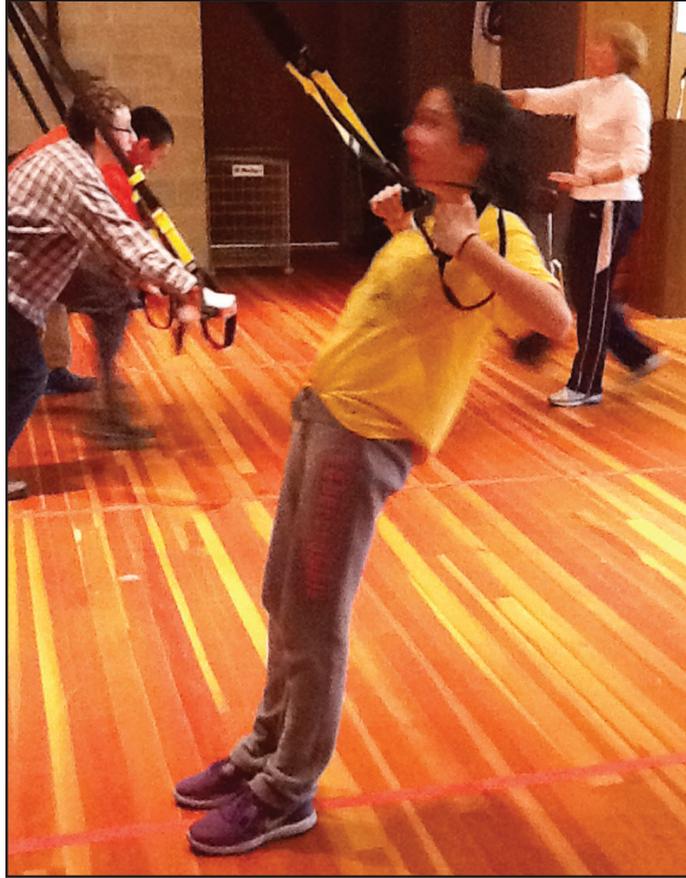
Graduating with a Bachelor of Science degree from the University of New Hampshire in physical education in 1978, Lauder landed what would be her first, and ultimately her last job, as a physical education teacher for the town of Sterling. Over the years, Lauder worked in numerous locations across town including the Butterick Building, Houghton, and most recently at Chocksett, all in her capacity as a physical education teacher.

"I always had a love for sports and physical activity," says Lauder. "I started studying PE in college and stayed with it, happily, throughout my career."

That love of physical education and physical activity translated into a tremendous career that spanned over three decades.

Physical education, for Lauder, is a lifestyle that has a far reaching impact on students and is what made her so passionate about her vocation. "The foundation for an active lifestyle can be set when students are young and enjoy PE activities," she says. "Research is clearly showing that our children need activity desperately. Nationwide there have been so many efforts to get children outside and moving. Even recess once a day has been shown to be critical to helping students focus in class. There are many life lessons about good sportsmanship and teamwork that happen all the time in PE class."

Over 38 years, Lauder has accumulated many accomplishments and memories, including additional credentials with a Master of Education degree in Human Movement and Adaptive Physical Education from Boston University and a Master of Education degree in Adventure Education from Plymouth State. But Lauder feels her



Teacher Susan Lauder teaching a class at Chocksett Middle School.

Contributed PHOTO

greatest accomplishment "has always been to have my students go to high school and beyond feeling prepared and unafraid of new physical challenges and with a desire to be more fit."

Lauder also counts Butterick Gym Shows from years back, cross country skiing, snowshoeing, and tubing on the fields behind the Sterling schools, and field days as some of her greatest work memories. "Having the gymnasium renamed has been an incredible honor and I feel so much gratitude to the people in Sterling and the staff and students at Chocksett," she says. "I feel so lucky to have worked with so many talented and dedicated teachers in the past and present."

With her energy, creativity, and exuberance Lauder has created a lasting impact on the Sterling community and countless generations of students. "I think most people are well aware of the impact Sue had on Sterling," says Chocksett Middle School Principal Chris LaBreck. "I'm not sure, though, that she recognizes how far reaching her impact and influence reaches. Prior to arriving in Sterling, I was aware of Sue. I know of PE teachers in three different districts who consider Sue a mentor, not to mention the influence she had on her colleagues across the Wachusett district. People all over central Massachusetts strive to teach like Sue did."

The renaming of the Chocksett gymnasium to the Susan O. Lauder Gymnasium is unanimously considered to be a well-deserved honor. LaBreck summarizes it best. "For 38 years, Sue was a mentor and role model to countless numbers of students

and community members. Her passion, not just for physical education, but for the welfare of everyone in our community, has had a lasting and significant impact. Her tireless efforts ensured that students learned in a fun and safe environment. The lessons she taught about sportsmanship and caring for each other were part of her job. The work she did when no one was looking—donating equipment and material, counseling, consoling, and caring for her students—is who she is and what makes her such a special person."

## LCU helps local students pay for college

Leominster Credit Union has introduced a new alternative student loan program that helps students fill the funding gaps that federal aid can leave behind. Unlike other alternative loan products, Leominster Credit Union's Student Choice private loan solution offers significantly lower rates, zero origination fees and more flexible repayment terms. For more information, visit [leominstercu.com](http://leominstercu.com) or call 800-649-4646.

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Samantha Ladner

Contributed PHOTO

## Dancer wins national honors

Thirteen-year-old Samantha Ladner of Leominster has been training at Paula Meola Dance & Performing Arts in Sterling since she was a toddler. Over the years, PMD has provided Samantha with the opportunity to work with the top dance professionals in New England, New York, and Los Angeles. Last year, Samantha was awarded 1st Overall High Score Solo 12 & Under and Junior Ballet Title Class Winner at the American Dance Awards Nationals in New York. Most recently, Samantha competed at Headliners Dance Championships Nationals at Foxwoods and was awarded the title of National Teen Miss Headliner. In July, Samantha participated in the Kaatsbaan International Dance Center's Extreme Ballet summer program in upstate New York. Samantha was one of 40 dancers chosen from across the country to attend. Samantha also performed the lead role of Clara in Paula Meola Dance's production of The Nutcracker Ballet in December 2016.

## Cub Scouts registration night

Sterling Cub Scouts Pack 34 is hosting a meet and greet on Thursday, September 14, 6 to 8 p.m., at the Eight Point Sportsmen's Club, located at 147 Beaman Road, Sterling. Existing Cub and Boy Scouts will be on hand to answer questions and to engage newcomers in fun games and activities. Parents are invited to meet with current den leaders and committee members to learn more and register for the upcoming year. Cub Scouts are for boys entering grade 1 through grade 4. The scouting season begins on Friday, September 22. Dens generally meet every other Friday evening throughout the year. Special activities take place once a month, on a weekend day or on Wednesday evenings. Hikes, fishing, Halloween trick or treating, holiday decoration making, sledding, pinewood derby and a sleepover at a popular venue are all on the agenda for the 2017-18 season. For more information, email [sterlingpack34cubmaster@gmail.com](mailto:sterlingpack34cubmaster@gmail.com) or visit [sterlingpack34.trooptrack.com](http://sterlingpack34.trooptrack.com).

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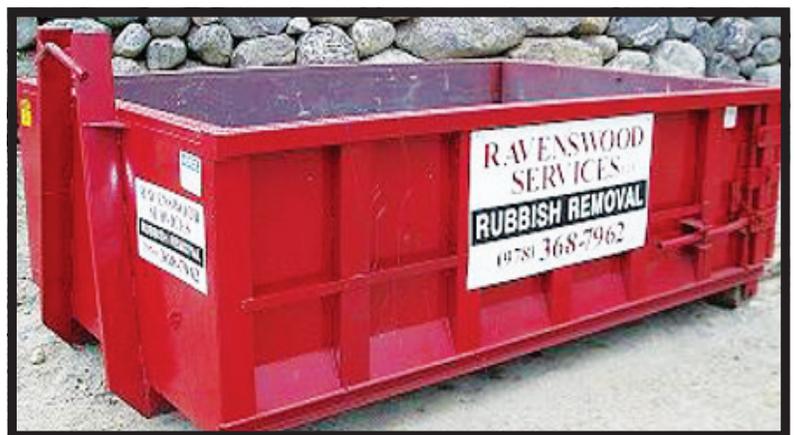
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**August is National Immunization Awareness Month for pets**

Warm weather is here and so is flea, tick and mosquito season. All of these pests can be dangerous to family pets, and all can be tested for and prevented or treated with preventative year-round care. The Sterling Shelter's on-site veterinary clinic is offering a low cost walk-in clinic for the community's pets on Thursday, August 24, 4 to 6 p.m., at 17 Laurelwood Road, Sterling. No appointment needed. All dogs must be on a leash and cats must be in a secure carrier. The clinic will not vaccinate aggressive or feral animals. Cash, Visa/MasterCard or debit cards accepted. For more information, visit facebook.com/sterlingshelterclinic, or SterlingShelterClinic.org, email Sterlingshelterclinic@gmail.com, or call 978-422-8449.

**Firefighters' Chicken & Duck Barbecue**

The Sterling Firefighters' Association will prepare their annual Chicken & Duck Barbecue on Saturday, September 23, 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.

**Tasty treats and fun at farmers market**

The Sterling Farmers Market is in full swing and runs every Friday rain or shine through October 20, from 3 to 6:30 p.m. Located at 1 Park St., (in front of the Butterick Municipal Building), downtown Sterling. Live music, crafters, monthly special children's events, and a wide variety of local vendors offering fresh, home grown and homemade products. The vendor lineup for the 2017 season includes B & B Farm, Meadowbrook Orchards, Minuteman Kettle Corn, Pineo Family Farm, Shamrock Hives Farm, Thompson's Maple Farm, try a Little Whoopie (featuring Fox Hollow Pie Company baked goods), and more. Local businesses and individuals can support the market by sponsoring a musician and/or children's event. Sponsors will be invited to set up a table at the market, and their support will be promoted with signage at the market and on the market's Facebook page. For a complete list of vendors, upcoming musicians, and more information, 'Like' Sterling Farmers on Facebook or email sterlingfarmersmarket@gmail.com.

**Sterling Community Theatre presents Disney's Beauty and the Beast**

Sterling Community Theatre is proud to present Disney's Beauty and the Beast. The show is directed by Rachael Rossi, with musical direction by Steven Bergman, and choreographed by Amanda Lawton. Six performances over two weekends will be held on September 15, 16, 22 and 23. Evening performances are at 7:30 p.m., with Saturday matinees at 2 p.m. All performances will be held in the Parish Hall of the First Church in Sterling, located at 6 Meetinghouse Hill Road. Tickets are \$20 for adults, \$15 for seniors (65 and older) and children (12 and under). Tickets available in advance at sterlingtheatre.com or at the door.



Leighton Moylan (Beast) and Maggie Mescall (Belle).

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## Celebrate the end of summer 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

**Under the Sea Storytime** – Children ages 2 and up are invited to attend a special storytime filled with stories from under the sea and a themed craft on Wednesday, August 16, at 10:30 a.m. Registration is required.

**Fall Storytime** – Sign-up opens on Monday, August 21, for the next 6-week storytime series beginning the week of September 10 and ending the week of October 15. Mondays at 2 p.m., ages 3 and up; Tuesdays at 10:30 a.m., ages 18 months to 3 years; Wednesdays at 10:30 a.m., ages 3 years and up; Thursdays at 10:30 a.m., drop-in baby storytime birth to 18 months. Registration is limited and spaces fill quickly. (No registration required for drop-in baby storytime.)

**Kindergarten Storytime** – Children entering kindergarten are invited to attend a special storytime featuring kindergarten-themed stories and a craft on Monday, August 21, at 2 p.m. Registration is required.

**Preschool Storytime** – Children entering preschool are invited to attend a special storytime featuring preschool-themed stories and a craft on Tuesday, August 22, at 10:30 a.m. Registration is required.

**Drop-in Baby Storytime** – Crawl in for baby storytime on Thursday, August 17, and Thursday, August 24, at 10:30 a.m. Babies ages birth to 18 months. No registration required.

### Remember to enter summer reading raffle

The last day to log hours and enter tickets into Conant Public Library's summer reading raffle is Thursday, August 17. Registration is required. Go to [sterlinglibrary.org](http://sterlinglibrary.org), visit the library, or call 978-422-6409.

### Adult coloring

Discover the stress-reducing and relaxing benefits of coloring at Conant Public Library's adult coloring program. Monday, August 28, at 6:30 p.m. Supplies available or bring your own. No registration required.

### What's cooking at the Cookbook Club?

Instead of using a cookbook, this month will feature personal favorites on Wednesday, August 30, at 6:30 p.m. Prepare a dish, and bring it to the library for an evening of good food, great conversation, and new recipes. To register, call 978-422-6409.

### Parent's Night Out Book Club

Enjoy an evening out with a good book. The Parent's Night Out Book Club features different family- and parenting-themed reads each month. Wednesday, September 6, 6:30 p.m., we'll read *This Is How It Always Is* by Laurie Frankel, which follows a young boy named Claude and his family as they work through change, the unexpected, and letting go of a family secret. Books available at the library. No registration required.

### Download Conant Public Library app

Conant Public Library has a new app! The free app provides access to a mobile-friendly catalog, your CWMARS account, as well as Overdrive and other library services. The Conant Public Library app is available to download through the App Store and the Google Play Store. Search for CWMARS, then download. For more information, call 978-422-6409.

### Meditation with Gina Engel

Conant Public Library is offering a free meditation program with Gina Engel at the Sterling Senior Center at 36 Muddy Pond Road. Participants will enjoy sessions on insight, breath, mantra, walking, and loving kindness. Each meeting will include both information and a practice

session. Join Engel, who has studied yoga and meditation philosophies with nationally known instructors, Mondays at 6 p.m., beginning Monday, September 11. Adults of all ages are invited to attend. No registration required. For more information, call 978-422-6409.

### Adult Summer Reading Program

The 13th Annual Conant Public Library Adult Summer Reading Program runs through August 31. Adults who check out reading materials (adult books, magazines or audio books) will receive a raffle ticket. Local businesses are offering wonderful prizes for the raffle. For more information, call 978-422-6409.

### Sterling Rec Fall programs are coming

Summer's almost over. There are lots of fall and winter programs coming. Watch for Sterling Recreation's fall-winter-spring 2017-2018 program brochure, coming after Labor Day.

### Town beach parking permits

Resident parking permits allow Sterling residents to park at Sholan Park, which provides access to the town beach. Residents must have a blue sticker affixed to their vehicles in order to park legally. Resident parking permits are issued by the Sterling Recreation Department, primarily distributed at Sholan Park by the parking attendant on duty when the town beach is open, Monday to Sunday, noon to 8 p.m., weather permitting, or contact Sterling Recreation at 978-422-3041. Residents must present a current, valid vehicle registration. Families or individuals currently renting in Sterling are also eligible for a seasonal parking pass. Renters should contact Sterling Recreation at 978-422-3041 and must provide a recent utility bill for proof of residency. Guest passes are available.

### Town beach closing for the season

The town beach will close for the season after Sunday, August 20. Life-guards will no longer be on duty and bathhouses will not be open. A port-o-potty will be on site and vehicles still must have proper permits and passes to park. Thank you to everyone that helped make this another wonderful summer!

### Summer Concert Series

Mondays and Wednesdays, 6 to 8 p.m., at Memorial Park. Free and open to the public.

**Wednesday, August 16** – *The Crushers*. Featuring Sterling residents Zachary and Jacob Brennan, Ben and Jonathan Godbout and James Barone. This young band plays a variety of alternative rock.

**Monday, August 21** – *The P.T. Pickers* (formerly *The Blue Flames*). A 4-piece Sterling-based band that plays all styles of rock music from classic to bizarre.

**Wednesday, August 23** – *Lou Borelli Octet*. Original arrangements from the *Dave Pell Octet*, one of the bands credited with the creation of the west coast jazz scene in the 1950s. Shorty Rogers and Marty Paich were the first arrangers to showcase the group's unique sound. *The Lou Borelli Octet* plays arrangements as a tribute to Don Fagerquist, a Worcester-born trumpet player who played with the great west coast bands of his time. For more information, visit [borellimusic.com](http://borellimusic.com).

**Monday, August 28** – *Throwback to the 60s*. *Throwback* is a vintage 60s rock band from Massachusetts featuring loads of veteran musicians that will get you rocking and rolling to the songs of the 60s. For more information, visit [facebook.com/throwbacktothe60s](http://facebook.com/throwbacktothe60s).

*The Sterling Recreation Department is grateful to the Massachusetts Cultural Council, Aubin Trucking and Excavating, Century 21 Center Home Team, Clinton Savings Bank, Don-Jo Manufacturing, DMH Electric, Inc., Groundwater Supply Co., Hendrickson Advertising, Leominster Credit Union, Pandolf-Perkins Company, Rafferty Aluminum and Steel Co., Rota Spring Ice Cream, Sterling Deli & Chinese Takeout, Village Pizza & More, for their sponsorship of the summer concert series.*

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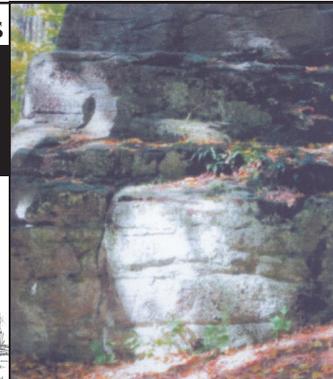


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# Sterling-Lancaster Community TV

## Broadcast Schedule August 19 to Aug 25, 2017

Comcast Channel 8

### Saturday

Time	Program	Genre
12:00 AM	Game Crush - Fallout 4 Blind Play Through P27	Entertainment
12:30 AM	Game Crush - Fallout 4 Blind Play Through P28	Entertainment
1:00 AM	Game Crush - Fallout 4 Blind Play Through P29	Entertainment
1:30 AM	Game Crush - Fallout 4 Blind Play Through P30	Entertainment
4:00 AM	Game Crush - Fallout 4 Blind Play Through P27	Entertainment
4:30 AM	Game Crush - Fallout 4 Blind Play Through P28	Entertainment
5:00 AM	Game Crush - Fallout 4 Blind Play Through P29	Entertainment
5:30 AM	Game Crush - Fallout 4 Blind Play Through P30	Entertainment
6:30 AM	Consumer Affairs - Barbara Anthony	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	92nd Wachusett Firefighters Muster	Local
1:00 PM	Focus On Europe - Domestic Violence	Documentaries
2:00 PM	Fake News	Educational
3:00 PM	92nd Wachusett Firefighters Muster	Local
4:00 PM	Childrens Corner - Doggone Day	Children
5:00 PM	Nashoba Symphonic Band - Graduation Concert	Music
6:15 PM	The Song - Donny Bartley	Music
7:00 PM	Focus On Europe - Domestic Violence	Documentaries
8:00 PM	Fake News	Educational
9:00 PM	92nd Wachusett Firefighters Muster	Local
10:00 PM	Consumer Affairs - Barbara Anthony	Interview

### Sunday

12:00 AM	Game Crush - Fallout 4 Blind Play Through P27	Entertainment
12:30 AM	Game Crush - Fallout 4 Blind Play Through P28	Entertainment
1:00 AM	Game Crush - Fallout 4 Blind Play Through P29	Entertainment
1:30 AM	Game Crush - Fallout 4 Blind Play Through P30	Entertainment
4:00 AM	Game Crush - Fallout 4 Blind Play Through P27	Entertainment
4:30 AM	Game Crush - Fallout 4 Blind Play Through P28	Entertainment
5:00 AM	Game Crush - Fallout 4 Blind Play Through P29	Entertainment
5:30 AM	Game Crush - Fallout 4 Blind Play Through P30	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	92nd Wachusett Firefighters Muster	Local
1:00 PM	Focus On Europe - Domestic Violence	Documentaries
2:00 PM	Fake News	Documentaries
3:00 PM	92nd Wachusett Firefighters Muster	Local
4:00 PM	Childrens Corner - Doggone Day	Children
5:00 PM	Nashoba Symphonic Band - Graduation Concert	Music
6:15 PM	The Song - Donny Bartley	Music
7:00 PM	Focus On Europe - Domestic Violence	Documentaries
8:00 PM	Fake News	Educational
9:00 PM	92nd Wachusett Firefighters Muster	Local
10:00 PM	Consumer Affairs - Barbara Anthony	Interview

### Monday - Friday

12:00 AM	Game Crush - Fallout 4 Blind Play Through P31	Entertainment
12:30 AM	Game Crush - Fallout 4 Blind Play Through P32	Entertainment
1:00 AM	Game Crush - Fallout 4 Blind Play Through P33	Entertainment
1:30 AM	Game Crush - Fallout 4 Blind Play Through P34	Entertainment
4:00 AM	Game Crush - Fallout 4 Blind Play Through P31	Entertainment
4:30 AM	Game Crush - Fallout 4 Blind Play Through P32	Entertainment
5:00 AM	Game Crush - Fallout 4 Blind Play Through P33	Entertainment
5:30 AM	Game Crush - Fallout 4 Blind Play Through P34	Entertainment
7:30 AM	Your Federal Government - FEMA	Interview
9:00 AM	Dish It Out - Ep 21 - Pan Roasted Skate	Cooking
10:00 AM	Physician Focus - Lyme Disease	Health
11:00 AM	Car Guy Channel - Cars Done This Year	Hobby
12:00 PM	Lancaster Memorial Day Ceremonies	Local
1:15 PM	DW Tomorrow Today - Living with Forgetting	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	Childrens Corner - Cheddars Better	Children
5:00 PM	Sterling Summer Concert Series - Holdin' Back	Music
7:15 PM	DW Tomorrow Today - Living with Forgetting	Documentaries
7:45 PM	Lancaster Memorial Day Ceremonies	Local
9:00 PM	Car Guy Channel - Cars Done This Year	Hobby
10:00 PM	Your Federal Government - FEMA	Interview

## Broadcast Schedule August 26 - September 1, 2017

Comcast Channel 8

### Saturday

Time	Program	Genre
12:00 AM	Game Crush - Fallout 4 Blind Play Through P31	Entertainment
12:30 AM	Game Crush - Fallout 4 Blind Play Through P32	Entertainment
1:00 AM	Game Crush - Fallout 4 Blind Play Through P33	Entertainment
1:30 AM	Game Crush - Fallout 4 Blind Play Through P34	Entertainment
4:00 AM	Game Crush - Fallout 4 Blind Play Through P31	Entertainment
4:30 AM	Game Crush - Fallout 4 Blind Play Through P32	Entertainment
5:00 AM	Game Crush - Fallout 4 Blind Play Through P33	Entertainment
5:30 AM	Game Crush - Fallout 4 Blind Play Through P34	Entertainment
6:30 AM	Your Federal Government - FEMA	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Lancaster Memorial Day Ceremonies	Local
1:15 PM	DW Tomorrow Today - Living with Forgetting	Documentaries
2:00 PM	Car Guy Channel - Cars Done This Year	Hobby
2:45 PM	Lancaster Memorial Day Ceremonies	Local
4:00 PM	Childrens Corner - Cheddars Better	Children
5:00 PM	Sterling Summer Concert Series - Holdin' Back	Music
7:15 PM	DW Tomorrow Today - Living with Forgetting	Documentaries
7:45 PM	Lancaster Memorial Day Ceremonies	Local
9:00 PM	Car Guy Channel - Cars Done This Year	Hobby
10:00 PM	Your Federal Government - FEMA	Interview

### Sunday

12:00 AM	Game Crush - Fallout 4 Blind Play Through P31	Entertainment
12:30 AM	Game Crush - Fallout 4 Blind Play Through P32	Entertainment
1:00 AM	Game Crush - Fallout 4 Blind Play Through P33	Entertainment
1:30 AM	Game Crush - Fallout 4 Blind Play Through P34	Entertainment
4:00 AM	Game Crush - Fallout 4 Blind Play Through P31	Entertainment
4:30 AM	Game Crush - Fallout 4 Blind Play Through P32	Entertainment
5:00 AM	Game Crush - Fallout 4 Blind Play Through P33	Entertainment
5:30 AM	Game Crush - Fallout 4 Blind Play Through P34	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	Lancaster Memorial Day Ceremonies	Local
1:15 PM	DW Tomorrow Today - Living with Forgetting	Documentaries
2:00 PM	Car Guy Channel - Cars Done This Year	Hobby
2:45 PM	Lancaster Memorial Day Ceremonies	Local
4:00 PM	Childrens Corner - Cheddars Better	Children
5:00 PM	Sterling Summer Concert Series - Holdin' Back	Music
7:15 PM	DW Tomorrow Today - Living with Forgetting	Documentaries
7:45 PM	Lancaster Memorial Day Ceremonies	Local
9:00 PM	Car Guy Channel - Cars Done This Year	Hobby
10:00 PM	Your Federal Government - FEMA	Interview

### Monday-Friday

12:00 AM	Game Crush - Fallout 4 Blind Play Through P35	Entertainment
12:30 AM	Game Crush - Fallout 4 Blind Play Through P36	Entertainment
1:00 AM	Game Crush - Fallout 4 Blind Play Through P37	Entertainment
1:30 AM	Game Crush - Fallout 4 Blind Play Through P38	Entertainment
4:00 AM	Game Crush - Fallout 4 Blind Play Through P35	Entertainment
4:30 AM	Game Crush - Fallout 4 Blind Play Through P36	Entertainment
5:00 AM	Game Crush - Fallout 4 Blind Play Through P37	Entertainment
5:30 AM	Game Crush - Fallout 4 Blind Play Through P38	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Cathy Neptune's Kitchen - Salads	Cooking
10:00 AM	Talk Me Healthy Ep. 4 - Cardiovascular Disease	Health
11:00 AM	Car Guy Channel - 1969 Ford Country Squire	Hobby
12:00 PM	Channel 8 Community Updates	News
12:30 PM	Pawdoption	Animals
1:00 PM	DW Conflict Zone - Russian Ambassador	Documentaries
2:00 PM	Church Service	Religion
4:00 PM	Childrens Corner - Sweet Maple Syrup	Children
5:00 PM	Soul School - Slave	Music
6:00 PM	Valley Homegrown - Matt Larsen	Music
7:00 PM	DW Conflict Zone - Russian Ambassador	Documentaries
8:00 PM	Channel 8 Community Updates	News
8:30 PM	Pawdoption	Animals
9:00 PM	Car Guy Channel - 1969 Ford Country Squire	Hobby
10:00 PM	Barbara and You	Interview

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



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**New fall art exhibit coming to Sterling Senior Center**

Artist Andrea Driscoll will have an exhibit of her artwork on display at the Sterling Senior Center throughout September and October. An artist's reception will take place on Thursday, September 7, at 6 p.m. Driscoll's artwork encompasses realistic seascapes and landscapes, as well as monoprints, scratchboard drawings and abstracts in mixed media. She also creates abstracts in needlepoint, designs with fabrics and paints furniture. Her passion since childhood has been exploring and interpreting art within nature. Between her early experiences with art lessons at the Worcester Art Museum and many years as a camper at a natural history summer camp, she has gained both inspiration and insight into the natural world. Her diverse yet connected interests in design, gardening and flower arranging help her to create her view of nature. She has continued her study of painting, but has also taken courses in enameling and monoprinting. A resident of Sterling, Andrea is a member of the Princeton Arts Society, Arts Worcester, and the Gardner Area League of Artists. She is chair of the Sterling Cultural Council. Driscoll offers painting and drawing classes to adults and children, creating an atmosphere where everyone can find enjoyment in art creation. For more information, email [andreadriscoll@hotmail.com](mailto:andreadriscoll@hotmail.com).

**Volunteer at the Senior Center**

The Senior Center couldn't run without our volunteers. If you have a few hours to spare during the week, consider joining our team. To volunteer, call 978-422-3032.

**Get to know your Senior Center**

Located at 36 Muddy Pond Road, the Sterling Senior Center 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 60+ is welcome. Check the Sterling Council on Aging newsletter for daily menu. Call 978-422-8022 for a reservation the morning before you want to come. Home meal delivery available daily. \$3 suggested donation.

**Upcoming Events**

**Home-cooked BBQ lunch** – Wednesday, August 16, 11:30 a.m. Hamburgers, hot dogs, and corn on the cob. \$3 donation. Sign-up required.

**Summer Jingo** – Wednesday, August 16, 12:30 p.m.

**Guided meditation with Bob Stickles** – Friday, August 18, 8:30 a.m. \$5.

**Ice Cream trip to Kimball's** – Monday, August 21, 12:30 p.m. Sign up for the van or meet up at Kimball's.

**Home-cooked lunch** – Wednesday, August 23, 11:30 a.m. Homemade ham salad sandwich. \$3 donation. Sign-up required.

**Foot clinic** – Thursday, August 24, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

**Book club** – Thursday, August 24, 12:30 p.m., featuring Beach Road by James Patterson.

**Coffee Talk on "Senior Strong"** – Thursday, August 24, 12:30 p.m., with Matt Changelian, PT.

**Senior Skillet Toss Practice** – Thursday, August 24, 6 p.m.

**Pancake Breakfast** – Friday, August 25,

7:30 to 9 a.m. Enjoy plain or surprise pancakes, sausages or spiral ham, scrambled eggs, fruit cup, juice, and coffee, sponsored by the Friends of Sterling Seniors. \$3 per plate. All ages welcome.

**Home-cooked breakfast for lunch** – Wednesday, August 30, 11:30 a.m. \$3 donation. Sign-up required.

**Hiking the Appalachian Trail** – Thursday, August 31, 12:30 p.m.

**Guided meditation with Bob Stickles** – Friday, September 1, 8:30 a.m. \$5.

**Pitch Party** – Saturday, September 2, 6:30 p.m. Sponsored by Sterling Grange. Everyone welcome.

**Labor Day** – Monday, September 4. Senior Center closed.

**Dull Men's Club** – Tuesday, September 5, 9 a.m. Open mic.

**SHINE** – Wednesday, September 6, 9 a.m. By appointment only. Get your insurance questions answered.

**Home-cooked lunch** – Wednesday, September 6, 11:30 a.m. Homemade chicken salad sandwich. \$3 donation. Sign-up required.

**Harmonica demo** – Wednesday, September 6, 2 to 3 p.m., with Paul Luria Classes begin October 4.

**BP clinic** – Thursday, September 7, 10 a.m. to noon. Sponsored by Sterling EMS.

**Home-cooked summer lasagna** – Thursday, September 7, 11:30 a.m. \$3 donation. Sign-up required.

**Painting with Acrylics** – Thursday, September 7, 12:30 p.m. First class of 8-week drop-in workshop with Andrea Driscoll.

**Artist's Reception** – Thursday, September 7, 6 p.m. Artist Andrea Driscoll.

**September birthday cake** – Friday, September 8, 12:15 p.m. Cake for all August birthdays.

**Elder Keep Well Clinic** – Tuesday, September 12, 9:30 to 11:30 a.m. Medical and prescription questions answered and blood pressure checks by a VNA nurse. Sponsored by the VNA.

**Computer class** – Wednesday, September 13, 9 a.m. Weekly instruction and assistance.

**Home-cooked BBQ** – Wednesday, September 13, 11:30 a.m. \$3 donation. Sign-up required.

**Foot clinic** – Thursday, September 14, 9 a.m. Certified Foot Care Nurse. By appointment. \$35.

**Greendale YMCA presentation** – Thursday, September 14, 10:15 a.m. Pilot partnership program with the Sterling Senior Center.

**Home-cooked lunch** – Thursday, September 14, 11:30 a.m. Cowboy pasta salad. \$3 donation. Sign-up required.

**Senior Strong** – Thursday, September 14, 1 p.m. First class of 8-week exercise program. Free.

**Guided meditation with Bob Stickles** – Friday, September 15, 8:30 a.m. \$5.

**Home-cooked lunch** – Wednesday, September 20, 11:30 a.m. Cobb salad. \$3 donation. Sign-up required.

**Greendale YMCA partners with Sterling Senior Center**

The Greendale YMCA and the Sterling Senior Center have partnered to enable Sterling seniors to join the Y at half the regular cost of membership. Payments can be made on a monthly basis. This partnership was forged in response to seniors requesting programs using exercise equipment and the pool. The partnership entitles participating seniors to full membership privileges.

**Wachusett Food Pantry delivery available for seniors**

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

**Happy Travelers**

The Happy Travelers, bus trips for the 50+ traveler, offers an exciting roster of day trips throughout 2017. All day trip pricing includes driver, escort, and gratuity. A \$5 cancellation waiver has been added to the cost of day trips to cover any cancellation up to seven days prior to the trip (refund will be minus the cancellation waiver). Refunds for cancellations less than seven days prior to the trip will only be made if space can be filled. To request a copy of the 2017 schedule, call 508-835-4312 or 508-612-5312, or email [glady2@verizon.net](mailto:glady2@verizon.net). Flyers available at the Sterling Senior Center.

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

More good news... Kitchen Associates received the Angie's List Super Service Award for 2014! If you are building a new home or remodeling, my wife and I highly recommend Kitchen Associates. We are enjoying the amazing functionality of our kitchen. You can view some of their other kitchen and bath masterpieces on their website.



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**American Legion meeting**

The next meeting of the Hiram O. Taylor Post 189 of the American Legion will take place on Monday, August 28, at 7:30 p.m. E-board at 6 p.m. Hot dogs served at 6:30 p.m. Meeting will include a Sterling Association drawing.

**Holden Days is coming**

Holden's annual street fair and celebration will take place on Saturday, August 26, from 9 a.m. to 3 p.m., on Main Street, Holden. Local businesses, non-profits, crafters and artisans are invited to participate in this annual community event. This event promises great food, fun and entertainment for the entire family, as well as promotional opportunities for area businesses and organizations. To reserve booth space, contact [wachusettareachamber.org/events/holden-days](http://wachusettareachamber.org/events/holden-days).

Dreams" Golf Tournament, slated for Tuesday, September 19 at Shaker Hill Country Club in Harvard. Cost to register is \$175 per golfer or \$600 for a foursome. Registration includes greens fee and cart, golf shirt and gift bag, morning refreshments, and lunch. The shotgun start is at 9 a.m. Registration opens at 7:30 a.m. Final registration deadline is August 30. To register, visit [ncmhabitat.org](http://ncmhabitat.org). Sponsorship opportunities are available and local businesses and organizations are encouraged to apply early as space is limited. Sponsorship forms are available at [ncmhabitat.org](http://ncmhabitat.org). All proceeds benefit the work of Habitat for Humanity North Central MA, bringing affordable housing to those in need throughout the organization's 25 towns and cities in the region.

from 7:30 to 9:30 a.m. Proceeds from the breakfast support St. Richard's "Sister Village" of Los Patzanes, Guatemala. Everyone is welcome to enjoy a delicious breakfast. For information, call 978-422-8881.

**Unleash your inner artist**

Weekly art instruction is offered by Charlie Gray, a Rutland resident with years of experience in the field of making, teaching, and selling art. To see some of his work, visit [charlesgrayfinearts.blogspot.com](http://charlesgrayfinearts.blogspot.com). Free. Supply your own materials after the first session. Mondays, 9 to 11 a.m., First Church in Sterling Parish Hall, Room 2.

**Sterling Democratic Committee meeting**

The Sterling Democratic Committee will meet on Monday, August 28, 6:30 to 8 p.m., Room 205, Butterick Municipal Building, 1 Park St., Sterling. The agenda will include planning discussions about upcoming events, the Improved Medicare for All Forum (September 12 in Ayer), the visit by gubernatorial candidate Setti Warren in the fall, and other old and new business. All Sterling registered Democrats and interested Unenrolled voters are welcome.

**Central Mass Lyme Conference**

The Central Mass Lyme Foundation will host its 3rd Annual Lyme Disease Conference on Saturday, September 23, from 9 a.m. to 4:30 p.m., at Worcester Technical High School, 1 Skyline Drive, Worcester. Registration begins at 8:30 a.m. This event will explore the complexities of Lyme and other tick-borne diseases and include presentations by ILADs-trained physicians regarding treatment, research and testing. Tickets \$10 in advance, \$20 at the door. Boxed lunch available for \$10. For more information or to purchase tickets, contact Michele Miller at [CentralMassLyme@gmail.com](mailto:CentralMassLyme@gmail.com), call 1-888-511-LYME, or visit [Central-MassLymeConference.com](http://Central-MassLymeConference.com).

**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.

**Truly a gem**



Trudy

Two-year-old Trudy is a beautiful brown female tiger cat. She's sweet and gentle, and wants to be a princess in her own home. Trudy would do best as an only cat. All of her veterinary work is complete. She's leukemia negative, neutered, and has a microchip. All cats are placed as indoors-only pets. Adoption fee \$160. Did you know NEADY Cats has a senior policy? Adoption fee is \$50 for 50+. NEADY Cats is now located in Sterling, and welcomes dedicated volunteers. For more information about volunteer opportunities, or to schedule an appointment to meet Trudy or any of the kitties, email [Marilyn@neadycats.org](mailto:Marilyn@neadycats.org), or call 978-422-5116.

**Seeking new trail stewards**

Wachusett Greenways is looking for trail patrollers. You can select your favorite trail section and sign on as a year-round patroller. You'll be helping to keep the Mass Central Rail Trail and White Oak Trail in tip-top shape for everyone to enjoy. For more information, contact Colleen Abrams at 508-479-2123.

**First Church community lunches to resume in the fall**

Following a successful series of free community lunches held on the first Saturday of each month from January through June, First Church in Sterling will take a summer hiatus, and resume the community lunch program in October. Stay tuned for upcoming details.

**St. Richard's breakfast supports sister village**

St. Richard's Church in Sterling hosts a Community Sunday Morning Breakfast that is open to the public every Sunday

**12th 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 12th Annual Sterling Town Wide Yard Sale on Saturday, September 16, from 8 a.m. to 2 p.m. (rain or shine). All proceeds directly benefit youth and adult education programs 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. 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, at First Church, or online at the Sterling Town Wide Yard Sale Facebook page. Registration deadline is September 11. 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](mailto:davisfarmers@comcast.net).

**Habitat for Humanity 4th Annual Golf Event**

Habitat for Humanity North Central MA is gearing up for its annual "Building



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