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April 18, 2015

## Pride and anxiety – Life in a 3 Marine family

by Danielle Ray

Having one child in the military is enough to fill a mother's heart with fear, anxiety and endless worry. Sterling resident Jodie Martineit experiences all those emotions in triplicate, as all three of her sons currently serve in the U.S. Marine Corps.



(L to r) CJ, Kevin, and Conor Monaghan, together in uniform for the first time.

PHOTO by Lex Thomas

Christopher 'CJ' Monaghan was the first to join in 2011, followed last summer by his 19-year-old brother Kevin. While Kevin was at boot camp, Martineit's middle son Conor signed up.

"It's been a whirlwind," says Martineit. "It's not quite the same as having an empty nest. You can only communicate by letter, and there's no contact at all for the first 13 weeks."

She says that the first time around, when CJ signed up, was the hardest for her, and that his deployment to Afghanistan "was a game changer."

"I've never felt so much stress and emotion," she says. "It took a toll on all of us, but I had an especially

MARINE FAMILY, continued page 20

## Another Main Street business leaves town

by Lex Thomas

Owners Stephen and Heather Bukovsky have closed Verbayna Antiques & Uniques on Main Street and have relocated their business to Princeton, where their shop, Hunt and Gather, is set to open at the end of April.

Although the Bukovskys had originally intended to maintain their Sterling location and open a second branch in Princeton, they aborted the plan when the owner of the space they have rented at 27 Main

MAIN STREET, continued page 14

### Sterling Town Meeting and Election

Special Town Meeting — Monday, May 4 — 6:30 p.m.

Annual Town Meeting — Monday, May 4 — 7 p.m.

Chocksett Middle School

Candidates Night — Friday, April 24,

7 p.m., Room 205, Butterick Municipal Building

Moderated by Lex Thomas, Editor, Sterling Meetinghouse News

Annual Town Election — Monday, May 11

7 a.m. to 8 p.m., Houghton School

Candidate statements will be published in the May 2 issue of Sterling Meetinghouse News.

The Annual Town Meeting Warrant is available April 21 in the Town Clerk's Office, Conant Public Library, DPW, Sterling Municipal Light Department, and the 1835 Town Hall Rec. Office.

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## LETTERS

### Patacchiola won't seek re-election

Over the last three years I have served Sterling as a member of the Board of Selectmen, most recently as chairman. Over these years, we've been witness to unprecedented changes within the highest levels of our government. Each year there's been a new addition to the Board and tragically, during my tenure as chairman, we have experienced three town administrators. Despite this turnover, the town continues to move forward.

Immediately after being elected, I went straight to work for Sterling. As a result, I'm happy to report that the town will receive the benefit of nearly \$500,000 in PILOT money for the remainder of a 20-year agreement with a solar company because of the facility located here. Our seniors now have a second van to

improve their access to vital services. The Board has begun conversations about our town's future by engaging in specific discussions to develop a master plan, a financial plan and the adoption of a town charter. These are significant steps forward for Sterling. It is imperative that these conversations continue.

Regretfully, I will not seek a second term on the Board of Selectmen. Despite the investment that I have personally made to the citizens of Sterling, I must consider my future and the next steps for the goals I have set for myself.

I'm proud to have served on a Board that has come the closest in Sterling's recent history to cleaning up our once immaculate town center by finding a legal mechanism to mitigate the deteriorating condition

of the old church across from the common. Further, by asserting its authority, this Board has made great progress in defining its relationships with appointed commissions and committees. In order to ensure our community's fiscal security and development, it's imperative that future selectmen support the work of the Economic Development Commission.

I am grateful to Paul Sushchuk, Ron Furmaniuk, Robert Cutler Sr., and John Kilcoyne for working with me on this Board of Selectmen over the last three years, and I respectfully recognize the department heads for being true professionals, and outstanding at what they do.

Brian Patacchiola, Chairman  
Board of Selectmen



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## LETTERS

### Taste of Sterling a stunning success

The Friends of Sterling Seniors would like to thank everyone that made the Taste of Sterling a success. First, thank you to Sterling National Country Club for hosting our event. The beautiful space, staff, and especially Jeffrey, made us feel welcome and special. All our vendors – The Harvest Grille, Village Pizza & More, Fox Hollow Pies, The Dinner Company, Shamrock Hives Farm, Meadowbrook Orchards, Zaytoon, Similan, and Sterling Deli & Chinese – went above and beyond to fill our guests' plates and tickle their palates, and Pineo Family Farm highlighted 'home grown.' All was made possible by the generosity of our sponsors Open Door Real Estate, Miles Funeral Directors, Architectural Consulting Group, Century 21, and our volunteers. The ultimate success, however, was due to more than 250 attendees who made the spirit of community palpable.

Friends of Sterling Seniors  
Maureen Cranson, Richard Maki, Greg Billings,  
Pam Dell and Paul Jones



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**The next issue will be out on May 2.  
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## LETTERS

### Embracing a bright future for new Senior Center

There have been a lot of letters condemning the new Senior Center. This project has not been done haphazardly, nor has it been done in a vacuum. The Senior Center Building Committee has met almost weekly for over three years to get this project done properly and as economically as possible. We cannot change state laws for municipal building projects. Yes, they cost more and the cost seems excessive. However, the law is the law. At the end of 2015, there will be about 2,000 residents over 60 years of age living throughout Sterling. The Senior Center already has two vans that transport seniors to appointments and to the Senior Center. Less than a handful of people walk to the Senior Center. No matter

where the Senior Center is located, many will have to drive or take the van. The time to challenge the project has passed. Let's look toward to the future and embrace what will be a great asset to Sterling.

Charlie Madden  
Dana Hill Road, Sterling

### Thanks to all who help Sterling seniors

The Sterling Senior Center has a beautiful new look, thanks to Lew Evangelidis's painting crew. Senior Center volunteers do a wonderful job. Meal Site Manager Sandra Jacala does a great job and is pleasant and helpful. The monthly pancake breakfast is a real treat, thanks to the volunteers who cheerfully give their time to make sure everyone is well taken care of. Thanks to all who are making the new Senior Center possible, and

to Judy Janda and her helpers who made the cribbage tournament a great success this winter.

Clifford Hager  
Circle Avenue, Sterling

### Please vote!

It would be hard not to notice the regular commentary in Sterling Meetinghouse News reflecting disappointment about the site of the new Senior Center. In last year's election, fewer than one in four citizens voted, and the measure passed by a mere 11 votes. No matter your slant, as a resident and tax payer in Sterling, you are involved, and though this year's election may not be as controversial, it will still have consequences. Please study the candidates and the issues, understand why they're running, and make an informed decision on May 11.

Gary C. Menin Sr.  
Birch Drive, Sterling



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## LETTERS

### Endorsement for town moderator candidate

I confidently and enthusiastically endorse Amrith Kumar for the position of town moderator. He displays honesty, integrity, empathy, comprehension, listening, common sense and intellect. His years of participation during town meetings provide him with knowledge and experience-based qualifications to be more than a competent presiding officer at town meeting. His actions speak to his comprehension that town meeting is an important legislative component of local government. He exhibits a genuine respect and good working knowledge of the parliamentary procedures used to conduct town meetings. During town meeting, he is well informed on details

pertaining to warrant articles and controversial issues. In addition, he hosts an internet-based open forum platform for discussion of town-related issues where residents are welcome to voice their opinion on various matters. I strongly recommend a vote to elect Amrith Kumar as Sterling's town moderator.

Claire Stidsen  
Sherwood Drive, Sterling

### Support for Menin's re-election bid

I am writing in support of Gary Menin for re-election to the Sterling Board of Health. Gary is a concerned, dedicated citizen of the town who looks out for the rights of our citizens. He speaks his mind and acts in the best interest of the town of Sterling and its citizens. Gary takes

the time to understand the issues at hand and does his homework to make informed, fair and honest decisions as a BOH member. I urge the voters of Sterling to support Gary's re-election.

Larry Pape,  
Former Finance Committee Chair  
Elliott Road, Sterling

### Clinic keeps animals healthy, owners happy

Ninety rabies shots were administered and three microchips were implanted at Sterling's recent rabies and microchip clinic. Thanks to the Board of Health for sponsoring the clinic, and especially to Dr. Amy Dobecki and the staff of Sterling Veterinary Clinic for the use of their facility and enabling the event to run smoothly. Thanks to Animal Control



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## LETTERS

Advisory Board members Scott Crossman, Terry Sadler, Karen Kase, Fran Simonds, Cindy Miller, and Annemarie Catalano for their help, and to Assistant Town Clerk Jeanne Survell for her help in licensing 30 dogs.

Louis Massa  
Sterling Animal Control Officer

### Broken flags show disrespect

At a recent visit to my family's gravesites at Hillside Cemetery, I was heartbroken to see many of our brave veterans' commemorative flags were broken. How sad and dis-

respectful. Whoever did this has no idea of the sacrifices of the veterans.

Dottie Day Higgins  
Greyhampton Road,  
West Yarmouth, MA

### Editor's note

For the second time in as many months, Sterling has lost a valued business which has decided to replant its stakes in a neighboring community. The message to the town's residents, administrators, landlords, and politicians is loud and clear. Sterling is failing to thrive. What can we do to make our town both a good place to do business and a great place to live?

-Lex Thomas

### Letters to the Editor



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



Send email to editor@sterlingmeetinghousenews.com,

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## ANNOUNCEMENTS

### Trash and recyclables pickup for Patriots' Day

The Sterling DPW will be closed on Monday, April 20, in observance of Patriots' Day. Trash and recyclables will be picked up on a regular schedule the week of April 20 to 24. Have trash and recyclables curbside by 7 a.m. on your regularly scheduled pickup day.

### Keep wildlife in the woods

Animal Control Officer Louis Massa reminds residents that wildlife becomes more active after a tough winter, when their food supply has been scarce, and during their mating season. Keep wildlife out of your yard and in the woods where they belong by removing bird feeders (the primary food source for black bears), putting trash out for pickup in the morning instead of the night before, and cleaning up thoroughly after backyard barbecues. Do not put trash barrels near your house the night before pickup and close garage doors, especially when trash barrels are full. Trimming bushes around your house foundation will help minimize wildlife hiding places. Coyotes and fisher cats are especially dangerous to domesticated pets, so keep an eye on pets that go outdoors.

### Ice delays opening fishing season

Due to ice conditions that persist on the Wachusett and Sudbury reservoirs, the Department of

Conservation and Recreation is delaying the opening of fishing season until at least Saturday, April 18. The season for the Waushacum ponds in Sterling is the same as Wachusett Reservoir, and is similarly delayed. For further information, visit [mass.gov/eea/agencies/dcr/water-res-protection/watershed-mgmt/wachusett-and-sudbury-reservoir-fishing-guide.html](http://mass.gov/eea/agencies/dcr/water-res-protection/watershed-mgmt/wachusett-and-sudbury-reservoir-fishing-guide.html), or call the Wachusett/Sudbury Ranger at 978-365-3800.



Contributed PHOTO

*Dr. Phil Blais and his border collies.*

### New veterinarian in town

With over 14 years of veterinary experience, Dr. Phil Blais has recently joined Sterling Veterinary Clinic. Blais earned a Bachelor of Arts in Biology from Skidmore College and a Doctorate in Veterinary Medicine from Tufts Cummings School of Veterinary Medicine. After



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## ANNOUNCEMENTS

graduation, he completed an internship in small animal medicine and surgery at VCA South Shore Animal Hospital in Weymouth, then spent over 12 years as an associate veterinarian at VCA Westboro Animal Hospital, and worked as a surgeon at the Sterling Animal Shelter. Blais's special interests include internal medicine, dentistry and endoscopy. He is a member of the American Veterinary Medical Association, Massachusetts Veterinary Medical Association, and is USDA-accredited for international health certifications for pets. In addition, he is an adjunct professor at Tufts Cummings School of Veterinary Medicine.

Blais resides in Princeton with his wife, daughter, son, two border collies, a rat terrier, and a cat. For more information or to make an appointment with Dr. Blais, contact Sterling Veterinary Clinic at 978-422-6262 or visit [sterlingveterinaryclinic.com](http://sterlingveterinaryclinic.com).

## Gorczynski named top agent



Contributed PHOTO

*Caryn Gorczynski*

Caryn Gorczynski, a broker at Century 21 Center Home Team in Sterling, has once again been named to the Top 100 Century 21 Brokers in Eastern New England. She has also received Trulia's 2014 Top 1% Agent Award, and named as a Top Agent, Best of Trulia for 2014.

## Wachusett Food Pantry

The WFP is a volunteer operation that provides monthly emergency food to any family with either a short- or long-term need. Any resident of Sterling, Holden, Paxton, Princeton, or Rutland is eligible. Proof of residency is required. Located in the Cream Crock Distribution Building, 50 Worcester Road (Rte 12), Sterling. Distribution is on Friday, April 17 for seniors, and Saturday, April 18 for the general public, from 9 to 11 a.m. The next distribution dates are May 15 and 16.

Donations of non-expired food items, personal care products, and paper goods are gratefully accepted. Clean, intact plastic bags are also required for use at distribution. For more information, call 978-563-1064, email [wfp@wfp1995.org](mailto:wfp@wfp1995.org), or visit [wfp1995.org](http://wfp1995.org).

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## ANNOUNCEMENTS

### Household hazardous products collection day

Wachusett Earthday is sponsoring a household hazardous products collection day on Saturday, April 18, from 8 a.m. to noon, at the Wachusett Watershed Regional Recycle Center, located at 131 Raymond Huntington Highway, West Boylston. Materials accepted include chemicals, paints, thinners, solvents, pesticides, herbicides, automotive products including motor oil, pool chemicals, and cleaners. Explosives and medical products are not accepted. For more information, call 978-464-2954 or visit [wachusettearthday.org](http://wachusettearthday.org).

### SMLD Open House

Everyone is invited to attend the Sterling Municipal Light Department's Annual Open House on Thursday, April 23, from 11 a.m. to 2 p.m., at 50 Main St., Sterling. Check out the new office renovations. Bucket rides, hot dogs and popcorn for the kids. For more information, call 978-422-8267, or visit [energysterling.com](http://energysterling.com).

### Mass Audubon's 9th Annual Statewide Volunteer Day

Volunteers are needed to help with chores ranging from preparation of gardens and trail maintenance to litter pickup and weed pulling on Saturday, April 25, at 16 Mass Audubon wildlife sanctuaries throughout the state. To learn more about Statewide Volunteer Day, including how to participate, visit [massaudubon.org/workforwildlife](http://massaudubon.org/workforwildlife).

### 20th anniversary for Wachusett Greenways

Wachusett Greenways is celebrating 20 years of connecting our communities with trails and greenways. Join us on Wednesday, April 29, for this special annual event, with a potluck dinner at 6 p.m., followed by awards and celebration of milestones. Holden Senior Center, 1130 Main St., Holden. All are welcome. For information, contact Colleen Abrams at 508-479-2123.

### LCU annual book drive

Leominster Credit Union is holding its annual book drive throughout April. New and gently used books may be dropped off at any LCU location, and will be distributed to organizations as an educational resource for children of all ages.

### Shred old or sensitive papers at LCU

#### Shred-A-Thon, prevent identity theft

Leominster Credit Union will hold a Shred-A-Thon to dispose of old or sensitive documents such as bank statements, tax returns, medical bills, credit card statements, and other personal documents, at its headquarters located at 20 Adams St., Leominster, on Saturday, May 2, from 9 a.m. to noon. Items will be shredded on site by a secure shredding service, New England Security Shredders. Everyone is welcome to bring up to three legal size file boxes or three 13-gallon trash bags of documents to be shredded free of charge. Donations to Habitat for Humanity will be gratefully accepted during the event. For more information, contact Joanne Lattanzi at 978-466-7240 or [marketing@leominstercu.com](mailto:marketing@leominstercu.com).

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# Town administrator contract negotiations underway

by Lex Thomas

On March 25, the Board of Selectmen voted 2-to-1 to appoint Michael Szlosek as town administrator, pending contract negotiations between Szlosek and the town of Sterling. Selectmen John Kilcoyne and Robert Cutler voted in favor of the motion to appoint Szlosek, and Board of Selectmen Chair Brian Patacchiola voted against the motion. Szlosek has served as interim town administrator since December 3, 2014. His appointment followed the untimely death of former Town Administrator Jeffrey Ritter in October.

Patacchiola and Kilcoyne said they had received both positive and negative feedback regarding Szlosek's performance. Cutler declined to comment.

Patacchiola expressed disappointment that only two candidates, Szlosek and Michael Coughlin, were considered for the position. "I would have liked to have seen at

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

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least a third candidate," he said, adding that he would recommend hiring a firm to seek additional candidates.

Kilcoyne thanked Coughlin for his interest, calling his background and experience "impressive." Patacchiola said he admired the energy and enthusiasm Coughlin displayed during the interview process. Kilcoyne admitted that serving as interim town administrator gave Szlosek "a built-in advantage, as we got to see his performance."

## Voters to consider variety of issues at Town Meeting

On May 4, Sterling citizens will have the opportunity to consider and vote on more than 40 articles that will affect the town during the upcoming year and beyond, including the following:

During the Special Town Meeting, citizens will vote to approve the transfer of \$165,000 from Free Cash to the Capital Investment Fund; the transfer of \$416,241 from

Free Cash to the Stabilization Fund; and the transfer of \$105,000 from the Stabilization Fund, or from any other available fund, to the Snow and Ice Account to cover the deficit in the snow and ice budget for 2015. All these initiatives are recommended by the Finance Committee and by the Board of Selectmen.

Among the articles up for approval on this year's warrant, citizens will consider amendments to the Personnel Bylaw regarding regular and part-time non-union positions, placing some formerly unionized positions onto the non-union classification plan.

Voters will consider whether to raise and appropriate, transfer from available funds, or borrow \$38,000 to purchase a new vehicle for the police department, to replace the Police Chief's vehicle and, in a separate article, \$160,000 for a new loader for the DPW.

Chapter 90 funds in the amount of \$627,181 funded by the state will be approved by voters in accordance with the DPW's 5-year capital plan and approved by the Board of Selectmen.

The Fire Department is seeking approval to raise and appropriate \$82,500 to purchase and equip a new 4X4 pickup utility vehicle; \$35,000 to purchase a new set of

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Jaws of Life equipment; \$51,975 to purchase firefighting protective clothing; and \$98,862 to fund salaries and benefits for two additional fulltime firefighter/paramedic positions.

Voters will be asked to approve raising and appropriating or transferring \$17,000 from available funds to purchase a new server and three new computers for the town.

An article will seek approval to direct the Board of Selectmen to enter into an inter-municipal agreement with one or more municipalities to form a Veterans Services District, which will provide services to veterans in Sterling through a shared Veteran's Services Officer, and to raise and appropriate or transfer \$20,000 from available funds to fund Sterling's share of a Veterans Services District.

*The Warrant for the Annual Town Meeting will be available April 21 in the Town Clerk's Office, Conant Public Library, the DPW, Sterling Municipal Light Department and the 1835 Town Hall Recreation Office.*

## Finance Committee report

Finance Committee reports that the first bond payment on new Senior Center and fire pumper truck will increase next year's debt payments by 19 percent, or \$314,510 over the current year.

Capital requests have increased by 115 percent, or \$336,675, over the current year.

The committee reports that WRSD has increased their assessment by 5.2 percent, or \$513,829 over the current year.

Funding capital purchases with the capital fund over the past few years has depleted the fund by over 20 percent. The Finance Committee and the Capital Fund Committee recommend funding new capital requests from "raise and appropriate," rather than the capital fund. The committees recommend growing the capital fund by \$50,000.

Despite these data, the Finance Committee believes that the town is in a strong financial position. The stabilization fund is strong, and free cash is being used to reduce the tax rate. The Massachusetts Department of Revenue has listed Sterling as one of only 11 towns with a population under 10,000 with excess levy capacity of \$1 million.

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# Town Election ballot

The deadline for submitting nomination papers for the Town Election on May 11 closed at 5 p.m. on Monday, March 23. The candidates slated to appear on the ballot are:

**Donlin K. Murray** for re-election to one available seat on the Board of Assessors for a 3-year term.

**Gary C. Menin** for re-election to one available seat on the Board of Health for a 3-year term.

**Sue Valentine** for election to one available seat on the Board of Health for a 3-year term.

**Alicia L. Emsley** for election to one of two available seats on the Board of Library Trustees for a 3-year term.

**Edward R. Tatten** for election to one of two available seats on the Board of Library Trustees for a 3-year term.

**Maureen M. Cranson** for election to one available seat on the Board of Selectmen for a 3-year term.

**Michael L. Padula** for election to one available seat on the Board of Selectmen for a 3-year term.

**Gregg W. Aubin** for re-election to one available seat on the DPW Board for a 3-year term.

**Karen C. Leclerc** for re-election to one available seat on the Sterling Housing Authority for a 5-year term.

**Mrithyunjaya K. Annapragada** for election as Moderator for a 3-year term.

**Matthew V. Stelmach** for re-election to one available seat on the Sterling Municipal Light Board for a 3-year term.

**Susan T. Hitchcock** for election to one available seat on the Wachusett Regional School Committee for a 2-year term.

*Meet the candidates and ask your questions. Candidates will offer their perspectives on local issues on Friday, April 24, at 7 p.m., in Room 205, Butterick Municipal Building.*

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## Main Steet business

continued from page 1

Street in Sterling for the past year, refused to update the building's electrical wiring.

"There are serious wiring issues throughout the building," says Heather Bukovsky. "We have been paying a fortune for electricity, due to crossed wires that need to be revamped. The landlord refused, so we decided to close our Sterling shop. We really had no choice."

She added that limited parking has also been an issue, especially for consignors and customers dropping off or picking up large items.

"We hate to leave Sterling," says Bukovsky. "It's a wonderful town, and our customers have been terrific. But there was no sense in staying if the problems couldn't be resolved."

Hunt and Gather, the Bukovsky's new shop, will feature antiques, as well as art and artisanal crafts by local producers. Located at 194 Worcester Road, Princeton. For more information, call 978-464-5555.

## Over \$1 million in Chapter 90 funding for 1st Worcester District

Representative Kimberly Ferguson (R-Holden) has announced that the 1st Worcester District, comprised of Holden, Paxton, Princeton, Rutland, Sterling and Westminster, will receive \$1,032,951 for road and bridge repairs as part of a \$200 million Chapter 90 bond authorization approved by the House of Representatives on March 25.

The state's Chapter 90 program allocates funding for road and bridge maintenance and repairs using a formula that is based on a weighted average of a town's population, employment, and total mileage of roads. Funds are paid out as reimbursements to communities for qualifying infrastructure work.

Chapter 90 funds can be used for a variety of municipal roadway projects, including resurfacing, drainage, sidewalks, traffic control and street lighting.

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## Sterling EMS taking scholarship applications

Sterling EMS, Inc. offers two annual scholarships. The \$500 Standard Scholarship is awarded to a Sterling resident enrolled in a medically-related training program. The \$1,500 Memorial Scholarship is awarded to a Sterling resident entering an undergraduate post-secondary educational program in a medically-related field. Applicants must be graduates or upcoming graduates of an accredited high school, possess a GED (or alternative), or have taken the Commonwealth of Massachusetts competency test for home schooled/alternatively schooled individuals. Applications are available at the Sterling Fire Department, Conant Public Library, and Butterick Municipal Building in Sterling, as well as in the guidance department of area high schools. Application deadline is April 30.

## Chocksett Club scholarship application available

The Sterling Chocksett Club Scholarship application is available in the guidance department of area high schools and at Conant Public Library. Applications must be postmarked by May 1. Applicants must be Sterling residents. For more information, contact Loret Schur at [loret.schur@gmail.com](mailto:loret.schur@gmail.com).

## Monty tech announces Honor Roll

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

Students from Sterling named to the Principal's List are: Freshmen – David Hinckley and Brianna Remy.

Students from Sterling who earned high honors are: Senior –Andi Windward; Sophomores –Alyssa Leonardi, Rebecca Mathews, William Roseberry, Heather Stevens; Freshmen – Casey Brown, Sara Dupont, Holly Forstrom, Samantha Grice, Ryan Hendrickson, Alexander Littizzio, Kiera McNamara, Taylor Moroney.

Students from Sterling who earned honors are: Seniors –Tyler Favreau, Emma Massa; Juniors – Jonathan Bicchieri, Haley Forstrom, Tomielee Graca; Sophomores – James Belair, James Forest, Benjamin Pare, Benjamin Sweet; Freshman – Ryan Hendrickson.

## Sterling student named to Holy Cross Dean's List

Catherine Stanovich, a first-year student at the College of the Holy Cross in Worcester, has been named to the Dean's List for the first semester of the 2014-2015 academic year. Stanovich majors in chemistry.

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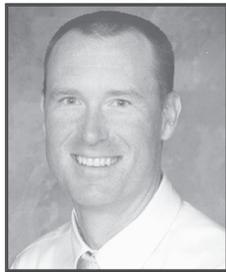
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# New principal appointed for Chocksett Middle School

Wachusett Regional School District Superintendent of Schools Darryll McCall has announced the appointment of Christopher LaBreck as principal of Chocksett Middle School. LaBreck was the recommended finalist of a search committee that involved parents, faculty and district administrative staff.



Contributed PHOTO

Incoming Chocksett principal Christopher LaBreck

LaBreck holds both Bachelor of Arts and Master of Education degrees from Assumption College in Worcester, and is licensed by the state as a principal for Pre-K to 12. For the past nine years, he has been Associate Principal in Charge of the Middle School in West Boylston. Previously he was an assistant principal in the King Philip Regional School District and a special education teacher in the Worcester public school district. LaBreck will begin his tenure on July 1, replacing Anthony Cipro, who has served as principal of both Houghton and Chocksett schools since the Chocksett principal's position was eliminated due to budget constraints in July 2012. Cipro will remain as principal of Houghton Elementary School.

funding to the budget.

There was much discussion among school committee members weighing both the pros and cons of raising the budget. This included looking at what the budget increase means for both the individual towns and for the needs of students, teachers, school staff, administrators, and the schools themselves.

Many committee members were in support of the increase, including School Committee Vice-chair Robert Imber. Imber noted that to "not support the budget is to not do right by the students and the towns themselves." Committee member Stacey Jackson echoed Imber's support for the budget increase but noted that "it is an incredible hardship for the towns" and that the "towns cannot afford things."

Committee member Julianne Kelley noted she wished she could support the 3.7 percent increase as "we need all these thing," but went on to say "the budget as it stands is unaffordable to 4 out of 5 towns and only Princeton can afford it."

With a final vote of 17 affirmatives, the School Committee passed the budget increase.

During the same meeting, a motion was passed to approve the appropriation of Massachusetts School Building Authority funds in the amount of \$363,266 to the town of Holden for reimbursement for Mountview Middle School construction.

# School Committee passes proposed budget increase

by Jamie Chase Galvin

The Wachusett Regional School District School Committee held a meeting on March 16 to discuss, and vote on, the Fiscal Year 2016 school budget appropriations. The amount in question is a 3.7 percent increase in

# Committee seeks waiver to continue using LCU

At a meeting on March 30, the WRSD School Committee discussed and voted on several items, including the need to approve the resolution confirming that the Wachusett Regional School District will use the EPA's

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## School NEWS

Portfolio Manager to track energy usage, space attributes, and operating hours. This is a program intended to track energy usage at Mountview Middle School in Holden once construction on the new middle school is complete. This motion was approved.

In addition, the Committee approved the appropriation of Massachusetts School Building Authority funds in the amount of \$336,471 to the Town of Rutland for reimbursement for Naquaq Elementary School construction. A third, and final motion, was approved to allow the Wachusett Regional School District to request a waiver from the state for the 2015-2016 school year. The waiver will ask the state to continue allowing WRSD to use Leominster Credit Union as part of its banking system until legislation, which has been filed to allow credit union use by school districts, is voted on in the state house and senate.

## New programs for veterans at Fitchburg State and Monty Tech

New programs for veterans are now available at Montachusett Regional Vocational Technical School and Fitchburg State University, thanks to a \$50,000 grant from the Massachusetts Department of Higher Education making it possible for discharged veterans who have military experience in healthcare to receive academic credit for their military training.

Healthcare MOS's can enroll in the LPN (Licensed Practical Nurse) program at Monty Tech, and military trained LPNs can enroll in the Veteran LPN to BS in Nursing program at Fitchburg State. Academic credit for each of these programs will be awarded to individual applicants according to their specific military training.

Veterans who earn a BS in nursing will be positioned for employment in the Veterans Health Administration (VHA), located throughout the state. These systems are accessed by veterans for primary, specialty and mental health care, including psychiatric, substance abuse and PTSD services.

Fitchburg State University and Montachusett Regional Vocational Technical School are now accepting applications for the fall 2015 semester.

For more information, contact Holly LaFrance, MSN, Director, Practical Nurse Program, Montachusett Regional Vocational Technical School, at [lafrance\\_holly@montytech.net](mailto:lafrance_holly@montytech.net) or 978-345-9200, ext. 510; or Linda McKay, Chairperson, Department of Nursing, Fitchburg State University, at [lmckay@fitchburgstate.edu](mailto:lmckay@fitchburgstate.edu) or 978-665-3222.

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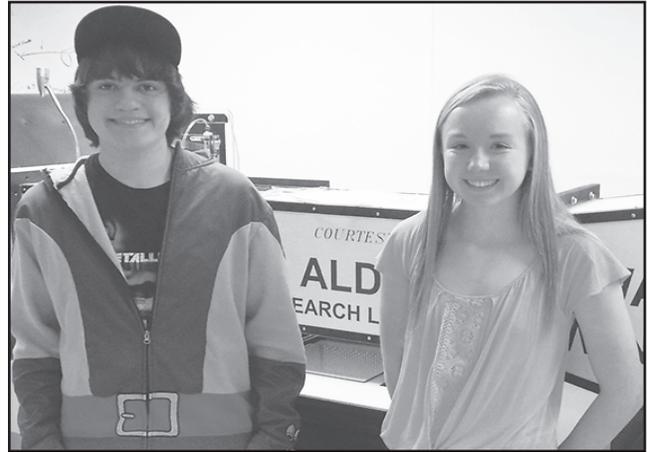
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# Sterling students advance to State Science and Engineering Fair

by Jamie Chase Galvin

On May 1 and 2, three Sterling students will represent Wachusett Regional High School at the Massachusetts State Science and Engineering Fair which will be held at the Massachusetts Institute of Technology in Boston.

Sterling residents Dylan Doxsey, Kyle Foster, and Kelsey Moulton competed at the Worcester Regional Science and Engineering Fair on March 13. Their competitive scores allowed them to advance to the MA State Science and Engineering Fair. Doxsey, Foster, and Moulton competed against over 120 other students and teams at the Worcester Regional Science and Engineering Fair and will join several other Wachusett students at MIT to compete at the next level of competition.



(Left to right) Dylan Doxsey and Kelsey Moulton.

PHOTO by Jamie Galvin



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"I thoroughly enjoy presenting my findings and competing in our school fair," said Kyle Foster, who conducted research on traumatic brain injury. "I still get nervous, but enjoy the competition aspect. I also find it interesting to see all the different ideas that other students have come up with for their project."

Foster is particularly excited to go on to MIT to compete. "The MA State Science and Engineering Fair at MIT is a 2-day event," he says. "Judging is all day on Friday and then we get to stay overnight which is fun. On Saturday the fair is open to the public and the awards ceremony is in the afternoon. I am looking forward to the increased level of competition and seeing some familiar faces from last year."

Kelsey Moulton, who conducted research on the effect of excess sugar on fruit fly learning and memory, shares Foster's excitement, adding "I'm mainly looking forward to the experience of the state fair itself. I'm really excited and just very happy to have gotten this chance."

Dylan Doxsey, who conducted research on the effect of Mountain Dew on fertility in male fruit flies, is eagerly anticipating joining his friends at the science fair. "I'm looking forward to hanging out with people who enjoy science, and with my friends who are also going. I'm also looking forward to getting more experience, as well as spending more time on college campuses."

Doxsey credits the science program at Wachusett Regional High School for help in getting him to this point in the competition. "I would like to acknowledge

the entire science program at Wachusett, as well as the science seminar group, especially my adviser, Dr. Theurkauf, for all of their help with my project," he says.

In addition to advancing to the MA State Science and Engineering Fair, Foster will also compete at the International Science and Engineering Fair in Pittsburg on May 10 to 15. Foster is excited to participate in the event. "I still find it hard to believe I'm actually going to be competing in the International Science and Engineering Fair," he says. "For me it's all about meeting new people from around the world, learning about their research, and sharing ideas."

## Wachusett Area Chamber announces scholarships

The Wachusett Area Chamber of Commerce will once again award scholarships to graduating seniors who reside in the Wachusett area. Thanks to support shown by the business community, the local Chamber will offer three \$2,000 scholarships to high school seniors who have taken at least one business course and will continue with business studies as a full-time student at a 2- or 4-year college. Students must reside in Boylston, Holden, Paxton, Princeton, Rutland, Sterling or West Boylston.

Applications are available in the guidance department of area high schools and at [wachusettareachamber.org](http://wachusettareachamber.org). Mail completed application to the Wachusett Area Chamber of Commerce, 1174 Main St., Holden, MA 01520. Deadline is April 30. Winners will be announced prior to high school graduation and the awards will be given out at the Wachusett Area Chamber of Commerce Annual Meeting on June 11.

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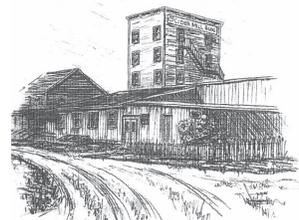
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## LOCAL HAPPENINGS

# Life in a 3 Marine family

continued from page 1

hard time.”

Martineit counts on other Marine moms for encouragement, because they are the only people who truly understand what she and her family are going through.

“Marine moms take turns leaning on each other and sharing information. One of us can always get an answer to a question. It’s a strong bond.”

Martineit says the Marines have made great strides in holding weekend family seminars both pre- and post-deployment, and provide websites and links where families can get information and support.

She admits that she tried to talk each of her sons out of joining the military, or at least to attend college first.

“I know how hard it is to finish college later in life,” she says. “Life and commitments will eventually get in the way. They’ve made a tough choice.”

Each of her sons has his own reason for joining the Marines, yet they all share the desire to do something

meaningful for their country and serve a bigger purpose in life.

Kevin says he joined the military because there are things in this world that are worth fighting for. “So far I’ve had the time of my life and met people I’ll know for the rest of my life. It’s the best decision I could have made and I’m proud to be part of a family with such a strong sense of heart and patriotism.”

Conor grew up wanting to be a Marine, and feels there’s no greater honor than serving his country.

“With my brothers going before me, I thought I had a good idea of what it would be like, but it’s really something you have to experience for yourself to fully understand,” he says. “It’s been much more of a mental battle than I had anticipated.”

CJ says he signed up in part “to repay those who have put on a uniform before me,” and that his experience so far has been mostly positive.

“My experience is different from my brothers’ because I joined during a time of war. I had the chance to deploy to Afghanistan, and the rules were different,”



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## LOCAL HAPPENINGS

he says. "Now we're transitioning into a peacetime force, something that hasn't happened in over a decade. With that comes a shift of focus from combat to education, creating what is referred to as the 'new Corps:'"

Martineit said she believes her sons' deep sense of patriotism started on 9/11.

"Although they were only 9, 7 and 5 at the time, it had a huge impact on us," she recalls. "The whole world stopped that day. I remember having their stepfather pick the boys up from school and bring them home, because I didn't want the school explaining it to them. I wanted them home. They remember that really clearly. All three boys, especially CJ, seemed determined to defend our nation after that. And that's exactly what they're doing."

Martineit used Facebook to keep in touch with her sons during boot camp, joining the Facebook group of each one's company, and being able to see photos of them.

Her job at UMass Medical School, helping to care for her elderly mother, and raising two puppies keeps Martineit busy. The distractions are welcome.

"My sons joke that I'm replacing them with dogs," Martineit says. "I don't always handle the stress well, but I'm getting stronger. After CJ's deployment, I've been able to put things into better perspective and take each new twist as it comes. It makes you tougher, but it's a continuous process and there's always something new to learn.

"Our level of patriotism is strongly affected by having them all in service. I watch the news more closely and it affects me deeply. I find myself worrying about everyone serving our country and supporting other countries. Our children are making a difference. I'm proud of all three of them. I worry about what their future holds, but they have and continue to get the best training and they will be ready."



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## LOCAL HAPPENINGS

### Learn about branding for business

The Wachusett Area Chamber of Commerce will host a discussion about discovering and developing your business brand on Wednesday, April 29, from 8 to 9:30 a.m., at the Alden Research Laboratory auditorium, 30 Shrewsbury St., Holden. \$5 for members and non-members. Coffee and bagels will be served. This is part of a continuing series of business development discussions to assist Chamber members and other small business owners. To register, call 508-829-9220, email [info@wachusettareachamber.org](mailto:info@wachusettareachamber.org), or visit [wachusettareachamber.org](http://wachusettareachamber.org).

### Free e-marketing and social media seminars for small business

Leominster Credit Union will host the last in a series of four free seminars designed to help small businesses maximize their marketing potential through e-marketing and social media. The seminar will be held on Tuesday, April 28 in Leominster, and Wednesday, April 29 in Worcester. There is no cost to attend, but registration is required and space is limited. For more information and registration, visit [leominstercu.com/seminar/](http://leominstercu.com/seminar/) or email [marketing@leominstercu.com](mailto:marketing@leominstercu.com)



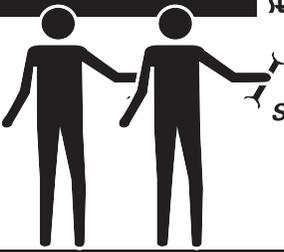
Contributed PHOTO

*Sterling Cub Scout Pack 34 braving the cold.*

### Sterling Cub Scout Pack 34 takes first place in 2015 Polar Derby

On February 21, the boys of Sterling Cub Scout Pack 34 braved the cold weather and deep snow and won first prize in the 2015 Polar Derby, placing in five separate events. The Wachusett District of the Nashua Valley Council held the annual Polar Derby for all area Cub Scouts. The event is a test of teamwork during a day filled with fun, games and competition. This year's theme was "Beach Bash" and included such events as beach volleyball and surfing.

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## LOCAL HAPPENINGS

# Eagle Scout Court of Honor

by Lex Thomas

On Sunday, March 29, Sterling Boy Scout Troop 1 held an Eagle Scout Court of Honor at First Church in Sterling to celebrate the Eagle Scout status achievement of Brett Cotter, Miles Gray and Chase Patten.

Brett Cotter started scouting in 1st grade and has participated in many hikes and camping trips, most memorably a week-long canoe trip on the Allagash River, and the 272-mile Long Trail in Vermont. Brett's Eagle project was constructing sandwich board election signs and replicating a large antique sign. A senior at St. John's High School, Brett is a member of the National Honor Society and an AP

Scholar, and has been selected for the Central Mass All Star Football Team. An accomplished cellist, he recently performed in the Massachusetts All State Orchestra at Symphony Hall in Boston. Brett enjoys government, politics, and languages, and plans to major in history in college.

Miles Gray started as a tiger scout in 2002, and joined Troop 1 in Sterling in 2007. His Eagle project was to

build a picnic table on Memorial Field. Miles enjoys soccer, basketball, baseball, tennis, and track and field, and completed a week-long program at the Massachusetts State Police Student Trooper Academy in 2012. He graduated from Montachusett Vocational Technical High

School in 2014 with a certificate in Auto Body Technology and Collision Repair. Currently enrolled at Mount Wachusett Community College majoring in criminal justice, Miles is a member of the Gardner Police Explorers Post 357, where he received the Explorer Excellence Award.

Chase Patten was a tiger scout in Pack 14 and transitioned to Troop 1 as a boy scout in 2008. He has participated in many camping and hiking trips, including four hikes on the Long Trail in Vermont, and two canoe

trips on the Allagash River in Northern Maine. He has attended National Youth Leader Training and has served in numerous leadership roles in the troop. For his Eagle project, Chase worked with the Sterling Fire Department to organize CPR classes for Sterling youth leaders and scouts, and raised \$1,500 in donations enabling the department to purchase infant CPR dummies and a new AED trainer. Chase plans to study civil engineering in college.



(Left to right) Troop 1 committee member Eric Cotter, Brett Cotter, Miles Gray, Chase Patten and Verne L. Thayer, Past President Massachusetts Society of the Sons of the American Revolution.

PHOTO by Richard Maki

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## LOCAL HAPPENINGS

# Rwandan mission challenges a culture shaped by tragedy

by Lex Thomas

Every year, Neal Davidson, lead pastor at Hope Chapel in Sterling, leads a mission to Rwanda, a state in east Africa, to provide leadership, pastoral training, theological resources, and support to a population predominantly made up of subsistence farmers that was devastated by genocide in 1994.

This year, Davidson travelled to Rwanda with a group that included his wife Christina, and five others that had visited the region in the past. Locally in Rwanda, the mission is called "Good Rain." They rent a house or apartment. If they're lucky, they can take an occasional shower. Otherwise, they take makeshift baths using a cupful of heated water.

"This began with an original contact with Rwanda Microseeds, a microloan program for single mothers with young children," says Neal Davidson, who spent two weeks in the area at the end of February and early March. "We continue to participate in 150 microseed programs that support Rwandan women."

In 2013, Davidson was instrumental in organizing a retreat for pastors and their spouses, with the goal of teaching partners to invest in their marriage, and bring about changes in the culture of marriage in the country.

"In their culture, it's not unusual for a husband to hit his wife," says Davidson. "Wives have virtually no power to make decisions."

Davidson teaches retreat participants that women have equal value and priority in the eyes of God. "A lot of the men are getting it," he says. "We're challenging them to live it."

In addition, Davidson and his team are helping to send 20 pastors back to school, a significant feat in a country where formal education ends in the eighth grade.

"We're providing an opportunity for them to attend junior high and high school," he says. Pastors attend private schools 40 hours per week from January to December, at an annual cost of \$350 per person.

Davidson feels that education is crucial, as the country



*Pastor Neal Davidson and his wife Christina hold the twin sons of Pastor Nicodeme and his wife Terese, who survived the genocide in Rwanda as children.*

Contributed PHOTO

is rapidly developing, but still suffers from the after-effects of a devastating history.

"From the first time I visited Rwanda, I felt there was an enormous need for pastoral leadership after the 1994 genocide," he says.

In between visits, Davidson relies on information he receives from a Rwandan pastor who returned to his country after the genocide, and now coordinates many of the projects that David-

son has initiated.

"It's personally rewarding, and in spite of language barriers, we've become friends," he says.

Davidson believes there's tremendous value to cross-cultural missions. "I always appreciate the constant reminder that we put so much value in our connection of faith. It truly transcends all cultural barriers." For more information about Hope Chapel and its mission work, visit [hopechapelsterling.org](http://hopechapelsterling.org).

## Save the date! Plant Sale coming in May

The Sterling Garden Club will hold its annual Plant Sale on Saturday, May 16, 9 a.m. to noon, rain or shine, on the Sterling Town Common. Perennials from our members' gardens will be sold, plus 50 hybrid rose bushes, trees and shrubs including hydrangea, azalea and rhododendron, donated by Sterling Greenery.

Annuals, herbs, trees, shrubs, grasses, ground covers, hybrid daylilies, and unusual plants not found in local nurseries will also be available. A drawing of items including books, wreaths, plants, container gardens and other items, will take place during the event.

Proceeds from the sale support civic beautification projects and educational programs for students in the Sterling schools as well as other activities. To donate plants, or offer plants from your garden, call Pat Thomas at 978-422-3566.

# LOCAL HAPPENINGS



PHOTO by Jim Barbato

Walkers gather outside First Church in Sterling for the Palm Sunday Promenade for People on March 29.

## First of a 2-part series about Lyme Disease

# Lyme Disease: Prevention is the key

by Lex Thomas

As a preamble to Lyme Disease Awareness Month in May, the Central Mass Lyme Foundation, founded by Michele and Ken Miller of Sterling, has designated April as Lyme Prevention Month.

“Prevention is important, because we are in a highly endemic area,” says Michele Miller. “Up to 50 percent of ticks in this region are infected with Lyme and other tick-borne diseases.” Miller adds that only 10 percent of these illnesses are reported to the Centers for Disease Control and Prevention.

According to information gathered by the Foundation, there are 800 species of ticks worldwide, commonly found in woods, areas of thick vegetation, leaf litter, and wherever thick weeds and high grass abound. Ticks crawl and feed on the blood of a host, either human or animal, in order to grow and reproduce.

Once contracted, many strains of Lyme and other tick-borne diseases can be difficult to manage, especially if not diagnosed quickly. Some are even fatal if not treated early.

“Without proper diagnosis, many people infected with Lyme just get sicker and sicker,” says Miller. “The longer you go untreated, the harder the disease is to

## Sterling-Lancaster Community TV

### Broadcast Schedule April 18 to 24, 2015

Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 140	Variety
6:30 AM Barbara and You - TSO	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM Painting Journeys - Ep.2	Hobby
1:00 PM InFocus - Brazil World Power	Documentaries
2:00 PM Sterling Garden Club - Pond Building	Local
3:00 PM Painting Journeys - Ep.2	Hobby
4:00 PM Animal Adventures - Ep.8	Children
5:00 PM Nashoba Spring Band Concert	Music
6:30 PM The Song - Jay Stryker	Music
7:00 PM InFocus - Brazil World Power	Documentaries
8:00 PM Sterling Garden Club - Pond Building	Local
9:00 PM Painting Journeys - Ep.2	Hobby
10:00 PM Barbara and You - TSO	Interview

### Sunday

6:00 AM The Steve Katsos Show - Ep 140	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Painting Journeys - Ep.2	Hobby
1:00 PM InFocus - Brazil World Power	Documentaries
2:00 PM Sterling Garden Club - Pond Building	Local
3:00 PM Painting Journeys - Ep.2	Hobby
4:00 PM Animal Adventures - Ep.8	Children
5:00 PM Nashoba Spring Band Concert	Music
6:30 PM The Song - Jay Stryker	Music
7:00 PM InFocus - Brazil World Power	Documentaries
8:00 PM Sterling Garden Club - Pond Building	Local
9:00 PM Painting Journeys - Ep.2	Hobby
10:00 PM Barbara and You - TSO	Interview

### Monday-Friday

6:30 AM Steve Katsos Show - Ep 141	Variety
8:00 AM Barbara & You - Leominster Art	Interview
9:00 AM Thyme in the Kitchen - Seafood	Cooking
10:00 AM Body Sculpt with Elizabeth - Ep 5	Health
11:00 AM Best of Open Comedy Mique Show	Entertainment
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption - Dogs	Animals
1:00 PM InFocus - Garbage Babies	Documentaries
2:00 PM Church Services	Church
4:00 PM Animal Adventures - Ep.9	Children
5:00 PM Valley Homegrown - Small Change	Music
6:15 PM The Song - Bill Pere	Music
7:00 PM InFocus - Garbage Babies	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption - Dogs	Animals
9:00 PM Best of Open Comedy Mique Show	Entertainment
10:00 PM Barbara & You - Leominster Art	Interview

### Broadcast Schedule April 25 to May 1, 2015

Comcast Channel 8

Saturday	Genre
6:00 AM The Steve Katsos Show - Ep 141	Variety
6:30 AM Barbara and You - Leominster Art	Interview
8:00 AM Village Church Service	Religion
10:00 AM AUC College Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption Dogs	Local
1:00 PM InFocus - Garbage Babies	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption Dogs	Local
4:00 PM Animal Adventures - Ep.9	Children
5:00 PM Valley Homegrown - Small Change	Music
6:15 PM The Song - Bill Pere	Music
7:00 PM InFocus - Garbage Babies	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption Dogs	Local
9:00 PM Best of Open Comedy Mique Show	Entertainment
10:00 PM Barbara and You - Leominster Art	Interview

### Sunday

6:00 AM The Steve Katsos Show - Ep 141	Variety
7:00 AM Trinity Bolton Church Service	Religion
9:00 AM ECC Service	Religion
11:00 AM Trinity Lutheran Church Service	Religion
12:00 PM Channel 8 Community Updates	News
12:30 PM Pawdoption Dogs	Local
1:00 PM InFocus - Garbage Babies	Documentaries
2:00 PM Channel 8 Community Updates	News
2:30 PM Pawdoption Dogs	Local
4:00 PM Animal Adventures - Ep.9	Children
5:00 PM Valley Homegrown - Small Change	Music
6:15 PM The Song - Bill Pere	Music
7:00 PM InFocus - Garbage Babies	Documentaries
8:00 PM Channel 8 Community Updates	News
8:30 PM Pawdoption Dogs	Local
9:00 PM Best of Open Comedy Mique Show	Entertainment
10:00 PM Barbara and You - Leominster Art	Interview

### Monday-Friday

6:30 AM Steve Katsos Show - Ep 142	Variety
8:00 AM Barbara & You - Fitchburg Art	Interview
9:00 AM Eat Well Be Happy - Dijon Chicken	Cooking
10:00 AM Visions For Health - Ep 14	Health
11:00 AM On Your Computer - Ep 2	Educational
12:00 PM Painting Journeys - Ep 3	Hobby
1:00 PM InFocus - The Maestro Part 1	Documentaries
2:00 PM Church Services	Religion
4:00 PM Animal Adventures - Ep 10	Children
5:00 PM Valley Homegrown - Something Else	Music
6:15 PM The Song - Hannah Mohan	Music
7:00 PM InFocus - The Maestro Part 1	Documentaries
8:00 PM On Your Computer - Ep 2	Educational
9:00 PM Painting Journeys - Ep 3	Hobby
10:00 PM Barbara & You - Fitchburg Art	Interview

Refer to [www.slctv.us](http://www.slctv.us) for any updates.

## LOCAL HAPPENINGS

treat.”

Symptoms of tick-borne diseases mimic other common and less devastating conditions, which might make people reluctant to seek immediate treatment.

“If you experience flu-like symptoms that include a rash, stiff neck and headache, contact a Lyme-literate physician as soon as possible,” advises Miller. Visit [ILADS.org](http://ILADS.org) to find physicians knowledgeable about tick-borne diseases.

The Central Mass Lyme Foundation meets the second Saturday of each month (except December) at the United Universalist Church, 90 Holden St., Worcester, 1 to 3 p.m. For information, call toll free at 1-888-511-LYME or visit [CentralMassLyme.org](http://CentralMassLyme.org).

*The second part about Lyme Disease will be published in the next issue.*

## *Protect yourself against Lyme Disease!*

Reduce leaf litter

Cut grass short

Remove standing water

Remove bird feeders

Use natural insect repellent, not DEET

Do a tick check daily

Shower after being outdoors

Wear light-colored clothing

Dry clothes on high heat to kill ticks on clothes



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## Youth events at the library

Conant Public Library, 4 Meetinghouse Hill Rd., Sterling, has events for kids of all ages.

**Story Hour** – Sign up starting April 21 for the next 6-week story hour series beginning May 3. Ages 18 months to 3 years, Mondays at 2 p.m., and Tuesdays at 10:30 a.m. Ages 3 and up, Wednesdays at 10:30 a.m., and Thursdays at 2 p.m. Call 978-422-6409 to register.

**Drop-in craft** – Wednesday, April 22, from 10:30 a.m. to 4:30 p.m. Participants will make colorful flowers out of paper plates. Perfect Mother's Day gift! Dress to make a mess. All ages welcome. No registration required. For information, contact Danielle Mattei at 978-422-6409.

**Movie** – Wednesday, April 22, 5:30 p.m. "Into the Woods." Enjoy this epic retelling of Little Red Riding Hood, Jack and the Beanstalk, and Rapunzel, interpreted by Meryl Streep, Johnny Depp, Anna Kendrick and more. Rated PG. Space is limited. Call 978-422-6409 to register.

## Ice cream social

Celebrate spring and the One Book, One Sterling selection "Wonder" by R.J. Palacio, with sweet treats. Open to the entire community. Wednesday, April 22, from 6 to 8

p.m., First Church in Sterling parish hall, 6 Meetinghouse Hill Road, Sterling. This event is sponsored by Rota Spring Farm. Call 978-422-6409 to register.

## Anti-bullying talk for parents

A representative from the Office of the Worcester County District Attorney will present a program on bullying and harassment prevention on Tuesday, April 28, 6 p.m., in the Baker Room of the Conant Public Library. The program is geared toward parents of school-aged children and is presented in conjunction with "One Book, One Sterling, 2015." This year's selection is "Wonder" by R. J. Palacio, a novel dealing with themes of being different, bullying, and the importance of building kindness and empathy in our communities. Call 978-422-6409 to register.

## Classics Book Club at the library

The Classics Book Club meets the first Wednesday of the month at 1 p.m., at the Conant Public Library. Selection for May 6 is "The Turn of the Screw" by Henry James. Published in 1898, this Gothic ghost story is considered to be the first ghost story with real-world realism. Books are on pre-order and can be picked up at the library. Call 978-422-6409 to register.

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# Library develops long range plan

by Jamie Chase Galvin

Conant Public Library staff, Board of Trustees, and a steering committee have developed a long range plan which, according to Library Director Patricia Campbell, "includes a re-evaluation of our mission statement and core values, a description of the method used to develop the plan, background on our community and its needs, and five strategic goals with an action plan that will be updated annually, and the methods that will be used to evaluate the outcomes in reaching our goals."

Library staff began putting the plan together early in 2014. A steering committee was assembled, comprised of Sterling residents. The plan was submitted to the Massachusetts Board of Library Commissioners on October 1.

"A long range plan is needed every five years to meet the requirements to apply for certain state grants," says Campbell. "The plan should be a living document that is responsive to changing needs and technologies. It will be the guide for employing all of the library's resources during that period."

The plan was developed after a rigorous planning process that included visiting other libraries, meeting with library directors, and a presentation by library staff,

which included a summary of library statistics and services, staffing, an overview of the facility, budget, Sterling demographic information, and current library trends. A focus group and survey conducted by the library and a facilitator completed the process.

The results showed that, while many people are satisfied with the current items and services offered to library patrons, there is room for improvement.

"Several themes became clear," says Campbell. "There's demand for more programming for children and for adults including authors, speakers, music, and opportunities for learning everything from crafts to technology."

Library staff and administrators learned that many people are not aware of the number of services available to library patrons. "We've learned that more effective promotion of those services, using as many outlets as possible, is important," she says.

Campbell's goal is to make the library responsive to the needs of those it serves. "Trustees and staff took the planning process very seriously and are already working to make improvements," she says. "We have a small building, but we want to stay in this historic site at the heart of our community, so we have to be both creative and practical in shaping the facility to meet our goals."

## SPECIAL FEATURE

# Retired doctor shares his expertise worldwide

by Danielle Ray

**D**r. Paul Hart has hardly been resting on his laurels since retiring in 2008 as a pediatrician in Sterling for 30 years. Hart continues his longstanding medical mission work and over the past six years has traveled internationally to Haiti after the earthquake, the Philippines after the typhoon, numerous trips up the Amazon, to the former Soviet Union, India, Cambodia, South Africa, Ethiopia, Brazil, the Ukraine, Moldova, South Africa, Nepal and the Himalayas – all to lend his medical expertise to those in need. Within the United States he has traveled to New Orleans and to Arizona to work in the Bureau of Indian Affairs Reservation Hospital.

“Ever since I can remember I’ve wanted to do volunteer medical missions, but when I had a young family it was impossible to leave them for a month at a time, and unfair to my patients and the doctors who covered for me,” he

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## SPECIAL FEATURE

says. "Now I'm able to fulfill my dream."

Hart says he derives tremendous satisfaction knowing that he has helped people who otherwise might not have medical care."

He spends three or four months a year traveling on mission trips he's participated in since 1990. His first trip was to Addis Ababa, Ethiopia, where he treated refugees suffering the disastrous effects of a civil war. His most recent medical mission trip was once again to Ethiopia, where he was asked to set up a number of health projects to benefit the local population and that are run by local residents. Hart initiated a program to screen for malnutrition, vision and hearing problems in a school that has 2,000 students.

"There's no electricity in any of the classrooms and no safe running water," he says. "About 100 students came to school hungry as their families could not afford to feed them more than once per day. For \$1 a month per student, I was able to provide a large roll with peanut butter, which offers much better nutrition than whatever they could find on the streets to eat."

Hart is now in the process of setting up a small facility to make eyeglasses to help the students identified as having vision problems, and he continues to provide food to the most needy. Hearing problems are being addressed by a local doctor and Hart says he has had the pleasure of working with a local non-government



Contributed PHOTO

*Dr. Paul Hart at an orphanage in Haiti during one of his medical mission trips.*

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## SPECIAL FEATURE

organization called Yenege Tesfa, Hope for Tomorrow, which helps children in need.

"I have always loved dealing with children. They are so honest and direct and let you know exactly how they feel," he says. "I enjoy making the children comfortable with the medical experience and seeing them lose their fear of doctors."

In addition to his private practice in Sterling, Hart volunteered extensively as a school physician at Tahanto Regional High School and the Berlin Public Schools. He established two free medical clinics, one at the Epworth United Methodist Church in Worcester in 1993, and another at Temple Beth El in Sudbury in 2004. Both continue to offer services in Worcester on Monday evenings and Sudbury on Tuesday evenings.

As a result of his extensive community service Hart has received many awards and been recognized for his service by Worcester State College, the Unitarian Universalist Church in Worcester, the Lions Clubs of Massachusetts, the Worcester District Medical Society, University of Massachusetts Medical School, New England United Methodist Conference, and the Leominster United Methodist Church. He was awarded the Massachusetts Medical Society's Senior Volunteer Award in 2011.

"I had many patients who honored me with the privilege of caring for them over many years," says Hart. "I miss the continuity of care that a family practice brings, but now I have the ability to respond to medical needs around the world."

Hart works in a number of urgent care facilities to help pay the bills, which he says is not the same as running his own office but is still satisfying. He lives in Florida for the majority of the year and travels to Massachusetts to work and see his family. In between medical mission trips he plans for future trips, writes lectures, keeps up

with continuing education, and enjoys photography and reading.

Hart claims he hardly feels his 68 years, and hopes to continue his medical mission work as long as his health permits. "I have met some amazing people who volunteer around the world," he says. "One man who immediately comes to mind is a truck driver from England who after hearing of the typhoon [in the Philippines] came over on his own to help. Since the local water supply was destroyed, water was provided by a truck that went around filling up large holding tanks. He would get up at 5 a.m. and drive all day, seven days a week filling tank after tank. He made an amazing difference to so many lives. There are many more people like him that I have met and I continue to benefit from their passion, drive and ideas."

## Sterling Greenery Community Park Clean-Up Day

The Sterling Recreation Department is performing routine maintenance and safety improvements during April to make the play area at the Sterling Greenery Community Park on Muddy Pond Road ready for summer fun, and to make it a clean and safe play area for children and families.

The play area will be closed through Clean-Up Day on Saturday, April 18. The park is expected to re-open to the public on Sunday, April 19.

Join the Recreation Commission members and other volunteers on Saturday, April 18 from 9 a.m. to 3 p.m. to help make the Sterling Greenery Community Park ready for play. Everyone is welcome, even for a short time. For more information, visit [sgpark.org](http://sgpark.org).

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## Get in shape with Sterling Recreation

Spring is here. Time to get in shape with a great workout. For a full list of programs and registration forms, visit [sterling-ma.gov](http://sterling-ma.gov). Click on Government, then Recreation under Departments, or call 978-422-3041, email [recreation@sterling-ma.gov](mailto:recreation@sterling-ma.gov), or stop by the office at 31 Main St. Sterling.

## April vacation programs

**Pre-Engineering** – Grades K to 2, April 20 to 24, 9 a.m. to noon at 1835 Town Hall. \$140. Build engineer-designed projects such as boats, bridges, and mazes using thousands of LEGO®s.

**Engineering Fundamentals** – Grades 3 to 5, April 20 to 24, 1 to 4 p.m. at 1835 Town Hall. \$140. Apply real-world concepts from physics, engineering and architecture in projects using thousands of LEGO®s.

## Active Kids

**T-Ball Squirts** – Ages 3 to 5. Tuesdays, April 27 to June 8, 10 to 11 a.m. Muddy Pond T-Ball Field. \$95.

**After School Tennis** – Grades 1 to 4. Wednesdays, April 29 to June 10, 4 to 5 p.m. Houghton Elementary School. \$100.

**Kids Zumba/Yoga** – Grades 1+. Thursdays, April 16 to May 21, 4 to 5 p.m. 1835 Town Hall. \$35.

**DRIVE Pre-School Soccer** – Pre-K with parent. Saturdays, May 2 to June 6, 8 to 9 a.m. Houghton School field. \$75.

## Art and Creativity for Kids

**Cooking** – Grades 5 to 8. Tuesdays, April 14 to May 12, 3 to 4:30 p.m. Chocksett Middle School. \$115.

**After School Art Studio** – Grades 1 to 4. Tuesdays, April 28 to May 26, 4 to 5:30 p.m. Houghton Elementary School. \$60.

## Naga Fitness with Gina

All classes are \$90/10 classes or \$10 drop-in per class.

**Kettlebells** – Wednesdays, 9:15 to 10:15 a.m., 7 to 8 p.m., and Saturdays 8 to 9:15 a.m.

**Cardio Kickboxing** – Mondays, 5:30 to 6:30 p.m.

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

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

**Butts & Guts** – Tuesdays, 5:30 to 6:45 p.m.

## Trip

### Fosters Lobster Bake

Visit scenic Nubble Light House and York Village, then feast on delicious treats at Fosters, including clam chowder, mussels, clams, lobster, corn, potatoes and blueberry crumb cake. Includes musical entertainment. Saturday, May 16. Depart at 9 a.m. from Shaw's parking lot, Clinton. Return 6:30 p.m. \$82 per person.

## Opening day coming soon

The George P. Gibbs, Jr. Sterling Little League and Sterling Girls Softball Association opening day parade is slated for Saturday, May 2 (rain date May 3), 11:30 a.m., at the White Historical Building on Route 62, marching west to the West Sterling Major League field. Ceremony follows with games, food and fun. All are welcome.

## Gibbs fundraiser

The Gibbs Little League will hold its first Gibbs Golf Tournament Fundraiser on Thursday, May 28, at Wachusett Country Club in West Boylston. Proceeds benefit field improvement, equipment upgrade, and Sterling Girls Softball. Golfer registration \$125 per person until May 14, and \$135 after. For information, contact Hollie Lucht at [Gibbsllgolf@comcast.net](mailto:Gibbsllgolf@comcast.net) or 978-422-2930.

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### Y.A.H.O.O. time is here!

The Y.A.H.O.O. Youth Board is sending out swarms of Yahooigans to help clear winter debris from seniors' yards. The spring program will run until May 9. Y.A.H.O.O. is a Sterling Recreation Department program that connects youth and seniors in Sterling through fun and service. Youth from 7th grade through high school, meet on five Saturday mornings in the spring and fall to perform light yard work for Sterling seniors. Y.A.H.O.O. is run and staffed by volunteers, and is supported entirely through donations. Sterling seniors can request assistance from Y.A.H.O.O. by contacting Karen Phillips, Director, Sterling Council on Aging, at 978-422-3032. For information about volunteering or donating, visit [sterlingyahoo.org](http://sterlingyahoo.org).

### Fresh Air Fund seeks host families

Now in its 139th year, the Fresh Air Fund is seeking volunteer host families to give New York City children the chance to visit rural and small town communities across 13 states from Virginia to Maine. Every summer, almost 4,000 children visit volunteer host families in

rural, suburban and small town communities. Give an inner-city kid the chance to experience everything that Sterling and the Wachusett region have to offer. For more information, visit [freshair.org](http://freshair.org).

### Hunting eggs in the snow

Undaunted by frigid temperatures and snowy conditions, dozens of Sterling parents and kids took part in the annual Easter egg hunt on March 28, sponsored by the Recreation Department.



PHOTO by Jim Barbato

*Sterling's annual Easter egg hunt.*



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### Senior Center happenings

The Sterling Senior Center is located in the Butterick Municipal Building on Park Street. 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 call 978-422-3032.

**Patriots' Day** – The Senior Center will be closed on Monday, April 20.

**Book Club** – Thursday, April 23. Cancelled.

**Living a Healthier Lifestyle talk** – Monday, April 27, 12:30 p.m. Sharon Nolli of Summit Elder Care offers information about healthy eating, cooking with fresh herbs, brain health, quiet time, and breathing exercises.

**Springtime Jingo** – Thursday, April 30, 12:30 p.m. Similar to bingo. Refreshments and prizes.

### Fall prevention program at Clinton Hospital

If you've suffered a fall in the past, are concerned about falling, or simply want to improve your balance, flexibility and strength, Clinton Hospital, in collaboration with Oriol Health Care, is offering a free eight-week

program called A Matter of Balance, which will teach participants how to lower their risk of falling through strength and balance exercises, and by making small changes in their homes. The program will also share tips on how to control falls and minimize fall-related injuries. An information session will be held Thursday, April 23, at 10 a.m. in conference rooms A and B at Clinton Hospital, 201 Highland St., Clinton. Classes will take place on Thursdays from April 30 to June 18, 9 to 11 a.m. For more information or to register, call Rosa Fernandez at 978-368-3716..

### 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.

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## Tax talk for agriculturalists and public

The Sterling Agricultural Commission is hosting a talk on MGL Chapter 61 and its application for real estate tax assessments for agriculture and forestry lands on Monday, April 20, 7 p.m., at the First Church in Sterling parish hall, 6 Meetinghouse Hill Road, Sterling. The speaker is Brad Mitchell, Director of Government Relations for the Massachusetts Farm Bureau.

## Art of composting

Charlotte Trim discusses how to create the best possible compost in the final winter Backyard Growing Series program sponsored by the Westminster Agricultural Commission and the Westminster Gardeners and Farmers Friends on Tuesday, April 21, 6:30 p.m., at the Forbush Memorial Library, Eloranta Room, 118 Main St., Westminster. Free.

## Sterling Extension Group meeting

"Making Old-Fashioned May Baskets" is the topic for the Sterling Extension Group meeting on Thursday, April 23, 9:30 a.m., at St. Richard of Chichester, 4 Bridge St., Sterling. Everyone welcome. For information, contact Adele1973@hotmail.com.

## Candidates Night

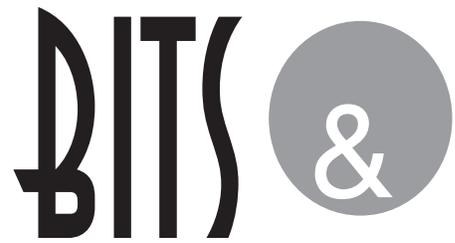
Meet the candidates who will be on the ballot for the Sterling Town Election on May 11. Candidates will offer their perspectives on local issues on Friday, April 24, at 7 p.m., in Room 205, Butterick Municipal Building.

## Visit with the NEADY Cats kitties

Spend some quality time with shelter cats and kittens at the NEADY Cats Petting Day on Saturday, April 25, from 10:30 a.m. to noon. The shelter is located at 305 Redemption Rock Trail South (Route 140) in Princeton near the Sterling line. Coffee, tea, sodas, and cookies will be served. Donations from the wish list found at [neadycats.org/in-kinddonations.html](http://neadycats.org/in-kinddonations.html) will be gratefully accepted. For more information, call Marilyn at 978-422-5116.

## Dinner (K)night & Trivia

Join the Knights of Columbus councils 14940 and 14298 for an evening of trivia, food, and a silent auction on Saturday, April 25, 6:30 p.m., at St. Mary's Parish Hall, 114 Princeton St., Jefferson, Massachusetts. \$17.50 per person, or \$170 for table for 10. For tickets or information, see Knights after all masses at St. Richard's in Sterling, or contact Bob Swisher at 978-422-3145,



Steve Garney at 978-422-7947 or [sagar952@comcast.net](mailto:sagar952@comcast.net), Chris Daniel at 774-364-7319, or Marty Pellegrino at 508-868-1281.

## Kids' Fishing Derby

The Eight Point Sportsmen's Club will hold its 2015 Kids' Fishing Derby on Saturday, April 25, and Sunday, April 26, from 8 a.m. to 4 p.m. each day at 147 Beaman Road, Sterling. There is a 3-fish limit each day. Registration is \$3 for juniors (15 and under) and \$5 for adults (16+). Separate registration for each day. Prizes awarded to all juniors each day. Trophies awarded to first, second, and third place overall finishers after 4 p.m. on Sunday. The Snack Shack will be open for purchasing refreshments.

## Call for Artists

The Princeton Arts Society's 24th Annual Spring Show & Art Sale will take place May 1 to 3. Art lovers, save the dates. Artists, check out the Call for Artists at [princetonarts.org](http://princetonarts.org), call 978-464-2051, or email [ljtjr@att.net](mailto:ljtjr@att.net) for more information. New members welcome.



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# PIECES...

## American Legion meeting

There will be a regular meeting of the Hiram O. Taylor Post 189 of the American Legion on Monday, May 4, at 7:30 p.m. at the post hall on School Street in Sterling.

## Farmers Market gearing up

The Sterling Farmers Market 2015 season kicks off on Friday, May 16, and runs every Friday through October from 3 to 6:30 p.m. at 1 Park Street (in front of the Butterick Municipal Building), in downtown Sterling.

Live music, free face painting and crafts for the kids, local business sponsors handing out Farmer Funds, monthly crafters, special events, and a wide variety of local vendors offering fresh products are all part of this year's market.

Vendors include Zoll Cellars Winery, Shamrock Hives Farm, Elzire's Acre Goat Milk Soap, Sunny Knoll Farm Alpacas, Dawn's Delights of Holden (gluten-free foods), Sunshine Meadow (soaps), Crystal Brook Farm, Clearview Farm, and Meadowbrook Orchards.

Local business sponsors are needed to support the market. The \$250 sponsorship fee helps provide payment as well as Farmer Funds to the musicians who play at the markets, electricity and tents, craft supplies for the kids, and promotion and growth of the market. Sponsors are welcome to set up and hand out marketing materials as well as \$100 in Farmer Funds (included in their sponsorship). They also receive signage at the market and promotion on the market's Facebook page. Sponsors are needed for dates throughout the 2015 season

Vendor applications are currently being accepted. For more information, visit the 'Sterling Farmers Market' page on Facebook or email [sterlingfarmersmarket@gmail.com](mailto:sterlingfarmersmarket@gmail.com).

## Can and bottle drive postponed.

The Boy Scout Troop 189 can and bottle drive scheduled for Saturday, April 11, has been postponed until mid-May. Updates will be published in newspapers and on cable television as they become available.

## Nar-Anon support group in Sterling

A Nar-Anon family support group meets every Thursday, from 7:15 to 8:30 p.m., at St. Richard of Chichester, Downstairs Chapel, 4 Bridge

St., Sterling. Nar-Anon is a 12-step group for family and friends of those who are addicted to drugs.



PHOTO by Judith Henry

Blue Moon

## NEADY Cats kitty seeks loving home!

Meet Blue Moon. She's a gorgeous grey and white 6-month-old kitten with strong tabby markings looking for a home in the Sterling area. Born with no upper eyelids, she has had her left eye removed and has had cryotherapy on her right eye, freezing off hairs and lashes to prevent further damage to the eye. She may need more surgery in future, and veterinary bills would be paid by NEADY Cats. For more information about Blue Moon email [Marilyn@neadycats.org](mailto:Marilyn@neadycats.org).



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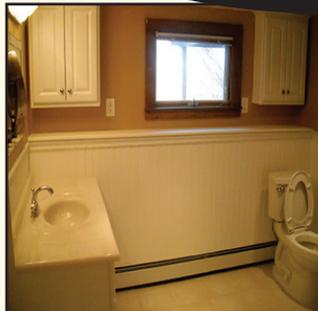
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