PIG ROAST!

Please join us for a Pig Roast with all the fixings for a fundraiser for the Sprague Senior Center in conjunction with the summer concert series at River Park in Baltic, featuring “Open Mic Night” with Ralph Watson, “Hey Mr. D.J.”

*Please bring lawn chairs.*

Saturday, July 28th, 2012 at 4:30pm *Rain or Shine*

Price: $15.00 per person

Contact Buddy Meadows at 860-822-3000 ext. 203 for advanced tickets. Deadline for ticket sales is July 23rd.

Connecticut Tigers All-You-Can-Eat BBQ!

*Sponsored by the Recreation Committee*

August 19th

BBQ Picnic at 2:30pm

Game at 4pm

$23 Adults, $13 Children 12 & under

With the Rec Committee paying a portion of each ticket

Ticket includes a reserved seat with a great view of the play on the field and a lunch menu that includes burgers and hot dogs, chicken, cold salads, drinks and dessert. Game will be against the Aberdeen Ironbirds.

For more information contact Erin Spitale at 860-822-0818.
Upcoming Events at Versailles United Methodist Church
-- Sunday Service 10:30 am ALL ARE WELCOME!
-- All you can eat Breakfast the first Saturday of the month! $6
-- July 22, 2012 from 3- 4:30pm: Journey to the Potter's House, Michael Ferris at Versailles UMC. An illustrated parable that brings the gospel to life! A Journey to the Potter's House is a 90 minute illustrated sermon that brings you face to face with God in a way that will forever change the way you understand his working in your life. For more information visit his website at http://www.ajourneytothepottershouse.com/ Potluck to follow after around 5:00pm. Please bring a dish to share. All are Welcome!

Don't forget to Ride the Shetucket!!
The water release for the month of July is scheduled for 10am on Saturday, July 28th, 2012! The Town of Sprague will provide a free shuttle between River Park and Scotland Dam. For more information or any cancellation postings check the Town's website at www.ctsprague.org.

2012 Memorial Day Parade Grand Marshal Search
The parade committee would like to thank everyone who submitted entries for selection for our 2012 Memorial Day Parade Grand Marshal. We had fun looking over the entries and a winner was selected. He was David Salemma. He is a Viet Nam veteran and a Purple Heart recipient. He is also currently serving as the Commander of American Legion Post 85 here in Baltic. Special thanks to Arnie Arseneault for providing a beautiful red convertible MG in order for the Grand Marshal to travel in style.

RIVER PARK MUSIC NIGHTS
Come join us for a relaxing night by the beautiful Shetucket River for family fun on Saturday nights from 6:00pm - 8:30pm.
Sponsored by the Mohegan Sun
July 7th: Out of the Blue
July 14th: John Paolillo
July 21st: Silver Hammer
July 28th: “Open Mike Night” by Ralph Watson

Summer Reading Update
Our kids are busy reading up a storm at the Sprague Public Library! More than 60 kids have signed up for our Annual Summer Reading Program so far. This year's theme is “Dream Big... Read!” Many of our young readers attended a wonderful show, Zach Ivins and the Magic of Libraries, to kick-start the program. A blend of magic tricks, book reviews and audience participation, the room was packed and excitement reigned among the young and young-at-heart. There is still time to sign up and read away the summer with us. The program is open to all children from birth to entering eighth grade. Stop by the library or call the library at 822-3012 or Mrs. Reyer at 822-1643 to register. Children who read and report on 8 or more books will be invited to an Ice Cream Sundae party on Wednesday, August 8. Thanks to West Main Street Norwich Dairy Queen and the Sprague Garden Club for their generous donations.
Rebecca Reyer- Summer Reading Program Director
George Sechen- Assistant Summer Reading Director
From the Desk of the First Selectman

Thanks to all of you for voting at the June budget referendum, next we will be having a town meeting (early July) to discuss and act on the bonding resolutions on Capital projects approved by the Board of Finance.

While that process continues to move us forward don’t forget to join us at the River Park for the outside movie (July 20th), the summer concerts and the river run. There is also a robust summer recreation program planned with information available in the Town Clerk’s or First Selectman’s office.

Please visit the new Town website at ctsprague.org. Comments are appreciated and encouraged. This is a more interactive site that allows for dissemination of material in a more timely fashion, as well as sign up for updates on senior, children and governmental events.

We continue with roadside mowing, pothole repair and sweeping. We also are looking for volunteers to help us replace the roofs on the dugouts, concession stands, and announcer booth located in the recreation fields. To volunteer call the First Selectman’s office and leave your name with Barbara or I.

The Shetucket Village renovations are continuing with a target for completion date of Labor Day 2012.

As always thanks for your support,

Cathy Osten, First Selectman

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Our Town Volunteers

Are you looking for a way to get more involved in the community or have community service hours that you need to complete? The Sprague Our Town is assembled on the last Saturday of every month starting at 10am in the Court Room of the Town Hall and we are always looking for extra help! We have snacks and welcome anyone who wants to come lend a hand, even it is just for an hour!

If interested please call or e-mail Jane at 860-608-9478 or ourtown@ctsprague.org.

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Town of Sprague Editor- Production Designer/ Typist

The Town of Sprague is accepting applications for a part-time position of Editor-Production Designer/ Typist for the Our Town Newsletter. Applications and job description available at Selectman’s Office: 1 Main Street, Baltic, CT 06330 (860-822-3000 x 201).

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SCRRRA Household Hazardous Waste Information and Schedule 2012

All Regional Hazardous Waste Collections are held on Saturdays from 9am-1pm. In 2012 there will be five more HHW Collections now through November. Any household from any participating community can go to ANY of the HHW collection events. For more information or to view the participating communities visit www.SCRRRA.org.

Upcoming Collection Dates & Locations:

- June 2, 2012- Colchester: Johnston Middle School, Norwich Ave (860-537-7288)
- June 16, 2012- Norwich: Norwich Public Works Garage, 50 Clinton Ave. (860-823-3798)
- July 21, 2012- Groton: Groton Transfer Station, Flanders Rd. (860-448-4083)
VNA East
PH: 860-456-7288              FAX: 860-456-4267

VNA East will hold the following clinics:

**Blood Pressure Screenings:**
- Tues July 17 Lebanon Senior Center 12:30 – 1:30 pm
- Wed July 18 Scotland Town Hall 12:30 – 1:00 pm
- Tues July 24 Franklin Senior Center 10:30 – 11:30 am
- Tues July 24 Sprague Town Hall 11:45 – 12:45 pm

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**Baltic Fire Engine Company #1 Grilling Safety**

There’s nothing like outdoor grilling. It’s one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries.

**SAFETY TIPS**
- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.

**CHARCOAL GRILLS**
- There are several ways to get the charcoal ready to use.
  - Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
  - If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
  - Keep charcoal fluid out of the reach of children and away from heat sources.
  - There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
  - When you are finished grilling, let the coals completely cool before disposing in a metal container.

**PROPANE GRILLS**
Check the gas tank hose for leaks before using it each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it. If the leak doesn’t stop call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Don’t move the grill.

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**Help Wanted: Baltic Fire Department is looking for your help!**

We are now accepting applications for Volunteer Firefighters or Emergency medical technicians, (EMT).

- As a volunteer you will be trained to react with confidence to all sorts of emergency situations.
- The rewards in the emergency services are incredible…if you consider respect and appreciation reward enough
- Saving a neighbor’s home or farm from being destroyed by fire. Rescuing a child from possible injury or death. These are the rewards that we, as volunteers, experience every day.

If you have the desire to make a difference in peoples’ lives, and believe that you have what it takes to meet the challenges, join the team that protects the lives and homes in the town of Sprague and surrounding communities. **Volunteer firefighting is a very rewarding and valuable way to serve your community.**

You can pick up applications at the Fire station, 22 Bushnell Hollow Rd. or call 860-822-6580 with questions. *Neighbors Helping Neighbors*
Magazine Industry Dominated by Fluff
By Stephanie Rivera

We have different types of news, and differing ways to spread that news, such as the Internet, newspaper and magazines. An interesting dilemma arises in that many magazines don't actually have any real news but gossip and rumors. Too many magazines are concerned with what will sell and earn more money. So in turn readers of magazines get a lot of fluff stories. Instead of having stories that uncover the truth about a congressman that didn't pay his taxes, or a president who changes the global standard of living, we get the lukewarm stories that are more rumor than facts.

The truth is that people want real newsworthy stories about the latest development in a major case that could change the judicial system. People want to know the facts, they want to know about the occurrences that could alter our government. People want news stories that they can relate to, that they can understand. People also want the truth, and that has been missing in many magazines for far too long.

So instead of writing fluff stories that will be forgotten, why not write the hard stories that impact people's lives, make them think, teach them something worth knowing?

The above is a student editorial by the Academy of the Holy Family’s Stephanie Rivera. It was originally published in The New London Day on April 23rd, 2012.

**The Academy of the Holy Family would love to have girls from Sprague in our school. We are committed to a good education, both spiritual and academic. Understanding the high cost of living, we are able to offer Sprague residents a reduction in tuition. Please contact us at 860-822-9272 if you are interested.**

Your Pets and Fleas
By Denise Ethier Dembinski

It begins with a little scratching here, then a little scratching there, and before you know it every time you glance at your pet he’s scratching. You can be he has fleas. Fleas are “critters that live on our critters,” and they are more than just a nuisance to your dog. They create extreme discomfort. Imagine sitting outside on a summer evening and feeling the bites of a few hundred mosquitoes. This will help you to understand how your dog feels when he has fleas. Some can ignore the constant scratching of their pet, but if your dog lives in the house you can bet fleas are setting up shop in your rugs, upholstery, and any little crack they can find to lay eggs. Before you know it your family will have small red spots on their skin and they will be scratching like hounds.

Fleas arrive in the spring and can be found in any location throughout the US. Warm, moist, humid conditions create the perfect environment. So no matter how clean you keep your dog flea control is a must. Today products are safe, effective, and easy to administer and applied on a monthly basis. All furry pets in the household must be treated. You should see your vet for advice on specific products and doses, but the most common preventative is applied directly to the skin on the back of the neck. Be sure you purchase a flea control product that not only targets adult fleas, but all stages of the flea life cycle which includes eggs and larvae.

Flea prevention is a process that should be adhered to not only through the summer months, but throughout the year. The goal is to ensure a flea infestation is avoided as once it occurs you can bet it will be a minimum of three months before the infestation is under control. If you apply a flea prevention product monthly, vacuum rugs and floor regularly, and launder pet beds regularly you, and your dog, can enjoy a more comfortable and relaxing summer. For more extensive information related to fleas and other external parasites visit http://www.canismajor.com/dog/critter.html.

** REMINDER **

Although June is Dog Licensing month, and all dogs are required, by law, to be licensed after they are six months of age, it’s not too late to drop by the Town Hall to register your dog(s). First time licensing requires proof of an up-to-date rabies vaccination as well as a spay or neuter certificate. Spayed or neutered dogs are $8.00 and non-spayed or non-neutered dogs are $19. All guide dogs are free. Avoid late fees – Register your dog(s).
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Sprague Conservation Commission Update

Hello fellow Sprague citizens. The Sprague Conservation is still alive and well. We have been sprucing up the River Park and working on conservation issues for the town. It’s always great to see so many people enjoying the park. It always warms my heart to see people fishing, picnicking, kayaking, watching concerts and all the other things that the park allows us to enjoy. It’s just a great oasis in the middle of our beautiful town.

Our latest big project is the preservation of the Watson Heritage Farm. We need your help!! This is a moment in our lives that we can all make a difference for us, our children and future generations. Once these important pieces are gone or developed we can never get them back. For all those who enjoy the outdoors and realize how important it is to preserve important pieces of land in our town please help us. In respect to this effort, there is a newly formed group of fellow Sprague, Franklin and Scotland citizens that have formed a nonprofit group called the “Friends of the Shetucket River Valley.” Their mission is to identify and protect open space in the Shetucket River Valley for the future enjoyment of the public and the preservation of key habitat for flora and fauna. They have identified the Watson Heritage Farm as one of these important pieces. So they have been working with us to help us to raise the final funds that we need to save this piece of land. It is right in the middle of a beautiful natural corridor of land that runs from Ayer Gap in Franklin, through this piece, on to the Sprague Land Preserve and into the Shetucket River Valley. It would not only be important to wildlife, those of us who enjoy the outdoors (hiking, fishing, and just enjoying the beauty), but it also protects our natural resources including safe drinking water.

There will be a mailing from this group to asking for your assistance with this effort. Please consider helping us with this goal. No donation is too small. Just knowing that you did what you could, will make a big difference now and forever.

Also I will be leading hikes on the property to show it off. Please bring the family and enjoy a fun walk together. On the following dates you can meet me at the Grist mill across from the town hall:

Monday July 2nd 6:00pm Full moon hike
(moon rise will be 7:24pm)
Saturday July 7th 10 am

Any questions please email me at donaldboushee@sbcglobal.net.

~SPRAGUE COMMUNITY CENTER NEWS~

“Serving the People of Sprague”

Greetings from SCC! School is out and SCC is getting ready for their summer ARTS Week to be held from July 30th, to August 3rd for children, ages 6-10 years old. The SCC ARTS Week will have singing, and drumming, for all participants. Then students can sign up for drama or a specialized form of pattern drawing called Zentangle from 6:00-7:30 p.m. every night during the week of July 30 to August 3rd.

Though there is NO charge for this program any donations for supplies would be appreciated.

Brochures for the ARTS Week have been distributed to all students in Grades 1-5 at Sayles School and St. Joseph’s School. In addition, brochures are available at the Town Hall, Post Office, and Library. Anyone who is interested in having his or her children attend can call the Sprague Community Center at 860-822-6595 to request an application or additional information. All applications need to be sent to the mailing address on the back of the brochure by July 10, 2012, or you can drop off the applications at SCC on Fridays from 1:00-3:00 p.m. Register Now and Don't Miss the FUN!

Our “Food Friday” food distribution every Friday is from 2-3 p.m. If anyone wants to register for this program, please call 860-822-6595. Happy Summer and blessings to all!

Sincerely,
Brenda J. Keefe, SCC Outreach Coordinator

American Legion Post 85

6/5/12 Minutes

Meeting opened at 7:10 p.m. 11 members present. The 5/2/12 minutes were accepted as read with one amendment. Don Bastien reported on the Parade. The quilt raffle raised $737.00 minus $90.95 expenses. Ticket # 746 was the winner. Discussion on a parade day change was tabled until September. The 50/50 club was cancelled. New fund raising ideas will be discussed in September.

Cathy Osten reported $401.93 in the checking account. She contacted 7 Department 200 members. 3 agreed to transfer. Post #85
has 49 members on the rolls. The Post dues will remain at $30.00 for July 1, 2012.

Don Bastian presented a new Veterans Remembered Flag. Visit Veteransrememberedflag.com for more information. Junior Vice Commander Tim Brodeur turned over the Post website to Bill Mish. Tim Brodeur and Sergeant at Arms Chris Meuller are deploying to Afghanistan. An informal get together will be at the Commander’s, Sunday, June 10th, 6:00 p.m.

The elected officers for the July 1, 2012 year are: Dave Salemma, Commander, Don Bastian, Adjutant, Fred Zinavage, Sr. Vice Commander, Tom Coletti, Jr. Vice Commander, Andy Trudelle, Sergeant at Arms, Joe Osowski, Chaplain and Cathy Osten, Financial Officer.

The officers will take positions commencing July 1, 2012. No hardship cases reported. There were no sick members. The next meeting will be on Tuesday, September 4, 2012 at 7:00 p.m. at the Sprague Rod and Gun Club.

Respectfully,
Tom Coletti, Adjutant

If you have any questions regarding your tax bill, you may call the tax collector at 822-3000, ext. 224. Any questions regarding address changes, assessments, exemptions, or your correct tax town should be directed to the Assessor at 822-3000, ext. 222.

-Mary B. Chartier, CCMC, Tax Collector

Tax Collector’s Hours:
Monday & Thursdays 8am – 12 noon
Wednesdays 2pm – 5:30pm

Assessor’s Hours:
Mondays 6am – 4:30 pm
Tuesdays 7am – 12 noon

Democratic Town Committee Update
At our June meeting, the DTC met and discussed the upcoming month’s events. We welcomed new member Jack Malone, thanked Susan Zimmerman for her service on the Board of Education, and offered our condolences for Tom Hannon’s loss of his brother. We also met with Brian Sear whom we endorsed for the 47th State Representative race. We are confident he will represent us well when he reaches Hartford.

Further we met with the Friends of Shetucket River Valley (FoSRV) to see where we may be able to help them preserve property located next to the land preserve. This 230 acre property is a gem that will become a part of and add to the value of the land preserve.

We encourage people who are interested in volunteering on boards and commissions to submit an application located on the new Town website (www.ctsprague.org) and in the Town Clerk’s office.

The Sprague DTC encourages new residents to register to vote. Registered voters interested in serving on Town boards or joining the DTC should contact me or DTC secretary Claire Glaude at 860-822-9111. Please visit the Sprague DTC website at SpragueDemocrats.org for updated information.

-Catherine Osten, DTC Chair
BALTIC FIRE DEPARTMENT
LADIES AUXILIARY

Members met at the Baltic Firehouse on Tuesday, June 12 for their regular meeting. Main topic of discussion was the annual HOLLY JOLLY BAZAAR. This will be held on Saturday, November 24, 2012 from 9 am to 3 pm at the firehouse. We will again have tables available for rent. The cost for an 8 foot table (supplied) is $25.00. Letters will be going out in early September to those already on our mailing list. If you are interested and are not on our present list, please give me a call at 860-822-8331 and leave your name, address and phone number.

Our next meeting is scheduled for Tuesday, September 11, 2012 at 7 pm at the firehouse. Please remember that anyone interested in joining the Auxiliary is welcome. We are always looking for new members and new ideas for fundraising. You need not be a Sprague resident or have a spouse or family member in the Fire Department to join the Auxiliary.

Sincerely,
Jeannette Deschamps, Secretary

Sprague Garden Club

Thank you to everyone for supporting the garden club’s annual plant sale. We always enjoy the whole process from beginning to end and visiting with everyone who stops by is always an added treat.

This year our planters are filled with Alaska nasturtiums, pansies and cannas. There should be an explosion of color for everyone to enjoy throughout the summer. The weeds never take a holiday so on June 12 we held a weeding party at the Grist Mill. Ten members armed with garden tools made quick work of the weeds -- that is until next month when we will be back again to fight the battle. It’s a great way to get some exercise, visit, and does something that helps make the community a better place. It’s hard to believe bittersweet and poison ivy ruled the ground around the Grist Mill until the mid 1990’s.

Our first meeting of 2012-2013 is scheduled for September 5, 6:30 p.m., Sprague Senior Center. Program: A Pomfret Audubon video presentation of the nocturnal wildlife at the Center. We invite anyone interested in the club or the video presentation to attend.

Have a happy and safe July 4th,
Jan Settle, Secretary

The Salvation Army
Upper New London County Service Unit

I want to thank all those who have sent donation checks to the Upper New London County Service Unit at P.O. Box 304, Versailles, CT 06383. Your donations provide community action and ninety percent of them will be kept here.

We have seen storms so far this year. The hurricane season has started, have you as a family spent some time to talk about what to do if a storm comes? Do you have a 72 hour kit? If you have to leave your home does the family know where to meet you so you will know all are okay? We will have more about emergency preparedness to come.

If you need food, call the Town Hall and speak to Colette. Thanks to Scouting for Food there is food available to help you. Happy Summer!
-Dennison Allen, Town of Sprague Representative

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Mike St. Germain
280 High Street,
P.O. Box 532
Baltic, CT 06330

Phone: 860-213-1629
Email: michaelgermain@sbcglobal.net
The Sprague Public Library is now pleased and proud to offer…

**eBooks and audiobooks**

to the Sprague Community!

OverDrive is a program provided by the library whereby you can use your library card to go online and borrow eBooks and audiobooks the same as you would a regular library book. You can borrow up to 5 items at a time for a period of up to 3 weeks each, after which the items will automatically disappear from your device. Try it out today by going to: http://bibliomation.lib.overdrive.com or from the Town website: www.ctsprague.org

→ Community → Library → OverDrive.

Then simply browse and check out books using the barcode number on the back of your library card, and download to your device.

Then simply browse and check out books using the barcode number on the back of your library card, and download to your device.

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**Book Club Book of the Month**

Both the Afternoon Delight and Fiction Addiction Book Clubs will be participating in the library’s Summer Reading Program this month with their selection of *The Reading Group* by Elizabeth Noble.

**Discussion Dates**

Afternoon Delight: Wednesday, July 11th at 3:30pm

Fiction Addiction: Wednesday, July 18th at 6pm

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The Fiction Addiction Book Club recently took a field trip to the movies to see the movie adaptation of one of the books they read: Abraham Lincoln: Vampire Hunter! Stop by and join in on the fun, non-members are always welcome!

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**Summer Activities for Children**

*October Productions Presents…*

**July 10th:** Larry Novia- Comedy Ventriloquist

**August 7th:** Vanilla Swirl, AKA Pete Lane- “Flea Circus”

**July 17th:** Dr. Dennis Waring- Strange musical instruments from around the world

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**Story Hour** is every Thursday at 10:30AM. All children are welcome!

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**Summer Reading Reminder:** All report forms may be dropped off at the library into the designated box. Please call with any questions.

*The Summer Reading Finale will be Wednesday, August 8th.***

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**Reminder:** The Sprague Public Library will be closed on Wednesday, July 4th, 2012.
### BUS SCHEDULE FROM SPRAGUE TO OCCUM

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<tr>
<th>Points of Departure to Occum</th>
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<tr>
<td>Shetucket Village</td>
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<td>Brookside &amp; High Street</td>
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<td>TJ’s Parking Lot</td>
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<td>TJ’s Parking Lot</td>
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<tr>
<td>TJ’s Parking Lot</td>
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<tr>
<td>Arrive Occum - SEAT Connection Site Red McKeon Park, Hooper St. &amp; Rte. 97</td>
<td>8:10am</td>
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<th>Points of Departure to Sprague</th>
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<tr>
<td>Red McKeon Park, Hooper St. &amp; Rte. 97 (stop as needed for return trip)</td>
<td>8:15am</td>
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<tr>
<td>Express Return to Senior Center</td>
<td>2:15pm</td>
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Times are approximate and may vary several minutes earlier or later. Service runs Monday through Thursday except for holidays. For more information call Buddy Meadows, Sprague Senior Center Coordinator at 860-822-3000 ext. 203. *The Sprague to Occum Bus is a courtesy of the Town of Sprague and the Sprague Senior Center.* For seat schedule visit [www.seatbus.com](http://www.seatbus.com).

Winter Weather Schedule: The bus will follow the school closure schedule during the winter. Watch early morning television on Channel 3, 8 or 30 for closures.

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**Recipe of the Month:** **Zucchini Squash Casserole**

Zucchini or yellow squash, enough to partially fill dish

- 1 onion
- 1 c. stewed tomatoes
- Italian dressing (Good Seasons) to taste
- Oregano, Basil and Thyme to taste
- Parmesan cheese (enough to cover casserole)

Slice vegetables and place in baking dish. Add stewed tomatoes, spices and Italian dressing. Sprinkle cheese to cover and bake at 350º for 30 minutes.

*As submitted by Colette Hoffman for the Sprague Public Library Cookbook.*

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**Editor: Jane Kolar**

**Deadline for Our Town submissions** is the 15th of each month. Submissions will be no more than 200 words and may be e-mailed to OurTown@ctsprague.org. Longer articles may be submitted and used based on room at the Editor’s discretion. The focus of Our Town is community events, articles, commission notes and other items of town-wide interest. Annual budget considerations may affect page appropriations. Ads have no restriction on word limit and must be pre-purchased at rates of: Business Card $21; Double Business Card $40; Half Page $70; Full Page $100 - Purchase 11 months and receive the 12th month free. Sprague~ Our Town is a free monthly publication of the Town of Sprague, serving the communities of Baltic, Hanover & Versailles. Primarily funded by the Town, support is also provided by paid advertisements. Opinions expressed in Sprague~ Our Town are not necessarily those of town officials or the community at large, but solely reflect those of the writer. Submissions may be edited for clarity and formatted as necessary. Libelous or obscene materials are not permitted.
TVCCA’s Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D’Amato, MPH, RD.

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<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>Lazy man's Lasagna Peas Carrots Fresh Orange</td>
<td>Swedish Meatballs Buttered Egg Noodles Broccoli Cranberry Juice Chocolate Chip Cookie</td>
<td>Independence Day</td>
<td>Lemon Butter Cod Macaroni &amp; Cheese Green Beans Applesauce Cup</td>
<td>All Beef Hot Dog w/Bun Baked Beans Cole Slaw Pears w/ mandarin oranges</td>
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<tr>
<td>Honey Glazed Ham Sweet Potatoes Mixed Vegetables Pineapple Cup</td>
<td>Eggplant Rolette Penne Pasta w/Marinara Italian Vegetable Medley Fruit Cocktail</td>
<td>Beef Stew w/ Potatoes Broccoli Cauliflower or Chicken Caesar Salad Apple Juice Danish</td>
<td>Chicken Dijonaise Rice Pilaf Capri vegetable Medley Pears w/ mandarin oranges</td>
<td>Stuffed Cabbage Casserole Mashed Potatoes Baby Carrots Fresh Banana</td>
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<tr>
<td>Cod Italiano Roasted Potatoes Green Beans Fruit Cocktail</td>
<td>Chicken Florentine Rice Pilaf Peas &amp; Carrots Pears w/ mandarin oranges</td>
<td>Maple Mustard Pork Loin Mashed Potatoes Capri Vegetable Medley or Tuna Salad Plate Fresh Orange</td>
<td>Cheeseburger Noodle Casserole Peas Carrots Applesauce Cup</td>
<td>Chicken Cacciatorre Seasoned Rice Italian Vegetable Medley Orange Juice Cupcake Happy Birthday</td>
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<tr>
<td>Honey Mustard Baked Chicken Mashed Sweet Potatoes Long Bean medley Peach Cup</td>
<td>Penne Pasta &amp; Meatballs Broccoli Baby Carrots Fresh Fruit</td>
<td>Cod Newburg Rice Pilaf Peas &amp; Carrots or Egg Salad Plate Pears w/ mandarin oranges</td>
<td>Sloppy Joe’s w/ Bun Buttered Egg Noodles Mixed Vegetables Grape Juice Oatmeal Cookie</td>
<td>Herb Braised Pork Loin w/Gravy Scalloped Potatoes Green Beans Pineapple Cup</td>
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<tr>
<td>Cheese Manicotti w/ Marinara Broccoli Cauliflower Cranberry Juice Sugar Cookie</td>
<td>Multigrain Crusted Fish Au Gratin Potatoes Garden vegetable medley Applesauce Cup</td>
<td>SALAD CHOICE MEAL Every Wednesday</td>
<td>Suggested Donation for Salad Meals $ 3.50</td>
<td>All Meal Reservations should be made 72 hours in advance. 1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice.</td>
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<td>Full Moon Hike, 6pm, Grist Mill</td>
<td>7 pm, Town Hall Inland Wetlands</td>
<td>Independence Day</td>
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<td>Breakfast 6:30am-10am Versailles Methodist Church</td>
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<td>Zoning Board of Appeals, 7 pm</td>
<td>Town Hall Summer Recreation Program begins</td>
<td>9am – 2pm</td>
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<td>Conservation Comm. Mtg., 7 pm, Town Hall</td>
<td>Ventriloquist Program, Library Commission on Aging, 2:30 pm, Town Hall Library Bd. Mtg. 6:30 pm, Grist Mill CT Authors Trail begins, 6:30pm, Franklin Library | BOE, 7 pm Sayles School Board of Selectmen 5:00 pm, Town Hall P&amp;Z Comm. 7 pm Town Hall Knights of Columbus 7pm, Fire House</td>
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<td>Musical Program, Library</td>
<td>Water &amp; Sewer Auth., 4 pm, Town Hall | Board of Finance 7 pm, Town Hall Outside Movie, 7pm, River Park | River Park Music Night, 6-8:30pm</td>
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<td>Journey to Potter’s House, 3pm, Versailles UMC</td>
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<td>Regional Animal Control Mtg. 10:30 am Lebanon Town Hall Recreation Comm. 7 pm, Town Hall | 28 Ride the Shetucket, 10am, River Park Pig Roast, 4:30pm, River Park | River Park Music Night, 6-8:30pm</td>
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<td>SCC ARTS Week begins</td>
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Word of the Month
Autonomy- *n.* the quality or state of being self-governing; self-directing freedom and especially moral independence

Carol Dunn- Little River Studio & Gallery
Photographer, Printmaker, Artist, Framer. Located at 457 Main Street in Hanover
Visit my website to see my artwork, get info about art classes given or current exhibits. Take a class in Zentangle, Solarplate Etching, or learn Photoshop Elements. Need a unique gift? I have gift certificates in any amount so your special someone can choose their own art or the class of their choice. Teaching at Meiklem Kiln Works, Mystic Arts Center & Silver Circle- as well as my own studio- see my web page!
Email: www.caroldunnart.com Phone: 860-822-8412