

# OUR TOWN

SERVING THE VILLAGES OF BALTIC, HANOVER, AND VERSAILLES  
IN THE BEAUTIFUL SHETUCKET RIVER VALLEY

## Information & News for August 2012



Outside Movie at River Park  
**FRIDAY, AUGUST 17<sup>TH</sup>, 2012**

ACTIVITIES STARTING AT 7PM,  
MOVIE STARTING AT DUSK.  
COME JOIN US!



*Provided by the Recreation Committee*

Yard Sale!!  
TJ's Parking Lot

**Saturday, August 4<sup>th</sup>**  
**9am- 2pm**

No Early Birds  
*Rain Date: August 11<sup>th</sup>*



### **URGENT!**

**We need to *beef* up our food pantry.**

The Sprague Food Pantry is in dire need of any non-perishable food. These could include: cereal, pasta, rice, tomato sauce, and any canned goods such as soups, meats, vegetables or fruits.



*Any donations would be greatly appreciated.*

Please bring food items to the Town Hall at 1 Main Street in Baltic. Also anyone needing food can call 860-822-3000, ext. 223 or 220.

### Library Board Vacancies

The Sprague Library Board has openings for two alternate positions. If you are a Sprague resident and are interested in the library please call Sally Exley at 860-822-9005 or come to our next meeting on August 14th at 6:30 pm in the Grist Mill with a letter of consideration.



### **River Park Music Nights**

*Sponsored by the Mohegan Sun*

August 4<sup>th</sup>: Silver Hammer  
August 11<sup>th</sup>: Elm Street Band  
August 18<sup>th</sup>: Gypsy Time Surf & Friends  
August 25<sup>th</sup>: Silver Hammer  
September 1<sup>st</sup>: Glenn Hansen Band

Come join us for a relaxing night by the beautiful Shetucket River for family fun on Saturday nights from 6:00pm - 8:30pm.

### **Sisters of Charity Can & Bottle Drive**

**SATURDAY, AUGUST 18<sup>TH</sup>**



Please drop off items on the porch in the back driveway area of the Motherhouse between 9am and noon. For more information please call 860-822-8241.

## 26<sup>TH</sup> ANNUAL RUMMAGE SALE



Don't miss the rest of St. Mary of the Immaculate Conception Church's Annual Rummage Sale!

**Friday, August 3<sup>rd</sup> from 10am-4pm**  
**Saturday, August 4<sup>th</sup> from 9am-2pm with last day bargains.**  
Free admission!

(860) 822-6378 \* 70 West Main Street in Baltic, CT  
*Thank you for your support.*

### *Sayles School Honor Roll - Third Semester*

**Grade 8 High Honors:** Madison Spitale-Hansen & Renee Watrous

**Grade 8 Honors:** Elizabeth Crowley, Sabrae Collins, Avarie Manfredi,  
Samantha Miller & Ally Perrino

**Grade 7 High Honors:** Heather Cook & Joseph Crowley

**Grade 7 Honors:** Kelsey Allen-McQuade, Rachel Andrade, Chance Gaudreau,  
Keerigan Heg, Ryerson Hill & Skyla Politowitz

*Congratulations!*

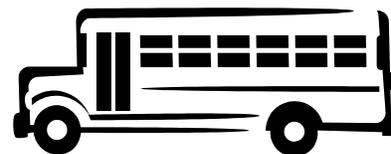


### Don't forget to Ride the Shetucket!!

The water release for the month of August is scheduled for 10am on Saturday, August 25<sup>th</sup>, 2012! The Town of Sprague will provide a free shuttle between River Park and Scotland Dam. For more information or cancellation postings check the Town's website: [www.ctsprague.org](http://www.ctsprague.org).



**Reminder:** 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.

***From the Desk of the First Selectman...***

Thanks to all of you for coming to the town meeting and approving the bonding resolutions which will provide funds for needed infrastructure projects. These projects will be starting over the next few weeks and include road improvements, water and sewer improvements, and ADA improvements to town facilities to name a few of them.

While summer projects continue to move us forward don't forget to join us for some relaxing downtime at the River Park at the outside movie planned for August 17th, or the weekly summer concerts or the monthly river run events. They are fun and better yet free!

Please drive slowly as summer means more children are around and sometimes dart into traffic unexpectedly. Parents should continue to tell children to stay on sidewalks and off roadways for their safety. No one wants to see a child or anyone injured or worse as a result of an avoidable accident.

We continue with roadside mowing, pothole repair and sweeping. We also are planning to replace the roofs on the dugouts, concession stands, and announcer booth located in the recreation fields. If you are interested in helping out call Barbara and I at 860-822-3000 x 202.

As always thanks for your support.

*-Cathy Osten, First Selectman*

**\*\*\* Reminder to Vote \*\*\***

**There will be a democratic and republican primary on August 14<sup>th</sup>, 2012. Please remember to vote at the Baltic Fire Department during the hours of 6am to 8pm.**

**The Town is seeking persons to fill vacancies on Town Boards and Commissions:**



Interested residents should complete the questionnaire that is available at the Town of Sprague website [[www.ctsprague.org](http://www.ctsprague.org) on the volunteer page] and send it by email to [c.osten@ctsprague.org](mailto:c.osten@ctsprague.org) or regular mail to the Sprague First Selectman at Sprague Town Hall, One Main Street ,PO Box 677, Baltic, Connecticut 06330 . You may also obtain a questionnaire at the Sprague Town Hall First Selectman's Office. If you have any questions please call the First Selectman's Office at 860-822-3000 x 202.

This would cover both elected and appointed positions. Additional information regarding elected positions can be obtained from the respective chairs of both the Republican and Democratic Town Committees' Chairs. The RTC Chair is Mike Smith ([asmith7258@aol.com](mailto:asmith7258@aol.com)). The DTC Chair is Catherine Osten (860-822-9367 or [catherineosten@sbcglobal.net](mailto:catherineosten@sbcglobal.net)).

**2012 SCRRRA Household Hazardous Waste Information and Schedule**

All Regional Hazardous Waste Collections are held on Saturdays from 9am-1pm. 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](http://www.SCRRRA.org). The following are the dates and locations for the last four collections in 2012:

- August 18<sup>th</sup> Montville:** Tyl Middle School, Chesterfield Rd. (860-848-9411)
- September 8<sup>th</sup> North Stonington:** Public Works Highway, 11 Wyassup Rd. (860-376-7080)
- October 13<sup>th</sup> Griswold:** Griswold Highway Garage, Rte. 138 (860-376-7080)
- November 3<sup>rd</sup> Ledyard:** Styron LLC Parking Lot, Rte. 12 (860-464-8740)

# Notice of Primary

Tuesday, August 14, 2012

6:00 a.m. to 8:00 p.m.

Polling Place: Baltic Firehouse, Bushnell Hollow Road

Sample of poll ballots and absentee ballots:

## DEMOCRATIC PARTY

<sup>1</sup> United States Senator	<sup>2</sup> State Senator
<input type="radio"/> 1A Christopher S. Murphy*	<input type="radio"/> 2A Tom Reynolds*
<input type="radio"/> 1B Susan Bysiewicz	<input type="radio"/> 2B Catherine A. Osten

## REPUBLICAN PARTY

<sup>1</sup> United States Senator	<sup>2</sup> Representative in Congress
<input type="radio"/> 1A Linda E. McMahon*	<input type="radio"/> 2A Paul M. Formica*
<input type="radio"/> 1B Christopher Shays	<input type="radio"/> 2B Daria Novak

The asterisk (\*) indicates the candidate that was endorsed at the July caucus. The second & third rows are the challenging candidates.

**Eligible to vote:** Those enrolled in either the Republican or Democratic parties.

**Deadlines:** If either not enrolled as a voter or registered as an Unaffiliated Voter changing to a party –

1. Application postmarked by August 9<sup>th</sup> if by mail for new voter.
2. Application made in person by new voter or Unaffiliated voter to Registrar of Voters or Town Clerk must be submitted by 12:00 Noon on August 13, 2012.

**Absentee ballots** are available by calling or stopping in the Town Clerk Office.

If you have any questions, please feel free to call me at 822-3000 ext. 220.

Claire Glaude, Town Clerk

## Leave Fido Home This Summer

By Denise Ethier Dembinski

Dogs definitely love going for a ride in the car, but hot summer days and evenings are dangerous times to take Fido for a ride. Some folks leave windows open believing the dog will remain cool, but that is not correct. When the outside temperature is 78 degrees the inside of the car will heat to 120 degrees in about 20 minutes. The temperature in your car will rise rapidly and your dog can die in less than 10 minutes.

Recognize the signs of heatstroke- heavy excessive panting, lethargy, profuse salivation, rapid pulse, vomiting, diarrhea, and red gums and tongue.

**If you see a dog in a car do the following:**

1. Record all information regarding the vehicle such as license plate number, make and model
2. Alert management of the business
3. Call the police or animal control in the area in which you are in
4. Stay with the dog until help arrives

Be aware. During the summer your dog should remain home and if not in air conditioning than in the shade of a large tree with a cool bowl of water.



*Word of the Month: Delectation- n. delight, enjoyment*



### **SFC 2012 FALL BALL PROGRAM** **(T-Ball, Little League, Jr/Sr League, Softball)**

- Fall Ball Program begins mid-late August - \$35 per player
- This is an Instructional Season and does not mean your child will play this age group for the Spring Season.
- Online Sign-ups begin in July through the SFC website: <http://www.sfcl.com>.
- Registration Days/Sites: Wednesday: 8/1 & 8/8 from 6-8 pm at the Scotland Green.
- Players will be contacted by a Coach once the teams have been established.

**Sign-ups/Payments must be received by Friday, August 10<sup>th</sup>, 2012.**

Register: Online, Registration Site, or Mail this form to:

SFC  
P.O. Box 591  
Canterbury, CT 06331



Please contact Eric Graham with any questions @ [egraham55@hotmail.com](mailto:egraham55@hotmail.com)

\*\*\*\*\*

T-Ball    Baseball    Jr/Sr League    Softball                      Payment Enclosed: \_\_\_\_\_

Child Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

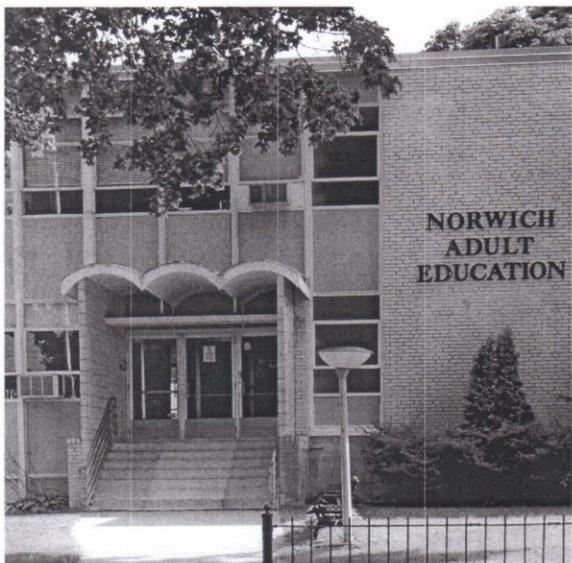
School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Home Tel #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email address: \_\_\_\_\_

# Norwich Adult Education



191 Hickory Street, Norwich, CT 06360

860-823-4299

[www.norwichpublicschools.org/subsite/aed](http://www.norwichpublicschools.org/subsite/aed)

## We Can Help You:

- 📖 Finish High School—3 options to choose from!
- 📖 Learn English in ESOL classes
- 📖 Study to become a U.S. citizen
- 📖 Improve Basic Skills (ABE)

### *August Registration Information:*

For High School Credit Diploma Classes—**August 20-23—9 am-11 am**

For English for Speakers of Other Languages Classes—**August 28-31—9 am-noon**

**Call 860-823-4299 for further information.**

*The Norwich Regional Adult Education Cooperative also serves the towns of:*

*Bozrah  
East Lyme  
Franklin*

*Groton  
Ledyard  
Lisbon*

*North Stonington  
Preston  
Salem*

*Sprague (Baltic, Hanover, Versailles)  
Stonington  
Voluntown*

# SPRAGUE PUBLIC LIBRARY NEWSLETTER: AUGUST 2012

## Connecticut Authors Trail

The Sprague Public Library is proud to be one of the stops on the Connecticut Authors Trail. On **Thursday, August 9<sup>th</sup> at 6:30pm** in the Community Room of the Grist Mill we will be hosting the Equine Novelists & Artists of Connecticut as they discuss their books and writing processes. Refreshments will be served! This program is free and open to the public so please come and bring your friends! **Hope to see you all there!**



The Sprague Public Library is working hard to stay connected with Connecticut authors and other libraries in eastern CT. For a complete listing of all the authors and hosting libraries on this year's CAT stop in the library or visit [connecticutauthorstrail.org](http://connecticutauthorstrail.org).

## *2<sup>nd</sup> Annual Wine and Cheese Social*



The Friends of Sprague Public Library cordially invite you to the 2<sup>nd</sup> Annual Wine & Social on Friday, September 28<sup>th</sup>, 2012 from 6:30-9PM. Tickets are \$20 per person and made available for purchase starting on August 1<sup>st</sup>, 2012. We have a limited number of to sell so please stop by or call the library A.S.A.P. to reserve yours today!

*All proceeds will benefit the library.*

## **Now Available for SPL Patrons: OverDrive!**



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](http://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.

## **Free Movie Nights!!**

**-Aug. 3<sup>rd</sup> Teen Movie: *A Thousand Words***  
starring Eddie Murphy

**-Aug. 10<sup>th</sup> Family Movie: *Big Miracle***  
starring Drew Barrymore

*\*\*Movies will start at 6:30pm. If you have a comfortable chair or pillow and blanket you want to bring with you please feel free!*

## **Free Children's Activities**

**-August 7<sup>th</sup> : Vanilla Swirl, AKA Pete Lane**  
"Flea Circus" at **2pm.**

**-August 8<sup>th</sup> : Summer Reading Finale Ice**  
Cream Party at **6pm** in the Grist Mill

## **August Book Club Selections:**

Afternoon Delight: *The Friday Night Knitting Club* by *Kate Jacobs*. Next meeting: Wednesday, August 1<sup>st</sup> at 3:30pm.

Fiction Addiction: *The Little Lady Agency* by *Hester Browne*. Next meeting: Wednesday, August 15<sup>th</sup> at 6PM.

### RTC Column

I hope everyone is enjoying their summer and staying cool, just a few items to pass on to you... The RTC will be hosting a fundraiser on August 4, 2012. The event will offer you a chance to meet some of the Candidates for the upcoming election, both Federal and State. For more information on the event and where you can purchase tickets please visit [spragueforward.com](http://spragueforward.com). While on the site you will also be able to read the full RTC column and other information pertinent to the town and its residents.

The RTC meets the second Monday of every month at 7 PM at the Senior Center in the Town Hall. Our next meeting will be August 13, 2012.

*-Michael W. Smith, Chairman*

### Sprague Democratic Town Committee Update

At our July meeting, the DTC met and discussed the upcoming month's events. We planned for the primary and reviewed our endorsements. We encourage all of you to get out and vote on August 14<sup>th</sup> from 6am to 8pm at the Baltic Fire Department. If you wish to vote in the democratic primary and are registered as an unaffiliated voter you still have time to change your status, to qualify to vote in the primary you must be registered in the party you wish to be involved in.

We continue to encourage people who are interested in volunteering on boards and commissions to submit an application located on the new Town website ([www.ctsprague.org](http://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](http://SpragueDemocrats.org) for updated information.

*-Catherine Osten, DTC Chair*

### **Branching Out...**

#### **Notes from the Tree Warden**

Many folks may have noticed the purple 'bag' hanging by the P&W railroad tracks along Route 138 on the way to the transfer station. This is one of many Emerald Ash Borer (EAB) traps that UCONN has installed across the state to determine the travel possibilities of the destructive insect. The EAB, which has crossed the Hudson River into the western part of the state, is not known to travel more than a few miles a year, but the DEEP and UCONN are taking every precaution to monitor the insect's progress and keep it from wiping out all the ash trees in the state. The Asian Longhorn Beetle (ALB), on the other hand, has not crossed into CT from MA- yet. The quarantine area in Worcester has been expanded to 110 square miles and now includes

parts of Auburn! Fortunately, the ALB does not 'move' very fast and trees are being removed within the quarantine area as quickly as possible.

The worst caterpillar threat this fall appears to be from the Winter Moth. These were introduced to the Cape Cod area from Europe via Nova Scotia. These light green caterpillars have several lighter green stripes on their sides and a single dark stripe along their back. They are big eaters- and are not too particular about leaf species to munch on. The good news here is that most common insecticide sprays will eradicate these critters.

Most of the seedlings that were planted at the Baltic Reservoir in April and May as part of the pine forest restoration are growing (95% +). Thanks to those folks who helped me plant our 300, and to Conwood Foresters for all the seedlings that they also planted. Also thank you to everyone who has helped my efforts to not have signs stapled all over Sprague and use stakes or wire frames to advertise their 'event'.

*-Dave Gustafson, Sprague Tree Warden*



### **~SPRAGUE COMMUNITY CENTER NEWS~**

Greetings from SCC! We hope you are enjoying your summertime activities and surviving the hot and humid weather! This is the 2<sup>nd</sup> year of the Sprague Community Center (SCC) being opened in Sprague. At the time of our Grand Opening, we asked community members what they wanted to see offered at SCC. We took that listing very seriously and have offered many of the suggested activities at SCC.

Some of activities at SCC have been well attended and some have not. Some of the activities that have been offered are: Breakfast with Santa, Rummage Sale, Yoga Classes, Folk Concerts, Backus Hospital Van Visitation, Children's Author Night, "Mad Science" Program, Soup & Chili Night, Family Movie Nights, Summer ARTS Week for children, our weekly "Food Friday" program, and of course various groups have rented SCC for their weekly and monthly meetings.

We are looking for more suggestions from the community to assist us in our annual planning. If you have some suggestions, please let me know at 860-822-6595. It is our goal to provide programs and activities that are not only needed, but *wanted* in the community of Sprague. Don't forget our "Food Friday" food distribution is every Friday from 2-3 p.m. If anyone wants to register for this program, please call 860-822-6595. This program is open to all, but especially for those who are in need.

Happy summer and blessings to all!

*-Brenda J. Keefe, SCC Outreach Coordinator*

### Sprague Conservation Commission Update

First of all, thank you to all who were able to donate to our latest conservation efforts through the "Friends of the Shetucket River Valley." We collected about \$800 so far in the first wave. Please continue to send in whatever you can afford; every little bit adds up quickly and we still have a long way to go. Any questions about this please don't hesitate to contact me or talk to Cathy Osten.

Our next hike to view the property will meet at the Grist Mill at 8am Saturday Aug. 4th. I will also be leading a night hike which will meet at the Grist Mill at 7pm on Sunday Aug. 12<sup>th</sup>. We will hike and then view a meteor shower. Bring the family, popcorn, chairs, bug spray, etc. Thank you all for your continued support.

-Don Boushee, SCC Chairman  
[donaldboushee@sbcglobal.net](mailto:donaldboushee@sbcglobal.net)

### Sprague Garden Club

The summer has just zipped by! It's time to think about our September meeting. The first meeting of the club's new year will be held on Wednesday, September 5 at the Senior Center, 6:30 p.m. Andy Rezeznikiewicz of the Pomfret Audubon Center will present 'The Wildlife Video', an infrared camera video of the nocturnal critters that frequent the Audubon Center's grounds. If you have wondered what creatures of the night are

roaming our part of the state, you are invited to attend. A Question and Answer will follow and refreshments will be served.

The planters in town are bubbling over with Alaska nasturtiums and the dwarf cannas will add a late summer blast of color. The daylilies and hydrangeas are blooming at the Grist Mill and the tall cannas are shooting up in front of the town hall. The Farmers' Market in Coventry is a great day trip - bring a cooler, I didn't and regretted it. Directions and info can be found at [www.coventryfarmersmarket.com](http://www.coventryfarmersmarket.com). Check out the following website - [www.americasfarmstand.com](http://www.americasfarmstand.com). It lists some local farmers and you can have their products shipped to friends and relatives.

-Jan Settje, Secretary

### The Salvation Army Upper New London County Service Unit

Thank you to everyone who has donated checks to the Upper New London County Service Unit at PO Box 304, Versailles, CT 06383. Ninety percent of the donations will be kept here. Your donations provide community action, though I hope we will never need it. If you need food, call the Town Hall and speak to Colette; thanks to Scouting for Food there is food to help you. Have you as a family made a plan of what you would do if we had another bad storm this year? Hope you will not need to follow up on your plans.

-Dennison Allen, Town of Sprague Representative

## **NOW OFFERING MEDICARE SUPPLEMENTS**

**AUTO - CYCLE - WATERCRAFT - HOME**



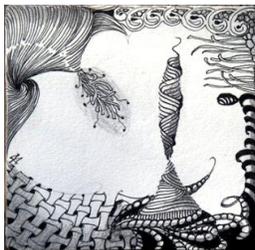
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## **Carol Dunn- Little River Studio & Gallery**

*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](http://www.caroldunnart.com)

Phone: 860-822-8412

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**Web: [www.hastedtbrothers.com](http://www.hastedtbrothers.com)**

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**VNA East**  
 34 LEDGEBROOK DRIVE, MANSFIELD CENTER, CT 06250  
 PH: 860-456-7288 FAX: 860-456-4267

VNA East will hold the following clinics in August:

**Blood Pressure Screenings:**

Wed	August 15	Scotland Town Hall	12:30 – 1:00 pm
Tues	August 21	Lebanon Senior Center	12:30 – 1:30 pm
Tues	August 28	Franklin Senior Center	10:30 – 11:30 am
Tues	August 28	Sprague Town Hall	11:45 – 12:45 pm

**Adult Health Screenings** – including blood pressure, cholesterol, blood glucose, earwax, and foot care. Blood pressure screening is free; other services have a nominal charge. Call (860) 456-7288 for appointments, costs, and information on other services. Clinics will be held at the following locations:

Tues	August 28	Franklin Senior Center	8:30 – 11:30 am
Tues	August 28	Sprague Senior Center	12:00 – 2:30 pm

<b>BUS SCHEDULE FROM SPRAGUE TO OCCUM</b>			
<u>Points of Departure to Occum</u>	<u>Time</u>		
Shetucket Village	7:45am	9:45am	11:45am
Playground Brookside & High Street	7:48am	9:48am	11:48am
TJ's Parking Lot	7:50am	9:50am	11:50am
Arrive Occum- SEAT Connection Site Red McKeon Park, Hooper St. & Rte. 97	8:10am	10:10am	12:10am
<u>Points of Departure to Sprague</u>	<u>Time</u>		
Red McKeon Park, Hooper St. & Rte. 97 (stop as needed for return trip)	8:15am	10:15am	12:15pm
Express Return to Senior Center	2:15pm		
<p>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. <i>The Sprague to Occum Bus is a courtesy of the Town of Sprague and the Sprague Senior Center. For seat schedule visit <a href="http://www.seatbus.com">www.seatbus.com</a>.</i></p> <p><b>Winter Weather Schedule:</b> The bus will follow the school closure schedule during the winter. Watch early morning television on Channel 3, 8 or 30 for closures.</p>			

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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](mailto: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 12<sup>th</sup> 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.



# TVCCA SENIOR COMMUNITY CAFÉ AUGUST 2012

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SALAD CHOICE MEAL**  
Every Wednesday



**Suggested Donation for Salad Meals \$ 3.50**

**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.

1  
Stuffed Cabbage Casserole  
Mashed Potatoes  
Baby Carrots  
or Chicken Caesar Salad  
Fresh Fruit

2  
Chicken Veracruz  
Seasoned Rice  
Broccoli  
Peach Cup

3  
Honey Glazed Ham  
Sweet Potatoes  
Mixed Vegetables  
Pineapple Cup

6  
Salisbury Steak w/ Gravy  
Mashed Potatoes  
Green Beans  
Applesauce Cup

7  
Chicken Alfredo  
Rice Pilaf  
Capri Vegetable Medley  
Grape Juice  
Oatmeal Cookie

8  
Eggplant Rolette  
Penne Pasta w/Marinara  
Italian Vegetable Medley  
or Egg Salad Plate  
Pineapple Cup

9  
Cod Italiano  
Roasted Potatoes  
Green Beans  
Fruit Cocktail

10  
Lazy man's Lasagna  
Baby Carrots  
Wax Beans  
Fresh Orange

*Drink Plenty of Fluids*



13  
Chicken Marsala  
Rice Pilaf  
Mixed Vegetables  
Pears w/ mandarin oranges

14  
All Beef Hot Dog w/Bun  
Baked Beans  
Cole Slaw  
Pineapple Cup

15  
Braised Pork Loin w/Gravy  
Scalloped Potatoes  
Broccoli  
or Tuna Salad Plate  
Fresh Fruit

16  
Meatloaf w/ Gravy  
Mashed Potatoes  
Bean & Carrot Medley  
Applesauce Cup

17  
Chicken Florentine  
Rice Pilaf  
Capri Vegetable Medley  
Cranberry Juice  
Chocolate Chip Cookie

20  
Fish Sticks  
Macaroni & Cheese  
Capri Vegetable Medley  
Fresh Orange

21  
Swedish Meatballs  
Buttered Egg Noodles  
Normandy Vegetable Medley  
Pears w/ mandarin oranges

22  
Chicken Cacciatore  
Seasoned Rice  
Italian Vegetable Medley  
or Chicken Caesar Salad  
Orange Juice  
Cupcake

23  
Cheese Manicotti w/ Marinara  
Broccoli  
Cauliflower  
Peach Cup

24  
Sloppy Joe's w/ Bun  
Buttered Egg Noodles  
Mixed Vegetables  
Applesauce Cup



27  
BBQ Chicken  
Southwestern Brown Rice  
Chuck Wagon Vegetable Medley  
Danish  
Grape Juice

28  
Cheeseburger Noodle Casserole  
Peas  
Carrots  
Fresh Fruit

29  
Cod Newburg  
Roasted Potatoes  
Mixed Vegetables  
or Greek Salad  
Peach Cup

30  
Maple Mustard Pork Loin  
Sweet Potatoes  
Green Beans  
Fruit Cocktail

31  
Baked Ziti w/  
Sweet Chicken Sausage  
Peas  
Carrots  
Pears w/ mandarin oranges

# August 2012



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<p>1 <i>Friends of SPL Wine &amp; Cheese tickets go on sale today!</i></p> <p>BOE, 7 pm Sayles School</p> <p>Knights of Columbus 7pm, Fire House</p> <p>P&amp;Z Comm. 7 pm Town Hall</p>	2	<p>3 St. Mary's Rummage Sale, 10am- 4pm</p> <p>Free Teen Movie, 6:30pm, Library</p>	<p>4 SCC Hike, 8am, Grist Mill</p> <p>TJ's Yard Sale, 9am- 2pm</p> <p>St. Mary's Rummage Sale, 9am-2pm</p> <p>River Park Music Night, 6pm</p>
5	<p>6 Inland Wetlands 7 pm, Town Hall</p> <p>Zoning Board of Appeals, 7 pm Town Hall</p>	7	8	9	10	11
		Flea Circus, 2pm, Library	<p>Board of Selectmen 5:00 pm, Town Hall</p> <p>Summer Reading Finale Ice Cream Party, 6pm, Grist Mill</p>	<p>Equine Novelists &amp; Artists on the CT Authors Trail, 6:30pm, Library</p>	<p>Free Family Movie, 6:30pm, Library</p>	<p>River Park Music Night, 6pm</p>
12	13	14	15	16	17	18
<p>SCC Hike, 7pm, Grist Mill</p>	<p>Conservation Comm. Mtg., 7 pm, Town Hall</p>	<p>Dem./Rep. Primary, 6am-8pm, Fire Dept.</p> <p>Library Bd. Mtg. 6:30 pm, Grist Mill</p>	<p>Water &amp; Sewer Auth., 4 pm, Town Hall</p>	<p>Board of Finance 7 pm, Town Hall</p>	<p>Outside Movie at River Park, 7pm</p>	<p>Sisters of Charity Can &amp; Bottle Drive, 9am- 12pm</p> <p>River Park Music Night, 6pm</p>
19	20	21	22	23	24	25
				<p>Regional Animal Control Mtg. 10:30 am Lebanon Town Hall</p>		<p>Ride the Shetucket, 10am, River Park</p> <p>River Park Music Night, 6pm</p>
26	27	28	29	30	31	
				<p>Recreation Comm. 7 pm, Town Hall</p>		



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*Your Sprague Newsletter*  
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*Enjoy the rest of summer!*



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**Recipe of the Month: Cranberry Jello Salad**

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1 (8 ½ oz.) can crushed pineapple     | 1 c. whipped cream or whipped topping |
| 2 (3 oz.) pkgs. raspberry Jello       | ½ c. chopped nuts                     |
| 1 (8 oz.) pkg. cream cheese, softened | 1 tart apple, peeled & chopped        |
| 2 T. salad dressing (Miracle Whip)    | 1 can whole cranberry sauce           |



Drain pineapple and save liquid. Add water to the liquid to make 2 cups and bring to a boil. Mix Jello into the hot liquid and chill until set. Beat softened cream cheese with salad dressing until creamy. Gradually beat into chilled Jello mixture. Gently fold whipped cream into the mixture. Set aside 1 ½ cups of the mixture. To the remaining mixture, add the crushed pineapple, nuts, apple and cranberry sauce. Place the mixture in a serving bowl and frost with the portion that was set aside. Chill until set and keep refrigerated until ready to serve.

*As submitted by Jan Settje for the Sprague Public Library Cookbook.*