

STERLING COMMUNITY NEWSLETTER

July, 2013



Sterling's New Community Center Library/Multi Purpose Room



STERLING COMMUNITY CLUB

Well Sterling, we did it!! The Open House of the new “Sterling Community Center” was held on June 8th from 3:00 till 7:00 with a great response from the public. There were nearly 250 people in attendance and everyone seemed pleasantly impressed with the facility and what it has to offer. Lt Gov. Mead Treadwell and Senator Kathy Giessel took a tour of the Center and had nothing but compliments on the thought and volunteer work put into the building. They said our Center will be the model for other communities to follow and we will be known throughout Alaska for how we leveraged our capital dollars to build such a beautiful and functional Center. Great job Sterling!! The next scheduled general meeting will be held on **Thursday, July 11th 5:45 PM at the Center.** Everyone is welcome, especially the new members that signed up at the Open House, and we look forward to all your input.

Here is the schedule for **July** for some of the things that are happening at the **SCC**;

JULY SCHEDULE at the Community Center

Art Classes (Amanda Painter)

Mondays 6:00 - 8:00 (water colors-portraits, aluminum eyes, 3D sculptures, recycled paper making, recycled soda bottle monsters & flowers) Free to members or \$3 each time, more info. Call 260-1696

Line Dancing (Melissa Daugherty)

Monday 6:30 pm – 7:30 pm (free for members or \$3 each time)

Nia Class (Maribeth Snell)

Tuesday at 6:30 pm and Wednesday at 8:30 am starting June 11th throughout the summer (\$8 per class) for more information www.nianow.com

Tumbling / Movement Ages 5 -8 (Melissa Daugherty)

Monday 4:00 pm – 4:45 pm (\$5 each time)

Tumbling / Movement Ages 9- 12 (Melissa Daugherty)

Monday 5:00 pm – 5:45 pm (\$5 each time)

Zumba (Darcy Swanson)

This Tuesday 9:30 am – 10:30 am (\$8 each time) Will resume classes in the fall

Gym Walking (Grace Merkes)

Monday 4:00 pm – 7:30 pm or Mon.-Thurs. 1:00 to 3:00 pm (free for members or \$3 each time)

Jujitsu (Amy & Jose Puentes)

Wednesday 6:00 – 8:00 pm (free for members or \$3 each time)

Open Gym Ages 8 and up (looking for volunteers to supervise)

Monday - Thursday 1:00 pm – 3:00 pm (free for members or \$3 each time)

Exercise Class (Becky Moore)

Monday, Wednesday, & Friday 6:30 – 7:30 (free for members or \$3 each time)

COMING SOON

Mom & Tots Time (this fall)

Home school times (this fall)

Men & High School Age Basketball (Steven Harshman)

Thursday 6:00 – 8:00 pm starting when the hoops are up (free for members or \$3 each time)

Co-Ed volley-ball (need a volunteer in charge)

Starting when stands are in (free for members or \$3 each time.)

Ping Pong tournament (this fall.)

NEIGHBORHOOD WATCH MEETING:



It seems like the prowlers are out and about again and recently some of our neighbors have reported getting robbed of their belongings. So in an effort to help stop this vandalism some of our friends and neighbors have set up another **NEIGHBORHOOD WATCH MEETING**. It will be held at the **Sterling Community Center on Tuesday, July 9th at 6:30.** Let's all get together, have a cup of coffee, and see what we can do to help our neighbors as well as ourselves.

Now onto some other programs and events that are being planned in the near future. The first one is the **Sterling Community Center's Community Garage Sale on Saturday, July 13.**

If you are interested in setting up your own garage sale, the cost for a space is \$10. You need to provide your own table, hanging racks or whatever else you will need. You will also be responsible for your own cash flow - drawer, change, etc. The Center will be open for set-up at 8 a.m. and the sale will run from **9 a.m. to 5 p.m.**

If you are not interested in having a sale of your own, but have items that you would like to donate for the Center's fund-raising efforts, you may drop off your items at the Center before July 13. If you would like to volunteer, please let us know.

For more information, or to reserve a space, call Debbi at 262-6164 or Melissa at 252-5909

The next event is the **Miss. All Around Girl Contest**

We have 22 wonderful girls preparing for the Miss. All Around Contest that will be held **Saturday August 10th at 6:00 at the Sterling Community Center.** The girls range in age 3 to



17 and will be judged in 4 categories. The 4 categories are talent, interview, poise and presentation, and the health and fitness routine. The girls will be having a bake sale on **Saturday July 13th at the garage sale** to raise money for the program. They will also be volunteering at Heritage Place Nursing Home in July. You will not want to miss seeing these talented young ladies, tickets are \$5 and can be purchased at the Sterling Community Center next to

the Sterling Elementary or at the door.

Next is the

STERLING TRIATHLON

August 17th, 2013

RUN – CANOE - BIKE

TEAMS OF 2

1.7 mile RUN * 1/2 mile CANOE * 5.3 mile BIKE – ADULT

1.7 mile RUN * 1/8 mile CANOE * 1.7 mile BIKE - KIDS

\$25 PER PERSON / \$50 PER TEAM IF REGISTERED BY AUG. 10th

\$30 PER PERSON / \$60 PER TEAM AFTER AUG. 10th

Kids and adult divisions!! Cash prizes!!! Chili feed!!

Sponsored by Sterling Community Club INC.

Registration forms can be emailed, faxed or picked up. Call Jennifer @ 740-8018 or email: [jenipenny123@yahoo.com](mailto:jnipenny123@yahoo.com)

*ASK ABOUT CANOE RENTAL OPTION

It's a beautiful day — the sun is shining, the birds are chirping. What could be more perfect than a bike ride? But wait! Before you pull your bike out of the garage, let's find out how to stay safe on two wheels.

Why Is Bicycle Safety So Important?

Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for transportation, not play. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.

A head injury can mean **brain** injury. That's why it's so important to **wear your bike helmet**. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your face, head, and brain in case you fall down.

A Helmet How-To

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If your helmet doesn't have a CPSC sticker, ask your mom or dad to get you one that does. Wear a bike helmet **EVERY TIME YOU RIDE**, even if you are going for a short ride.

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing. **The straps should always be fastened**. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

Many bike helmets today are lightweight and come in cool colors. If you don't love yours as it is, personalize it with some of your favorite stickers. Reflective stickers are a great choice because they look cool and make you more visible to people driving **cars**.

The Sterling community Club will be having a **Bike Safety Event in conjunction with the "Sterling Triathlon on August 17th. More on Bike safety later.**

Then we are planning a;

Sterling Community Craft - Vender & pre-Holiday Fair

Located in the new Sterling Community Center next to the Sterling School Saturday, October 19th. Space fees will be \$20 with your own table or \$30 if you want to rent our table.

Tentative vendors so far are...Blessings Unlimited, Greenwood Studios, Thirty- One, Watkins



Products, Advocare, Scentsy, doTerra, Rock N Drool, Pink Zebra, It Works!, A Little Beaded Jewelry, Mary Kay, Origami Owl, Kath's Creations, PartyLite, Crafts by Vonnie, Jewelry by J.E.M, Alaskan Egg Carver, Tastefully Simple, & Sheridan Sheek Handbags & Accessories,

Sterling Community Center will do the food concessions. We have room for at least another 20 vendors. Join us on face book at Sterling Community Craft - Vendor & Holiday Pre-view Fair, call or text #252-5909, or email mliisa_daugherty@hotmail.com to reserve your spot.

Please “Like” us On Face Book at Sterling Community Center and keep up to date on all the happenings at the Center!! You can also email us at sterlingcommunityclub@live.com

STERLING SENIOR CENTER COMMUNITY NEWSLETTER

Can you believe this weather???? Can you believe the mosquitoes????

I wish we could have had one and not the other, but I guess we’ll wear the repellent and netting and enjoy some of the best weather we’ve had in years.

June was very busy for us. On the first of the month there was a very stirring memorial held at the senior center for one of our beloved members, Joyce Eischen. Norm Eischen and the rest of their family would like to thank all of you who attended and supported them. This is the first time I have seen every single chair in the center used to seat people. That was a fitting memorial for a special person and her husband and family. They also made donations to the Senior Center in her memory.

The flea market Friday’s are up and running. Even though parking is somewhat hindered by the construction that has started on the new storage and shop building. That construction is welcomed and necessary.

The Mason’s fish fry on the 15th was a success, as usual. Always a good feed. Great people, too.



The salmon classic kickoff, as of this date, is doing great. Thanks to Michael Yard, Sharon Merle, and many other volunteers. It is a great event year after year. More on this in next month’s column.

A big THANK YOU!!! To all of the volunteers that worked on the renovation of the memorial garden. A partial list: Loren and Glenda Graham, Jim Weiss, Dale Werings, Tina Hall, John Hall, Ken Reichert, Dale Lundell, Elizabeth Ward, Abigail Ward, Samuel Ward, Sara Brubaker, Steve Fair, Terry and Jacquie Moxey.

In addition to that project another big THANK YOU!! To everyone that participated in the road clean up on June 11th. There was such a crowd that volunteered I didn’t get all of the names in time for this report. Great job, all of you.

Don’t forget “Christmas in July” bazaar on July 12 and 13. Lots of goodies will be available from local craft persons.

The third annual GUN SHOW is July 27-28. Plan on attending. It will be a big event. I’m sure you’ve seen all the controversy surrounding guns and gun shows in general. This is a great show with lots of buying, selling, and trading going on.

The Monday/Wednesday/Friday exercise group, in addition to exercising to chair exercise dvd, Tai Chi dvd, and Zumba gold, have also given us all of the flowers in the newly built flower pots

in the front of the center. Art Duran constructed them and the group filled them with lots of color. Adding to the color are the hanging plants donated by Elaine Anderson.

A lot going on for the summer and the Salmon Classic tickets are now on sale, in addition to Gun, Quilt, and Loose change raffles. With the pull tabs also open, this gives you a chance to do a lot of winning. Don't forget that all of the profits go to the Senior Center for operating expenses.

Have a great summer!!!

Mike McKinley-Director

STERLING HEAD START

All the kids and staff are off enjoying this beautiful weather. Cindy Boyer will be checking messages that you can leave by calling Sterling Head Start at 260-7446. She will return your call and schedule a time for you to sign your child up for the 2013-2014 school year but hurry there is only one or two spaces left. "Take your kids outside, play with them and take time to enjoy them. They grow up so fast!"

ABUNDANT LIFE CHURCH

Sunday Schedule

Morning worship 10:00 am

Little Tot's Children's Church -10:00 am (3 yr-kindergarten) —children are dismissed for children's church after worship (1st to 6th Grade)

Corporate Prayer 6pm -- *(Does not meet the FIRST Sunday of every month.)*

Upcoming Events at ALC this summer.

July 20- Men's Breakfast at Chloe's Choice in Sterling

August 24-Men' BBQ and Archery Shoot. Time will be posted soon.

Some Life Groups (Small Groups) will resume in August. Dates will be posted soon.

By Jerzy Shedlock

Peninsula Clarion

It's not a shot-type spirit in the least, said High Mark Distillery owner Felicia Keith-Jones. The Sterling-based distillery produces a unique spirit called applejack, an alcoholic beverage produced from apples. Her recipe has Scottish roots.

"So, you may get some haggis on the table and as you're getting ready to take a bite here comes the relief," she said recalling Christmas dinners with the family. "They'd sip the applejack from glasses."

Keith-Jones's operation is steeped in family tradition, Alaska loyalty and community involvement. She dove head first into distilling on a trip to Scotland in 2010, and the distillery still is in its infancy. Local bars and Alaska liquor stores have offered Keith-Jones contracts, more than she could handle. As a result, the business is expanding beyond expectations.

Tips from Citizens Corp

Encountering an Active Shooter

(#4 of 6)

If Outside when a Shooting Occurs

- * *Drop to the ground immediately, face down as flat as possible. If within 15-20 ft of a safe place or cover, duck and run to it.*
- * *Move or crawl away from gunfire, trying to utilize any obstructions between you and the gunfire. Remember that many objects of cover may conceal you from sight, but may not be bulletproof.*
- * *When you reach a place of relative safety, stay down and do not move. Do not peek or raise your hands in an effort to see what may be happening.*
- * *Wait and listen for directions from Public Safety and/or law enforcement personnel.*



From the Editor-Grace Merkes--

I hope you all enjoy reading the Sterling Newsletter and this information is helpful to you. Please remember that all your group, church, organization, individual or business news is always welcome and we will try to publish all the news from Sterling that we can. Birthday, weddings, graduations, specials at businesses anyone??merkes2@yahoo.com

HAPPY FOURTH OF JULY!!