

Marlborough Mirror

Proudly created by WMCT-TV

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www.wmct-tv.com

WMCT-TV Community Access

Original Programming by Marlborough Community Creators
Comcast 9 • Verizon 33

WMCT-TV Prime

Our **BEST** Programs & Government Meetings Comcast 8 • Verizon 34 • HD on Verizon 2134

WMCT-TV Education

Local Schools, Sports, and Informative Presentations
Comcast 22 • Verizon 35

Welcome to Marlborough's New Community Newsletter

By Ryan Malyar, Executive Director, WMCT-TV

Hello Marlborough! Thank you for picking up the first edition of our brand new community newsletter. WMCT-TV has been proud to compile community content since the 1980s, and we have several goals with this publication that we're excited to share with you.

Connecting Our Community Through Video and Print

We want to continue sharing all of the work that we do in our television studio. Within this publication, you'll find articles that directly relate to videos we have produced here at the studio. We encourage you to check out our website at **www.wmct-tv.com** to watch these videos on demand or tune into our cable channels to see what we're all about.

We are especially proud that all programming aired on our cable television channels is completely homegrown. We fill our 24/7 broadcast channels entirely with content made here at our studio and submitted to us by local community creators. We hope that by reading this newsletter and checking out the videos we're creating, you might be inspired to visit our studio and learn how to create video content yourself.

Our Mission: Publicity, Preservation, and Community

This newsletter serves several important goals for us. First is publicity. We have many loyal fans who watch us on cable TV, where we broadcast regular meetings of our city government, present robust sports coverage of local high school athletics, and capture wonderful special community events happening across Marlborough. A major driving force at WMCT-TV is capturing and preserving local history. If you look at our YouTube channel, you'll see we've been busy archiving decades of old videos captured here at the studio. This content lives in cardboard boxes filled with VHS tapes, DVDs, and other media types that are quickly becoming extinct. Our goal is to ensure that all new Marlborough content is archived and preserved for posterity, using detailed descriptions and dates so today's events can be preserved for centuries to come. Future residents of Marlborough will have a glimpse into the past and see what life was like in our city.

Supporting Our Work Through Sponsorship

You'll notice sponsorship opportunities along the edges of this newsletter. Our sponsored tiers include placement here as well as social media shout-outs on our Facebook and website, and in some instances, your sponsorship can even appear on our cable TV channels. Your sponsorship helps us continue with our mission, and we would be thrilled to have your support.

Special Features: Events and Community Contributions

One special section we're maintaining in this monthly newsletter is "Upcoming Events," which will be free for any nonprofit or charity in Marlborough to use for publicizing activities to the community. With Labor Day coming up in September, there's a lot happening, so please take a look and add those events to your calendar. We're also seeking contributors to this publication. If you have a special story you'd like to share, a poem, a recipe, or a gardening tip, we would gladly welcome your contribution.

Stay Connected

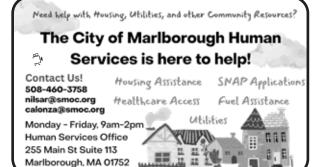
This newsletter will also be available online and in your email inbox. Visit **www.wmct-tv.com** to stay up-to-date with everything happening in the city of Marlborough.

BECOME A SPONSOR!



wmct-tv has been providing rich community content to the city of Marlborough since the 1980's!
Your Sponsorship shows the community that you care about keeping local media alive. See your sponsorship HERE in next month's edition of Marlborough Mirror.

Info at www.wmct-tv.com/sponsor



Trivia

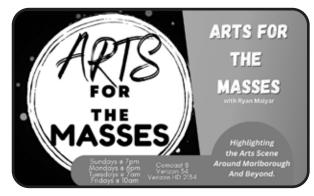
- 1. What was the original purpose of tiny pockets in jeans?
- **2.** Who voices Groot in the Guardians of the Galaxy movies?
- 3. How many sides does a trapezoid have?
- **4.** Which blood type is a universal donor?
- 5. What was Marlborough famously known for?

About Glimmers

by Jennifer Favazza

Just last week my sister and I were chatting about work and life stressors, and she commented that she has started looking for glimmers or joyful micro-moments throughout the day. Often, she takes photos of her glimmers including beautiful flowers, birds, sunsets, clouds, or the moon and shares them on her social media page with a comment about glimmers. In this way, she helps encourage others to look for their own special glimmers.

Because our brains have an inherent bias toward negativity, it can be difficult to break out of doom and gloomy thinking. Making a conscious effort to seek out and find glimmers for oneself daily has been shown to relieve symptoms of stress and anxiety, such as racing thoughts, tension, etc. As you recognize and seek out your own special glimmers, you will begin to feel increased connectedness and ease leading to a more joyful view of everyday life.





Quotes

"Those who dare to fail miserably can achieve greatly."

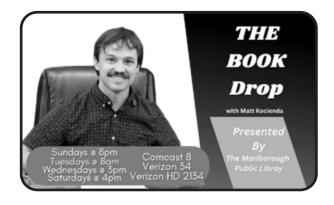
John F Kennedy

"Be yourself and know that's good enough." Frank Ocean

"Turn your wounds into wisdom."

Oprah Winfrey

"Do something worth remembering." **Elvis Presley**



Whats Happening in Marlborough?

Email information about an upcoming event or activity for your club, school, church, or non-profit to:

news@wmct-tv.com



Veterans' Voices

By Mike Lawton, Assistant Executive Director, WMCT-TV

This month's Veterans' Voices featured host Matt Sargeant interviewing Sergeant Nick Vontilius, a U.S. Army veteran who served from 2009-2018, alongside his service dog Hershey. Vontilius, originally from Denver, shared his military experience including deployments to Iraq, Afghanistan, Kuwait, and Saudi Arabia as a Forward Observer. After being medically retired, he moved to Massachusetts and now works as assistant to Veterans Service Officer Mike Hennessy in Marlborough and Sudbury.

The interview focused heavily on service and emotional support animals. Vontilius explained how he obtained Hershey through K9 Companions for Independence and detailed the differences between service dogs and emotional support animals. He encouraged veterans interested in these programs to contact the Veterans Service Office for assistance.

Veterans' Voices airs Tuesdays at 7pm on Comcast 8, Verizon 34 and HD 2134, and can be viewed at wmct-tv.com.



HEY! Can you find Cam?

They are hidden somewhere on this edition of Marlborough Mirror.

Good luck!



To feature your business in Marlborough Mirror Visit www.wmct-tv.com/Sponsor Email News@wmct-tv.com



An Intro Pocket Forests: Tiny Space, Big Impact!

Did you know that it's possible to build a forest in the same amount of space it takes to park two cars? Pioneered by a Japanese botanist, pocket forests are densely planted, biodiverse and multi-layered areas that use native plants to mimic local woodlands.

Learn more about this fascinating approach by attending "Pocket Forests: How to quickly build a biodiverse forest in a 20' x 20' space" on August 9 from 10:00-11:00am at the Grice Community Room at Marlborough Public Library. Speaker Lisey Good is the founder of Wild Cohasset, an environmental group working to support the native plants of New England and to help the wildlife that depend upon these plants for survival.

Registration is required. Reserve your spot by going to the Events Calendar on the library website.

Offered by the Marlborough Garden Club in partnership with the Marlborough Public Library's Climate Café series. To learn more about the garden club visit

www.marlboroughgardenclub.org

Seeking Community Voices

Would you like to contribute to next month's edition of Marlborough Mirror? 000 We are currently accepting submissions.

Email News@wmct-tv.com

Jokes!

Where are average things manufactured? The satisfactory.

Why do we tell actors to break a leg? Because every play has a cast.

Why don't scientists trust atoms? Because they make up everything.

Why did the Oreo go to the dentist? Because he lost his filling.

Marlborough Junior Reporters and **Youth Acting Camps**

By Zachary Benton, Youth Coordinator, WMCT-TV

Our two most recent episodes of Marlborough Junior Reporters displayed the variety of subjects that the series investigates; in this case, the New England Botanic Garden at Tower Hill, and the Veteran's Fishing Derby.

Our episode at Tower Hill, despite filming during rain, took us into the inner depths and workings of the Botanic Garden. Junior Reporters Josh, Sammy, and Sophia picked the brains of Botanic Garden experts Aiden, Dawn, and Steve, learning about how the garden is taken care of internally. Our Reporters saw classrooms, greenhouses, atriums, and the storage lights used at Tower Hill's winter Night Lights events.

The Veteran's Fishing Derby episode was hosted and filmed by Junior Reporter Sammy and her dad, Jason. Sammy learned about why the free event takes place, the veterans that attended, and the essentials of fly-fishing by veteran, author, and expert Bob Sousa. We thank all of the veterans for their service.

We look forward to more adventures for the Marlborough Junior Reporters as our second season winds down!

Also this summer, we're having a "Land of Oz" Acting Camp at WMCT, for Marlborough students aged 11-13! Students will learn scenes adapted from The Land of Oz novel, and then present a finished mini-movie to family and friends! WMCT viewers will soon see the finished product on our channel!

The Kid Corner

by Lilian Roque

This is a space where we will talk about the children's world. Today I will give you a tip for a family game.

Crazy Story

Someone starts a story with a really crazy sentence. Example: "Once upon a time there was an elephant who was afraid of bubbles..." Each person in the game adds a sentence. The result is always unique and super fun!

Learning Portuguese

1-Oi, tudo bem? Hi, how are you?

2- Estou bem e você?

I'm good, how are you?

3- Bem, obrigado! Good, thanks!

Marlborough Word Search

Н	0	L	I	D	Α	Y	S	Т	R	I	K	Ε	S	J	U	Α	G	Н	Т	
Ρ	L	W	Х	S	0	L	Ι	D	Α	R	I	Т	Y	D	С	G	J	Α	М	
U	N	Ι	0	N	Р	Α	R	Α	D	Ε	K	Р	R	В	Y	Н	N	L	М	
М	Α	R	L	В	0	R	0	U	G	Η	D	S	Α	Η	D	D	Α	0	S	
V	М	Ι	Α	S	Ε	Ρ	Т	Ε	М	В	Ε	R	Ε	Т	Ε	В	Ν	F	U	
М	Ε	Т	R	0	W	Ε	S	Т	S	I	В	Х	Ε	D	0	D	G	Y	М	
С	F	Ε	S	Т	I	V	Α	L	С	Ε	L	Ε	В	R	Α	Т	Ε	F	М	
0	S	Т	Η	G	Ι	R	D	С	С	Η	С	F	Ε	Υ	Α	R	D	Ν	Ε	
V	Α	С	Α	Τ	Ι	0	Ν	U	R	Ε	K	R	0	W	Ν	F	Т	G	R	
G	Η	Ι	L	0	N	I	Ε	0	U	Y	S	Т	Ε	В	Α	S	S	Α	М	

MONDAY 10. STRIKES 11. RIGHTS 12. FESTIVAL 13. CELEBRATE SOLIDARITY 14. LABORERS 15. TRADES 17. MARLBOROUGH 18. METROWEST 19. ASSABET 20. GHILONI

City Events

⊕ SPORTS 🖨

Marlborough SBR Playoffs

By Matthew Besachio, Sports Director, WMCT-TV

The Marlborough Senior Babe Ruth squad finished up the regular season with a 9-3 record, finishing 2nd in the Central Mass standings.

Round 1 of the playoffs saw the hometown team face off with Framingham. In Game 1, Marlborough jumped out to an early 1-0 lead after Andrew Talcoff drove in Ryan Wood with a single in the top of the first. Framingham would take a 2-1 lead in the top of the 4th on the triple by Jaxson Fertel and a Sac Fly by Zach Marchetti. After that, Marlborough's offense would be shut down the rest of the way losing

Game 2 saw Marlborough jump out to a 2-0 lead in the 1st inning and put up 4 more in the 7th inning in route to a 7-1 victory on the road in Framingham. Marlborough starter, Dylan Coffin pitched a complete game, while striking out 5 batters. Andrew Talcoff collected three hits and drove in a run to propel the offense.

Game 3 will be played on Thursday July 24th with the winner advancing to Round 2 of the CMASS playoffs.

Labor Day Weekend:

Labor Day Festival

Sunday, August 31st in Marlborough. Info: www.marlboroughlaborday.org

Marlborough Labor Day Parade: A 70+ Year Tradition

Festive floats and marching bands! Attend in person or watch live on WMCT-TV.

Saints Anargyroi Greek Festival

Greek food, pastries, dancing, and kids' games every Labor Day weekend at Saints Anargyroi Greek Orthodox Church (Cashman and Central Streets).

September Events:

4th Annual MPD K9 Block Party

Saturday, September 6th | Weed Street (Behind City Hall) Live bands, kids' activities, and food trucks supporting new K9 Officer Martins and K9 Enzo.

4th Annual A Day To Benefit Veterans

Sunday, September 7th | 12-6 PM | The Elks Pavilion, Hudson Honors veterans while raising funds for local programs.

Info: www.adaytobenefitveterans.org

Marlborough Food Truck Festival + ARTS Sunday, September 14th | Main Street

Food trucks, interactive art installations, live performances, artist marketplace, touch-a-truck, games, and local brewery offerings.

Let's practice drawing George Washington! Start with an oval... Using our "foundation" lines, it can be easy! Add the eyes in middle of head, and more basic shapes Continue drawing his face. Now we can add final details and erase the foundation lines! Drawing with Mark! Check your local TV listings!

Drawing

with Mark!

Answers