



The Greater Lisbon Ledger

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Direct-Mailed Free of Charge Each Month to the Great Towns of Bowdoin, Durham, Lisbon, Lisbon Falls, Litchfield, Pownal, Sabattus, and Wales
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Sabattus Legion Hosts 1960s Themed Cocktail Party

The Sabattus American Legion Hall recently transported back into the early 1960s; a time of big hair, narrow ties, when all gentlemen wore hats.

The Sabattus American Legion Auxiliary hosted the event and a ticket and period clothing were a must to gain entrance. Over sixty locals turned out in their finest early 1960s attire. While period music played in the main hall and classic films played on the large flat screen television in the hall, young and old from Sabattus, and the surrounding areas, shared some camaraderie as they help raised funds for local post scholarships, veteran's services and community events supported by the post.

Several organizations donated items for a raffle and si-

lent auction to raise funds for legion activities that included: Campus Cutters, George O'Connel, The Sabattus Fire Association, The Sabattus Republican Town Committee, Jaci Peterson, and Flagship Cinemas.

Andre' Marquis and his lovely wife Danielle were the host and hostess for the event which ran for several hours and included dancing to music from the early 1960s. Everyone agreed that it was an amazing event. This type of dance and social time will be a yearly event with a different theme planned for the coming years.

More photos of the event, and other post information, can be seen at the legion website "americanlegion-post135.sabattus.net" under "News, Photos and Videos." ■



Brent Blackwood and Audrey Martin



Steve and Katie Caron



Andre' and Danielle Marquis

Youngsters Make Most of 31st Moxie Festival



More Pics On page 2!



Emalee Caniff of Bowdoinham carefully applies paint to her birdhouse beneath a tent set up behind the MTM Center in Lisbon. With wood from Hancock Lumber the event, part of the Moxie Festival, was raising funds for the Maine Children's Cancer Foundation. There were also a bounce slide, games of chance and music on the Pavilion Stage. (Photo by Bill Van Tassel)

Boy Scout Pack 109 members were busy tossing candy as the parade route from Lisbon's Capital Street to downtown was packed with onlookers. The photographer seems to be getting "the look" from the scout with the can of Moxie strung above his head dress. (Photo by Bill Van Tassel)

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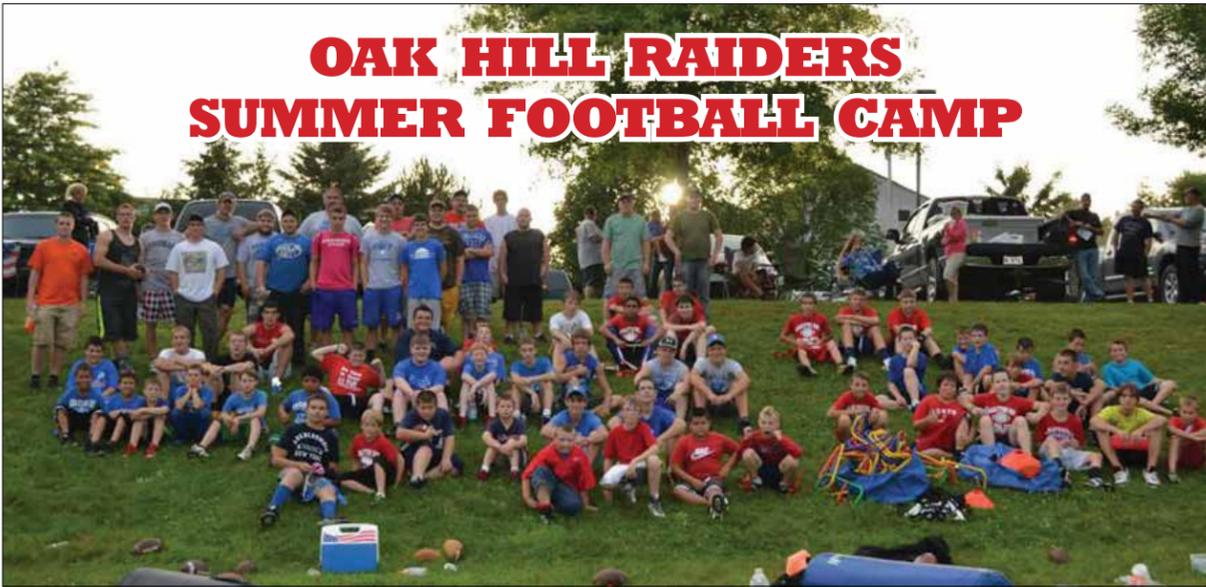
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OAK HILL RAIDERS SUMMER FOOTBALL CAMP

Oak Hill held its Annual Summer Football Camp last week at the Carrier Ricker School in Litchfield. Kids from grades 3-12 participated in drills and competed in flag games. The high school team coaches and players assisted the recreation department along with several volunteers. The kids will hit the field on August 19th for their first official practice of the season. Come cheer them on this fall! Schedules will be available at www.sabattusrec.com and www.rsu4.org.

Continued from Page one



The Shriner Clowns were in full force at the Moxie Festival, and ready to give 'high fives' to awaiting youngsters like Tiannah Coulombe of Bath seen here. [This was the 31st year for the Moxie Festival, named after the famous, 'nerve food' that was first marketed in 1876 by Dr. Augustin Thompson.]

Ride to Work Fundraiser



Left to Right: Stephen Marios, Produce of the "Ridin Steel" TV show; Governor Paul LePage; Victoria Longley, Ride Participant; Patricia Salvatore Employment Specialist Maine Medical Center; and Ray Benjamin, Executive Director Common Ties Mental Health Services

On June 29th Common Ties Mental Health Services held the first "Ride to Work" fundraiser with support from Ridin Steel and an appearance from Governor LePage who spoke about the importance of employment for everyone in the State of Maine. Ridin Steel has a TV show that features motorcyclists that ride for a cause. Common Ties is a non profit community mental health center in Lewiston and on June 29th they rode to raise funds for adults diagnosed with a mental illness who are returning to work as part of their recovery. This fund will be used to support temporary transportation to and

from work until the person receives their first paycheck when they don't have any other options. The event was very successful despite the week of wet weather. At least 25 motorcycles participated on the ride and many other people joined us at the Water Street Grill in Gardiner for the fundraiser celebration. They hosted a bunch of raffles thanks to the many business sponsors and vendors while Melita the Caricature artist, and 2 bands entertained the crowd. If you would like to see a list of sponsors and support this event please contact them through their information at www.commonties.org and donate now. ■



Kylie Nota of Leeds offers a piece of candy to a boy along the Moxie Festival Parade route in Lisbon. The three-year old was amassing quite a collection of Tootsie Rolls and other candies from her stance on her grandmother's Main Street front lawn as the July 13 procession passed by. (Photo by Bill Van Tassel)

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Friday 9:00am-2:00pm, Sept. 6 thru Dec. 13.....\$1600

Clinical dates and sites to be
announced for both Dental Assisting
and the Phlebotomy programs.

Barbershop Harmony Entertains

Members of the Mollyockett Chorus entertained over 300 people with the close harmony of barbershop style music July 12 and 13. The 18 member chorus performed two shows at the Sawyer Memorial on July 12th and one at the Denmark Arts Center on July 13th as the all-female vocal group presented "The Ockett Family Plans a Vacation" as its annual road show. The premise of the show was that the 17 members were sisters (all named Molly) who were together planning their first ever family vacation, but being unable to decide what kind of vacation to take. Under the direction of Wanda Foss of Sabattus, the group sang four-part

harmony to familiar tunes including Ain't that Good News, Old Cape Cod, You Raise Me Up, Friends, Ain't Misbehaving, At Last, Fit as a Fiddle, The Battle Hymn of the Republic, Cohan Medley, This Is My Country, Sentimental Journey, Stars Fell on Alabama, Mississippi Mud, Once Upon a Time, San Francisco Bay Blues, The Lion Sleeps Tonight, Zip-a-dee-do-dah, God Bless the Outcast, and Good Night Sweetheart. The musical presentation was interspersed with the comedy skit of the sisters ideas for the perfect vacation spot. The barbershop harmony chorus includes the following members from Bethel, Rumford, Waterford, Lovell,

Norway, South Paris, Oxford, Hebron, Bridgton, and Sabattus: Deborah Andrews, Cheryl Barker, Andrea Bennett, Vicky Carpenter, Merry Childs, Janet Coverdale, Joan Erler, Jolan Ippolito, Marge Kimball, Susan Leunig, Deborah Luxton, Donna Marcinuk, Nancy McNulty, Marilyn Newell, Debra Nichols, and Jan Ward. Meant to Be, a quartet within the chorus, performed their renditions of Hernando's Hideaway, You'll Never Know, Country Roads, and Da Doo Ron Ron. The quartet members are Merry Childs (Lead), Janet Ward (Tenor), Bonnie Fox (Bass), and Susan Leunig (Baritone).

The Mollyockett Chorus is a Region 1 Chapter of the Sweet Adelines International. They have been singing barbershop harmony-a musical style sung without accompaniment by bass, baritone, lead, and tenor voices since 1996. The chorus rehearses in Oxford each Tuesday from 6:30 to 9:00 p.m. beginning in early September through the end of July taking the month of August off. New members are always welcomed. For more information about the chorus, call 207-345-3100 or visit them on the web at www.mollyockettchorus.org



The Mollyockett Chorus performed their summer musical, *The Ockett Family Plans a Vacation*, at the Sawyer Memorial in Greene and the Denmark Arts Center. The barbershop harmony chorus includes members from Bethel, Rumford, Waterford, Lovell, Norway, South Paris, Oxford, Hebron, Bridgton, and Sabattus. Pictured here following their evening performance at the Sawyer Memorial are (first row) Marge Kimball, Donna Marcinuk, Merry Childs, Susan Leunig, and Director Wanda Foss; (second row) Marilyn Newell, Joan Erler, Nancy McNulty; (third row) Cheryl Barker, Andrea Bennett, Deb Nichols, Deborah Andrews; (top row) Janet Coverdale, Janet Ward, Jolan Ippolito, Deborah Luxton, and Vicky Carpenter. Over 300 people were entertained by their four-part a cappella music and comedy skit. For more information about the chorus, visit the website at www.mollyockettchorus.org.

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Five Maine Students Reach Final Round

At the Kenneth E. Behring National History Day (NHD) contest, held at the University of Maryland College Park campus June 9-13, five Maine middle school students made it to the finals in their respective categories.

"This was an exceptional year for our History Day students, the most success Maine has ever had at the national contest," said Felicia Kennedy, State Coordinator of Maine's History Day Program. "Congratulations to our successful Maine contingent, especially to those students who placed in the top fourteen in the nation in their categories."

Aaron and Adam Dustin, home-schooled brothers from Bowdoin, placed 12th in the Junior Group Exhibit category with their entry titled, Benjamin Franklin: God's Wrath, the Kite Experiment, and the Lightning Rod. Aaron is in eighth grade and Adam in sixth. The

Dustin's also brought home medals and a prize when their project was selected by the Colonial Williamsburg Foundation for the "Outstanding Colonial Era/Revolutionary War Project" award.

Eleanor Mallett, a seventh grade student at Noble Middle School in Berwick, placed 12th in the Junior Individual Performance category for her presentation of, The National Park System: A Turning Point in Nature Preservation.

Will Ellis and Hunter White, sixth graders at Hartford Sumner Elementary School placed 7th in the Junior Group Documentary category with, Ultra and the Silent Heroes of Bletchley Park.

Each fall, over half a million students nationwide begin the year-long NHD program, competing in regional and statewide history contests. Maine's statewide competition was held on April 4 at the University of Maine campus in Augusta.

Twenty-six schools and 246 students participated. The top students in each category were selected for participation in the national contest. Of those students eligible, 36 went on to represent Maine with approximately 2800 other middle and high school students from all 50 states and 6 territories.

Over 300 historians and other education professionals evaluated the students' work at the national competition. A total of \$150,000 was awarded in scholarships to select students, and approximately 100 students took home cash prizes of between \$250 and \$5,000 for superior work in a particular category of judging.

To view the listing of NHD finalists visit <http://www.nhd.org/AwardsWinners.htm>. For information regarding the 2014 contest, visit <http://www.nhd.org/> and

<http://www.maine.gov/sos/arc/historyday/index.html>. ■

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Nothin' But Small Talk...Gymkhana What?

Jess Small



If people didn't think us horse people weren't crazy enough, they start hearing us sling the word "gymkhana" around. What the heck is that?!?

Well, a gymkhana (pronounced gym-khan-ah) is timed obstacle racing on horseback. It's one of the most exciting family oriented equestrian sports in the world.

A gymkhana is the action packed, precision sport of the equestrian world. A good gymkhana horse must have the speed of a race horse, the turning quickness and agility of a cutting horse and the control and responsiveness of the stock horse.

The word 'gymkhana' is thought to have originated in India, probably meaning 'games on horseback'. The English military, during the Colonial period, used horses for both transportation and military maneuvers. On Sunday afternoons, the cavalry would compete in horseback games to sharpen their horsemanship skills for war. Thus, gymkhana had its beginning.

Through the years different events have been added, some of which

originated in Europe and others which were developed in this country.

Ring Sparring, an event that is still part of gymkhana in some areas, resembles the knight in medieval days riding full charge with his lance aimed at his enemy.

The British Bengal Lancer engaged in Tent-Pegging, using his lance to unearth the tent pegs of the enemy, bringing down the tent on his adversaries.

Pole Bending can easily be seen as good training for a Calvary charge through dense forest.

The Pony Express Race, of course, simulates the old time Pony Express rider who delivered the mail between St. Louis and Sacramento in the Old West.

In recent years gymkhana has been steadily gaining in popularity. New events have been designed for competition between riders which bring into play the abilities of the rider and the speed and handiness of the horse.

A number of events such as Barrel Racing, Pole Bending, and the Keyhole Race, can be found at gymkhanas throughout the United States.

The most well-known and famous gymkhana event is Barrel Racing, also known as the cloverleaf barrels. Riders also have to practice

their control at stopping and standing in a box after galloping around the arena at full speed in the Speed, Action, and Control event.

In the Single Pole event, you ride as fast as you can and complete a tight and smooth turn around one "single pole" at the far end of the arena and ride back across the start/finish line.

In all events the fastest time wins. If a horse and rider go off pattern or trip the timer by taking the turn too wide, they are disqualified. Depending on the organization who is running the gymkhana you may be disqualified or have penalty seconds added to your time for a knocked over barrel or pole.

Many events have gymkhana classes for leadline kids, walk trot kids, novice riders, and of course the more experienced riders. They have different divisions based on the experience of the riders.

Almost all of the local horse clubs around Maine offer gymkhana shows in conjunction with their pleasure shows. There are fun, competitive, and exciting for both the rider and spectator.

The horses love to "turn and burn" and show off their talent. Gymkhana's are fun for the entire family and make for a great day with friends and wonderful horses! ■



Becky Labrie of Turner turns 'n burns on Smart Country, a Quarter horse gelding, at the Ellis River Riders gymkhana show in May. Becky and 'Nick' are coming around the final barrel and headed for the finish line in the clover leaf barrel class, better known as barrel racing!

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Lisbon PD Arrest Log for June/July 2013

May 28
Sandra Currier, 50 of 113 Brook St., Sabattus summoned on Lisbon St. by Officer Jeffrey Williams for Assault at 2100 hrs.

May 29
Scott S. McBride, 42 of 83 Fairlawn Ave., Lewiston summoned on Lisbon St. by Officer Richard St. Amant for Operating Vehicle without a License at 1740 hrs.

May 30
Nathan A. Johnson, 27 of 2 School St., Lisbon Falls arrested at his residence by Officer Richard St. Amant for an Arrest Warrant issued by another agency at 1240 hrs.

June 1
Kevin Tar, 19 of 9 Maple St. #2, Lisbon summoned at his residence by Sergeant Harry Moore for Allowing a Minor to Possess or Consume Liquor at 0111 hrs.

June 1
Donald J. Mooney II, 19 of 953 Hallowell Rd., Pownal summoned on Maple St. by Sergeant Harry Moore for Illegal Possession of Liquor by Consumption at 0111 hrs.

June 1
Alexis M. Cogswell, 18 of 22 Drinkwater Point

Rd., Yarmouth summoned on Maple St. by Sergeant Harry Moore for Minor Consuming Liquor at 0111 hrs.

June 1
Nathan J. Williamson, 18 of 114 Abby Ln., Portland summoned on Maple St. by K-9 Officer Jason St. Pierre for Illegal Possession of Liquor by Consumption at 0001 hrs.

June 1
Britni L. Baker, 18 of 1295 Hallowell Rd., Durham summoned on Maple St. by K-9 Officer Jason St. Pierre for Illegal Possession of Liquor by a Minor at 0001 hrs.

June 3
Carrie-Lynne Davis, 23 of 314 University Ave., Ithaca, NY summoned on Lisbon St. by Officer Darin Estes for Operating with a Suspended Registration at 2201 hrs.

June 5
Michael C. Brawn, 23 of 1157 Post Rd., Bowdoinham arrested on Potter Rd. by Officer Shawn Kelly for Violation of Protective Order and Violating Condition of Release at 1330 hrs.

June 7
Adam W. Hathorne, 22 of

17 Wentzell Rd., Litchfield arrested on Webster Rd. by Sergeant Scott Stewart for Operating Under the Influence and Unlawful Possession of Schedule W Drug at 0130 hrs.

June 8
Rodney R. Poulin, 41 of 165 Bull Run Rd., Greene summoned on Lisbon St. by Officer Ryan McGee for Operating while License Suspended or Revoked at 1907 hrs.

June 9
Meredith L. Lord, 37 of 11 Frost Hill Ave, Lisbon Falls arrested on Upland Rd. by Sergeant Scott Stewart for Operating Under the Influence at 0224 hrs.

June 10
Kevin M. O'Donnell, 23 of 201 Webster Rd., Lisbon arrested at his residence by Detective William Tapley for Hindering Apprehension or Prosecution at 2107 hrs.

June 11
Brian A. LaFramboise, 36 of 25 Gary St., Oxford summoned on Ridge Rd. by Officer Shawn Kelly for Operating while License Suspended or Revoked at 1333 hrs.

June 12
Danielle D. Nelson, 23 of 201 Webster Rd., Lisbon arrested at her residence by Officer Darin Estes for

3 outstanding Warrants issued by another agency for Unpaid Fines and Fees on Misuse of Identification, Theft by Lost, Mislaid or Mis-delivered Property, Furnishing Liquor to a Minor and Operating after Suspension charges at 1715 hrs.

June 13
Maurice L. James, 23 of 2 Moody Rd., Lisbon arrested on Lisbon St. by Officer Jeffrey Picard for an Arrest Warrant issued by Cumberland County Sheriff's Office for Unpaid Fines & Fees on a Violating Conditions of Release charge at 0958 hrs.

June 13
Leanna L. Cunningham, 41 of 3 Ledgeview Ln., Lisbon summoned at her residence by Officer Darin Estes for Domestic Violence Assault at 1715 hrs.

June 15
Christopher K. McPherson, 21 of 277 Academy Rd., Litchfield summoned on Main St. by Sergeant Scott Stewart for Possession of Marijuana at 0053 hrs.

June 15
Matthew S. Landry, 21 of 16 Bowdoinham Rd., Sabattus summoned on Main St. by Sergeant Scott Stewart for Possession of Marijuana at 0053 hrs.

June 15
Lawrence K. Thomas Jr., 21 of 32 Wing St., Lisbon Falls summoned on Summer St. by Sergeant Scott Stewart for Possession of Marijuana at 0155 hrs.

June 15
Matthew R. Griffeth, 24 of 6 Pike St., Lisbon Falls arrested at his residence by Sergeant Scott Stewart for Criminal Trespass at 1712 hrs.

June 18
Michael C. Brawn, 23 of 1157 Post Rd., Bowdoinham arrested on Ridge Rd. by Officer Shawn Kelly for Violation of Protective Orders and Violating Condition of Release at 2215 hrs.

June 20
Joshua A. Philbrook, 23 of 14 Main St., #4, Lisbon arrested on Lisbon St. by Detective William Tapley for Robbery and Theft by Unauthorized Taking or Transfer at 2245 hrs.

June 21
Dennis Walker, 51 of 61 Pinewood Acres Rd., Bowdoin arrested on Store Rd. by Sergeant Scott Stewart for Operating Under the Influence at 0129 hrs.

June 21
Stacie E. Rose, 48 of 16 Larry Dr., Lisbon arrested at her residence by Sergeant Scott Stewart for Disorderly Conduct at 1839

hrs.
June 22
Donald F. Trent, 36 of 19 Spring St. #1, Lisbon arrested at his residence by Sergeant Scott Stewart for 3 Outstanding Warrants issued by another agency at 2024 hrs.

June 22
Kelly A. Marin, 45 of 40 Wendall Way, Sabattus arrested on Main St. by Sergeant Scott Stewart for Operating Under the Influence and Sale and Use of Drug Paraphernalia at 0112 hrs.

June 22
TJ Michael Wing, 30 of 7 Tufton St., Brunswick summoned on Lisbon St. by Sergeant Scott Stewart for Operating while License Suspended or Revoked at 2225 hrs.

June 22
Jessiah P. Carlson, 19 of 22 Dumas St., Lisbon Falls summoned on Wing St. by Sergeant Scott Stewart for Unlawful Possession of Scheduled Drug at 2353 hrs.

June 23
Erin A. Gotay, 26 of 104 Veazie St., Old Town arrested on Lisbon St. by Sergeant Scott Stewart for an Arrest Warrant issued by another agency at 0221 hrs.

Continued on Page 7

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You must include all the information requested below to be eligible to win.

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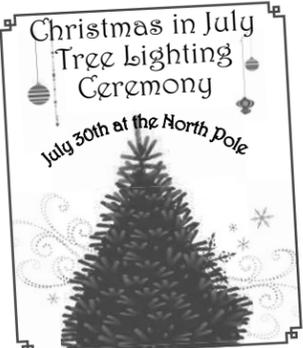
The Phony Ad is: _____

Tell us what you think of this publication: _____

We have May Contest Winners!

FIND THE PHONY AD!

Emily Carver of Richmond, Conner Coburn of Auburn, Anthony Esposito of Mexico, Norma Jeanne DeRocle of Industry, Carrie Obrien of Greene, David Graham of Turner, Carol Newton of South Paris, Claudia Doodick of Augusta, David Nadeau of Poland, Linda Douglass of Lisbon, Karl Rancourt of Winslow, Joe Nickerson of Norridgewock, Carlene Bouchey of Porter and Julie Busler of Lewiston



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All of the winners listed above have won gift certificates to one of our advertisers. If you haven't won - keep playing! We get hundreds of entries each month!

It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!

Lisbon Police Log *Continued from page 6*

June 23

Christopher L. McKenney, 21 of 109 Long Pt. Rd., Harpswell arrested on Lisbon St. by Officer Shawn Kelly for Operating Under the Influence, Operating while License Suspended or Revoked, Violating Conditions of Release, and an Arrest Warrant issued by another agency at 0213 hrs.

June 23

Shawn D. Wilson, 33 of 6 Goddard St., Lisbon summoned on Frosthill Ave. by Officer Shawn Kelly for Theft by Unauthorized Taking or Transfer at 1935 hrs.

June 24

Matthew A. Wooten, 45 of 280 Pine St., Lewiston summoned on Village St. by Officer Darin Estes for Theft by Unauthorized Taking or Transfer at 1212 hrs.

June 24

Daniel A. Maki, 22 of 15 Park St., Lisbon arrested on Park St. by Officer Darin Estes for an Arrest Warrant issued by another agency at 1310 hrs.

June 29

Joshua R. Levesque, 19 of 273 Marsh Rd., Sabattus arrested on Littlefield Rd. by K-9 Officer Jason St. Pierre for Operating Under the Influence at 0312 hrs.

June 29

Kayla L. Marin, 19 of 415 River Rd., Lewiston summoned on Littlefield Rd. by K-9 Officer Jason St. Pierre for Permit-Unlawful Use at 0312 hrs.

June 29

Charles K. Parrish, 48 of 11 Village St., Lisbon arrested at his residence by Officer Darin Estes for an Arrest Warrant issued by another agency at 0954 hrs.

June 30

Brandon T. Smith, 20 of 5 Honeysuckle Ln., Brunswick summoned on Canal St. by Reserve Officer Mark Caron for Attaching False Plates at 1950 hrs.

July 2

Troy R. Boucher, 23 of 60 Lucille Ave., Lewiston arrested on Village St. by Officer Richard St. Amant for an Arrest Warrant issued by the 8th District Court for Unpaid Fines & Fees at 0045 hrs.

July 3

Cole M. Lloyd, 19 of 4 Carolyn St., Topsham summoned on Frosthill Ave. by Officer Shawn Kelly for Operating while License Suspended or Revoked at 2300 hrs.

July 3

Thomas G. Perry, 45 of 6 Bonafide St. #4, Lisbon arrested at his residence by

Sergeant Scott Stewart for an Arrest Warrant issued by Biddeford PD for Unpaid Fines & Fees at 2100 hrs.

July 4

Edwin M. Jensen, 53 of 69 N Kelsey St., South Portland summoned on Upland Rd. by Officer Darin Estes for Violation of Protective Order at 1124 hrs.

July 4

Shaun E. Tanner, 22 of 3515 Duncan Bridge Dr., Buford, GA arrested on Lisbon St. by Officer Ryan McGee for Operating while License Suspended or Revoked at 2015 hrs.

July 4

Zechariah G. Francoeur, 22 of 7 Prince St., Lisbon Falls summoned on Prince St. by Sergeant Scott Stewart for Violation of Fireworks Ordinance at 2156 hrs.

July 5

Randy Parkin, 27 of 10 Prince St. #B, Lisbon Falls summoned on Prince St. by Sergeant Scott Stewart for Violation of Fireworks Ordinance at 2156 hrs.

July 6

Casey A. Mincher, 19 of 15 Beech St., Lisbon summoned on McClellan St. by Sergeant Scott Stewart for Minor Possession Liquor at 2106 hrs.

July 9

Joshua S. Flannery, 33 of 6B Free St., Lisbon Falls arrested on Capital Ave. by Officer Ryan McGee for Theft by Unauthorized Taking or Transfer at 0716 hrs.

July 10

Todd L. Steele, 46 of 15 School St., Lisbon Falls summoned on Middle St. by Officer Richard St. Amant for Assault at 1645 hrs.

July 11

Joshua S. Flannery, 33 of 6B Free St., Lisbon Falls summoned at his residence by Sergeant Scott Stewart for Unlawful Possession of Scheduled Drug and Violating Condition of Release at 1935 hrs.

July 14

Michael C. Brawn, 23 of 1157 Post Rd., Bowdoinham summoned on Lisbon St. by Officer Shawn Kelly for Operating while License Suspended or Revoked and Violating Condition of Release at 1320 hrs.

July 20

Jason L. Webster, 33 of 6 Bonafide St. #3, Lisbon arrested on Fillion St. by Detective William Tapley for an Arrest Warrant issued by another agency at 2230 hrs. ■

Wreath and Ornaments Workshop

Shaker Village's herbalist Betsey-Ann Golon will take participants into the Shakers' 200-year-old gardens to harvest lamb's ear, thyme, sage, oregano and other fresh herbs for the creation of an herbal wreath and/or herbal bouquet ornaments. Class will be held on Saturday, August 3, 2013 from 10am - 2 pm. Fee: \$40.00. Bring a lunch and enjoy the shady comfort of the porch on the 1903 Girls' Shop. Shaker Village is located on Route 26 (707 Shaker Road) in New Gloucester, Maine. FMI: 207-926-4597 or ussshakers@aol.com. ■

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The Greater Lisbon Ledger

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Lisbon Honors Community Partners & Volunteers

On Thursday, May 2, the Lisbon School Department honored their Community Partners and Volunteers for the assistance of 19,788 hours of community service during the 2012-2013 school year. Celebrating the milestone of achieving over 1,000 trained volunteers in the Lisbon School District volunteers, community partners, administrators and staff enjoyed a night filled with pizza, fun and celebration in Lewiston, a partner in education with Lisbon High School, assisted with culinary delights for the eighth annual night of celebration. Superintendent of Schools, Richard Green welcomed over 100 guests in attendance and commended their dedication and willingness to assist Lisbon students and teachers. A special presentation prepared by Community Resource Coordinator Monica Millhime, kicked off the event with a video featuring Superintendent Green, members of the Lisbon School Committee, and building Administrators Lisbon Community School Principal, Carlene Iverson; Assistant Principal, Ryan Patrie; and Lisbon High School Principal, Ken Healey; Assistant Principal/Activities Director, Zach Longyear; and Philip W. Sugg Principal Kate Race and Assistant Principal Tom Landberg. The program of events acknowledged

and thanked the efforts of community volunteers, staff members, community partners and stakeholders in education. The excitement built throughout the evening with a number of door prizes and the anticipation of who would be receiving the top National Presidential Awards.

"Since 2004, the Lisbon School Department has been aligned with the prestigious National Presidential Volunteer Service Award Program," commented Millhime. The program recognizes adult volunteers achieving over 100 hours of service. Recipients receive a letter from the President of the United States, an award certificate and a National Volunteer Service pin. Volunteers and community partners contributing up to 100 hours and partnership opportunities in Lisbon received a Lisbon School Department Certificate of Appreciation. "Lisbon volunteers pride themselves on viewing their volunteer services a central part of their lives. Each and every time a volunteer assists with a project, whether it is in the classroom, tutoring, working on yearbook assignments, assisting as a reading buddy, chaperoning on a field trip, working from home on a special project, baking, or assisting in the office, our volunteers are making a difference in our

schools for the benefit of our students, shares Millhime. "We have generations within families who all volunteer. Our program continues to grow in surrounding communities with a number of people joining our volunteer program. Over the last nine years, the galvanized force more than 1,000 Lisbon Volunteers donated 131,668 volunteer hours," shares Millhime.

A standing ovation was given to Amy Austin, for contributing 2,106 hours of service to the Lisbon Schools and greater community. "Our volunteers donate their time not for the awards, but to make a difference in our community and set an example for others," commented Millhime. The National Presidential Volunteer Service Awards were also presented to Lorraine Bard, Pam Shane, Trisha Thebeau, Roxie Dobson, Adam J. Thebeau, Lisa Caron, Connie Fowler, Cathy Williams, Angela Shambarger, Suzanne Miller, Christina Gagne, Heather Cronin, Heather Parker, Annette Wilson, Jennifer Libby, Jim Millhime, Candace Barrett, Herb Dobson, Roland Grondin, Kathy Yergin, Donna Rimiller, Adam Parker Thebeau, Kim Simpson, Annette Clark, Valerie St. Pierre, Carol LeClair, Sue McPhee, Amy Dudar, Carol Day, Joseph Schreiber, Greg Shambarger, Kelly Wade,

Paul Barrett, Jennifer Bussiere, and Glenn Williams. Certificates of appreciation were presented to Brian Craig, Lacey Donale, Lhu Jones, Tina MacWhinnie, Jamie McAlpine, Suzanne Miller, Tacy Moyes, Donna Pelkey, Pearl Scribner, Beth Smith, Barbara Thompson, Shauna Walls, and Jerry Yergin.

Certificates of appreciation were awarded to media partners Great Falls TV, Sun Journal, Times Record, Twin City Times, Turner Publishing, Lisbon Reporter, WCSH, WGME, and WMTW. Community partnership certificates of appreciation were awarded to the Town of Lisbon, Lisbon Library, Lisbon Federal Credit Union (George Roy and Selma Basic); LCS PTO, PWS PAG, LHS PAG, Lisbon Music Boosters, Lisbon Athletic Boosters, Sam's, Subway, Wal-Mart, Hannaford's, Topsham Grange, Big Brothers Big Sisters Bowl for Kids' Sake, Lisbon Police Department and Lisbon Fire Department. A special thanks to Arby's Restaurants, Angelo's Pizza, Benoit's Bakery Chummy's Mid Town Diner, Greater Portland Landmarks, Hannaford's of Topsham, Kipper Kettle Cafe, Lisbon House of Pizza, Longhorn Steakhouse, and Portland Dine Around for their support of gifts and certificates for the banquet.



Photo by Steven Sharp. Lisbon School Department Superintendent, Administrators, Teachers and Staff honored its Volunteers and Community Partners for achieving more than 1,000 trained volunteer hours through the end of the 2012-2013 school year. Outstanding volunteer of the year Amy Austin contributed 2,106 hours of volunteer assistance. Austin is a member of the Lisbon Adult Volunteer program and serves as President of the Parent Action Group at Philip W. Sugg Middle School in Lisbon Falls. "Amy is an amazing volunteer. She was honored with top honors with The National Presidential Awards in 2007 and 2008 with 992 hours and 1,218 hours respectfully. This year, she broke her own record and is well on her way with new project planning benefiting our students in Lisbon. We are extremely fortunate in Lisbon with the number of hard working people who enjoy giving back to their community and schools," shares Resource coordinator, Monica Millhime. Over the last nine years, the galvanized force of over 1,000 Lisbon Volunteers donated 131,668 volunteer hours. Pictured (l-r) Amy Austin, Lisbon's Volunteer of the year and Monica Millhime, District Community Resource Coordinator. Photo courtesy of Steve Sharp

"Lisbon School Department is extremely fortunate to have such a wonderful group of people willing to assist our students and teachers. The amount of time they contribute truly makes an impact in our community," shares Superintendent Green. FMI on the Lisbon volunteer and partnership program call 754-0021 or email mmillhime@lisbon-schoolsme.org. Visit Community Resource News in Lisbon Schools on Facebook for the latest news and projects planned throughout the Lisbon School District. ■

Quilt Raffle for Lisbon Sunshine Hill Seniors

The Lisbon Krazy Kwilters have once again donated a handmade quilt for the Lisbon Recreation Sunshine Hill Seniors to raffle off. This year the raffle tickets will

be sold at the Moxie 5k, Moxie Car Show, and the Concerts in the Park, as well as the Recreation Department office. The drawing will be held at the final Summer

Concert on August 25th. Please call the Lisbon Recreation office at 353-2289 for more information, or stop by to see the quilt yourself. ■

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Standing Back Row (L-R): Brenten Laffely, Magna Cum Laude; Aaron Halls, Magna Cum Laude; Ryan Brewer, Cum Laude; Jaymi Thibault, Magna Cum Laude; Rachel Ball, Cum Laude; Leah Goldsberry, Cum Laude; Tyler Daly, Cum Laude; Zachariah Cribbin, Cum Laude; Brigette Anthony, Cum Laude; Aaron French, Cum Laude.
Kneeling Front Row (L-R): Rachel Miller, Cum Laude; Kristianna Benoit, Magna Cum Laude; Miranda Carroll, Magna Cum Laude; Kayla Angelico, Cum Laude; Chelsea Huston, Cum Laude.

Lisbon High School Class of 2014

Mercedes Akers, Kenneth Allisot, Dustin Ambrose, Kayla Angelico, Brigette Anthony, Mitchell Austin, Rachel Ball, Kristianna Benoit, Chantal Bisson, Chad Breton-Dwyer, Ryan Brewer, Derek Butler, Roxanna Carlson, Miranda Carroll, Kristen Carter, Luci Charest, Alysha Ciccarelli, Ronelle Clavette, Adam Clukey, Algernon Collins, Nicholas Collins, Zachariah Cribbin, Shane Cyr, Tyler Daly, Kaitlyn Dous-
 tou, Levi Dussault, Daniel Edens, Justice Fraser-Gagnon, Aaron French, Andrew Gamache, William Garrison, Leah Goldsberry, Bradley Groh, Joel Grover, Mason Haley, Aaron Halls, Allanah Harkins, Briana Heaven, Brandon Hovey, Elyssa Hubert, Meridith Huntington, Aaron Hursh, Chelsea Huston, Roger Jama, Michael Kane, Benjamin Kates, Jordan Kates, Evan Keating, Dylan Lacasse, Brenten Laffely, Carlos Laurelez, Jared Leduc,
 Lacey Lyons, Bailey Madore, Elliot Manocal, Chelsea Marquis, Hannah Martin, Kiaya McBride, Logan McGuire, Sean Manus, Rachel Miller, Darren Niles, Gabrielle Ouellette, Caitlyn Owens, Devin Pesce, Alec Philippon, Chantel Poland, Savannah Porter, Deziray Pyrdeck, Damien Regnault, Haley Ridley, Kyle Sheehan, Sarah Stone, Jaymi Thibault, Denise Thomas, Luis Velez, Kaci Wedberg, Brett Williams, John Williamson ■

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Laura Trask, M.D.



Kathryn Gosselin, R.D., C.D.E.

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 of the Central Maine Endocrinology & Diabetes Center

Dr. Trask and Kathryn Gosselin specialize in the care of those living with diabetes.

A Maine native, Dr. Trask grew up in Woolwich and completed her medical education in New England. She practiced internal medicine in Rockport until she decided to specialize in treating people with diabetes.

"I became interested in endocrinology because many people in my family have been affected by both type 1 and type 2 diabetes," she says. "As a primary care physician, I cared for patients with diabetes and decided to pursue it as a specialty so that I could provide better care for patients with this disease." After completing fellowship training in endocrinology, diabetes and metabolism, she joined the Central Maine Endocrinology and Diabetes Center in Lewiston.

Kathryn Gosselin has also focused her healthcare career on helping those with diabetes better manage their health. She is a registered dietitian and certified diabetes educator. She has worked at hospitals in New Jersey, and prior to joining the Central Maine Endocrinology and Diabetes Center she worked as a clinical dietitian at Maine Medical Center.

As a team, Dr. Trask and Kathryn Gosselin provide the full range of medical and educational services that those with diabetes need to achieve optimum health.

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21st Annual Great Falls Balloon Festival • Lewiston/Auburn, ME

SCHEDULE OF EVENTS

FRI. AUGUST 16

LEWISTON

- 6am Balloon Launch
- 4pm-10pm Food Booths open
- 4-10:30pm Carnival
- 5-10pm Craft and Trade Vendors open
- 6pm Balloon Launch
- 9pm Moon Glows

Stage performers include:

- Brazen Cane
- Imara Belly Dancers
- Jeroba Jump

AUBURN

- 4pm-10pm Food Booths open

Stage performers include:

- Big Blue
- Firewater Creek
- Rockin' Recons

All Lewiston events will take place at Simard-Payne Memorial Park, unless noted. All Auburn events will take place at Festival Plaza, unless noted. Balloons launches and tethering are weather permitting. Admission is free, although some activities require a fee. Schedule is subject to change.

SAT. AUGUST 17

LEWISTON

- 6am Balloon Launch
- 10am-10pm Craft and Trade Vendors open
- 10am-10:30pm Carnival
- 11am Parade
- 11am-10pm Food Booths open
- 3-6pm Balloon Tethering
- 6pm Balloon Launch
- 9pm Moon Glows

Stage performers include:

- Girls of Power Zumba
- Pelletier's Karate Academy
- Camire School of Dance
- Terry and the Telstars
- The Denny Breau Project

AUBURN

- 11am-10pm Food Booths open

Stage performers include:

- Camp of Rock
- Back to School Band
- Brian Patricks
- Downeast Brass

SUN. AUGUST 18

LEWISTON

- 6am Balloon Launch
- 9am-3pm Family Fun Day
- 11am-7pm Craft and Trade Vendors open
- 11am-8pm Food Booths open
- 11am-8pm Carnival
- 12pm Rotary Duck Race (Main Street Canal)
- 3-6pm Balloon Tethering
- 6pm Balloon Launch
- 9pm Moon Glows

Stage performers include:

- Veayo Twins
- Carter Isaac
- Max Ater Trio
- Mallett Bros.
- Skosh

AUBURN

- 11am-8pm Food Booths open

Stage performers include:

- Planet Cheer
- Robert Washington
- Brookside Band All Stars



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From left, Robert Davis, Chair of People Plus Board of Directors; Stacy Frizzle, Executive Director of People Plus; Gerard Queally, President and CEO of Spectrum Generations; and Richard Colburn, Chair of Spectrum Generations Board of Directors.

Spectrum's ADRC Center Relocating to People Plus on July 23

Spectrum Generations is pleased to announce that its Topsham branch is relocating to 35 Union Street in Brunswick; Suite 1 of the People Plus building. Our hours of operation will remain the same, 9am to 3pm. Out of this site, Spectrum Generations staff will continue to provide Meals on Wheels, Family Caregiving, Options Counseling and health and wellness programming to help people stay in their homes and live healthy, independent lives.

Shannon Hall, Nutrition Coordinator, coordinates the Meals on

Wheels Program for the greater Brunswick area. She and her troop of volunteer Meals on Wheels drivers deliver five meals each week to midcoast Maine homebound and disabled adults. Aging and Disability Resource Counselor, Craig Patterson is a trusted resource for information on topics such as prescription drug coverage, Medicare/MaineCare, and resources for older and disabled adults. Craig helps people navigate the complex system of aging in place.

We hope you will visit Shannon or Craig at our

new location soon. Look for the Spectrum Generations Aging and Disability Resource Center sign out front and drop in to say hello, or call us at 207-729-0475.

Spectrum Generations is central Maine's Area Agency on Aging, and the Aging and Disability Resource Center. Our mission is to promote life-long learning, health, wellness, nutrition, community engagement and the social well-being of all older and disabled adults. For more information call 1-800-639-1553 or visit us at www.spectrumgenerations.org. ■

Johnson Named Director



Johnson brings with her a deep understanding of the organization and its commitment to deliver high quality patient-centered care.

"I am so pleased to join the Mid Coast team in this capacity," Johnson said. "I am passionate about the importance of a strong community hospital as the cornerstone of a healthy and thriving community. I look forward to forging strong relationships that support the continued high quality, compassionate care that Mid Coast is so well known for."

Kara Aleixo Johnson has been appointed as the new Director of Development for Mid Coast Health Services. In this role, Johnson will lead the planning, implementation, and administration of all development activities including fundraising appeals, endowment campaigns, gift planning, grateful patient giving, and donor appreciation events.

A Mid Coast Hospital Board Member and committee chair for the Mid Coast Hospital Auxiliary Board,

As a lawyer and business owner with an extensive professional background, Kara brings over 20 years experience in development and business management to the Mid Coast Health Services Development team. Most recently, she founded Semaphore Business Development Group where she was responsible for business development.

"We are so fortunate to have Kara on board," said Lois Skillings, President and CEO of Mid Coast Health

Services in making the announcement. "Her dedication to the community and expertise will provide strong leadership that supports our vision for the transformation of healthcare and our mission to improve the health of our community."

Kara Johnson graduated from Wheaton College in Norton, Massachusetts with a Bachelor of Arts in both political science and English literature. She received her law degree from Suffolk University Law School in Boston, Massachusetts and is a member of the Massachusetts Bar.

With close ties to the community, spanning generations, Johnson summered in the Midcoast region for more than 25 years, before ultimately moving to the area in 2000. "This is a wonderful place to raise a family and with four children, I certainly recognize the importance of having good healthcare close by. I look forward to playing a part in the growth of this vital community resource as we face unprecedented changes in the world of healthcare." ■

Dr. Miguel Arguedas Joins Digestive Health Team



Mid Coast Hospital is pleased to announce the addition of Miguel R. Arguedas, MD, MPH to its medical staff. Dr. Arguedas specializes in the diagnosis, prevention, and treatment of gastrointestinal and liver diseases. He joins Alroy A. Chow, MD, FRCPC and

Gary Zartarian, MD, and the active medical team of Mid Coast Medical Group-Gastroenterology. Dr. Chow commented,

"Dr. Zartarian and I are very pleased to welcome Dr. Arguedas, his wife, and two teenage children to our community. We are most fortunate to have such an accomplished and experienced gastroenterologist join our GI team." Dr. Arguedas completed his fellowship in Gastroenterology at the University of Alabama, Birmingham, AL. He is board certified in Internal Medicine and Gastroenterology and has published numerous scientific papers in

the field of gastroenterology. "I am very happy to be with Mid Coast Hospital and to become an integral part of the mid coast community," said Dr. Arguedas. "I am excited to continue the tradition of providing high level medical care to the community, which Mid Coast Hospital is so well known for." Mid Coast Medical Group-Gastroenterology is located at 121 Medical Center Drive, Suite 3400 in Brunswick. For information and appointments call (207) 406-7300 or visit www.midcoasthealth.com/mcmg/gastroenterology. ■

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- And much more!

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Maine's Credit Unions "Share the Bread"

On Monday, July 15, the Maine Credit Unions' Campaign for Ending Hunger, which raised a record-setting \$471,000 in 2012, presented \$17,000 of those funds, one of the largest, single-day contributions to multiple hunger organizations ever in Maine, to 33 hunger organizations throughout the state.

To bring awareness to the issue of hunger in Maine in the summer, and the acute need for food for Maine's 65,000 school children during summer vacation, the ninth annual 'Share the Bread' event was created by Maine's credit unions to recognize the efforts of food pantries across the state and to provide significant financial assistance to food pantries in every Maine county.

Representatives from two food pantries in each of Maine's eight southern-most counties received two types of bread: the kind used for toast, and the kind used to buy food, with a check for \$500 from the Maine Credit Unions' Campaign for Ending Hunger.

The giving continued for representatives from food pantries in Maine's eight northern-most counties at a separate event held at Good Shepherd Food Bank's Distribution Center in Brewer where bread and checks were presented to 16 more food pantries. Good Shepherd Food-Bank also received a total of \$1,000 during the day.

Jon Paradise, AVP, Governmental & Public Affairs for the Maine Credit Union League, said that 'Share the Bread' was created not only to provide additional hunger relief in the summer months, but also to bring attention to an issue afflicting many Maine citizens.

"Maine's Credit Unions are about 'people helping people' and sharing the bread is this philosophy in action. It is important for Maine people to know that food insecurity is a reality in every county and every community in our state," he said.

"As we recognize the significance of hunger in Maine and, most specifically, feeding a number of Maine's children during

summer vacation when there are not meals provided at school, Maine's Credit Unions will provide resources to help organizations in each county make a positive impact on thousands of people in Maine."

The following food pantries received donations:

Androscoggin
Tri-Town EM-UMC
Food Cupboard, Livermore Falls

Loaves & Fishes Food Pantry, Sabattus

Cumberland
Harrison 7th Day Adventist Food Pantry
Freeport Community Services

Franklin
Care & Share Food Cupboard, Farmington
UM Economic Ministries, Salem

Kennebec
Litchfield Community

Food Bank
Winthrop Food Pantry

Lincoln
Newcastle Ecumenical Food Pantry
St. Philip's Help Yourself Shelf

Oxford
Woodstock Food Pantry
Servant's Heart Food Pantry, Peru

Sagadahoc
Neighborhood Café,
Bath

Richmond Food Pantry
York
Food for Life, St. Stephen's Food Pantry, Waterboro

New Covenant Baptist FP, North Berwick

Since 1990, the Maine Credit Unions' Campaign for Ending Hunger has raised \$4.8 million to help end hunger in Maine.

For more information, visit www.maineicul.org. ■

Discoveries in Hearing Science & Technology

Hearing Health Care Legislation and Advocacy



By Dr. David Jardine

As an audiologist, my top professional priority is making sure my patients receive proper evaluation, diagnosis and care for their ear, hearing and balance concerns. Their care should not only be of the highest quality but also accessible and affordable. I want this for my patients, of course, but I also want it for all Mainers who suffer from ear and hearing disorders. To that end, I have become a member of the American Speech Language Hearing Association (ASHA) audiology advisory council, representing the state of Maine. One of my responsibilities – and

great pleasures – includes attendance at an annual meeting in Washington D.C. Each year ASHA members from around the country come together to discuss the profession and practice of audiology. Our topics of discussion range from educational and accreditation requirements for audiologists to best practice protocols for patient care to legislation that affects patient access to hearing health care.

One of the most exciting and important parts of this 5-day conference is a visit to Capitol Hill. There we meet with our State and Congressional representatives to discuss bills affecting patient care. Two bills, in particular, came up during our meeting this year that may be of interest to you.

Medicare Telepractice Coverage for Audiology Services

This bill asks congress to recognize telepractice as an acceptable method to deliver audiology services to patients. Telepractice extends care to patients in remote, rural or underserved

areas. It makes it easier and more affordable for patients to access care by a qualified medical provider, and it reduces patient use of self-administered tests and self-prescribed treatments for hearing and balance concerns, which may be inadequate, inappropriate, or even harmful.

Hearing Aid Assistance Tax Credit

This proposed legislation, which has received strong bipartisan support, would provide a tax credit of \$500 per hearing aid every five years. Hearing aids are neither covered under Medicare nor under the majority of state-mandated benefits. This legislation may not cover the full cost of hearing aids, but it does provide some financial assistance to those who are most in need of hearing aids but unable to afford them.

We hope that our advocacy will eventually result in optimal care for people in Maine. In the meantime, it is a privilege to serve my community as an audiologist at Central Maine Hearing Center

– the only audiology practice in the area to offer patients of all ages access to all hearing and balance services, from diagnostics to rehabilitation. We give our patients many affordable hearing loss solutions, (including digital hearing aids at less than \$1000 per pair). And we always adhere to best practice protocols to ensure that our patients receive the best assessment and treatment for their specific ear or hearing concerns. In the clinic and beyond, Central Maine Hearing Center is an advocate for exemplary patient care that is accessible and affordable to all.

Dr. David Jardine is an audiologist and program coordinator at Central Maine Hearing Center. CMHC is a state-of-the-art ear and hearing center at Central Maine Medical Center, the only comprehensive audiology center in Androscoggin County. For questions or suggestions for column topics, email centralmainehearingcenter@cmhc.org. ■



At a special event at the Maine Credit Union League, Sister Christine Plouffe of Loaves and Fishes Food Pantry in Sabattus, accepts a loaf of bread and a check for \$500 from Jon Paradise, AVP of Governmental and Public Affairs for the Maine Credit Union League, on behalf of the Maine Credit Unions' Campaign for Ending Hunger. Two food pantries in every Maine county received similar contributions as the Campaign distributed some of the record-setting \$471,000 raised in 2012 at this event.

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Radiologic Technologists Graduate

The Central Maine Medical Center College of Nursing and Health Professions (CMMC CONHP) celebrated with 20 graduating radiologic technology students and their families at a recent pinning ceremony.

A number of awards were presented to graduating students, including the following: The Dr. Clark F. Miller Award for Outstanding Scholastic Achievement was awarded to Shana Connor of Auburn, who graduated

with the highest academic grade point average from the radiologic technology portion of the curriculum.

The Dr. Clark F. Miller Award for Clinical Excellence was awarded to Ashley Kearns of Portland, who had the highest clinical grade point average.

The Dr. Joseph Leonardi Student Leadership Award was awarded to Levi Robinson of Lewiston. The recipient of this award demonstrated outstanding leadership

abilities.

The CMMC CONHP offers associate degree programs in radiologic technology, nuclear medicine technology, and nursing. Certificate programs are available in computed tomography, reiki, and nursing assistant. General education courses are offered each semester and are open to the public.

For more information about CMMC CONHP programs, visit www.cmmccollege.edu or call 207-795-2840. ■



The following students graduated recently from the Central Maine Medical Center College of Nursing and Health Professions Clark F. Miller School of Radiologic Technology (from left): Brianna Russell of Gray; Matthew Charette of Sabattus; Brianna Beisaw of Jay; Adam Carlson of Lewiston; Ashley Kearns of Portland; Naomi Caron of Hartford; Myah Smallwood of Patten; Kristine Sylvester of Topsham; Luxiana Rossignol of Richmond; Kelsey Bulger of Buxton; Kelly Bickford of Mechanic Falls; Thomas Fumarola of Lisbon; Katelynn Wood of Sabattus; Erin Plante of Wales; Brooke Gagne of Auburn; Shana Connor of Auburn; Kara Casella of Lisbon; Levi Robinson of Lewiston; Sarah McQuarrie of Cumberland; and Kristen Lacasse of Lewiston. See accompanying story for details. (Photo by Dave Gondek.)

Lisbon Students Celebrates Community Service Endeavours

Thanks to a community partnership with Papa Gino's at the Auburn Mall, Auburn, members of the Lisbon School Department Community Service groups and their parents were treated to a pizza party for their generous giving of volunteer services. Parents and students joined the fun and reflected on the many joint projects completed by generations of volunteers working together.

Lisbon High School seniors receiving the purple stole at graduation and the National Presidential Service Award for achieving over 100 hours of service were Tyler Daly, Kristianna Benoit, Kaci Wedberg and Brett Williams. Certificates of achievement were awarded to Kayla Angelico, Sarah Stone and Jaymi Thibault. Underclassmen receiving the Presidential Awards were Paula Caron, Abigail Roy, Sierra Crosby, Sarah Craig and Stefan Smith from the Class of 2014; Jack Caron and Connor Craig from the Class of 2015; Natalie Thomsen, Spenser Thebeau, Jordan Frederick and Jared Williams from the Class of 2016. Students receiving certificates of achievement were Erik Chapman, Dillon Clifford, Jennifer Clifford, Nick Corey, Brittany Couillard, Justin Crocker, Keely Domini, Paige Galli-



Pictured (l-r) President of the LHS student group, Abigail Roy, along with advisor, Monica Millhime (far right) congratulate senior, Brett Williams for his outstanding community service efforts. Presidential Award winners receive a letter from President Barack Obama, a certificate and a lapel pin. "Your volunteer service demonstrates the kind of commitment to your community," stated President Obama, "that moves America a step closer to its great promise."

gan, Kelly Galligan, Shantal MacWhinnie, Nichole Jones, Dillon Poole, Tabitha Porter, Jennifer Runyon, Jennifer Smith, Brianna Sult, Lacey Thomsen, Emma Wilson, Kristopher Benoit, Charles Sult, Draven Walker, Lillian Wade, Dustin Wood, Kristen Wood, Robert Wood, Jake Angelico, Alyssa Briglio and Cassidy Daly.

Philip W. Sugg Middle School students receiving the National Presidential Service Award were Joey Frederick, Benjamin LeClair, Jacob LeClair, Geoffrey Shambarger, Morgan Roy, Seana Creasey, and Silas Crosby. Students receiving certi-

icates of achievement were Joseph Couillard, Anna Willey, Ethan Braley, Celeste Brissette, Emma Houle, and Loreen Reed.

Carolyn Shane from Lisbon Community School received the National Presidential Service Award. Giana Russo, Charlee Cox and Colin Houle received certificates of achievement.

FMI on events and opportunities to volunteer and become a community partner with Lisbon Schools call 754.0021 or email mmillhime@lisbonschoolsme.org. Visit Community Resource News in Lisbon Schools on Facebook for the latest news and events. ■



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Now that we are in the peak of our summer time activities, I would like to remind you of ways to protect your back from injury and what to do if you suffer with back pain.

- Slow it down and take time to warm up. Too often we rush from work or home where we were secondary most of the day and jump into an activity like biking, running or golf that requires strain on your back.

Slow it down and take the time to warm up your muscles. A great way to do this is to walk for 10 minutes before you pick up that golf club or hit the pavement running. Muscles do not stretch well when they are cold so protect them with body heat.

- The second most important way to protect your back is to stretch it after you run, bike, golf or any other straining activity.

How many of us actually think about stretching our backs after golf? We are twisting and straining our backs for 18 holes yet I never see people pampering their backs when they are done. Stretching helps

to put your back and neck back into alignment.

All it takes is 5 minutes after a round of golf to prevent a long time of back pain. Practice performing several back and neck stretches after all summertime activities. It's a great habit to get into. My favorite back stretch is:

Standing Bent Over Cat n Cow: In a standing position place your hands on your knees by bending at the hips and softening your knees. Raise your head up, cave your low back in



and inhale. As you exhale bend forward towards the ground and round your entire back. Hold for 30 seconds and repeat several times.

Before discontinuing that position twist your spine by directing your right shoulder towards your left knee, hold for 30 seconds and repeat on the other side. Do this several times.

If you are suffering with back pain here are 6 things you should know.

1. Don't ignore it. Hop-

ing that your back pain will go away is just avoiding the issue. Pay attention and get proper attention.

If your back pain is keeping you up at night or preventing you from being functional, please seek medical attention to determine the root cause. It's important to solve the problem the first time otherwise the second bout can be much more debilitating.

2. Thinking you're too healthy or too young to have back pain. Being and staying fit is a goal for all

help for back pain or injury and not getting any relief with your treatment consider changing your treatment.

There are many methods to address back pain and injury. If you do not see relief within 3 months, don't keep repeating the same stuff especially if it's not working. It's worth investigating other treatment plans.

4. Be aware that back pain and injury is a process. In many cases back injuries developed over time. The right fix may be time insensitive as well.

5. Don't overdue the band aids. Taking ibuprofen and medications, although they provide relief from pain, only mask the problem. Make sure you know what your problem is. Treat the root cause.

6. Don't give up. Not only does back pain hurt and prove physically debilitating; it also tries the morale and determination of the individual.

A sufferer can run the gamut of treatments. But, often, it takes a cocktail of treatments that address all of the underlying causes.

Remember, you can't really treat the root of pain until you know what's causing it! Don't give up. Take control and search for the right treatment for you.

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He has also written three books, including the best sellers: "A Moose and a Lobster Walk into a Bar" and "The Maine Dictionary."

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NewsBites

Changes to the Circuitbreaker (Tax and Rent) Program

Due to recent Maine legislation, the Circuitbreaker, aka Tax And Rent program, has been eliminated. In its place, a new program called the Property Tax Fairness Credit program will begin in January 2014. To receive a rebate for your rent or property tax you will file a 1040ME tax form and a Property Tax Fairness Credit Worksheet during the regular tax filing season – January 1 through April 15.

This may be new for many people who do not regularly file an income tax form each year. SeniorsPlus will be available to answer questions about the process as we learn more, and tax volunteers from AARP will be able to assist with tax forms and worksheets at no cost, starting in January.

For those eligible for the Property Tax Fairness Credit, the limit will be \$300 per year for those 70 and younger, and \$400 for those over 70.

If you have concerns over this change in benefits, please call the Governor's office (287-3531) or your local legislator. If you need a phone number for your local legislator, please call SeniorsPlus for that number, or you can find it on-line at www.maine.gov.

Medicare Savings Program Losing DEL Coverage: What It Means

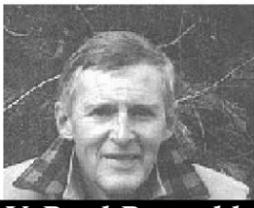
In July, the Department of Health and Human Services sent all Medicare Savings Program members, AKA the Buy-in, a letter saying DEL, Drugs for the Elderly will no longer pay for a member's Medicare Part D co-payment as of August 1, 2013.

Bottom Line: Losing the DEL benefits means you will now have to pay \$2.65 for generics and \$6.60 for brand name medications (up from \$3.30). Everything else stays the same. That's the only impact of losing the DEL benefit!

If you have questions, please feel free to call SeniorsPlus.

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V. Paul Reynolds

Summer, especially the August doldrums, is a good time to kick back with a good book. For any outdoor-minded person, here are two new books, written by Maine authors, that I have thoroughly enjoyed.

The first is *Massacre Pond* by Paul Doiron. (Minotaur Books, \$24.95). The editor of *Downeast* magazine, Doiron is a relatively new fiction writer who is catching fire.

He has written a couple of good murder mysteries based on a fictional Maine Game Warden, Mike Bowditch. In *Massacre Pond*, Bowditch is called in to investigate the senseless shooting of five moose. The animals are shot on the estate of a wealthy animal rights activist who is buying up expansive parcels of wilderness to create a national park.

Sound familiar? It should. Elizabeth Morse, Doiron's land baroness, has all of the earmarks of real-life Roxanne Quimby. The suspicion is that the moose murders are retribution against Morse, whose big land purchases are raising havoc with the local economy and woods

jobs. The plot thickens, though, when Morse's daughter is killed in a suspicious car accident.

Doiron's tale has all of the ingredients of a tense thriller that kept my attention to the end. Doiron has something else going with his Mike Bowditch series besides good story telling. He is a master, not only at his ability to portray the real Maine, but in developing characters that are evocative and fascinating in their human foibles and complex personal relationships.

How he manages so skillfully to take real Maine characters and events and weave them so seamlessly into the tapestry of his story is worthy of admiration.

For example, the senseless, wanton mass killing of the moose is not a figment of Doiron's imagination: it happened and, to this day, has never been solved. Word is that the Maine Warden Service knows who committed this felony, but have insufficient hard evidence to justify the issuance of summons.

Doiron's protagonist, Warden Mike Bowditch, is an endearing, courageous character with his share of personal problems and self-doubts. Personally, I can't wait to see what adventure awaits Warden Bowditch after *Massacre Pond*.

The other great sum-

mer read is *Master Guide Handbook: Outdoor Adventure Trips* by Gil Gilpatrick. (Fox Chapel Publishing, \$19.95).

Few men are more qualified to write this book about outdoor leadership than legendary Maine Guide Gil Gilpatrick. Gilpatrick has devoted a lifetime to guiding people on outdoor adventures, much of it on the Allagash Waterway. This book is a compendium of wilderness wisdom, not only from Gil's experiences, but also those of seven other highly experienced and respected Maine wilderness guides. They are Randy McEwen, Carter Smith, Greg Sarnacki, Dick Mosher, Bryan Courtois, Kevin Slater and Polly Mahoney.

A beautifully illustrated and reader-friendly book with many color photos, it covers every conceivable aspect of what is involved in successful outdoor guiding and leadership, from planning and purchasing to camping and canoeing.

This is one of those uniquely utilitarian books that is 200 pages of useful information, not only for anyone interested in professional recreational guiding, but for any outdoor person interested in becoming more capable and self-reliant in woodcraft and outdoor safety.

An aside about the author, Gil Gilpatrick, who also writes a monthly column for the *Northwoods Sporting Journal* called *Northwoods Voyager*. Good guides are not necessarily good teachers. Gil, however, is one of those rare combinations -an outdoor leader who knows how to teach others and takes personal satisfaction in doing it.

This book, *Master Maine Guide Handbook: Outdoor Adventure Trips*, is kind of a Grand Finale of information gleaned from the cumulative outdoor experiences of Gil and some of this state's other most accomplished guides.

In an angler's lexicon, it's a keeper!

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide, co-host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network (WVOM-FM 103.9, WQVM-FM 101.3) and former information officer for the Maine Dept. of Fish and Wildlife. His e-mail address is paul@sporting-journal.com. He has two books "A Maine Deer Hunter's Logbook" and his latest, "Backtrack." ■

Great Falls Balloon Festival

The Great Falls Balloon Festival will resume activities at Festival Plaza in Auburn for the 21st annual festival, August 16-18, 2013.

The festival board of directors made the decision Wednesday afternoon, following a vote by the Auburn City Council to reinstate in-kind donations for community activities.

Final review and approval by the Auburn City Council is scheduled for July 15. The previous week, the board of directors had voted to consolidate activities to Simard-Payne Memorial Park in Lewiston when in-kind donations were eliminated from the Auburn city budget.

Historically, the festival has received approximately \$10,000 - \$12,000 of in-kind services from the city.

"The festival started in Auburn, and we are happy that we have the chance to continue the tradition of this shared community event," said Christina Noonan, festival marketing director.

Volunteers from Children's Miracle Network and Jr. R.O.T.C. will have food booths set up on Main Street in Auburn, near Festival Plaza.

Stage entertainment slated for the Festival Plaza stage includes Big Blue, Firewater Creek, Rockin' Recons, Camp of Rock, Back to School Band, Pelle-

tier's Karate, Robert Washington, Brookside All-Star Band, Brian Patricks and many more.

Visitors to the festival can expect a fun-filled weekend on both sides of the river. Waddles the SnoBird and Claw'D the Crazy Crab are the special shapes headlining the beach party-themed festival. Balloon launches are planned for 6 a.m. and 6 p.m., Friday through Sunday, weather permitting. Family Fun Day returns on Sunday and many new activities are in the works, including Beano under the main food tent.

Established in 1992 by a group of business people, civic leaders and friends, the mission of the Great Falls Balloon Festival is to provide fundraising opportunities to local nonprofit groups while celebrating our community and promoting the Lewiston/Auburn area as a visitor destination.

With free admission, annual attendance above 100,000, financial impact in excess of \$2,000,000 and tens of thousands of dollars raised by participating nonprofits, it is easy to see why the community eagerly anticipates the third weekend of August.

For more information, please visit www.greatfalls-balloonfestival.org, find us on Facebook or call (207) 783-2249 or (800) 639-6331. ■

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Profiles of local kids waiting for a Big Brother or Sister



Joshua- 11 years old. Joshua likes to try new things. He enjoys football, basketball and skate-boarding. He wants to become friends with a young Big Brother who likes to have fun and go places.

Marius- 9 years old. Marius is athletic, and outgoing. He wants to have fun and learn new things from a male perspective.



Kaye- 10 years old. Kaye enjoys playing at the playground, tire swings, swimming, playing with clay, singing and sledding. She needs positive attention from a Big Sister.

Ronnie- 10 years old. Ronnie loves playing ball, sports and being outside. He wants a Big Brother who enjoys outdoor activities and going places.



Nicholas- 10 years old. Nicholas is adventurous, athletic, and mechanical. He wants a Big Brother who shares his love of sports, animals, biking and exploring.

Caleb- 8 years old. Caleb is talkative and adventurous. He enjoys basketball and bowling. He is looking for a Big Brother to help him expand his interests and teach him new things.



Luke- 8 years old. Luke is quiet, shy and has a sense of humor. He likes outdoor activities, working with tools and fixing cars. He wants a guy to spend time with him.



Contact Diane Blanchard for more information!
dblanchard@communityconcepts.org or (207) 754-3912

Derek Thibault Graduates From Berklee College of Music

Derek Thibault of Lisbon participated in Berklee College of Music's 2013 Commencement held recently in Boston at Boston University's Agganis Arena. Thibault received a Degree of Bachelor of Music in Music Business/Management from President of Berklee College of Music, Roger Brown. Berklee president Roger H. Brown presented honorary doctor of music degrees to music legends Carole King, Willie Nelson, and Annie Lennox -- all multiple Grammy Award-winners, among their many accolades. Lennox delivered the commencement address to the graduating class and an estimated audience of more than 4,000 guests at the Agganis Arena.

Berklee's class of 2013 included more than 1,050 students - the college's largest-ever graduating class - graduating with bachelor of music degrees or professional diplomas. Female graduates numbered 327, representing 31 percent of the total class. International students from 60 different countries made up 36 percent of the class. The largest number of graduates from outside the U.S. were from South Korea and Canada. Students from as far away as Ghana, Mozambique, Japan, Russia, and the Philippines were among the graduating class. Domestic students were from 46 states. The top three majors were professional music, performance, and music business/management. Guitar, voice, and piano were the three most common instruments among the graduates.

In her address, Lennox said, "Consider this, wherever you think you're heading right now might turn out to take a completely different path. What looks like an ending might actually be the start of a brand new beginning. Wherever

and however we find ourselves, what a privilege it is to enrich our lives through music: the incredible universal language of the soul. Enter it wholeheartedly, make it yours to share with the world in the very best way you can." Lennox also sang lines from several songs that inspired her as a teen, including "Say a Little Prayer," "Wichita Lineman," and King's "It's Too Late."

President Brown enlisted Kris Kristofferson, Nelson's guest for the festivities, to help present Nelson's honorary doctorate. The longtime friends had performed a duet of Hank Williams's "Jambalaya (On the Bayou)" at the previous night's commencement concert. Recalling the student performance during his acceptance, Nelson said, "Last night was especially tremendous. I enjoyed hearing everyone play and sing so many great songs. The history of music is good, but the future is even better, thanks to you folks."

The annual commencement concert at the Agganis Arena featured some of the college's most accomplished students paying tribute to the honorees with performances of music associated with their careers. The honorees all took the stage during the event. Nelson also performed "Night Life," while Lennox performed her hit song "Cold" with the student and faculty orchestra. King joined in during the "The Locomotion," to dance along. Other concert highlights included renditions of King's "(You Make Me Feel Like) a Natural Woman," and "I Feel the Earth Move;" Nelson's "On the Road Again," and "Crazy;" and Lennox's "Walking on Broken Glass," and "Why."

During the ceremony, Brown thanked Berklee's faculty and staff for their extraordinary commitment

to the students, especially during the trying times in the aftermath of the marathon bombing. "The knowledge and skills our students have accumulated are astounding. They don't fully realize it, but this training prepares them for many possible paths, inside the music industry and outside," said Brown to parents in the audience. "If we have been successful, we have prepared them for a dynamic world in which new careers will be invented, the nature of which we cannot even yet imagine."

This year's honorary doctorate recipients were recognized for their achievements in contemporary music, for their enduring contributions to popular culture, and for the influence their careers and music have had on Berklee's international student body. King, Nelson, and Lennox join the ranks of such esteemed recipients as Duke Ellington (the first, in 1971), Aretha Franklin, Dizzy Gillespie, Quincy Jones, Smokey Robinson, David Bowie, Bonnie Raitt, Count Basie, Sting, Loretta Lynn, B.B. King, Billy Joel, Chaka Khan, Steven Tyler, George Clinton, and Patti LaBelle.

Berklee College of Music was founded on the revolutionary principal that the best way to prepare students for careers in music was through the study and practice of contemporary music. For over half a century, the college has evolved constantly to reflect the state of the art of music and the music business. With over a dozen performance and non-performance majors, a diverse and talented student body representing over 70 countries, and a music industry "who's who" of alumni, Berklee is the world's premier learning lab for the music of today - and tomorrow. ■

Presentation and Book Signing



WHEN:
Wednesday, August 14, 2013

WHERE:
Lisbon Historical Society,
MTM Center, Lisbon Falls

EVENT:
Presentation and Book
Signing **TOPIC:**
"Shiloh, the Deception of

a Cult" - Eugene Elcik

COST:
Free and Open to the
Public

CONTACT:
Dorothy Smith (353-
8510) or LisbonHistSoc@
gmail.com

ARTICLE:
Local author Eugene Elcik will present his newest work of fiction based on true events that took place at the Shiloh colony in Durham a century or more ago. This latest book is titled "Shiloh, the Deception of a Cult," and imagines how the people of this religious movement were misled by their self-appointed leaders. Elcik, a Lisbon native, says that as he grew up he noticed his surroundings and "how others interacted with each other and all that

encompassed them."

Holding a wide variety of roles, Elcik has been a Civilian Recreational Naval Officer, an adjunct college instructor, and an appraiser. He says that his affection for Maine is where his heart is, and has helped bring his stories to life.

The author will have copies of "Shiloh, the Deception of a Cult" for sale, and will be available to sign them after his talk.

Refreshments will be served following the program. The LISBON HISTORICAL SOCIETY is located at the MTM Center 18 School Street in Lisbon Falls. Doors open at 6:30 p.m. The event starts at 7 p.m. Parking and entrance is in the rear of the building. ■

Foss Named to Deans List

Jeremy Foss of Wales is one of 2,749 Eastern Kentucky University students who earned Dean's List honors for the Spring 2013 semester.

Foss is a Fire Prot&Safety Engr/Technlgy major at EKU.

To achieve Dean's List honors at Eastern, students attempting 14 or more credit hours must earn a 3.5 grade point average out

of a possible 4.0. Students attempting 13 credit hours must earn a 3.65 GPA, and students attempting 12 credit hours must earn a 3.75 GPA.

"We are always pleased to recognize outstanding academic achievement at Eastern Kentucky University," said EKU President Doug Whitlock.

Eastern Kentucky University is a comprehensive

university serving approximately 15,500 students on its Richmond campus, at its educational centers in Corbin, Danville, Manchester, Somerset and Lancaster, and throughout Kentucky.

On the web: <http://meritpages.com/achievements/Jeremy-Foss-Named-to-EKU-Deans-List-for-Spring-2013/6816914>. ■

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#11 - 28' x 40' - 3 Bedrooms, 2 Baths - **Oak Cabinets**

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Hubbard Named to Deans List

Jessica Hubbard of Wales is one of 2,749 Eastern Kentucky University students who earned Dean's List honors for the Spring 2013 semester.

Hubbard is a Fire Prot&Safety Engr/Technology major at ECU.

To achieve Dean's List honors at Eastern, students attempting 14 or more credit hours must earn a 3.5 grade point average out of a possible 4.0. Students attempting 13 credit hours must earn a 3.65 GPA, and students attempting 12 credit hours must earn a 3.75 GPA.

"We are always pleased

to recognize outstanding academic achievement at Eastern Kentucky University," said ECU President Doug Whitlock.

Eastern Kentucky University is a comprehensive university serving approximately 15,500 students on its Richmond campus, at its educational centers in Corbin, Danville, Manchester, Somerset and Lancaster, and throughout Kentucky.

On the web: <http://meritpages.com/achievements/Jessica-Hubbard-Named-to-EKU-Deans-List-for-Spring-2013/6785268>. ■

Dupal Earns Award

Chelsea Dupal of Durham, Maine, earned the Exercise Science Award at Saint Joseph's College in Standish, Maine, given to an outstanding graduating senior majoring in exercise science.

Saint Joseph's College is Maine's only Catholic liberal arts college, providing a supportive, personalized and career-focused education for more than 100 years.

From its 350-acre campus on the shore of Sebago Lake, the college offers more than 40 undergraduate programs to a population of approximately 1,000 students.

Saint Joseph's College Online provides certificates, undergraduate and advanced degrees for working adults through an online learning program. For more, visit www.sjcme.edu. ■

Bean Supper

A baked bean supper featuring 3 kinds of beans, spaghetti with meat sauce, potato salad, coleslaw, biscuits and brown bread, pickled beets, and a wide variety of homemade pies will be held Saturday, August 3, at the North Pownal United Methodist Church,

851 Lawrence Rd. Pownal.

Food will be served continuously from 4:30 - 6:00 p.m. Cost for adults, \$6.00; children under 12, \$3.00; under 2 years, free. Handicapped accessible. For information, call Kim at 865-3517. ■

RSVP Seeking Volunteers

MaineGeneral RSVP's Veterans and Military Families program is looking for men and women age 55 and older to help veterans and military family members sign up to receive VA benefits and services.

RSVP also needs several volunteers to transport veterans to medical appointments at Togus. To learn more about the program or become a volunteer, please call Ellen McGuire 861-3476. ■



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Kora Kare for Kids Ride-In will Benefit Shriners Hospitals for Children



The Kora Crazy Cops of the Kora Shriners in Lewiston are pictured leading the parade at last year's Kora Kare for Kids Ride-In.



Shriner Bob Levesque of Turner, a member of Kora Shriners in Lewiston, is pictured with Caitlin Bazinet, a Shriners patient from Winthrop.

Kora Shrine, in Lewiston, Maine, announces the second annual Kora Kare for Kids Ride-In. All net proceeds will benefit Shriners Hospitals for Children. This year's event is scheduled for Saturday, September 7, and will be bigger and better than ever with planned motorcycle rides, an ATV run, car club runs, a lobster bake and fireworks to end the day.

The day will start with breakfast and registration at L-A Harley in Lewiston from 8:30 to 10 a.m. Planned motorcycle and car runs will leave from L-A Harley. ATV rides will leave from Twitchell's Airport in Turner. An end of run drawing will be held for prizes.

The more stops the rider makes along the run, the more chances he/she will have to win. Additional tickets will be awarded for certain ride stops. All runs will end at Twitchell's Airport.

Activities at the field will include live bands, games, merchandise and food vendors, and a lobster bake. Admission to the field is free but advance purchase of tickets is required for the lobster bake.

See korashriners.org for purchase of tickets or contact a Shriner. The field will be open from 1 p.m. to 8 p.m. The Lobster bake is from 4 to 6 p.m. The day will end with fireworks at 8 p.m. The event is open to the public and all are welcome to attend. ■

KORA SHRINE PRESENTS

2nd Annual Charity Rally

Rain or Shine

Breakfast at L-A Harley
8:30am-10:00am

Teddy Bear
KORE FOR KIDS
Ride-In



SHRINERS HOSPITALS

All net proceeds benefit Shriners Hospitals for Children

Saturday, September 7th, 2013

Twitchell's Airport
Turner, Maine

Lobster Bake
4-6pm
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Live music, food and vendors
Fireworks @ 8pm

"Big Red Monster" fire truck

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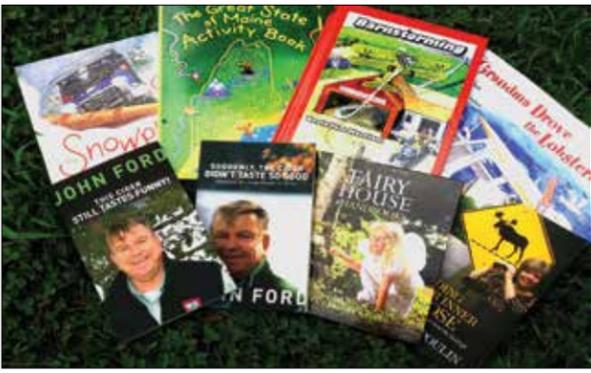


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Kora Shrine Kare for Kids Ride-In

*Lobster Bake tickets can be purchased via credit card by calling 207-782-6381
For more information contact BJ Gates ~ 212-0974 or visit us at www.korashriners.org

Maine Authors Day at Maine Wildlife Park



Make your child's summer reading list more enjoyable by meeting the authors who wrote some of their favorite books! You and your children can meet and talk with over a dozen Maine authors who write about Maine's woods, waters & wildlife for adults and children alike. Many are award-winning writers, and will have their adult and/or children's books on hand for purchase & autographing - all at a 10% discount! Other art, prints, maps & notecards created by these talented authors will also be available at 10% off! Pick up a raffle ticket at each author's table to enter 2 free drawings for an adult or children's book of your choice in the Nature Store.

Adult writers will include John Ford - *Suddenly The Cider Didn't Taste So Good*, Steven Pinkham - *Old Tales of The Maine Woods*, John McDonald - *A Moose and A Lobster Walked Into a Bar*, R.G. Bernier - *The Deer Tracker*, Tim Caverly - *New England's Wild and Scenic River - The Allagash and Susan Poulin - Finding Your Inner Moose*; all books about adventures in Northern Maine, Maine wildlife, old stories and tales of Northern Maine, plus copies of old maps,

note cards, calendars and other materials.

Children's writers include Tom Merriam - *A Bear's Guide to Dining Out*, Jane Petrlik Smolik - *The Great State of Maine Activity Book*, Liza Gardner Walsh - *Fairy House Hand Book*, Susan Beckhorn - *Moose Power!*, Katie Clark - *Grandma Drove The Garbage Truck*, Shawn Brissette - *Maine Wildlife Park Mammals Activity and Coloring Book*, Fran Hodgkin - *Andre, The Famous Harbor Seal and Brenda McGuinness - Author and Illustrator of Story Boards of animal adventures* and note cards; all with books about wild adventures, wildlife crafts, puzzles and word games, fairies and fairy houses, and wildlife stories.

One big part of Maine Authors Day, especially for children, will focus on the very popular Fairy Houses. Children will be able to meet and have their pictures taken with 'real' fairies in front of a life-sized Fairy House; then 'make and take' home their very own small fairy house! There will be other special activities for kids, too; like a Scavenger Hunt and a free children's raffle for a Fairy Barbie Doll! There will also be selected offers

and discounts in the Wildlife Park's Nature Store for this day only. Children will also receive a free coloring page and crayons with every purchase at the Nature Store.

This will be an interesting, entertaining and educational day for the whole family - don't miss it - Saturday, August 3rd, from 11am-2pm at the Maine Wildlife Park in Gray!

BASIC MAINE WILDLIFE PARK INFORMATION

The Maine Wildlife Park is owned and operated by the Maine Department of Inland Fisheries and Wildlife. The park exists to promote an understanding and awareness of the wildlife, conservation and habitat protection programs and projects of MDIFW. The Maine Wildlife Park has over 30 species of native wildlife on display, plus wildlife gardens, nature trails, a fish hatchery and other interactive exhibits and displays. The park is open daily from April 13th through November 11th from 9:30am-4:30pm; visitors must leave the premises by 6:00pm. Other new programs and special events scheduled for the rest of the summer will include an all-new Pow Wow, our annual Rick Charette concert, a 'meet and greet' with the stars of Northwoods Law and of course, our annual HalloweenFest!! See www.mainewildlifepark.com for details about these and all our other scheduled 2013 events! Plan to purchase your family pass now so you don't miss any of the fun; and be sure to pick up an Event Calendar!

Admission to the park is free for ages 3 and under; \$5.00 ages 4-12; \$7.00

for adults, and \$5.00 for seniors. Groups of 15 or more are \$3.50 per person. Bring a picnic and spend the day! Family and Community Season Passes are available, and are an incredible bargain for families and groups that visit the park several times over the course of the summer.

Remember that Family Passes make a great gift; and are available for purchase in the Department of Fish & Wildlife's online store @ www.mefishwildlife.com. For more information about any of these programs, please call the

Maine Wildlife Park at 207-657-4977; or visit us online at www.mainewildlifepark.com www.mefishwildlife.com or on Facebook!

GEMS OF ROUTE 26: Rich in culture, ecology and history, the Maine Wildlife Park, Shaker Village, Poland Spring Inn and Resort, Poland Spring Preservation Society, Poland Spring Preservation Park, Harvest Hill Farm and the grounds of McLaughlin Garden truly are "The Gems of 26." Visitors are encouraged to go and experience the

park, as well as five other unique sites -- all less than an hour from each other on the picturesque Route 26 in Western Maine. Route 26 connects Western Maine to the rest of the State via Maine Turnpike's exit 63 in Gray; meandering through gorgeous countryside and boasting culturally, historically, and ecologically significant attractions. Just thirty minutes north of Portland, a family can spend a day or several days visiting all five important and interesting destinations for very little money - a true value.



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John McDonald



One Good Summer

day, hour-by-hour basis, just to determine if we're getting the summer we deserve.

Having said all that, I'll now ask: So, how's YOUR summer going?

I hadn't given much thought to the question myself until the other day when I concluded – after looking at my calendar – that I might be having one of my best summers in recent memory. I don't know if it's anything I did, but I'll take the credit, anyway.

From June on I've had a steady stream of corporate banquets and conventions to attend to give the attendees "A taste of Maine humor."

Time was when most of those corporate events were scheduled from fall to spring, and summer was reserved for the Grange and Opera House shows. But not anymore!

Corporate groups now realize that if you want a lot of people to sign up for your next company event you should plan to have it at a popular Maine resort and you'll break all attendance records.

Of course your company will have to plan way ahead for such an event because these coastal resorts are booked way in advance.

Just last week I was

asked by the concierge of a coastal resort to entertain a corporate group at an off-site dinner. (After the woman introduced herself and gave her title I thought to myself – I can remember a time in Maine when you'd never even hear the word "concierge" now, here I was talking to one.)

Anyway, they turned out to be a group from a large insurance company and as I stood before them I was concerned that my humorous observations would first have to be evaluated by one of their panel of insurance adjusters so they could be properly advised on how heartily they'd be allowed to respond.

It turns out my concerns were unwarranted. These insurance types were able to laugh and enjoy themselves as much as any normal group of adults.

What wasn't normal was what happened when I was finished.

The organizer of the banquet came forward and said he'd decided to buy everyone in the group a copy of my latest book: "John McDonald's Maine Trivia."

What a great summer!

To show my appreciation I told him I would hang his company's calendar in my neat but not gaudy Portland office. ■

LHS Student Awarded Scholarship

Lisbon High School Class (LHS) of 2013 member, Kristianna Benoit, was presented one of the seven \$1,000 scholarships awarded by the Lewiston-Auburn Rotary District 7790.

"Every year, the Lewiston-Auburn Rotary Club raises thousands of dollars to donate to graduating high school seniors and worth community organizations," shares William Denehy, Vocational Service Committee Chair.

"To raise these funds we organize several fundraising activities including an annual auction, the Balloon Festival, a holiday poinsettia sale and more. Thanks to our Rotarians efforts we are proud this year to again give back to some very deserving students and community organizations."

"Kristianna is a very dedicated and caring person," comments LHS Community Service Advisor, Monica Millhime.

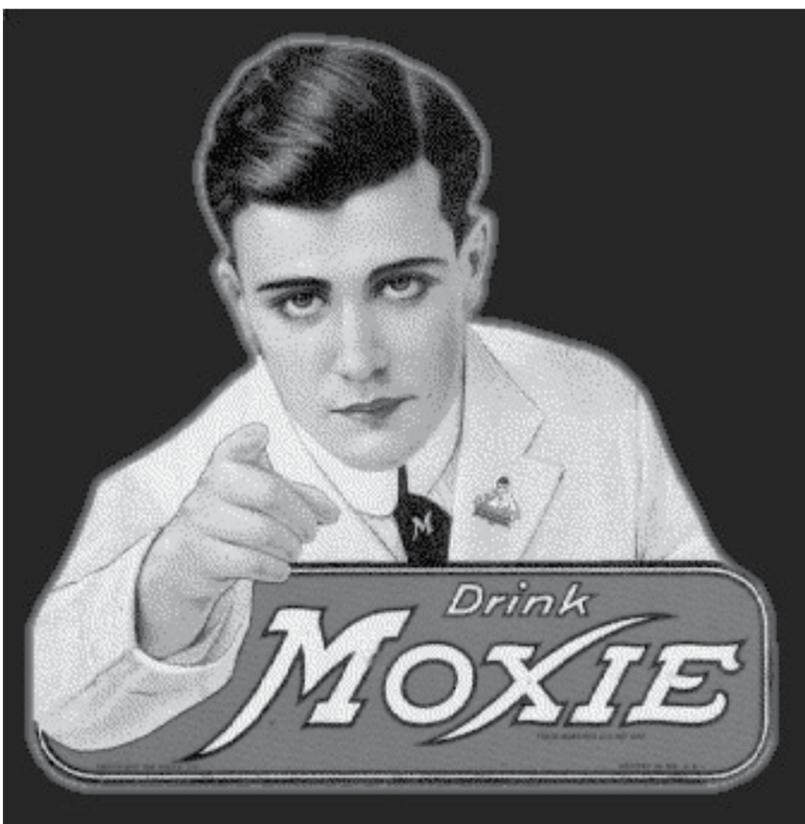
"Providing service above self is as natural as breathing for Kristianna. "Her outgoing personality serves her well with her commitments to her family, friends, school, and the greater community."

FMI on other events and programs in the Lisbon School Department call 754.0021 or email mmillhime@lisbonschoolsme.org.

Visit Community Resource News in Lisbon Schools for updates during the summer. ■



Interact member Kristianna Benoit a graduating senior from Lisbon High School Class of 2013 proudly accepts a \$1,000 Scholarship check from William Denehy of Lewiston-Auburn Rotary. Photo courtesy of Monica Millhime.



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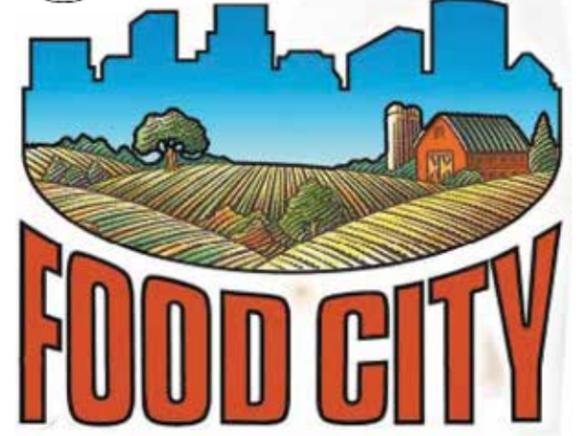
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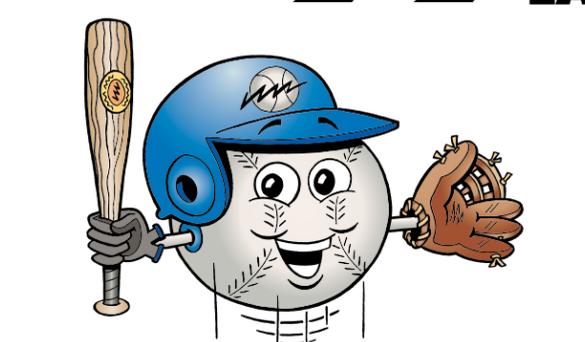
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We reserve the right to limit quantities. Not responsible for typographical errors. Illustrations do not necessarily depict sale items. 8/2/13 FOOD CITY BACK GATE