Boynton’s Greenhouse expands

Ellen Boucher of Boynton’s Greenhouse standing in front of the new addition recently built. She says “It’s been a big hit with both customers and employees.”

George McGregor photo
When Lillie was six years old, we were talking to her about what she wanted to be when she grew up. She thought about it and then replied, “A boat. I want to be a big boat when I grow up.”

I was stunned and trying to not laugh when I explained why she couldn’t be a boat, ever. –Pauline and Lillie, of Auburn.

When my family and I were stationed in North Chicago at Great Lakes Naval Training Center in 1996, I learned a great lesson about the imagination of children. It was just starting to snow and my boys (ages four and five) were kneeling on the couch looking out the window at the snowflakes falling and looking like flies swirling in the light. My younger son turned to me as I entered the room and said, “Look, Dad, snow bugs!”

I could only think that he was remembering back to the summer time in Maine when, toward sunset, small flying insects start to come out and go lazily floating in the air. Even nearly 25 years later, when the snowflakes start to fall and there are so few coming down that you can almost count them as they float around, I remember his excitement and say, “Look, snow bugs!” –Freddy J. Cormier, Lt. Cmdr., USNR, Ret.

As a three-year-old, our grandson Isaac, who is now 21, had spent many a summer day enjoying the beach and water at the family camp at a lake. Nana and Grampa decided to take Isaac to camp on a winter day to check it out. We parked and walked the 100 yards to the camp. When we got there, the first thing Isaac said was, “Hey, where did all the water go?”

Of course, we knew the lake would be frozen and covered with snow, but he being young, didn’t. –Clint of Anson.

When my younger brother was about seven years old, and our family was attending church on a Sunday, he admired the lit candles. Everyone was seated and the church was quiet when he asked quite loudly, “Mommy, whose birthday is it?” –Judy Butxon of Newry.
**New Leg Extensions**

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- **Compete better in basketball (dunking)**
- **Reach things on the top shelves at the grocery store**
- **Get a date with women**
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**Disclaimers**: Not responsible for leg injuries of any kind or for any other side effect which may occur. Parents and guardians (but not limited to) basketball, breaking and running, buckling of any joints, twisting and tearing ligaments, swelling and bruising, etc.

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**JULY**

**July 10 - Aug. 28** — **Po-land Spring: Sunset Concert Series**, every Monday, 6:30 p.m. at the Poland Spring Re-sort Gazebo, 640 Maine St., Poland. Admission is $5 per person and the proceeds ben-efit the Preservation Society, chairs available, but feel free to bring your own. Call (207) 968-4151. For more info call (207) 968-4151.

**July 20** — **Historical Presentation in Celebration of Skowhegan’s Bicenten-nial**, 6:30 p.m., Community Regional Charter School, 25 Commercial Street, Skow-hegan, Presented by Melvin Burnham, Local Historian.

**July 20** — **Craft for a Cause**, 6:00 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, where those who are craftyinclined, we will have projects suitable for all ages to make and donate to local community aid organi-zations. For more information call 207-897-3631.

**July 22** — **SPARKS’ ARK**, 11:00 a.m., amazing animals in Callahan Hall, Lewiston Public Library, 200 Lib-eron Street, Lewiston. For all ages. No registration re-quired. Free. 513-3333; www.LPLonline.org.

**July 22** — **The Gehring Legacy – Museums of the Bethel Historical Society 10:00 Coffee reception - Lobby, McLaughlin Historical Center, Gould Academy, 10:30, Callahan Hall, Bethel, 7:00 p.m. silent auction and social hour, 8:00 p.m. movie screening of “In the Moon’s Shadow” filmed in the Belgrade lakes area, tickets are $10 per door.

**July 22** — **Jane Ira Bloom and Brian Shankar Adler per-formation, LPLonline.org**.

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**August**

**August 2** — 50 States of Mind: A Journey to Redis-cov er American Democracy, 6:00 p.m., Rangeley Public Library, 7 Lake St., Rangeley, join author Ryan Bernstein as he discusses his book. For more info call (207) 864-5529.

**August 2** — **Mid-Maine Chamber of Commerce’s 35th Annual Taste of Waterville, 11 a.m. at the Head of Falls off Front Street in downtown Waterville. Visit www.tasteofwaterville.com**.

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**MAINE NEWS PAGE**

If you are hosting a free community event and would like it added to our calendar, please email your details to: maineness@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Email events are faster processed. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and or charging admission fee, there is a charge for a display ad on these pages. Email: maineness@turnerpublishing.net. Call 207-222-2076 for pre-payment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf.

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**Calendar of Events**

**JULY**

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August 3 — **Fun with Science**, 3:00 p.m., Rangeley Public Library, 7 Lake St., Rangeley, Presented by Scott Cannon, talented musician and educator, for more info call (207) 864-5529.

August 4-5 — **42nd Annual Andover Old Home Days Andover Memorial Park, Call 207-267-3741. Music Friday evening on the gazebo, with festivities Saturday morning. 207-357-2671.

August 5 — **Safe Voices 5K/10K Race for Survivors, Bates College, Lewiston, register as a runner, walker, or wheelchair user for either the 5K or 10K distances, Strollers and well-behaved dogs on leashes are welcome, Race registration is open until race day! Please visit bit.ly/2S2l0wa to register.

MONTHLY MEETINGS

FARMINGTON: Farmington Farmers’ Market, May-October 10 a.m.-1 p.m. Saturday, St. Joseph Church, library and school event news is free on this page. The Somerset Express Calendar of Events page is FREE for free community events.

WINTHROP: Winthrop Maine Historical Society, First Thursday of each month 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-595-4199, wolfgangmcmuschial@gmail.com.

ONGOING: Food Addicts Meetings FREE — Food addicts in recovery meetings Tues and Thurs by phone and ZOOM. foodaddicts.org FMI call 623-8735.

CANCELLATIONS: Crafthing Circle at the Lewiston Public Library will not be meeting in the months of June, July, and August.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Email events are faster processed.
Join us on August 15 at 5pm at the Augusta Civic Center for a GUINNESS WORLD RECORD™ ATTEMPT to break the current record for the largest gathering of Elvis Impersonators and put Augusta and the Augusta Civic Center in the Guinness World Records! This event is our legacy event in celebration of the civic center’s 50th anniversary. The record to beat is 895! And for an extra added bit of fun, we are thrilled to welcome Jessi Mallory, a Maine Elvis Tribute Artist, who will not only emcee the attempt, but will recreate and perform Elvis’ entire set list from his Augusta Civic Center appearance.

Volunteer Drivers Needed

Volunteer Drivers use their own car to drive community members to medical or social service appointments.

Feel GOOD helping others! Earn reimbursement for mileage!

Need more information? Call 207-859-1631 or Email Steve: steves@kvcap.org

Looking for Work/Life Balance?

Become a Direct Support Professional!

Are you seeking a flexible job that fits perfectly with your busy schedule? Look no further! SKILLS is currently hiring for Home Support and Community Membership DSP’s to work part-time, short shifts (2 to 4 hour shifts on average), which is an excellent opportunity for individuals who want to balance work with their personal commitments.

SKILLS is currently seeking motivated individuals to join our team in Hartland, Madison, Newport, Pittsfield, St. Albans and the surrounding areas.

SKILLS provides paid training for all required certifications along with a full benefits package for full-time employees!

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Come join our commitment to providing adults with developmental and intellectual disabilities with the opportunity to live and work as independently as possible.

Call us today at (207) 938-0204 or apply online at www.skillsinc.net and join our team today.

K&S Automotive and Recovery

K&S Automotive and Recovery is a new-to-the-neighborhood locally-owned vehicle maintenance, repair, and towing Provider. We believe quality auto care should be honest, reputable, and accessible. Thereby offering multiple services of high-quality work with top-notch customer service on an array of vehicles including Diesel. Come see our experienced team of technicians for diagnostics and services for your vehicles at our New Vineyard, Maine location. Our services include towing, full drive train, oil changes, brakes, transmission replacements, tire rotations, diagnostic work, general maintenance and more. We are working with NAPA Care and will soon be a NAPA Care Center! Please contact to schedule an appointment at our location: Address: 190 Anson Valley Rd, New Vineyard, ME, 04956 Phone: (207)-652-2001

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New to town

New automotive repair and recovery to the New Vineyard area

The Somerset Express July 2023

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Call us today at (207) 938-0204 or apply online at www.skillsinc.net and join our team today.
What can we all do to improve our mental health? We can first try to understand mental health.

In a study performed by Transamerica Institute, 59% of Americans are concerned about their mental health. Forty-two percent of Americans experience depression or anxiety, but less than half of these people seek help. According to Transamerica Institute, 59% of Americans are concerned about their mental health.

Healthy lifestyles involve caring for your health by attending to the needs of mind and body always. Sure, exercising and eating right is important to our health by attending to the needs of mind and body always.

According to the National Institute of Mental Health, one in every five adults live with mental illness. These numbers are astounding and can be addressed by understanding mental health and evaluating our own mental health. This is a necessary part of caring for ourselves.

According to Transamerica Institute below are some of the signs or changes in behavior that may indicate a mental health condition that you should discuss with your health care provider:

- Mood changes, big highs and lows and feeling sad, irritable or angry.
- Self-conscious of appearance, big weight gains or weight losses.
- Inability to recognize personal changes and mood swings.
- Suicidal feelings.

If you are concerned with your mental health or the mental health of a loved one, do the research or consult with a mental health provider for help. As with any health concern, paying attention to the signs and researching treatment options can help you make the best decisions for your health at every age of life.

Live long, Live well.

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A funeral offers a unique opportunity to celebrate the life of a loved one—the memories, values, and accomplishments. It’s also an important part of the grieving process. Our attentive staff is trained to help you through this most difficult time.

Every family’s needs are different and unique. We are dedicated to creating services of remembrance which are most appropriate for your family. You, in turn, with sensitivity, may have specific requests and choices. There, we take care of the details. Whatever your situation, we are here to help—before, during, and after the funeral.

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3 miles off I-95 the Main Street Waterville Exit
Crossword

CLUES ACROSS
1. Small Eurasian deer
4. Irish county
10. A major division of geological time
11. Broadway actor Lane
12. Canadian province
14. It causes fainting (abbr.)
15. Two
16. A notable one is blue
18. Utter repeatedly
22. Rings
23. Sullies
24. Occurs
26. Publicity
27. Near
28. Tools of a trade
30. Offer in good faith
31. “American Idol” network
34. Garments
36. Soviet Socialist Republic
37. Retired NFL DC Dean
39. Hot meal
40. A type of gin
41. Percussion instrument
42. A $10 bill
48. About ground
50. Medicine man
51. Seedless raisin
52. National capital of Albania
53. Apparatus
54. Oil trial judge
55. By the way
56. Bicycle parts
58. Barbie’s friend
59. In a way, stretched
60. Commercials

CLUES DOWN
1. Make up for
2. American songbird
3. Pay
4. International organization
5. Engravers
6. Declared as fact
7. Criminal
8. Jewelry
9. Hospital worker (abbr.)
12. Nonsense (slang)
13. Town in Galilee
17. Value
19. Another name
20. Sheep in second year before shearing
21. Town in Surrey, England
25. Appropriate during a time of year
29. Creative output
31. Recce
32. District in N. Germany
33. Rider of Rohan
35. The official emblem of the German Third Reich
38. One who puts down roots
41. Scribe
43. Painted a bright color
44. Tycoons
45. Actress Thurman
46. Walking accessory
47. Crest of a hill
49. Member of a North American people
56. Type of computer
57. U.S. State (abbr.)

Famous Birthdays

JULY 16
Will Ferrell, Actor (56)

JULY 17
David Hasselhoff, Actor (71)

JULY 18
Vin Diesel, Actor (56)

JULY 19
Jared Padalecki, Actor (41)

JULY 20
Julianne Hough, Dancer (35)

JULY 21
Rory Culkin, Actor (34)

JULY 22
Shawn Michaels, Wrestler (58)

Horoscopes

ARIES - Mar 21/Apr 20
Sometimes you feel a need to be in charge to prove that you are capable, Aries. This week take a back seat and fall in line with the established modus operandi.

TAURUS - Apr 21/May 21
You may get into the habit of focusing on past mistakes, Taurus. This week, instead of falling into old habits, think about how you can grow and learn from your mistakes.

GEMINI - May 22/Jun 21
Gemini, it's time to be sociable and put out feelers for different adventures. Make sure you share on social media channels that you're available and ready to have fun.

CANCER - Jun 22/Jul 22
Cancer, keep track of your mood this week, as it is easy to swing from glad to glum in no time at all. Friends can help you maintain balance.

LEO - Jul 23/Aug 23
Leo, a refreshing sense of energy comes your way, and you start to jump head-first into all of those projects that have been pushed aside. You'll sail through tasks in no time flat.

VIRGO - Aug 24/Sept 22
An interesting travel opportunity comes your way, Virgo. However, at first glance it might not seem like the type of trip you would normally take. Keep an open mind and be surprised.

LIBRA - Sept 23/Oct 22
Treat yourself to something special in the days to come, Libra. Perhaps it is a costly fragrance you’ve been spoiling yourself with or a new piece of furniture. You earned the indulgence.

SCORPIO - Oct 23/Nov 22
It’s time to take your foot off the gas and slow down to a crawl, Scorpio. A well deserved break should be on your itinerary; otherwise, you may burn through all of your fuel prematurely.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, teamwork is the answer right now, especially when your to-do list seems to be growing exponentially. Recruit some close confidantes to help you along the way.

CAPRICORN - Dec 22/Jan 20
Make your career a priority this week, Capricorn. You may be feeling unsettled where you are now. There is no saying where things will go, so exercise caution when making decisions.

AQUARIUS - Jan 21/Feb 18
Aquarius, wanderlust is on your brain. You've been fantasizing about all of the grand adventures you can take. Figure out a way to fund a getaway and get started.

PISCES - Feb 19/Mar 20
Pisces, something profound may have happened to you and you may need to sift through all of your feelings over the next few days. Take all the time you need to process.

Sudoku

Level: Advanced
Did you find Coop?

Look for Coop somewhere in this paper. (not this page or page 1) email or mail us the name of the paper and page he is on, you could win a Coop stuffy!

Name ____________________________________________

Age _______  Paper ________________________________

Page # _______  Your Town __________________________

Phone # _______  Email _____________________________

Email info to: kidscorner@turnerpublishing.net
Or mail to: P.O. Box 214, Turner, ME 04282

Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

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5 1 7 3 4 9

**THIS DAY IN HISTORY**

**AUG 4**

- **1914**: BELGIUM AND THE BRITISH EMPIRE DECLARE WAR ON GERMANY DURING WORLD WAR 1.

- **1977**: PRESIDENT JIMMY CARTER SIGNS LEGISLATION CREATING THE UNITED STATES DEPARTMENT OF ENERGY.

- **2007**: NASA launches its PHOENIX SPACECRAFT.

**New Word**

CORRECTIVE

something that fixes a problem

**CRYPTO FUN**

Determine the code to reveal the answer!

Solve the code to discover words related to the dog days of summer. Each number corresponds to a letter. (hint: 11 = M)

A. 12 8 11 15 10
   Clue: Water vapor in the air

B. 3 13 22 6 11 9
   Clue: Warm and moist

C. 3 8 11 11 22 5
   Clue: Hot season

D. 3 4 9
   Clue: Atmosphere seen from earth

**Get Scrambled**

Unscramble the words to determine the phrase.

F E P R C E T S N O I I V

Answer: Perfect vision
How to enjoy a healthy summer

Metro

Colds might not be as common in summer as they are in winter, but anyone who has ever had a cold when the weather outside is warm and inviting knows just how unpleasant it can be. Nose, sore throat and lack of energy can be when everything else seems to be outside soaking up the sun. Indeed, there’s no substitute for soaking up the sun. Indeed, the sun. The Centers for Disease Control and Prevention recommends individuals apply a broad-spectrum sunscreen with a sun-protection factor (SPF) of 15 or higher before going outside. Sunscreen should then be reapplied as necessary and especially after swimming or excessive sweating. The American Cancer Society notes that sunburn that blisters can increase risk for skin cancer, but sunburns affect short-term health as well. Studies have shown that sunburn adversely affects immune system response, which could make people more vulnerable to viruses like COVID-19 or the common cold.

• Limit alcohol consumption. Social schedules tend to fill up in summer, as seemingly everyone wants to host a backyard barbecue. The party vibe synonymous with summer leads to increased opportunities to drink alcohol, but excessive amounts of alcohol and summer sun is a bad combination. According to the National Institute on Alcohol Abuse and Alcoholism, hot summer days increase fluid loss through perspiration, while alcohol contributes to fluid loss through an increased need to urinate. Significant fluid loss can lead to dehydration and heat stroke.

• Eat the right foods. A healthy summer makes for a more enjoyable summer. By embracing various immune-boosting strategies, individuals can make this summer even more fun.

A healthy summer makes for a more enjoyable summer. By embracing various immune-boosting strategies, individuals can make this summer even more fun.

Metro photo

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Victor Grange improving, expanding, and welcomes community members

FAIRFIELD — You may wonder, when you drive by Victor Grange, 142 Oakland Road, “Just what is a Grange, anyway?”

A Grange is a community service, agriculture-rooted, family encompassing community organization focused on education, awareness and health, fun, food, veterans, crafts and much more. Grange halls are used for community events, markets, meals, classes, clinics, community forums, dances and concerts, and can even be rented by the public. Grange is non-partisan, non-sectarian and has always treated women equally.

Victor Grange 49 is proud to continue its service to the central Maine community. It is thriving, improving and expanding services. In the last several years, through many fundraisers, Victor Grange has improved the building and its operations. The attic has been cleaned and insulated, the downstairs floor was restored, and a new heating system was installed, allowing it to stay open year-round.

More than 6,600 people have come through Victor Grange’s doors over the past year. It has been used as a community resource by many groups, as well as for birthday, anniversary, graduation parties and celebrations of life. The senior program reached the 20-year mark last August, and includes a free monthly dinner and social time. A local homeschool group assists at the dinners and other projects. Plans are to open the hall on Mondays for an all-ages game day.

On March 31, a benefit supper was held at Victor Grange for a local family whose home burned, with more than $5,200 raised. There are now plans to become a warming center for people to come to when people lose power. The hall can accommodate a lot of people and has a full kitchen. To do this effectively, a stand-by generating system must be installed. The Grange is asking the town for $10,000 in support of the effort, which will be voted on at 7 p.m. Monday, May 8, at town meeting.

The Grange is also looking for community ideas, as well as volunteers to help with events. Membership dues are $27 a year, with meetings held at 5:30 p.m. the second Monday of the month. A potluck supper is followed by the 6 p.m. meeting. Members are involved with all decision making, and it’s not necessary for anyone to attend every meeting. All are welcome.

For those who want to be involved, but not a member, there is Friends of the Grange, whose members can be called on for food or to help with events.

The Grange’s motto is: “The Grange was built by the community, for the community, to meet the needs of the community.”

The regular gang with Chaz the DJ sings every Wednesday night starting at 8

Submitted photo

Victor Grange, 142 Oakland Road, Fairfield, is an important fixture of the community.
**Extraction 2**

*(Netflix)*

The first Extraction became a huge hit on Netflix thanks in large part to the movie being released during the first few months of the pandemic and the ongoing lockdowns in 2020. Produced by the Russo Brothers (directors of the last two Avengers films), the original film worked on the strengths of its action scenes and character development. Once again directed by Sam Hargrave from a script by Joe Russo, Extraction 2 continues down the path of hard-boiled action and drama while going bigger and bolder. Although presumed dead at the end of the previous film, merce- nary Tyler Rake (Chris Hemsworth) is recovering from his mortal wounds at a secluded cabin in Austria. Just then, a mysterious man named Alcott (Idris Elba in a fun cameo) assigns him another extraction job in Georgia, which becomes personal for him. His ex-wife Mia (Olga Kurylenko) for whom he left after the death of their terminally ill son has a sister named Ketevan (Tinatin Dalakhashvili) who’s forced into prison with her two kids Sandro (Andro Japaridze) and Nina (twins Mariami and Marta Kovziashvili) by her jailed husband Davit (Tornike Bziava). Together with team leader Nik (Golshifteh Farahani) and her brother Yaz (Adam Bessa), Tyler managed to break the family out of prison only to get wiped out by the abduc- tion David along the way before going through a prison riot, a car chase, and an ambush inside a train. Things get worse when an upset Sandro calls his uncle Zurab (Tornike Cogrichiani), who then goes on a re- venge-crazed mission with his small army to overthrow his little brother. This quickly leads to an endless barrage of shoot- outs and fights as Tyler struggles to keep up with this mess of action.

The first film had a tighter story with only a few standalone action scenes to boot. Naturally, with more action scenes, the filmmakers went for the “bigger and better” mentality as many action sequels tend to do. In this case, some of it works while others parts simply don’t. There are three major set pieces, including a one-take ac- tion sequence, running a staggering twenty-one minutes. As impressive- ly shot and edited as this looks, it becomes car- toonishly overkill when it could have worked more in the half the time like the original.

The more interesting part of this whole film is Tyler’s backstory being fleshed out. It’s your classic Sad Action Hero trope that has been done right already with John Rambo and John Wick, but it still works here. Having the main character get a tragic story that leads to how he becomes what helps him have a believable presence in the whole movie. Despite some good action scenes, however, the main extraction plot isn’t that wholly interesting the second time around. When you add a more ambiguous character in Sandro who blurs the line between the good and dark side like he’s Anakin Skywalker, he doesn’t do much to make us care enough for him nor do we care where his loyalty lies. It only be- comes more of an excuse for the heroes to mow down the bad guys.

Like before, Hemsworth sells his character with bringing a little more emotional vulner- ability during the quiet moments. He also han- dles the action-heavy sections with ease like he’s in his own com- fort zone, and his fans wouldn’t have it any other way. It’s nice to see Farahani have a larger role this time around and she gives her character more to expand in her performance. The rest of the cast is fine, espe- cially some of the actors filling the villain quota as required for these kinds of films. To put it mildly, Extraction 2 is your average-at- best Netflix action film that’s more about giving your money’s worth for being their subscriber. Sure, you may enjoy it more for the action, but there are smarter films of this sort that are worth more of your time. Last- ly, if they are making a third film, then hopefully a more focused script could improve matters.

**THE MOVIE’S RAT- ING:** 2 (for strong bloody violence throughout and language)

**THE CRITIC’S RAT- ING:** 2.75 Stars (Out of Four)
52nd annual Blueberry Festival coming to Winslow Saturday, August 12!

WINSLOW — One of Maine’s all-time most popular, beloved, and downright yummy summer events — Winslow’s annual Blueberry Festival — is coming this year on Saturday, August 12, from 7 a.m. to 1 p.m., to Winslow Congregational Church, 12 Lithgow Street, Winslow. Admission to the festival grounds is FREE.

Nearly 750 mouth-watering blueberry pies and “all things blueberry” baked goods will be available for sale. Blueberry pies ($15 each; 2 for $25) may be picked up at the church anytime from 3 to 7 p.m. the previous evening (Friday, August 11) or the day of the festival (Saturday the 12th) from 7 a.m. until they are sold out.

Blueberry Pancake Breakfast
Kicking off the 52nd Annual Blueberry Festival on Saturday will be a delicious Blueberry Pancake Breakfast, from 7 to 10 a.m. Cost of the breakfast will be $7 per person and $5 for children ages 12 and under, payable at the door.

Other Great “Festival Festivities”
In addition to the “all things blueberry” pies and other culinary delights, festival patrons will enjoy a Lobster Shore-Dinner Raffle; a Blueberry Café; live classical, pop, folk, and blues music; local crafts vendors; a yard sale; children’s activities; a FREE BOOKS for kids table; an agricultural exhibit featuring goats; a fire-truck and police car, and more.

More about the 52nd Annual Blueberry Festival,
A beloved community favorite since 1972, the Blueberry Festival raises funds to empower the local humanitarian/Christian-service work of Winslow Congregational Church. Celebrating its 195th birthday this year, the historic church is housed in a building dating from 1796, which has been home to a worshiping congregation since 1828.

Everyone seeking a wonderful opportunity to gather and enjoy a treasure trove of “all things blueberry” is cordially invited to attend this year’s Blueberry Festival! For more information about the 52nd annual Blueberry Festival, please call (207) 872-2544.

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Franklin Community Health Network
MaineHealth
UMF announces Dean’s list for spring 2023 semester

Students whose grade point average for the semester is equal to or greater than 3.5 are listed with High Honors. Students whose grade point average is less than 3.8 but equal to or greater than 3.5 are listed with Honors. Students whose grade point average is less than 3.8 are listed with High Honors.

UMF maintains a Dean’s List for the Spring 2023 semester.
KBH announces 2023 college scholarship recipients

AUGUSTA/WATERVILLE/SKOWHEGAN: Kennebec Behavioral Health is pleased to announce its 2023 college scholarship recipients. This year, the following students will each receive a $1,000 scholarship upon successful completion of their first semester at their chosen college or university. Each of these students will be pursuing a major in a field related to mental health.

- Haleigh Coulou - Cony High School (Augusta) attending Southern Maine Community College
- Aly Rodrigue - Erskine Academy (South China) attending Thomas College
- Brooklyn Allen, Lawrence High School (Fairfield) attending Thomas College
- Nathalie Deane, Maranacook High School (Readfield) attending Southern Maine Community College
- Reagan Pratt, Mt. Blue High School (Farmington) attending University of Southern Maine
- Ethan Hobart, Waterville Senior High School attending University of Southern Maine
- Noella Pepin, Winslow High School attending Colby College
- Aleah Childs, Winslow High School attending University of Massachusetts Amherst

Interested students at partnering high schools were asked to submit an application which included an essay question around why they or they are interested in pursuing a career in the behavioral health field. This year, KBH also opened applications to home-schooled students, students of Hall-Dale, Messalonskee, Maine Central Institute and Waterville Alternative High School and students who live or go to school in Somerset and Kennebec counties.

The scholarships are made possible through KBH’s College Scholarship program which was developed to invest in our future mental health professionals. Funds for the program are raised through donations as well as KBH’s annual “A Night Out” community event and themed basket raffle.

Kennebec Behavioral Health was founded in 1960 and operates clinics in Waterville, Skowhegan, Winthrop, Augusta and Farmington. For more information, or to schedule an appointment for any KBH service, call 1-888-322-2136. Information can also be found at www.kbh-maine.org.

Summer Fun with National Night Out and Move More Kids 5K

Join Somerset Public Health and local community partners at Coburn Park for both National Night Out on Tuesday, August 1, from 5 to 7 PM and the Move More Kids 5K on Saturday, August 5, from 5 to 7 PM. Registration begins at 7:15 AM.

National Night Out is an annual community-building event that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. Come enjoy free family-friendly activities, games, food, and more with the Skowhegan Police Department and R.E.A.C.H. (Relationships Education Aspirations Community Health), a program of MSAD #54.

The Move More Kids 5K is an event designed to bring youth and families together for a fun, healthy activity. Registration starts at 7:15 AM, followed by a youth run for ages 7 and younger at 8 AM. The 5K starts for all other age groups at 8:30 AM. The cash-only $3 registration fee includes a New Balance T-shirt, and proceeds support the MSAD #54/Somerset Career & Technical Center Food Pantry and Backpack Program.

To learn more visit facebook.com/SomersetPublicHealth or @SomersetPublicHealth on Instagram.

Find Somerset Public Health Online: Website: somersetpublichealth.org Facebook: facebook.com/SomersetPublicHealth Instagram: @SomersetPublicHealth

Kennebec Behavioral Health: Somerset Public Health is a coalition of staff members, community members, organizations, and businesses working together to improve health in Somerset County. Our goal is to make Somerset County a healthier place to live and work for the families we serve. We strive to make this happen by:

- Preventing substance misuse
- To do all of this, we need your help. We work with community members, schools, workplaces, child-care centers, service groups, and other community groups to make the places we visit every day healthier.

KBH IS HIRING!

Kennebec Behavioral Health is currently hiring for multiple positions. If you are a mental health professional who wants to work with a supportive and mission driven agency, apply today!

Learn more about our career opportunities at www.kbhmaine.org/careers!

Mental Health & Substance Use Disorder Specialists

www.kbhmaine.org 1-888-322-2136

Grow Your Congregation

Our upcoming Worship Guide is geared toward celebrating faith and helping readers connect with religious resources in our community. Make sure these readers know how you can help with a presence in this very special section distributed to nearly 50 percent of Maine homes.

If you would like to be a part of this monthly special section, contact Turner Publishing at 207-225-2076 today!
The Bear Puncher

Back in my newspaper days, there was a standing cliché about what constitutes news. “If a dog bites a man, that’s not news. How-...
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