

Del Mar, McGrath highlight comedy night at Baxter Brewing



Connor McGrath

Maine Event Comedy will present Boston's Zenobia Del Mar and Portland's Connor McGrath at Baxter Brewing Company on Friday, July 6 at 7 p.m. They'll be joined by Christopher Gagne, Chris Kinback, and a couple of special guests.

As irreverent as she is charming, Del Mar cut her comedy teeth in Brooklyn, NY and is now a Boston favorite. She's performed

at The Comedy Store in Los Angeles, Caroline's in New York City, and clubs in Las Vegas. Del Mar appeared in the Boston comedy documentary "What's So Funny?" and recently appeared in New York's Park Slope Comedy Fest.

Voted "Maine's Best Comedian" by readers of the Portland Phoenix for the second straight year, the delightful and cuddly

McGrath jokes openly about his Asperger's syndrome, which he describes as "low-class, high-functioning autism." He recently opened for national headliner Jay Mohr and was part of San Francisco's Mutiny Radio Comedy Festival.

Gagne is a majestically bearded comic from Methuen, Mass. He performs throughout New England and has showcased his acting skills in the short film "Last Caress"

and multiple commercials for WordStream Online Advertising. Kinback, also from Beantown, produces many of his own shows and regularly performs at Laugh Boston and McGreevy's.

The show is free and open to those ages 21 and older. Baxter Brewing is at 130 Mill Street in Lewiston. For more information, call 513-0742 or email maineeventcomedy@gmail.com.



Zenobia Del Mar

Maine Military & Community Network to host annual conference

The Maine Military & Community Network will host their eighth annual statewide conference on Thursday, July 19 at the Augusta Civic Center. The theme of this year's meeting is "Resiliency and Reintegration: Life in Transition."

A keynote address will be delivered by Dr. Nancy Sherman, a distinguished Professor of Philosophy at Georgetown University. Sherman, who has over 20 years of experience working with military veterans, will brief attendees on the topic of moral injury and the moral and ethical uncertainties of war.

Throughout the afternoon, attendees may choose to join various breakout sessions on the topics of behavioral health; community building; employment successes and challenges; legal, medical and transportation assistance; and veteran engagement. Those attending will receive five Continuing Education Credits from AdCare.

As a new addition to this year's conference, Veteran Service Officers will be on site to assist veterans interested in meeting with a VSO. Please note that to meet with a VSO you must register to attend the conference.

Registration is free for both service members and veterans. To view the complete conference agenda or to register, see <http://www.cvent.com/d/1gq10j>.

MMCN's annual conference provides veterans, veterans service organizations, and clinicians an opportunity to network and share information on topics affecting veterans, service members, and their families. The objective of the conference is to increase the overall awareness among service members, veterans, and providers of the issues and opportunities related to those who have served in the military.

The Maine Military & Community Network is an organization comprised of 10 regional groups throughout the State of Maine who share a mission of supporting Maine military members, veterans, and their families in their local communities, as well as Maine's Joining Community Forces and the MyVA Community Initiative.

To learn more about resources available to veterans and their families, contact the Maine Bureau of Veterans' Services at 430-6035 or visit their website at www.maine.gov/veterans.

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Newsmakers, Names & Faces

Don't Let a Vacation Derail Your Diet

(StatePoint) Vacation season is here and it's no surprise that what you eat can have an impact on your weight. In a study from the University of Georgia, 61 percent of the participants gained weight while on vacation, with an average gain of 0.7 pounds. Some even gained up to 7 pounds. Making healthy choices, even while on vacation, can be as easy as one, two,

three when you have the right tools. Courtney McCormick, Corporate Dietitian at Nutrisystem, shares foods that should be on your watch list and go-to list, and how alcohol can fit into your vacation and weight loss plan – yes, you read that right!

Foods on the Watch List

- Reduced-Fat Peanut Butter: There's not a big

difference in calories between reduced and full-fat varieties. In fact, full-fat peanut butter is chock full of monounsaturated fats, which are good for your heart. You can also look for natural peanut butter, which usually has less salt and sugar.

- Multigrain Bread: People who eat whole grains are at lower risk of certain chronic diseases. But



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read labels carefully. While the term “whole grain” is regulated, “multigrain,” “7-grain,” and “ancient grains” are just marketing terms.

- Granola: Yes, granola can deliver protein and healthy fats, but eat it sparingly. One cup can have up to 600 calories which is the same as a Big Mac. And that's without milk!
- Sports Drinks: Red-flag number one: sugar is high on the ingredients list second only to water. Red-flag number two: there are two-and-a-half servings in each bottle, meaning you could be gulping down as much as 52.5 grams of sugar.

- Fast Food Salads: Some fast food salads can have more calories, fat and sodium than burgers because of add-ons like cheese, meat and heavy dressings.

Foods on the Go-To List

- Fruits and Veggies: No surprise here! Essential to a healthy diet, pack that cooler with them for a healthful snacking alternative.

- Nuts, Seeds and Popcorn: Healthy fats like nuts and seeds make great snacks and crunchy salad toppers. Walnuts may be best when it comes to cutting inflammation and cholesterol. Just watch your portions – a little goes a long way. And, plain air-popped popcorn is

a good alternative to chips, delivering fiber, vitamins and minerals. Also, one cup contains only around 30 calories.

- Protein: Think eggs, chicken, lean steak, edamame, quinoa or protein shakes. Begin your day with protein and you'll be off to a good start.

- Healthy Sandwiches: Ditch white bread and rolls for whole grains and sandwiches with veggies and hummus instead of cheese.

Room for Alcohol?

Participants of the University of Georgia study doubled their alcohol consumption during vacations, which contributed to weight gain. However, you don't need to say no to alcohol altogether, just keep a few things in mind. Watch the added sugar of mixers and flavored liquors and choose light beers. Also, stick to drier wines, such as Merlot and Chardonnay, and opt for liquors like gin, vodka, rum, tequila, scotch and bourbon.

And finally, remember to drink in moderation. One drink per day for women and two for men is best while on vacation.

For more great tips, visit Nutrisystem's website, The Leaf.

Remember, vacation doesn't need to hinder your weight loss efforts. Good choices can keep you on the weight loss track – on vacation and all year round!



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Governor's Address: Medicaid expansion and paying home-care workers must be done in a fiscally responsible manner

Medicaid expansion is the law, and I am committed to implement it. But I am forced to veto LD 837. And home care workers need better pay. But I am forced to veto those bills, too.

The Legislature has passed bills to implement Medicaid expansion and reimburse home-care workers, but they did it in a fiscally irresponsible manner. We cannot allow bills to move forward that will harm the economy.

That's why I have no choice but to veto these bills.

At least \$50 million in the first year, and an increasing amount each year is necessary to cover the state's share of Medicaid expansion costs. The initiative could have included a funding mechanism, but it did not. Funding was left up to the Legislature's ordinary appropriations

process.

After failing to even pass a bill during the ordinary legislative session, the special session produced a hasty, ill-conceived bill drawing upon two unsustainable budget gimmicks.

Legislators want to use one-time money from the state's tobacco settlement, and they want to divert one-time dollars that are part of the State's surplus. This will not cover costs on a continuing basis. It's just another move by Speaker Gideon to look like they're funding Medicaid expansion. But they aren't.

The Legislature needs a sustainable method of funding to cover the hundreds of millions of dollars the state will be responsible for in the coming fiscal years. We cannot afford to return to the days of out-of-control spending on Medicaid and a \$750 million debt to our hospitals.



Governor Paul R. LePage

There are ways for the Legislature to fund Medicaid expansion in a fiscally responsible manner. So I ask them to recall the bill and fund it properly. Let's avoid vetoing a bill that otherwise can be funded properly and help all Mainers.

Two other bills I must veto are LDs 924 and 925. These bills provide funding to increase the reimbursement rates for workers who care for the elderly and peo-

ple with disabilities in their homes or in nursing homes.

I agree that something needs to be done. Our seniors and our people with disabilities need more direct care workers, home health services, and nursing facilities. Rate changes are necessary to attract and keep quality workers to provide care.

Here again leadership wants a short-term fix. I want to fix the underlying conditions that, if not addressed, will hurt the elderly and small businesses and destroy the economy.

The need to increase reimbursement rates is mostly due to the mandated increases in the minimum wage, although some of the need is being driven by the tight labor market - especially in Southern Maine.

The rising minimum wage is decreasing employers' flexibility in attracting workers. Workers across the pay scale expect the same wage increases as their co-workers earning the minimum. It's causing employers to cut services and raise prices. It's forcing elders on fixed incomes to pay these higher prices.

Money to pay workers must come from someplace. This is Economics 101.

I agree we need to pay workers more, but we must slow down government-mandated increases. Eleven- and 12-dollar minimum wages will increase the cost of goods and services, hurt our economy, hurt the elderly, and hurt our businesses. But the Speaker ignores the plight of the elderly. She just wants to be re-elected.

They have proved their lack of care with my bill to protect the elderly. My bill prevents municipalities from foreclosing on the tax liens of a senior citizen facing a financial or health

crisis and keeping all of the senior's assets. This is a shameful practice. If we don't allow banks to kick the elderly out of their homes and keep the proceeds, why should we allow our towns to do it?

But this is the problem. Politicians choose bad policy over what is the right thing to do for the Maine people because they think it's summer and people have stopped paying attention.

I vow to pay attention to what they do and call them out on it for the rest of my term. And I will remind all our elderly right through the November election.

Thank you for listening and have a good Fourth of July.

Thank You,
Paul R. LePage
Governor

Must-Know Health Tips for Summer Vacation

(StatePoint) More than half of Americans are planning to take a vacation this summer, according to a Bankrate survey. While these excursions are meant to be fun and relaxing, road trips and long flights can lead to health risks that you know about, like jet lag, and some you may not be familiar with, such as leg swelling and deep vein thrombosis (DVT). Experts advise travelers to take precautions for a healthy travel experience.

"Most people are familiar with jet lag, but even if you're sitting in a car for a long time, you're at risk for other conditions like edema, which can cause painful leg swelling," says nationally renowned natural health physician and best-selling author, Dr. Fred Pescatore. "Luckily, there are simple steps you can take to avoid these issues."

For a healthy, relaxing vacation, Dr. Pescatore is sharing his favorite travel tips.

Power Nap
Flying or driving to a new time zone can throw off your internal clock, causing jet lag and making it harder to sleep.

"Take 15 to 20-minute power naps if you're

heading to a different time zone. Quick naps when your body naturally feels tired offers you some rest, but won't leave you wide awake at bedtime," says Dr. Pescatore.

Take Fitness Breaks
Cramped up in a car or plane for long periods of time can cause swelling and fluid accumulation in the lower legs, known as edema, which is a major risk factor for developing a potentially life-threatening blood clot known as Deep Vein Thrombosis (DVT).

Each year, as many as 900,000 Americans are affected by DVT, according to the Centers for Disease Control and Prevention and studies published in Minerva Medica show that 10 percent of long-haul air passengers are at risk. Dr. Pescatore recommends taking frequent breaks to walk around and stretch in order to avoid these conditions. At rest stops, take a walk and when flying, stand up and stretch in the aisle when possible.

Try a Natural Supplement
A new peer-reviewed clinical study shows that supplementing with the natural super-antioxidant, Pycnogenol (pronounced



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pic-noj-en-all), can help reduce edema and relieve jet lag symptoms during long-haul travel.

"This research is exciting news for those looking for a safe, effective healthy travel option," Dr. Pescatore says.

Pycnogenol is one of the most researched ingredients on the market, with decades of studies

showing its benefits for a variety of health applications. It's available in more than 700 dietary supplements, multi-vitamins and health products worldwide. For more information, visit pycnogenol.com.

As you prepare for your summer travel, remember these tips for a healthy vacation.

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Director of Olympia Snowe Women's Leadership Institute to speak at Chamber Breakfast

The next meeting of the LA Metro Chamber of Commerce will take place on Thursday, July 12 at 7 a.m. at the Hilton Garden Inn at 14 Great Falls Plaza in Auburn. The cost is \$20 for members and \$30 for non-members. Registration is available at www.LAMetroChamber.com.

This month's speaker

will be Christina McNuff, Executive Director of the Olympia Snowe Women's Leadership Institute. This nonprofit organization operates a three-year, evidence-based program that elevates the confidence and aspirations of high school girls by helping them develop the skills needed to be leaders in their lives,

families, careers, and communities.

Prior to joining the Institute, McNuff served as Director of Global High School Abroad Programs for the Council on International Educational Exchange (CIEE). Her work included developing curriculum, managing the training and hiring of

staff, overseeing assessment of the program, building networks, managing outreach to participating schools, and operational oversight.

Prior to this, McNuff gained experience in various areas of marketing and communications and leadership training. Her range of skills and her passion for the Institute's mission make her the ideal choice to lead the

Institute through the startup and expansion of its program. Her volunteer work reflects that passion: she has served as a volunteer, mentor, and board member for Big Brothers Big Sisters of Southern Maine and several other youth-focused organizations.

Welcoming McNuff to the Institute in 2016, Senator Snowe noted that the

addition of her considerable skills and experience will help shape the organization as it grows in its early years: "Christina brings an array of skills to the Institute at a critical time in our expansion. Her tremendous energy, combined with her unbridled enthusiasm for our mission, makes her a perfect fit as our Executive Director."

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Giving Back on Your Summer Vacation



Image provided by Feeding America

(StatePoint) Hitting the road this summer and want to do something good for the world along the way? Consider using your summer road trip as an opportunity to give back to the communities you visit. For some inspiration, check out these great ways Americans are rethinking vacations to include a touch of philanthropy.

Driving for Good

All those miles you log on the road can be for a good cause, if you look in the right places. Check out organizations and brands hosting fun fundraising or volunteer events on the road. For example, “MINI Takes the States,” a biannual rally for MINI Cooper owners, gives participants an opportunity to explore America’s beauty while raising money for Feeding America, the nation’s largest hunger re-

lief organization dedicated to fighting domestic hunger through a network of food banks. In 2016, rally participants raised enough money to provide 1,301,969 meals to families in need, and this year’s goal is over 2 million meals. Occurring July 14 – 22 this year, MINI Takes the States will see owners kick off in either Orlando, Fla. or Portland, Ore. and converge in Colorado, passing through some of America’s most interesting and beautiful sites and cities.

A portion of each registration fee is donated to Feeding America and participants are encouraged to start fundraising pages online and spread the word to friends and family to contribute to the cause. Each dollar raised will provide at least 10 meals to people in the U.S. struggling with

hunger. To learn more, visit MINITakesTheStates.com or follow the conversation at #DriveForMore.

Transform Your Road Trip

America’s parks need your help, particularly their hiking trails. Volunteer opportunities abound for those who wish to combine a road trip with trail stewardship. After traveling to your favorite park, join a volunteer crew to build or maintain a trail, increasing accessibility to America’s most beautiful natural wonders.

Or, be someone who brakes for animals -- animal volunteer opportunities that is. Many animal sanctuaries welcome vacationing volunteers to provide extra hands. From socializing dogs to feeding horses, certain opportunities even include lodging to those giving their time.

By giving back to the places you visit, you can take the concept of the ultimate summer road trip to new heights.

What do you think?

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How to Build Better Relationships to Advance Your Career



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(StatePoint) Looking to get ahead in your career? Whether your goal is to raise your own level of performance, enhance customer engagement, or become a more effective leader, it all starts with bringing out the best in your co-workers, and

in yourself, too. One of the primary keys to success is learning to identify the fundamental characteristics of your co-workers, and developing strategies to work with each type of boss, co-worker or client you come across,

says Kim Christfort, national managing director of Deloitte’s US Greenhouse Experience and co-author of the new book, “Business Chemistry: Practical Magic for Crafting Powerful Work Relationships.” Co-written with

Suzanne Vickberg, lead researcher of Business Chemistry at the Deloitte Greenhouse Experience, “Business Chemistry” identifies the four most common types of people you will work with in your career:

- “Pioneers” who value possibilities and spark energy and imagination. They’re creative thinkers who believe big risks can bring great things.
 - “Drivers” who value challenge and generate momentum. They’re direct in their approach to people and problems.
 - “Guardians” who value stability and bring rigor and order. They’re deliberate decision makers apt to stick with status quo.
 - “Integrators” who value connection and draw teams together. They’re attuned to nuance, seeing shades of grey rather than black and white.
- Once you identify the traits that make your co-workers and team tick,

you can use this knowledge to become a more effective leader or team player, stress Deloitte’s Christfort and Vickberg. It’s all about learning how to best interact with each of the four major “Business Chemistry” types to help generate the best results and raise your level of performance -- and your value to your employer.

- Here are several ways to apply that knowledge and become more effective at your job:
- Recognize the key differences in how people work, so you can build empathy and stronger relationships with them -- and flex your own style accordingly.
 - Learn which kinds of working conditions and interactions can motivate your team, and which kinds may kill their potential. Then you can manage situations to help your team thrive.
 - Tap into the diversity of your co-workers by determining whose needs are being met and whose aren’t, and then revamp your team’s normal processes so that everyone can perform at his or her best.

“Among members of a team, there will often be key differences in working styles and in what each individual needs to thrive,” says Christfort. “An effective leader and co-worker can manage and motivate different types of people by learning what kinds of interactions and working conditions enhance everyone’s performance.”

For more tips and insights on how Business Chemistry can help you – and your team – perform at your best, visit deloitte.com/us/practicalmagic.

By spending some time learning what drives your co-workers, bosses and employees, you can discover how to create a more productive team atmosphere that allows everyone to thrive and succeed, including yourself.

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Smart, Healthful Snack Tips for People on the Move



(StatePoint) Does your schedule, have you on-the-move? Check out these easy ways to healthfully keep hunger at bay, no matter where your busy life takes you, including at home!

Make Mini Meals

Instead of big heavy meals, think in smaller bites. Combine your favorite proteins, veggies, fruits and nuts into “snack style” meals that leave you satisfied, but not low on energy from just eating too much. Pick flavorful foods for lasting satisfaction.

Go Mediterranean
The Mediterranean

diet is renowned for being both delicious and healthful. So, skip the chips and take a culinary cue from this region of the world for smarter snacking.

Flavorful, low-calorie, and low-carb olives provide a great centerpiece to any snack. Look for super easy options like Pearls’ Olives to Go! Infused Olives, which come in portable cups with peel-back lids. Since there’s no liquid and no refrigeration needed, it’s an easy option to bring along to work, school, the gym or on trips. Great on their own, flavors include Sriracha, Taco

and Italian Herb. For more information, visit Olives.com/pearls.

Desk Drawer Delights
Sitting for long hours takes its toll. Take a brisk walk every day for a healthier outcome. A little snack afterwards is a welcome reward. Keep fruit, olives or a handful of nuts on-hand to avoid that junk food vending machine down the hall!

100 Calories or Less is Best

Keep an eye on packaged food labels and be aware of the calorie count of your favorite snack items. For example, 10 large olives

are only about 35 calories and a small apple is about 75 calories. A protein rich hard-boiled egg is about 80 calories and 10 almonds are 70 calories.

Having knowledge about your food gives you control and prevents later regrets. Look for products packaged in reasonable portions, such as the Pearls Olives to Go!. With several varieties weighing in at 35 calories per cup, this is a choice you can feel good about.

Boarding Passes

Air travel is now notoriously lacking in tasty on-

board snacks, save for a few peanuts often drenched in sugar. Packing some satisfying snacks with good fats and proteins is the trick to battling inflight munchies. Olives, roasted seeds and nuts, crunchy carrot sticks and a few squares of cheese can be life savers.

Power to the Pantry

Being prepared applies here! Keeping your pantry and refrigerator stocked with the right foods is key to being a super-snacker, not a slacker snacker, and will help to satisfy cravings and curb weight gain. Don’t even allow the junk foods in the door!

A well-provisioned pantry should include seeds, nuts, dried fruits, olives in portioned cups and some lean jerky snacks. Stock the refrigerator with portion-controlled cheese snack squares and sticks, chilled sparkling water, fresh veggie slices, hard-boiled eggs and tofu squares.

With these tips, you’re ready to power-snack and stay fueled for whatever your day throws at you.

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What's Going On

Chocolate Church kicks off Summer Concert Series



Singer-songwriter Matt Newberg kicks off the series on July 7.

Chocolate Church Arts Center's Summer Saturday Concert Series featuring live outdoor entertainment in Waterfront Park each Saturday at 6 p.m. begins July 7 and continues through August 25. The park is located on Commercial Street on Bath's riverfront.

Kicking off the series on July 7 will be singer-songwriter Matt Newberg. A longtime teacher, Newberg recently released a single called "Lost." The project brings him together with longtime collaborators Gregg Hoover on guitar and

Jeff Glidden on drums. Jake McCarthy (formerly of Love to Burn, Pantones, and other bands) has joined the group on bass.

Produced in partnership with the City of Bath, the series will also feature Cold Chocolate (Americana, roots, bluegrass) on July 14; OC & the Off-Beats (rock, soul, pop) on July 21; The Big Chips Trio & Friends (jazz, blues, soul) on July 28; The Duquette Trio (alternative folk) on August 4; Pretty Girls Sing Soprano (folk, acoustic) on August 11; Red Beans

& Rice (acoustic blues) on August 18; and Pan Fried Steel (steel drum music) on August 25.

The Summer Saturday Concert Series has become a destination event, attracting visitors who explore local shops or have dinner before gathering in the park to enjoy fine local and regional musicians. People of all ages bring blankets or lawn chairs and pack snacks or a picnic for an evening of live entertainment at no cost. The concerts are weather-dependent.



OC & the Off-Beats (rock, soul, pop) perform July 21.



Harlow Gallery offers July art workshops



Learn how to make prints at home, without a press, in "Fast, Cheap and Easy: An Unorthodox Primer to Block Printing."

During the month of July, the Harlow Gallery will present the following workshops at its new location at 100 Water Street in Hallowell. Unless otherwise stated, space is limited and advance registration is required. For more information or to register, call 622-3813, email harlow-gallery@gmail.com, or see www.harlowgallery.org.

Open Studios. Saturday, July 7 and 28, 10 a.m. to 1 p.m. Bring your own supplies or use any of the Harlow's large assortment of supplies and materials during Open Studio. Both floors of the gallery offer expansive river views, and participants are also welcome to move down to the rainbow chairs on the bulkhead to work outside. Bring your easel or drawing board and make a morning of it. Open to all. Suggested donation \$5 to \$10. No pre-registration required.

Create and Take: Dog Portraits. Saturday, July 14, 10 a.m. to 1 p.m. The Harlow will provide an 8x10"

canvas, paint, brushes, and a few techniques and you'll take it from there. Bring in an 8x10" image of your dog to work from. They'll transfer the image to the canvas and you'll do the rest. Take your portrait in any direction it leads you - abstraction, realism, or mixed media. Class size limited to 15. All ages welcome, but kids must be accompanied by an adult. Members \$20, non-members \$25, kids: \$15.

Create and Take: Button Making. Saturday, July 21, 12 to 2 p.m. Drop in any time on Old Hallowell Day to design and create your own button. Use the Harlow's art supplies, collage materials, and button machine. Hallowell-themed cut-outs and other exciting supplies will be available. Open to all. Free, but donations welcome. No pre-registration required.

Figure Drawing. Sunday, July 22, 4 to 6 p.m. Led by Sandra Stanton, this introductory workshop is for those who do not have much experience working

from a model and would like to learn more. As participants work, the group will discuss the basics of figure drawing, including gesture, simple shapes, center of gravity, and proportion. The model will take a variety of poses, beginning with short poses and working up to a 20-minute pose at the end. Participants are invited to return for the uninstructed figure drawing session with a longer pose that will run from 7 to 9 p.m. later that evening. Suggested materials: an 11x14" or larger sketch pad, medium soft to soft (B, 2B, 4B) pencils, kneaded eraser, and pencil sharpener. Class size limited to 10 participants, ages 18 and up. Members \$25, non-members \$30.

Printmaking. Thursdays, July 19 and 26, and August 2 and 9, 6 to 8 p.m. Join Scott Minzy for "Fast, Cheap, and Easy: An Unorthodox Primer to Block Printing." Learn how to print postcards, propaganda posters, subversive illustrations, and fine art prints at home, without a press! In a class suitable for all experience levels, participants will work with foam, rubber, wood, and linoleum blocks, learning the different qualities of each material while exploring the design principles of relief imaging and techniques for carving, inking, and printing. This class is limited to 12 participants, ages 15 and up. Members \$85, non-members \$100 (includes all materials).

Grand Opening at Journey House Recovery Housing

The LA Metro Chamber of Commerce will help host a Grand Opening, BBQ and Ribbon Cutting at Journey House Recovery Housing on Monday, July 9, from 11:30 a.m. to 1 p.m. Located at 77 Oak Street in Lewiston, this new facility fills a major gap in the continuum of care and recovery

for men with Substance Use Disorder in Androscoggin County.

Journey House is a non-profit organization that provides and advocates for recovery-oriented housing for individuals in Maine who seek recovery from Substance Use Disorder. Through partnerships with

social services, healthcare, law enforcement agencies, and the recovery community, Journey House provides low-barrier and low-cost sober living to people seeking recovery in Maine. They will work with any potential resident to find funding or scholarships if needed.

Sampson Air Force Base Veterans



The Sampson Air Force Base Veterans Association is a group of veterans who went through basic training at Sampson Air Force Base in Romulus, New York. Local members and their guests meet for an informal lunchtime get-together each month through the summer. Their next luncheon will take place on Thursday, July 12 at noon at the Chickadee Restaurant in Lewiston. All veterans are welcome to attend. For more information, call Bob Sawyer at 657-4909.

Mystery for Hire presents Hollywood spoof at Poland Spring Resort



The original production “Lights! Camera! Mystery!” takes audiences along for an evening of glamour as it spoofs the best and worst of Hollywood award shows.

Mystery for Hire, Maine’s longest running year-round mystery theater troupe, will perform their original production “Lights! Camera! Mystery!” throughout the summer at Poland Spring Resort. Performances will take place at 8 p.m. on Tuesdays, June 26, July 10, 17, 24, 31, and August 7, 14, and 21; and on Thursday, July 5.

“The show takes audiences along for an evening of Hollywood glamour, where anyone could win the award of their dreams,” said Dan Marois, who, with his wife, Denise, are the owners and producers of Mystery for Hire. “There’s never a dull moment as the audience gets wrapped up in the mystery show action.”

In Lights! Camera! Mystery!, every guest is given a name tag with their special movie star name. During the course of the evening, many guests are nominated for their starring roles in fictitious movies.

“The show is a non-stop spoof of the best and the worst of Hollywood award

shows,” continued Marois. “We encourage guests to wear their best Hollywood attire as they walk the red carpet to the special event. They can also dress as their favorite movie star. There’s no telling what will happen when everyone is vying for the evening’s top honors.”

Mystery for Hire is known for its comic antics and its ability to engage the audience in the fun of a mystery. Professional actors perform a briskly paced mystery with plot twists that need to be solved. Audience members are encouraged to take notes and write down clues during the show. At the end of the performance, the audience is invited to guess how the mystery happened and who committed the act. The Super Sleuth Award goes to the person who most correctly guesses solves the mystery.

The Poland Spring engagement will feature a mix of troupe veterans and newcomers. Cast members will include Dan Marois of Poland Spring, Brian Files of Gardiner, Steve

Corning of Lewiston, Carla Rose Dubois of Lewiston, Greg Simpson of Minot, Julie Poulin, Kathleen Nation, and Amanda Kinsey of Monmouth, Molly McGill of Auburn, Marie Stewart Harmon of South Portland, Chuck Waterman of Gorham, Bob LeBlanc of Newburyport, MA, and Joe Swenson of Scarborough.

Tickets for the mystery show only are \$12. Dinner is available before the show by ordering from the menu at Cyndi’s Dockside or with reservations at the Maine Inn Dining Room buffet for \$14.95. A cash bar will be available. Tickets may be purchased by calling 998-4351 or at polandspringresort.com.

Send all items for
What’s Going On
to **Editor@Twin**
CityTimes.com.
Deadline is
Friday by five.

What’s Going On

Mystery For Hire presents pirate mystery in Auburn



Cast members from a previous production include (l. to r.) Chuck Waterman of Gorham, Julie Poulin of Monmouth, Bob LeBlanc of Newburyport, MA, Katie Marois Nadeau of Waltham, MA, and Brian Files of Gardiner.

Mystery for Hire will bring mystery show fun to the Hilton Garden Inn of Auburn with a performance of “Who Killed Jolly Roger?” on Friday, July 13.

“We are partnering with the Hilton Garden Inn to bring mystery-themed dinner shows back to a regular location in the L/A area,” said Dan Marois, who, with his wife, Denise, owns and operates Mystery for Hire. “After two successful shows this winter, we are bringing our pirate show back as a summer mystery.”

The longest running, year-round professional mystery theater troupe in Maine, Mystery for Hire celebrates its 23rd anniversary this year after performing

for audiences totaling more than 60,000.

“One of our long-time actors, Bob LeBlanc, has written an outrageous script with some of the most interesting pirates you’ll ever meet,” explained Marois, who said that, while it’s entirely optional, many audience members like to wear pirate outfits to attend the show. “Audience members become part of a pirate ship crew, and there’s always a bit of competition during the evening as each one tries to outdo the other.”

“Our public shows offer guests a chance to enjoy an evening of entertainment and dining, all in one experience,” said Marois. He notes that the ticket price of

\$45 per person includes the mystery show and meal; tax and gratuity are additional. A cash bar is available at the restaurant and overnight rooms are available at the hotel.

Marois says that the Auburn show will feature cast members Greg Simpson of Minot, Brian Files of Gardiner, Bob LeBlanc of Newburyport, MA, Marie Stewart Harmon of South Portland, and Katie (Marois) Nadeau, originally of Poland Spring.

Doors open at 6 p.m. and the show will begin at 7:00. For more information, call 784-4433 or see mysteryforhire.com. Reservations can be made online at summermystery.eventbrite.com.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Friends of the Cobbossee offer Tadpole Patrol



With five different options, the program offers fun, hands-on experiences about the basics of lake ecology for kids and their families aboard the 22-foot pontoon boat Otter II.

There's no better way to spend a Maine summer than out on the lakes, so why not learn about lake ecology at the same time? Once again this summer, the Friends of the Cobbossee Watershed are offering the Tadpole Patrol program, a fun, hands-on educational experience for children and families. Taking place aboard the Friends' "floating classroom," their 22-foot pontoon boat Otter II, the program offers five options.

The first option, Tadpole Patrol, introduces children entering grades two through four to lake

ecology; activities including observing wildlife and learning the basics of water quality testing. The cost is \$25 per person for a 2.5-hour session.

The second option, Lake Science Investigators, is for children entering grades four through six; participants become "science investigators" as they observe the lake ecosystem, conduct water quality tests, and record data in their own keepsake journals. The cost is \$25 per person for a three-hour session.

The third option, Junior Lake Monitors, is for

youth entering grades six and up; participants learn about water quality measurement techniques, conduct precise measurements themselves, then analyze and compare their results with data recorded by the Cobbossee Watershed District from the past 30-plus years. The cost is \$25 per person for a three-hour session.

In Spotter's Amphibious Adventures, participants cruise aboard the Otter II to a private island in the middle of the lake, where they explore and learn about the importance of riparian areas for wildlife, the benefits of preserving wild spaces, and the basics of the "Leave No Trace" method of enjoying nature. The cost is \$25 per person for a three-hour session.

The Family Tadpole Patrol provides an opportunity for kids and adults of all ages to board the Otter II for a 90-minute session to observe wildlife, learn about the human and natural history of the lake, and experience water monitoring with professional equipment. The cost is \$50 for up to ten people.

For more information about the program, including available dates, or to register, contact FOCW Education & Outreach Director Cami Wilbert at 621-4100, cami@watershedfriends.com, or see www.watershedfriends.com.

Theater at Monmouth presents Shakespeare's "Twelfth Night"

Theater at Monmouth's 2018 Summer Repertory Season continues with William Shakespeare's "Twelfth Night." The revelry begins Thursday, July 5 at 7:30 p.m. and continues throughout the season, including matinee and evening performances on both weekdays and weekends.

In this irresistible romantic comedy of mistaken identity, concealed truth, and comic revelation, Orsino loves Olivia, Olivia loves Cesario, and Cesario's really a woman disguised as a man who's fallen for her boss, Orsino. Love, and a little mischief, throws everyone for a loop in this comic jaunt of misdirected desire. Drawing upon the carnivalesque spirit Elizabethans associated with Twelfth Night (the Feast of the Epiphany in the Roman Catholic and Greek Orthodox Churches), the play presents a world where social norms are disregarded

and desire seems to gain free reign.

Director Kristin Clippard has set the production in Olivia's garden and conservatory, which exists loosely in the 1890's. It is the Victorian era in America, one of strict social etiquette and muted celebration. "The play examines revelry, grief, loyalty, gender roles, and raw emotion by celebrating mayhem," she explains. "The story is relevant today because we can relate to the emptiness, the need to grieve, the fear of being alone and wanting to be loved, and the desire to revel without restriction."

TAM's production wholeheartedly embraces the opening line, "If music be the food of love, play on." Composer Chris Houston has provided new orchestrations for the songs of the play, which emphasize the sorrows and joys of the play's journey.

Twelfth Night features

Bill Van Horn as Sir Toby; James Hoban as Malvolio; Jake Loewenthal as Antonio/Captain; Mark Cartier as Sir Andrew; Kedren Spencer as Olivia; Janis Stevens as Maria; KP Powell as Feste; Marshall Taylor Thurman as Orsino; Ryan Broussard as Sebastian; Katie Croyle as Viola; Alexandra Curren as Valentine-Officer-Priest; and Kevin Aoussou as Fabian-Curio. Set design is by Miranda Friel, costume design is by Stephanie Peters, lighting design is by Daniel Taylor, sound design is by Rew Tippin, and fight direction is by Leighton Samuels.

Opening night is July 7 at 7:30 p.m., with additional performances on 7/5, 7/14, 7/18, 7/31, 8/10, and 8/18 at 7:30 p.m.; 8/2, 8/11, and 8/19 at 1 p.m.; and 7/22 at 7 p.m. with a post-show discussion. For more information or to buy tickets, see <http://theateratmonmouth.org>.

NSB Arena to host Cpl. Eugene Cole Benefit Hockey Game

The Patriots Hockey Association will present the Cpl. Eugene Cole Benefit Hockey Game on Friday, July 13 at 7 p.m. at Norway Savings Bank Arena in Auburn. The Lewiston Police Department Hockey Team and the Maine Air National

Guard Hockey Club will face off to benefit the Cpl. Eugene Cole Scholarship Fund. Tickets are available for a \$5 donation. For more information or to reserve tickets, call 595-0260.

The Patriots Hockey Association is a nonprofit

organization of past and present fire, police, EMS, and military personnel and their supporters that runs hockey tournaments and events to benefit charities. For more information, see <https://lrrdesigns.com/hockey>.

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Summer Reading events at APL

Auburn Public Library has a variety of events scheduled for its Adult Summer Reading Program. They revolve around this year's national Collaborative Summer Reading Program theme of "Libraries Rock!" In addition to the events, the library will feature a display of books on musical artists, types of music, and music history.

The program relaunches after the holiday week with a Summer Music Swap on July 11 from 4 to 6 p.m.

If you have old CDs in good condition that you would like to swap, bring them in and see if you can trade with someone. This event is a great way to get some fresh sounds for your summer road trips. Please remember that this event is not a sale, but is intended for trading.

On July 18 from 4 to 6 p.m., the library will welcome artist and performer Marc Black, who will review the history of the 1950s and '60s through the popular songs from those eras.

Black is a recent inductee into the NY Chapter of the Blues Hall of Fame, and this engaging and humorous program is an opportunity for the audience to relive this colorful era in our history.

Kicking off a series of film musicals, the library will show "Sgt. Pepper's Lonely Heart Club Band" on July 25 at 2 p.m., followed by "Saturday Night Fever" on August 1 at 2 p.m., and concluding with "Grease" on August 8 at 2 p.m.

Moore Park Makers Fair seeks food vendors, show vehicles

Organizers of Norway's Moore Park Makers Fair on Saturday, July 28 are seeking food vendors for the event, as well as people with interesting vehicles who would like to participate in the event's car show.

The fair, which takes place from 9 a.m. to 4 p.m., will feature 30 arts and crafts vendors, live music, dance and theater performances, pony rides, superheroes, a bounce house, K-9 agility demonstrations, gymnastics demonstrations, and more.

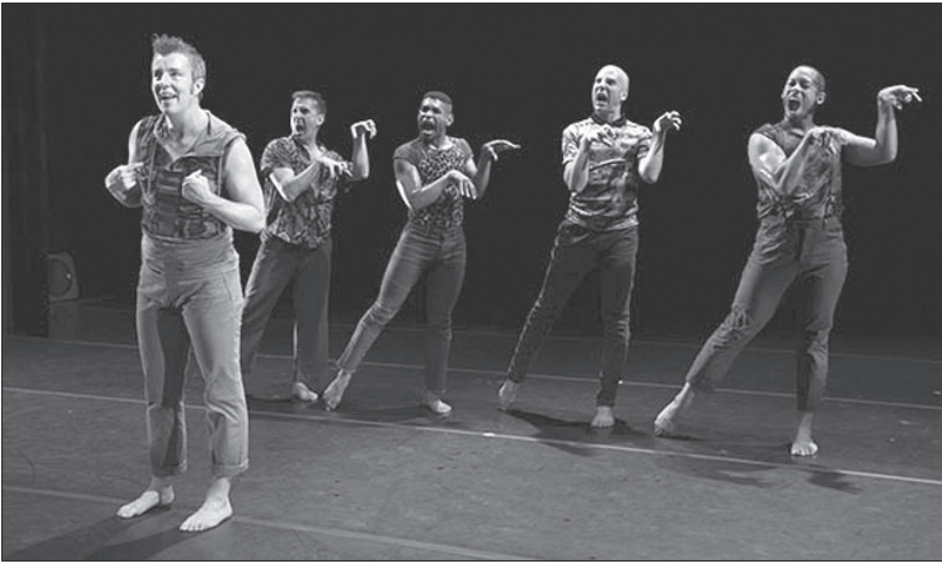
The rain date is July 29. For more information, see www.mooreparkartshow.biz.

Food trucks and booths can be accommodated. The fee is \$75 for commercial vendors and \$20 for nonprofit and community groups. A certificate of liability insurance is required. To register, contact fair director Aranka Matolcsy at 890-6386 or mooreparkart@gmail.com, or see www.mooreparkartshow.biz.

A special area on High Street overlooking the park will be designated for the car show, which will take place from 10 a.m. to 2 p.m. Parking of show vehicles will begin at 9:30 a.m. and all vehicles must be removed by 2:30 p.m. Space is limited and parking will be on a first-come, first-served basis. Those with vintage cars, hot rods, modified trucks, street rods, or interesting vehicles of all kinds are invited. To ensure a place, contact fair director Aranka Matolcsy at 890-6386 or mooreparkart@gmail.com.

Twin City Nights

Renowned transgender choreographer brings "Boys in Trouble" to Bates Dance Festival



Sean Dorsey Dance performs "Boys in Trouble." (Photo by Lydia Daniller)


Full-throttle dance, luscious partnering, highly physical theater, and storytelling that examines and challenges American views of masculinity will take the spotlight when Sean Dorsey Dance is featured in this week's Bates Dance Festival events.

Led by the nation's first prominent transgender modern dance choreographer, the company will perform the New England premiere of the festival co-commission "Boys in Trouble" on Thursday and Saturday, July 12 and 14, at 7:30 p.m. at the college's Schaeffer Theatre, located at 329 College Street in Lewiston. Tickets are \$25, \$18, \$12 for adults, seniors, and students.

Dorsey's residency will also include a free Show & Tell lecture-demonstrations on July 10 and "Inside Dance" Community Discussions on July 11 at Lewiston Public Library and July 13 at New Beginnings. The complete schedule of Bates dance festival events is available on the festival website. For more information or to buy tickets, call 786-6161 or see batesdancefestival.org.

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Twin City Nights

Send all submissions for Names & Faces
to Editor@TwinCityTimes.com
Deadline is Friday by five.

What You Need to Know Before Firing up the Grill



Monkey Business/stock.Adobe.com

(StatePoint) Summer is officially here and with seven in 10 U.S. adults owning a grill or smoker, according to the Hearth, Patio & Barbecue Association, for many, that means it's time to cook up mouth-watering dishes and invite friends and family over for a barbecue. But be careful. Grill fires are all too common.

Before starting up the grill, make sure that you've taken the following precautions to keep the place you call home safe.

- **Landlord Knows Best.** If you're a renter, before you even consider grilling, check with your landlord to see if it's allowed. Oftentimes apartments don't allow gas grills

on balconies due to state fire codes. Even the 39 percent of renters living in single-family homes may be prevented from grilling if there are neighbors living close by or there isn't a patio or outdoor space. Know the rules. If you're not allowed to have a gas grill, consider alternatives like an electric grill or a community grill in

a common area.

- **Too Hot to Handle.** Grill fires can start in a number of ways, including dirty grills, grilling too close to something that could catch fire and leaving the grill unattended. To prevent a fire, clean the grill after each use. Always keep it a safe distance from your building (at least 10 feet) and away

from trees. Place the grill on a solid surface that can't burn, such as concrete or asphalt. And never walk away from the grill while cooking, as a spark or small flame can easily spread.

- **Safety First.** Keep safe by getting equipped with tools and knowledge. Use long-handled spatulas, wear flame-resistant mitts and never wear loose-fitting clothes near an open flame. If you're using a gas grill throughout summer, check it periodically for leaks. And keep baking soda or a small fire extinguisher nearby, since attempting to put out a fire with water will only cause the flames to flare up. Also, remind everyone of that life-saving rhyme "stop, drop and roll" to remember what to do if you catch on fire.
- **Have the Right Insurance.** As a homeowner

or renter, even if you take precautions, accidents do happen, so make sure you're properly covered for the summer grilling season and beyond. According to Erie Insurance, a standard renters insurance policy can help cover you if you're responsible for causing injuries or damaging other people's property. No one wants to think about the worst-case scenario, especially when you're planning a fun barbecue, but being protected is a way to give your family peace of mind. Plus, you can't be too sure your neighbors are practicing safe grilling habits. Renters insurance can help protect you from costs resulting from their negligence, too.

This summer, kick back and enjoy your home's outdoor spaces. Just be sure any grilling you do is done safely.

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Thursday, July 5
Bates Dance Festival. 7:30 p.m. Gannett Theater, 305 College St., Bates College, Lewiston. Chicago-based Erica Mott Productions presents “MYCELIAL: Street Parliament.” Again 7/6, 7. \$20/15/12. 786-6161; batesdancefestival.org.

Saturday, July 7
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Matt Newberg performs contemporary folk music. Weather-dependent. Free. Pres. by Chocolate Church Arts Center.

Tuesday, July 10
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location: library across the green). This week’s performer is Old Coats (Rock). Free, but a suggested \$5 donation helps support the series. 754-0954.

Wednesday, July 11
Summer Fun & Films Program. Pathway New Vineyard Church, Lewiston. Tonight’s movie, “A Wrinkle in Time,” starts at dusk; pre-movie activities begin at 6 p.m. Concessions avail. Pres. by the Lewiston Police Department, Gendron Franco Center. Free.

Saturday, July 14
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Cold Chocolate performs Americana, roots, and bluegrass music. Weather-dependent. Free. Pres. by Chocolate Church Arts Center.

Tuesday, July 17
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location: library across the green). This week’s performer is Back Woods Road Band. Free, but a suggested \$5 donation helps support the series. 754-0954.

Saturday, July 21
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. OC & the Off-Beats perform rock, soul, and pop music. Weather-dependent. Free. Pres. by Chocolate Church Arts Center.

Tuesday, July 24
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location: library across the green). This week’s performer is John Hoose of Country Choir (Country Rock). Free, but a suggested \$5 donation helps support the series. 754-0954.

Calendar

See more Calendar at www.TwinCityTimes.com

Wednesday, July 25
Summer Fun & Films Program. Drouin Field (next to the Colisee), Lewiston. Tonight’s movie, “Coco,” starts at dusk; pre-movie activities begin at 6 p.m. Concessions available. Pres. by the Lewiston Police Department and the Gendron Franco Center. Free.

Saturday, July 28
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Pres. by Chocolate Church Arts Center, The Big Chips Trio perform jazz, blues and soul music. Weather-dependent. Free.

Tuesday, July 31
Book Discussion. 9:30 a.m. Auburn Public Library. As part of statewide summer reading program Read ME 2018, the library hosts a discussion of Susan Hand Shetterly’s “Settled in the Wild.” Copies avail. to borrow. 333-6640, ext. 4.
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location is the library across the green). This week’s performer is Brad Hooper (Country Rock). Free, but a suggested “pass the hat” donation of \$5 helps support the series. 754-0954.

Saturday, August 4
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Pres. by Chocolate Church Arts Center, the Duquette Trio perform alternative folk music. Weather-dependent. Free.

Tuesday, August 7
Author Visit. 9:30 a.m. Auburn Public Library. As part of statewide summer reading program Read ME 2018, the library hosts author CB Anderson to discuss her book “River

Talk.” Copies avail. to borrow. 333-6640, ext. 4.
Summer Fun & Films Program. Lewiston Middle School Field, Lewiston. This week’s event takes place on Tuesday for National Night Out; tonight’s movie, “Jumanji” (2017), starts at dusk; pre-movie activities begin at 6 p.m. Pres. by the Lewiston Police Department and the Gendron Franco Center. Free.

“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location is the library across the green). This week’s performer is Milltown Road Show (Country, Bluegrass, Rock). Free, but a suggested “pass the hat” donation of \$5 helps support the series. 754-0954.

Saturday, August 11
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Pres. by Chocolate Church Arts Center, Pretty Girls Sing Soprano perform folk and acoustic music. Weather-dependent. Free.

Tuesday, August 14
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location is the library across the green). This week’s performer is guitarist Denny Breaux, with Ann, Deb, and Frank. Free, but a suggested “pass the hat” donation of \$5 helps support the series. 754-0954.

Saturday, August 18
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Pres. by Chocolate Church Arts Center, duo Red Beans & Rice perform blues music. Weather-dependent. Free.

Tuesday, August 21
“Music for Ma-

vis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location is the library across the green). This week’s performer is the Grownups (Rock). Free, but a suggested “pass the hat” donation of \$5 helps support the series. 754-0954.

Wednesday, August 22
Summer Fun & Films Program. Pettingill School Park, Lewiston. Tonight’s movie, “The Black Panther,” starts at dusk; pre-movie activities begin at 6 p.m. Concessions available. Pres. by the Lewiston Police Department and the Gendron Franco Center. Free.

Saturday, August 25
Summer Saturday Concert Series. 6 to 7:30 p.m. Waterfront Park, Commercial St., Bath. Pres. by Chocolate Church Arts Center, steel drum band Pan Fried Steel performs. Weather-dependent. Free.

The Rightly So Live at She Doesn’t Like Guthrie’s



Born in the heart of the Buffalo rust belt, The Rightly So brings a vibrant energy to Americana music. The young acoustic duo is comprised of esteemed guitarist and performer Gregory Zeis, and award-winning singer/songwriter Jess Chizuk. Both have achieved a great deal of musical success on their own, and have formally combined their talents to create an unstoppable force of captivating original music. The Rightly So play She Doesn’t Like Guthrie’s, 115 Middle Street, Lewiston on August 10, 8pm - 10pm.

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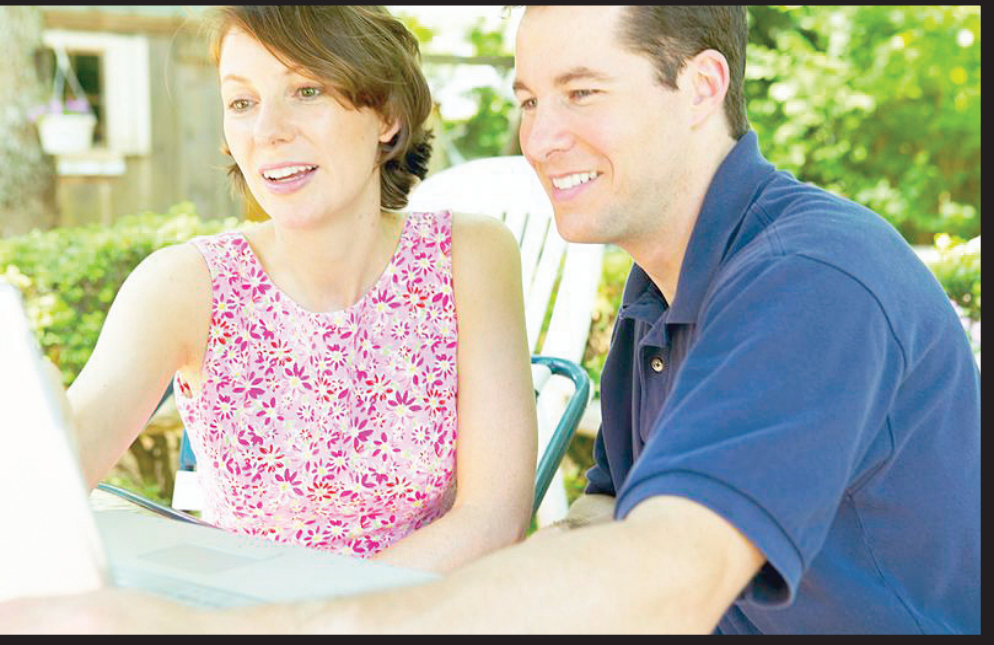
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Won't You Be My Neighbor? (PG-13)	1:15	4:15	7:00	9:20
The First Purge (R)	1:05	4:05	7:10	9:30
Sicario:Day Of The Soldado (R)	1:00	4:00	7:05	9:45
Uncle Drew (PG-13)	1:30	4:30	7:30	9:50
Jurassic World: Fallen Kingdom (PG-13)	12:15	12:40	3:15	3:40
	6:30	6:45	9:15	9:35
Ocean's 8 (PG-13)			7:15	9:50
Ant-Man And The Wasp 3D (PG-13)				9:55
Ant-Man And The Wasp (PG-13)	12:50	1:20	3:50	4:20
	6:50	7:20	9:30	
Incredibles 2 (PG)	12:30	1:10	3:30	4:10
	6:35	9:25		

Tuesday, August 28
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location is the library across the green). This week’s performer is Tim Bishop and Chrissy Paulson (Rock) Free, but a suggested “pass the hat” donation of \$5 helps support the series. 754-0954.

Tuesday, September 4
“Music for Mavis” Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center (rain location is the library across the green). This week’s performer is Cobblestones (Rock, Folk). Free, but a suggested “pass the hat” donation of \$5 helps support the series. 754-0954.

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Early Evening Show at Celebration Barn Theater

On Saturday, July 7 at 7:30 p.m., Celebration Barn Theater will present Mike Miclon’s late-night talk show spoof, The Early Evening Show. This episode will feature special guest singer-songwriter Ceili Spaulding, along with show regulars Fritz Grobe and the Early Evening Show Orchestra.

A small town girl from Maine, Ceili Spaulding’s lives in Boston while attending Berklee College of Music as a songwriting major. In addition to her studies, she is currently writing her next album and producing a collaboration that combines her lyrics with Sidney Blanchard’s R&B style.

Tickets are \$16, \$14, and \$10 for adults, seniors (ages 60-plus), and kids (ages 17 and under). All tickets are general admission and members receive priority seating. Purchasing tickets in advance is strongly recommended. The lobby and concessions open at 6:30 p.m.

Celebration Barn Theater is located just off Route 117 at 190 Stock Farm Road in South Paris. For more information or to purchase tickets, call 743-8452 or visit www.CelebrationBarn.com.

Sabattus Rec Club plans Blackjack 5K Run-Walk

The Sabattus Rec Club will hold its sixth annual Blackjack 5K Run-Walk on Thursday, July 19 at 6 p.m. at Oak Hill Middle School on Ball Park Road in Sabattus. This is a social, non-competitive event that encourages participants to get out, get some exercise, and maybe draw some lucky cards in the process.

Each participant will get a card at the two-mile mark and another at the three-mile mark. Anyone getting Blackjack (an ace and a face card or a ten) can call out to win a prize. Those who don’t get Blackjack can get another card at the finish line to try for a total of 21 with their three cards. All 21s will also win prizes.

The course is a moderately hilly 3.1 miles. The first male and female finishers will be awarded prizes, but fast times will not be needed to win most prizes. There will also be many other prize drawings.

The Blackjack 5K is open to runners and walkers of all ages. Those under 18 will need parental permission. This is a show-up, sign-up event with a low \$5 entry fee and no pre-registration required. Registration will begin at 5 p.m. For more information, find the Sabattus Rec Club on Facebook, email Running@sabattusrec.com, or see www.sabattusrec.com.

Canine companions invited to view Dog Days exhibition at Harlow



“Treat Please,” oil on canvas by Elizabeth Fraser of Portland

The Harlow will present Dog Days, a light-hearted exhibition celebrating our loyal canine companions, on view July 6 through 14 at the gallery’s new location at 100 Water Street in Hallowell.

Featuring 65 works by 32 artists, the exhibition resulted from a call for art asking artists to submit artwork specifically for dogs to enjoy. During this exhibit, dogs will be welcome in the gallery to enjoy the art, which will be displayed at their eye level. Dogs must be leashed or carried at all times, and only one dog per human will be admitted at one time. Admission is by a suggested donation of pet food for the Cohen Center’s AniMeals program.

In tandem with the opening reception for the Summer Member’s Show, an opening reception will take place on Friday, July 6, from 5 to 7 p.m. No dogs will be allowed at the opening reception. However, well-behaved dogs may attend the exhibition anytime following the reception during open hours, which are Wednesday through Saturday from 12 to 6 p.m. and Sunday from 12 to 4 p.m.

The Harlow is a membership-based 501(c)3 nonprofit, dedicated to connecting and celebrating art, artists, and community in historic downtown Hallowell since 1963. Exhibitions are always free and open to the public. For more information, call 622-3813 or see harlowgallery.org.

Lisbon Historical Society Open House

The Lisbon Historical Society will host an Open House on Wednesday, July 11 at 7 p.m. This will be a chance for visitors to view the society’s exhibits and resource materials. The society’s archivist and volunteers will also be available to help with historical and family research questions.

The event will take place in the society’s archives in the MTM Center at 18 School Street in Lisbon Falls. Parking and entrance are at the rear of the building. For more information, call 353-8510 or email LisbonHistSoc@gmail.com.

Rockin’ Origami at Auburn Public Library

Auburn Public Library will present Rockin’ Origami Stories with professional storyteller, author, and origami artist Christine Kallevig on Tuesday July 10 at 2 p.m. Kallevig will tell several short origami stories and fold giant-sized origami, and everyone will fold and take away at least one origami model during the program. All materials will be provided by the library. All are welcome to this free program, but very young children should have a parent or caregiver with them to help with folding. The program will take place in the library’s Androscoggin Room. For more information, call 333-6640, ext. 3.

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