Celebrating 30 years at **Head Start**

Loreen Terroni has spent a career in the company of children, pre-k boys and girls whose parents enrolled them in York County Community Action Corporation's (YCCAC) Head Start program.

But she didn't plan it that way. Back in 1982, newly arrived in Maine from Pennsylvania, Loreen and her young family lived in Westbrook.

"My own children weren't actually in Head Start," Loreen says. "They were in the People's Regional Opportunity Program (PROP) daycare, in Westbrook. That's where I got my start in the field of early education. I was one of those parents who hung out in the classrooms and didn't ever leave. A job opening came up and someone said, 'Loreen, why don't you apply for it? You're here all the time anyway.' I did apply, I got the job, and I worked at PROP for a couple of years. Then we moved to Limington."

She took her first Head Start job as a teacher in Parsonsfield, in 1989.

Early in her tenure, she said she noticed that the lead teacher never seemed to last very long.

"They—the lead teachers—kept coming and going," Loreen recalled. "So one day I said to Mabel Desmarais, the Head Start Director at the time, 'If you give me the lead teacher job, I won't go anywhere." Mabel accepted the offer and tapped Loreen for the job. She kept it for 19 years, until the site closed in 2008.

"Then I moved over to home-based work," Loreen said. "But I stayed in that same area—Parsonsfield, Limerick, Shapleigh, and Limington."

Some children and parents receive Head Start services in their homes. Home visitors come once a week to work with parents and their children. Together, the home visitor and the parents watch and work with the child. They plan ways to help the child learn using parent-child interactions, daily routines, and household materials.

"I loved the home-based job," (Continued on page 9)



Harper Grant and Skylar McKenzie, children enrolled in Buxton Head Start, pose for a photo with Loreen Terroni who is celebrating 30 years with the Head Start program.

COURTESY PHOTO

Waterboro artist Sheila Clough, shown with one of her paintings, has a show in Portsmouth, New Hampshire July 3-28.

COURTESY PHOTO

Waterboro artist showing in NH

Sheila O'Neil Clough a long time Waterboro resident and a juried member of the Art Guild of the Kennebunks as well as The New Hampshire Art Association is having a Body of Work Exhibit at the Robert Lincoln Levy Gallery, 136 State Street, Portsmouth New Hampshire, July 3 through July 28.

In explaining this show Clough said, "One of my earliest memories is drawing people, you know, a head, two arms and two legs, I was about three. My mom, a former Boston Art Educator, encouraged my interest and provided all the crayons, and paper I needed. This interest in depicting figures has been an artistic constant throughout my life, a never-ending passion, something that

brings me joy, always!"

"Late last summer I decided to do a figurative series depicting individuals in their own environment in an attempt to allow the viewer into this world to gain insight about who these people are and what makes them tick. I wanted the paintings to be high energy and to show more than what the person looked like but also to capture their personality. I'm pleased with the result but only the audience can decide if I was successful."

Clough, an art educator at Massabesic High School for 37 years, said she was inspired to paint "The Music Lesson" after substituting for the high school music teacher.



PARADE OF BUSINESSES



COMMUNITY CALENDAR

GIANT YARD SALE Another Chance Animal Rescue will be holding their annual giant yard sale on July 4, 5, and 6 at their location at 251 Country Club Road in Sanford. Lots and lots of furniture, vintage jewelry, household items, toys, and misc. Some items priced, most are make a reasonable offer.

PANCAKE BREAKFAST The Acton-Shapleigh Lion's Club will be holding a Pancake Breakfast on Saturday July 6 at the Acton Town Hall, 35H Rd. from 8:00 - 10:00am. Pancakes, sausage, toast, eggs, beans, milk, coffee and tea will be served. Price is \$5.00 per person.

SINGING IN THE RAIN will be performed for three weekends from July 11 through 28. Thursdays, Fridays, and Saturday evenings at 7 p.m. and Sundays at 2 p.m. at the Schoolhouse Arts Center. Tickets are on sale at www.SchoolhouseArts.org and they are selling fast. Adult tickets are \$19, seniors or students are \$17 and VIP tickets are \$25 (includes special parking, a signed poster, and a tour of the set and rain-making machine). A \$2 discount is available by using the coupon code SAC30 when ordering your tickets online before July 9. The Schoolhouse Arts Center is located just 7 miles from North Windham or Gorham Center at 16 Richville Road (Route 114) in Standish.

MAINE OLD CEMETERY ASSOCIATION MEETING Sat., July 13, 8:30 a.m. - 1 p.m

.at Limerick Brick Town House, Main Street. Limerick Historical Society hosts MOCA this year. Presentations by Shirley Keller and Cara Kent. Enjoy a light breakfast and learn about MOCA, Limerick history and cemeteries. Lunch available for purchase at Limerick Congregational Church. Afternoon self-guided tour of Limerick cemeteries.

BASS FISHING EVENT Sunday, July 14 from 10 a.m. to 3 p.m. at Sebago Lake, 278 Whites Bridge Road, Standish. Sponsored by Outdoors Again and St. Joseph's College. A fun day of fishing, boating, music and food. Email hollym@outdoorsagain. org for more information.

KATHERINE MOLLER LIVE AT MOUSAM LAKE **PAVILION** The Acton-Shapleigh Historical Society will be hosting a Celtic Fiddle concert on Thursday, July 18 at 7:30 p.m. in the Mousam Lake Pavilion (formerly the Mousam Lake Grange), 25 Back Road, Shapleigh. Katherine Moller is one of Canada's most versatile musicians performing classical and Celtic violin music all over her native New Brunswick. Proceeds from this concert will benefit preserving the Pavilion which was acquired by the ASHS in 2016. Advanced sale of tickets are \$15 per person and can be obtained by calling 324-7732.

CALLING TALENTS OF ALL AGES! Looking for singers, dancers, musicians, mimes, magicians and more! Acts will be previewed Sunday August 4th at Limerick Brick Town Hall. Contact Limerickcommunityblockparty@gmail.com or on fb to schedule a time or send a video. Talent show to be held Sunday August 18th.

HISTORICAL SOCIETY **CELEBRATES 50 YEARS** The Waterborough Historical Society hopes will celebrate its 50th year on August 1 at 7 p.m. at the Grange Hall, 31 West Road, South Waterboro. Jim Carll will

REPORTER.COM

reminisce about the Society's accomplishments since its formation in the Fall of 1969. There will be a sing-along with the Ukulele Strummers of Southern Maine and a birthday cake for all to share. The public is invited as always. For more information, call 247-5878.



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open house experience. Hop on the trail and enjoy local craft-brewed beer, hand-made artisan-style chocolates, pure Maine Maple syrup, small batch honey-sweetened jams and ice cream. Admire the handiwork of local quilters, potters, florists and explore for unique gifts and antiques.

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WWW.facebook.com/SnowflakeTrail



Mousam Lake Groups Receive Major Grant

The Maine Department of Environmental Protection (DEP) has awarded \$95,000 for work in the Mousam Lake watershed aimed at protecting and improving water quality. The grant is awarded jointly to the York County Soil and Water Conservation District (YCSWCD), the Mousam Lake Region Association (MLRA), and the Acton Shapleigh Youth Conservation Corp (ASYCC). Mousam Lake is located in the towns of Shapleigh and Acton in northwestern York County. The four-mile-long lake is one of the most popular and heavily used lakes in York County. Protecting water quality is vital to ensuring Mousam Lake will remain a valuable asset for all to enjoy. Funding for this project is provided by the U.S. Environmental Protection Agency (EPA) under Section 319(h) of the Clean Water Act. The funding is administered by the Maine DEP in partnership with the EPA. The EPA does not endorse any commercial products or services. The grant encourages local organizations, primarily volunteer groups, to work collaboratively in addressing watershed issues.

The aim of the Mousam Lake watershed work will be to reduce what is known as nonpoint source pollution (NPS). Nonpoint source pollution is pollution from diffuse sources on the landscape that is picked up and carried by rainfall runoff or snowmelt into water bodies. While one might think that storm water run-off

finding its way into the lake would not impact water quality quite the opposite is true. Storm water carries soil and debris which contains phosphorus. It is this phosphorus that fuels algae growth and contributes to water quality decline. Across an entire watershed a significant amount of soil and debris can be washed into a waterbody on a yearly basis. Reducing storm water runoff is a critical step in protecting water quality. Mousam Lake currently enjoys good water quality, but this is no guarantee of clear water into the future. Slowly accumulating phosphorus can cause a dramatic decline in water quality leading to green murky algal blooms. The three organizations participating in the grant have a long history of conservation related work in the Mousam Lake Watershed. The grant will allow for larger projects to be done targeting drainage issues along camp roads and lakefront properties to be addressed. The grant requires cash or in-kind match for each project, which allows these high impact sites to get fixed in a cost-effective man-

The grant would never have been possible if it were not for the generous donation of \$5000 from the Harry A. Mapes Trust. The Mapes family are longtime summer residents on Mousam Lake and have been benefactors to many area organizations over the years. The money from the Mapes Family funded a com-

prehensive watershed survey of Mousam Lake in the fall of 2017 which in turn made the lake eligible to participate in the grant process. A copy of the Mousam Lake Watershed Based Protection Plan is available online at the www.mousamlake.org under the Our Lake tab.

The Mousam Lake Watershed 319 grant will be administered by the YCSWCD. The Project Manager, Jennifer Harris, can be reached at jharris@yorkswcd.org or by phone at 324-0888 Ext. 208 with any questions related to the grant. A steering committee of local citizens and representatives from Three Rivers Land Trust, MLRA and ASYCC will provide oversight. The preliminary planning work began this March and project work is to be completed from 2019 through 2020 with the grant finishing up in December of 2020. The Mousam Lake Watershed Based Protection Plan provided the sites that will be initially addressed. Property owners along the Mousam Lake shorefront and in the watershed can learn more of the planned work by contacting Jennifer Harris or David Landry of the MLRA. Additionally, there is still time to have sites evaluated for work under this grant. If lake residents are aware of areas where significant storm water run-off is finding its way into the lake they can contact the Mousam Lake Region Association to have the site evaluated.

– By David Landry



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Little Ossipee Lake clean up

Volunteers needed to help collect trash from the lake

Starting immediately, a lake wide clean-up effort to remove trash in and around the shoreline of Little Ossipee Lake is taking

Anyone who enjoys the lake and its recreational offerings are encouraged to help. The Lake Association can provide you with trash bags and gloves if needed. Please call Jim Chrzan, director on the Lake Association, at 614-581-4898 to request a bag. Trash can be removed by walking or paddling the shoreline, or swimming and diving to collect trash

that has sunk.

On Saturday, July 13, the members of the Lake Association will collect your full trash bags. Please call Jim Chrzan at 614-581-4898 to have your trash collected. When possible please separate trash from recycling. The Association thanks you in advance for your help in cleaning Little Ossipee Lake.

The Little Ossipee Lake Assocation, (LOLA) is an all-volunteer organization whose mission statement is E3: To preserve and protect Little Ossipee Lake

through Education, Eradication, and Erosion Control. Residents around the lake and others who share our mission are welcome to join the group. All are invited to attend the annual Lake Association meeting and celebration held Aug. 10, at Camp Laughing Loon. Members of the board are elected at the annual meeting to serve for a 2-year term. LOLA Board meetings are held monthly, from March through October, on the third Saturday of the month. Directors@LittleOs-Contact sipeeLake.org for information or to share your ideas.



The Bonny Eagle Robotics Team visited the State House on June 10. Pictured with a competition robot they designed and constructed along with, from left, Rep. Don Marean, I-Hollis; Sen. Justin Chenette, D-Saco; Sen. Linda Sanborn, D-Gorham; Rep. Mark Blier, R-Buxton; and Sen. Bill Diamond, D-Windham. COURTESY PHOTO

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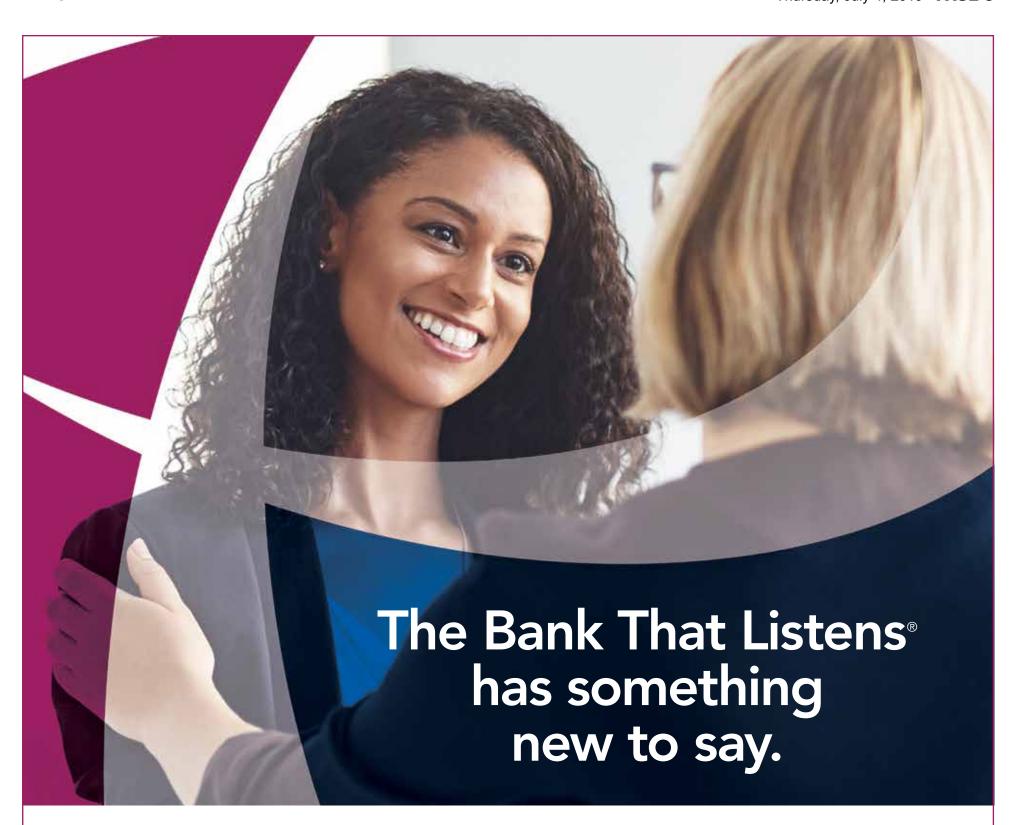
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PAGE 6 Thursday, July 4, 2019

REPORTER

Webelo participate in Skills Weekend

By JOANNE BARGIONI

Six Cub Scout troops assembled at Camp Nutter in Acton for a Webelo skills/camping weekend. Troops #349 from Buxton, #316 from Kittery, #369 from Lebanon, #308 from Saco, #320 from Shapleigh and #355 from Sanford enjoyed beautiful weather the weekend of June 22 and had the opportunity to practice their skills during camp activities.

The Webelo's Cub Scout Program prepares boys and girls who are age 10 to 11 ½ to transition into Scouting. Webelos means "we will be loyal scouts." They may earn a badge called the Arrow of Light, that, according to David Wade, Scout Master, "is the only Award from Webelo that can be used on a Scout uniform."

Approximately 50 Webelos plus their leaders attended the Skills weekend. Some camped

overnight on the Camp Nutter property and others attended during the day. They were given instructions on animal tracks, Archery, playing Gaga Ball, (a type of dodge ball), Ham radio, Bebe range, fire building skills and constructing vehicles from legos that were used in a Lego Derby on a racetrack. The Webelos were all having a great time.

Wade is in the beginning stages of starting a new Scout Troop in Acton. The new troop will be designated #333 and will be for girls interested in Scouting. The Boy Scouts began accepting girls into their troops this year and now call themselves just Scouts. The focus on this new troop will be camping and STEM (Science, Technology, Engineering, and Math). Anyone interested in joining this new group can contact Wade at 490-7645 for more information.



Dave Wade, Scoutmaster of Troop #320 instructs the Webelos on identifying animal tracks.

PHOTO BY JOANNE BARGIONI



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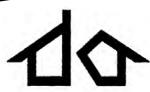
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um needs docents

Alfred Village Muse-

The museum will be in need

of docents this summer - the

committee cannot cover every

Wednesday and Saturday. (It will

be closed on July 3.) Other than

opening and closing the museum

and answering a few questions,

docents have few responsibilities.

a blueberry winnower this past

week. Actually it was accepted as

a loan, museum space being at a

premium. If you want a look, stop

The museum was gifted with

If interested call 324-5823.

in. It's just inside the door,

ALFRED

Allison Williams awilliams@waterbororeporter.com 324-5823

A new garden

The presence of a new "garden" in the center village would not appear notable but this one runs along the old cemetery wall (originally created by oxen hauling granite from the Alfred granite quarry) and appeared when the town hall parking lot was repaved and enlarged. The cemetery wall had a new granite curbing, filled with soil. Was this going to be another spot to be mowed? If so it would be rather awkward to get a small mower up there. If it was going to be a narrow garden running along the wall (actually not that narrow - perhaps three feet) it would need a caretaker.

The buzz in town hall was a garden would be planted filled with perennials. Anyone with spare lilies would be welcome to also donate them. This family has too many plants - I have been offering them to the neighbors, and the cemetery wall appeared to be our solution. We started digging.

Next we were told that "a few" lilies would be enough. Is there such a thing as just a few lilies? My lilies reproduce willingly and often. There seemed to be a prejudice against those roadside lilies (not wanted) but mine were not from roadsides. Not that those aren't just as colorful as what the catalogs advertise. Ours were purchased, or obtained from friends, and have been hardy keepers.

The garden is now fully plant-

ed and includes roses, zebra grass (I happen to know that is a friendly type that spreads) hydrangeas, eunymous (sp?) and perennial geraniums among other hardy types. The future garden was completely covered with weeds by the time the project got going, so had to be tilled and hand weeded. Then the fun part- planting the collection. Not wanting to miss the opportunity of handing on some lilies, we had filled two large boxes the day before and left them in the shade behind the wall. They were planted a bit behind and between the perennials. But not all - we had numerous lilies leftover. But we were able to find willing takers for our bounty. And it was all done in one day.

Most of the work was done by town hall staff - Joyce Wood, the Administrative Assistant; Fred Holt III, Town Treasurer; Jim Allaire, Codes Officer and a few volunteers.

Festival News

The Massabesic Lions Club will again have its chili/chowder/pie tasting at the festival, on July 19. Good cooks are invited to participate. Entries must arrive by 4:30 p.m. As in past years it will be held under the big tent with judging starting at 4:45 p.m. and tasting at 5:30 p.m. The profit from this particular fundraising event assists the community with myriad assistance programs. (If it rains the contest will be on the 2nd floor of Town Hall.) The deadline for submitting applications is July 17.) Tasting includes chili and chowder samples and one slice of pie. Cost is \$7 for adults, \$4 for children 5 to 10, and children under 5 free.



Joyce Wood and Fred Holt were busy Thursday getting a new garden ready for planting outside the Alfred PHOTO BY ALLISON WILLIAMS









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Wed.	Short Game
July 17th	Putting, Chipping, Pitching
Wed.	Mid Game
July 24th	Irons

Wed.	Long Game
July 31st	Driver, Woods
Wed.	Course Management (on
August 7th	course play): Ball lie,

Sign up in the Pro Shop or call (207) 793-4040

Massabesic Center for Adult Learning **2019 Graduates**





The Massabesic Center for Adult Learning held their graduation on June 18. There were 18 graduates for high school completion and 10 workforce certificate completions. Shown in photo, front row, from left, Rosalynne Sanborn, Timothy Emery, Tyrone Knight, Evelyn Paradise, Sierra-Lynn Hussey and Kelsie Fitch. Back row, from left, Benjamin Farrar, Michel Bernard, Kordell Menard and Nathan Wakefield.

PHOTOS BY TARA FINDLAY



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HEAD START

(Continued from page 1)

Loreen said. "I loved getting to work with the whole family. And out in that area, many of the clients didn't have transportation, so they really looked forward to the weekly home visit. It was nice."

Loreen worked as a homebased visitor for seven years. "I really enjoyed that," she said. "I think it was my favorite position in Head Start."

Loreen's next assignment was as a Family Liaison, working with Head Start families in Waterboro, Buxton and Biddeford.

Family Liaisons coordinate services and activities with families and communities that foster strength, healthy living, and overall well-being. They also provide support in a case management style, and act as a liaison between families, staff, the community, and other family-related services.

"As a Family Liaison, I work closely with the parents, helping them access services they may need," Loreen said. "I also encourage them to set goals, achievable goals that we can work on together during the school year."

An example of a goal might be a parent wanting to go back to school and finish her education. Another would be to begin the process of buying a home, taking the steps that can lead, in time, to that end.

"The goals can be a hope, a dream," Loreen said. "But they can also be relatively small. Some parents just need to find a dentist for their child. That's a goal I can help with."

Over the years, educational requirements for Head Start jobs

have become more stringent. Loreen says that when she started her career, it was not uncommon for a Head Start teacher to have only a CDA (Child Development Associate Credential).

"Betty Graffam, the Education Manager at the time, encouraged me to get my Associate Degree," Loreen said. "I knew there were changes coming, that education staff were gong to need degrees, and Betty really helped me with that goal. I went to York County Community College and got my Associate Degree in Early Childhood Education, all thanks to Head Start."

When asked what she likes best about working at Head Start, Loreen said, "I just love working with this age group. And I like working with the parents, seeing their successes. I sometimes run into families that I haven't seen for a very long time, and they tell me about a goal they were working on, and they might tell me: 'Hey, we did it! We got it accomplished!' It's nice when that hap-

It is common for Loreen to keep up with some of her former Head Start children. "They seek me out," she said. "I have quite a few who have reached out. And now they have kids of their own. I remember the first time I experienced a child that I had in Head Start coming in to the Parsonsfield office and applying for her child. It was an eye-opener, but in a good way."

Loreen's children, a son and a daughter, are also grown and with children of their own. "My son, Jared, lives in Parsonsfield but is building a house in Baldwin. My daughter, Krista, lives just a mile down the road. And I have five grandchildren—Isaac, Chase, Eli, Colton, and Kenzie."

Growing, living, working amongst children has given Loreen a perspective on the world, and on life. "If you don't like something, just work your way through it. Everything changes. Remember to focus on the children and the family. That's what maters most."

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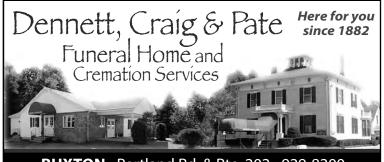
For more information, contact Brad Bohon, YCCAC Communications Director, at 408-5625.

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Call 205-4849 or 745-4426. Visit our website at

www.curranhomestead.org.

Civil War Weekend

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SMHC Health education programs for July

Southern Maine Health Care (SMHC) is offering the following health education programs during the month of July. This listing is also available on the SMHC website at www.smhc.org under Healthy Communities.

CLASSES/EVENTS

Total Joint Replacement Education Class

Designed for those considering total joint replacement. Participants will learn what to expect before, during and after their procedure and stay in the hospital. Open to anyone interested.

First Thursday (Cancelled for July 4th), 1:00 p.m. to 2:30 p.m. and third Thursday (July 18), 3:00 p.m. to 4:30 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford, 1st floor, Classroom 1. Free. To pre-register (not required), please call 283-1126.

Weight Loss Surgery Information Session

Is weight loss surgery the right decision for you? Have you tried the other weight loss methods and nothing seems to work? If you're considering weight loss surgery, then this introductory class is for you. Information will be presented about nutrition, resources, and other topics to help with the lifestyle and emotional adjustments you face.

Second Wednesday of each month (July 10), 5:00 p.m. to 6:00 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford.

Free. Registration is required, please call 284-2630.

Third Thursday of each month, (July 18), 1:00 p.m. to 2:00 p.m. at SMHC Sanford Medical Center, 25 June Street, Sanford. Free Registration is required, please call 284-2630.

Smoking Cessation Sessions

There's never been a better time to quit. Southern Maine Health Care offers a smoking cessation program involving one-onone sessions designed to offer the tobacco user all the information and tools required to become tobacco free. The Certified Tobacco Treatment Specialist will offer insights into smoking habits, stress and the relationship it has to smoking, as well as nicotine replacement options available. Ongoing support is also valuable in guiding the tobacco user to become tobacco free.

Individualized Sessions at SMHC Pulmonology, 9 Health-care Drive, Biddeford. Free. Call 283-6408 to schedule an appointment.

SUPPORT GROUPS

Alzheimer's Support Group

Open to anyone that has a loved one diagnosed with Alzheimer's or any form of dementia. The group helps participants understand the process of the disease and allows for sharing and questions.

Third Wednesday of each month (July 17) 10:00 a.m. to 12:00 p.m. at Pavilion Conference Room, 35 July Street, Sanford. Free. For More information, please call 490-7600 and ask for Kathy Wadden or Jeri Bogan.

Breast Cancer Survivors Support Group

Second Thursday of each month (July 11) and the fourth Thursday (July 25), 5:30 p.m. to 7:00 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford, Webber Building, 2nd floor Conference Room. Free. For more information, contact Helene Langley at 283-7805.

Breastfeeding Support Group with Janice Lessard

Empowering you through mother to mother support. This free support group is a great opportunity to meet other new breastfeeding mothers in your community, share experiences, and receive postpartum and newborn care information and support. A lactation consultant is on hand to answer your questions, provide guidance, and perform infant weight checks.

This group is held every Thursday from 10:00 - 11:30 AM in the Webber Building Conference Room on the second floor. FREE, no registration required. Call 207-283-7335 with any questions.

Cancer Support Group - Saco

We welcome those affected by cancer and their family/ friends. Support, information, and networking will be provided by skilled facilitators.

Third Monday of each month (July 15), 10:30 a.m. to 11:30 a.m. at SMHC Walk-In Care, 655 Main Street (entrance on Ross Road), Saco - 2nd floor Conference Room. Free. Registration required. Please call 283-7327.

Cancer Survivor Support Group - Sanford

First and third Friday of each month (July 5, 19): 3:30 p.m. to 5:00 p.m. at MaineHealth Cancer Care Center York County, 27 Industrial Avenue. For more information contact facilitator Jess Welch, LMSWcc at 459-1666 or jmwelch@smhc.org

Parkinson's Disease Support Group

A place to share information and support for people with Parkinson's disease, their families, caregivers and those in related health fields.

Second Thursday of each month (July 11), 2:00 p.m. to 4:00 p.m. at Huntington Common, Ross Road, Kennebunk. Free. For more information, call Christine George 767-9773.

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About Southern Maine Health

Southern Maine Health Care (SMHC) is a national award-winning healthcare organization with a non-profit mission "to improve the health and health care of the communities we serve." SMHC includes a full service, acute care medical center in Biddeford, with York County's only inpatient mental health unit. Emergency care, surgical services and diagnostic and therapy services are available at SMHC's Medical Centers in Biddeford and Sanford. SMHC offers primary care and multi-specialty physician services, diagnostic and therapy services and Walk-In Care centers in York County communities including Biddeford, Kennebunk, Saco, Sanford and Waterboro. SMHC is Joint Commission accredited and has been recognized for quality excellence by numerous outside organizations. SMHC is part of the MaineHealth system, a growing family of health care services in northern New England. To learn more, visit www.smhc.org.





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