

REPORTER

YOUR COMMUNITY NEWSPAPER

Locally owned and independently operated.

VOLUME 19, ISSUE 35 PO Box 75, North Waterboro, ME 04061 • 247-1033 • www.waterbororeporter.com THURSDAY, SEPTEMBER 2, 2021



The Cornish Horsemen's Day will be held on Sunday, Sept. 12 starting at noon, featuring live harness racing at the Cornish Fairgrounds on Route 25 in Cornish. COURTESY IMAGE

Horsemen's Day at Cornish Fairgrounds

By CYNTHIA MATTHEWS

The Annual Cornish Horsemen's Day, which has been going on for over 20 years, will be back "on track" at the Cornish Fairgrounds on Sunday, September 12, from 12-3pm.

According to organizer, Diann Perkins, "harness racing was the first professional sport in Maine and in the United States!" Perkins went on to explain that years ago, everyone had a horse, that was how they got around. "Every Sunday afternoon after church, people would race. Then, people starting betting on them!" People came to watch the races – some would bring cows or sheep to show, some would sell food. "That's how Agricultural Fairs began," Perkins said. The first Fair Association formed in Cornish in

1876. "Cornish was once a mecca in this area for harness racing," Perkins explained. "People would take the train to Portland to the Cornish Station, and walk their horses up from the station to the racetrack." Every town had a racetrack.

Races are always 1 mile. The Cornish track is a ½ mile, curved/banked track, so drivers must drive the sulky (a two-wheeled cart with a seat for the driver) around the track twice. This is amateur harness racing, and according to Perkins, "for 80% of drivers, the Cornish track is their first drive!" They must drive at a certain speed, about 10-20 mph, must have a "satisfactory line", and must have control and stay level. These races are held rain or shine!

(Continued on page 5)

Lavender fields of Newfield

By C.J. PIKE

Have you ever imagined yourself walking through a field of lavender? Well, there is one right here in Newfield and during the summer when the flowers are in bloom, you can get a tour of the gardens. According to the owner of Stone's Throw Lavender Farm Jeffrey Faulkingham, people love to walk through the field and often come by for a tour. He takes them through the gardens as part of the whole lavender experience, which includes watching the butterflies, bumble bees and honey bees move from plant to plant. There are 650 plants in all, and it's an experience like none other, getting back to nature, and enjoying the scent and color of the beautiful lavender.



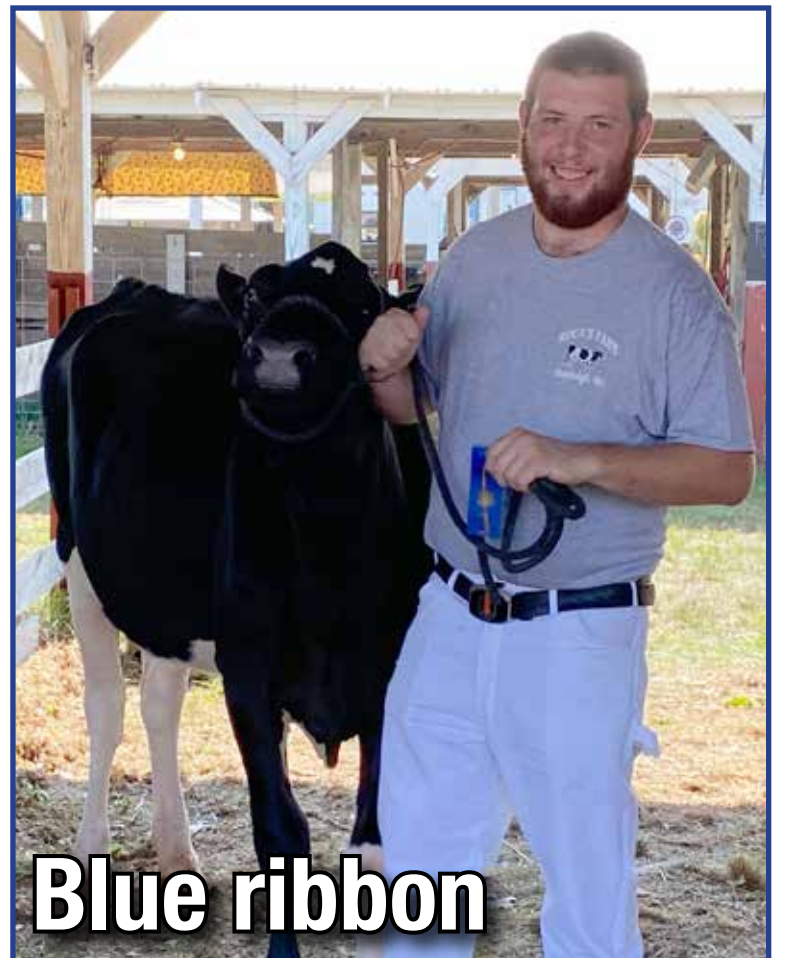
Jeffrey Faulkingham of Stone's Throw Lavender has quite a few products on display at his quaint Maine shop on Elm Street. PHOTO BY C.J. PIKE

Lavender is a perennial, so it comes back every year, but it only flowers during the summer months. It requires the right spot to grow, even though it grows fast,

it needs full sun and well drained soil. The plants that Faulkingham has are an English hybrid, which was developed in Pennsylvania, for the northeast growing season.

The plants grow until the frost and then are dormant until spring, but they only bloom from the third week in June until August.

(Continued on page 5)



Mike Roux Jr. of Roux Farms in Shapleigh with his first-prize dairy cow at the Acton Fair. PHOTO BY JOANNE BARGIONI

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Community Calendar

EMAIL NON-PROFIT EVENT LISTINGS TO: NEWS@WATERBOROREPORTER.COM

COMING EVENTS

COMMUNITY BLOOD DRIVE is being held on Sept. 4 from 9 – 1:30 p.m. at St. Matthew Church, 19 Dora Lane, Limerick. Sign up online at <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=Saint%20Matthews%20Limerick>

CENTENNIAL CRAFTER & VENDOR FAIR – Sept. 4 from 9 a.m.-5 p.m. at St. Matthew Church, 19 Dora Lane, Limerick. Come check out the 15 different crafters and vendors and shop local.

BOOK SIGNING & PRESENTATION Wed., Sept. 8 - The Allagash Tails Collection presentation and book signing with Maine author and retired ranger Tim Caverly and his wife Susan, 5 p.m. at the Arts Center at 8 Hancock Ave., Hiram. Meet author and humorist Retired Ranger Tim Caverly and his wife Susan. Discover the 10 books that detail their experiences while living along our Nation's premier Wild and Scenic River, The Allagash. HEAR adventures the couple faced daily in the challenge of wilderness.



MUSIC ON THE PATIO

Every Friday during the summer, the Springvale Library, 443 Main Street, holds the 'Music on the Patio' series. Just bring your lunch and a chair and enjoy the concert. There are plenty of shady spots to sit. On Aug. 27, the public was entertained by the music of 'Just Us – Ellen and Paul.' Coming up this Friday, Sept. 3 at noon is 'Opera On Tap Of Maine.' All are welcome. PHOTO BY JOANNE BARGIONI

KNOW SOMEONE IN PRISON OR JAIL? "Individuals don't go to prison alone, their families go also." Join us on Sept. 8 at (York County) Rose's Room which is a support group for family and friends

of incarcerated loved ones. We encourage anyone who has an incarcerated family member, loved one, or friend to please join us in Rose's Room where everyone is welcomed, loved, and equally respected! Meetings are held the 2nd Wednesday of the month from 6:30 – 8 p.m. in Sanford/Springvale location, Bishop Cote Hall, 10 Payne Street, Springvale (Facebook at "Rose's Room").

BEAN SUPPER to be held at St. Matthew Church, 19 Dora Lane, Limerick on Saturday, Sept. 11 from 4:30 to 6:00 p.m. MENU: Baked Beans, Ham, Hot Dogs, Coleslaw, American Chop Suey, Bread, Beverage & Dessert. Price: adults \$10, children 5-12 \$, children 4 and under are free. Everyone Welcome!

The Rebecca Emery Chapter of the Daughters of the American Rev-

olution will host a **CELEBRATION OF CONSTITUTION WEEK AND A GENEALOGY WORKSHOP** at the Goodall Memorial Library, 952 Main Street, Sanford, on Sept. 11 from 1 to 3:30 p.m. The Celebration and workshop are open to the public and will include a brief history of the inception of the proclaimed week, and a book donation to the library. The focus of the workshop will be the step-by-step instructions to complete the membership application to join the DAR. We will teach you about what are the required documents needed to support your application, and where to find them. The DAR is a non-profit, all volunteer lineage society. For more information visit DAR.org. RSVP is requested to Rebecca_Emery@mainedar.org.

PLANT SALE University of Maine Cooperative Extension's Master Gardener Volunteers will host a Native Plant Sale at Wells Reserve at Laudholm Farm at 342 Laudholm Farm Road, Wells on Saturday, Sept. 18, from 9-11 a.m. The sale is expected to include 18 herbaceous native plants and will be held rain or shine and educational information on plant growing conditions, benefits to wildlife, and complementary species will be provided by knowledgeable Master Gardener Volunteers. Have a mask on hand if you are not vaccinated and/or feel safer being masked in a group setting. FMI email frank.wertheim@maine.edu.

COOK THE BOOK will take place on Tuesday, Sept. 14 at 5:30 p.m. Ask to see the cookbook at the main desk. The book is entitled Secret Ingredient Cookbook. Just pick a recipe from the cookbook. Make the recipe at home and bring it into the library on

Sept. 14. For more information go to the library's website at www.springvalelibrary.org.

BOOK SALE The annual book sale will be held on Friday, Sept. 17 and Saturday, Sept. 18. Springvale Public Library, 443 Main Street.

JENNIFER PORTER: SUN COME AND SHINE CD RELEASE PARTY Saturday, Sept. 4 at 7:30 p.m. at the Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Tickets are \$15 and can be purchased at www.sacorivertheatre.org or 929-6473. Join us for the perfect event to celebrate Saco River Theatre's reopening!

PLANT LOVERS: Join the FREE Community Plant Exchange on Saturday, Sept. 4 (rain date Sept. 11) from 9 a.m. until 12 noon in the parking lot of the Sanford Elks Club and the Trafton Senior Center located at 13 & 19 Elm Street in Sanford. Bring your extra plant divisions, seeds, cuttings, and house plants. Exotic invasive plants in the State of Maine will not be accepted. FMI call Bridget at 267-261-2122.

ONGOING EVENTS

The Acton- Shapleigh Lion's Club is happy to be bringing back their **MONTHLY PANCAKE BREAKFAST** the first Saturday of every month. The price is \$7, which includes pancakes (plain or blueberry), scrambled eggs, sausages, toast, orange juice, beans, and coffee, tea, and milk. The breakfast will be served from 8 to 9:30 a.m. at the Acton Town Hall, 35 H Road. All are welcome.

Buxton Centre Baptist Church, 938 Long Plains Road, Buxton, weekly **SOUPER SENIORS SOCIAL**. Gather for conversation, cribbage, puzzles, and other games, every Monday from 10 a.m. to 1 p.m. with a free lunch served at 11:30 a.m. Adults of all ages are welcome. Masks are not required, but we encourage people to be considerate of the health of others.

THANK YOU! The Knights of Columbus Council 8868 would like to thank our community for their generous support of the Tootsie Roll Drive held on August 20 and 21. Proceeds go to Special Olympics Programs at SAD 6, SAD 55 and RSU 57.

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CORNISH HORSEMEN'S DAY

Cornish Fairgrounds, Rt. 25, Cornish, Maine

Note* on SUNDAY
SEPTEMBER 12, 2021
12:00 Noon-Post Time
Featuring
Live Harness Racing
Trotting Museum

Admission \$3.00

For Information Call:
Jim (207) 625-8838
or Diann (207) 625-3281

NOTICE

TOWN OF SHAPLEIGH

**Town Clerk/
Tax Collector
& Code
Enforcement
Offices will
be CLOSED
Saturday,
Sept. 4, 2021
Labor Day
Weekend.**

*Have a safe and
happy holiday weekend!*



LIBRARY DONATION

The Lyman Historical Society recently presented a check for \$1,200 to the Community Library. The money was for the Society and additional donations from members. The money will be used for various projects and the library representatives expressed their appreciation.

Pictured, from left, (from the Historical Society) Gloria Day, V. President; Millett Day, President; JoAnne Johnston, Treasurer, (from the Community Library) Leila Roy, Librarian; Valerie Cole, Treasurer; Dina Jordan, Board Member.

Not pictured is Fred Bechard, Chair of the Library board, who stopped by to also thank us for the donation and he went on to say, "The Community Library is a place where everyone feels welcomed. The library provides services to all people from our community. It's a very accepting and engaging place." COURTESY PHOTO

TOWN OF LYMAN
 Select Board Special Meeting
Tuesday, Sept. 7 – 6:00 PM
 Lyman Town Hall – 11 South Waterboro Road

The Select Board will be holding a SPECIAL MEETING on Tuesday September 7, 2021 at 6:00 p.m. at Lyman Town Hall regarding Warrant Articles to be voted on. Warrant Articles are available at Town Hall and on the town website for review. The meeting will be recorded live.

TOWN OF ALFRED
 PUBLIC HEARING
LIQUOR LICENSE APPLICATION
Tuesday, September 14, 2021
4:00 p.m. Alfred Town Hall

Notice is hereby given that a Public Hearing will be held at the Alfred Town Hall, County of York, and State of Maine at 4:00 P.M. on Tuesday, September 14, 2021. Said hearing being on The Liquor License Renewal Application for the Oak Street Bistro located at 3 Oak Street, Alfred, Maine.

Board of Selectmen, Town of Alfred

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SHAPLEIGH SCOUTS HELP OUT

On Tuesday, Aug. 17, Boy Scout Troop 320 and adults helped Wanda Parent, Volunteer Director of Stuff the Bus, to assemble backpacks for the Stuff the Bus program at the Sanford Storage Units on Cottage St. The Stuff the Bus program states that the program is a school readiness program that provides backpacks, school supplies, and other items to prepare low-income students for the first day of school. Parent communicated to the troop, "Thank you, Shapleigh Boy Scout Troop 320, we stuffed a lot of backpacks last night (Aug. 17). I am so happy with all that was accomplished." PHOTO BY JOANNE BARGIONI

The Acton Fair

By JOANNE BARGIONI

The Acton Fair held on the Acton Fairgrounds, Route 109, never disappoints. And this year, its 156th year is no exception! There was something there for all interests, whether it is gardening, 4H, livestock, agricultural, entertainment, amusement rides and fair food.

The Fair began in 1866 and was founded by John Storer of Sanford. According to the Acton and Shapleigh Historical Society's publication "Acton and Shapleigh Past and Present," the Fair was referred to as the first "Worlds Fair" and held at Acton Corner in 1867 and alternated with Shapleigh the next year. In 1890 a new fair-ground was erected at its present site, and it was called Union Park. It is held every year in August.

This year's Fair was open from August 26-29. On Friday evening

there was a competition for Miss Teen Acton Fair won by Kaylee Allen of Farmington, N. H., Junior Miss Acton Fair won by Abriella Parish of Cornish, and Little Miss Acton Fair won by Rebeka Minihan from Acton.

Some of the entries to the competitions were 4-H Beef Showmanship, Beef Judging, Oxen and Steers Weight Pulling, Vegetable and Watermelon Carving, Home Cooked Foods, Handicrafts, Dairy Judging, Truck Pulling, Flowers, and a Pig Scramble. In the Exhibition Hall were Draft Horses and Ponies in the Horse ring, Cruise'n Car Show, and a farmers' exhibit.

It wouldn't be a fair without the games of chance and vendors selling their products, including jewelry, clothing, and woodcarvings, along with many demonstrations including milking, guinea pigs, sheep, and spinning demonstrations. There was a grand parade on Saturday followed by Horse Pulling.

Going to a Fair is always fun, with the crowds of happy faces and the smell of fried onions in the air. If you didn't get a chance to go this year, mark your calendars for next year's future Acton Fair dates of Aug. 25-28, 2022.

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TOWN OF SHAPLEIGH

The Shapleigh Planning Board will be holding a PUBLIC HEARING on Tuesday, September 14, 2021 at 7:00 p.m. for the following Conditional Use Permits:

Medical Marijuana Caregiver Business
 Shapleigh Tax Map 4, Lot 32-2 (118 Cross Road)
 Carrie Coull Martel, Applicant
 Paul Martel, Property Owner

Installation of a Photovoltaic Ground Mounted Solar Facility
 Map 2, Lot 9 (987 Back Road)
 MEVS Brown, LLC, Applicant
 Michael Brown, Property Owner

THE PUBLIC IS INVITED TO ATTEND.
 Roger Allaire, Chairman - Shapleigh Planning Board

TOWN OF WATERBORO

WATERBORO PLANNING BOARD
Notice of Public Hearing

The Town of Waterboro Planning Board will hold a public hearing at the Town Hall on **Wednesday, September 15, 2021, at 6:30 p.m.** The purpose of this hearing is to receive public comment regarding a request for Contract Zoning located at 200 Main Street in East Waterboro.

A copy of the proposed contract is available at the town offices or at www.waterboro-me.gov. To participate in the Public Hearing, the following options are available:

- Send in a letter to the Town of Waterboro Planning Board – 24 Townhouse Road, E. Waterboro, 04030
- E-mail ceosec@waterboro-me.gov with a letter or to receive information on how to participate via phone or video via Zoom.
- Call Town of Waterboro during the Public Hearing at 207-247-6166 ext. 106

Please contact the Department with any questions at ceosec@waterboro-me.gov or 207-247-6166 ext. 121.

DATE: Wednesday, September 15, 2021
TIME: Public Hearing 6:30PM
LOCATION: 24 Townhouse Road, E. Waterboro

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TOWN OF WATERBORO

NOTICE OF PUBLIC HEARING

The Town of Waterboro Board of Selectmen will hold a Public Hearing on **Tuesday, September 7, 2021 at 6:00 p.m.** at the Town Hall. The purpose of this public hearing is to hear comment on proposed amendments to the General Assistance Ordinance.

The Public Hearing will be aired on the local cable station Channel 5 or 1302 and live streamed on the Town's website. Questions and comments may be submitted by email to: waterboro@waterboro-me.gov up to the morning beforehand.

NEWFIELD

C.J. Pike

fudgecupboard@yahoo.com
793-8760

LAVENDER FARM

(Continued from page 1)

The Stone's Throw Lavender Farm is located at one of the older homes in Newfield at 106 Elm Street, right next to the former 19th. Century Curran Village, formerly Willowbrook. It's a small town farm that has been in operation for 4 years now, and Faulkingham is set up in his barn, where he processes the lavender and displays his products, which are made right at the farm from his own plants

There are many benefits to using lavender. It has a calming effect, helps sleep, reduces anxiety, and much more. Faulkingham's assortment of essential oil products are all natural and include body butter, linen spray, sachets for air fresheners, hand and body cream, lavender soap, dried flowers, and more. He also makes lavender 20" wreaths to hang in the home, and is working on a lavender tick spray.

He bought the 1850 home and moved here 7 years ago, and decided to take a class in how to grow lavender, and that's how it got started.

As you walk into the barn, you will notice the dried lavender hanging from the beams on the ceiling and he may be processing a batch to make the essential oil

that he uses in his products. It is quaint little Maine shop and he welcomes everyone as they come through the open door.

He is currently open weekends from 10 a.m. until about 3 p.m., but he does make appointments for anyone. Call him at 603-918-7820. Most of his customers have found him by word of mouth, but there are signs around town, and you can find him on Facebook.

If you are down that way, stop to talk with him and see his shop with all of the products, and in the summer you can take that walk through the gardens. It is well worth the time.

Walk for warmth coming to Newfield

Lt. Ron Smith from Limerick Fire-Rescue will host the 3rd annual Walk for Warmth from the Limerick Fire-Rescue Station to Newfield Fire -Rescue Station on Saturday, Sept. 11, starting at 9 a.m. This years walk is open to anyone who is willing to do the 6.8 miles with him. He will be wearing an air pack along with his fire gear to make it more of a challenge.

If you are interested in walking with him, meet at the Limer-

ick Fire Station on the Back Road before 9 a.m. He plans to make a few check points on the way to Newfield.

And, he has started a go fund me page to make donations to the J.P. Carroll Fuel account. To make a donation, mention the 'Walk for Warmth' account. You may also call them at 793-2331 to make donations. The walk is to assist the elderly and young struggling families in the RSU 57 area.

Pig Roast coming soon

The Northern York County Rod and Gun Club will host their annual Pig Roast on Saturday, Sept. 11, at the club on Lewis Hill Road. It is \$10 per person and everyone is welcome. Bring a dish to share. Raffle prizes and tickets for the big raffle will be available.

Meetings

Newfield Selectmen will meet on Sept. 7 at the West Newfield Town Hall at 23 So. Effingham Road at 6 p.m.

The first meeting of the ATV Club will be held on Sept. 8 at the West Newfield Town Hall at 23 So. Effingham Road at 6:30 -8 p.m.

HORSEMEN'S DAY

(Continued from page 1)

There will be 8 races, with 3-4 horses in each race. There will be a pail out for each race, one pail for each horse. "We'll sell tickets, and people can put their tickets in the pail of the horse they want to bet on," Perkins explained. At the end of the race, a name will be drawn from the winning pail. There will be a raffle after each race for Gift certificates and items donated by local businesses, and a 50/50 raffle. They will also be selling T-shirts. The Cornish Fire Department will sell hotdogs, hamburgers and drinks. And that's not all! Local ferrier, Ernest Lowell will be on hand for a shoeing demonstration.

Bring a lawn chair, or sit in the grandstand, which can hold 1,000 spectators. Check out the cement underground subway, or underpass, the first of its kind that goes under the race track, allowing

spectators to cross from one side to the other. Don't forget to check out the Judges' stand — it is one of the last surviving examples of this type of structure still standing today. You'll also find the only museum in the state dedicated to harness racing! "Scarborough Downs gave us all their memorabilia when they closed," Perkins reported. Perkins hopes to be able to display more artifacts from both the Scarborough Downs and the Rochester Fair Museum collection in the future.

This event is a fundraiser to support and restore the Cornish Fairgrounds and the track, and is sponsored by the Cornish Fairgrounds Advisory Board to support and restore the Fairgrounds and the track. The town bought the Fairgrounds in 1995, and about 3 years ago, resurfaced the track.

The entry fee is \$3. Come and enjoy this piece of history in our neck of the woods. "It's just fun to watch people have fun," said Perkins.

Read online at:
www.waterbororeporter.com

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**TOWN OF SHAPLEIGH
HELP WANTED**

The Town of Shapleigh is seeking to fill the following positions:

HANDYMAN to do odd jobs for the town on as needed basis. Light carpentry, painting, miscellaneous repairs, installing and removing AC units, etc. This position would be perfect for someone who is retired.

TRANSFER STATION - Part-time position
The town is accepting applications for an On-Site Transfer Station Disposal Fee Attendant. Candidates must also be prepared to work in a physically demanding environment that may include heavy lifting (50 lbs +/-), under all weather conditions. Must have a great attitude and basic math skills, etc.

Anyone interested in either position may go to www.shapleigh.net and click on the Town Administrator page to download the application.

DEADLINE FOR APPLICATIONS IS FRIDAY, SEPT. 17, 2021 BY 4:00 PM.

Applications can be mailed or emailed to: Town Administrator, PO Box 26, Shapleigh, ME 04076-0026; administrator@shapleigh.net.

FMI PLEASE CALL THE TOWN ADMINISTRATOR AT 636-2843 EXT. 401

Spectrum is still hiring!

We are looking for customer service representatives for our Spectrum Mobile department!

Start Dates: Sept. 14 & Oct. 5

PAID TRAINING:

5 weeks, Tuesday-Saturday 11 a.m.-7:30 p.m.

STARTING PAY:

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Obituaries

Mary Elizabeth Blaisdell
Mary Elizabeth Blaisdell, age 87, passed away on Aug. 19, 2021.

She was born in Scarborough on Sept. 7, 1933, a daughter of the late John and Olive (Libby) Gochie.

She attended the Nonesuch School in Saco and graduated from Thornton Academy.

Over the years, she was employed at the John Roberts Factory in Biddeford, Sylvania, Foxy's Den in Buxton, and cleaned cabins in Saco and Pine Point.

Mary enjoyed snowmobiling,

church functions and luncheons at the Buxton Center Baptist Church, crafts, knitting and music.

She was a member of the Sokokis Riders Snowmobile Club and the Pine Crafters Camping Club.

She is predeceased by her husband Leon Blaisdell; and her son-Urban L. Blaisdell.

Mary is lovingly survived by her daughter Deborah Lufkin of FL; sisters Olive Collomy of Buxton and Sally Chase and her partner Dewey Thompson of Scarborough; and several grandchildren and great grandchildren.

A graveside service was held on Aug. 25 at the South Buxton (Tory Hill) Cemetery in the Woodman (new) section.

Arrangements have been entrusted to Chad E. Poitras Cremation and Funeral Service, Buxton.

Online condolences can be submitted at www.mainefuneral.com.



Mary Elizabeth Blaisdell

Barbara Joan Parker Almquist Seckar

Barbara Joan Parker Almquist Seckar, born Aug. 20, 1933, passed away peacefully at home in Acton on Aug. 22, 2021 with family by her side.



Barbara Joan Parker Almquist Seckar

After graduating from Lynn High School Barbara began her career working with various volunteer groups.

Barbara married Robert Charles Seckar in 1971 and joined him in his Greenhouse and flower business, Steves's Greenhouses until they sold the business and moved to Mashpee MA in 1985. In 1996 they moved to Maine, settling in Acton.

In 2004 Barbara worked with the original Mary Grant Nature Preserve Committee in Acton to transform an old farmstead into a town park with walking trails, picnic area and meeting place. Community picnics, Art in the park, guest speakers, musicians and the Annual pumpkin carving are just some of the events hosted by the preserve. Barbara loved gardening, crafts, spending time with her grandchildren, great grandchildren and her Annual Lobster Cookout.

Barbara is survived by her husband, Robert C. Seckar, 6 children, Patricia Zarba, Susan Newsom, Jeffrey Almquist, David Almquist, Philip Almquist, Mary Terri, 18 grandchildren, and 15 great grandchildren. She is predeceased by son Peter Seckar and infant daughter Barbara Seckar.

A private memorial service will be held at a later date.

Donations in Barbara's name can be made to the Mary Grant Nature Preserve via the Acton Town Hall, 35 H Road, Acton ME 04001

Barbara's body was donated to the University of New England.

TOWN OF HOLLIS NOTICE

The Hollis Planning Board will be holding a public hearing **Wednesday, September 8, 2021 at 7:00 PM** at the HollisCommunity Building to review proposed Remote Participation Policy.

This meeting is open to the public. Comments may be submitted prior to the meeting by writing to: Planning Board, Town of Hollis, 34 Town Farm Road, Hollis ME 04042, or by email to: planningboard@hollismaine.org.

Paul Mattor, Chairman
Hollis Planning Board, August 25, 2021

TOWN OF HOLLIS PUBLIC NOTICE

THE HOLLIS SELECT BOARD IS HOLDING A PUBLIC HEARING

WEDNESDAY, SEPT. 15, 2021, 7:00PM

HOLLIS COMMUNITY BUILDING
35 TOWN FARM ROAD, HOLLIS, ME

regarding Warrant Articles for a Special Town Meeting to be held on September 29, 2021 at 7:15pm. There will also be a Public Hearing to review the MMA General Assistance Ordinance dated 2021 and MMA General Assistance Model Ordinance Appendices Maximums (A-F and H) for the year October 1, 2021- September 30, 2022.

Copies of these appendices are available from the Town Clerk. Public is welcome to attend. To participate in the meeting via Zoom, please visit www.hollismaine.org.

Posted by the Hollis Select Board

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Thank you for reading the Reporter!

Healthy Living for ME recognizes September as Pain Awareness Month

Healthy Living for ME is a Resource for Mainers Dealing with Persistent Pain & Related Conditions

Since 2001, the impact of pain on the nation's wellness has been marked by Pain Awareness Month each September. According to a 2019 study by the CDC, one-fifth of American adults live with chronic pain. It also found that the percentage of adults with chronic pain and high-impact chronic pain increased as place of residence be-

came more rural. Additionally, the National Institute on Drug Abuse reports that about 10% of people using an opioid for chronic pain develop an opioid use disorder.

"As we mark the 2021 Pain Awareness Month, we encourage Mainers to use Healthy Living for ME's free and low-cost resources to help them manage their ongoing pain and related conditions. Our workshops and other resources treat the whole person, so the people we serve are able to create healthy habits and improve their overall wellness, both physical-

ly and emotionally," said Kristin Overton, Chief Strategy Officer of Healthy Living for ME.

Participants have reported positive results from Healthy Living for Maine's chronic pain workshops, noting that the workshops have helped them to return to favorite hobbies and activities, to gain confidence in managing their persistent pain, and to improve in self-advocacy.

Persistent pain conditions may include, but are not limited to, arthritis, back pain, headaches, postsurgical pain, or fibromyalgia.

Topics covered during Healthy Living for ME's chronic pain workshops include techniques to deal with frustration, fatigue, isolation, and poor sleep; exercise; nutrition; communicating with family, friends, and health professionals; and the appropriate use of medications.

Healthy Living for ME offers free and low-cost workshops virtually, over the phone, and in-person to adults of all ages. Workshops offered include those that directly address chronic/ongoing pain, as well as others to manage overall chronic/ongoing conditions such as high blood pressure, heart disease, or diabetes; falls prevention programs; caregiver support; and others. A listing of upcoming workshops - including several scheduled to start in September - is available at www.healthylivingforme.org. People who would like to participate virtually but do not have the tech-

nology to do so may be eligible to borrow an iPad from Healthy Living for ME.

Healthy Living for ME also welcomes referrals from healthcare providers. Our evidence-based programming can help patients manage and prevent conditions before they become more serious or result in emergency situations.

To register or to learn more about workshops and other resources available from Healthy Living for ME, email info@healthylivingforme.org, or call 1-800-620-6036, or visit www.healthylivingforme.org.

Healthy Living for ME is a statewide network of local organizations, health systems and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.

FALL CLASSES

Check out some of our Fall course offerings!

Much more is available online! Sign up today!

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 Become a Lifelong Learner!
 College and Career Advising
 Accuplacer Testing
 World of Work Inventory

ONLINE CLASSES:
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 Bookkeeping Certificate - starts Sept. 7
 Digital Marketing Suite - starts Sept. 15

ENRICHMENT CLASSES:
 Preparing Your Estate - Sept. 14
 History of Maine - starts Sept. 21
 Japanese Language and Culture - starts Sept. 23

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