

Theatre

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Fourth of July parade, and one from Aug. 8 through 12 that will feature two different dance styles each day. And for visual arts, Between Friends offers an “art of the self-portrait” camp from July 25-29, and a digital photography camp from Aug. 15-19. All camps cost \$100, except for the theater camp, which costs \$225.

Marceron, who estimates she works anywhere from 60 to 80 hours per week running the center, admits that it is a constant struggle to keep it going — they aren’t raking in money doing what they do, but they have managed to build a sustainable business model over the years, while keeping tuition affordable for families of all income levels.

“All the pieces work together — the camps, the classes, the gift shop, theater rentals — so we can keep going,” she said. “We also have so many talented folks that come in and teach classes... we have former students direct shows. It’s been so great to watch our students grow and evolve and turn into talented young adults.”

The theater itself — with a capacity of 125, a large stage and dance floor, a full backstage area and a small bar serving snacks, beer, wine and soda — has been rented regularly over the years by bands and performers from all over the area. They include The Focus Group improv troupe, Winterport bluegrass band Nevah, the 13-piece Skyliners Big Band, sketch comedy group Her Majesty’s Cabaret, and the Foxcroft Academy Alumni Jazz Band. The new rehearsal space at 72 Center St. is also now available to rent, offering a large, open space with lots of sunshine and room to move.

For more information on the Next Generation Theatre at the Between Friends Arts Center, visit the website at nextgenerationtheatre.com, or like them on Facebook.

Bangor sophomore a delegate to Congress of Future Medical Leaders

Savannah Beck of Bangor, a sophomore at Bangor High School, is a delegate to the Congress of Future Medical Leaders in Lowell, Massachusetts, on June 25-27.

The Congress is an honors-only program for high school students who want to become physicians or go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country who aspire to be physicians or medical scientists, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

Savannah Beck was nominated by Dr. Robert Darling, the medical director of the National Academy of Future Physicians and Medical Scientists to represent Bangor High School, based on her academic achievement, leadership potential and determination to serve humanity in the field of medicine.

During the three-day Congress, Savannah Beck will join students from across the country and hear Nobel Laureates and National Medal of Science Winners talk about leading medical research; be given advice from Ivy League and top medical school deans on what to expect in medical school; witness stories told by patients who are living medical miracles; be inspired by fellow teen medical science prodigies; and learn about cutting-edge advances and the future in medicine and medical technology.

“This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially,” said Richard Rossi, Executive Director, National Academy of Future Physicians and Medical Scientists, in a press release. “Focused, bright and determined students like Savannah Beck are our future and she deserves all the mentoring and guidance we can give her.”

The Academy offers free services and programs to students who want to be physicians or go into medical science.

14 new boat docks planned for Bangor Waterfront



BDN FILE

People try to catch some of the Dave Matthews Band concert June 8 while in their boats on the Penobscot River in Bangor.

BY NOK-NOI RICKER
BDN STAFF

BANGOR, Maine — City leaders want to attract more people to the area via the Penobscot River and are planning to apply for a federal permit to add 14 new boat docks along the waterfront.

“The floats will provide space for 28 boats,” John

Theriahult, Bangor city engineer, said in a Wednesday email. “I anticipate that the floats will be about 25 [feet] long and somewhere in the range of 6 to 10 feet wide. However, this project is still in the very early stages of design.”

Sea Dog Brewing Co. manager Bert Follero said people enjoy the docks that are currently avail-

able just outside his restaurant’s back door and thinks more would attract even more boaters.

“I hear it all the time, ‘I wish there were more docks to dock to,’” Follero said.

The demand for slip space rises when the weather warms and Waterfront Concerts begin, he said.

“There were four or five people who had boats and were able to go the concert last night,” the Sea Dog manager said. “I noticed last night that the docks were full. They’re also full on weekends.”

The required U.S. Army Corps of Engineers application to modify the designated federal navigational channel to allow for the boat docks to be installed on the Bangor side of the river should be filed in the next couple of weeks, Theriahult said.

The application asks the Army Corps to designate a portion of the Penobscot River as a federal anchorage, he said.

“This portion includes the section of the river beginning approximately 1,200 feet south of the Joshua Chamberlain Bridge and will extend northerly to the Kenduskeag Stream,” The-

riault said in the email.

The city engineer and Tracy Willette, Bangor’s director of parks and recreation, went before the Brewer City Council on Tuesday to explain Bangor’s plans because the Brewer panel was considering an order in support of the project, which they unanimously approved.

“There is a lot of space out there. There is 250 feet,” Theriahult told the Brewer councilors.

Brewer Mayor Bev Uhlenhake described the proposed change as a minor modification to the current boat travel channel, which is “expected to attract new revenues” to the area.

Bangor and Brewer share the harbor.

The project is designed to increase docking space, especially during Waterfront events, as well as the possibility of increased seasonal rental space, Willette said in a Thursday email.

“Our seasonal dock space and short-term docks have waiting lists,” he said. “I can’t recall an exact number of years this has been discussed. This concept has been talked about for some time. Our plan would be to treat the dock-

ing space like we do our other docks, in that they would be available to rent for the general public as space was available.”

Dock reservations for Bangor Landing were put online in 2012 as a way for pleasure craft and coastal cruise vessels to reserve rental space ahead of time for things such as Waterfront Concerts and other events, Willette said at the time. Boaters just need to visit Bangor’s website to fill out a harbor reservation.

“Bangor Landing offers two public docks,” the city’s website states. “Water and power are available, as are pump-out services. Our docks can handle private vessels of virtually all sizes, although larger vessels should contact us in advance of arrival.”

The Bangor-Brewer harbor is open throughout the freshwater boating season.

“We have people, especially during concerts, that step right off the dock and come in and eat,” Follero said of his Sea Dog customers. “It just increases our business. I’m sure if they had more slips there would be more people on the water taking advantage.”

Public invited to Bangor watershed planning meeting

The City of Bangor invites interested residents and businesses to attend a watershed planning meeting for Arctic Brook at the City Council Chambers at 73 Harlow Street from 5:30 - 6:30 pm on Thursday, June 23, 2016. The purpose of the meeting is to provide information to watershed stakeholders about scheduled stream and watershed field studies, and to answer any questions about the watershed planning project. FB Environmental Associates will lead the workshop. Arctic Brook is located within Bangor city limits. The stream begins in a forested wetland above Grandview Avenue; it then flows south from Grandview Avenue, under the Broadway Shopping Center, under Route 15 (Broadway) and Interstate 95, and into Kenduskeag Stream just below Valley Avenue, a distance of 1.4 miles.

The Arctic Brook watershed covers 1.2 square miles (768 acres) consisting of a mix of forest, medium and high-density residential development and commercially developed areas including the Broadway Shopping Center, Bangor High School, a City recreational forest (Prentiss Woods), the City nursery, several churches, and two private schools. The water quality of Arctic Brook has been assessed by the Maine Department of Environmental Protection (DEP), and determined not to meet state water quality standards for aquatic life use. The stream was consequently listed on the State’s 303(d) list of impaired waters in 2002.

Interested parties, including residents and businesses are encouraged to attend the workshop. A follow-up meeting is planned for October 2016 to get feedback on priorities for improving the water quality

of Arctic Brook over the next 5 to 10 years. For additional information or inquiries, please contact the City of Bangor’s Stormwater Utility Technician, Richard May at (207) 992-4243 or by email: richard.may@bangormaine.gov.

Funding for this project, in part, was provided by the U.S. Environmental Protection Agency (EPA) under Section 604b of the Clean Water Act. The funding is administered by the Maine Department of Environmental Protection (DEP) in partnership with EPA. Project partners include the City of Bangor, Maine DEP, Maine Department of Transportation, Bangor High School, Bangor Land Trust, the Bangor Area Stormwater Group, the Broadway Shopping Center. Technical consultants include FB Environmental Associates, Ecological Instincts, Field Geology Services, and Stillwater Environmental Engineering Inc. Additional information about Arctic Brook including a watershed map can be found on the city’s website at bangormaine.gov/content/2037/1885/1905/default.aspx

Homeless shelter kicks off food donation campaign

On Tuesday, June 14, Bangor Area Homeless Shelter held kick-off for their healthy food donation campaign. Community members and local organizations are encouraged to visit the Homeless Shelter to drop-off donations of healthy food items. In May, Bangor Area Homeless Shelter was awarded a mini-grant for increasing the nutrition of food available at their pantry and educating pantry patrons about making nutritious choices. The funding for this mini-grant comes from the Sodium Reduction in

Communities Program, a CDC-funded project through the City of Bangor’s Public Health department.

“By partnering with food pantries throughout Penobscot County, we are working to improve the nutritional status of the region. We know that nutrition provides a foundation for health and the only way we are going to improve health outcomes for the most at risk populations is by offering them nutritious food options,” said Andrea LaFlamme, Program Coordinator for Sodium Reduction in Communities at Bangor Public Health.

Bangor Area Homeless Shelter estimates that it provides 42,000 meals per year to residents and distributes bags of food to about 120 struggling families each month. Typically, the food pantry stocks its shelves with food from Good Shepherd Food Bank and community donations. Good Shepherd Food Bank has been using Feeding America’s Foods to Encourage Guidelines to ensure that the food they provide to pantries meets certain nutritional requirements.

With an increase in nutritious food coming from Good Shepherd Food Bank, Paul Hammond, Program Manager at Bangor Area Homeless Shelter, hopes to encourage the community to give nutritiously, also.

“The food pantry at Bangor Area Homeless Shelter relies on donations to help keep its shelves stocked with food. We hope that the folks will show their support with a donation of healthy, shelf-stable food,” said Hammond.

Donations can be dropped off anytime during the day, Monday through Friday at the Bangor Area Homeless Shelter.

Suggestions for nutritious donations include:

- Low-sodium soups and sauces

- Dried fruit
- Whole grain cereals
- Fruit canned in fruit juice
- Unsalted nuts and seeds
- Whole wheat pasta
- Low-sodium canned beans and other vegetables

Orono Historical hosting annual Tasting Bee

The 2016 annual Tasting Bee, sponsored by Orono Historical Society, will be held 5-6:30 p.m. Monday, June 27, at Asa C. Adams School gymnasium, 6 Goodridge Road.

The event will feature food samples from local restaurants and free drawings for many door prizes donated by local businesses. Tickets are \$10 for adults, \$5 for youths ages 6-12, and free for children under 6, and are available at The Store/Ampersand, Orono Pharmacy, at the door or from Historical Society members. Ticket sales will be limited.

The free drawing of door prizes at 6:30 p.m. includes a handmade Bee quilt.

This time-honored annual spring community event dates back to the late 1970s. It began under the direction of Marlene Doucette to raise funds for materials for the newly established Orono Rescue Squad.

In its early years the Bee was held at Penobscot Valley Country Club. Later, with a change in venue to the Asa Adams School, it became an annual fundraiser for Orono Historical Society.

UMaine Cooperative Extension publications available to public

University of Maine Cooperative Extension publishes information to help find, grow, use and store in-season fruits and vegetables in Maine. Visit extension.umaine.edu to order or download publications to fit the season, including June favorites: Bulletin 4047 “Let’s Preserve Strawberries,” Bulletin 4039 “Let’s Preserve Jams, Jellies and Spreads,” Bulletin 4380 “Canning and Freezing Quick Guides” and Bulletin 4256 “Vegetables and Fruits for Health: Peas.”

Freezing fruits and vegetables in season and making low-sugar jams and jellies are simple, effective ways to increase access to a year-round supply of local foods, cut back on sugar and reduce food expenses.

UMaine Extension educator Kathy Savoie recommends getting up-to-date information on the best methods, canners, jars and seals to use to ensure a safe result before preserving food. Recommendations are available from local UMaine Extension offices and at extension.umaine.edu/food-health, including upcoming food preservation workshops and how-to videos. For information, call 581-3188 or 800-28-0274 in Maine.

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