

Organizational Zen program at Orono Library

ORONO — Organizational Zen with Janie Downey Maxwell will kick off Orono Public Library's fall programs 1-2:30 p.m. Wednesday, Sept. 14, at the library, 39 Pine St. Downey will share tips and tricks on how to keep control of time and get more accomplished each day. She is an organizational habits expert in big projects, everyday tasks and other areas. To make a reservation to attend the event, RSVP by calling the library at 866-5060.

Literacy Volunteers tutors extend services

BANGOR and ELLSWORTH — An estimated 20 percent of the local population lacks the literacy skills needed to get better jobs, help their children with homework and participate fully in community, according to Literacy Volunteers of Bangor. Literacy Volunteers of Bangor provides free, one-on-one trained tutors to adults who request them. Tutors provide literacy, English language instruction and high school equivalency preparation. Community volunteers are needed to meet the demand for these services. This year for the first time, the volunteer opportunity is extended to Hancock County. Volunteers also are needed in the Bangor area.

A new tutor training course starts Tuesday, Sept. 27. Adults who are curious are encouraged to sign up for the first session, Introduction to Literacy. It will help them decide whether the volunteer opportunity is right for them. The training that follows includes four evening sessions in either Basic Literacy or English Language Literacy.

Interested volunteers from Hancock County will serve local students through Ellsworth Adult Education after receiving the training through Literacy Volunteers in Bangor.

"For years, we've received calls from interested volunteers from Hancock County who want to serve their communities as tutors," explained Mary Marin Lyon, executive director, Literacy Volunteers.

"Through our partnership with Ellsworth Adult Education, we will be able to identify, match and support trained volunteers with students, and that's exciting."

The fall tutor training will begin 6-8 p.m. Tuesday, Sept. 27, at Eastern Maine Community College. Four additional evening classes, 5:30-8:30 p.m. will follow. A contribution of \$35 helps defray the costs of the textbook and materials. Scholarships are available.

For information on the training and schedule, visit lvbangor.org/volunteer or call Literacy Volunteers at 947-8451.

You are invited to meet student Ana Guzman, Wednesday, September 14, 10 a.m.-11 a.m. at Las Palapas Mexican Restaurant, Bangor. Ana Guzman, a young mom, came to Bangor with little English. She was eager to interact better with customers at the family restaurant, with her children's teachers, and just to conduct the business of everyday life effectively. With her tutor's help, she has become fluent in just over a year. Now she sends employees with difficulty speaking and understanding English to Literacy Volunteers.

Brewer Robotics seeks vendors for annual fair

BREWER — The Brewer High School Robotic Team Orange Chaos will host its fourth annual craft fair 9 a.m.-3 p.m. Saturday, Oct. 29, at the high school cafeteria, 79 Parkway South. Crafters and vendors are needed to take part in the event. The team will provide the space and table at a cost of \$25 or bring your own table, \$20. Robots will be demonstrated at the event. For information or to reserve a table or space, call Tracy H. at 992-6571.

Soil and Water Conservation District seeks nominees

BANGOR — Those who wish to run for the office of district supervisor for the Penobscot County Soil and Water Conservation District, may contact the district office at 1423 Broadway, Suite 2, by calling 947-3555, ext. 3, to obtain nomination papers. Nomination papers must be received by the district office no later than Friday, Sept. 30. Those who wish to vote in

the election of district supervisors must contact the district in order to receive a ballot.

Those who wish to run for the office of district supervisor must be resident registered voters residing within the boundaries of the Penobscot County Soil and Water Conservation District. All registered voters within the boundaries of the Penobscot County Soil and Water Conservation District are eligible to vote. Additional information may be obtained by contacting the district.

Ostomy Support Group

BANGOR — St. Joseph Healthcare sponsors a free support group for ostomy patients and their families and caregivers. The group's next meeting will be Tuesday, September 13, 2016 from 3 to 5 p.m. in the Felician Conference Room, second floor at St. Joseph Hospital.

Group members share and learn about ostomy issues with guest experts and with one another. Guest expert at the July meeting will be Elizabeth Rodgers from Hollister.

Light refreshments will be served. For more information, contact Rose Cyr at 907-1550 or rosanne.cyr@sjh-health.com.

Yard sale to benefit Safe Place Food Pantry

CORINTH — Safe Place Food Pantry will hold its fall September Savings yard sale 5-7 p.m. Thursday, Sept. 15, and 8 a.m.-1 p.m. Friday, Sept. 16, at the food pantry, 332 Main St.

There will be a wide range of items, from cleaning to cooking to pet foods to paper products.

All proceeds will go toward maintaining and improving the pantry building and to serving the community. The pantry feeds approximately 800 families a month.

'Pages and Pints' a 'Let's Talk About It' book group

ORONO — Maine Humanities Council has selected Orono Public Library to offer "Let's Talk About It", a free reading and discussion group with copies of books available through the library. This pro-

gram is provided by the Maine Humanities Council's Maine Center for the Book in cooperation with the Maine State Library.

The "Pages and Pints Book Group" will meet with discussion leader Annaliese Jakimides at 6 p.m. the first Tuesday each month beginning Tuesday, Oct. 4, at Black Bear Tap Room, 19 Mill St., to discuss books in the series "Growing Up Between Cultures". The group will meet through Feb. 7, 2017.

Books to be read and discussed in this series include:

"Don't Let's Go to the Dogs Tonight: An African Childhood" by A. Fuller

"The Names: A Memoir" by N. Scott Momaday

"Lost in Translation: A Life in a New Language" by E. Hoffman

"Anna In-Between" by E. Nunez

"Accidental Asian: Notes of a Native Speaker" by E. Liu

A scholar provided by the Maine Humanities Council will facilitate the discussions.

Books for the program are available for loan at the library. Call the library at 866-5060 to register and come in to pick up the first book of the series.

For information about "Let's Talk About It" and the work of the Maine Humanities Council, see www.maine-humanities.org or call the office in Portland at 773-5051.

Maintaining Your Horse Pastures

ORONO — Maintaining Your Horse Pastures is a half-day seminar for horse owners and caretakers to learn about pasture management and sacrifice areas on Saturday, September 17 at 9 am at the J. F. Witter Teaching and Research Center, University of Maine in Orono.

Topics include improving the nutritional quality of horse pastures, innovative grazing strategies, weed control, managing heavy use areas, preventing soil erosion, and preventing water pollution. Speakers will include University faculty from the Northeast United States with active programs in equine pasture management. The seminar is free but a \$5 donation per person is suggested.

This seminar is sponsored by the J. F. Witter Teaching and Research Center, University of Maine and the University of Maine Cooperative Extension.

For more information: Contact Melissa Libby, 134 Hitchner Hall, UMaine Extension, Orono, ME 04469-5735, 207-581-2788 in Maine 1-800-287-7170 or Melissa.Libby1@maine.edu or Robert Causey 207-922-7475 or email rcausey@maine.edu or the website: <https://extension.umaine.edu/livestock/equine/horse-pasture/>

HOEM offers hospice training program

BANGOR — Hospice of Eastern Maine (HOEM) will be holding its 2016 volunteer training course on six consecutive Mondays, October 10th - November 14th, 12:30 - 4:30 p.m., at the EMMC Healthcare Mall, 885 Union St., Bangor. HOEM invites caring men and women who feel called to help neighbors who are terminally ill to apply for a spot in this fall's class.

HOEM volunteers are compassionate people of all ages and backgrounds who share their time and friendship with people who have a limited life expectancy and their caregivers. HOEM volunteers live in a 25-mile radius of Bangor and generally provide 2-4 hours of service per week when assigned to a patient. New volunteers are especially needed in some of the outlying areas around Bangor, such as Etna, Dixmont, Stetson, Levant, Kenduskeag, Corinth, Hudson, and Orrington. Volunteers serve both HOEM and Community Health and Counseling Services Hospice patients and are members of an interdisciplinary team that plans and delivers patient care.

Hospice is holistic care that focuses on the physical, emotional, social, and spiritual needs of patients and their family caregivers. Trained professionals provide the physical, psych-social, and spiritual aspects of care while hospice volunteers offer comfort care, such as, attentive listening, talking, playing games, reading, writing letters, recording memoirs, preparing a meal, or driving to appointments. Vol-

unteers are generally assigned to serve only one patient and family at a time.

Our comprehensive training course will help participants understand the dynamics of end-of-life and prepare them to effectively provide companionship, emotional support, respite, and bereavement support for hospice patients and their families.

Hospice of Eastern Maine is Bangor's oldest hospice and has been meeting the end-of-life needs in local communities since 1981. HOEM is a program of Bangor Area Visiting Nurses and part of VNA Home Health Hospice.

For more information about becoming a patient care volunteer or to learn about other volunteer opportunities with Hospice of Eastern Maine, please call Wayne Melanson, Volunteer Coordinator at 973-8269 or e-mail wmelanson@emhs.org. Aspiring patient care volunteers must complete an application and interview prior to October 7th. Class size is limited to 12.

Fall Field Day at Rogers Farm Garden

OLD TOWN — University of Maine Cooperative Extension Master Gardener Volunteers will celebrate the growing season with a field day from 10 a.m.-2 p.m. Saturday, Sept. 10 at Rogers Farm Demonstration Garden, 914 Bennoch Road, Old Town.

The field day will feature workshops, activities, live bluegrass music and homemade food. Workshop topics include growing garlic, dividing peonies and identifying toxic plants in the landscape. There will be a demonstration beehive, door prizes and children's activities, including face painting and a garden scavenger hunt.

Staff from the UMaine Extension pest management office, the state toxicologist and local garden group representatives are scheduled to attend.

The event is free and open to the public, and will be held rain or shine. No registration is required. For more information or to request a disability accommodation, contact Jonathan Foster at james.j.foster@maine.edu or Kate Garland at katherine.garland@maine.edu, 207.942.7396.

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SUNDAY
SEPTEMBER 25TH
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New this year

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- Dress up as your favorite Super Hero (or not)!
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