

### Turkey Bowl flag football tournament set for Old Town

The Old Town Recreation Center announced last week they will be hosting their first-ever Turkey Bowl. This double elimination adult flag football tournament will take place Sunday, Nov. 1. All proceeds from the event will benefit the youth programs offered by the Old Town Recreation Center.

The tournament will feature 6 on 6 play, with a maximum of 8 players per team. The entry fee for the tournament is \$60 per team (team of 6 \$10 per player). For more information on the tournament or to enter a team please visit [www.oldtownrec.com](http://www.oldtownrec.com) or email [amahaney@old-town.org](mailto:amahaney@old-town.org).

### Zumbathon to benefit Spruce Run set for UMaine

A Zumbathon will take place from 7 to 9 p.m. Friday, Oct. 30, at the University of Maine New Balance Student Recreation Center, 22 Hilltop Road, in Orono. Proceeds from the event will go to benefit Spruce Run-Womancare Alliance, a facility that provides information and support to people of all ages affected by abuse and domestic violence throughout Penobscot and Piscataquis counties. The event will feature ten Bangor Zumba instructors. Door prizes will be awarded. Admission is \$8 in advance, \$5 UMaine students in advance or \$10 at the door. A photo ID is required to participate. Those 14 and up may participate without an ID if they are accompanied by an adult age 18 with an ID. To register in advance, call 581-1082.

### Red Cross to go door-to-door in Brewer for fire safety

The Red Cross will go door-to-door in Brewer, speaking with residents about fire safety, emergency escape plans, and the importance of working smoke alarms. If a home needs smoke alarms, the Red Cross will install battery-operated models free of charge.

In Brewer, teams will be in training 8-10 a.m. Saturday, Oct. 17, at Brewer Fire Station, 151 Parkway South; followed by canvassing neighborhoods in South Brewer,

past the Joshua Chamberlain Bridge, beginning at 10 a.m.

The event is part of a national Fire Preparedness Campaign that launched last fall. The goal of the five-year initiative is to reduce the number of deaths and injuries from fire by 25 percent nationally.

"When fire breaks out, you only have about two minutes to escape a burning home," says Danielle Hardre, disaster program manager at the American Red Cross, in a Red Cross press release. "Working smoke alarms and an escape plan help ensure your family is able to get out quickly and safely."

To volunteer for either event or to request a home visit, go to [MaineRedCross.org](http://MaineRedCross.org).

### American Cancer Society GLOW 5K set for Brewer

The American Cancer Society will bring a unique and fun event to the Bangor area -- the GLOW 5K to light up the night in honor of cancer survivors -- to raise awareness about reducing cancer risk, and raise money to help the American Cancer Society fight the disease. The event is set for 5 p.m. Friday, Oct. 23 at Results Physical Therapy at 797 Wilson St. in Brewer.

This family-friendly event invites participants of all ages to run or walk in their best "glow gear" along a specific route in Brewer. Everyone is encouraged to bring their own glow sticks, LEDs, glow paint on your clothing, and anything else that lights up in your imagination.

Held in the evening, the Glow walk/run offers fun for everyone, whether they are a serious competitor or a group of friends looking to get active and enjoy an evening together. Registration begins at 5 p.m., and the walk/run begins at 7 p.m. Participants may sign up as individuals or as part of a team.

To learn more about the event, to sign up, and to view the walk route, visit [ACSGlow5K.org](http://ACSGlow5K.org), or contact Mike Hart at 207-989-0332 or [Mike.Hart@caner.org](mailto:Mike.Hart@caner.org).

### Maine SBDC names Ann McAlhany as 2015 State Star

The Maine Small Business Development Centers (Maine SBDC) has selected Ann McAlhany

as the 2015 State Star. The award, given annually, recognizes a member of the Maine SBDC staff that has shown exemplary performance and a strong commitment to small business success.

"Ann is an incredible asset to our program and role model among her peers. She is well connected within the small business community and works closely with our partners to ensure the success of her clients," said Maine SBDC State Director, Mark Delisle.

McAlhany is a certified business advisor at the Maine SBDC at CEI in the Bangor. She works with entrepreneurs and small businesses in Penobscot County to start and grow their businesses. In the nine years that McAlhany has been with the Maine SBDC, she has spent 9,649 hours advising 909 clients. She's helped to start 57 businesses, create/retain 296 jobs, and generate almost \$17 million in capital. In addition, McAlhany works closely with related small business programs such as Maine Center for Entrepreneurial Development and Maine Technology Institute.

### Brewer FCU 5k to benefit sick children

Brewer Federal Credit Union has partnered with Ronald McDonald House Charities of Maine for their first ever upcoming 5k race, to benefit sick children of Penobscot County. The race date is 10 a.m. Sunday October 18, and it will begin and end at the Lafayette Cancer Center in Brewer.

Race day registration only; registration will be from 8 to 9:45 a.m. The registration fee is \$20.00.

The course is from the Lafayette Cancer Center down Dirigo Drive to Greenpoint Road. It will turn left onto Greenpoint Road and then turn around at a point just below the Brewer Public Works Garage before ending up back at Lafayette.

The event is open to runners of all levels of ability and to walkers as well.

For information, email Amy Collinsworth at [amy@brewerfcu.org](mailto:amy@brewerfcu.org) or Dave Stanhope at [davidsthanhope@brewerfcu.org](mailto:davidsthanhope@brewerfcu.org)

### Talking Pictures

Picture from the Past — worth a thousand words  
**TheWeekly**

# Bangor cardiac surgeon receives prestigious award from Katahdin Area Council of Boy Scouts

BY DAWN GAGNON OF THE BDN STAFF

A renowned local surgeon who in 1987 performed the first heart surgery in the Queen City was presented the Katahdin Area Council of Boy Scouts' most prestigious award during the council's annual awards dinner Thursday night at the Cross Insurance Center in Bangor.

Dr. Robert Clough was selected for the 2015 Distinguished Citizen Award because he exemplifies what the Boy Scouts stand for -- good citizenship, strength of character and a commitment to helping others, according to Scout officials.

"No one in this room is more surprised or as confounded or as confused by the fact that I am standing before you," Clough said during the awards ceremony.

"I'm impressed by the people who received this award before me, and I am humbled and flattered and honored to be included among them," he later said.

An avid fly fisherman, Clough said he almost didn't make it to Thursday's event. Just two days ago, Clough and his wife, Jo Ann, were out west, fly fishing on a river in Yellowstone National Park.

When they went to the airport in Niagara Falls

to catch an 8 a.m. flight, they learned that their plane actually had departed at 6:50 a.m.

"Having been a Boy Scout, I was able to figure out a way to get us home," he said, drawing chuckles from the audience. "So we rented the smallest car in the world, drove to Salt Lake City, took a plane to Atlanta, took a plane to Portland. [We] got there at midnight last night and drove to Bangor today."

Clough started Bangor's first cardiac surgery program in 1987 at Eastern Maine Medical Center, according to a biography provided by the Scouting council.

He is the lead physician for Cardiothoracic Surgery of Maine, chief of the cardiovascular service at Eastern Maine Medical Center and head of the cardiac surgery section at EMMC. A graduate of Brown University and Tufts University School of Medicine, he has been a physician for 38 years and a practicing thoracic and cardiovascular surgeon for 31 years.

Before he became a physician, Clough was a Life Scout with Troop 18 in Sayre, Pennsylvania, where he grew up.

The annual awards banquet is the Katahdin Area Council's biggest fundraiser. The money it raises funds Scouting programs in Penobscot, Piscataquis, Aroostook,

Washington, Waldo and Hancock counties, including leadership development training and summer camps such as Camp Roosevelt in Eddington.

Honorees are selected each year through a year-long process in which a steering committee generates a short list of candidates and eventually votes the list down to one person, who has shown outstanding, exemplary service in his or her community.

As a recipient of the award, Clough joins an elite group of Maine individuals, which includes Husson College baseball coach John Winkin; Sen. Susan Collins; former Gov. John Baldacci; the late businessman and philanthropist G. Peirce Webber; and Bangor community leaders Nelson and Carla Durgin.



Dr. Robert Clough was selected for the 2015 Distinguished Citizen Award because he exemplifies what the Boy Scouts stand for -- good citizenship, strength of character and a commitment to helping others, according to Scout officials. He was given the award on Thursday, Oct. 1 at the Cross Insurance Center.

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#### Schedule:

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Thursday	October 22 <sup>nd</sup>	10 AM & 2 PM
Thursday	November 5 <sup>th</sup>	10 AM & 2 PM

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