



CONTRIBUTED PHOTO

HOLDEN – Members of the Maine Torchbearer Alpha chapter of Beta Sigma Phi International Sorority visited Camp Capella on Phillips Lake recently. After a tour of the grounds and facilities, sorority members presented a donation of \$1,000 to Camp Capella. Taking part in the event are (from left) Darlene Miles, Jane Cushing, Gloria Smith, Camp Capella Executive Director Dana Mosher, Barbara Goodell and Sandy Page.

support groups

- Spruce Run-Womancare Alliance support groups for women affected by partner abuse. Day and evening groups; child care activities. Spruce Run-Womancare Alliance, 800-863-9909.
- St. Joseph Diabetes and Nutrition Center Diabetes Support Group, 2 p.m. first Wednesday of the month, Willette Conference Center, Building 1, St. Joseph Healthcare Park, 900 Broadway. Meetings facilitated by certified diabetes educator. Group members share tips on diabetes management. Open to all. Free. 907-1187.
- Bangor TOPS 0311, (Take off Pounds Sensibly), 9-10:15 a.m. Fridays, Nason Manor community room, 140 Hancock St. Vicky, 852-9061.

BREWER:

- Bangor Area Recovery Network recovery education and support, 6-7 p.m. Wednesdays, BARN Community Recovery Center,

142 Center St. Free. 561-9444 or bangorrecovery@gmail.com.

- Central Maine Brain Injury and Stroke Support Group, 4-5 p.m. third Mondays, conference room, Brewer Center for Health and Rehabilitation. Open to survivors and caregivers. Patty, 989-7300, ext. 134.

BUCKSPORT:

- Cancer Support Center of Maine support group for cancer patients, 12:30 p.m. first Wednesdays, Bucksport Regional Health Center, 110 Broadway. Bring bag lunch or snack. 469-6383.

HOLDEN:

- Vestibular Support Group for those experiencing dizziness, imbalance, vertigo or ringing in the ears, Brewer Physical Therapy and Spine Clinic, 51 Main Road. 989-4122.

ORRINGTON:

- Al-Anon, 6-7 p.m. Fridays, East Orrington Congregational Church, 38 Johnson Mill Road. 284-1844 or questions@maineafg.org.

High Holy Day services at Beth El in Bangor

BANGOR — Congregation Beth El, Bangor, an egalitarian and welcoming reform synagogue, will celebrate Rosh Hashanah and Yom Kippur. No tickets required.

Beth El's members come from many different backgrounds and all walks of life. It is a welcoming spiritual home for those raised in the Reform tradition, as well as those with more or less traditional backgrounds.

Many members are adults who are reconnecting to their spiritual heritage. A significant proportion of members are intermarried couples, and individuals who have chosen to become Jewish as adults. Non-traditional families and singles are fully embraced as part of the congregation's community.

The sanctuary is handicapped accessible.

Women and men are religiously equal in all respects at Beth El, and worship is gender-sensitive, in keeping with the principles of Reform Judaism. The Jewishness of children of either a Jewish father or mother, who are raised as Jews, is recognized.

High Holy Days schedule:

- Rosh Hashanah service, 7:30 p.m. Sunday, Oct. 2.
 - Rosh Hashanah service, 10 a.m.; Rosh Hashanah family service, 2 p.m.; Tashlich, 3 p.m., Monday, Oct. 3.
 - Shabbat Shuvah service, 7:30 p.m. Friday, Oct. 7.
 - Kol Nidre, 7:30 p.m. Tuesday, Oct. 11.
 - Yom Kippur service, 10 a.m.; Just Jonah discussion, 1 p.m.; Yom Kippur family service, 2 p.m.; healing service 3 p.m.; Yizkor service, 4:30 p.m.; worship/Neilah service, 5 p.m.; break the fast, 6 p.m. Wednesday, Oct. 12.
 - Dinner/Sukkot service, 5:30 p.m. Sunday, Oct. 16.
 - Simchat Torah/Consecration Service, 6:30 p.m. Sunday, Oct. 23.
 - High Holiday children's programs include Rosh Hashanah, 10 a.m. Monday, Oct. 3; and Yom Kippur, 10 a.m. Wednesday, Oct. 12.
- Babysitting will be available.

Hampden club plans mystery trip

HAMPDEN — The Hampden Senior Citizens Club will host a mystery trip on Wednesday, Oct. 19.

The trip will leave at 8:30 a.m. Old Town Elks Club, and at 9 a.m. from old Hampden Academy.

The cost is \$20 plus expenses. For information, call Nancy by Monday, Oct. 10, at 262-8736.

Beginning Blacksmith course starts Oct. 11

ORRINGTON — The Curran Homestead Living History Farm and

Museum, 372 Field's Pond Road, will offer a basic six-week introductory blacksmithing course 6-9 p.m. Tuesdays and Thursdays beginning Tuesday, Oct. 11.

No experience is needed. Participants will have access to the Homestead's forges and tools for practice or projects on Saturday mornings during the six weeks of the course. It is recommended that participants wear leather shoes, cotton or wool clothing (not man-made fibers), bring a pair of work gloves and, if available, safety glasses or goggles, and a 2-pound cross-pein hammer.

In announcing the course, Curran Homestead President Ron Soucy, said Dwight King of Orrington will teach the offering which has been very popular among both men and women throughout the region. King has been passionate about moving metal around with hammer control for more than 12 years. His work runs the gamut of functional, handcrafted items to artistic garden and lawn sculptures, and he's crazy about forging leaves. He has been a frequent volunteer at the Curran Homestead Living History Farm and Museum, as well as Leonard's Mills, and is always willing to communicate knowledge of the craft. King said, "Never stop learning, when you rest, you rust!"

Soucy said, "This is a beginner's course which will introduce the participants to traditional blacksmithing methods using coal fired forges, hand tools and shop equipment. Each participant will go away with knowledge, skills and products of his or her work."

King said the course curriculum will include safety discussions, materials and tools of the trade, fire starting and maintenance, heating the work, hammer blows and hammer control, measuring and marking, tapering to a square point, drawing out metal, forging square to octagonal and round, bending, twisting, forging a basic S-hook, a drive hook, screw-in/nail-in hooks, making a chisel, a punch, a drift, punching holes, flattening and spreading, forging a spoon, simple leaves, nails, rivets, tool handles, door handles, scrolls, preparing for welding, forge welding a ring, butt hinge and riveting as well as working on personal projects.

Cost of the course including materials and supplies is \$395 per participant. Cost includes a copy of the book "The Backyard Blacksmith" by Lorelei Sims. Advance registration is required and is first-come, first-served by cash or check payable to the Curran Homestead, or credit card (Mastercard or Visa only). To register, contact Irv Marsters, Curran Homestead treasurer, at 745-4426 or irv@bangorlettershop.com, or by mail: 99 Washington St., Bangor ME 04401.

Great iPhone meets great network.
iPhone 7 on U.S. Cellular®

Switch now to get 7GB of data per line for only \$49 a month. Plus, a strong signal in the Middle of Anywhere.



Apple iPhone 7

An entirely new camera system. The brightest, most colorful iPhone display ever. The fastest performance and best battery life in an iPhone. Water and splash resistant.* And stereo speakers. Every bit as powerful as it looks—this is iPhone 7.



*iPhone 7 and iPhone 7 Plus are splash, water, and dust resistant and were tested under controlled laboratory conditions with a rating of IP67 under IEC standard 60529. Splash, water, and dust resistance are not permanent conditions, and resistance might decrease as a result of normal wear. Do not attempt to charge a wet iPhone; refer to the user guide for cleaning and drying instructions. Liquid damage not covered under warranty. Things we want you to know: New Line, Retail Installment Contract and Device Protection+ (DP+) required. Credit approval also required. A \$25 Device Activation Fee applies. A Regulatory Cost Recovery Fee (currently \$1.62/line/month) applies; this is not a tax or govt. required charge. Additional fees (including Device Connection Charges), taxes, terms, conditions and coverage areas apply and may vary by plan, service and phone. Offers valid at participating locations only and cannot be combined. See store or uscellular.com for details. Device Protection+: Enrollment in a DP+ Plan is required for this promotion. The minimum monthly price for DP+ is \$8.99 per month per Smartphone. A service fee/deductible per approved claim applies. You may cancel DP+ anytime. Property insurance coverage is underwritten by American Bankers Insurance Company of Florida. The Service Contract Obligor is Federal Warranty Service Corporation in all states, except in CA (Sureway, Inc.) and OK (Assurant Service Protection, Inc.). All these companies operate under the trade name Assurant. Limitations and exclusions apply. For more information, see an associate for a DP+ brochure. Kansas Customers: In areas in which U.S. Cellular receives support from the Federal Universal Service Fund, all reasonable requests for service must be met. Unresolved questions concerning services availability can be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection at 1-800-662-0027. Limited-time offer. Trademarks and trade names are the property of their respective owners. ©2016 U.S. Cellular