

## Bingham Area Health Center celebrates 35 years

Free health screenings and fun children's activities will be available during Bingham Area Health Center's 35th anniversary celebration. Free blood pressure screenings, glucose checks, seasonal flu safety information, dental and nutritional tips for the entire family, as



Sitting left to right, Patient Service Reps Sue Davis and Susan Sherman. Standing, Family Nurse Practitioner Deborah Guilmette, Practice Manager Rochelle Dumont, and LPN Ellen Tewksbury. The staff of Bingham Area Health Center will be celebrating its 35th anniversary, Saturday, September 25. Contributed photo

well as door prizes, give-aways, children's games and much more. As the only health care facility in the Bingham area, the health center has been offering quality, affordable care to residents since 1975. It was the first practice of HealthReach Community Health Centers. The current facility opened its doors in 2002 and now provides care to more than 1,800 area residents each year from many towns in Upper Kennebec Valley. The Bingham site has also provided dental services since 2008.

The health center staff encourages all patients, whether they are new to the health center or have been there since the beginning, to attend the celebration, share stories and meet the folks that make local, affordable health care possible.

### Gubernatorial debate in Fairfield

A gubernatorial debate will be held Wednesday, September 29, at 7 p.m., at the Fairfield Community Center, 61 Water Street. The debate is co-sponsored by Central Maine CATV and Mid-Maine Chamber of Commerce.

The moderator will be Laurie Lachance, president of Maine Development Foundation.

This event is free and open to the public; the community center seats 250 people. The doors will open at 6:15 p.m.

The debate will be taped and aired on Central Maine CATV (Time Warner Ch 7, and Ch 11, in Fairfield only). For more information contact Laura Guite at 453-9895 or email her at laura@centralmainecatv.com.



### SOLON & BEYOND

by Marilyn Rogers & Percy  
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Good morning, dear friends. Don't worry, be happy!

Am always happy when I sit down to write this column and the little red heart that Peter installed after my logo, "Solon and Beyond! From PERCY and me..." appears. As always, Percy and I like to send out important information, and the following report was given to me by Judy Robertson at the town office.

Unused, unwanted, outdated Medication Collection Event is Saturday, October 2, 9 a.m. - noon, at the Skowhegan Recycling Center, 29 Transfer Station Drive, Skowhegan, in conjunction with the Town of Skowhegan's Household Hazardous Waste Collection Day. For more information, call the Skowhegan Recycling Center at 474-6904, Tuesday - Saturday, 8 a.m. to 4 p.m.

The collection is open to all residents of Somerset County. Medicines from residential care facilities and group homes will not be accepted. This is being sponsored by KVCOG, Redington-Fairview General Hospital and Skowhegan Police Department.

Items that will be disposed of are televisions and computers, unwanted medications, oil/alkyd based paints, stains, thinners, paint strippers, solvents (e.g. acetone), varnishes, lacquers, adhesives, rubber cement, waste fuels, (kerosene, gasoline and diesel), engine degreaser, brake fluid, antifreeze, oil-waste oil, hydraulic oil, etc., dry cell batteries, ni-cad Batteries, rechargeable batteries, hearing aids, poisons, insecticides, weed killers, pesticides, moth balls, hobby and

artist supplies, photography chemicals, chemistry sets, nail polish remover, cleaners (oven, ammonia-based), drain openers, spot removers, swimming pool chemicals, aerosol cans (no empty containers), driveway sealers (oil base only), old fire extinguishers (carbon tetrachloride only), compressed gas cylinders. Regarding other items you are not sure about, call Ross Nason at 453-4258, extension 24.

Fees should be paid at your town office, cash only at the event, no checks. Contact: Anson Town Office, 696-3979, Carol Ryan; Canaan, 399-8454, Scott Price; Madison Town Office, 696-3971, Mary Tomlinson 696-3143; Skowhegan Town Office, 474-6904, Randy Gray and Nicole Martin; and Solon Town Office, 643-2541, Sarah Davis.

For pre-registration information, please contact the representative for your community and they will talk to you about the items you want to bring to the collection day to make sure they are acceptable items. You may schedule a time to come to the collection day event, fill out a form for the items you will be bringing, pay the fee (if applicable) and be issued a sticker that will allow you into the collection day event. Provide alternative disposal or recycling options for items that cannot be taken to the collection event.

Solon welcomes new staff members to Solon Elementary School. Mrs. Cindy Luce is the new second grade teacher, as Mrs. Stevens has transferred to fourth grade. Mrs. Luce has taught second grade at Embden School for a number of years. She lives in Solon. Mrs. Maria James is a new Special Ed teacher this year at Solon. Mrs.

James taught at the Solon School in the past, but recently she has taught at the Carrabec Community School. The new assistant teacher in the preschool program is Ms. Melody Rich. Ms. Rich works in the KVCAP Head start program. More on changes at Solon Elementary next week.

Percy's wise words this morning are from Robert Louis Stevenson: "Childhood must pass away, and then youth, as surely as age approaches. The true wisdom is to be always seasonable, and to change with a good grace in changing circumstances. To love playthings well as a child, to lead an adventurous and honorable youth, and to settle when the time arrives, into a green and smiling age, is to be a good artist in life and deserve well of yourself and your neighbour."

I have a little space left, and would like to tell you about a wonderful surprise I had last Friday. Warren Hall stopped into Griswold's and he had some most heart warming old pictures to show me of Flagstaff taken in the late '40s and early '50s. It brought back many memories of times gone by. The ones that thrilled me the most were of Frank and I was holding baby Mark, in the crowd, at that famous last "Old Home Day." There were pictures of Dutchie and Evelyn Levitte in their store and the post office, also in their store. Pictures of burning buildings and fires surrounding us, one of the church, after the stained glass windows had been removed, and then the ones taken after the flooding of houses inundated with water. Happy and sad memories. My many thanks to Warren for thinking of me.

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