Foothills Fest set for August 26

A new summer event that will highlight our area’s artisans, businesses, and musical talent, The Foothills Fest will be held at the Falmouth Pavilights from 6-9 p.m. Saturday, August 26. It will feature music, demonstrations, art, food trucks, a business showcase, and more.

Indoor and outdoor spaces are available at the event for both members and non-members of the Chamber. The event will be held rain or shine. Admission is $10 for adults and children 12 and under are free. The chamber encourages businesses, artisans, non-profit organizations, and exhibitors to contact the office for more information.

For more information, go to www.goinmaine.com
Mt. Blue Pharmacy offers personal attention and care

Good Times Unlimited offers a wide range of RVs and all of the necessary tools and accessories that help make any trip as safe and stress-free as possible. Co-owners and sisters Debbie (pictured) and Jill Davis send customers home with a big gift bag of items that they will find handy to use in their travels in their new home on wheels. 

By VALERIE TUCKER

Preparation can make the difference between a great RV trip and a disaster

“Some campgrounds have pull-through sites, so Rvers don’t have to worry about backing up. Other campgrounds may have guides who can help you, and usually there are experienced campers who are willing to help.”

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Enjoy “All of Maine”

Farmington Motel

“Good customers make a good business.”

MT. BLUE PHARMACY

Pharmacy Technicians Kayla Silver and Paula Smith (left) are part of Mt. Blue Drug's pharmacy. Be sure to give them a call at 778-4680 or 1-800-654-1133 for customer service.

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Moshers' Meats and Seafood has all you need for great meals

“TINNY TCLUD, OWNER, MOSHES MEATS & SEAFOOD

We sell both live and cooked lobsters, because many folks don’t want to bother with all the pots and pans and cleaning up. … You also can get our delicious homemade potato or macaroni and cheese saloald and saloald any day of the week.”

Screwed jocks

Tinney Tclud, owner of Moshers Meats & Seafood on the Farmington Falls Road, said she and her staff cook up to 150 lobsters a day during her busy summer months and “makes a lot of fresh sea- food, cheeses, breads, and custom-made ice of meat, she likes to add in a little bit of fun during the middle of the week.”

“What we’re really proud of is that we can do so much with so little food,” Tinney said. “We’re able to make the most of every single ingredient we have on hand.”

The restaurant, which opened last year in Farmington, is known for its fresh seafood and meat options. The menu includes lobster, shrimp, clams, and other seafood items. The restaurant also offers a variety of meat options, including steaks and chops.

In addition to the food, the restaurant is known for its friendly service and cozy atmosphere. The staff is always ready to help customers with their orders and make recommendations.

The restaurant is open for breakfast, lunch, and dinner, and is located at 100 Main Street in Farmington. For more information, call 207-877-3030 or visit the website at moshersmeatsandseafood.com.

The Stanley Museum, Inc. commemorates and preserves the heritage of Stanley family legacy. The famous “Stanley School” automobile manufactured by Freelan Oscar Stanley and his twin brother, F.E. Stanley, in Watertown, Massachusetts. It bears the name of Watertown, Massachussets, and is located at the corner of Longmeadow and Central streets.

The museum has been in operation since 1981 and is a non-profit educational institution. It is dedicated to the history of the Stanley family and their contributions to the automotive industry.

The museum features a collection of Stanley family automobiles and other artifacts associated with the family. Visitors can view a variety of vintage cars, photographs, and drawings, and learn about the Stanley family’s innovations and accomplishments.

The museum is open year-round and offers guided tours and educational programs for visitors of all ages. It is located at 175 Farmington Road in Farmington, Maine.

For more information, call 207-779-3120 or visit stanleymuseum.org.

“Visitors are then invited inside the car room to see the extensive exhibit on the history of the automobile industry. The Stanley Museum is proud to showcase the most important milestones in the development of the automobile, with a focus on the Stanley family’s contributions.”

Full-time Cardiology Services

If you or a loved one has either a newly diagnosed or chronic heart condition, a comprehensive cardiology specialty care is now available at Franklin Memorial Hospital. Cardiologists affiliated with MaineHealth Cardiology provide the services: Lewis MD, Heinrich Grode, MD, David Font MD, Laura Sullivan, MD, and Amelia Allen, FNP. All specialists in providing comprehensive cardiac care for patients, including:

- Medication management
- Diagnostic testing
- Pacemaker management
- Congestive heart failure treatment
- Lifestyle management and risk assessment

In addition, those who have endured a heart attack or heart surgery can benefit from:

- Lifestyle management and risk assessments
- Blood pressure and cholesterol screening
- Smoking cessation counseling
- Diet and exercise counseling
- Stress management workshops

For more information, contact Dr. Bournon at 207-265-2720 or visit our website at franklinmemorialhospital.org/cardiology.

Order your Lobsters and Crabs for May through August

Meats, Seafood, Grocery Items, Fresh and Frozen, all in one quick call

Call 207-394-3554 or 330 Farmington Falls Road, Farmington www.moshersmeatsandseafood.com

J. WALTER SMITH, CHAIRMAN

LAWRENCE J. SMITH, EXECUTIVE Director's Report

R. K. MCCARTHY, FINANCE Department Report

J. A. ROBERTS, COLLEGE Report

H. J. MERRICK, MUSEUM ARCHIVIST

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Maintain your bike if you want to enjoy biking season

BY VALERIE TUCKER

Cyclists in western Maine are taking their bikes out of storage and tuning them up to prepare for the riding season. Better than 60 cyclists showed up to Greenlaw Bikes in Farmington, where Northern Lights bike department manager Mike Greenlaw taught a bike inspection and tips class on May 7.

“I’m teaching them how to do a self-inspection to make sure their bikes are in top condition before they hit the roads,” Greenlaw said.

Greenlaw stresses that bikes should be checked twice a year, at the beginning and end of the riding season, and the spring tune-up is critical for preparing for the骑ing season.

“Bike riders can get away with a self-inspection for a while, but this time of year will catch any problems,” he said.

Greenlaw emphasizes the importance of maintaining bikes to avoid injuries and ensure a safe ride.

“People spend a lot of money on bike rides and trails,” he said. “Don’t let something as small as a loose spoke or chain derail your day or your whole trip.”

The Northern Lights bike department is open from 9 a.m. to 5:30 p.m., Monday through Friday, and from 9 a.m. to 1 p.m. on Saturday.

“If you forget to have your bike serviced, you’ll be using the service department for repairs instead of enjoying your ride,” Greenlaw said.

Checklist for Bike Inspection

- Inspect the frame, seat and handlebars for damage, cracks, or loose screws and bolts.
- Check the tires for even wear, cracks, or tears, especially along the tread.
- Inspect the cable and housing for cuts, fraying, or other damage.
- Check the brake pads for wear and adjust if necessary.
- Inspect the chain for looseness and replace if needed.
- Inspect the wheel cassettes and replace if worn.
- Check for uneven wear on the tires.
- Check the handlebars and brake levers for roughness or play.
- Check the grips for wear and replace if necessary.
- Inspect the brakes for proper adjustment and replace if necessary.
- Check the drivetrain for looseness and replace if needed.
- Inspect the pedals for wear and replace if necessary.
- Check the front and rear derailleurs for proper adjustment and replace if needed.
- Inspect the derailleurs for proper adjustment and replace if needed.

“Bikes are a big investment,” Greenlaw said. “It’s important to inspect them regularly to ensure they’re in top condition.”

Greenlaw recommends getting a tune-up every year or every 1,000 miles, whichever comes first.

“Tune-ups are an investment in your bike’s longevity and performance,” he said.

“By taking care of your bike, you can avoid costly repairs and enjoy your ride to the fullest.”

Greenlaw said that riders should also consider getting an annual service check, which includes a full tune-up, oiling the chain, and checking the brakes.

“An annual service check can save you money in the long run,” he said.

Greenlaw also suggests getting a second opinion from a professional bike mechanic if you’re unsure about how to perform a self-inspection.

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