

The American Legion Department of Maine

5 Verti Drive, Winslow, ME 04901-0727 Tel: (207) 873-3229 Fax: (207) 872-0501

E-mail: legionme@mainelegion.org
Website: www.mainelegion.org

Facebook: www.facebook.com/maineamericanlegion



March 8, 2017



Congratulations to the following posts for reaching 100%.

Augusta Post 2 Brewer Post 98 Standish Post 128 Hampden Post 213

If we all did the things we are really capable of doing, we would literally astound ourselves.—Thomas Edison

Daylight Saving Time

Daylight Saving Time in Maine will start at 2 a.m. on Sunday, March 12. Don't forget to set your clocks ahead one hour.

From The Adjutants Desk

We have just purchased a small wall mounted display cabinet with glass door. We are starting another project to recover some of our history that has been lost. We want to display each of the PAST STATE COMMANDERS hat pins that were handed out during their term. So I would first ask the Past Commanders to send one of your pins to HQ. If you do not have any, please advise so I may ask other Legionnaires. We are in hopes to accomplish this project in time for our 100th Anniversary.

This office has been receiving many calls from Veterans family's asking for The American Legion Honor Guard to be present at a Veterans funeral. I would like to know how many Posts have some type of Honor Guard so we can help some of these families. Please send HQ your Post # and contact person so we may have some information on hand. Thank you for your support!!!

Directory Changes

Pg. 64, Old Town Post 75, please remove Adjutant Kenny Fitz

Farm-To-Table Community Meals

It is safe to say that many of the greatest things that happen in our communities have the fingerprints of veterans all over them. This is nothing to be shy about. Actually, as veterans, we have been making our communities a better place for everyone since the beginning of our military history.

January 2017 saw the very first Farm-to-Table meal open to the public in downtown Bangor, Maine. The most special part of this Farm-to-Table meal was that all the farm food has grown on farms across Maine owned and operated by our very own veterans. There will be 2 additional meals in February and March (check website information). By April 1st, we plan to have a Farm-to-Table meal served every Saturday with food from our veterans' farms and served by our veterans to the public each week!

One thing is for sure, tell a bunch of veterans it can't be done and we will find a way to show everyone how it can be done. At the first meal, with over 120 people present, there were about 35 veterans who partook in the "New England boiled dinner." When asked for all of the direct family members of a veteran present, over 90% of the people in the dining room stood up! This is very telling of the veteran population we are blessed with in Maine.

In order for our new veteran-owned farms across Maine to grow, become successful agribusinesses, and hire other veterans we will need the support of every American Legion and veteran in Maine. Veterans across Maine will need to step up and lead by example in supporting veteran-owned farms. A great example in doing this is by purchasing healthy food from our farms, and whenever possible veteran dinners and fundraisers.

Coming to Maine this year is a new e-commerce site called "Cornerstone Marketplace" that will allow everyone in Maine to shop, order, and purchase farm-fresh food and have it delivered from our veteran farms to your doorstep. This will answer the question many of you have been asking when it comes to where you can find our products. More information will be posted at www.ufvme.org

A new chapter has been added to the long tradition of veterans shaping and building communities in Maine, one about rebuilding our communities around eating healthy farm-fresh food. So mark your calendar this spring, summer, and/or fall and come out to Bangor to experience a real movement being led by our Maine veterans!

Jerry Ireland, Executive Director United Farmer Veterans of Maine, 45 Columbia St, Bangor, Maine 04401 207-322-7625

From The Service Office

It's hard to believe that another year has gone by. Service Officers, talk with your Commander, it's time to submit your nominations for the prestigious 2017 Post Service Officer of the Year Award. The suspense to the Department Service Office is 1 May 2017. You can email them to amedeo.lauria@va.gov or mail them to: American Legion, P.O. Box 3411, Augusta, ME 04330. Nominations received via email or postmarked after May 1st will not be considered.

The nomination format is at the end of this newsletter. The nomination should be typewritten and double spaced in PDF format; if emailed.

In case you haven't seen it. Lower co-payment and Medication Annual Cap! Good News: VA Lowers Most Medication Copayments

Priority Group	Outpatient Medication Tier	Copayment amount			
		1–30 day supply	31-60 day supply	61-90 day supply	
	Tier 1 (Preferred Generics)	\$5	\$10	\$15	
2-8	Tier 2 (Non-Preferred Generics and some OTCs)	\$8	\$16	\$24	
	Tier 3 (Brand Name)	\$11	\$22	\$33	
	\$700 Medication Copayment Cap				

There's good news for many Veterans receiving prescriptions from VA. On February 27, 2017, the regulations for copayments changed. The cost to most Veterans for medications required on an outpatient basis to treat non-service connected conditions are less

Most Veterans can see a \$1 to \$4 savings per prescription filled. Some Veterans may see a small (\$2 to \$3) increase for brand name (called "Tier 3") outpatient medications. Additionally, Veterans in priority groups 2 - 6 can see a decrease in their annual copayment cap of \$960 go down to \$700 a year while Veterans in priority groups 7 and 8, who currently don't have an annual cap, can see a \$700 cap per year as well.

Copayments Based On Tiers

Veterans who are currently exempt from copayments will continue to be exempt. Veterans with a large number of outpatient medication copayments can save even more.

VA does not charge Veterans a premium, similar to what health insurance companies expect, so their only out-of-pocket costs is the copayments.

VA's goal is to reduce out-of-pocket costs and simplify getting prescriptions to Veterans. This also benefits Veterans in rural communities, where VA medical centers and local pharmacies may not be close to the Veterans home.

Read More

Determine Cost of Care: Copays

What is My Priority Group?

Medication Copayment (PDF)

Special Olympics

A plea for Special Olympics Fund. We are way short of the \$7,000 American Legion Department of Maine fund goal. Camp Tall Pines has several projects to complete this year, we cannot do these projects without your help.

Please send donations to The American Legion, Dept. of Maine, 5 Verti Dr., Winslow ME 04901-0727 earmarked Special Olympics Fund.

Thank You.

Jesse Pierce, Special Olympics Chairman

Military Trivia

What was the most bombed place in WWII?

District Meetings

District 7 – Lincoln: Mar. 8, Waldoboro Post 149, 7 p.m.

District 9 – Kennebec: Mar. 8, Waterville Post 5, 7 p.m. Appoint nominating committee.

District 1 – York: Mar. 12, Kezar Falls Post 123, 2 p.m.

District 3 – Androscoggin: Mar. 12, Sabattus Post 135, 2 p.m.

District 15 – Washington: Mar. 12, Machias Post 9, 2 p.m.

District 12 – Hancock: Mar. 14, Blue Hill Post 85, 6:30 p.m. dinner, 7:30 p.m. mtg.

District 5 – Oxford: Mar. 15, Norway Post 82, 7 p.m. Meeting and election of officers. Refreshments

District 14 – Piscataquis: Mar. 18, Sangerville Post 165, 12 p.m. lunch, 1 p.m. mtg.

District 2 – Cumberland: Mar 19, Scarborough Post 76, 2 p.m.

District 11 – Waldo: Mar. 19, Stockton Springs Post 157, 2 p.m.

District 6 – Knox: Mar. 25, Camden Post 30, 11 a.m.

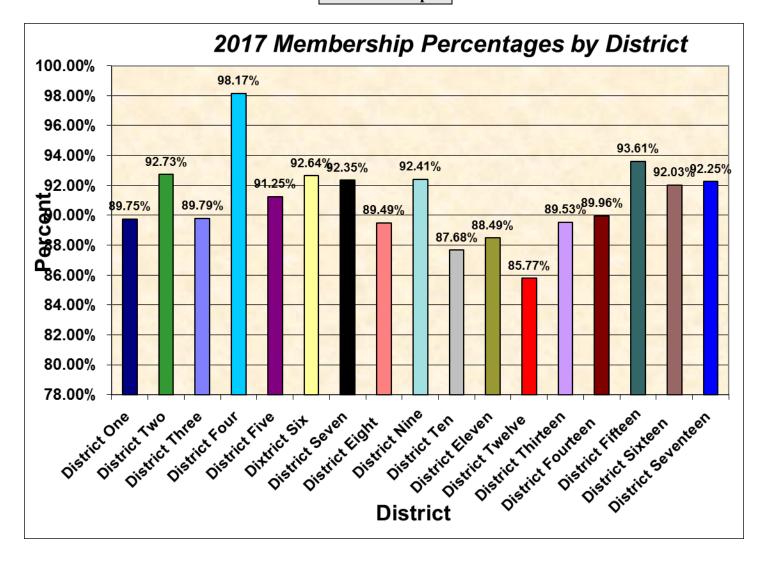
District 8 – Sagadahoc: Mar. 26, Phippsburg Post 216, 1 p.m.

Silhouette Project

American Legion, Lewiston Post 22 is sponsoring the Silhouette Project at the University of Southern Maine Lewiston campus on Westminster Street.

On April 17 at noon, the Governor and the President of the college with both Mayors will cut the ribbon on the Silhouette Project of 22 life size service members that have committed suicide in remembrance and suicide awareness.

The silhouettes, each with a message and picture, will be on display that week to bring this issue to the community's awareness. There will be snacks after the official ceremony. Everyone is welcome to attend or just drop by that week to pay their respects. FMI, jdewitt@tcmhs.org



Recurring Events

Rockland Post 1:

Sunday Morning Breakfast: 8 - 10 a.m., all you can eat - \$8

Karaoke Night: Every Friday night, 6 - 10 p.m.

Augusta Post 2:

Friday Night Karaoke: Fridays, Augusta Post 2, 6:30 p.m.

Saturday Night Dance: Saturdays, Augusta Post 2, 7 p.m., \$7, live bands.

Gardiner Post 4:

3 Card Challenge: Fridays, Gardiner Post 4 Club Room, 6 p.m.

Cribbage: Every Sunday, Gardiner Post 4, 1 p.m.

Trivia Contest: Every Friday, Gardiner Post 4, 6:30 p.m. **Open Jukebox:** Every Thursday, Gardiner Post 4, 5 - 8 p.m.

Darts: Steel Tip Dart Tournament every Tuesday night at 7 PM starting Nov. 1. \$5 entry fee every week for 14 weeks. Cash prizes at the end. Members & guests welcome.

Livermore Falls Post 10:

Post 10 Suppers: Third Saturday each month, 4:30-6 p.m. \$7 adults, \$4 students under 12. For local delivery please call 897-5676. Join us for a great meal and bring your friends with you for a fun gathering.

Caribou Post 15:

Texas Hold-Em: First and third Sat. **Line Dancing:** Every Friday evening.

Sanford Post 19:

Live Music: Every Friday night. Great bands and lots of fun.

Winthrop Post 40:

Pool League Tournament: Mondays, 7-10 p.m.

Cribbage Tournament: Tuesdays, 6 p.m. Food available at the bar. Anyone can sign-up. \$5 – buy in.

Free Pool: Saturdays, anyone can sign up.

Texas Hold-Em Poker: Sundays, 2 p.m. \$55 Buy-in.

Norway Post 82:

Coffee Hour: Every Tuesday, Norway Post 82, 9 a.m. Everything is free. Coffee, many different types of donuts, coffee cake, muffins. Any veteran is invited to come by and enjoy the company of other veterans.

Gray Post 86:

ALPS: Third Monday of each month, Gray Post 86, 6:30 p.m.

Dixfield Post 100:

Public Supper: Third Saturday of the month, Dixfield Post 100, \$7 adults, Children ½ price, meals vary, FMI call 562-8030.

Richmond Post 132

Reg. Meetings: 2nd & 4th Tuesdays, 7 p.m.

Bingo: Saturdays, 6 p.m.

Texas Hold-Em: 3rd Friday, 6:30 p.m.

Sabattus Post 135:

Dart Tournament: Every other Monday starting Sept. 19, Sabattus Post 135.

Cribbage Tournament: Tuesday, Sabattus Post 135.

Fridays Nights D.J: Come dance the night away with our new DJ, Sabattus Post 135

Windham Post 148:

Texas Hold-Em Poker: 1st and 3rd Wednesdays, 6:30 pm. Windham Veterans Association & Post 148 at Dena's Restaurant, next to Windham Post Office - Jct. Rtes. 115 & 302. \$60 buy in.

Eagle Lake Post 176:

Wings Night: Fridays, Eagle Lake Post 176, 5-9 p.m.

Maine Fallen Heroes Foundation:

Gold Star Family Dinners: Aunt Gin's Restaurant wants to feed Gold Star families from Maine. Dinner will be served by appointment only. Free every weekend all year long. Make your reservation now.

Current Events

2017 Maine Veterans Creative Arts Competition: Mar. 8, Theater B210, VA Maine HCS, 1:30 p.m. For category listings and entry information please contact: For Performing Arts (Music, Dance, Drama and Creative Writing): Liz Marrone, CTRS, 207-623-8411 Ext. 5371 or Elizabeth.marrone@va.gov. For Visual Art Categories (Fine Art, Applied Art and Kits), Courtney Oliver, CTRS, 207-623-8411 Ext. 4589 or Courtney.oliver@va.gov.

Texas Hold-Em Poker: Mar. 10, Winthrop Post 40, 6:30 p.m. \$35 Buy-In.

Veterans Free Luncheon & Slideshow Event: Mar. 11, Dover-Foxcroft Post 29, 78 Park St., 12 p.m. Luncheon sponsored by Post 29 and Will's Shop 'n' Save. Presented by Wilderness Walk for Warriors. The slide show will encompass three years of Wilderness Walk for Warriors hikes through the Hundred Mile Wilderness, as well as all of the veterans that we have helped and supported over that time. Contact Information On Facebook: Wilderness-Walk-for-Warriors

https://www.facebook.com/pages/Wilderness-Walk-for-Warriors/615012731884921. Founder: Chris Robinson Phone: 207 227-8457, Co-Founder: Tim Robinson Phone: 207 356-1998. Donations Accepted At: 101 Forest Hills Drive, Levant ME 04456.

50th **Anniversary and Certificate Presentation:** Mar. 15, Biddeford Post 26, 508 Elm St., coffee at 5:30 p.m., ceremony 6 p.m. In honor of your service to the United States of America in the Vietnam War. Vietnam veterans of York County are invited to be recognized for your service to our country. The Bureau of Veterans' Service will conduct a recognition and presentation ceremony with certificates, coins and 50th Anniversary of Vietnam Commemorative lapel pins. Please join us. Register at facebook.com/repgrohman. FMI, State Rep. Martin Grohman (207) 423-8260 or martin.grohman @legislature.maine.gov.

10th Annual St. Patrick's Day Dinner: March 18, Windham Veteran's Center, 35 Veterans Memorial Dr., North Windham. Doors open at 5 p.m., serving to 6:30 p.m. Corned beef and cabbage with all the fixings. Variety of desserts. \$8, under 12 free.

Texas Hold-em: Mar. 18, Locke Mills Post 68, 595 Gore Rd. Doors open at 11 a.m., games begin at 1 p.m. 50/50, pull tabs, meals and beverages available, BYOB.

Vietnam 50th Anniversary Observance: Mar. 23, Togus Medical Center, Maine Campus Theater, 10 a.m. Join us as we recognize and honor the service, valor, and sacrifice made by Vietnam Veterans and their families. All Vietnam Veterans participating will receive a commemorative pin recognizing their service to our Country.

Nets 4 Pets 4 Vets Basketball Tournament And Dinner: Mar. 24, 45 Columbia St., Bangor, 3 – 6 p.m. to help the Bangor Humane Society provide therapy pets to Veterans. Register a basketball team: 3 on 3 - (3 people/team; \$10/person which includes dinner!). Have a home-cooked dinner: FREE for Veterans & active duty (FARM TO TABLE dinner- food purchased from Maine VETERAN farms!), suggested donation (\$8/adult, \$4/child under 10) for everyone else! ALL proceeds help the Bangor Humane Society with the Pets 4 Vets program / United Farmer Veterans of Maine. Volunteer- Help with the dinner or basketball game; we can always use help with set-up, cooking, clean-up, logistics, etc. Register, Donate, Volunteer: Send registrations/ donations to MBS Corps (C/O Nory Jones), University of Maine Business School, 5732 DP Corbett Business

Building Orono, ME 04469. Questions? Contact us at: mbscorps@maine.edu or see our web site: http://www.mbs.maine.edu/mbscorps/activities-events/nets4pets4vets. You can also make your tax-deductible donation to United Farmer Veterans-Maine to help purchase food from Maine Veteran farmers for the dinner OR to Bangor Humane Society for the Pets 4 Vets program (or to MBS Corps (not tax deductible) for other costs).

VA Maine Town Hall Meeting: Mar. 21, VFW Post 1641, 330 Waldo St., Rumford, 6 p.m. The VA Medical Center Director and Regional Office Director will provide updates of the VA Maine Healthcare System and the Togus Regional Office operations. VA staff will be on-site to provide detailed info on VA healthcare and other VA benefits/services and answer questions. A member of the "VA Experience" staff will be on-site to explain this new VA initiative to improve Veterans' VA care/benefits and to coordinate with the community in support of Veterans' care and other issues.

Vietnam 50th Anniversary Observance: Mar. 23, Togus Medical Center - Main Campus Theater, 10 a.m. Highlighting those who served in-country in 1967. All Vietnam Veterans participating will receive a commemorative pin recognizing their service to our country. Join us as we recognize and honor the service, valor, and sacrifice made by Vietnam Veterans and their families

Wilderness Walk for Warriors Luncheon: Mar. 25, Mars Hill Post 118, 12 p.m. (noon) hosted by Post 118. Wilderness Walk for Warriors will provide thank you boxes to area veterans and do a slide show presentation of the organizations accomplishments since their inception in the fall of 2013. If you are planning to attend and would like a food box, please email Rod Collins at rc199@twc.com by March 21 so that we can get a rough count.

Public Open House: Mar. 25, Wiscasset Post 54, 523 Bath Rd., noon – 4 p.m. Refreshments will be served and will be signing up new members who bring their DD-214's. FMI, please call Bill Cossette at 882-4717.

2nd Annual Maine Fallen Heroes Spaghetti Dinner: Mar. 25, Auburn Post 31, 426 Washington St. North, 5 – 8 p.m. Come out and support Maine's Gold Star families. Adults \$10, under 12, \$6 and under 3, free. Raffles, 50/50, door prizes, bake sale and entertainment.

4th Annual Ice Out Event: Mar. 25, Winthrop Post 40 is co-sponsoring our 4th annual ice out event along with the Law Enforcement Special Olympics Torch Run. All you have to do raise \$100 entry fee. There are prizes for the most money raised. Buffet lunch is available.

7th Annual York County Regional Job Fair: Apr. 5, Nasson Community Center Gymnasium, 457 Main Street, Springvale, 2 – 6 p.m. The Maine CareerCenter provides a variety of employment and training services at no charge for Maine workers and businesses. www.mainecareercenter.gov. Speak with Hiring Employers, 90+ in attendance last year! Talk with CareerCenter Consultants and Veteran's Representatives. For assistance, call 1-800-343-0151 • TTY users call Maine Relay 711. Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to individuals with disabilities upon request.

1st Annual Easter Egg Hunt: Apr. 15, Mars Hill Post 118, 10:30 a.m. A lunch of hot dogs, hamburgers, chips and drinks to follow. \$5 for the lunch and children under 12 eat for free. Come out and bring the kids and grandkids for a fun time and enjoy the first cookout of the summer.

Donations

Jesse Pierce Bangor Post 12 District 16 – So. Aroostook \$100 – Special Olympics \$250 – Veterans support \$100 – Maine Blind Camp

Kudos

Sanford Post 19 for their donations to the Sanford Mainers Baseball Team Sponsorship for \$1,600, Sanford Mainers Military Veterans Appreciation Night, June 28, 2017 Goodall Park, \$400 and Emergency Family assistance to two (2) families for total \$900.

Sons of the American Legion Detachment News

Comrades,

WOW! Detachment has made our goal of 80 % by the due date! Kudos to everyone working on membership. Now we are on to 90% and 100%. Great job, Squadrons, thank you for your hard work. Let's keep it up!

FYI.

I attended SAL Squadron #42, in Damariscotta Monday and am returning Saturday 3/11 to be a judge in their SAL fund raiser Chowder Contest. The fun starts at 5 p.m. For a \$10 donation you can sample every chowder entry. Or if you like, make a chowder and enter to win one of their 4 top prizes!

Has your Squadron called for a visit yet? I'm looking forward to seeing you.

Always willing to serve,

Ron Marr, Detachment Commander 1779 Hotel Rd Auburn, ME 04210 (207)-701-9675 ronaldmarr.rm@gmail.com

Answer to military trivia question: Malta

Best Wishes to The Legion family,

Paul L'Heureux Department Adjutant



THE AMERICAN LEGION DEPARTMENT OF MAINE

MAINE GAME WARDEN OFFICER OF THE YEAR APPLICATION

THIS FORM MUST ACCOMPANY ALL RECOMMENDATIONS FOR SELECTION.
USE ANY ADDITIONAL SHEETS AS NECESSARY. SUBMIT ANY NEWS CLIPPINGS AND OTHER SUPPORTING
MATERIAL AS YOU DEEM NECESSARY TO QUALIFY THE NOMINEE.

•	(Last Name)	(First Name)		(M.I.)	
2.					
	(Address)				
	(Town/City)	(State)	(Zip)	(Telephone)	
3.	(Date of Birth)	(Military Servi	ce - Branc	h and Number of years.)	
1.	(Is the nominee a mer	nber of the Legion Fam	nily) (If so	, list Post name and #.)	
5.	(Education)			Iarital Status)	
ó.	(D. C 1C	T		F. 6	
	`	mendations, citations,	•	aw Enforcement Officer, rank a	ittained, special
7.	•		•	eall of duty, special assignments	or
3.					
	(Community Service held, fraternal organiz		such as So	couting, special youth programs	s, public offices
9.					
	(Name, number, addre	ess and telephone # of s	sponsoring	Post/County/District.)	
10.					
	(Signature of Comma	nder or Adjutant of spo	nsoring Po	ost/County/District.)	

Applications must be submitted to Department Headquarters no later than **May 1**.

Return to: The American Legion, Department of Maine, 5 Verti Drive, Winslow, ME 04901-0727. For any questions, call Department Headquarters at 873-3229.

CERTIFICATION FORM

"GOLD BRIGADE" NEW MEMBER RECRUITER AWARD

POST: RETAIN COPY FOR YOU SEND TO: DEPARTMENT HEA	JR RECORDS DQUARTERS ON OR BEFORE MAY 17, 2017
	ment of qualifies for ing 50 or more NEW MEMBERS into The American te.
First time qualifiers for the "Gold Br	gade" receive:
a "Gold Brigade" cap pin, ce sweater, or polo shirt with the "Gold a "Gold Brigade" certificate, patch, a	rtificate, a Gold Brigade patch, and choice of a jacket, or Brigade" logo. Second time qualifiers for the award receive: a "hash mark" for the sleeve, and the choice of either another polo shirt with the "Gold Brigade" logo.
PLEASE CHECK THE APPROPI This "Gold Brigade" award will be n [] A. First "Gold Brigade" A [] B. Other (Specify 2nd or circle one: jacket sweater	ay: Award
(PLEASE TYPE OR PRINTcircle	ize)
NAME	Size: (S, M, L, XL, XXL, XXXL)
ADDRESSCity PHONE: () Number	State ZIP of NEW MEMBERS enrolled (minimum 50)
Department Adjutant (signature)	POST ADJUTANT (signature)
Date	ADDRESS
	 Date

USE ADDITIONAL SHEETS IF NECESSARY

REMINDER: Forward a copy of this form and a copy of the list of new members signed up on or before the May Target Date to Department Headquarters by May 17, 2017.

CERTIFICATION FORM

"SILVER BRIGADE" NEW MEMBER RECRUITER AWARD

POST: RETAIN COPY FOR YOUR RECORDS SEND TO: DEPARTMENT HEADQUARTERS ON OR BEFORE MAY 17, 2017. The following member in the Department of ______ qualifies for the "Silver Brigade" Award for enrolling 25 to 49 **NEW MEMBERS** into The American Legion by the May 9, 2017. Silver Brigadiers receive a Silver Pin and a Silver Certificate. NAME ______ POST NO. _____ ADDRESS _____ City State ZIP PHONE: (____) _____ Number of **NEW MEMBERS** enrolled (25 to 49) ______ Department Adjutant (signature) POST ADJUTANT (signature) ADDRESS Date Date

USE ADDITIONAL SHEETS IF NECESSARY

REMINDER: Forward a copy of this form and a copy of the list of new members signed up on or before the May Target Date to Department Headquarters by May 17, 2017.



Date:	(Suspense date: 1 May 2017)
From:	Commander Post: Address:
То:	American Legion Department of Maine Department Service Officer P.O. Box 3411 Augusta, ME 04330
Subject:	American Legion Department of Maine, 2017 Post Service Officer of the Year Award
Nominee P Nominee E I would like Post Service	Iailing Address:
	ng is a listing of all his/her accomplishments, contributions to the post and post programs o Veteran's Rehabilitation and Employment.
	ontributions, accomplishments, and post programs (submit as many pages as st may be in narrative or bullet format"
Respectful	y Submitted,
*Command Typed Na	er's Signature me
*The nom	ination must be signed by the Commander or it will not be

considered.



DEPARTMENT OF MAINE THE AMERICAN LEGION

PAST COMMANDERS CLUB

	membership of Post # submit the names of all of our living Panmanders Club. Along with the names, we have enclosed the annual dues of		
member with the understanding that this will	continue to provide two (2) \$500.00 scholarships. The recipient must be the		
grandson/granddaughter of a member of The	•		
Membership in the Past Commanders Club g	pes from January 1 to December 31 of each year.		
	Post Adjutant		
PLEASE PRINT OR TYPE	J		
1	13		
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12	24		
Use back side if additional space is required.			
SUBMIT TO:			
Catherine R. Merrill 427 State Park Rd.	MAKE CHECKS PAYABLE TO: AMERICAN LEGION, DEPARTMENT OF MAINE		
42/ State Park Ru. AMENICAN LEGION, DEPARTMENT OF MA			

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427 State Park Rd. Naples, Maine 04055