



SEBAGO HAPPENINGS



Sebago Days Celebrates 36 Years of Family Fun!

Hours of Operation Town Office

- Tuesdays - 10am - 7pm
- Wed., Thurs., Fri.
8am - 5pm

Transfer Station

- Tues., Thurs., Sat., Sun.
7am - 5pm

General Assistance

- Tuesdays - 1pm - 3pm



INSIDE THIS SPRING/SUMMER ISSUE:

Notes from Ambulance 5	2
From the Doghouse	2
Sebago Warming Hut/ Food Pantry News!	3
Native Plant Spotlight	3
Sometimes It Truly Does Take A Village When Helping Others!	3
Community Calendar	4



By Carl Dolloff, President
Sebago Days Committee

Hello everyone, unfortunately the Sebago Days Committee suffered another sad loss this past winter. Bob Burns was the heart and soul of Sebago Days for many years. Everyone knew him from various town functions throughout the years. Bob is going to be sadly missed by his fellow committee members and all that knew him. This year the committee has chosen to dedicate the Sebago Days Grand Parade in memory of Bob. His beloved wife Ann will lead off the parade as the Grand Marshall. The theme for the parade is "American Pride". For parade information, please contact me at 787-3732.

The Sebago Days Committee has a new Facebook page which has really taken off. We are excited to see that lots of people seem to have some interest in Sebago Days. We hope that our being able to provide information this way will help increase the number of people that will come out and enjoy everything Sebago Days has to offer.

This year's offerings include the G-Force Laser Tag and Amyland Amusements will be providing rides suitable for all ages.

The committee has chosen not to have a live band on Friday night this year in order to allot more time to the Talent Show which has become a huge hit with more people wanting to participate. Due to time constraints, we have also eliminated the Junior Parade. Registration for the Talent Show will be by the performance stage at 6:30 pm. Saturday events include the 2 mile Fun Run which starts at 8:00 am and then the Grand Parade which starts at 10:00 am. The first 75 people to register for the Fun Run will be given a free t-shirt. To register for the Fun Run contact Jeff Cutting at Jordan's Store at 787-3866. After the parade, Wanda Plummer's Dance Group will be starting the entertainment activities for the day which includes several offerings. Saturday night we have belly dancers to entertain the crowds and a blue grass band called Erica Brown and the Blue Grass Connection. This is a very popular blue grass band. You can listen to

them on our Facebook page. Our grand finale of the "best fireworks around" will be led by the lovely voice of Maureen Scanlon singing the National Anthem. Don't forget that throughout the whole event there are bonus drawings, and lots of delicious food and unique items. We will also have Margaret Barnes Heath attending this year to sign her latest book called "Country Doctor" which is a biography of "Doc Barnes". We hope you will plan on joining us this year for another fun filled experience.

If your interested in becoming a committee member, a vendor, or would just like to volunteer to help out, please give me a call at 787-3732. The committee is always looking for ways to continue making this a wonderful event for our community.

For a complete listing of all activities check out "Your Weekly Shopper's Guide" on July 9th. Event brochures will also be distributed throughout town.

SEBAGO DAYS
July 18 & 19





NOTES FROM AMBULANCE 5

By Anita Chadbourne-Field, EMT-P
Captain, Sebago EMS

Stroke affects approximately 795,000 Americans killing roughly 144,000 of them. A stroke is a “brain attack” that cuts off the vital supply of blood and oxygen to brain cells causing them to be damaged or die. Strokes may be caused by a blood clot, narrowed blood vessels secondary to plaque buildup, or by a ruptured blood vessel.

The signs and symptoms of a stroke vary from person to person but may include:

1. Sudden numbness or weakness in the face, arm, or leg — especially on one side of the body
2. Sudden confusion, trouble speaking, or understanding what someone is saying to you
3. Sudden changes in your vision in one or both eyes (double vision, blurriness, loss of peripheral or central vision)
4. Sudden trouble standing or walking, dizziness, or loss of coordination

5. A sudden severe headache for no obvious reason—often described as “the worst headache of my life”.



A quick way for you to remember the signs of a stroke is to remember **FAST**:

F - Face - Facial droop when the person smiles

A - Arms - Does one arm drift away or droop down when compared to the other one when they are held out straight?

S - Speech - Have the person repeat, “You can’t teach an old dog new tricks”. If their speech is slurred, doesn’t sound right, the words are wrong, or they can’t talk it is cause for concern.

T - Time - Do not hesitate to call 911 for help. Note what time the symptoms started. If the patient wakes up with these symptoms, note what time he or she was “last seen normal”.

Time is of the essence for someone having a stroke. If the stroke is from a blood clots, the person may be able to take clot-busting drugs and get oxygen back to the dying brain cells. There is a 3-hour window of time in which this can happen. There are serious risks to the clot busting drugs, so only a doctor can determine if it is an appropriate treatment.

Unfortunately, if the stroke is from a burst blood vessel these drugs are dangerous and not an appropriate course of action. If you think you or a loved one is having a stroke do not hesitate to call 911 for help. A stroke is a life changing medical emergency and time lost equals brain cells lost.

Remember to act **FAST!**



For more information visit the National Stroke Association at www.stroke.org.

*Nothing is impossible,
the word itself says I'm
possible. - Audrey Hepburn*



FROM THE DOGHOUSE



By Jacquie Frye, Animal Control Officer
Call 642-4343 (Standish Dispatch) for
Animal Control Issues

Greetings - I'm happy to report that the raffle for the “pet friendly” gift basket and gift certificate was a great success in encouraging folks to license their dogs for 2014. This was our way of saying thank you for helping us complete the State mandated process of licensing dogs in our town. We would like to take this opportunity to say thank you to Carol Reynolds and the staff at Wizard of Paws in Bridgton, Maine for donating the gift basket and gift certificate. We also would like to

thank Lizann Swett, also known as the Galloping Groomer, for her donation of one free dog grooming session. The lucky winners are as follows:

Amanda Fusco - \$75.00 Pet Friendly Gift Basket

Margie Saunders - \$50.00 Gift Certificate to the Wizard of Paws

Nancy Fitch - 1 Free Grooming Session from the Galloping Groomer.

If you still haven't registered your dog for 2014 please be advised that I am now in the process of

delivering “WARNING NOTICES” advising you that you that need to go to the town office and license your dog in order to be in compliance with this State Law. Unfortunately you will now be charged and additional \$25.00 late fee per dog. A current Rabies Certificate is required to license your dog. If you no longer have your dog, please contact the town office at 787-2457 and notify them of the change. I thank you for your anticipated cooperation and please remember to keep you and your four legged companions cool and hydrated during the hot weather.



SEBAGO WARMING HUT/FOOD PANTRY NEWS!



An "Open House Celebration" is being planned for early July. Watch for details in the local newspapers and flyers that will be distributed throughout town. We hope you will be able to join us and look forward to seeing you.

Coming August 15th (Friday) - 9am to 11am - The Good Shepherd Food Mobile will be at the Sebago Warming Hut (183 Sebago Road) with over 7,000 lbs. of free food for the elderly and those in need.



The Food Pantry is open for those in need on the second (2nd) Monday of each month from 3pm to 7pm. and the fourth (4th) Tuesday of each month from 9am to 11am and 5pm to 7pm.

The Clothes Closet is open each Saturday from 10am to 1pm. The change over to summer clothing was completed in early May.



NATIVE PLANT SPOTLIGHT



By Kirsten Ness
Water Resource Specialist
Portland Water District

ECHINACEA
Echinacea purpurea

Native plants are a great addition to your yard and they help stabilize soils around water bodies. Visit the Portland Water District Sebago Lake Ecology Center to see examples of this and other native plants.

Size: Perennial that grows 1 to 3 feet tall with a spread of 1 to 2 feet depending on variety.

Foliage: Large, daisy like flowers can be red, white, or light purple.

Soil Conditions:

Moist, well drained to dry soils.

Light: Full sun ↔ Zones: 3-10

This plant is a great addition to a garden to attract bees and butterflies.



Sometimes It Truly Does Take A Village When Helping Others!



Raising Dough for those in Knead:



When someone comes in and fills out a General Assistance application for help with heating costs, if they are not eligible for the town's assistance program we have a special "Fuel Fund" that was established to help those that "fall through the cracks". We are always looking for suggestions on how to raise funds for this worthy cause. Look for us at "Sebago Days" where we will be taking orders for Little Caesars Pizza Kits. This means we will literally be raising dough for those in knead!



You will also be able to take a chance on dunking some brave souls that have volunteered to be the victim of your accurate throws in our fund raising "Dunk Tank".

Donations are always welcome, without them this Fuel Fund program would not be available.



Thank you, Edie Harnden
General Assistance Administrator

Medical Equipment

Lending Closet:



Some special folks in town have come forward to volunteer their time and efforts to organize and maintain a Lending Closet for medical equipment. If you've ever had the unfortunate experience of needing medical equipment, you know how costly it can be. This is still in the planning stages but watch for more details in future issues of "Sebago Happenings".



TOWN OF SEBAGO, MAINE

406 Bridgton Rd.
Sebago, ME. 04029
Phone: 207-787-2457



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[Mission Statement]

To provide truthful, up-to-date and educational information on how the community works, in order to provide the opportunity for making informed decisions while also enriching the lives of our citizens that want to live here, prosper, and raise their families.

**CARRIER ROUTE
PRESORT POSTAL PATRON
ECRWSS**

Spring **COMMUNITY CALENDAR** *Summer*

BOARD OF SELECTMEN MEETINGS

(Tuesdays at 6:00 p.m.)
May 20
June 3 & 17
July 1 & 15
August 5 & 19



"SEBAGO DAYS"
July 18, 2014 (Friday)
July 19, 2014 (Saturday)
**Come see the
"awesome" Fireworks on
Saturday Night!!**



**TOWN MANAGER'S
"OPEN DOOR"
OFFICE HOURS**

Tuesdays: 10:00 a.m. - 12:30 p.m.,
1:30 p.m. - 5:30 p.m.,
6:00 p.m. - 7:00 p.m.
Wednesdays, Thursdays, Fridays:
9:00 a.m. - 12:30 p.m.
(Or any other time by appointment.)

PLANNING BOARD MEETINGS

(Tuesdays at 7:00 p.m.)
May 13
June 10
July 8
August 12



LOST & FOUND ITEMS

Occasionally we lose an item and think we will never see it again. That may be true, but you might want to check at the Town Office to see if someone turned it in. However, you will have to come in to check on it, we can not discuss lost & found items on the phone.



We're on the Web!
www.townofsebago.org



**TOWN BEACH &
DOUGLAS MOUNTAIN
2014 Season
opens
Memorial Day weekend.**



*Subscribe to
"Sebago Happenings"
on-line!*