

Mount Desert Somesville sightseeing

Without access to the national park, tourists looking for beautiful fall colors are still making stops in beautiful downtown Somesville. It seems like dozens of tour buses a day stop at the end of Oak Hill Road spilling out loads of camera carrying folks. It's lovely down at the mill pond and no one leaves disappointed.



Catherine Burdette

The MDI Lioness will be having a Rummage Sale on Saturday Oct. 19 from 8 a.m. to noon at the Somesville Firehouse. All proceeds benefit local families and charities. Donations for the sale may be dropped off at the Somesville Firehouse Friday Oct. 18 from 4-7 p.m. Please no appliances or electronics.

The Mount Desert Marathon will be the big event for this coming weekend. Get out of the house and volunteer, or just cheer on your friends and neighbors. There will be water stops for everyone who races. Good luck to

all of you!
Side Street Restaurant in Bar Harbor will host a special Volunteer Appreciation Night on Wednesday, Oct. 23, to thank in person everyone who helped.

Enjoy the falling of the leaves and colors of the season!

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Please send news of your friends, family, or organizations to catherinedrewburdette@yahoo.com.



Paul Niehoff and Ashley Stanton will be married next month in Portland, Maine.

Niehoff, Stanton to wed

BAR HARBOR — Paul Niehoff and Ashley Stanton are pleased to announce their engagement and forthcoming marriage. Ms. Stanton is the daughter of Alan and Robin Gregory. She attended Sarah Lawrence College. Prior to relocating to Portland, Maine, Ashley was employed at The Jackson Laboratory as a Research Administrative Assistant for 7 years and at the Bar Harbor YMCA as a fitness instructor for 10 years. She has two daughters, Charlotte Stanton, 23 and Isabel Stanton, 21. Mr. Niehoff is the son of William and Barbara Niehoff. He attended the University of Maine at Farmington. He is currently employed with PACTS as a Senior Transportation Planner with a specialized focus on planning and improving the transportation system in the greater Portland area. He has three daughters: Erin Niehoff, 26, Heather Niehoff, 21 and Meghan Niehoff, 19. Ashley and Paul will be married at St. Luke's Cathedral Church in Portland on Nov. 9, 2013 surrounded by their friends and family. The two plan to reside in Portland, Maine.

Bar Harbor Badminton blowout



Kate Jordan

The Sixth MDI YMCA Badminton Open was held on Saturday, Oct. 5. The tournament was the largest to date, attracting players from Colby College, Bates College, College of the Atlantic, The Jackson Laboratory, and the MDI community. The tournament was organized by Aaron Long (YMCA) and was sponsored by local businesses including Siam Orchid, Galyn's Restaurant, Hannafords, Window Panes, Opera House, Reel Pizza, Cadillac Mountain Sports, A&B Naturals and Sage Grass Gallery. The MDI players dominated the tournament by reaching the finals in both the singles and doubles division. Nishi Rajakaruna (COA) won the singles championship beating COA player Surya Karki, holding onto his singles title for the 6th consecutive time. The doubles final was between Line Recholtz (MDI) and Nishi Rajakaruna (COA) and COA's Sean Todd (who also reached the Singles quarter finals) and Surya Karki. After three sets of intense battle, Recholtz and Rajakaruna held on to their second consecutive doubles title with Todd and Karki securing a very close runner-up position. The tournament highlighted new players from MDI, including COA students Daniel 'Issac' Shaw and Shira Caitin. Shaw reached the quarter final in the singles division beating some advance players from Colby and Bates, showing the potential for being a competitor to watch-out for in the upcoming tournament this spring. Four players from The Jackson Laboratory, Ryuta Ishimura, Shimpei Kajita, Gabor Nagy, and Sriramulu Pullugur, were also new to the tournament, all playing competitively in the doubles division showing much promise to excel in the upcoming tournays. Doug Dubois and Jeri Spurling, regulars on the MDI YMCA courts, also represented the MDI team, competing in the doubles division. Stop by the YMCA 10 to 11:30 a.m. Tuesday and Friday and 10 a.m. to 12:30 p.m. on Sundays to join the fun.

Speech Contests on Oct. 5 at the Waldo County YMCA in Belfast. Sallie was the runner up the Humorous Speech Contest. Morgane was the runner up for the Evaluation Contest. Sallie and Morgane will go to the next round of competition.

While some people will be shopping in their pajamas early in the morning on November 9, others will be lacing up their sneakers to see who has the fastest bed in Bar Harbor. Come join us for the zaniest race in Maine at the 6th Annual Bed Races, directly following the 19th Annual Early Bird Pajama Sale! Teams of five will compete in a high-speed footrace down Cottage Street in downtown Bar Harbor, while one member of their team rides their very own bed-on-wheels. First place winners will receive \$500 and second place winners will receive \$200. The team with "Best Decorated Bed" will receive dinner and a movie from the Thirsty Whale Tavern and Reel Pizza to watch-out for in the upcoming tournament this spring. Four players from The Jackson Laboratory, Ryuta Ishimura, Shimpei Kajita, Gabor Nagy, and Sriramulu Pullugur, were also new to the tournament, all playing competitively in the doubles division showing much promise to excel in the upcoming tournays. Doug Dubois and Jeri Spurling, regulars on the MDI YMCA courts, also represented the MDI team, competing in the doubles division. Stop by the YMCA 10 to 11:30 a.m. Tuesday and Friday and 10 a.m. to 12:30 p.m. on Sundays to join the fun.

The MDI Toastmasters wants to congratulate club members Sallie Boggs, Morgane Stum and Joe Valliant, who competed in the Area 5 (Bangor, Bar Harbor, Belfast and Rockport) Toastmasters

the "Gross or Scary Dessert Contest". Everyone is welcome to come join the fun. Contact Aaron at the MDI Y at 288-3511 or email child-care@mdiyymca.org.

MDI Hospital's Community Wellness Programs will host a number of Community Flu Shots Clinics in the upcoming weeks. Bar Harbor clinics will be held on Wednesday, Oct. 23, at Malvern-Belmont from 10 a.m. to noon, Wednesday, Oct. 23, at Rodick Lorraine from 1 to 2 p.m. and Tuesday, November 5, at the Bar Harbor Town Office, from 1 to 4 p.m. They accept Medicare, Medicaid or \$25. For more information, contact MDIH Community Health Educator at 801-5034.

Did you know that Massage Therapy Awareness Week is Oct. 20 through 26? To celebrate, Donna J. Hanke, LMT of Transformation Massage Therapy, will be having a Massage-A-Thon at Eden Rising, 39 Cottage Street, this Sunday Oct. 20, from 10:30 a.m. to 3 p.m. All proceeds will benefit The Children's Miracle Network at Eastern Maine Medical Center. Donna will also be donating 10% of her business income during the week to the CMN. Find out how massage therapy can support you while supporting the children of eastern and central Maine. For more information contact Donna at djhankelm@gmail.com, or 266-4258. For more information on the Children's Miracle Network, visit <http://childrensmiraclenetworkhospitals.org>.

A "Meditating for Happiness" workshop in Bar Harbor this month will teach participants a variety of techniques they can practice at home to cultivate greater happiness and well-being. No prior meditation or yoga experience is necessary. Ginny Sassaman, founder of The Happiness Paradigm in central Vermont and co-founder of Gross National Happiness USA will lead the workshop with her sister-in-law Susan Sassaman, a certified Kripalu Let Your Yoga Dance instructor based in Bar Harbor. "Meditating for Happiness" will be held at the Pleasant Street Pilates studio, 18 Pleasant Street, Bar Harbor from 9 a.m. until noon on Saturday Oct. 19. Cost is \$25 with pre-registration, before Oct. 15 or \$30 at the door. To pre-register, please contact Susan Sassaman at 288-8103 or clouddine@gwi.net.

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