

THE PENQUIS JOURNAL



Helping Today • Building Tomorrow

Now Booking LiHEAP Appointments for the 2010-2011 Heating Season Online

Hard to believe it with the warm temperatures outside, but we are pleased to announce the Penquis 2010-2011 Fuel Assistance or LiHEAP (Low-income Home Energy Assistance Program) heating season is underway.

We take appointments for individuals living in Penobscot, Piscataquis and Knox counties. For additional convenience, new this year we have added the option to book appointments online. **BOOKING YOUR ONLINE APPOINTMENT** can be found at www.penquis.org. With a few short steps you will have your appointment scheduled. If you enter your email address when booking your appointment online, you will get an email reminder a few days before your appointment.

If you have received fuel assistance in the past, you may have received a yellow card in the mail with a *pre-booked LiHEAP* appointment. If you have moved since last season, were denied or did not apply, and would like to apply for this heating season, applications are taken by appointment only. To make an appointment, please call your nearest Penquis office or go to www.penquis.org.



Bangor: 973-3630 Lincoln: 794-3093
Rockland: 596-0361 Millinocket: 723-8155
Dover-Foxcroft: 564 -7116

What is the Penquis Weatherization Program?

Last year Penquis weatherized over 300 homes. Weatherization conserves energy using modern weatherization equipment, including blower doors and infrared cameras, to determine air leaks and test the existence and/or concentration of insulation. Once testing is complete, Penquis takes steps to reduce air leaks and bring insulation levels to current standards. Penquis Energy auditors also examine the heat source, inspect for health and safety issues, and promote practices to improve indoor air quality. Once these steps are complete, a second energy audit is completed to verify the results.

The goal of Weatherization is to improve energy efficiency and save money for the homeowner. All recipients of Penquis Weatherization Services must have a current LiHEAP (Fuel Assistance) application. If you are interested in this service, as you complete your LiHEAP application, mention Weatherization to your intake worker or call 1-800-215-4942.

Penquis Fan Page



Penquis would like to keep you informed about our programs and new opportunities as they arise. A fun and cost effective way to do this is through Facebook. If you would like to receive additional information about our programs and services join us on Facebook at [Facebook.com/PenquisHelpingTodayBuildingTomorrow](https://www.facebook.com/PenquisHelpingTodayBuildingTomorrow).



Find us on
Facebook

For Every \$1 You Save Penquis will Match it 4:1 with a Family Development Account (FDA)

to buy a house... to further your education or... to start or grow your own business

A Family Development Account or “FDA” is a savings account that you open at a local bank or credit union. For every dollar you save, towards the purchase of a home, to further your education or to start a business, the FDA Coalition matches it with up to four additional dollars. Choose your savings goal and decide how much you can save each month. The program requires a minimum of \$20 per month and will match up to a maximum of \$80. **For more information call 973-3645 or 1-800-215-4942 ext. 3645.**



SEE HOW QUICKLY YOUR SAVINGS WILL ADD UP !!!

FDA ACCOUNTS	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	TOTAL
You Contribute	\$20	\$20	\$20	\$20	\$20	\$20	\$120
FDA Matches	\$80	\$80	\$80	\$80	\$80	\$80	\$480
TOTALS	\$100	\$100	\$100	\$100	\$100	\$100	\$600

Overwhelmed? Unsure Where to Get the Support or Services You Need?

Penquis Community and Family Support Case Management Services can help.

Perhaps you or someone in your home has recently lost their job, or health issues have upset the financial stability in the home. You are not alone in your struggles. Our case managers are available to work with you to find the resources and services to help through your difficult times. Together we will look at your options, even when it feels like there aren't any!

Quite often, people aren't aware of the services available to them. We are able to take a look at an individual's or family's current situation to determine the services for which services they may be eligible.

We provide assistance with various applications such as food assistance, MaineCare, prescription assistance, and more. Our case manager works closely with numerous agencies in the community to help individuals receive maximum benefit.

Such coordination of services and resources provides increased opportunities for housing, employment, and education.

Penquis case managers also offer assistance with Family Development Accounts. These savings accounts help individuals save money to buy homes, further their education, or start or expand a small businesses. For more information, please call Theresa Cucinotti at 1-800-215-4942 ext. 3645.



[Facebook.com/PenquisHelpingTodayBuildingTomorrow](https://www.facebook.com/PenquisHelpingTodayBuildingTomorrow)

Penquis Head Start/Early Head Start and Child Care Centers Have Openings



Are you looking for a quality early education program for your child that will prepare him or her for kindergarten? Are you looking for a safe and caring environment for your child while you work or attend school? If you answered yes, then Penquis Child Development services are for you!

Penquis Head Start and Child Care centers in Penobscot, Piscataquis and Knox counties provide children with a broad range of educational, medical, dental, mental health and nutritional services, and social and emotional development opportunities, as well as services that support the whole family.

Penquis Child Development centers are designated "quality" centers by the State of Maine which allows parents to receive a double State of Maine Income Tax Child Care Credit. Head Start and Child Care services are available for children ages 6 weeks to 5 years. Our Head Start/Early Head Start and Child Care centers are located in Bangor, Brewer, Dexter, East Millinocket, Exeter, Howland, Lincoln, Milo, Newburgh, Newport, North Haven, Old Town, Parkman and Rockland. In Dexter, Before & After School Care is available for children ages 5-8 years.

Head Start services are free of charge to income eligible families. There is a fee for child care services. Child care subsidies are available on a sliding scale to eligible families. Call 973-3567 or 1-800-215-4942 for more information or to get an application for any of our centers. Or visit www.penquis.org.

PENQUIS

HOME PERFORMANCE

Your home is a delicate balance of systems that must function together to keep you warm and comfortable. **Penquis Home Performance** uses building science and several key technologies to 'audit' your home and make energy saving recommendations.

Penquis Home Performance Can Help You

- Improve the comfort and health of your home
- Learn about how your house functions
- Develop a plan to invest in home improvement projects that promise the greatest energy savings payback
- Reduce your carbon footprint and save energy

....we provide objective, field tested advice using the latest testing technologies.

Audit Services Include

Ventilation and Air Flow– the blower door test measures building tightness and can quantify and pinpoint air leakage.

Infrared Camera- demonstrates heat transfer, showing where insulation is lacking, air is flowing, or where a hidden radiant heat pipe might be located.

Combustion Gas Leaks- Using an analyzer, we can locate gas leaks.

Lead Testing- The presence of lead in paint can be detected through an X-ray fluorescence test.

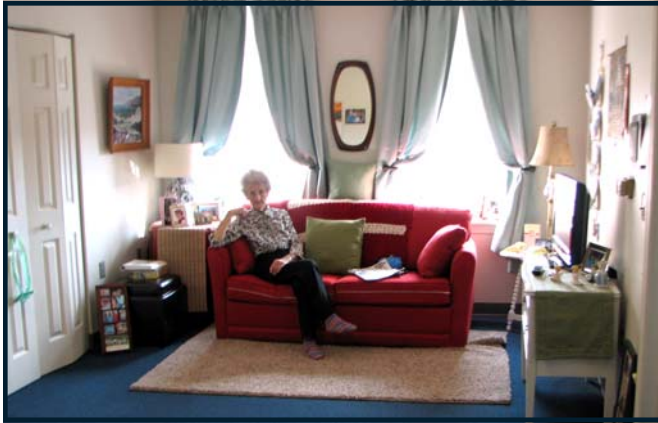
For more information or to discuss a sliding scale fee, contact Kevin Bernier:

PENQUIS HOME PERFORMANCE

262 Harlow Street
Bangor, ME 04401
207-659-4980
FAX: 207-973-3699
kbernier@penquis.org

Penquis Offers Assisted Living Services

at Freeses in **Bangor**, Stearns in **Millinocket**
Merry Gardens in **Camden**



**Enjoy the Privacy and Independence
of Your Own One Bedroom Apartment with
Services that Make Life a Whole Lot Easier**

Penquis Assisted Living Services include:

- 24 hour attendants in case of an emergency
- Assistance with medication and meals
- Support with bathing and personal care
- Light housekeeping and laundry
- Assistance arranging transportation
- Emergency call buttons

What Do Services Cost?

Each resident's payment plan is based on individual income, assets, medical expenses and level of services required and requested. **For more information on cost and eligibility call Marie Durant at 973-3575 or 1-800-215-4942.**

Journey House

The **Penquis Journey House** is a transitional housing program available to pregnant and parenting young women ages 16-21 who are experiencing homelessness, are at risk of becoming homeless, or are in an unsafe living situation.

Our warm and welcoming home has four large bedrooms for residents to share with their children. Spacious living and dining areas allow for family style living. We have a house parent on site 24 hours a day for support and guidance.

The overarching goal of the Penquis Journey House is to provide safe shelter and the support services necessary for pregnant and parenting young women to achieve healthy, self sufficient and productive lives. Services provided by the Penquis Journey House include safe housing, case management, parenting and life skills training, and access to health care, childcare, educational opportunities, job training and other community activities.

Pregnant? Worried?
Do You Need a
Safe Place to Live?

**The Journey House
currently has openings.
1-888-389-3610.**



The "Do It Yourself" Air Sealing Program For the Motivated Homeowner

The "Do It Yourself" Air Sealing Program administered by Penquis helps homeowners save money on fuel oil and energy costs. The program offers one-on-one tutoring, a free home energy audit, an individualized program for a homeowner to address the air leaks unique to their problem areas, and up to \$200 reimbursement for air sealing materials, such as spray foam, door sweeps, caulk, weather-stripping and more. A follow-up home energy audit is conducted at the end to evaluate the

effectiveness of the steps taken to stop the air leaks. This program is designed to assist homeowners who are too high to qualify for the Low-income Home Energy Assistance Program and below 120% of median income, which for a family of 4 in Penobscot County is \$62,400. **For more information please contact Sue Kischitz at 973-3596 or 1-800-215-4942 ext. 3596.**

Rape Response Services Talks About Elder Abuse

There are 12,000 cases of elder abuse each year right here in Maine, only a fraction of which are actually reported to law enforcement. Awareness of elder abuse helps to promote prevention and encourages reporting.

There are different forms of elder abuse. Abuse includes actions that result in bodily harm, pain or emotional distress.

Physical abuse might include pushing, hitting or shaking. **Emotional** abuse may include verbal threats or verbally demeaning someone through humiliation and ridicule.

Neglect includes failure to provide adequate shelter, clothes, food, medical attention, necessary medication, or denying the opportunity for self care activities such as bathing. It also includes purposely keeping someone's necessities from them, such as their glasses, dentures, hearing aides or walkers. It is a failure to provide care and services to an adult who is in need.

Financial Exploitation is the unauthorized use of an elderly person's money or property. Examples include stealing cash, income checks, or household goods, misusing money, personal checks or credit cards or accounts.



Sexual violence is also a form of elder abuse. There are many acts that constitute sexual violence and they can make a person feel victimized and afraid. Sexual violence includes coerced or forced sexual activity, unwanted and/or inappropriate touching and sexual harassment.



Anyone can be a victim of sexual violence no matter their age. Older individuals may have been recently assaulted or may experience memories of past assaults.

It is often up to caregivers, family, friends and loved ones to recognize the signs of abuse. Behavioral signs may include suddenly avoiding or being fearful of specific people, resisting certain types of care, such as bathing, showing a change in mood or temperament, withdrawing from others, and unexplained fearfulness.

Physical signs may include bruising, scratches or a sudden exacerbation of existing illnesses.

For more information contact Rape Response Services at 973-3651 (office) or our 24 hour crisis and support line at 1-800-310-0000.



Facebook.com/RRSHealGrowThrive

If you suspect someone has been or is being abused, you can contact Adult Protective Services at 1-800-624-8404, your local law enforcement agency or call 911.



NO COST TRAINING

This may be the opportunity you've been waiting for!

The Pathways Project will:

- Create a fresh start for your career
- Build energy efficient homes for local families
- Optimize your skills as well as your wallet
- Provide assistance in landing a job in construction



"One thing that I like about the program is that we're helping other people out, as we're building something new to replace something old"

C. Clark, Pathways Participant

"I really enjoy being a part of the Pathways program because it's teaching us to work as a team, it's very informative, and it's a lot of fun"

C. Garland, Pathways Participant

The Pathways Project may be just the thing for you. This no cost training opportunity will provide green construction skills training that will better position you in today's economy, while building safe, efficient and affordable housing for our neighbors. It offers specialized training in energy efficient building construction, plumbing and electrical trades.

Successful participants will be supported on different pathways:

Pre-apprenticeship • Apprenticeship
College credits for Eastern Maine Community College
On The Job Training • Job Placement Support



APPLY TODAY!!!

Call: 207-561-4079

207-561-4030

Email: pathways@emdc.org

Visit: Career Center

35 Oak Street

Bangor, Me

Ask About Pathways

"This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. This solution is copyrighted by the institution that created it. Internal use by an organization and/or personal use by an individual for non-commercial purposes is permissible. All other uses require the prior authorization of the copyright owner."

Check out the Penquis Y.E.S. Program and Say YES to After School Programs

The Penquis YES program provides opportunities for all Piscataquis County youth 12-15 years of age to participate in after school and summer activities. Students learn about conflict resolution, communication, health and nutrition. They are also given assistance with school studies. Students are involved in a variety of educational activities, undertake community service projects and participate in field trips that highlight experiences in the Piscataquis County region. In addition, the teens develop the skills needed to operate a design and printing business, creating cards, flyers and posters for local businesses and individuals.

Snacks, materials, field trips and other activities are provided at no cost to the family. Families are responsible for transportation to and from the program.

Enrollment for the 2010-2011 Penquis YES After School Program has begun. The program will start in mid-September 2010 and will meet at the Penquis office in Dover-Foxcroft on Tuesdays and Thursdays from 3:00-5:30 PM. Enrollment is limited, so fill out an application early. For more information or an application, please go to www.penquis.org or call 564-7116.



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YES Program Adds Summer Fun

This summer the Penquis YES program partnered with the Piscataquis County Public Health Council to provide students with a community service opportunity at the Community Garden in Dover-Foxcroft. Students visit the garden once a week for six weeks, planting, tending, weeding and learning about organic gardening. At the end of the six weeks, the students will participate in a "Salad Party" where they will enjoy eating and sharing what they have grown throughout the summer.

Enroll Now
2010-2011 Penquis
YES After School Program

Penquis "Parents are Teachers, Too!" Is Now Maine Families

Maine Families, a new name but the same great care and services as Parents Are Teachers, Too. Caring for a newborn, especially your first, is one of life's biggest challenges. After all, there's so much to learn! Maine Families is here to support you and your newborn.

This home visiting program provides information, support, encouragement and ongoing play groups to first-time parents and teen parents.



For more information on Penquis Maine Families Services, call Wendy Pace at 973-3674 or 1-800-215-4942 ext. 3674.

Penquis Announces CEO for MaineStream Finance

Jayne Crosby Giles, a resident of Belfast and graduate of Wellesley College, brings over 30 years of banking experience and legislative background to MaineStream Finance.



MaineStream Finance, a subsidiary of Penquis, is a non-profit Community Development Financial Institution (CDFI), providing credit and financial education programs to reduce poverty and address economic and social needs for Maine residents with low or moderate income. MaineStream Finance offers a wide range of services including: home buyer education, mortgage lending and technical assistance for small and micro business owners.

In announcing her appointment, Charles Newton, MaineStream Finance President, noted that Jayne's priority is to increase access to affordable credit and financial services for Maine's low and moderate income citizens. Jayne sees this as an opportunity to give back to the community by drawing on her banking and legislative experiences.

MaineStream Finance Offers Reverse Mortgages

MaineStream Finance, a subsidiary of Penquis, is pleased to offer reverse mortgages to homeowners age 62 and older. A reverse mortgage works the opposite of a normal mortgage where you make payments to your lender each month. With a reverse mortgage, you may choose to receive a lump sum of cash, set up a line of credit, arrange to receive monthly income or some combination of those three options. Repayment of the reverse mortgage is delayed until all owners no longer occupy the home as their primary residence. At that point, the home may be sold (reverse mortgage is paid off; home owner or heirs receive proceeds above the payoff amount) or heirs may obtain a traditional mortgage to payoff the reverse mortgage debt.

For many seniors, whether already retired or soon to be retired, a reverse mortgage allows them to tap into the equity in their home to help with living expenses or to complete home improvements without having to sell their home.

As with any financial product, there are both pros and cons. Information and education are key components for any homeowner to pursue before obtaining a reverse mortgage. For further information, please call our reverse mortgage specialist, Dana Ward, at 973-3555 or 1-800-215-4942 ext. 3555.

Postal Carrier Alert Program Available in Knox County

The Knox County Postal Carrier Alert Program is free to any Knox County resident. It's simple! You enroll by providing your name, address and emergency contact information to Penquis. Your letter carrier will be notified that you have enrolled in the program and will affix a notification sticker on the inside of your mail box. If your letter carrier notices that you have failed to pick up your mail then s/he will contact Penquis.

Penquis will attempt to reach you and/or your emergency contact to make sure everything is okay. If neither you nor your emergency contact are available, Penquis will ask local authorities to check in on you. If interested in the Knox County Postal Carrier Alert Program, contact Penquis at 596-0361 or 1-800-585-1605.



The Knox County Postal Carrier Alert Program was initially sponsored by the Knox County Home Energy Committee and is operated through a collaboration between Penquis and area post offices.



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MaineStream Finance - Helping Micro Businesses Succeed

What is a micro business? It's a company with five or fewer employees. MaineStream Finance offers business technical assistance to micro business enterprises in Penobscot, Piscataquis, Knox and Waldo counties. Assistance is offered in the following areas:

- **Business Plans**
- **Marketing**
- **Advertising**
- **Loan Prep**
- **Start up**
- **One-on-one Assistance**
- **Research**
- **Buying a Business & More**

No question is too big or small!



Additionally, business owners may want to participate in IWW - Incubator Without Walls - Business Plan Basics. The IWW program helps individuals start and expand businesses with five or fewer employees through a number of course offerings. During the courses, the following topics are discussed: Business Concept, Legal Structures of Business, Business Plan, Marketing, Credit, Record Keeping, Financials and Cash Flow, as well as many other topics. For more information, please contact James Macomber, Microenterprise Consultant, at 207-564-7116, 1-800-215-4942 or email jmacomber@penquis.org.



Facebook at IWW – Incubator Without Walls of Eastern Maine

Incubator Without Walls is funded in part through a cooperative agreement with the US Small Business Administration. All opinions, conclusions, or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. Reasonable accommodations for persons with disabilities will be made, if requested at least two weeks in advance.

Start Your Own Family Child Care Business ***A Career Opportunity for You!***

If you live in Penobscot or Piscataquis county and are interested in child care, MaineStream Finance and the Penquis Child Care Resource Development Center have an opportunity for you! The Penquis Early Education Profession Project can help you start your own home-based Family Child Care or expand your child care program of five or less employees. We can help you become certified by the State of Maine and start your business by providing you with resources and valuable training. You will learn how to plan educational activities, arrange your home for the children in your care, establish a budget and develop a realistic business plan. You will meet other Family Child Care providers to share ideas and develop friendships. The Early Education Profession Project also has funds available to help you start or expand your Family Child Care business. This project is funded by a grant from the U.S. Department of Health and Human Services to help individuals achieve economic self-sufficiency. For more information and eligibility, visit www.penquis.org or contact **Amanda Pate** at Penquis at **973-3539, 1-800-215-4942 ext. 3539** or apate@penquis.org.



Penquis Health Services

REPRODUCTIVE MEDICAL SERVICES AND EDUCATION

Same day appointments available and services are affordable for everyone

- Birth control
- Breast exams
- Pregnancy tests
- STD testing and treatment for women and men
- Emergency contraception “morning after pill”
- Breast exams, pap smears and annual exams
- Confidential one-on-one care
- Special teen clinic hours for those under 20 years old
- Men’s services include STD testing & treatment, testicular exams and prostate health
- Most insurances accepted including MaineCare & Medicare



An Option For Everyone

No Referral Needed ~ 1- 800-941-2836

Bangor ~ 973-3650 Dexter ~ 924-7383 Lincoln ~ 794-3313

LYNX Transportation... ...Going Places

*Did you know Penquis Lynx
Provides General
Public Transportation?*

Do you need a ride to the grocery store, to visit a friend, or do you just want to go out to lunch?

In addition to providing transportation to needed medical and social service appointments, Penquis Lynx provides general public transportation on selected days throughout rural Penobscot and Piscataquis counties. Two (2) full days notice is required to schedule a ride. You can find the Lynx schedule at www.penquis.org or call us and one will be mailed to you. Fees vary depending on the your town, where you reside, and where you are going. For more information, please call 973-3500 or 1-888-853-5969.

Lynx Fact: Last year, the Lynx covered 10 million miles and helped provide transportation to nearly 6,000 people.



Voice of the Customer: *I am eternally grateful to you, the Lynx staff and the countless kind and competent volunteer drivers who have provided me with flawless medical transportation over the past eight months. The service prompt and courteous allowed me to keep a measure of independence since my vision impairment left me unable to drive.*



[Facebook.com/PenquisHelpingTodayBuildingTomorrow](https://www.facebook.com/PenquisHelpingTodayBuildingTomorrow)

Get the Lead Out

If you live in an older home (built before 1978) and the paint is flaking or peeling, we encourage you to have it tested for lead. Elevated lead levels can do permanent damage causing developmental delays, behavioral problems, hyperactivity, lowered intelligence and decreased growth. At toxic levels, it can cause stunted growth, mental retardation, severe brain damage, coma and even death. Lead can be ingested or inhaled, with poisoning occurring most often from renovations of older homes or from the deterioration of lead paint. Children under the age of six years are most vulnerable to lead poisoning.

Families with a child under six whose household incomes are at or below 80% of the area median may be eligible for lead abatement services. For more information, call Penquis at **1-800-215-4942**



RSVP

Volunteering offers the opportunity to feel valued and fills a basic need we all have for social and community involvement.

The Penquis **Retired and Senior Volunteer Program** (RSVP) offers adults 55 and older a meaningful life through volunteer service that is responsive to community needs.

Many older adults in Knox, Lincoln and Waldo counties add richness to their lives by serving with Penquis RSVP.

Foster Grandparents Wanted



Foster Grandparents are “income qualified” seniors, 55 years or older, who volunteer 15 to 40 hours a week working with children who need a bit of extra love and attention to help them succeed in life. Foster Grandparents serve alongside a teacher or other professional helping children in supervised settings such as schools, Head Start centers and nonprofit child care centers. Penquis Foster Grandparents are paid a stipend for their services. For more information or an application, call 973-3684 or 1-800-215-4942 and ask for the Foster Grandparent Program. Make a difference in a child’s life today!

Our Grammys and Grampys are a part of our School family.” ~ Mrs. N. Asst. Principal

If you are 55 years of age or older and reside in Knox, Lincoln or Waldo county, you can reap the rewards of service, enjoy the benefits that RSVP offers, and meet other committed people in your area.

Communities become better places as volunteers offer their time and skills to help in schools, museums, libraries, soup kitchens, food pantries, hospitals, thrift shops, visits to elders and shut-ins and other community organizations.

Let Penquis RSVP help you locate a volunteer position that interests you and meets your time requirements. RSVP volunteers serve as many or as few hours as fits their schedule. There is no fee.

For more information about RSVP, call Patty or Cheryl at 596-0361 or 1-800-585-1605.

PENQUIS

P.O. Box 1162, Bangor, Maine 04402-1162

Phone: 207-973-3500 or 1-800-215-4942

Fax: 207-973-3699

TDD: 207-973-3520

www.penquis.org



Programs described in this publication are funded in part or fully by Maine Department of Health Human Services and the Community Services Bock Grant, Maine Department of Transportation, United Mid-Coast Charities, United Way of Eastern Maine, National Corporation for Community Service, VOCA, US Small Business Administration, US Department of Health and Human Services, US Department of Labor's Employment and Training Administration, the Piscataquis Public Health Council, a Healthy Maine Partnership, the JTG Foundation and federal funds.

HOMES FOR SALE

Dover-Foxcroft, Maine

1 story ranch on 1 acre of land. Home is in good condition with attached garage, patio and workshop area. 4 bedrooms and 1 bath. The house has a large open kitchen/dining area. Price: \$100,000.

Newport, Maine

1.75 story, detached cape on in-town lot. Home has hot water baseboard heat, enclosed porch and detached 1 car garage. House has 2 bedrooms and 1 bath. Price: \$50,000.

Charleston, Maine

Single family home, lot size is .94 acres. 3 bedrooms, 1 bath. Private well/septic. Price: \$63,500.

For more information please call
973-3663 or 680-0429.

LOOKING TO ADD MEANING TO YOUR DAYS?



Consider becoming a trained
Volunteer Driver for The Lynx...

Penquis is specifically looking for
Morning Weekend Drivers

Call our Toll Free Number 1-866-853-LYNX
or 973-3695

For more information
Mileage reimbursement

Successful applicants must pass extensive background checks, have reliable, safe, insured vehicle and Maine driver's license

