# KEEP IT LOCAL MINE

FALMOUTH, CUMBERLAND, & YARMOUTH

MID-APRIL - MID-JUNE 2025 ★ ISSUE 8



Hauls It All!
SEE PAGE 3



#### **BUH-BYE PESTS!**

MODERN PEST SERVICES helps keep unwanted pests away. SEE PAGE 4

#### **RELAXATION TIME!**

**MOLLY KINNEY** offers massage for therapy, stretching, & relaxing. **SEE PAGE 7** 

#### **SUNSHINE IS HERE!**

MAINE ENERGY EXPERTS helps with solar, energy pumps, & roofs. SEE PAGE 8

#### IT'S SELLIN' SEASON!

Get more for your home when you buy or sell with THE MATT & GENA TEAM.

SEE PAGE 11









ROOFING • SIDING • FRAMING CONTRACTOR *207-740-5533* 

alexanderconstructionme.com

WE ALSO OFFER ...

- + ADDITIONS & REMODELS
  - · GARAGES & DECKS
  - · RESIDENTIAL & COMMERCIAL CLIENTS



QUALITY WORK FOR OVER 17 YEARS!

LOCALLY OWNED & LICENSED MAINE CONTRACTOR



**RESIDENTIAL + COMMERCIAL + ASSOCIATIONS** 

Hardscape & Landscape Construction

Lawn Maintenance

Yard Cleanups

Aggregate Delivery

Garden Installs

**Annual Property** Maintenance Programs

New for 2025... Hydroseeding!

**BOOK YOUR 2025 PROJECTS TODAY!** 

207.894.4254





# OMPANY, LLC.

YOUR LOCAL SOURCE FOR WOOD OR VINYL WINDOWS & DOORS

- \* Locally Owned & Operated
- ★ Energy Star Qualified Products
- ★ Manufacturer's & Workmanship Warranty Included
- ★ Over 60 Years of Combined Knowledge & Experience
- ★ A+ Rating with the BBB

YOUR WINDOW OR DOOR PROJECT

FOR A FREE <u>INDOOR</u> OR <u>OUTDOOR</u> ESTIMATE, <mark>CALL LISA:</mark>

WILDWOODPROPERTIESINC.COM





HOUSE & ESTATE CLEANOUTS
GARAGE, BASEMENT, & ATTIC CLEAN-OUTS
SINGLE ITEM PICKUPS \* BRUSH REMOVAL
CONSTRUCTION DEBRIS REMOVAL
PIANO REMOVAL \* HOT TUB REMOVAL
OIL TANK OR BOILER REMOVAL

SHED / SMALL GARAGE / MOBILE HOME TEAR DOWN & REMOVAL

BOAT & CAMPER REMOVAL

While the Dump Guy is still happy to offer in-home removal, we are also happy to offer a no-contact removal by request!

We are Maine and New Hampshire's premier junk removal service with over 20 years of experience and a focus on customer service. We haul it away with a smile!

CALL US TODAY TO BOOK YOUR SPRING CLEANING PROJECTS!





"I had a pile of junk and debris I needed cleared from my basement. In the past I would rent a dumpster, fill it and then have it hauled away. Very time consuming and also not cheap. I texted pictures to The Dump Guy and got an approximate quote immediate. I scheduled for the next day. Sean and Spinney showed up on time and ready to go. Sean gave me a more accurate quote after reviewing the amount to be removed and it was almost exactly what was quoted. They swiftly and efficiently removed all of the junk and debris and then even swept the floor for all the little stuff!

Fantastic service, I would highly reusing them and they are at the top of my call list if needed again!" ROBERT L. \*\*\* \*\*\*\*\*\*

Contact us for a **207.450.5858** free estimate!























### SOPHOMORES - LIMITED SPOTS IN OUR PROGRAM REMAIN!

College Solutions helps students and their families navigate college admissions with expert guidance to help you build a well-balanced list of "right-fit" colleges. We prioritize strategy and planning through each phase: college campus visits, college list building, college application support, college essay support, SAT/ACT timeline and prep guidance, and scholarship/financial aid. We know where your student will thrive socially, academically, and where they will get in and receive funding. We are a local firm with over 35 years experience with a global reach, working with families all over the United States! Ask your friends about us!



Kimberly Labrecque Senior College Consultant



Visit us online at www.collegesolutionsus.com

college@collegesolutionsus.com

@ @collegesolutionsus

f @collegesolutionsus



ALL HOME IMPROVEMENTS \*\*\*\*

"JM Painting is an excellent, dependable painting crew that does careful, thorough, efficient, and beautiful work. Their painters are friendly and hard-working. Their results are impeccable. Their prices are very reasonable; in our case about half of another estimate. I give them my highest recommendation."

Gall us today for a free estimate!

207-239-0150

www.jmpaintingmaine.com







# **WELCOME SPRING**

### and Say Goodbye to **Unwanted Visitors**

HomeCare Green: Your Year-Round Shield

Spring's warmer weather can drawn all kinds of unexpected houseguests. With Modern Pest's Homecare Green Program, you can stop intrusive critters before they settle in — keeping your home safe all season.

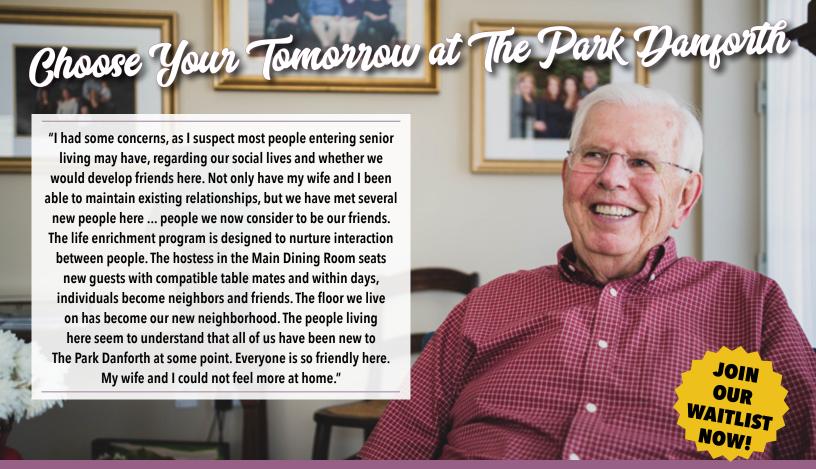
- ✓ A Kinder Approach: We use fewer harsh chemicals, so you can protect your home with peace of mind.
- ✓ Yard Guard: Bundle our seasonal service to keep mosquitoes, fleas, and ticks under control and save \$100.
- ✓ Comprehensive, Year-Round Coverage: We offer a complete service that adapts to every season, ensuring your home is always protected.

We also offer Organic HomeCare Green for those seeking a more natural approach.



















A LOCAL NON-PROFIT COMMUNITY SINCE 1881



## THE RIGHT PLACE WITH THE RIGHT SERVICES:

No community fee

Free parking available

Ask about our "financial safety nets"

Flexible dining options

**Utilities** included

SCAN THE CODE TO **LEARN MORE OR VISIT** 





**CALL TO SCHEDULE YOUR TOUR TODAY!** 

# CALL US TODAY FOR ALL YOUR ROOFING NEEDS THIS SPRING & SUMMER!



We are a locally owned company specializing in all kinds of construction, and home renovation projects. With our large, ready-to-work crew, there isn't anything we can't do!

Remember, when we work for you, you're not just a customer... you're a friend!

Give us a call today amigo!

**BOOK WITH US & USE THIS COUPON TO SAVE** 

10% OFF YOUR

PROJECT!

and Son Construction. Cannot be combined with other offers or discounts - limit one per household. No cash value. Expires 06/15/2025. KILM2504B









"Carlos and his crew did a fabulous job on a family home. Very courteous and great attention to detail."

BETTYNA D.



"Great job installing snow rails on our metal roof. Terrific to work with and very professional. Will be contracting with them in the future"

LAURIE M.



"Professional, honest, and friendly. They had excellent communication to explain any issues. Fair price. I highly recommend their work."

SHOHREH A.

Call us today for a free estimate & consult!

207-956-1528

mandsonconstructions.com info@mandsonconstructions.com









We offer pest control solutions for whichever pesky foe you face!

Mosquitoes, Ticks, Cockroaches, Fire Ants, Fleas, Flies, Gnats, No See Ums, Rodents, Spiders, Stink Bugs, & More!

- + 21-Day Mosquito & Tick Barrier All-Natural Spray Protection
- + Special Event Sprays



Very, very happy with Mosquito Squad!! The service works perfectly as we don't see any mosquitoes or ticks all Spring and Summer. I've never had any issues with them, but I'm sure that if I did, they would take care of it right away."

Matt G. ★★★★

Call for a FREE estimate today!



A LOCALLY OWNED FAMILY BUSINESS \* MAINE'S MOST EFFECTIVE PEST CONTROL



Deep Tissue, Stretching, Therapeutic, or Relaxation - have a session customized to your individual needs!

Book today: 207-274-7060

stretchingandmassage.com

Mint Salon Block \* 75 Clearwater Drive \* Falmouth, ME

\* Some restrictions may apply. Cannot be combined with other offers or discounts - limit one per customer per visit. No cash value. Expires 06/15/2025. KILM2504B

# GoodStewards Softwash **Solutions**

#### ENVIRONMENTALLY SAFE EXTERIOR CLEANING

We are Maine's preeminent authentic Softwash exterior cleaning service that's been setting the standard for exterior cleaning since 2016.

We are a small, locally owned and family operated business with a focus on providing customer satisfaction. You can take comfort knowing the owner of our company is on-site for every project, no matter the size!

#### WE SPECIALIZE IN CEDAR CLEANING & CONDITIONING!



#### **WE CAN CLEAN IT ALL:**

✓ ROOFS ✓ DECKS ✓ FENCING ✓ CONCRETE

✓ OXIDATION REMOVAL
✓ SIDING & GUTTERS

✓ CERTIFIED SOLAR PANEL CLEANING





#### **Top 5 reasons to choose New England Softwash Solutions**

- 1. SUPERIOR TRAINING
- 2. ENVIRONMENTALLY SUPERIOR
- 3. SUPERIOR RESULTS WITH CONSISTENCY
- 4. SUPERIOR SAFETY
- 5. SUPERIOR VALUE



www.MAINESOFTWASHPROS.com



# ∰ WHITE PINE TALLOW

Ancient skincare secrets have withstood the test of time and surpass modern artificial copies. Tallow has long been rendered and applied to all types of skin for moisture, healing, and glow.

Tallow is biocompatible, ensuring benefits are absorbed effectively through your skin's protective barrier.

The hydration and moisture provided heal skin naturally.

Tallow easily absorbs, delivering rich benefits without harsh chemicals.



Learn more and order at

### whitepinetallow.com





# MAINE ENERGY EXPERTS



# KEEP IT

FREE ESTIMATES



Google 5.0  $\star\star\star\star\star$  (101 reviews)

"Thank you to Maine Energy Experts. Especially Sam and Logan. We are so thrilled to have gone solar with you! You were all so helpful, professional and understanding of our needs. From the very start of placement, when and where, to the day of installation (the crew was AMAZING) the process was flawless! We could not be happier!" -Lynn & Art Byron, Wells, ME.

10% 10% OFF 207-710-3747





#### WHY ARE WE ONE OF THE HIGHEST **RATED FLOORING COMPANIES?**

- Mobile Flooring Showroom
- One Locally Trusted Team
- Professional Installation
- High Ratings, Low Hassle
- Person Design Consultant
- Stylish, Durable, & Pet Friendly Flooring Products

"The finished product looks amazing. I would recommend them for any flooring needs!"

- Nuala A.

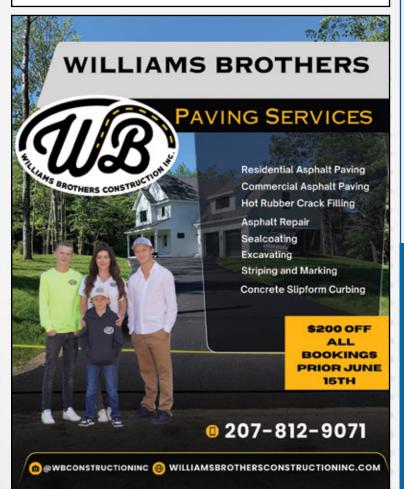
"We were on a tight timeline, and they got it done! Quality was excellent and prices were reasonable."

- Elise L.



#### 120 Thadeus Street, Suite 8

SOUTH PORTLAND • 207-593-5667





- **★** ALL MEMBERSHIPS INCLUDE **ACCESS TO BOTH LOCATIONS** & ALL CLASSES (INDOOR CYCLING, YOGA, ETC.)
- **★ FREE CONSULTATION WITH A PERSONAL TRAINER**
- ★ PERSONAL TRAINING AS LOW AS \$33/HOUR!
- ★ NEW SPECIAL FUSION ROOM FEATURING CYCLING & KETTLEBELL CLASSES (PORTLAND)
- ★ BRAND NEW LIFE FITNESS IC7 COACH BY COLOR CYCLING BIKES
- ★ BRAND NEW CUSTOM MATRIX CARDIO & STRENGTH EQUIPMENT, & NEW CUSTOM HAMMER STRENGTH EQUIPMENT (PORTLAND)
- **★ LUXURIOUS LOCKER ROOMS WITH SAUNAS & HEATED FLOORS**
- ★ NEW RED LIGHT THERAPY BOOTH (PORTLAND)
- **★ NXGEN EATS CAFE & SMOOTHIE BAR AT BOTH LOCATIONS**

# TRY US OUT TODAY!

NXGen Fitness Center. No membership in past 6 months. For local residents only. Cannot be combined with other offers or discour Limit one per customer. Maine residents only. Other restrictions may apply. No cash value. Expires 06/15/2025. KILM2504B



29 PLEASANT HILL ROAD **SCARBOROUGH** 

**75 NORTHPORT DRIVE PORTLAND** 

SIGN UP ONLINE AT:

nxgenfitness.com











Full-service residential construction focused on providing a quality building experience

New Homes ★ Renovations ★ Kitchens ★ Additions

www.nuyarconstruction.com 207-387-3839

## **HELLO, OUR NAME IS...**

# Keep It Local Maine



This is a magazine dreamed, designed, and done by people who live in Maine and who are passionate about local businesses. From start to finish, everything we do is designed, printed, and mailed right here in Maine. Our goal is to offer a high quality, memorable, beautiful, and economical way for people to promote their businesses. Each of our magazines is distributed to 13,000 mailboxes as well as placement in local businesses, available for download through our website, and posted on social media.



TODD & KIMBERLY REGOULINSKY

## Call **(207) 934-0252** today or email kim@keepitlocalmaine.com



maine www.KeepltLocalMaine.com f @keepitlocalmaine @ @keepitlocalmaine

FALMOUTH, CUMBERLAND, & YARMOUTH VOL 12, #8 MID-APRIL - MID-JUNE 2025

©2014 - 2025 by Steadfast Marketing & Keep It Local Maine Cover photo by Stewart Smith Photography

DISCLAIMER: Opinions expessed in ads or advertorials are not to be considered official expressions of Keep It Local Maine or Steadfast Marketing. The publisher and Keep It Local Maine assume no responsibility for errors and omissions within. The publisher and Keep It Local Maine reserve the right to accept or reject all editorial and advertising matter without explanation. Neither the publisher nor Keep It Local Maine assumes any liability for unsolicited manuscripts, photographs, artwork, or electronic files.

★★★ PROUDLY DESIGNED & PRINTED IN MAINE ★★★





LOCALLY OWNED IN SCARBOROUGH, MAINE! \* \* \*



"From the very start, particularly as we were remote, we needed to feel the connection; a mind meld so to speak. Even over the phone in the first conversation or two, we felt that they were easy to work with and understood the market very well."

Bob and Feriale M. Falmouth, Maine

Real estate transactions inevitably come with anxiety. With an expert in your corner, you can rest easy knowing that they know exactly what to do. When you find a Realtor® you trust, not only will you get a better financial outcome, but you will also save yourself stress along the way!

#### Here's their story...

Bob and Feriale had found themselves empty nesters nearing retirement. They were ready to escape the hot Dallas summers and Maine was appealing, as they wanted to be near the coast. The Portland area offered everything they were looking for, but they had one problem - they needed someone they could trust to guide them through the homebuying process.

Their online search for a Realtor led them to The Matt & Gena Team. "They were either #1 or at the very top of every list we looked at," said Bob and Feriale, "We made a phone call and the rest is history."

Through conversation and listening to the wants and needs of the couple, The Matt & Gena Team was able to provide insight into area homes that would interest the couple, ultimately leading them to find their perfect Maine home!

Moral of the story? Their trust in the team was well-placed, and the service they received greatly exceeded their expectations. What is their one piece of advice to someone looking to buy or sell in the Greater Portland area?

"Give The Matt & Gena Team a call, seriously!"

# Your TRUSTED Real Estate Experts

Where Experience Meets Heart...We don't just close deals; we create bonds. With decades of local expertise, we go above and beyond to make every transaction seamless, guiding your way home with unrivaled expertise and ease.





207-749-0433







Exterior Home Service & Repair: Roofing \* Gutters \* Siding \* And More!



U.S. Route One in Saco, Maine

