

# KEEP IT LOCAL MAINE

FALMOUTH, CUMBERLAND, & YARMOUTH

MID-FEBRUARY - MID-APRIL 2026 ★ ISSUE 4

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PEPPER'S LANDING has fresh  
seafood, local beer, & more.  
SEE PAGE 4

**GET FIT IN 2026!**  
NXGEN FITNESS CENTER has  
locations in Portland & Scarborough.  
SEE PAGE 7

**CONFIDENT SMILES!**  
GREGOIRE ORTHODONTICS is  
where expertise makes beautiful smiles.  
SEE PAGE 10

**BUILDING TRUST!**  
PORTLAND BUILDERS is here to  
help with all commercial building.  
SEE PAGE 15



"Clean and happy office, the people there really know their stuff and are very friendly. Made getting fillings as enjoyable as possible!" **MARINA T.**



"Very friendly community dentist office. They are always happy when you arrive."

**KEVAN C.**



"Friendly, honest, transparent, helpful. Very nice facility, easy to access."

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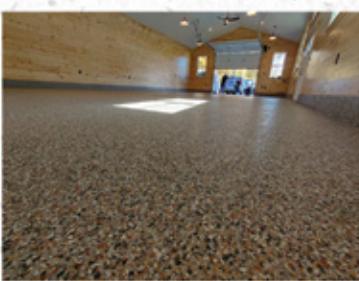


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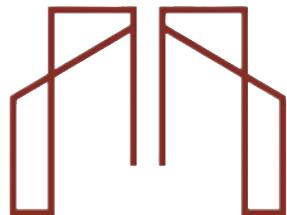
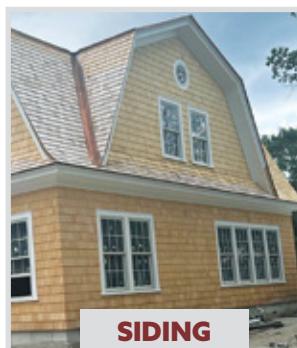
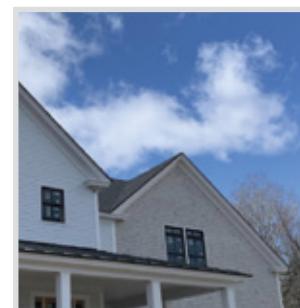


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TODD & KIMBERLY REGOULNSKY  
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FALMOUTH, CUMBERLAND, & YARMOUTH VOL 13, #4 MID-FEBRUARY - MID-APRIL 2026

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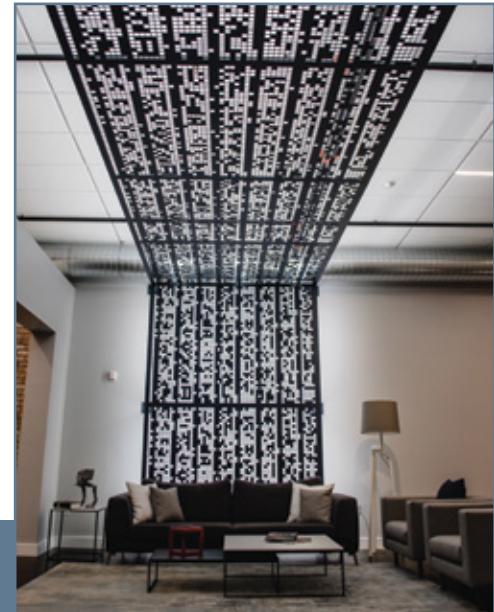
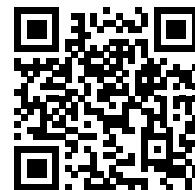


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