

KEEP IT LOCAL MAINE

WESTBROOK & GORHAM

MID-JULY - MID-SEPTEMBER 2026 ★ ISSUE 14

Erik's
Church

GOOD TIMES &
BAD DANCING!



BEAT THE HEAT!

MP AUTO is offering a free A/C inspection & more for your car.

SEE PAGE 2

WORK SMARTER!

All the benefits of an office with no overhead at BLENDED WINDHAM.

SEE PAGE 5

SUMMER OF SUSHI!

SUMO SUSHI & GRILL is your new favorite place for dinner or lunch.

SEE PAGE 6

THEY CAN BUILD IT!

M & SON CONSTRUCTION is here for all your roofing & repair projects.

SEE PAGE 9



1140
Brighton Ave
PORTLAND, ME
207.874.0000

Sun 11:00am - 9:00pm
Mon - Thu 11:00am - 9:30pm
Fri - Sat 11:00am - 10:30pm

\$25 OFF
DINE-IN CHECK OF \$150 OR MORE

\$45 OFF
DINE-IN CHECK OF \$300 OR MORE

Kon Asian Bistro Valid only for dine-in & hibachi rooms. Does not include alcohol. Cannot be combined with other offers or discounts. Limit one per check - no cash value. Expires 09/15/2026. KILM2607B

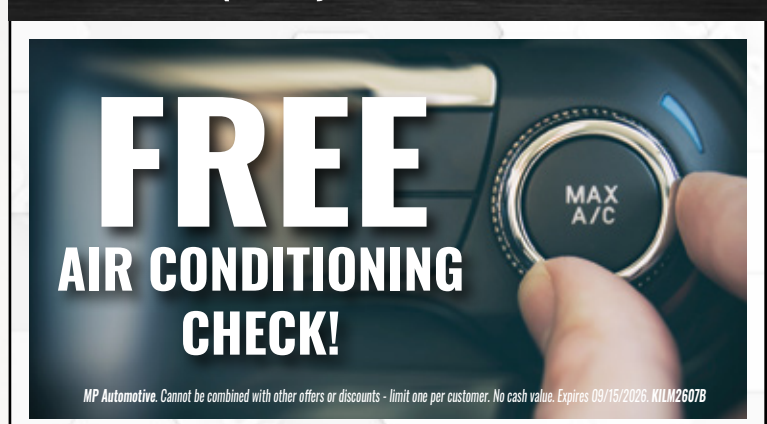


ORDER ONLINE NOW AT **KONHIBACHI.COM**



Don't spend your
Summer on the
side of the road...
Come see us today!

MP AUTO
(207)-222-0594



FREE
AIR CONDITIONING
CHECK!

MP Automotive. Cannot be combined with other offers or discounts - limit one per customer. No cash value. Expires 09/15/2026. KILM2607B

FULL SERVICE AUTO REPAIR
Specializing in... Rust Repair * Air Conditioning * Diagnostics
Transmission * Exhaust * Tires * Engine Repair * Brakes * Oil Changes * Batteries
Maine State Inspections * Electrical * Auto detailing * *Tow-Ins Welcomed!*

\$75 OFF
**BRAKE PAD & ROTOR
INSTALLATION**
PER AXLE

MP Automotive. Cannot be combined with other offers or discounts - limit one per customer. No cash value. Expires 09/15/2026. KILM2607B

\$49.99
SYNTHETIC OIL CHANGE
INCLUDES COMPLIMENTARY VEHICLE INSPECTION
UP TO 5 QUARTS - ADDITIONAL QUARTS & DIESELS EXTRA

MP Automotive. Cannot be combined with other offers or discounts - limit one per customer. No cash value. Expires 09/15/2026. KILM2607B

QUALITY USED CAR SALES
Trade-Ins Welcomed! We'll buy your car even if you don't buy from us!
Finance options available - no credit? bad credit? OK!

VIEW OUR INVENTORY FOLLOW  
MPAUTOMOTIVE.ME



EASTERN
CARPET & UPHOLSTERY
CLEANING



**Dirt Doesn't Care
It's Summer...
But We Do!**

**Enjoy the sun,
we'll do the cleaning!**

Call us to schedule pick-up service
Or drop-off Monday-Friday 8:00am - 4:30pm at
63 Pleasant Hill Road in Scarborough, Maine

Book your cleaning today... **207.885.1499**
EASTERNCARPETCLEANING.COM



Erik's Church

GOOD TIMES & BAD DANCING

★★★ OPEN MONDAY - SATURDAY AT NOON! ★★★

MONDAY BINGO NIGHT!

Starts at 6pm

WEDNESDAY WILDCARD!

Check website for details

THURSDAY AMATEUR LINE DANCING!

With Line Dance 207 ★ \$10 per person ★ Starts at 6pm

FRIDAY LIVE BAND!

21+ starting at 6pm ★ Music at 8pm

**PATIO OPEN DAILY!
WEATHER PERMITTING**

SATURDAY ACOUSTIC SET!

All ages ★ 3-6pm

LIVE BAND!

21+ Starting at 6pm ★ Music at 8pm



Everyone Could Use A Little Church

We are Maine's premiere country music restaurant with great local, regional, and national talent. We offer a wide variety of nightly programming, friendly staff, cold drinks, high quality Americana food and country charm in the lakes region. Founded in 2018 by Kenny Cianchette and named after his father, it is the Church to drink, dine, and dance your way into a fun time with a welcoming crowd.

8X BEST BAR
IN SEBAGO LAKES REGION
★ THE WINDHAM EAGLE ★

2X BEST COUNTRY BAR
IN THE STATE OF MAINE 2025 & 2026
★★★ BEST OF 207 AWARDS ★★★

2023
BUSINESS OF THE YEAR
SEBAGO LAKE CHAMBER OF COMMERCE

"My family has been part of the music scene in Maine for a while now, and I both have been a sound engineer and a performer, and Erik's Church is hands down the best room acoustically in the State of Maine. The shows at Erik's Church are the greatest due to the sound quality designed into it, and when you factor in the rest of the atmosphere such as the Church Girl service and backdrop, it makes it the best room in New England to play or enjoy a show." - Jack Nichols

"As much as I love just the classic Church Burger with hand cut fries, ever since I tried the Hangover Burger, I have a new favorite. The bacon and fried egg is a game changer."
Billy Schinzel

824 Roosevelt Trail ★ Windham, Maine
207-572-1447 ★ Follow: @ ★ Events & Order: erikschurch.com



Classic Flooring

carpet • orientals • vinyl • ceramics • hardwood

ON-SITE WAREHOUSE

GREAT SALES STAFF

ON-TIME INSTALLATION

THE CLASSIC DIFFERENCE!

We sell in all price ranges, allowing us to sell for less than the big box stores with 10 times the selection!

"The selection & choices Classic Flooring has is spectacular. I compared prices & Classic had the best. Their installers showed up just when they said they would; they worked fast & did a perfect job."

K. DENNIS - TOPSHAM, ME

429 US Route One ♦ Scarborough, ME
(800) 244-9541 ♦ www.classicflooring.com



WILLIAM FLAGG AGENCY, LLC

Home | Auto | Life | Business Insurance

Maine • New Hampshire • Massachusetts

"My husband and I have had Will as our insurance agent for a few years now. His attention to detail and customer service are top notch! He has always been consistent at giving us the best service and value and that is just priceless! Definitely reach out to him for all of your insurance needs!"



William Flagg

Agency Owner
Allstate Insurance

Licensed in ME, NH, & MA

**CALL TODAY FOR A FREE QUOTE OR POLICY REVIEW
FOR HOME, LIFE, BUSINESS, OR AUTO INSURANCE!**

207.856.0000 OFFICE

207.653.1054 CELL

630 Main St, Suite 100 | Westbrook, ME 04092
williamflagg1@allstate.com

Allstate
You're in good hands.

eliteagent

SCAN TO
VISIT US
ONLINE!



MAINE WINDOWS + DOORS SPECIAL

10 Vinyl Replacement Windows Installed*

Triple Pane Windows At Double Pane Price

- Energy Efficient
- Affordable
- Built-to-Last
- Financing Available
- Vinyl Replacement Windows

\$8,495

**Call for details on special*

CALL TODAY!
(207) 712-0133

WWW.MAINEWINDOWSANDDOORS.COM



2x Best of 207 silver
winner for 2024 + 2025!
"Best Window Company"

Run Your Business From Blended!

No Build-Out Costs, All Utilities Included - Just Come In & Get To Work!



Fuel Up With Us!

Our menu is centered on real ingredients, frozen fruit, and high-performance protein shakes for the local community. We focus on made-to-order creations using actual frozen fruit to ensure a thick, cold, and nutrient-dense experience.

- ♦ **Real Ingredients:** Every smoothie starts with whole foods like bananas, berries, spinach and mangoes.
- ♦ **Customized for You:** You can tailor your order to fit your dietary needs, whether you are looking for vegan-friendly, dairy-free, or gluten-sensitive options.
- ♦ **Fuel on the Go:** Perfectly situated for a quick stop during your commute or after a session at a nearby fitness center. Jocko Molk protein is on the menu!

Membership Co-Working!

Tired of the “kitchen table” office? Blended Windham is officially changing the game for local professionals, freelancers, and entrepreneurs. This isn’t just a place to grab a smoothie—it’s a high-energy, modern workspace designed to help you actually get things done. Whether you’re escaping the distractions of home or looking for a professional place to meet clients, Blended offers the perfect space right here in town.

Blended has moved beyond the typical coffee shop setup. The first space is a 1,400 Sq/ft room with stand up/sit-down desk nooks, tables, bench seats and natural sunlight. This room is designed for deep work and making moves on the laptop. The second space offers a 2,000-square-foot Lounge tailored for entrepreneurial productivity. Here you can bring guests/client’s (1-3) to network and build. Need more space to have a meeting? Included in the membership are 3 conference rooms (12+ people) at no extra cost.

CO-WORK MEMBERSHIP

\$350/mo

Includes use of deep work area, lounge, & conference room rental.

PRIVATE OFFICE RENTAL

\$1,200/mo

Includes all co-work benefits **plus** private office with lock.

765 Roosevelt Trail in Windham, Maine

info: 207-984-0711 email: admin@blended.me website: blended.me





SUMO SUSHI & GRILL

JAPANESE RESTAURANT

\$7 OFF

YOUR ORDER OF \$30 OR MORE

\$13 OFF

YOUR ORDER OF \$60 OR MORE

Sumo Sushi & Grill. Cannot be combined with other offers or discounts - limit one per customer. Excludes alcohol. No cash value. Expires 09/15/2026. KILM26078



Order online!



57 Bridge St in Westbrook

Takeout: 207-591-0066 or sumosushigrill.com



WE'LL KEEP THE LIGHT ON FOR YOU!

For all your electrical needs, large or small. We specialize in service calls for residential and commercial customers. All Phase Electric has the licensed, professional team to address the full spectrum of residential and commercial electrical needs to ensure your home or property is running correctly and safely.

SERVICES:

- ★ Interior and Exterior Lighting ★
(Bucket Truck Available)
- ★ Main Electrical Service ★
- ★ Commercial Service Calls ★
- ★ Residential Service Calls ★
- ★ Kohler Whole House Generators ★

**ALWAYS
HIRING**
Experienced
Electricians

Call us today!

Call us today with your projects!

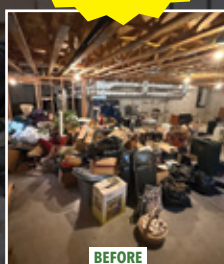
207-284-8946

www.allphaseelectricme.com



**READY TO
CLEAN?**
CALL US TODAY!

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



BEFORE



AFTER

**SUMMER
CLEANING
SPECIAL!**

\$50 OFF

JUNK REMOVAL SERVICES!

Dump Guy. Cannot be combined with other discounts or offers - one per customer. No cash value. Expires 09/15/2026. KILM26078

CONTACT US FOR A FREE ESTIMATE!

207.450.5858

THEDUMPBUY.COM



Rowe Westbrook



LINCOLN



rowewestbrook.com

(207) 854-2555 or 800-872-7693



**THE
WORKS**

**SYNTHETIC BLEND
OIL CHANGE
& MORE**

INCLUDES:

Tire Rotation & Pressure Check + Battery Test
Brake Inspection + Vehicle Checkup
Fluid Top-Off + Filter Check + Belts & Hoses Check

ONLY \$64.95
WITH COUPON

Rowe Westbrook. *Up to six quarts of Motorcraft® oil and Motorcraft® filter. Hybrid battery test excluded. This coupon cannot be combined with any other coupon or discount offer. Must be presented at time of write up. Limit one coupon per customer. See Service Advisor for details. Motorcraft® is a registered trademark of Ford Motor Company. Offer expires 09/15/2026. KILM26078

WE SERVICE ALL MAKES & MODELS - CALL US TODAY!

INDISCO KITCHEN & BATH

DREAM IT. BUILD IT. LOVE IT.

Visit Our Showroom Or Call Today!

197 U.S Route 1, Scarborough

207-883-5562



★★★★★
"We are over the moon. Our kitchen remodel - a complete gut job - is everything we hoped for and Indisco helped us every step of the way. The design options let us consider possibilities that have resulted in a kitchen we would not change one thing about!"



Scan To Visit
Our
Website!



BLUE DOG FLOORING

FLOORING INSTALLATION
& SALES IN
WESTBROOK, MAINE



TRANSFORM YOUR HOME WITH NEW FLOORS!



CARPET



LUXURY VINYL PLANK



HARDWOOD

- ✓ Expert Installation
- ✓ Free In-Home Estimates
- ✓ Veteran & Senior Discounts
- ✓ Family-Owned & Operated

10% OFF
for Veterans
and Seniors

CALL TODAY FOR A FREE CONSULTATION!

(207) 800-7139

674 Bridgton Rd, Westbrook, ME
BlueDogFlooring.com



LOW PRICES & SUPERIOR SERVICE!

info@bluedogflooring.com



**FREE
APPLIANCE
REMOVAL**

WHEN YOU MENTION
THIS AD!

Locally
Owned &
Operated
Since 1974

411 Western Avenue in South Portland, Maine

(207) 761-0000

Sales@AWMaine.com

www.maineappliancewarehouse.com

Financing Available ★ Delivery Options Near You

Selection & Knowledge That Can't Be Beat!

When it comes to buying your next major appliance, there are a lot of choices out there, but there's only one that can match or beat any price (even from the big box stores) and is just a phone call away!

Stop in to see Tony or Cam to find the right deals, and then let Justin and Orion ensure your appliances are installed correctly and safely. With a 300,000 square foot central warehouse, \$600 million in buying power, availability of all major brands, and delivery options within a week or two on anything in stock, we know we're the right choice for you!

★★★★★

"I checked with two other local appliance dealers. I ended up buying a Speed Queen Washer/Dryer and an GE Gas Range here! Appliance warehouse had the best price and the most courteous Sales person/owner. A+ Number 1! You can't go wrong here. Better price than online even and I did all my research ahead of time! Local owner."

TAMMY BONNEAU

★★★★★

"I've now bought a washer/dryer, dishwasher, and microwave from them over the past five years. Prompt service, very knowledgeable and the best prices in town. The guys who have delivered and installed everything have been great too."

STEVE SILVER



FOLLOW US AT: @KEEPLITLOCALMAINE

@KEEPLITLOCALMAINE

@KEEPLITLOCALMAINE

7



Woof. Play. Eat.®

SAVOR

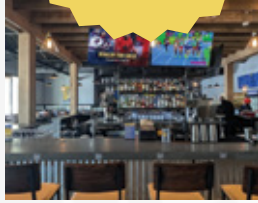
Portland's Most Unexpected Restaurant Experience

Scratch-made food. Craft cocktails. A high-energy atmosphere. Yes—we're dog-friendly.

But what people are really talking about? The food.

Think 72-hour fermented pizza, elevated comfort dishes, and cocktails that actually make it worth going out again. It's a place where you can grab dinner, stay for drinks, and end up staying longer than planned.

SAVOR
Portland's newest restaurant!



\$5 OFF

YOUR PURCHASE OF \$20 OR MORE

Woof. Play. Eat. Cannot be combined with other offers or discounts - limit one per table. Excludes alcohol purchases. No cash value. Expires 09/15/2026. KILM2607B



49 Northport Drive

Portland, Maine

woofplayeat.com



ACHIEVE A THICK, GREEN, HEALTHY LAWN ALL SEASON!

- GETS RID OF WEEDS & BUILDS STRONGER ROOT SYSTEMS
- ORGANIC & TRADITIONAL OPTIONS AVAILABLE

LAWN FERTILIZER PROGRAMS

WE NOW OFFER

TICK & MOSQUITO CONTROL

TARGETING WOOD LINES, PATIOS, POOLS & SHADED AREAS
ORGANIC OR REDUCED-CHEMICAL TREATMENTS



**LIMITED TIME OFFER...
ACT NOW!**

\$50 Off YOUR FIRST TREATMENT!

Offer good for lawn & pest programs thru June 15, 2026 for new customers only.

Peak season is here — delays mean more bugs and weaker lawns. Call today!

QUALITY. SERVICE. DEDICATION.

LAWN MAINTENANCE
HYDROSEEDING
AERATING & OVERSEEDING
HARDSCAPE CONSTRUCTION
LANDSCAPE & MORE

WILDWOOD PROPERTIES

RESIDENTIAL
COMMERCIAL
ASSOCIATIONS

WILDWOODPROPERTIESINC.COM



207.894.4254



NXGEN

FITNESS CENTER

AFFORDABLE LUXURY



TRY US OUT TODAY!

FREE ONE WEEK TRIAL PASS

NXGen Fitness Center. Not eligible if a prior member or already used a free week trial. For local residents only. Cannot be combined with other offers or discounts. Limit one per customer. Maine residents only. Other restrictions may apply. No cash value. Expires 09/15/2026. KILM2607B

29 PLEASANT HILL ROAD
SCARBOROUGH

75 NORTHPORT DRIVE
PORTLAND

SIGN UP ONLINE AT:

nxgenfitness.com

@nxgenfitness

@nxgenfitness



MEMBERS GET THEIR FIRST RED LIGHT THERAPY SESSION & INBODY SCAN FOR FREE



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 ROOFING PROJECT!

M and Son Construction. Cannot be combined with other offers or discounts - limit one per household. No cash value. Expires 08/15/2026. KILM2606B



ROOFING



DOORS & WINDOWS



SIDING



DECKS & ADDITIONS



"M & Son did an incredible job on our 1880's house. They had to rip down a falling 100 year-old front porch and rebuilt it. They made the house feel modern and beautiful. They also redid our siding and our home now feels like a new house. M & Son were great to work with. They were commutative and most importantly—honest. And their crew is so friendly and hardworking." - CARA D.



"M & Son replaced our rubber roof and decking underneath and did a perfect job! They did high quality work and completed the job quickly. They communicated well throughout the entire process and cleaned up everything after they were done. We will definitely work with M & Son again in the future if we have any more construction needs." - DAVID W.

Call us today for a free estimate & consult!

207-332-6515

mandsonconstructions.com
info@mandsonconstructions.com





THE MAINE WINDOW COMPANY

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 Better Business Bureau

10% OFF WINDOW OR DOOR PROJECTS

Maine Window Company. Cannot be combined with other offers or discounts - one per household. Some restrictions may apply, please contact us for complete details. Offer expires 09/15/2026. KILM26078



FOR A FREE INDOOR OR OUTDOOR ESTIMATE, CALL:

★★★ **207.712.3547** ★★★

THEMAINEWINDOWCOMPANY.COM

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
PUBLISHERS OF KEEP IT LOCAL MAINE

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



www.KeepItLocalMaine.com @keepitlocalmaine @keepitlocalmaine

WESTBROOK & GORHAM VOL 13, #14 MID-JULY - MID-SEPTEMBER 2026

©2014 - 2026 by Steadfast Marketing & Keep It Local Maine Cover photo by Stewart Smith Photography

DISCLAIMER: Opinions expressed in ads or advertisements 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 ★★★

NOW SERVING...
ANGUS STEAK NIGIRI!

ANGUS STEAK CUBES LIGHTLY SEARED WITH
SCALLIONS AND BUTTER

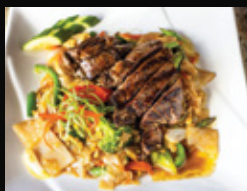


\$40 OFF

YOUR ORDER OF
\$100 OR MORE

MUST PRESENT COUPON
VALID FOR DINE-IN OR TAKEOUT

Kobe Steakhouse & Sushi. Excludes holidays. Cannot be combined with other offers or discounts. Limit one per customer. Excludes alcohol. No cash value. Expires 09/15/2026. KILM26078



KoBe
japanese restaurant

380 GORHAM RD ♦ SOUTH PORLAND, MAINE

PHONE ORDERS & HIBACHI RESERVATIONS:

207.535.3822

ONLINE ORDERS & HIBACHI RESERVATIONS:

KOBEMAINE.COM



Choose Your Tomorrow at The Park Danforth

"I had some concerns, as I suspect most people entering senior living may have, regarding our social lives and whether we would develop friends here. Not only have my wife and I been able to maintain existing relationships, but we have met several new people here ... people we now consider to be our friends. The life enrichment program is designed to nurture interaction between people. The hostess in the Main Dining Room seats new guests with compatible table mates and within days, individuals become neighbors and friends. The floor we live on has become our new neighborhood. The people living here seem to understand that all of us have been new to The Park Danforth at some point. Everyone is so friendly here. My wife and I could not feel more at home."

**JOIN
OUR
WAITLIST
NOW!**

INDEPENDENT LIVING ♦ ASSISTED LIVING ♦ SUBSIDIZED HOUSING



THE RIGHT PLACE WITH THE RIGHT SERVICES:

- Convenient location
- Life Enrichment activities
- Health and wellness programs
- Flexible dining options
- Emergency call system
- Warm and welcoming staff

SCAN THE CODE TO
LEARN MORE OR VISIT
PARKDANFORTH.COM



A LOCAL NON-PROFIT COMMUNITY SINCE 1881



The Park Danforth
THE RIGHT PLACE. THE RIGHT CHOICE.

CALL TO SCHEDULE YOUR TOUR TODAY!

207.797.7710

777 Stevens Avenue ♦ Portland, Maine ♦ Visit www.parkdanforth.com for more information



New Construction & Remodeling

High-End Custom Homes & Panelized Construction

Super Energy Efficient • Kitchens & Bathrooms • Decks & Patios

Roofing & Siding • 35 Years Experience • General Contractor

For over 35 years, Eric Hallee has worked in the residential construction industry along with providing high level General Contracting Services. He is well-known in the home-building, real estate, and banking communities for delivering high-quality results to homeowner clients.



"Having never been through the home building process before, we were nervous about what the experience would be like and with Eric, we truly enjoyed the entire process. Eric is a wonderful communicator; anytime we had questions, he would get back to us immediately and he kept us up to date on our project from start to finish. We appreciated his transparency with options and pricing and felt like all of the preferred vendors were so kind and accommodating to us. The crew were all so nice and skilled at their craft; we are still amazed by their craftsmanship; from framing to finish work, they truly did an incredible job. The entire process was fun, low stress and exciting and we have Eric to thank for that. Through the entire project, we felt cared for and if given the opportunity to work with Eric and his team again, we would do it in a heartbeat; they took our dream home from paper to final product and we couldn't be happier with the results."

Colleen Y. ★★★★★

"I highly recommend Eco-Pro Construction to anyone looking for high quality work, amazing customer service, and fair pricing. They were transparent with all aspects of the process for repairing our bathroom and installing new flooring. Eric was a pleasure to work with and made us feel that our issues were important even though our project was small in scope. We are incredibly satisfied with their work and will be going with them again in the future for other projects."

Rory T. ★★★★★

Call us today for an estimate:

207-232-1732



✉ eric@ecopro.construction 🌐 EcoPro.Construction

★★★ ASK ABOUT OUR SENIOR & VETERAN DISCOUNTS ★★★