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L/A Balloon Fest announces \$60K Maine Office of Tourism award

LEWISTON, ME – The Lewiston-Auburn Balloon Festival, hosted by the City of Lewiston and in partnership with the City of Auburn, announced today that the State of Maine Office of Tourism awarded festival organizers with \$60,000 in grant funding to support marketing and managing the iconic three-day festival in the twin cities.

The announcement follows notable developments earlier, where balloon festival organizers named Emerson Toyota in Auburn as presenting sponsor of the event and appointed former Lewiston Mayor Mark Cayer and former Auburn Mayor Jason Levesque as co-chairs of the festival's sponsorship

committee.

"We're excited to support the cities in their work with community partners, nonprofits, businesses, and past organizers to revitalize this important event", said Hannah Collins, Deputy Director, Maine Office of Tourism. "The efforts of the Lewiston-Auburn Balloon Festival team to make the 30th anniversary event a success will benefit the entire region."

The Lewiston-Auburn Balloon Festival applied for and was awarded a Maine Office of Tourism Special Event Grant. The intent of the Special Event Grant is to provide marketing funds to existing, well-established events for the expansion and progression of marketing strategies

LEWISTON ME



to attract new audiences and increase overnight visitation and length of

stay. Special events can strengthen Maine's brand and image nationally and

internationally, have a direct economic impact on the state economy and attract visitation in Maine's shoulder season.

"On behalf of the sponsorship committee, I express our deep appreciation to the Maine Office of Tourism for approving our application and committing to partner with us in promoting such an iconic annual event for our community," said former Lewiston Mayor Mark Cayer, sponsorship committee co-chair. "It's also important to recognize the city staff and the LA Metro Chamber for identifying this opportunity and writing a competitive grant application. With this award, we are over 2/3 of the way to securing our fundraising goal to help

ensure this a successful, memorable event."

The Lewiston-Auburn Balloon Festival, scheduled for August 16-18 at Simard Payne Park in Lewiston, with complimentary events at Festival Plaza in Auburn, is expected to bring over 100,000 visitors to the event. Festival organizers are planning a series of announcements of specialty balloons, additional sponsors, music performers, amusements, non-profit vendors, crafters, family-friendly activities and more in the coming weeks.

More information on the event, balloon rides, donations, and volunteer opportunities can be found at: www.LABalloonFest.org or www.VisitMaine.com.

SeniorsPlus announces new member, officers to Board

LEWISTON, ME – SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, announces the election of a new member to its Board of Directors, as well as a new slate of officers.

Holly Zielinski of Poland replaces Robert Kirchherr of Norway as the Chair of the Board of Directors of SeniorsPlus. Zielinski has more than 20 years of experience working with older adults

and has held numerous senior management positions in senior living and healthcare in Maine, Florida and Missouri.

Other appointments to the slate of officers of the Board of Directors of SeniorsPlus are Dustin Ward of New Gloucester to Vice Chair, Marie Samson of Auburn to Treasurer, and Don Berry of Sumner to Secretary.

Joining the Board is Shawn Wright of Monmouth. Wright is a financial advisor in Lewiston.

She has been an active member of numerous community organizations including the Auburn-Lewiston Rotary Breakfast Club and the Community Little Theatre of Auburn.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older



Robert Kirchherr passes the gavel to Holly Zielinski, the newly appointed Chair of the Board of Directors of SeniorsPlus, Western Maine's designated Area Agency on Aging.

people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Last year, SeniorsPlus served a diverse population of almost 8,000 clients and fielded 101,000 phone inquiries.

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Newsmakers, Names & Faces

Sen King: National Defense Bill protects jobs, people across Maine

By Senator King, a senior member of the Senate Armed Services Committee

For more than sixty years, Congress has passed the National Defense Authorization Act (NDAA) — an annual bill that prioritizes America’s national security interests at home — with strong bipartisan support. It’s one of the most meaningful pieces of legislation I work on in the Senate Armed Services Committee, but this bill is also very important for us here at home in Maine. Especially for what we are facing now ... let me explain.

Last fall, the entire Maine community was shocked when a gunman took the lives of 18 innocent people at a bowling alley and local restaurant in Lewiston. It was absolute-

ly devastating then, and today, we are still working to pick up the pieces and process the pain. However, as we continue to grieve, we must do everything in our power to prevent a tragedy like this from happening again. One approach was to closer study and track the neurology of our men and women who enter the Armed Forces; the man who took these innocent lives had struggled with brain trauma from repeated exposure to blasts and explosions. That’s why I worked with my committee colleagues to include the bipartisan Blast Overpressure Safety Act that I co-sponsored with the other members of the Maine Delegation. This legislation aims to better protect servicemembers from blast exposure and address traumatic brain

injuries (TBIs), which are considered the “signature wound” of the wars in Iraq and Afghanistan. The bill also includes funding for the Special Operations Brain Health and Trauma Program, which provides veterans and servicemembers who served in special operations roles the brain health care and support they need. Through these inclusions, we can not only help our military personnel and veterans as they recover from service, but we can also protect our communities from horrible tragedies like the one in Lewiston.

In addition to keeping our servicemembers healthy, this legislation also includes a 4.5% pay increase for military servicemembers and a 2% pay increase for civilian personnel. Investing in our people is not just good

for national security, but also for our neighbors and friends in the military and supporting roles who will be more comfortable living, working, and spending in Maine. It’s a win-win: a patriotic investment in our military and a sparkplug for our local economy.

Speaking of investing in our people and our local economy, this bill also aids University of Maine-driven research and development in soil stabilization and infrastructure resiliency, textile developments, and digital manufacturing. The bill authorizes funding for Pratt and Whitney built engines and provides important oversight of the Defense Department of jet engine programs. The bill supports small and large businesses across the state from hypersonics to composites and metal alloys

like tungsten, and it further stresses the importance of Defense Industrial Alliances such as the Maine Defense Industrial Alliance that was launched last year.

Maine’s veterans are also assisted through this legislation. I have frequently heard from veterans how difficult the transition can be from active duty to veteran status, so we made sure the Welcome Home Veterans Act was included to ensure servicemembers are better connected to their state veterans agencies as they begin to transition out of active duty. Additionally, the Armed Services Committee remained focused on improving the Transition Assistance Program and additional measures to improve veteran participation and training.

Lastly, I would be remiss to not mention our incredible shipbuilders at Bath Iron Works (BIW) who will greatly benefit from this year’s defense bill. At my urging, we secured \$1.43 billion for BIW to build a third Naval destroyer. It also fully supports improvements at Portsmouth Naval Shipyard. This will help ensure job continuity and stability for all those in Maine who rely on the continued success of our remarkable shipyards.

Bottom line: not only is the National Defense Authorization Act a patriotic bill to strengthen America at home and abroad, but it is also a source of state pride for Maine. I hope my colleagues in the Senate and House move swiftly to send the bill to the President’s desk.

Rising singer-songwriter Eli Lev to perform in Fryeburg

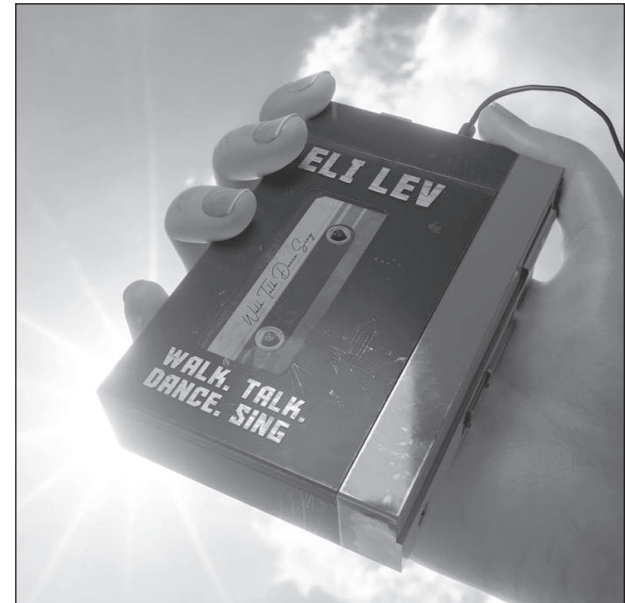
FRYEBURG, ME -- Rising singer-songwriter Eli Lev is making the world a smaller place, one song at a time. Eli pens lyrics and melodies for everyday enlightenment—songs that resonate because they’re heartfelt, earthy, and offer the wisdom he’s gained through lifelong travel and self-discovery. His latest project, an EP called ‘Present Journey,’ is inspired by his current life stage as a middle-aged, full time independent musician who is a mobile lifestyle pioneer and international touring artist.

Eli is from Silver Spring, Maryland and will be coming to Fryeburg, Maine on September 27th, 2024, performing at Saco

River Brewing starting at 7:00 PM.

His previous release, The Four Directions Project, imaginatively and intrepidly connects spheres and generations within a body of work that is irresistibly uplifting, emotionally resonant, and down-to-earth. A cross between The Avett Brothers and The Lumineers, Lev has opened for both Shooter Jennings and Lee DeWyze, performed at The Kennedy Center and 9:30 Club in Washington, DC, and toured extensively within the USA as well as abroad.

Eli Lev has performed in Andorra, Arkansas, Arizona, Australia, California, Colorado, Connecticut, District of



Columbia, Florida, France, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Israel, Kansas, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Mississippi, Montana, New Jersey, New Mexico, New Zealand, New York, Nevada, North Carolina,

Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Spain, Tennessee, Texas, United Kingdom, Virginia, Washington, West Virginia, Wisconsin and Wyoming.

“Eli’s original, spirit-filled lyrics become familiar and make you want

to join in singing, clapping, and dancing as soon as he starts singing. Sweet voice. Kind soul.” - Rhonda Brown

“We’ve chosen Eli Lev as our 2nd GPW for the 35th SAW Mid-Atlantic Songwriting Competition because of its in-

fectious positivity, lyrical ease, and pop sensibility...” - Jay Keating (SAW President)

“Eli Lev is the consummate professional and has been one of my top performing artists over the years as venues continue to ask for him back year after year” - Amber Foster (Last Call Entertainment)

“We love working with Eli because he works hard to promote his shows, has an incredibly professional attitude, and is timely in his email replies and sending us the information we need” - The Brindley Brothers (Jammin Java, Union Stage, DC Pie Shop)

For more information and to hear his music, see his website at eli-lev.com

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Newsmakers, Names & Faces

Bangor Savings Bank celebrates community commitment

BANGOR, ME – Bangor Bancorp MHC and its subsidiary Bangor Savings Bank announced its Fiscal Year 2024 (FY24) results today. The report was released at its Annual Meeting of Corporators.

Amid a challenging macroeconomic environment, Bangor Savings Bank continued to uphold its 172 years of navigating change to meet the financial needs of its stakeholders. The Bank grew total loan production by \$1.1 billion, bringing the total for the last five years to over \$9 billion. It also expanded its customer base, welcoming over 22,500 new customers. This resulted in the creation of over 33,000 consumer deposit accounts, including 6,000 business accounts.

As the industry's pandemic-era deposit surge receded, fiscal stimulus ended, and interest rates significantly increased, the Bank's deposit balances totaled \$5.5 billion at the end of FY24. Due to this transition, the Bank earned a net income of \$15.3 million. With intentional runoff and right-sizing of the Bank's investment portfolio and targeted loan production, the Bank's total assets decreased by 2.6% from the prior year to \$7.2 billion.

As a mutual community bank, staying consistent with its roots of helping people achieve homeownership, the Bank provided \$450 million in residential mortgage loan production, even in a higher rate environment and low housing inventory. This supported 487 first-time homebuyers and connected buyers to various down payment assistance programs. Additionally, the Bank's commitment to small business lending was recognized with two notable awards: the top SBA 504 Lender in Maine and the top SBA Underserved Community Lender in New Hampshire. These accolades reflect the Bank's continued advancements in providing valuable and trusted services to meet the credit needs of Northern New Englanders.

The Bank's core non-interest income lines of business delivered strong year-over-year results. Expanding upon its business banking solutions, the number of business clients using the Bank's payroll and HR services grew to 4,700, and customers processed more than \$1.3 billion in sales volume using the Bank's merchant solutions. Within Bangor Wealth Management and Bangor Wealth Management of New Hampshire LLC, successful new business efforts and a team of experts building personalized strategies led to a \$300 million increase in client assets, a 13.0% growth, bringing total assets under management to \$2.7 billion.

With a sound balance sheet, thoughtful loan production, and healthy core business operations, the Bank remains well-positioned for continued investments in differentiated financial products and offerings to drive sustained profitability and growth, and enhance customer experiences. This approach is recognized through the Bank receiving the highest score in the New England Region in the J.D. Power 2024 U.S. Retail Banking Satisfaction study for the seventh consecutive year and being recognized on Forbes' list of the 2024 World's Best Banks for the sixth consecutive year.

"It's the consistency of being there in the good and the uncertain times that matters," said Bob Montgomery-Rice, Bangor Savings Bank President and CEO. "Despite all of the challenges our industry faced last year, we are proud to say we kept our promises to those we serve, making us stronger and better positioned for continuing growth and success."

A Partner for Northern New England Businesses

Bangor Savings Bank remains committed to supporting businesses of all sizes with comprehensive, personalized financial services in today's dynamic



economic landscape. This year, the Bank's skilled team created tailored solutions to give individuals and businesses a competitive edge and help them confidently navigate emerging opportunities.

Local Solutions: In fiscal year 2024, the Bank continued to expand upon its business banking solutions, providing value far beyond financing. 18.7% of new core deposit accounts were opened by local businesses.

everblue® Business Rewards Plus Mastercard® Credit Card Launch: In June 2023, the Bank introduced its own locally designed, sold, and supported everblue credit card suite, offering various credit card solutions, including a business credit card designed to simplify business financial operations.

Buoy Local® Debit Card Integration (DCI): Enhanced Bangor Savings Bank's Buoy Local program with Debit Card Integration, making it easier for customers to get rewarded for shopping locally at participating Buoy Local businesses by linking their Bangor Savings Bank Debit Card to the Buoy Local app to earn points, keeping more money in our communities.

Banking as a Service (BaaS) Initiatives: Expanded the Bank's BaaS offerings, enabling non-bank businesses to offer banking services and creating a more diverse deposit base for Bangor Savings Bank across multiple concentrations.

Continued to innovate and provide modern

payroll, HR, and merchant solutions: At year-end, over 4,700 business clients used the Bank's Bangor Payroll & HR services, and more than 2,500 used merchant card processing services, with merchant clients processing over \$1.3 billion in sales volume.

Recognized for Payments and Innovation: Named Outstanding SME Payments Solution in the 2024 Digital Banker Global SME Banking Innovation Awards and selected for Mastercard Start Path Emerging Fintech program.

"Bangor Savings Bank isn't just our bank; they're our strategic partner. They push us to think about the big picture and the future in ways we probably wouldn't have on our own. The way they work with us is unique—something we've never experienced with any other bank." Paul White, CEO

of Paul White Company, Portland, Maine.

When Employees Succeed, Everyone Benefits

Bangor Savings Bank has been celebrated as one of the Best Places to Work in Maine (Large Employer Category) and as one of Business NH Magazine's Best Companies to Work For in New Hampshire. This recognition is a testament to the Bank's strong focus on employee well-being, professional development, and inclusivity.

The Bank continued to prioritize creating a culture of caring by offering a broad array of differentiated employee benefits across numerous categories, including Health & Wellness, Emotional Wellness, Financial Wellness, and Career Development.

The Bank reimbursed over \$1.5 million in tuition assistance over the past five years as part of its investment in professional development, which includes robust talent development programs featuring internships, strategic leadership cohorts, and a management trainee program.

This place cares about people; when you get here, you feel that it's like nothing you've ever felt before." Amy Freeman, Bangor Savings Bank Vice

President and Commercial Credit Manager.

Creating Customer Pathways to Prosperity

Bangor Savings Bank continues its commitment to community development, customer satisfaction, and innovative banking solutions through significant investments in affordable housing, relationship banking, and diverse credit card options, meeting the needs of our customers at every stage of their financial journey.

Actively engaged in community development lending, issuing 57 new loans totaling \$69 million, with \$25 million dedicated to developing 14 affordable housing projects.

Supported ten Federal Home Loan Bank Affordable Housing Program applications and a Low-Income Tax Credit fund that aided three affordable housing projects in Maine and New Hampshire.

The Bank continued to help people buy homes. Bangor Savings Bank was named Maine State Housing Authority's top lender for the 16th consecutive year and USDA Rural Development's top lender of the year.

Continued to innovate its personal banking solutions and services across every stage of the

See Bangor, page 8

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Seniors Not Acting Their Age

Final Days on the Cascapedia River



Breathtaking views of the Chic Choc Mountains are almost constant on the Cascapedia River



A campsite protected from the winds was found on a gravel beach



Canoeists avoid large waves on one of the many Cascapedia Rapids

Powerful northwest winds had been blowing us downriver since we began the trip. Five of us were on the second day of a Grand Cascapedia River expedition. Located on the Gaspé Peninsula in eastern Quebec, the mountain river flows east through the spectacular Chic Choc Mountains to Chaleur Bay in New Richmond.

Some of us were veterans of paddling trips through the Grand Canyon. While the terrain is markedly different, the majestic Grand Cascapedia has remarkable similarities. Every bend in the river introduces a new breathtaking view. And, we were experiencing one

exciting whitewater rapid after another.

An additional exceptional aspect of our trip was the speed that we were traveling downriver. Although unsure of our location, we were clearly ahead of our anticipated schedule. We planned to be on the river for at least four days and the shuttle driver had suggested we should expect five. Based on our best estimate, we were more than halfway through the trip in the middle of our second day. High water and the relentless tailwind were the primary reasons.

Another factor in our unexpected progress was the prevalence of

countless long exciting whitewater rapids. We had completed what was reputed to be the most difficult rapid, Porcupine Falls, earlier in the day. However, we continued to experience rapids that were only slightly less demanding.

Superlatives seem to define the Grand Cascapedia. Outstanding paddling and spectacular beauty are not its primary claim to fame. Fishing aficionados consider it to be one of the ten best salmon fly fishing rivers in the world. The salmon fishing season was scheduled to open in two days on June 1.

Fishing enthusiasts travel long distances to

experience the Cascapedia. The watershed has a complex system for granting salmon fishing access that includes required guides and designated fishing holes. During our trip, we observed canoes strategically positioned at numerous locations along the river claiming a fishing spot for the upcoming season. The uniquely designed fishing canoes were more numerous as we progressed closer to Chaleur Bay.

Traveling downriver, a multitude of streams and small tributaries added to the volume. Similar to the Colorado River on the Grand Canyon, the high water created tricky whirlpools and powerful eddy lines at the end of many rapids. Remaining upright in the erratic unpredictable currents was often difficult. Navigating the runout was sometimes more challenging than the rapids.

Late in the afternoon, we began looking for a place to camp. Designated campsites are nonexistent on the Cascapedia. Paddlers usually camp on the numerous gravel beaches that line the river. However, high water covered many beaches normally available later in the season, and the strong winds

limited the number of acceptable locations.

We found a site on the inside of a left bend protected from the wind. A member of the group obtained a GPS reading that indicated we were about 15 miles from New Richmond. If correct, we had covered about 40 miles in a day and a half.

We arose the following morning to sunny skies for the third consecutive day. However, the gusty northwest wind remained.

Nearing our destination, the rapids diminished in length and frequency. The gradient declined and the river widened. Extensive serpentine islands are common on the lower Cascapedia. Rapids frequently mark the start of the islands and we found ourselves gambling on the best routes. A sandy beach on one island provided the ideal place to stop for lunch.

Shortly after, we passed under the first bridge on the trip in the village of Grand Cascapedia. The takeout at the campground in New Richmond is three miles beyond. Typical of the entire voyage, the northwest wind was gusting when we disembarked. The campground own-

er and shuttle driver was surprised to see us. He had left us at Lac Huard midday two days before and didn't expect us for two more days. We had paddled the entire river, an estimated 55 miles, in that short timeframe.

Everyone agreed that the Cascapedia is one of the most scenic exciting rivers we've paddled. There was a downside for me; I had felt mildly ill during the trip. When I arrived home, I tested positive for Covid. Unfortunately, I transmitted it to one traveling companion.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates exploits on the six best Maine river expeditions.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at www.ronchase-outdoors.com or he can be reached at ronchase-outdoors@comcast.net

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Hurdy-gurdy musician entertains WAW visitors

WISCASSET, ME – The hurdy-hurdy is a very complex instrument. According to Wiscasset’s Laurie Rousseau, a hurdy-gurdy performer, it has components of the violin, guitar, piano, and bagpipe.

Rousseau had been playing early music for almost two decades when she first heard the hurdy-gurdy while listening to some recorded early music. Through a process of elimination, she determined that the unfamiliar sound was a hurdy-gurdy. Fascinated by its history dating back to the 14th century, and popular in the 18th century court of Louis XV, she ordered an Elizabethan model for herself.

All hurdy-gurdys are custom made, as was Rousseau’s concert model. “It came with no instructions,” she said. Nor are there hurdy-gurdy repair services. So, Rousseau taught herself to play, to tune, and to repair.

The hurdy-gurdy, meant to be a melody instrument, has four drone strings, said Rousseau, which play a single note similarly to a bagpipe. There are two melody strings, and the musician

can play chords, sharps, and flats. The instrument has a neck and pegs like a guitar, and a keyboard like a piano. There’s also something rubbing the strings, like a violin, but in the case of a hurdy-gurdy, it’s a hand-cranked wheel instead of a bow.

In addition to putting all these components together to create music, another challenge for the hurdy-gurdy musician is tuning. According to Rousseau, it can take up to one and a half hours to tune before a performance and must be tuned during performance as well. The instrument is also sensitive to changes in weather.

From about 1992 to 2012, Rousseau played hurdy-gurdy at Renaissance Fairs and at Celtic music events with The Roses, an early and traditional music band specializing in instrumental music of the 16th century. “The hurdy-gurdy added a new dimension,” she said. She’s also played with a Baroque quartet in Nova Scotia and had a regular gig at a house museum there. The hurdy-gurdy “is very suited to Breton music,” she said.

And now, in her new



Musician Laurie Rousseau, in costume, plays hurdy-gurdy during the June Wiscasset Art Walk. She returns to Village sidewalks during WAW on July 25, 4-7pm. (Bob Bond photo)

community of Wiscasset, which has welcomed Rousseau with its neighborliness, she is performing during each of the four Wiscasset Art Walks of the 2024 season. “I’m so happy to be a hurdy-gurdy player,” said Rousseau; “it’s very enjoyable to share the experience of discovery when people hear it



As demonstrated by hurdy-gurdy musician, Laurie Rousseau, the instrument has a keyboard, melody and drone strings, and a hand-cranked wheel to make the music. Rousseau will be performing during the Wiscasset Art Walk on July 25, 4-7pm. (Bob Bond photo)

for the first time.” Find Rousseau, in costume, on these last Thursdays of the summer months: July 25, August 29, and September 26, 4-7pm. Additional upcoming WAW features include LamboLaw jazz duo, the Long Branch Boys, the fine art of dueling, and Woodfield Farm horse and wagon rides around the Village.

In 2024, the businesses that support the many WAW performers and free activities are Lead Sponsor, Islebrook Village at Wiscasset; and Major Sponsors, Ames True Value,

Big Barn Coffee, BIRCH Home Furnishings & Gifts, Bradbury Art & Antiques, Carriage House Gardens, First National Bank, IndustrialME, J. Edward Knight Insurance, Jodie’s Café and Bakery, Peter Eaton Antiques, Red’s Eats, Rock Paper Scissors, Sherri Dunbar/Tim Dunham Realty, and Water St. Kitchen and Bar.

For more information about Wiscasset Art Walk, visit www.wiscassetartwalk.org or email to wiscassetartwalk@gmail.com. Wiscasset Art Walk is a program of Wiscasset Creative Alliance.

100 Women Who Care celebrates 10 years of community giving

MAINE -- 100 Women Who Care Maine was founded in November of 2014 with 80 women in attendance. Within just ten years, the Maine chapter has grown to 428 members. The group has raised over \$600,000 for over 40 various Maine non-profits since inception.

The group is made up of women wanting to make a difference by supporting local non-profits. Women are welcome to attend the free meetings to see if it is a good fit for them. Each member commits to donating \$50 each quarter to the

non-profit that is selected at each meeting, although attendance is not required. Three non-profits, randomly selected from member nominations, present at each meeting, giving 5-minute presentations, followed by 5-minute Q & A’s. The group votes to select the non-profit that will receive the donations. The two runner-up presenters benefit from auction fundraisers. Credit card and check donations are made directly to the non-profit.

Deb Bergeron, founder of 100+ Women Who Care Maine, is also the founder and owner of



Deb Bergeron, founder of 100+ Women Who Care Southern Maine.

Ocean of Possibilities, offering life coaching, with a background in team building, leadership, sales and sales management. She states, “Collectively, the group chooses a single non-profit quarterly to receive a lump sum made up of equal contri-

butions by all. It can be hard for an individual to feel that they are making an impact, but as a group, we can contribute to the growth of our communities in ways that we never before thought possible.”

The charity selected does a follow-up presen-

tation at the next quarterly meeting. They review how the donations were used, allowing 100 Women members to see the direct impact that their donation had on both the non-profit and the community. The Maine non-profits that have benefited run the full spectrum of organizations, including veterans, children with disabilities, pregnant women, fishermen, terminally ill young adults, victims of domestic abuse, animal welfare, teens, immigrant families, incarcerated youth, and more.

Bergeron said, “This is a great group if your

time is limited, you want 100% of your donation to remain local, you want to learn about amazing non-profits, and you want to become part of a powerful group of women of all ages and backgrounds to make an immediate direct and positive impact in your community.”

The next meeting is Monday, August 5th at The Elks Lodge on Congress Street in Portland beginning at 6:30 pm, with networking starting at 5:45. For more information on 100+ Women Who Care Southern Maine, visit: www.100womenwhocaresouthernmaine.com

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Arts & Entertainment

CLT presents summer theater camp productions

The youth camp musical of James and the Giant Peach, Jr. will be presented on Friday evening at 7:30 p.m. and Saturday at 2:00 p.m. The teen camp production of Beauty and the Beast, Jr. will take the stage on Saturday at 7:00 p.m. and Sunday at 2:00 p.m.

These two musical productions culminate four weeks of intensive and performance-based programs. Campers were responsible for mastering the material (lines, staging, choreography, and singing), and participating in rehearsals. The youth camp is for children in grades 4-7 and participants in the teen camp are in grades 8-12. Maddy



DuBois and Maria Groover directed the youth camp and Linda Vaillancourt led the teen camp. Jackie McDonald is the producer for both shows.

Tickets are available online at laclt.com/box-office-1 and may also be pur-

chased at the door. Costs are \$25 for adults, \$22 for seniors and students, and \$17 for children under the age of 13. Prices include all taxes and fees. All productions will be held at CLT on 30 Academy Street in Auburn. More information



Pictured here are the five seniors who are in the cast of the CLT teen camp production of Beauty and the Beast, Jr., which will be performed this weekend along with the youth camp production of James and the Giant Peach, Jr. From left in front are Genevieve Vaillancourt and Tessa Hayashida. In back are Jack Desrosiers, Brock Rancourt, and Julia Groover. (Photo by Sophie Wood Photography).



about the summer camp shows is also available online at laclt.com/camp.

Lewiston-Auburn
COMMUNITY LITTLE THEATRE
presents



Words and Music by
Benj Pasek & Justin Paul
Book by
Timothy Allen McDonald

Based on the book
James and the Giant Peach by Roald Dahl

Co-Directors – Madeleine DuBois and Maria Groover
Music Director – Moll Brown
Choreographer – Madeleine Vaillancourt
Producer – Jackie McDonald

Friday, July 19, 2024 at 7:00 pm
Saturday, July 20, 2024 at 2:00 pm

Saturday July 20, 2024 - 7:00 p.m.
Sunday July 21, 2024 - 2:00 p.m.



Music by Alan Menken
Lyrics by Howard Ashman and Tim Rice
Book by Linda Woolverton

Director – Linda Vaillancourt
Music Director – Erin-Margaret Libby
Choreographer – Maddy Vaillancourt
Producer – Jackie McDonald



For tickets or info call 783-0958 or visit LACLT.com
Tickets : \$25 adults • \$22 seniors & students • \$17 (children under 13)
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Great Falls Performing Arts Center, 30 Academy Street, Auburn, ME

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Switch it up at LPL's Community Puzzle Swap

LEWISTON, ME -- On Wednesday, July 24th, the Lewiston Public Library will host a community puzzle swap. This free, public program will take place between 10:30 am and 2 pm in the Jeanne Couture Room on the first floor.

Over the years, the library has amassed a collection of puzzles and we would love to trade them out for some that our community members have at home. We have a wide variety of images including animals, plants, flowers,

and cityscapes with sizes ranging from 48 to 1,000 pieces. Bring a puzzle or two to swap or just come take one of ours, no registration or other preparation is required. Participation in this drop-in event counts towards the Library's Summer Reading program.

The 2024 Summer Reading program at Lewiston Public Library runs from Monday, June 24th until Saturday, August 17th with the theme of Read, Make, and Explore. We are encouraging participants not only to read or listen

to books but also to make a new craft or recipe or explore a favorite place in our beautiful city or a new landmark in our wondrous state.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street and Lisbon Street. More information on this event and the Summer Reading Program is available by contacting the Lewiston Public Library Adult and Teen Services Department at 513-3135 or LPLReference@lewistonmaine.gov.



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Sunflower Festival celebrates 10th anniversary, invites guests

LEE, NH -- Come walk through 5 acres of live blooming golden sunflowers during the 10th annual Sunflower Festival, daily July 27th through August 4th. While visiting stroll through specialty gardens that feature sunflowers of all shapes, sizes, colors, and textures.

Coppal House Farm's Sunflower Festival is a live bloom that takes place over 9 days! This year will feature new events such as Yoga in the Sunflower and Evening Horse-Drawn Rides through the sunflowers and some enhancements to others (breakfast & coffee available at Sunrise in the Sunflowers)!

The Sunflower Festival begins on Saturday, July 27th and runs through Sunday, August 4th from 10:00am - 6:00pm. This is a great outdoor family friendly event that is enjoyed by photographers, sunflower lovers, and outdoor enthusiasts every year!

While you are there you can visit with their draft horses, chickens, and sheep, take pictures of the sunflowers, and shop for their meats, eggs, sunflower oil, and local merchandise in the farm store. On the weekends, you can listen to local musicians, shop for creative handmade goods at the 40-vendor craft fair and relax in the wine garden featuring Flag Hill Distillery & Winery.

Guests are welcome to bring in their own food and have a picnic or they can grab lunch from one of the local food, drink, and ice cream vendors!

Weekend Activities Include: Live Music; Craft Fair with 40 local crafters; Local Food Vendors; Wine Garden with Flag Hill Distillery & Winery; Animal Viewing; Children's Activities with Community



Roots NH

Special Activities Include:

Friday, July 26th | Booze & Blooms (pre-ticketed 21+ event)

Sunday, July 28th | Sunrise in the Sunflowers (pre-ticketed event)

Monday, July 29th | Yoga in the Sunflowers *new* (pre-ticketed event)

Tuesday, July 30th | Yoga in the Sunflowers *new* (pre-ticketed event)

Wednesday, July 31st | Draft Horse Photo Day (10am - 12pm) Touch-A-Tractor Day (10am-2pm)

Thursday, August 1st | Evening Horse-Drawn Rides *new* (pre-ticketed event)

Friday, August 2nd | Evening Horse-Drawn Rides *new* (pre-ticketed event)

For the second year in a row the festival will be kicked off with a special evening event, Booze

& Blooms! Here you will be the first to enjoy the vast fields of sunflowers in the glowing evening light while enjoying local libations and nourishment from local food trucks. This is a 21+ pre-ticketed event with a limited number of tickets available. Make sure to visit their website www.nhsunflower.com for more detailed information on vendors, special activities, and how to plan for your visit! Tickets are available now online for a discounted rate. Coppal House Farm is a pet free farm so make sure to plan for your fur babies to stay home.

Get your tickets online now, grab your water bottle, put on your sunscreen, and hat, and prepare for an awesome day viewing beautiful sunflowers, listening to music, and shopping amazing local crafters!

Edward Little Class of 1959 is holding 65th reunion

AUBURN, ME holding its 65th class Sports Grill, 120 Center Street, Auburn, at 12:00 pm.
-- Auburn's Edward Little High School will be reunion on Wednesday, July 24, 2024 at Gipper's

Local Catholic Charities Maine volunteers recognized

PORTLAND, MAINE - Ten volunteers who work with Catholic Charities Maine (CCM) have been recognized with Maine Roll of Honor awards sponsored by Volunteer Maine and Governor Janet Mill's office.

Since 1987, the Governor's Awards for Service and Volunteerism have celebrated the role of citizen volunteers in the success and vitality of Maine communities. The program is managed on behalf of the Office of the Governor by Volunteer Maine, the Maine Commission for Community Service.

All CCM honorees listed below completed more than 500 hours of volunteer service last year.

Anne Skelton of Auburn, Maine devoted 1,072 hours to CCM's Seek Elderly Alone Renew Courage & Hope (SEARCH) program, which matches seniors with volunteers who can provide rides, visits, companionship, and community support.

Lorraine Barre of Rumford and Barbara Hughes of Lewiston

both contributed 1,440 to knitting items for our SEARCH program.

Brent and Susan Tappley of Monticello both dedicated time to Catholic Charities Maine's Threads of Hope thrift shop in Monticello and at our Found Bank Warehouse. Brent logged 1,440 hours and Susan, 1,520 hours.

Freda Watkins of Caribou contributed 1,050 hours to Catholic Charities Maine's Threads of Hope thrift shop in Caribou.

Susan English of Wales dedicated 518 hours to knitting for seniors served by Catholic Charities Maine's SEARCH program.

Julie Abbott of Gorham spent 531 hours answering calls for Catholic Charities Maine's Parish Social Ministry's Relief & Hope help line.

Conrid (Bud) Houghton, Jr. of Carthage contributed 509 hours helping seniors with the SEARCH program.

Mikayla Tarr of Gray contributed 577.25 hours knitting and crocheting items for Catholic

Charities Maine's Wall of Warmth event, which provide free winter items to Portland area people, free of charge.

"We are incredibly blessed to have these volunteers contributing to our mission to provide help and create hope for Maine people in need. These gen-

See Charities, page 12

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Bailey Library to host columnist, author Scot Lehigh



WINTHROP, ME –The Bailey Library in downtown Winthrop will host columnist and author Scot Lehigh on Wednesday, July 24th 6:30 p.m. Lehigh will discuss his debut novel “Just East of Nowhere,” a coming-of-age story about growing

up in coastal Maine and is published by Islandport Press. Lehigh is a Pulitzer Prize finalist and columnist for The Boston Globe. He also wrote for The Times Record in Brunswick. Lehigh grew up in Eastport before earning degrees at

Colby College and UMass Boston. He now splits his time between Cape Elizabeth and Boston. The event is free and open to the public. For more information call the Bailey Library at 207-377-8673, or visit: www.bailey-library.org.

Maine Extension offers lavender farm agritourism workshop

ALNA, ME – The Maine New Farmers Project at University of Maine Cooperative Extension will offer a farm visit on July 23, 2024 from 5 p.m to 7 p.m. at SeaLyon Farm, 1788 Alna Road in Alna.

Farmers/owners Don and Marcia Lyons will discuss agritourism and lavender production on their farm. Participants will have an opportunity to take a train ride from the farm to the nearby station and back. This event is geared toward people interested in starting a farm in Maine or who have started one in the last ten years and provides an opportunity to learn important skills as well as network with other farmers and service providers.

The event is free; registration on the program webpage is required to stay up to date with updates and



Photo of Marcia Lyons at SeaLyon Farm courtesy University of Maine Cooperative Extension / Christina Howard.

resources. For more information or to request a reasonable accommodation,

contact Chris Howard, 207.944.6391; christina.howard@maine.edu.

Bangor
Continued from page 3
financial journey, including launching the everblue Credit Building Mastercard for consumers who need help establishing or building credit. “Chris, our lender, was a huge part of making our dream of owning

a home become a reality. I don’t think that we would have been able to do it without him. You could just tell it was more than a job for him.” Shane & Alexis Butterfield, Homeowners, Newcastle, Maine. Your Community, Bangor Savings Bank’s Commitment

Bangor Savings Bank remains focused on local projects that maximize community benefit, continuing to significantly and positively impact the vitality of the region. In FY24, the Bank and The Bangor Savings Bank Foundation contributed more than \$3.5 million

through sponsorships, donations, and grants across Northern New England. Further showcasing its commitment to strengthening community infrastructure and support, Bank employees logged more than 11,000 volunteer hours with over 530 local organizations and initiatives.

Received FDIC’s Community Reinvestment Act rating of “Outstanding” for the past 18 years.

Opened new full-service branches in Bar Harbor and Kennebunk, Maine.

“It’s great to have a partner like Bangor Savings Bank. We greatly appreciate the relationship we have with the folks who work at the Bank. We also appreciate their commitment to our organization by providing volunteers that serve on our committees and help us in the community.” Robert Tourigny, of Neigh-

borWorks Southern New Hampshire.

Embracing the future with solid governance and visionary leadership

At the heart of the Bank’s governance is a diverse and forward-thinking 10-person Board of Directors, each bringing unique perspectives and varied industry expertise. At the Bank’s Annual Meeting, leadership welcomed new board member Michael G. Cato, SVP and Chief Information Officer at Bowdoin College. The leadership team is committed to steering the organization with a vision that embraces the future while maintaining a steadfast dedication to its values and mission.

Strength and stability for generations to come

For over 172 years, Bangor Savings Bank has navigated change while prioritizing its promise to employees, customers, and communities. The

gains and strategic initiatives in the prior fiscal year have strengthened the organization and enhanced its customer service offerings.

Building on the strength and stability demonstrated in FY24, the Bank is poised for continued growth through investments in technology, talent development, and unique financial offerings. The focus on sound credit quality is evidenced by non-performing loans measuring well below national peer groups. With capital levels exceeding the well-capitalized benchmark set by regulators, a sound balance sheet, and healthy operations, the Bank enters its next fiscal year ready to serve its long-standing customers and local communities.


For more information on FY24 results, please access the Annual Report here: bangor.com/promise

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Woodlands to the sea: Paintings of Maine at Monkintree

GARDINER, ME
 -- Andy Curran has a deep appreciation for Maine and its woods and waters, saying "I love the sparkle of light on water, the flicker of sunlight on leaves, the ethereal quality of a sunset." For most, the experience of a beautiful sunrise or sunset is fleeting. We relish those moments that are never the same twice. For Curran, he will sketch, photograph and write about what he sees, "My paintings start with these observations."
 In the studio he

works from notes and photographs, to create acrylic paintings on canvas and wooden panels. They take days, months, and sometimes years to finish, "I am a slow, thoughtful painter, spending lots of time just looking at and living with my works in progress. Feeling my way into the scene. Finding the essence of place, to create a quintessential landscape. Often my paintings are of a specific place, though I strive for them to have a universal quality that conjures a sense of place." Many

will recognize Andy Curran's work from his line of cards under the name Dog Star Creations.
 Curran received his Bachelor of Fine Arts degree from University of Southern Maine and is currently painting at home in his Buxton Studio and the Waldo County town of Palermo. In his Summer Studio he paints in a geodesic dome, on a ridge, in the woods of his girlfriend, Kipp. Both rural settings work well with Curran's connection to the Maine pastoral and coast-

al landscapes and enable him to access many of themes that are the inspiration for and representative of his paintings.
 Monkintree invites you to join us for an artist reception on July 26th from 5-8pm and for Artwalk Gardiner on August 16th from 5-8pm.
 Artist Reception: July 26, from 5-8pm
 Location: Monkintree, 263 Water Street, Gardiner, Maine 04345
 Cost: Free and open to the public



Cove at Twilight, acrylic on canvas

Rumford nurse honored for showing calm under pressure

RUMFORD, ME
 -- A Rumford Hospital Emergency Department nurse is the recipient of the DAISY Award.
 The DAISY Award is an international recognition program that rewards and celebrates the extraordinary, compassionate and skillful care nurses give daily.
 Davita Briggs, RN,

cares for patients in the Emergency Department at Rumford Hospital and has a supervisory role in the inpatient unit.
 Davita was nominated by Meridith Alanska, RN, who described her fellow team member's heroic efforts following a multi-vehicle accident that led to four victims being rushed to the Rumford Hospital ED.



"Davita stepped up and took control of the situation," Alanska said. "She confidently and caringly managed the team during a very difficult time for everyone. She showed extraordinarily compassionate care to this family. Davita was a true team player and made sure everyone around her was okay after the situation calmed."

Lewiston's John T. Gorman Foundation recognized

WASHINGTON, D.C. – In a July 11 ceremony, the John T. Gorman Foundation received a 2024 Secretary's Award for Public-Philanthropic Partnerships from the Department of Housing and Urban Development and Council on Foundations. The Foundation received this national recognition for its role in supporting a community partnership that is bringing new housing, economic op-

portunity, and millions of dollars in public and private investment to Lewiston's Tree Streets neighborhood.
 "It's an honor for the John T. Gorman Foundation to accept this award on behalf of the many partners who are working so hard to make Lewiston's Tree Streets neighborhood a place where all residents thrive," said Foundation President & CEO Nicole Witherbee. "From safer housing to more

economic opportunities, this community partnership has produced incredible results in recent years – and a brighter future is still ahead. The Foundation has felt privileged to be a part of it."
 Key partners in this effort have included the City of Lewiston, Lewiston Housing, Avesta Housing, Maine Housing, St. Mary's Health System, Healthy Neighborhoods, the Lewiston-Auburn Metropolitan Area Chamber

of Commerce, Tree Street Youth, The Root Cellar, Maine Centers for Disease Control, and so many others. Senator Susan Collins has also championed these efforts in Lewiston and was instrumental in securing over \$33 million in HUD funding to support it.
 Senator Collins has released a statement on the award: "Congratulations

to The John T. Gorman Foundation for receiving a HUD Secretary's Award for Public-Philanthropic Partnerships. These awards recognize excellence in partnerships that not only transform relationships between the sectors but also result in measurable benefits in housing and community development. For the past decade, the Foundation's

support of the Lewiston Tree Street Initiative has yielded remarkable results—including 196 new affordable housing units, reduced lead exposure for young children, as well as a significant drop in juvenile arrests—and their efforts serve as a model for other organizations looking to effect positive change in communities across Maine."

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Maine Army National Guard honors members & their fathers

AUGUSTA, ME -- Last weekend, a group of veterans embarked on a memorable journey from Portland, Maine to Washington, D.C. as part of an Honor Flight, an event dedicated to honoring America's heroes. Among the participants were two members of the Maine Army National Guard, Col. Jim Young and Chief Warrant Officer Four TJ Libby, who accompanied their fathers on the trip.

The Honor Flight, organized by Honor Flight Maine, transported veterans to Washington, D.C., to visit and reflect at their respective war memorials. The program focused on senior veterans, particularly those who served in World War II, Korea, and Vietnam. This weekend's flight was a poignant re-

minder of the sacrifices made by these veterans and their families.

Libby's father, Joseph Libby, was a Corporal in the United States Marine Corps who served in Vietnam from 1966 to 1967. Young's father, James Young, was a Lance Cpl. – also in the Marine Corps – who deployed to Vietnam from 1964 to 1965, primarily near Da Nang. Coincidentally, both Cpl. Libby and Lance Cpl. Young both sailed from the United States to Vietnam on the USNS General Hugh J. Gaffey – a shared experience that was the source of several colorful stories.

Libby, a seasoned Army National Guard member currently serving as the Executive Officer to The Adjutant General, expressed his anticipation for



Maine Marine Veterans pose in front of the US Marine Corps War Memorial

the trip prior to departure. "It's an incredible honor to share this experience with my father," he said. "We have always looked up to those who served before us, and this trip is a tribute to their sacrifices."

Young, who currently serves as the Maine Army National Guard's Chief of



Brig. Gen. Diane Dunne spoke with the group of veterans prior to their Honor Flight

Staff, echoed similar sentiments. "Having the opportunity to visit the nation's capital with my father, who has been my role model, is truly special," Young remarked. "This flight is more than just a trip; it's a way to pay our respects to those who paved the way for us."

Brig. Gen. Diane Dunn, The Adjutant General of the Maine National

Guard and Commissioner of the Department of Defense, Veterans, and Emergency Management, spoke to the group of veterans at Portland International Jetport prior to their departure.

"We really just want to take a moment to say thank you for the profound impact you've had on our nation," said Dunn. "I also can't thank Honor Flight

Maine enough for organizing this. It's so important to acknowledge all the efforts and sacrifices our veterans have made over the years, and to try and live up to the legacy that you have set for future generations of service members."

For the Libby and the Young families, the Honor Flight represented a unique opportunity to connect with their fathers and fellow veterans. "Sharing this experience with my father is something I'll cherish forever," Young added. "It's a moment of pride and reflection for both of us."

Send all items for What's Going On to the Editor. Deadline is Friday by five.

Camden National Bank now accepting award nominations

CAMDEN, ME – Camden National Bank announced today that nominations are now open for the 2024 Leaders & Luminaries Awards. The annual awards honor four outstanding nonprofit board members who go above and beyond to dedicate themselves to strategic leadership and advancing their organizations, with a total of \$20,000 in grants available.

"As a community bank, supporting local nonprofits and their leaders is central to our core values,"

said Renée Smyth, Executive Vice President and Chief Experience & Marketing Officer at Camden National Bank. "It is important for us to acknowledge, honor, and reward the outstanding efforts of our board members, whose work contributes to the growth and improvement of communities."

Nominees can submit their online application at CamdenNational.bank/leadersandluminaries, which also includes eligibility requirements and additional



details. The nomination process will remain open until September 13, 2024.

"It is a privilege to witness such innovative thinking and outstanding

leadership; we are grateful to the board members who work hard every day to uphold this degree of excellence," Smyth said. "We look forward to rewarding

four incredible board members for their extraordinary community contributions and commitment to long-term growth."

Since 2011, Camden National Bank has proudly donated \$242,000 to support 63 Maine nonprofits through the Leaders & Luminaries Awards. These awards recognize board members who demonstrate exceptional leadership, implement robust strategic and financial plans, and wholeheartedly champion their organization's missions.

The winners in 2023 included: Heather Abello of Hearty Roots, Dottie Chalmers Cutter of the Institute for Family-Owned Business, Kathie Marquis-Girard of the Percival P. Baxter Foundation for Maine's Deaf and Hard of Hearing Children, and Jamie Plourde of the Children's Discovery Museum of Central Maine. In addition to these \$5,000 grants, a \$2,000 Spotlight Award was presented to Vera Rand Roberts of New Hope Mid-coast.

UMA Aviation Maintenance Tech program takes off

AUGUSTA, ME— In response to demand from employers in Maine's growing aviation and aerospace sectors, the University of Maine at Augusta (UMA) is opening the state's first aviation maintenance technician (AMT) school.

UMA secured final approval in early July from the Federal Aviation Administration (FAA) and students will start courses online and hands-on training at the statewide university's Brunswick Landing aviation campus in late August.

Through the program, future AMTs can earn an industry recognized professional certificate or pursue a pathway that enables them to earn both

the certification and either an Associate of Applied Science (AAS) degree or a Bachelor of Applied Science (BAS) degree. UMA will utilize state-of-the-art technology, such as welding and aircraft painting via virtual reality, to ensure students receive the most up-to-date learning experience and are positioned to excel as aviation maintenance professionals.

Those who complete the five semester certificate program can immediately sit for exams required to become an FAA-certified Airframe & Powerplant technician/mechanic, allowing them to work on a wide range of aircraft, including general aviation planes, airliners and helicopters.

Until now, Maine has been one of only three states without an AMT school, despite job growth expected in the sector in Maine and nationally. According to the U.S. Bureau of Labor Statistics, the average annual salary for aircraft mechanics and service technicians is \$76,260, and can exceed \$100,000.

U.S. Sens. Susan Collins, vice chairman of the Senate Appropriations Committee, and Angus King secured \$400,000 in one-time Congressionally Directed Spending at the request of the University of Maine System for UMA to start the school. That federal funding was supported by organizations who rely on aviation maintenance technicians, including LifeFlight of Maine, as well as the Mid-coast Regional Redevelopment Authority, which is redeveloping the former military base in Brunswick where the AMT school will be collocated along with a number of aviation and aerospace companies. Through the Maine Technology Institute, the Maine Department of Econom-

ic and Community Development also provided \$200,000 in start-up costs to provide a workforce pipeline to aviation employers in the state.

"Qualified aircraft mechanics are in extremely high demand and short supply," said Jesse Laughlin, general manager of the Portland-based Northeast Air. "UMA's production of skilled technicians will be invaluable to the aviation community and small businesses in Maine."

Added Chris Kilgour, CEO of the Bangor-based company, "C&L Aviation Services is an established aviation maintenance organization which struggles to find enough technicians to meet our needs. We currently recruit from out of state and it will be advantageous to be able to do so closer to home."

UMA President Jenifer Cushman says UMA's new AMT school builds on the success and growth of the university's existing aviation programs, which includes degree and certificate programs in both crewed and uncrewed aircraft training. The crewed training programs are of-



fered in Augusta and Bangor through a partnership with Maine Instrument Flight, and the uncrewed (drone) piloting program is delivered in Brunswick.

"This new Aviation Maintenance Technician School is the latest example of UMA's responsiveness in meeting the workforce needs of Maine's employers," said President Cushman. "Through this program, Mainers will be well prepared for good-paying careers in an exciting industry, and Maine aviation businesses and essential service providers like LifeFlight will have the skilled workforce they need to strengthen our economy and communities."

Applications are still being accepted now for fall and spring enrollment in the new AMT program.

To learn more about becoming a skilled professional in the aviation

industry, visit uma.edu/aviation. For general information or to schedule a visit to the UMA Aviation Center in Brunswick, contact Daniel Leclair at (207) 621-7481 or daniel.m.leclair@maine.edu.

About the University of Maine at Augusta (UMA): UMA transforms the lives of students of every age and background across the State of Maine and beyond through access to high-quality distance and on-site education, excellence in student support, civic engagement, and professional and liberal arts programs. UMA is committed to affordability and eligible students who qualify for federal need-based Pell grants can attend without paying out-of-pocket for tuition and fees thanks to the university's Pine Tree Pledge. For more information, please visit <https://www.uma.edu/>.

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Sen. Collins speaks at Auburn PAL Center groundbreaking

AUBURN, ME — Today, U.S. Senator Susan Collins delivered remarks and participated in a ceremonial groundbreaking for a new Police Activities League (PAL) Community Center in Auburn. Senator Collins secured \$3,000,000 in Congressionally Directed Spending (CDS) through the Fiscal Year 2023 Transportation, Housing and Urban Development Appropriations

bill to build the new center, which, in addition to hosting the activities league, will serve as a hub for supervised after-school and summer youth activities and mentoring.

Senator Collins was joined at the event by Auburn City Manager and PAL Board Member Phil Crowell, Auburn Mayor Jeffrey Harmon, Auburn Police Department Lieutenant Anthony Har-



ington, and PAL Secretary Rita Beaudry. Also in attendance at the event was Auburn City Councilor Le-



roy Walker. "For more than a decade, the PAL Center in Auburn has provided lo-

cal children with a safe, structured environment to play and learn after school; receive food, clothes, and school supplies; and build relationships with law enforcement officers who protect the local community," said Senator Collins. "As Vice Chair of the Senate Appropriations Committee, I will continue to champion federal investments that allow successful community organiza-

tions like the Auburn PAL Center to expand their capacity, allowing more children and families to benefit from their great work."

This year, Senator Collins secured nearly \$11 million in CDS for community center projects in six additional communities throughout Maine in the Fiscal Year 2024 Transportation, Housing and Urban Development Appropriations bill.

Register to play in the EdGE Tennis Tournament

NORTHEAST HARBOR, ME—Maine Seacoast Mission welcomes teams and individual players to compete in the 20th EdGE Tennis Tournament on Saturday, September 7 at the Northeast Harbor Tennis Club. The Tournament benefits EdGE, the Mission's signature education program.

Taking place from 8:00 a.m. to 3:00 p.m., the Tournament is composed of men's doubles and women's doubles playing at advanced and intermediate levels with eight-player teams competing throughout the day. Breakfast and lunch will be provided for all registered players. Players can register as a team of eight players or as an individual. An organization, business, or person can also sponsor a team or individual. Single player par-

ticipants will be assigned to a team by the Tournament directors.

"I've been fortunate to be part of this Tournament as both a player and volunteer director for more than a decade," says Jaime Weir, general manager of John Williams Boat Company and Mission board member. "Each event brings the tennis community together for a great day of fun and competition, all to benefit the kids of the EdGE program."

Registration for a team of eight is \$1,400 and single player registration is \$50. An organization, business, or person can also sponsor a team and the committee will assign single player participants. Interested players can contact Development Operations Associate Devin Mack at dmack@seacoastmission.org



org or (207) 801-6010 to register.

Proceeds from the Tournament fund EdGE. The program offers collaborative and innovative after-school, summer, in-school, and leadership activities to children in seven schools located along Washington County's Downeast coast. EdGE provides students opportunities to expand their knowledge and experiences through academic and social support, and peer mentoring. Students challenge themselves, engage with their communities, explore the outdoors, and gain social and leadership

skills to build personal, career, and post-secondary education aspirations.

"In EdGE, students can participate in after-school, summer camp, and in-school programming," says EdGE Primary Program Director Isaac Marnik, "Since 2002, EdGE has provided new opportunities for children to discover new things and identify their interests."

The Mission would like to thank its Corporate Sponsors and Corporate Donors for continued support. This year's supporters include Platinum Sponsors Bar Harbor Bank & Trust



Maine Seacoast Mission - 2023 EdGE Open Tennis Tournament Winners

and Wyman's of Maine; Bronze Sponsors First National Bank and Goldman Sachs with Maggie Keohan; Copper Sponsors Machias Savings Bank and Acadia Bike & Coastal Kayaking Tours; and Corporate Donor Front Street Shipyard.

Rooted in a history

of compassionate service and mutual trust, Maine Seacoast Mission seeks to strengthen coastal and island communities by educating youth, supporting families, and promoting good health. For more information, please visit <https://seacoastmission.org/>

Waterville Creates opens public art in Castonguay Square



WATERVILLE, ME—Waterville Creates

is pleased to announce the opening of a new

temporary public art installation in Waterville's Castonguay Square: *Light Sentinels* by Australian creative team Skunk Control, which officially opened July 12.

The project consists of 10 towering (16–20 feet) kinetic flower-inspired sculptures. These sculptures captivate viewers by dynamically unfurling and closing their petals, projecting vibrant and continually evolving colored light shadows over the surrounding landscape. Skunk Control is the 2024 award recipient for Waterville Creates' Call for Proposals (CFP) Temporary Public Art.

"We're delighted to be working with Waterville Creates to engage

the Waterville community with our kinetic *Light Sentinels*, making their U.S. debut," said Australian artist Nick Athanasiou of Skunk Control. "We hope that the *Light Sentinels* provide the Waterville community with opportunities for delightful discovery."

Light Sentinels will be on view in Castonguay Square in downtown Waterville beginning July 12 and remain in place through November. The project was initially slated to open June 7 but international shipping delays necessitated a month's postponement, though Athanasiou did join Waterville Creates from Australia in June to lead a series of community programs, exploring,

in his words, "the artistry, science, and wonder of nature and light," delighting participants with mini-*Light Sentinel* construction and pyrotechnics.

After the delay, Waterville Creates is excited to finally share the *Light Sentinels* with the community. The new opening date corresponds with the kick-off of both the 27th Maine International Film Festival and the 2024 Waterville Rocks free concert series. Those queuing up at MIFF's entry tent for access to screenings at the Maine Film Center or Waterville Opera House will enjoy a perfect vantage point for the *Light Sentinels*.

"This project under-

scores our commitment to introducing highly visible public art installations in downtown Waterville, designed to inspire joy, curiosity, and engagement from visitors of all ages," said Marie Sugden, exhibition coordinator at Waterville Creates. "Working with Skunk Control has been an incredible experience, and we are delighted to unveil their stunning display of kinetic flower sculptures in Castonguay Square."

This project is presented with major support from the Harold Alfond Foundation. Additional support provided by PRO Moving Service and the City of Waterville.

Learn more at watervillecreates.org/shows/light-sentinels.

Rotary Clubs put on Clothing Jamboree to help local families

LEWISTON, ME -- Two Maine Rotary Clubs came together recently for a 'Clothing Jamboree' organized by the Rotary Club of Bethel in partnership with Maine Immigrant and Refugee Services (MEIRS). The



Bethel Rotarians traveled to Lewiston with over 200 large bags filled with clean clothing, shoes, bedding, and other essentials to distribute to local families. Members of the Lewiston-Auburn Rotary Club joined in to help out.



Pictured here at the event from left are Ed Plourde, L-A Rotary; Peter Fetchko, Bethel Rotary; and Larry Delhagen, the new president of the L-A Rotary Club.

MDOL to expand employment opportunities

MAINE DEPARTMENT OF LABOR

AUGUSTA, ME – The Maine Department of Labor has awarded Eastern Maine Development Corporation (EMDC) a \$485,521 contract to expand employment opportunities in Central and Northeastern Maine for justice-involved individuals and those in recovery.

This will be done through the “Progressive Employment” model, which offers a flexible and gradual approach to work, and supports both the job-seeker and employer in creating a supported employment experience. The proven model is rooted in the belief that “everyone is ready for something” on the pathway to employment, with opportunities “progressing” from a tour or job shadow, work experience, on-the-job training

support, and ultimately sustainable employment.

“We have seen tremendous success utilizing this model of Progressive Employment when working with Mainers with disabilities. It is an accessible, adaptive, and durable workforce development model that creates opportunities for all people to develop their skills, and for employers to meet their current and future workforce needs,” said Labor Commissioner Laura Fortman. “Workers are more likely to stay in Maine and contribute to their communities when they have fulfilling jobs and access to quality career pathways.”

EMDC will support individuals in recovery and re-entry connect to employment opportunities through a Progressive Employment approach, building on the model launched in Machias and Bangor areas in partnership with 58 community partners over the last year, including the Northeastern Work-

force Development Board, Community Caring Collaborative, Fedcap, DHHS, Community Health and Counseling Services, Living Innovations, Sunrise County Economic Counsel, and others.

“Maine needs to expand its workforce to meet robust economic growth. This Progressive Employment model focuses on helping justice-involved individuals and those in recovery by creating a wider pipeline of valuable workers ready for the workplace. EMDC has participated in several Maine Jobs & Recovery Plan initiatives to create opportunities for all,” said Lee Umphrey, President and CEO of EMDC.

This model is an extension of EMDC’s ongoing partnership with MDOL as WIOA Service provider for nine counties, offering programs including the Maine’s Connecting with Opportunities Initiative that focused on displaced workers impact-

ed by the opioid crisis, and the QUEST program (Quality Jobs, Equity, Strategy and Training Disaster Recovery) grant that focused on connecting historically marginalized and underserved individuals to good jobs, especially those in the care economy, infrastructure, and clean energy. These programs strengthen efforts to serve Maine workers and employers in a coordinated way.

Through Progressive Employment, EMDC plans to support at least 100 jobseekers with employment resources over the next two years - including but not limited to experiential learning opportunities, work experiences, job shadowing, on the job training, mock interviews, company tours, and supports to enhance the likelihood of job success for participants in recovery and justice involved individuals.

EMDC will also work to connect more than 25

businesses with unique opportunities to engage with this untapped labor market. A 2022 survey found that 100% of businesses surveyed who engaged in Vermont’s Progressive Employment program said they will likely do so again in the future, and 93% of employers surveyed were interested in offering more Progressive Employment opportunities.

MDOL’s Division of Vocational Rehabilitation has nine years of experience using Progressive Employment with youth and young adults with disabilities, and currently offers the model statewide to Vocational Rehabilitation customers of all ages.

Estimates from an AIR evaluation of the progressive employment model in Maine among youth with disabilities suggest that youth with disabilities “enrolled in the Progressive Employment program were 10.5 percentage points more likely to be employed in the

first year after developing an individualized plan for employment than non-Progressive Employment clients.”

Funded through the Maine Jobs and Recovery Plan, EMDC’s grant will continue until the fall of 2026.

Interested businesses, jobseekers, and non-profits can get connected by emailing Progressive-Employment.MDOL@maine.gov

Other partners in this initiative include the Bureau of Employment Services, the Division For The Blind and Visually Impaired, the Division of Vocational Rehabilitation, Office of Family Independence (DHHS), Office of Aging and Disability Services (DHHS), Goodwill Northern New England, Bangor Area Recovery Network, Institute for Community Inclusion, Aroostook Mental Health Services, Washington County Community College, and others.

Gardiner, Fryeburg, Patten rank best in Maine for biking

PORTLAND, ME - Gardiner, Fryeburg, Patten, Farmington, and Buckfield ranked in the top 5 in the PeopleForBikes comprehensive assessment based on the quality of their bike networks.

“We know Maine is an incredible place to enjoy by bike, whether that’s for recreation or transportation,” said Jean Sideris, the Bicycle Coalition of Maine (BCM) executive director. “But, we also know there is a lot of work to do to improve bicycle infrastructure and improve safety for people biking in Maine.”

“The BCM is glad to see PeopleForBikes include small cities (<50,000 population) in their rankings for Maine. Several rural cities made the top of the list, including cities

in the Northern and Western parts of the state. This demonstrates that good bicycle infrastructure can be done in communities of any size anywhere in Maine.”

PeopleForBikes’ City Ratings is an annual, data-driven program to identify, evaluate, and compare the best cities and towns for bicycling. Each city receives a City Ratings score on a scale of 0 to 100. Based on data from PeopleForBikes’ Bicycle Network Analysis, high-scoring cities often perform well across six factors captured in the acronym SPRINT: safe speeds, protected bike lanes, reallocated space for biking and walking, intersection treatments, network connections, and trusted data.

Among the Maine top

10, some commonalities in their scoring emerged. Nearly all scored well in both *Access to parts of the city where residents live* and *Access to jobs and schools*. Gardiner, Fryeburg, and Patten all scored highest in *Access to places that serve basic needs like hospitals and grocery stores*. Portland, Bangor, Lewiston, and York Harbor scored highest in *Access to recreational amenities like parks and trails*. Except for Portland, Lewiston, and Bangor, all of the top ten scored 0 for *Access to major transit hubs*.

PeopleForBikes sees a score of 50 as a significant threshold to becoming a great place to bike, with investments in bike infrastructure creating more opportunities for

people to ride and fostering a groundswell of local support for better biking. Unfortunately, no cities in Maine met that threshold, but the top five were within nine points. Of the cities that were included in the 2023 rankings, 10 received higher scores this year and 3 received lower scores. See below for the full list.

The BCM has worked with communities all across the state to support improved bicycle infrastructure, including advocating for bike lanes, multi-use paths and trails, and bicycle safety education projects. We helped install traffic calming projects in Bangor, Portland, and Lewiston. Our Community Spokes network of local advocates are active in nearly every town on

this list, and it is the collective of local advocates and BCM’s statewide efforts that will help bring about changes in bike/pedestrian infrastructure to help improve these scores in future PeopleForBikes analyses.

2024 Maine City Rankings, 0-100

Rank	City	Score (2023 score)
1	Gardiner	44 (n/a)
2	Fryeburg	44 (42)
3	Patten	44 (n/a)
4	Farmington	41 (n/a)
5	Buckfield	39 (43)
6	Portland	39 (29)
7	Lewiston	38 (37)
8	Bangor	33 (32)
9	York Harbor	32 (n/a)
10	Cornish	30 (29)
11	Camden	29 (n/a)

12	Presque Isle	29 (25)
13	Gorham	27 (n/a)
14	Orono	27 (30)
15	Biddeford	27 (25)
16	Old Orchard Beach	27 (n/a)
17	Scarborough	26 (24)
18	Augusta	23 (25)
19	Kittery	23 (22)
20	Saco	19 (n/a)
21	Kennebunk	18 (n/a)
22	Auburn	12 (11)

Read the full report here <https://cityratings.peopleforbikes.org/>

Charities

Continued from page 7

erous people are ten of the 564 volunteers who dedicated 32,821 hours of sup-

port to our more than 20 programs statewide. Their work represents nearly \$1M value in time donat-

ed, but their contributions are truly priceless,” Kelly Day, director of Volunteer Services, said.



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Mondays through Aug 12
LEWISTON -- ART-VAN IN KENNEDY PARK, Mondays, June 24, July 1, 8, 15, 22, 29 and August 5, 12 at 3:30PM

ArtVan will be providing hands-on creative art programs this summer in Kennedy Park for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun.

Free. All art supplies will be provided.

July 19-21, 25-28
BAR MILLS -- The Original's present Private Lives, a play by Noel Coward at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, July 19, 20, 25, 26, 27 @ 7:30 PM and July 21 & 28 at 2:30pm. Tickets: \$15 General Admission at www.sacorivertheatre.org.

July 21
AUBURN -- "Treks and Sojourns: Refusing Disappointment" with Luke Lunt. 12 noon; free. First Universalist Church of Auburn, 169 Pleasant St. (enter on Spring, St., across from Dairy Joy). Parking; accessible. FMI 783-0461 or www.auburnmuu.org.

July 23; Aug 6, 13, 20

MAINE -- University of Maine Cooperative Extension welcomes local farmers, service providers, and Ag stakeholders to participate in the 2024 Maine Pasture Walk Series. Five events, all of which will start at 11 a.m., will be held on the following days and farms:

Springside Farm, 577 Anson Valley Road in New Vineyard, on Jul 23.

Faithful Venture Farm, 17 Borough Road in Searsmont, on Aug 06.

The Wolfe's Neck Center, 184 Burnett Road in Freeport, on Aug 13.

Calendar

Send your submissions to the Editor. More online.

Grace Pond Farm, 530 Main Street in Thomaston, on Aug 20.

Attendees will learn about dairy production systems, pasture management, forage species identification, climate-smart practices, regenerative grazing, and more from forage producers and Assistant Extension Professor Jaime Garzon.

The 2024 Maine Pasture Walk Series is open and free for all participants. Visit the event webpage for more information and registration.

July 24
AUBURN -- Edward Little Class of 1959 is holding its 65th reunion July 24, 2024 at Gipper's Sport Grill, Auburn at 12:00 pm.

July 24
LEWISTON -- Community puzzle swap is happening at Lewiston Public Library on Wednesday, July 24th, between 10:30 am and 2 pm in the Jeanne Couture Room on the first floor. The event listing can also be found on our website at <https://lplonline.org/events/summer-2024-puzzle-swap/>

July 26
LEWISTON -- Friday, July 26th from 10:00am - 11:30am, the Lewiston Public Library Children's Department will be offering the program Baby Bib Keepsakes. During this program caregivers will be able to decorate a personalized bib for their babies.

The activity is designed for caregivers with babies between the ages of birth-18 months. Siblings are also welcome to attend. This program

will take place in the back of the Children's Department on the third floor of the library. This activity is free, all materials will be provided, and there is no registration required. Attendance at this program counts towards Summer Reading participation.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information is available by contacting the Lewiston Public Library at 513-3133 or LPLKids@lewistonmaine.gov. <https://lplonline.org/events/baby-bib-keepsakes/>

July 27
GRAY -- First Congregational Church of Gray Saturday Night Church Supper on Saturday, July 27, 2024 @ 5:00 at the Parish House, 5 Brown Street, Gray

Handicapped Accessible. Meals are Single-sized and are \$10.00 each. Please pay at the door. The menu includes: variety of casseroles & salads; baked pea beans & red kidney, red hot dogs; breads & assortment of desserts & beverages

July 27
LEWISTON -- The Lewiston Public Library will be hosting Taiko Maine Dojo in Callahan Hall on Saturday, July 27th at 11AM for all ages. Join us for this incredible performance of Japanese drumming, dancing and music. Participation in this event counts towards the library Summer Reading program so don't forget to log it on your bookmark. Free. In person. No registration is required. For more information contact

the Children's Department at 513-3133 or LPLKids@LewistonMaine.gov

July 27
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, July 27, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family. Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who wish is optional. Hand sanitizer is available for those who wish to use it.

July 27
AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, July 27th from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

July 30
LEWISTON -- The Lewiston Public Library will be hosting Northern Stars Planetarium in Callahan Hall on Tuesday, July 30th at 5:30PM for all ages.

Legends of the sky from around the world are told live under the stars inside the planetarium. Hear stories from Australian Aborigines, Inuit, African Tribes, Japan, India and the rainforests of South America. This program is free and open to the public. Registration is required as there are only 45 available spots. To register please contact the Children's Department at 513-3133 or LPLKids@lewistonmaine.gov. If all of the spots are filled, you may request to be put on the waiting list. Participation in this event counts towards the library Summer Reading program so don't forget to log it on your bookmark.

Thursdays Aug 1 – Sept 5
WILTON -- Opening Minds through Art, Thursdays August 1 – September 5, 1 pm – 2 pm at Education Center of SeniorsPlus at 284 Main St., Suite 100, Wilton

Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Aug 5 - 16
BAR MILLS -- Summer Theater Camps at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, August 5 - August 16. Join us for an enriching experience where

children can explore their creativity and develop confidence through the theater. FMI, visit SRT, Jr. — Saco River Theatre

Aug 7, Sept 13
ONLINE -- The University of Maine Cooperative Extension's Summer Equine Speaker Series. Three events, all of which will start at 6 p.m., will be held on the following days:
 July 11: Alicia Harlov from the Humble Hoof Rehabilitation Center and podcast will share how movement and nutrition benefits horse health.

Aug. 7: Dr. Jaime Garzon, UMaine Extension's forage specialist, will discuss hay and forage testing, pasture care and weed management.

Sept. 13: Elissa Ballman will review various insect pests, ways to mitigate bugs and new research.

Registration is required to receive the webinar links for this free series. For more information and to register, visit the program webpage.

Aug 14
AUBURN -- Read ME Summer Book Discussions at the Auburn Public Library, Wednesday, August 14, 2024 – 4:00-5:00 p.m. (The Road to Dalton)

Summer 2024
NORWAY -- Art Exhibition "If You Lived Here, You Would ..." at the award-winning Gingerbread House, Main Street, Norway, Maine. The show will dialogue with the history of this incredible edifice, which pours out of its every nook and cranny. "If You Lived Here You Would..." is a consideration of the home's past that offers a glimpse into its potential future through a selection of sculptures,

paintings, drawings, and mixed-media pieces—brought to western Maine for the very first time—by a group of internationally recognized and acclaimed artists.

Sept 14
LEWISTON -- From 12 noon to 3 PM 4th Annual Rally for Recovery hosted by the Lewiston Area Public Health Committee in Kennedy Park

Every 1st, 2nd, and 3rd Monday
LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

Send all items for What's Going On to the Editor. Deadline is Friday by five.

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SENIOR TRIPS

OCTOBER 6 – 14, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK – Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including

Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

NOVEMBER 18-20, 2024 - CHRISTMAS IN NEW YORK CITY

- Trip includes 2 nights lodging with 3 days in New York City. Breakfasts each morning and 1 dinner in a Manhattan Restaurant is included. We will have a backstage tour of Radio City Music Hall and a guided tour of Lower Manhattan, Times Square, Greenwich Village, Little Italy, Ground Zero and the Financial District. You will also visit the 9/11 Memorial Museum and Rockefeller Center. On Wednesday afternoon it's off to Radio City Music Hall to see the Christmas Spectacular featuring the World-Famous Rockettes. A \$200 deposit per person is due upon registration. Trip price is \$749.00 per person double occupancy which includes guided tours, Radio City Spec-

tacular, included meals and bus driver tip. Make checks payable to White Star Tours.

DECEMBER 13-15, 2024 - WHITE MOUNTAIN HOTEL & RESORT

- Trip includes 2 nights lodging with 5 meals. We will visit the Rocks Estate in Bethlehem, NH with a Moose and Bear educational program. We will stop at the Bethlehem post office where you will be able to stamp your Christmas cards with the Star of Bethlehem seal and have them mailed from Bethlehem. Trip also includes 1 afternoon comedy show and 2 evening shows. All room and meal taxes and gratuities are included.

Price for a double is \$629.00 per person. Deposit is \$100.00 per person at time of registration. Make checks payable to White Mountain Hotel and Resort.

APRIL 12-20, 2025 - A WEEK IN SPAIN: BARCELONA, MADRID & SEVILLE

- Trip includes 7 nights lodging, 7 breakfasts and 3 dinners, 5 sightseeing tours and two train rides. Highlights are Sagrada Familia, Royal Palace, Prado Museum, Cordoba, Olive Oil Tasting, Food Tasting and

Royal Alcazar. Deposit to reserve your spot is \$300.00 with trip protection available for \$449.00.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

WANTED

Odd jobs and Gig work

Trained and experienced in babysitting, petsitting, senior/adult care and cleaning. Contact Missy at 207-539-3204 or allinoneservices1@yahoo.com

Classified Ads UP TO 40 WORDS!

\$25 PER WEEK
EACH ADDITIONAL WORD 25¢

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