

Food truck Summer Thursdays bring dinner to Gorham

GORHAM, ME – Food truck Summer Thursdays hosted by the Economic Development Division are back, starting with the first event on the summer solstice – Thursday, June 20. Folks can catch a rotating selection of food trucks every Thursday through September 28th at the Little Falls Recreation Area (664 Gray Road, Gorham).



SUMMER THURSDAYS!
FOOD TRUCKS @
LITTLE FALLS RECREATION AREA
664 GRAY RD, GORHAM, ME 04033

CELEBRATE SUMMER WITH FOOD AND GOOD TIMES! ROTATING SELECTION OF FOOD TRUCKS EVERY WEEK! OVER 20+ QUALITY VENDORS FROM AROUND THE STATE OF MAINE!

4PM - 8PM EVERY THURSDAY
JUNE 1ST TO SEPTEMBER 28TH

FEATURING:

- * CHEESE THE DAY * CREPE ELIZABETH * EMPANADA CLUB *
- * FAT POCKETS * FRED'S FRIED DOUGH *
- * GREAT SCOTT'S MAC WAGON * IRONCLAD EATS * L/A TACO *
- * LUCKY LOU'S * MACDADDY'S SEAFOOD & TOTS *
- * MAINE-LY MEATBALLS * MAINE MAPLE CREAMS *
- * MEET ON THE STREET * MILLISE CREATIONS * MOW'S MUNCHIES *
- * ON A ROLL * PB&M * PINK WAFFLE * PINKY D'S POUTINE *
- * ROAMING EATS * SANDWICH SHACK * TOP IT ICE CREAM *
- * ZEPHYR ICE *

Gorham
Grow with Us

the Little Falls Recreation Area (664 Gray Road, Gorham).

We offer a different selection of vendors each week (~7-8 total) from 4pm – 8pm, and the setting is very family-friendly complete with ample green space, music, and lawn games. It's the perfect way to spread out and enjoy a Maine summer afternoon at its finest.

This year, the Town is offering space to local organizations and businesses to engage the community and get the word out about exciting offerings and opportunities available to the Gorham.

We are grateful for the support of Gorham Savings Bank, which is sponsoring the purchase of 150 lawn chairs for visitors to utilize each Thursday. Beach blankets and chairs are still welcome!

Learn on the Lawn at Gorham's Baxter Memorial Library



Baxter
MEMORIAL LIBRARY
Sponsored by the Friends of the Library

GORHAM, ME – Join Gorham's Baxter Memorial Library for fun opportunities with Learn on the Lawn on Thursdays 10:00am-11:00am:

Thursday, August 8th—Sea Turtle Tracks Presented by: Marine Mammals of Maine

Join us in the Youth Services department to learn about Maine's sea turtles. Learn about the basic biology, ecology, conservation, and the threats that sea turtles face in Maine and globally.

This program is for all ages! Children under 8 years old need adult supervision.



SUMMER Parenting GROUP

Join us for an informal parenting group designed to help you meet other parents in our community. Bring a blanket for outdoor events.

EVERY TUESDAY

- 6/25/24 (Patio) **PRIDE Parenting all ages**
- 7/2/24 (YS Program Room) **Baby Group Birth- 18 months**
- 7/9/24 (Patio) **Toddler Group 18 months-2.5 years**
- 7/16/24 (Patio) **Little's Group 2.5-4 years old**
- 7/23/24 (Lawn) **Preschool Group 4-5 years old**
- 7/30/24 (Patio) **Homeschool Group all ages**

Baxter
MEMORIAL LIBRARY

New comprehensive addiction treatment center opens in Gorham

GORHAM, ME – The Courage Center is proud to announce the grand opening of a new community outpatient facility dedicated to providing support and clinical care for individuals struggling with substance use disorders (SUD). The new center, located at 341 Main St., Gorham, ME, began providing clinical services several weeks ago and will host a Grand Opening and ribbon-cut-

ting ceremony on September 7th @ 12 PM. All are invited to attend.

The Courage Center offers a full spectrum of services designed to support individuals on their journey to recovery and promote long-term wellness. Our services include Medication-Assisted Treatment (MAT), Intensive Outpatient Programs (IOP), Driver Education and Evaluation Program (DEEP), and individual

and group therapy. These programs are not dogmatic and are tailored to meet the unique needs of each participant, ensuring they receive the personalized care necessary for successful recovery.

"As we were opening our program," says Rob Korobkin, MPH, the Founder and Executive Director of Courage Center, "We were shocked time and again by the stories we were hearing from potential staff about the dangerous and unethical practices happening at so many of the treatment programs currently offering services to people in Maine with Substance Use Disorders. Our team here

at the center is profoundly dedicated to doing it right, developing and delivering services that are truly ethical, evidence-based, and effective."

The new facility is designed to provide a safe, welcoming, and therapeutic environment. The center's MAT program combines medication with counseling and behavioral therapies to treat substance use disorders effectively. The IOP offers a structured and intensive program that allows clients to continue their daily activities while receiving the support they need. Individual therapy sessions provide personalized attention and strate-

gies to address the underlying causes of addiction.

In addition to these new clinical services, the organization also offers 34 beds in a sober, affordable, and supportive living environment about a mile up the road at the Courage House, the recovery housing program that the organization has operated since 2019.

"Our goal with Courage House," says Josh Wentworth, RCPF, the organization's Housing Director and also an alumnus of Courage House himself, "has always been to create a safe place for people to call home for as long as they want as they piece togeth-

er the building blocks of a real life in the community outside of an institutional setting. The challenge in launching our clinical program was to do so in a way that maintained that progressive culture, making it easier, not harder, for people in recovery to build a normal healthy life for themselves and their families."

The ribbon-cutting ceremony will feature remarks from local leaders and a tour of the facility will follow. We invite the community to join us in celebrating this important milestone and learning more about the vital services we offer. Please mark your calendars.

Community garden at Cressey Road Christian Church, Gorham

GORHAM, ME -- If picking your own grown juicy tomato and crispy greens is on your bucket list, try gardening at Cressey Road Christian Church Community Garden in Bucket Step planters, ready

for planting, no fees, and PFAS free.

Bucket Steps were built by Eagle Scout candidate Christopher Bolton with help from his troop, scout leader Kelly Deprez, and Rick Smart. Bucket Steps

have 3 rows, with 4 buckets each. You may share a bucket step unit with someone. Bucket Steps are user friendly planters with minimal bending required. This is just a beginning as we continue building raised gar-

den units offering planting boxes and vegtrugs. Bucket Steps are available now on a first come, first served basis. To use one of these planters, please contact Lorraine lindcabin@gmail.com for guidelines and an application.

THE L-A VETERANS COUNCIL WANTS YOU TO KNOW THAT IT IS NOT TO LATE TO HAVE YOUR LOVED ONES NAME ON THE NEXT STONE IN THE VETERANS PARK. NOVEMBER 2024
CALL JERRY DEWITT (207)-576-0376 TODAY, DON'T MISS IT, CALL TODAY. COST IS \$40.00. HONOR THOSE THAT HAVE SERVED.



L-A VETERANS COUNCIL

Pellet Stove need cleaning or repair?

Call The Stove Guy
(207) 286-7633

Great Rates!

Installs ~ 23 Years Experience

NORTHERN SUPREME CLEANING
Junk removal • Yard cleanup. Everything & anything! Residential & Commercial
Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing. "Trust us for a superior cleaning experience"
Call (207) 595-6347 or email
Northernsupremecleaning@gmail.com



Clean Books
OLIVIA OUELLETTE
Bookkeeper / Owner

Give us a call today for a free quote!

- WWW.CLEANBOOKSMAINE.COM
- CLEANBOOKSMAINE@GMAIL.COM
- 207-370-9292
- PO BOX 615, GARDINER, ME 04345

Newsmakers, Names & Faces

“Invest in Maine’s Future” R&D bond question on November ballot

AUGUSTA, ME – The Maine State Chamber of Commerce announced the formation of the “Invest in Maine’s Future” ballot question committee and campaign supporting the \$25 million Research and Development and Commercialization bond question on this November’s ballot. Through the “Invest in Maine’s Future” campaign, the Maine State Chamber and its partners will lead a conversation with Maine voters about how their investment in scientific research will strengthen Maine communities and families by spurring innovation in our state’s heritage farming, fishing, and forestry industries, accelerating Maine’s life sciences sector, and creating dynamic new industries in all corners of the state.

The committee will

also advocate for long-term support for R&D funding for innovation and job growth to keep Maine competitive. Members of the ballot question committee include a growing group of organizations representing diverse industries and regions across the state. To date, committee members include The Jackson Laboratory, FocusMaine, Startup Maine, Bioscience Association of Maine, Maine Composites Alliance, Maine Forest Products Council, MDI Biological Laboratory, BioHarbor Strategies, and Aroostook Partnership.

“The R&D bond on November’s ballot is an investment in our state’s economic future,” said Patrick Woodcock, President and CEO of the Maine State Chamber of Commerce. “Maine businesses and entrepreneurs can leverage

state support to invest in innovative products and new machinery and leverage our state’s competitive advantages. We look forward to having a conversation with Maine voters about the benefits of research and development and urging them to vote yes on November 5.”

Woodcock added, “Maine lags other states when it comes to R&D investments and that has a long-term cost to our economy in bringing economic opportunity to our state. Supporting this investment is a critical first step toward stable and sustained state R&D investments for our economy.”

The Maine Economic Growth Council’s 2023 “Measures of Growth” report showed that Maine lags the country in research and development (R&D) spending, ranking 44th of 50 states. The Maine

2020-2029 Economic Development Strategy prominently calls for increased innovation, to be driven by investments in research and development, highlighting evidence of state returns on prior investments.

Maine voters last approved a research and development bond in 2017. According to the Mills administration, \$45 million approved at that time helped leverage more than \$224 million in private sector matching investments and had an impact of more than \$1 billion on the Maine economy. The investment also generated 1,770 direct new jobs and roughly twice as many indirect and induced jobs.

“It is time to invest in our evolving Research and Development industries,” said Sen. Teresa S. Pierce, D-Falmouth. “Growing these industries means sup-

porting Maine’s economic potential and creating an environment that keeps Mainers and their talent in Maine and encourages others to come to Maine and contribute to these industries. I’m grateful for the strong bipartisan coalition of legislators, in both the Senate and the House, that supported my bill to issue this R&D bond. I encourage all voters to learn more and support this measure in November.”

During the 131st Maine Legislature, L.D. 416, An Act to Authorize a General Fund Bond Issue for Research and Development and Commercialization, sponsored by Sen. Pierce, was passed and signed by Governor Janet Mills. Maine voters will have an opportunity on Election Day - Tuesday, November 5, 2024 - to endorse the \$25 million bond.

If approved in November, the bond will support innovation and job growth in several of Maine’s key industry sectors, including biotechnology, composites and advanced materials, environmental technologies, forest products and agriculture, information technology, marine technology and aquaculture, and precision manufacturing. The Maine Technology Institute will oversee the competitive grant review and award process, which will be open to Maine-based public and private institutions and will require grantees to match state funds with at least an equal amount of private investment.

“Invest in Maine’s Future” registered as a Ballot Question Committee with the Maine Ethics Commission on June 18, 2024.

YMCA Camp of Maine celebrates 50 years with open house, dinner

This summer the YMCA Camp of Maine is celebrating 50 years of co-ed camping on Saturday, July 27th with an open house from 2-5, dinner, dance and silent auction event at the camp at 5:30pm.

Established in 1915, the YCamp of Maine has provided access to the outdoors and camping to countless youth from Maine and beyond. The camp was one of the first YMCA facilities built in the state and served as the overnight camping program of the State YMCA of Maine. Before cities and towns had swim and gym facilities, boys from “Y Clubs” spent summers learning leadership skills,

how to work with their hands in the wood shop, on agricultural fields and swimming and boating on the lake.

Youth and staff from around the world continue to gather together along the shores of Lake Cobbosseeconte each summer. While a large contingent of campers come from Maine, many come from across the country and internationally, making for a robust experience rich with diverse cultures and languages from around the world. YCamp offers co-ed traditional camp sessions ranging from four days to two weeks for youth ages 7-15, as well as leadership programs for teens.

With leadership from

Dave and Jean Dellert and Larry Guardella, the camp admitted girls for the first time in 1974. This equitable access, which we take for granted today, was a novelty back then. Because of this leadership, thousands of girls and young women have had wonderful experiences at YCamp. Women and girls have been able to partake in skill building, leadership development, increased confidence and sense of self. Girls at YCamp forged Lifelong friendships on the sports field, at the waterfront, at the pottery wheel and across tables at dinner time. For many, these experiences and relationships have been fundamental in their lives and careers.

Julia Munsey, Alum, former staff and board member, said, “From my first summer as a camper in 1974, YCamp gave me the opportunity to make friends with people from all over the state of Maine, the country, and the world. To this day as a YCamp alum I am still connected with so many of them and it has made my life richer in so many ways. As campers we were given the opportunity to learn outdoor skills, sports and arts skills, and to develop leadership skills based on core values and character development. My experience at YCamp was so impactful and to this day I am grateful to have had the opportunity to attend.”

Jeff Gleason, CEO and Camp Director shares that he’s, “thrilled to celebrate 50 years of co-ed camping. The YMCA Camp of Maine was founded in 1915 as the “Camp of Character.” We have always believed in leading with integrity. We know that everyone can bring grace, talent and perspective to our world. That is why we strive to create a place where people can grow and thrive. Co-ed camping helps youth learn to work collaboratively with individuals of different genders and challenge and break down gendered stereotypes. Progress is a shared responsibility that requires us to listen and learn, while sharing the ac-

tions we take as we move forward.”

While we celebrate fifty years of girls and women at camp, accessibility for all remains fundamental to our mission. Proceeds from this celebration event will go towards the camp’s capital campaign, to preserve camp for the next generation. The campaign addresses three initiatives of growing the endowment to \$1M, funding the completion of a list of necessary capital improvements and fully funding our annual ‘fill the beds’ campership program. Over 60% of campers receive partial or full scholarships. More about the campaign can be found here: <https://www.maineypcamp.org>

Tickets for the event can be purchased here: <https://www.givesignup.org/TicketEvent/Alumni-DinnerDance50thanniversary>

**Injured
on the job?**

We should talk.

(207) 333-5103

Help@BilodeauLaw.me

BILODEAULAW.ME

**BILODEAU
LAW**

**Send all items for Names and Faces to the Editor.
Deadline is Friday by five.**

allworx



**Save \$\$
on your
business
phone!**

**Call today for
a demonstration!**

**PROFESSIONAL
COMPUTER SERVICES INC.**

207.784.6295

buck@pro-pc.us



Buck Buchanan
A+, MCP Certified Technician

**Best
Source
for Arts,
Music and
Theater!

Your
Hometown
Paper.**

Newsmakers, Names & Faces

Ireland's Minister for the Diaspora to visit Heritage Center

PORTLAND, ME – On July 26th, the Maine Irish Heritage Center will open its doors to welcome a delegation from Ireland led by Ireland's Minister of State for International Development and Diaspora, Seán Fleming, TD.

To celebrate this occasion, the public is invited to a reception beginning at 2:30 PM. Attendees will have the opportunity to hear Minister Fleming reflect on the ties connecting Ireland and Maine and the

importance of the Government of Ireland's Diaspora Strategy.

This event will take place in the Center's historic building, the former St. Dominic's church, and will serve as a unique chance to bring together local community members with Irish leaders.

"We are absolutely thrilled that Minister Fleming will be visiting the Maine Irish Heritage Center during his time in the U.S.," said Eric Brown,

Executive Director. "It is a testament to the legacy of connection between our state and Ireland, and also to the present vibrancy of Maine's own increasingly diverse communities."

Please join us on Friday, July 26th for an afternoon of heritage, fellowship, and discovery at the Maine Irish Heritage Center, 34 Gray Street in Portland. Doors open at 2:30 PM. RSVP at MaineIrish.com.

West Buxton Library hosts ongoing Writer's Workshops

BUXTON, ME -- Summertime, a time for family reunions, picnics, storytelling by the campfire. What if you wrote down these stories, capturing

them for the next generation? Let's not lose our unique family customs, odd habits, and Grandma's sayings.

You're invited to

join Writer's Workshops, meeting monthly, 2nd Wednesday, 6:30PM to 8:30PM. These workshops are funded by the Narragansett Number One

Foundation and sponsored by the West Buxton Public Library. There are no fees, no pre-requisites, and spelling doesn't count. These workshops are for

adults.

We are friendly, non-judgmental, and encouraging. After three years meeting as a Memoir Group, we are expanding

to include all genres of creative writing.

FMI and the Zoom link, contact Lorraine at lindcabin@gmail.com.

Gorham senior property tax assistance applications available

GORHAM, ME -- Applications are now available for the Town of Gorham Senior Property Tax Assistance Program. This program was established to provide property tax assistance to persons 65 years of age and over who reside in the Town of Gorham. Under this program, the Town of Gorham will provide refund payments to those individuals

who maintain a homestead in the Town of Gorham and meet the criteria established by this article.

To obtain an application, please visit the Town Clerk's Office at the Gorham Municipal Center (75 South Street) or go to the Town's website.

Completed applications can be submitted to the Town Clerk's Office now through the deadline

of August 1, 2024. If you have questions and/or need assistance completing your application, email senior-rebate@gorham.me.us, or call 222-1671.

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

Clothes galore at Gorham's Mission of Hope Clothes Closet

GORHAM, ME -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have

displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

Send all submissions for the Calendar listing to Editor@GorhamWeekly.com Deadline is Friday by five.

FREE e-subscriptions at www.GorhamWeekly.com

Advertising

For advertising information email Laurie@twincitytimes.com or call 795-5017.

Deadline

Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday's publication.

Press Releases

All submissions, including photos, must be emailed to editor@GorhamWeekly.com.

Proofs

Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

Art show, sale coming to Nathaniel Hawthorne's boyhood home

RAYMOND, ME – A very special showcase of local artists and artisans is coming to one of southern Maine's most beloved and cherished venues—the newly-refurbished boyhood home of Nathaniel Hawthorne, located at 40 Hawthorne Road in Raymond. The show will begin with an Opening Reception on Friday evening, August 2, from 6 p.m. to 8 p.m., which will offer a chance to meet the artists. Thereafter, Nathaniel Hawthorne's Boyhood Home will be

open Saturday and Sunday, August 3 and 4, from 11 a.m. to 5 p.m., with all art available for viewing and sale. The three-day event is FREE, with donations for the continuing maintenance of Nathaniel Hawthorne's Boyhood Home gratefully accepted.

"We're excited to have the opportunity to open up the newly restored Hawthorne House and give local, emerging artists an opportunity to show and sell their work there," said Sylvia Sulli-



Image courtesy of the Hawthorne Community Association.

van, a long-time member of the Hawthorne Community Association who is coordinating the event. "We're especially pleased to be showcasing such a

wide range of local artistic talent, including painters, photographers, sculptors, and more."

Among the artists showing their work at the event will be Diane Duntton (landscape painting); Kathleen Gerdes (nature watercolors); Kalee Charette (landscapes and creatures in pen-and-ink); Cole Phillips (wet-plate photography); Bruce Small (landscape and wildlife photography); Elizabeth Lachance (paper mache sculptures); Trish Kohler (bird watercolors); Cathy Dodge (acrylics, watercolors, and mixed media); Steve Hobson (photography); Kelly Zinckgraf (showing her late father's work); Mel Mowry (landscape watercolors); and Linda Kranich (pastels). A portion of some of the artists' sales will be donated for the preservation of the boyhood home of the great American author.

For more information, please contact Sylvia Sullivan at rsssm@maine.rr.com or (207) 239-6010

Tips to manage, improve type 2 diabetes care for Maine residents

By Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of New England

Diabetes is a nationwide epidemic with a serious impact on Maine residents, according to the American Diabetes Association.¹

Over 38 million Americans live with diabetes, and about 90% of them have type 2 diabetes, while another nearly 98 million have prediabetes.^{2,3} Yet many people are unaware they have the condition.³

According to the American Diabetes Association, 116,500 adults in Maine have diabetes.⁴ Direct costs in medical expenses and indirect cost in lost productivity amounted

to nearly \$1.37 billion for Maine.⁴

Type 2 diabetes is generally caused by lifestyle factors. Some of the most important risk factors to be aware of are obesity, which affects 33.1% of Maine residents,⁴ and physical inactivity.² 22.6% of Maine residents are classified as physically inactive.⁵ Diabetes is a chronic condition characterized by the inability to regulate insulin, which results in high blood glucose levels. Here is some important information to consider to help better manage and potentially improve your type 2 diabetes.

Focus on a healthy diet and exercise: It is important to maintain an active lifestyle and include

lean proteins such as chicken, fish or turkey in your diet.⁶ Eating nutrient-rich vegetables such as broccoli, green beans and carrots, along with a balanced portion of carbohydrates like brown rice, pasta or sweet potatoes, can enhance your overall well-being. It's recommended that adults get at least 150 minutes a week of moderate-intensity activity such as brisk walking and at least two days a week participate in muscle-strengthening activities.⁷ This exercise can assist in reducing sudden increases in blood sugar levels.

Monitor blood glucose levels: Regularly monitoring blood sugar levels may be important for individuals with dia-

betes.⁸ Utilizing a continuous glucose monitor is often highly recommended. Many people now have access to a variety of wellness programs and technologies, including virtual care options, through their health plans and employers. Talk to your employer about programs that may be available to you to help manage and even improve your type 2 diabetes like UnitedHealthcare's Level2 program.

Manage stress: Managing stress levels is crucial for individuals with diabetes since prolonged stress releases hormones that can lead to an increase in blood sugar levels.⁹ That is why it is important to incorporate effective stress management techniques such as meditation, yoga or even regular walks, which can also potentially lower blood sugar levels. People with type 2 diabetes who sleep poorly may have more insulin resistance and trouble regulating their blood sugar.¹⁰ Sleep management can lower blood sugar, boost energy, reduce stress and improve mood throughout the day.

Talk with your doctor about medications: When diet and exercise are not enough, it could be beneficial to consider medication to regulate blood glucose levels. While insulin is generally required for individuals with type 1 diabetes,

a range of other medication options are available for individuals with type 2 diabetes, including GLP-1s.¹¹ While GLP-1 drugs are currently a trending topic among diabetes solutions, pairing FDA approved GLP-1 drugs with a solution like Level2 may be a win-win strategy for employers and employees. Self-insured employers may see more optimized value from the combination of these medications when used in tandem with a solution like the Level2 program.

For people with diabetes, it is crucial to understand the factors that can impact blood glucose levels. Adopting a nutrient-rich diet, engaging in consistent physical activity, and reducing stress can assist in living better with type 2 diabetes.

Footnotes

1 American Diabetes Association, <https://diabetes.org/about-diabetes/statistics>

2 Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/diabetes/php/data-research/index.html>

3 Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/diabetes/about/index.html>

4 American Diabetes Association, 2024, <https://diabetes.org/about-diabetes/statistics/by-state>

5 America's Health Rankings, 2023, <https://assets.americashealthrankings.org/app/uploads/all-statesummaries-ahr23.pdf>

6 American Heart Association, 2024, <https://www.heart.org/en/health-topics/diabetes/prevention--treatment-of-diabetes/living-healthy-with-diabetes>

7 Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/physical-activity-basics/guidelines/index.html>

8 National Institute of Diabetes and Digestive and Kidney Diseases, 2023, <https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes#glucose>

9 Mayo Clinic, 2024, <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963>

10 National Institute of Diabetes and Digestive and Kidney Diseases, 2021, <https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/the-impact-of-poor-sleep-on-type-2-diabetes>

11 National Institute of Diabetes and Digestive and Kidney Diseases, 2022, <https://www.niddk.nih.gov/health-information/diabetes/overview/insulin-medicines-treatments>

**Sealcoating • Hot Rubber Crack Filling
New Installations • Concrete
Reclaimed Asphalt • Loam**

**Our premium grade sealer inexpensively
adds years of life!**

**Protect your investment with our
wide range of products!**

Roadmark Industries
Mike Willett • 143 Pleasant Street • Auburn
(207) 240-5535

ROOTED
hair studio

Courtney **Michael**

Accepting New Clients ~ Booth Rental Available

214 Minot Avenue ~ Auburn ~ 689-3035

Seniors Not Acting Their Age

In Pursuit of the Puffins on Petit Manan Island



Seven kayakers arrive at Petit Manan Island

For many years, I've organized a Penobscot Paddle & Chowder Society late June sea kayak trip to visit the puffins on Eastern Egg Rock in outer Muscongus Bay. Having navigated all of the primary routes in the past, this year I was unsure of my itinerary. Fellow Chowderhead, Norm Olsen, solved my dilemma. He proposed a sea kayak trip to the other puffin colony off the Maine coast, Petit Manan Island. A short phone conversation resulted in a decision to combine my trip with his.

Petit Manan Island is located about 2.5 miles south of Petit Manan Point in the Washington County Town of Steuben. The swirling waters around the island have a reputation for being treacherous and unpredictable. Of particular concern is a notorious underwater bar between the point and island that often causes turbulent conditions. Fog is another common problem and there are no convenient launching points to travel to the island.

Norm had a strategy to deal with the various obstacles. He identified a rare day when light winds and calm seas were forecast. Although some showers were possible, seasonal temperatures were predicted. His plan included re-

maining on the east side of the bar, thereby avoiding any potential hazards of a crossing. For additional safety, he decided to follow the group in a 19-foot motorboat.

The closest public launching area for a trip to Petit Manan is situated on the Pigeon Hill Road in Steuben, five nautical miles from the island. The landing is surrounded by mud flats at lower tides and is only suitable for use for about four to five hours before and after high tide. Completing the voyage during that timeframe was the goal.

On the day before the scheduled trip, the coastal waters forecast added a chance of patchy fog to the weather equation. Since we would not attempt the long open water traverse in the fog, Norm devised an alternative coastal itinerary should that eventuality arise.

Seven kayakers and a two-person motorboat team met at the Steuben Landing two hours before high tide on a cloudy morning. The water was calm, winds nonexistent, and Pigeon Hill Bay free of fog. We could see the 123-foot Petit Manan Lighthouse, second tallest on the Maine coast, in the distance. Our quest to visit the puffins was on.



Kayakers cross open water towards Petit Manan Island

Recognizing the need to complete our journey in less than five hours, the entire group paddled at a vigorous pace from the outset. The lighthouse seemed a long distance away. The calm water allowed for friendly conversation as we progressed through the bay between Bois Bubert Island on our left and Petit Manan Point to the right.

Passing Egg Rock off the southern end of Bois Bubert, we emerged into open water. The kayaks stayed relatively close together to maximize safety. From my vantage point, the area where the bar is located appeared free of turbulence.

Following a bearing of 180 degrees, we rapidly advanced towards our destination. Norm and my wife, Nancy, motored nearby taking pictures and providing words of encouragement.

Shortly beyond a horseshoe-shaped collection of barren ledges called Green Island on our right, we approached the distinctive Petit Manan Island and impressive lighthouse. We began searching the water and sky for puffins. Initially, our hopeful efforts were unsuccessful.

Nearing the eastern end of the island, we spotted our first puffin. Then the handsome little sea-

birds were all around us. Fluttering above, floating in gentle swells, and curiously staring down at us from ragged ledges. We spent as much time with the entertaining sea parrots as our limited schedule allowed. Two tour boats visited during our stay.

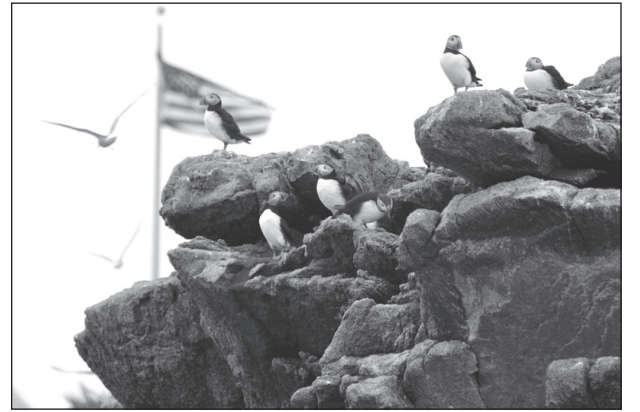
Paddlers are prohibited from landing on Petit Manan but we stopped for a much needed break on rocky Green Island. Norm correctly predicted we would likely find a colony of grey seals in a cove on the northern terminus. Our count was around twenty-five.

Probably due to the change in tide, the bar had become unstable during our stay with the puffins. We quickly moved away and completed a pleasurable trek back.

We arrived at the landing just in time to avoid wallowing in mud; the perfect conclusion to a truly exceptional day.

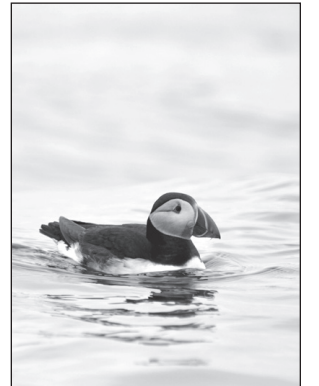
My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting sea kayak trips along the Maine coast.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.north-countrypress.com/maine-



Puffins curiously stare down at kayakers from ledges on the island

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 ronchaseoutdoors@comcast.net



A lone puffin floats in gentle swells



Norm Olsen provides motorboat safety



Paddlers enjoy a close up view of the puffins

GRIDIRON
Restaurant
LEWISTON, MAINE


SCAN HERE! → The Place where every hour is happy.



OPEN DAILY
11AM-9PM
DINE IN - TAKE OUT
207-777-6353
207-777-6354

1567 Lisbon Street Lewiston, Maine

We Deliver.



SUBWAY Not all delivery services available at every restaurant. All (TM) related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway® IP LLC. ©2020 Subway® IP LLC.

Open for curbside pick-up, take out, indoor dining, bowling and arcade!



American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 | **W** www.jctbowl.com
Gorham, ME 04038 | **P** 207.222.7600

Arts & Entertainment

Step into the enchanting world of Harry Potter

WINDHAM, ME -- event! FREE ADMISSION! Potter for a day of enchantment, food, wares and fun!
Join us for an amazing family Step into the world of Harry



Wizard and Witches

Join Us for our Harry Potter Diagon Alley Market & Family Event!

Saturday, August 17, 2024
10-3 p.m.
Windham Town Hall Gymnasium
8 School Rd., Windham, ME

Rock Row Presents
QUARRYSIDE CONCERT SERIES

Join us Quarryside at Rock Row featuring Lone Pine. for our Quarryside Concert Series this August enjoy live music, cocktails, beers, bites and more!

AUGUST 2024

Aug. 24	GRATEFUL DUB with Roots of Creation
Aug. 31	Deer Tick

Sponsored by

uscellular MALONE COMMERCIAL BROKERS
CONNECTED. LOCAL. SAVVY.

QUARRYSIDE ROCK ROW
FEAT. LONE PINE BREWING

For More Info:
www.rockrow.com/quarryside

TUESDAY SEPTEMBER 24 ADULT DAY TRIP
9:30AM-3PM

Cumberland County Fair

Come with us to the 152nd Annual Cumberland County Fair. Tuesday is Senior Day and admission is only \$6!

\$5+

Cost includes round-trip transportation to and from the Community Center only. Admission (\$6), food, and spending money are on your own.

To register, please visit:
www.WestbrookCommunityCenter.org
or call 207-854-0676

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

2024 RIVERBANK PARK COMMUNITY CONCERT SERIES
Tuesdays • July 2 - August 20 • 6-8pm
Riverbank Park Gazebo • 677 Main Street • Westbrook, ME

CONCERT SCHEDULE:

TUESDAY, JULY 2 - WESTBROOK CITY BAND	TUESDAY, JULY 30 - SUGAR HILL STRING BAND
TUESDAY, JULY 9 - DAVID GOOD	TUESDAY, AUGUST 6 - FIDDLERS THREE
TUESDAY, JULY 16 - JC & THE ACES	TUESDAY, AUGUST 13 - PHIL IN THE BLANKS
TUESDAY, JULY 23 - BLUE STEEL EXPRESS	TUESDAY, AUGUST 20 - DARLIN' COREY

FOOD
Just Bring a Blanket or Lawn Chair for Seating!

Family-Friendly Concerts in the Park!
A great opportunity to order takeout from our many downtown restaurants, take your food & drink to Riverbank Park, and eat while you enjoy some great live entertainment! Or grab something quick and convenient from the cash BBQ fundraiser, presented by Stephen W. Manchester Post No. 62 and the Westbrook Lions Club, at the nearby American Legion Hall. On-site childrens' playground, too!

www.WestbrookCommunityCenter.org • www.facebook.com/WestbrookCommunityCenter

Plus, live music every Wednesday, May 1-August 21, 6-8pm, at the Westbrook Community Center's Bridge StrEAT Food Park! (426 Bridge Street, Westbrook)
17 Additional Nights of Live Music + 10-14 Food Trucks Each Week!

COMMUNITY FEST '24
Westbrook Community Center
Wednesday, August 21
4-8pm
Live Music by The Cover Tones, Food Trucks, Vendors, Games, Swimming & Much More!

App helps consumers avoid products with toxic chemicals

PORTLAND, ME— As leaders in the national fight against toxic PFAS “forever chemical” contamination, Defend Our Health, an environmental health advocacy organization, is proud to announce a significant collaboration and partnership with Clearya. This free, innovative digital tool now alerts consumers to undisclosed PFAS in products while shopping online. Clearya’s app and browser extension help make non-toxic shopping easy online and in-store. Get automatic alerts on potential health risks hidden in ingredient lists for beauty, personal care, baby care, cleaning products, and more, and find safer, vetted alternatives wherever you shop, including at Amazon, Walmart, Target, Sephora, and other major retailers.

Since 2017, Defend Our Health has fought to protect communities from the health harms of historical and ongoing PFAS contamination in our water, farmlands, and everyday products. These chemicals

are highly toxic to human health and have widely contaminated drinking water, food supplies, and local environments across the U.S. Defend has spearheaded collaborative efforts with local activists, community members, impacted farmers, and the Maine Legislature to phase out PFAS in various consumer products.

“Defend has been testing and tracking consumer products that contain PFAS sold in Maine for years,” said Emily Carrey Perez de Alejo, president and CEO at Defend. “And now, we can match those products with items online and in stores, identify similar products, and present all this information to consumers directly through their browser or the Clearya mobile app. While we recognize that the burden should not be on individual consumers to protect themselves from toxic chemicals, as we fight to do more work on the policy side to hold corporations accountable, we’re grateful for resour-



ces like Clearya that help consumers protect themselves and their families.”

Maine’s first-in-the-nation law, LD 1503, required companies selling products in Maine to report on their use of PFAS in consumer products and to phase out almost all PFAS use in the coming years. Data reported to the Maine Department of Environmental Protection is now publicly available through this partnership between Defend and Clearya. This data, secured via public record requests, includes identifiable products in submissions from 36 companies that reported to the Maine Department of Environmental Protection under Maine’s PFAS in products law. It is now available via Clearya to ef-

fortlessly inform consumers about PFAS in products before buying them.

Research shows that exposure to some PFAS may be associated with decreased antibody response (increased risk of infectious disease) and elevated cholesterol levels (increased risk of heart disease and strokes) in both children and adults; decreased infant and fetal growth (increased risk of a lifetime of poor health); increased risk of kidney, breast, and testicular cancers; thyroid disease and ulcerative colitis in adults; liver disease in children and adults; and high blood pressure and preeclampsia during pregnancy. As evidence highlighting the dangers of PFAS builds, consumer demand for market leaders and government agencies like the EPA to take action is increasing. PFAS-free alternatives are readily available for many of the products in the Clearya database, and organizations like Defend are pushing for legislation to phase out the use of

PFAS as soon as practicable.

“We are thrilled to partner with Defend Our Health to bring critical PFAS data directly to consumers,” said Amit Rosner, CEO and Co-founder of Clearya. “This collaboration exemplifies our commitment to working alongside leading organizations and government agencies to leverage data for good, empower individuals to make safer choices, and drive systemic change in environmental health and justice.”

“I am proud that Maine’s groundbreaking first-in-the-nation law to phase out the use of consumer products has compelled national and international companies to publicly report their use of dangerous PFAS chemicals in everyday items,” said Maine Senator Henry Ingwersen (D-York). “Data reported to Maine’s Department of Environmental Protection is now available to consumers in Maine and other states who want to avoid PFAS-containing

items when they shop for their families.”

Clearya’s free web browser extension and mobile app help people reduce exposure to toxic chemicals by automatically analyzing the product ingredient lists at major online shops and notifying the shoppers if any ingredients match a known toxicant, according to authoritative regulatory or scientific sources. Better shopping is made more accessible when the app automatically alerts shoppers to ingredients of concern and assures them that they have found a safer alternative. Download Clearya to your computer or mobile device at <https://www.clearya.com>.

Moose permits go to children with critical illnesses, thanks to new law

AUGUSTA, ME -- On Monday, July 15, Governor Janet Mills and Commissioner Judy Camuso of Department of Inland Fisheries and Wildlife presented moose hunting permits to three Maine children with critical illnesses.

The three young hunters are the recipients of a new bill signed into law by Governor Mills this spring which expand the number of permits available to Maine children under the age of 21 with critical illnesses.

For years, the department provided two moose permits to nonprofits across the country that provided fishing and hunting adventures for children. LD



Aiden Palmer, Kellan Tilton, and Christopher Mitchell were presented with their permits by Governor Mills and Commissioner Camuso at the MDIFW headquarters in Augusta.

2052, sponsored by Representative Scott Landry of Farmington, increased the number of moose permits

available from two to five, and specified that three of these permits must be issued to an organization based in

Maine, and given to children with critical illnesses who live in Maine.

The kids will be guided on their hunt through Moose Maine Kids, a 501c3 nonprofit organization ded-

icated to promoting and providing opportunities to youth to learn about and enjoy traditional outdoor activities like camping, fishing, hunting, canoeing and hiking.

BUSINESS FOR SALE

Turnkey Screenprint Business

17 years successful apparel and design company available to the right people. Plenty of current accounts and still going. All equipment and stock included. 2000 square foot open shop for potential lease agreement. Call to discuss (207) 576-3210

100% Financed Garages!



No money down. FREE estimates. Schedule your new garage install today!

AMERICAN BUILDERS
Custom Building & Remodeling

(207) 500-8100 ~ www.AmericanBuilders.com

STAPLES COWORKING

A NEW SPACE TO BREAK OLD RULES

COME TRY OUR NEW COWORKING AND MEETING SPACE IN AUBURN FOR FREE!

MENTION THIS AD AND GET 1 FREE WEEK OF OPEN SEAT COWORKING AND 1 HOUR OF MEETING ROOM USE.

OFFER VALID ONLY AT OUR 89 UNION ST. AUBURN, ME LOCATION

Arts Jubilee presents the New Legacy Swing Band tonight

NORTH CONWAY, NH – The 41st Arts Jubilee Summer Concert Series continues at Cranmore Mountain Resort this Thursday, July 25th, featuring the New Legacy Swing Band. The Della-Valla Bluegrass Trio will open the show at 6 pm, followed by the ‘NLSB’ at 7 pm.

The New Legacy Swing Band is one of New England’s premier dance orchestras. Based in the Seacoast area of New Hampshire, the 18-piece band entertains enthusiastic dancers and listeners throughout the region. Their extensive music library includes big band, jazz, swing, waltzes, Latin,



rock n’ roll, and R&B tunes from all music eras. You can expect to hear classics from Chicago, Frank Sinatra, Ella Fitzgerald, Michael Buble, and many

more. Please note that there will not be fireworks following the concert this year.

Admission is \$18 for adults, \$12 for seniors, \$5

for students, and free for kids 12 and under. You can pre-order tickets online at www.artsjubilee.org or pay at the gate on the night of the show starting at 5:30



pm. The concerts are ‘rain or shine’ with the exception of rare circumstances, so concertgoers are encouraged to bring a lawn chair or blanket. Animals are not allowed on the property except for leashed service dogs. There is an elevator located next to the front gate for handicap accessibility. For more information please visit www.artsjubilee.org.

not provided at the venue, so concertgoers are encouraged to bring a lawn chair or blanket. Animals are not allowed on the property except for leashed service dogs. There is an elevator located next to the front gate for handicap accessibility. For more information please visit www.artsjubilee.org.

Bakes for Breast Cancer celebrates 25th year anniversary

BOSTON, MA -- Bakes for Breast Cancer – the Massachusetts-based non-profit organization dedicated to funding breast cancer researchers and clinicians – is proud to announce its 25th anniversary in 2024 and event dates for all ten events, including the addition of new locations for its signature weeklong fundraiser in Washington D.C., Maryland and Virginia. Founder Carol Sneider launched this event and nonprofit in memory of her mother who lost her battle with breast cancer at the age of 43. The best memories Carol recalls were the times spent in



the kitchen baking bread, cakes and other sweet treats.

Since its inception in 1999, Bakes for Breast Cancer has encouraged restaurants, cafés, bakeries, pastry shops, grocery stores and other businesses offering desserts to designate one of their sweet treats during the weeklong event where 100% of the proceeds go to Bakes for Breast Cancer to fund breast cancer research. Participating establish-

ments also have the opportunity to offer up their entire dessert roster where 50% of the proceeds goes back to the organization. Over the last twenty five years, Bakes for Breast Cancer has raised over 2 million dollars and over 5,000 different establishments have participated in the annual weeklong event throughout Massachusetts and as it expanded into different regions in various years. The dates for all 2024 Bakes for Breast Cancer events include:

Friday, July 26 – Thursday, August 1, 2024
Cape & Islands and Maine
“Since 1999, Bakes for Breast Cancer has been

on a mission to do its part to help eradicate breast cancer for good, one sweet treat at a time,” said Bakes for Breast Cancer Founder Carol Sneider. “We are proud to keep expanding into different states and marquee cities, and we will continue to do so in areas with thriving culinary scenes with establishments that share the same mission as ours. Statistics on the number of both women and men directly and indirectly affected by breast cancer are alarming, and we will continue do our best to help reduce those numbers.”

According to the National Breast Cancer Foundation, 1 in 8 women in the

United States will be diagnosed with breast cancer in her lifetime. In 2023, an estimated 297,790 women and 2,800 men will be diagnosed with invasive breast cancer. Breast cancer is the most common cancer in American women except for skin cancers, and it is estimated that in 2023, approximately 30% of all new female cancer diagnoses will be breast cancer. On average, every 2 minutes, a woman is diagnosed with breast cancer in the United States and approximately 15% of women diagnosed have a family history of breast cancer.

About Bakes for Breast Cancer:

Bakes for Breast Cancer is an annual “sweet” to raise funds for breast cancer research and care where hundreds of restaurants, bakeries, cafés and retail shops in 10 different states or regions participate by designating all sales of one specific dessert, or fifty percent of proceeds from their entire dessert menu, to breast cancer care and research. Proceeds from the event benefit Bakes for Breast Cancer, Inc., a nonprofit breast cancer organization dedicated to funding breast cancer researchers and clinicians. For more information, please visit www.bakesforbreastcancer.org.



Insulate. Be comfortable. Save money.

Act now while rebates up to \$8,000 are available*



Find an insulation professional at efficiencymaine.com or call **866-376-2463**.



*All homeowners eligible for rebates up to \$4,000. Verified income-eligible homeowners qualify for rebates up to \$8,000. See efficiencymaine.com for details.

Water that just works.



GOODWIN
WELL & WATER INC.



Maine’s leader in water well drilling, pump installation, and geothermal installation.

207.224.7861 goodwinwellandwater.com

\$11.5M goes for public housing throughout Maine

WASHINGTON, D.C. – Today, U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that 17 Public Housing Authorities (PHAs) in Maine have been awarded a total of \$11,648,244 through the U.S. Department of Housing and Urban Development's (HUD) Public Housing Capital Fund Formula Grant program to support the development, financing, and modernization of Public Housing projects and for management improvements.

"The dedicated staff at housing authorities throughout Maine work hard to link seniors, individuals with disabilities, and low-income individuals and families with access to an array of programs

that help them improve their living conditions and achieve economic independence," said Senator Collins. "With this funding, housing authorities across the state will continue their work within their local communities to ensure that the needs of their residents are met."

The grant funding is allocated as follows:

Portland Housing Authority - \$3,335,695

Bangor Housing Authority - \$2,014,299

Lewiston Housing Authority - \$1,274,622

South Portland Housing Authority - \$746,295

Waterville Housing Authority - \$708,966

Presque Isle Housing Authority - \$663,710

Auburn Housing Authority - \$468,412

Brewer Housing Authority - \$441,799

Sanford Housing Authority - \$402,841

Bar Harbor Housing Authority - \$370,928

Van Buren Housing Authority - \$320,724

Fort Fairfield Housing Authority - \$257,184

Old Town Housing Authority - \$246,869

Ellsworth Housing Authority - \$151,713

Southwest Harbor Housing Authority - \$134,925

Tremont Housing Authority - \$58,832

Mount Desert Housing Authority - \$50,430

The HUD's Public Housing program ensures safe, decent, and affordable housing, and creates opportunities for residents' self-sufficiency and economic independence.

Ocean State Job Lot's "Buy-Give-Get" backpack program returns

NORTH KINGSTOWN, RI – Ocean State Job Lot (OSJL), the region's premier discount retail chain with 153 stores across the Northeast, is pleased to announce the return of its "Buy-Give-Get" backpack program to help students in underserved communities and children of military families prepare for the upcoming school year.

Through the promotion, any customer who buys a select backpack at OSJL for \$20.00 and gives it back to the store as a donation to children in need, will get a \$20.00 "Crazy Deal" Gift Card to be used for a future purchase. 35,000 backpacks are available to purchase as part of the program and will be distributed to students across the northeast in partnership with various support agencies across the region.

"A big factor in how

successful kids are in school is whether they have access to the right tools," said David Sarlitto, Executive Director, Ocean State Job Lot Charitable Foundation. "We are thrilled to once again support tens of thousands of students by ensuring they have the supplies they need to start the school year off right."

Since its inception seven years ago, the Buy-Give-Get Backpack program has supplied over 300,000 backpacks to students in need, including children of military families.

Recently, OSJL concluded its "Buy-Give-Get" program featuring children's bikes. Through the generosity of its customers, the company was able to provide 1,800 bikes to children of military families across the Northeast with the help of partners such as the American Legion, Veterans of Foreign Wars, Dis-

abled American Veterans, USA Veterans, and other veteran services. Later this year, OSJL will again offer its annual "Buy-Give-Get" program to provide warm winter coats to veterans in need.

Best Source for Arts, Music and Theater! Your Hometown Paper.

Author, Marine Cody Mower comes to Gorham's BML

GORHAM, ME -- After being medically retired out of the Marine Corps, Cody found himself separated from their wife and son, and struggling to deal with a brain injury that had fractured their personality and robbed them of all the things they thought they were. No longer able to stand the face in the mirror, they quickly fell down a rabbit hole of alcoholism, and self-loathing unable to forgive themselves for the life they destroyed. Even though they moved to a new city and tried to start over by going to school and doing the 'right' things, they still felt like an empty shell, a ghost living in skin that didn't belong to them. It all came crashing down one summer afternoon when still suffering from a massive hangover, they truly saw themselves in the mirror for the first time, gaunt, broken, and pathetic. Staring at their reflection they knew something



had to change. One way or another.

Cody is a Pushcart nominated writer from the woods of Maine. When not writing, you can find them investing way too much time in reading and collecting vintage fantasy books. They hold degrees

in English, History, an MFA in Creative Writing and is currently working on their Masters in Library Science. Cody is also a Marine Corps veteran and advocate for mental health.

Wednesday, August 7th 6pm at Baxter Memorial Library

Send all items for Names and Faces to the Editor. Deadline is Friday by five.

Fixed-Rate Credit Card

as low as

8.99% APR¹

egcu.org/sun



Scan to open or call 221-5000

Up to

\$450* Transfer Bonus

\$30 per \$1,000

Evergreen Credit Union

¹ Annual Percentage Rate as of 10/10/2023. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply. *Earn \$30 bonus for each \$1,000 transferred to a new or existing ECU Sun Select Credit Card during the promotion period, not to exceed \$450. Balance transfers must occur during the promotional period ending 12/31/2024, in order to be eligible. The bonus is payable 60 days after the month-end in which the balance transfer took place and the credit card must remain open at time of deposit. Some restrictions apply. For more information, including bonus eligibility, visit egcu.org/credit.

THE GAHS GOLDEN PAW AWARDS

AWARDS 🐾 SILENT AUCTION 🐾 COMEDY 🐾 DINNER & DRINKS

Thursday, September 12th, 2024
5:00pm - 9:00pm
Royal Oak Room, Lewiston

Dinner buffet by Grazi To Go!

Special Guest Performance by Julia Gagnon!

Get Your Tickets Today to Benefit the Greater Androscoggin Humane Society
www.gahumane.org/goldenpawawards

AARP awards grants to Maine organizations

PORTLAND, ME — Today, AARP announced fourteen organizations throughout Maine will receive 2024 Community Challenge grants – part of AARP’s largest investment in communities to date with \$3.8 million awarded among 343 organizations nationwide. Grantees will implement quick-action projects that help communities become more livable by improving public places; transportation; housing; digital connections; and more, with an emphasis on the needs of adults ages 50 and older. “AARP Maine is committed to working with local leaders, advocates and policymakers to make our communities better places to live for Mainers of all ages, especially those 50 and older,” said Noël Bonam, AARP Maine State Director. “We are proud to collaborate with this year’s grantees as they make immediate improvements to address long-standing and emerging challenges across our communities.”

Here in Maine, projects funded include (alphabetically by community name):
Danforth Livable Communities - This project will improve accessibility at an open-air pavilion

in Danforth’s downtown by adding benches and a sound system. This will make community events held in the space more welcoming for residents of all ages and abilities.

Fort Fairfield Public Library - The library will transform an unused patch of grass into a memorial garden featuring flowers, an arbor and a gazebo. The space will be accessible for people who use wheelchairs or walkers, as well as for older adults.

Vision Hallowell - This project will increase accessibility in a local park by adding a smooth path and replacing outdated picnic tables. The organization will also install two bike racks onsite.

Town of Lamoine - Part of an ongoing safe walking initiative, the town will conduct a walk audit to identify safety issues along a popular trail, with a focus on Lamoine’s growing older adult population. Participants will also receive free safe walking kits.

Town of Pittsfield - Two walk audits along the main entry point into town will identify pedestrian safety concerns and possible solutions. The town will recruit older adults to take part and share their experiences using the cor-

ridor.
Lifelong Richmond - This project will install benches along Main Street where residents conduct errands, such as grocery shopping and banking. Several housing complexes for older adults and people with disabilities are nearby, yet currently there are no benches in the area.

Age-Friendly Saco - Experts will teach older adults how to make their homes safer and more comfortable through comprehensive training sessions, including best practices for home modifications such as adding grab bars, smoke and carbon monoxide detectors, and other assistive devices.

Project GRACE - This project will provide older adults in Scarborough with supplies for simple DIY projects to make their homes less drafty and more energy efficient. The organization will also train “handy” older adults to help fellow homeowners make modifications.

Town of Skowhegan - This project will install directional signage and replace a deteriorated chain-link fence flanking an access trail, keeping walkers safely away from a steep river embankment. The town will also clear overgrown brush, plant flowers

and install benches to create a pocket park.

Age-Friendly South Portland - This project will promote emergency preparedness, focusing on the needs of older adults. Displays at community events and workshops will teach residents how to make an evacuation plan and kit.

Surry Neighbors Helping Neighbors - This project will create a notice board to display local town and emergency information at the local post office, a regular meeting space. This will specifically benefit older residents who are unable to access information online.

Town of Vassalboro - Raised garden beds with benches will be added outside Vassalboro’s municipal office. The new community garden will serve as an outdoor classroom and gathering space and will allow residents to grow healthy food.

Washburn Memorial Library - Two training sessions will teach older adult residents how to make their homes safer and more functional. The library will also create a display demonstrating home modification techniques and products.

Age-Friendly Windham - This project will recruit, train, and provide

incentives to volunteer drivers to support a new on-demand ride service. Transportation options are currently limited for residents who cannot drive or don’t have a car to get to medical appointments -- or anywhere else.

This year, AARP awarded three different grant opportunities, including flagship grants, capacity-building microgrants for improving walkability, bikeability and accessible home modifications, and demonstration grants that focus on equitable engagement to reconnect communities, housing choice design competitions and improving digital connections to endure disasters.

With funding support from Toyota Motor North America, the program is increasing its investment in pedestrian safety projects that will improve streets and sidewalks, create vibrant pedestrian infrastructure, engage community members and much more. AARP is also bolstering its investment in community resilience, rural communities, and addressing disparities.

“Whether it’s helping people access high-speed internet or protecting public transit riders from rain and snow, small community projects can have a

big impact on people of all ages,” said Nancy Leamond, AARP Executive Vice President and Chief Advocacy & Engagement Officer. “AARP Community Challenge grantees make our commitment to creating better places to live a reality through quick, innovative solutions.”

The grant program is part of AARP’s nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for people of all ages, with an emphasis on people ages 50 and older. Since 2017, AARP Maine has awarded 71 grants and \$472,438 through the program to nonprofit organizations and government entities across the state.

AARP Community Challenge grant projects will be funded in all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands. True to the program’s quick-action nature, projects must be completed by December 15, 2024.

View the full list of grantees and their project descriptions at aarp.org/communitychallenge and learn more about AARP’s livable communities work at aarp.org/livable.

Funding to boost Maine’s rural & forest product sector workforce

HALLOWELL, ME — Maine Development Foundation (MDF) is pleased to announce an award of Congressionally Directed Spending (CDS) funds totaling \$535,000 to offer critically needed training and online micro-credential courses for working-age Mainers who can then fill the hundreds of open jobs in Maine’s forest products industry.

“This CDS funding – first and foremost - will help address continuing needs for workers in the Jay region who were displaced by the sudden closure of the town’s paper mill in 2022,” says Yellow Light Breen, President & CEO of MDF. “The investment will also help the statewide forest industry by enabling employers to fill open jobs and build their workforce of the future at a time of innovation and growth.



These employers pay family-supporting wages and offer robust benefits packages.”

The funds are made possible through advocacy by Maine’s two U.S. Senators, Susan Collins (R) and Angus King (I). MDF, a key partner in and staff to the FOR Maine (Forest Opportunity Roadmap) coalition, worked with the coalition’s established partnerships to identify which trainings/micro credentials are most needed to design the programs being funded:

Pathways to Prosperity for a Skilled Forest Workforce: MDF is part-

nering with Spruce Mountain Adult Education to train 50 students over the next two years in CDL (Commercial Driver License) Class A instruction. In-kind matches and support from Merrill’s Garage and Spruce Mountain Adult Education will aid the new training programs. Importantly, the CDL funds also cover up to \$1000 stipends for students for things like transportation and childcare – necessities that often have proven too costly to would-be participants, barring them from taking such courses and therefore landing the jobs.

Forestry Product

Sector Micro-Credential online course: MDF is partnering with the University of Maine to develop course which will use the digital platform Badgr to educate as many as 500 people about the wide range of job opportunities, benefits, and potential career advancement within the forest products sector. The course will be free and available for navigators – those who work with students/workers of all ages to connect them to educational opportunities, job information, and life-supports that are critical to career success.

“This initiative -

CONNECTING PEOPLE & STRATEGIES TO DRIVE MAINE’S ECONOMY

which includes pathways to high-wage, high-demand jobs - not only meets industry demand but also empowers our community with essential employment credentials for a prosperous future,” says Dr. Robyn Raymond, Director, Spruce Mountain Adult Education. “Spruce Mountain Adult Education is thrilled to partner with MDF in this work, and deeply grateful for Senators Collins and King for helping secure this funding.”

According to the Forest Opportunity Roadmap for Maine Workforce Development Strategy report, within the next

ten years over 26% of the forest products workforce will have reached retirement age and are at high probability of exiting the labor force. Labor replacement demands for the entire forest products sector range from 4,770 to 5,200 over the next fifteen years. These courses will help bridge the gap to meet workforce needs.

“We are thrilled that these programs are coming to fruition as they will help us meet FOR/Maine’s long-term workforce goals: attracting young people to the industry; ensuring new, replacement, and existing workers have the skills they need; and preparing our workforce for emerging technologies,” says Ryan Bushey, Chair of the FOR/Maine Workforce Committee.

To learn more about FOR/Maine, visit for-maine.org.

Jason Hodsdon Masonry

We install stainless steel liners

215-3557
 North Monmouth Jasonhodsdonmasonry@gmail.com

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE It's oxygen therapy on your terms



No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!



Call Inogen Today To Request Your FREE Info Kit 

1-877-402-1909



MaineCF grants strengthen projects, nonprofits across state

PORTLAND & ELLSWORTH, ME — More than \$289,000 in Maine Community Foundation (MaineCF) grants will help strengthen nonprofit organizations and projects across the state. The 21 grants awarded through MaineCF's Community Building Grant Program include \$199,160 recommended by a statewide committee and 11 additional grants totaling \$90,000 from donors with advised funds at MaineCF.

2024 grantees include:

Maine Center for Economic Policy, project support, to strengthen Wabanaki Nations leaders' abilities to make an economic case for restoring tribal sovereignty

Maine Hands & Voices, general support, to support families with deaf or hard-of-hearing children by providing resources, education and advocacy for communication access and equity

Reentry Sisters, general support, to assist female citizens transitioning from prison to society by re-establishing connections to community and family through systems of support with a gender-responsive approach.

Statewide funding supports organizations that apply to the Community Building Grant Program for projects that serve multiple counties. Community volunteers review applications and make recommendations that meet the grant program criteria and that have the greatest potential for positive impact on the

quality of life in Maine. For more information, visit www.maine.org/communitybuilding.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.maine.org.

2024 grants from the Statewide Committee:

30 Mile River Watershed Association, general support, to protect the health of the watershed and address threats from invasive species, development and climate change through community engagement and capacity building: \$10,000

Androscoggin Home Health Services, project support, to engage parents of children with disabilities in accessible, social and educational activities while creating a peer support network among participating parents: \$7,775

Black Owned Maine, general support, to support a holistic youth entrepreneurship pilot project that sustains and innovates an ecosystem for Black entrepreneurs in Maine: \$10,000

Cody's Closet, general support, to respond to the needs of adolescents impacted by the child welfare system in Maine: \$10,000

Immigrant Legal Advocacy Project, project support, to enhance outreach through the Immigrant Children's Project to bring legal services to

children, teens and young people: \$10,000

Kids First Center, general support, to support families in conflict by providing stability and resiliency to their family units: \$10,000

Maine Center for Economic Policy, project support, to strengthen Wabanaki Nations leaders' abilities to make an economic case for restoring tribal sovereignty: \$10,000

Maine Center for Public Interest Reporting, project support, to expand investigative and explanatory journalism, bringing informative reporting to residents of Somerset, Franklin and Oxford counties: \$10,000

Maine Hands & Voices, general support, to support families with deaf or hard-of-hearing children by providing resources, education and advocacy for communication access and equity: \$10,000

Maine Preservation, general support, to promote the economic and cultural value of historic preservation in Maine through educational programming, direct consultation and resource development: \$10,000

Maine Prisoner Advocacy Coalition, general support, to support and advocate for Maine's incarcerated citizens, their families and friends: \$10,000

Maine Public Health Association, general support, to optimize the health of all people and places in Maine through advocacy, education, partnerships and public health workforce development: \$10,000

Maine School Garden Network, general support, to provide resources plus in-person events and programs that benefit Maine School Garden's growth and stability: \$10,000

Maine Writers and Publishers Alliance, general support, to increase opportunities for aspiring and established Maine writers and strengthen community connections through free and public literary events: \$10,000

Maine Youth for Climate Justice, general support, to increase capacity and hire new staff, provide stipends to youth leaders and continue existing climate justice programming: \$10,000

New Beginnings, project support, to improve safety, wellbeing and stability for homeless minors in Maine through a cell phone access pilot project: \$10,000

OUT Maine, project support, to support LGBTQIA+ youth and foster community through regional meetups and support initiatives, technical assistance, directories and recognition: \$10,000

Queerly ME, general support, to strengthen and support the LGBTQIA+ community across Maine by crafting community-centered events, increasing LGBTQIA+ visibility and bolstering access to resources: \$7,500

Reentry Sisters, general support, to assist female citizens transitioning from prison to society by re-establishing connections to community and family through systems of support with a gender-re-

sponsive approach: \$9,000
Tear Cap Workshops, general support, to implement hands-on craft and education programs that bring knowledge, empowerment and enjoyment to members of the community: \$4,885

Volunteers of America Northern New England, project support, to provide housing options and support services to Maine youth experiencing homelessness and unsafe circumstances: \$10,000

From donor-advised funds (as of April 2024):

Art Van, general support, to help address traumatic experiences through increased resilience, social skills, self-expression and healthy choices in youth with financial and transportation constraints: \$10,000

Central Maine Area Agency on Aging, project support, to build a designated Meals on Wheels packing room to optimize efficiency in volunteer-based, nutritionally balanced meal delivery services for older and disabled adults: \$3,000

Elder Abuse Institute of Maine, project support, to build capacity for a volunteer program focused on combating social isolation for 60+ year old clients: \$2,000

Family Planning Association of Maine, project support, to decrease abortion stigma and strengthen support for reproductive justice via the Abortion Storytelling Art Project: \$5,000

JustME for JustUS, general support, to provide programming and resources to rural Maine youth that amplify young voices

in the decisions in climate, economy and environment that impact their futures: \$10,000

Maine Coast Fishermen's Association, project support, to build capacity to anchor fishing permits and quota in Maine communities, giving fishermen stable access and helping to diversify local fishing businesses: \$10,000

Maine Paws for Veterans, general support, to mitigate veterans' post-traumatic stress symptoms and reduce the incidence of veteran suicide by utilizing canine-assisted therapeutic interventions: \$10,000

Marine Mammals of Maine, project support, to support and empower coastal communities to safely and responsibly share Maine's shore and waters with marine mammals: \$10,000

Nature Based Education Consortium, general support, to ensure that Maine youth have access to powerful outdoor learning experiences through collaborative, stakeholder-led systems-level efforts: \$10,000

PassivhausMAINE, general support, to decrease Maine's carbon footprint through workforce development, coalition building and high-performance retrofits for low-income residents: \$10,000

Spurwink Services, project support, to provide specialized, acute emergency mental health intervention during crisis through a Critical Incident Stress Management team, in partnership with schools and communities: \$10,000

\$7M in federal funds awarded to Maine projects

WASHINGTON, D.C. — U.S. Senators Susan Collins and Angus King announced that the Northern Border Regional Commission (NBRC) has awarded 12 Maine organizations \$7,371,022.46 in federal funding to strengthen economic opportunity in Maine communities. The awards are part of the spring funding round of NBRC's Catalyst Program, funded by the federal Bipartisan Infrastructure Law—which Senator Collins negotiated along with nine of her Senate colleagues—and the Commission's federal appropriation. A second funding round will take place in the fall.

"The NBRC has long helped provide rural regions with the economic tools they need to prosper," said Senator Collins and King.

"This funding will help improve water infrastructure and roadways in communities across our state while strengthening our workforce and creating economic opportunities for Mainers."

A full list of the 12 Maine organizations receiving funding can be found below, and a detailed description of the awards can be read here:

- Town of Rockport - \$1,000,000
 - City of Ellsworth - \$1,000,000
 - Beth Brunswick Memorial Fund - \$1,000,000
 - Maine Audubon Society - \$756,544.16
 - Town of Fort Kent - \$500,000
 - Aroostook Micmac Council - \$500,000
 - Downeast Institute - \$499,999.50
 - Maine Aquaculture Innovation Center - \$484,447
 - Beth C. Wright Cancer Center - \$335,327.80
 - Town of Grand Isle - \$250,000
 - Washburn Trailrunners Snowmobile Club - \$44,704
- Created in 2008, the NBRC is a Federal-State partnership focused on alleviating economic distress and encouraging private sector job creation in Maine, New Hampshire, New York, and Vermont.



Jay's
Lawn & Garden

207-713-6090

Delivery Available

Also offering residential & commercial lawn mowing services

- MULCH
- LOAM
- COMPOST
- GRAVEL
- STONE
- SAND

1294 Sabattus Street
Lewiston

Loading Hours:
M-Th by appointment
Fri - 8 am to 5 pm
Sat - 8 am to 2 pm
Sun - 8 am to Noon



- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

207-344-5212

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777
AustinPA.com

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



PortraitEfx of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372
maine@portraitefx.com
www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones
Chimneys • Chimney Cleaning
Repointing & Repairs
Restoration
Stainless Steel Liners

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



EVERGREEN
CUSTOM PRINTING, INC.

2 Great Falls Plaza, Suite 1B
Auburn ME 04210
info@evergreencustomprinting.com

RICK OSGOOD
owner
207-782-0525
phone

Full Service Commercial Printer
Color & B/W Printing & Copying
Large Format • Posters
Booklets • Carbonless Forms
Letterheads • Envelopes
Business Cards • Labels • Tags
Design Service • and More!

SPACE AVAILABLE

Your ad
HERE!

Call 795-5017

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by **MERCURY** MerCruiser
OMC **VOLVO PENTA** **Perkins** **YANMAR** Velvet Drive

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychiro.me

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



GOIN' POSTAL
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

UPS **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

9 N. River Road in Auburn ~ www.AuburnGoInPostal.com ~ 784-9900

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS
Custom Building & Remodeling

Call 207-500-8100
For FREE Estimates

Call Tyler 500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography
LauraElainesPhotography@gmail.com
(207) 212-5993

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006

MAINE HOSTING
SOLUTIONS

CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

Calendar

Send your submissions to the Editor. More online.

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 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 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 li-

brary. 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 per-

formance 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; Aug 2, 4, 6, 24, 25; Sept 8, 14

Join the DaPonte String Quartet with new violinist, Philipp Ellsner in a performance of Mozart's Quartet in Bb Major, K. 589 and Beethoven's epic Quartet in Eb Major, Op. 127

Tuesday July 30 at 7:00pm Union Church, Rt. 129 & Middle Rd., South Bristol

Thursday August 1 at 7:00pm Robinhood Free Meetinghouse, 210 Robinhood Rd., Georgetown

Friday August 2 at 7:00pm St. Paul's Union Chapel, 1065 Dutch Neck Rd., Waldoboro

Sunday August 4 at 4:00pm Sanford Springvale Historical Society, 505 Main Street., Springvale

Tuesday August 6 at 7:00pm Lemont Hall, 2 Pleasant St., Brunswick

Saturday August 24 at 4:00 Union Hall, 24 Central St., Rockport

Sunday August 25 at 4:00 Surry Arts & Events at the Barn, 8 Cross Rd., Surry

Sunday September 8 at 7:00 Old Walpole Meetinghouse Candlelight Concert, State Rt. 129, Walpole (<https://oldwalpole-meetinghouse.org/> for tickets)

FLAGSHIP CINEMAS
Premium

Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!
AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

Saturday September 14 at 4:00 Great Cranberry Island Church

Tickets and additional information at dapontequartet.org

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or
MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

GYBSA is a non-profit 501(c)(3) tax deductible contribution

Build now. Save now.

Call and schedule your
new garage install today.
FREE estimates.



No Money Down • Financing Available

AMERICAN BUILDERS

Custom Building & Remodeling



(207) 500-8100 • www.AmericanBuildersMaine.com