



# TWIN CITY TIMES

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## CMMC ICU Nurse receives international award

LEWISTON, ME -- A Central Maine Medical Center (CMMC) nurse is the recipient of the DAI-SY Award, an international honor that rewards and celebrates the extraordinary, compassionate and skillful care nurses give daily.

Brad Chicoine is a registered nurse in CMMC's Intensive Care Unit (ICU).

Brad was nominated by fellow team member Jessica Dagneau, system director of Care Manage-



Brad Chicoine with members of the CMMC ICU team

ment at Central Maine Healthcare, for his care for an end-of-life patient.

As her last days drew near Brad, on his own, arranged for a musician to come in

to perform beautiful music for the patient. He was also part of coordinating family support as they navigated the struggle of losing their mother.

"Brad has consistently gone above and beyond for a longer-stay patient in the ICU," Dagneau said. "From decorating her room on holidays to providing her family with unwavering support, Brad led from his heart.

"Brad's dedication to all of our patients we serve does not go unnoticed."

## Balloon Festival photo spread pages 7-9



## LA Arts celebrates August Art Walk

LEWISTON, ME -- LA Arts will be presenting the fourth of its five Art Walk LA events on August 30, 2024, from 5:00-8:00pm in downtown Lewiston. The public is invited to attend this free, family-friendly event that



celebrates the arts in our community and supports local businesses.

Art Walk LA turns Lewiston's downtown into a bustling arts district on the final Friday of each month from May through September. Outdoor pla-

zas, sidewalks, local businesses, and storefronts are converted into lively art galleries, creative exhibitions, reception venues, and festive live performance spaces. Featuring both indoor and outdoor activities, the popular summer Art Walk LA series brings artists, craftspeople, musicians, buskers, art vendors, and other performers together to showcase their talents in a safe, family-friendly environment.

Must-See Art Walk Activities

To complement the rich array of fun activities that characterize every Art Walk, enjoy live arts experiences in these select locations:

LA Arts Gallery, 168 Lisbon Street: "Eclectic

Thoughts," an art exhibit featuring the work of Lewiston resident Robert J. Russell. Russell will be working on a painting in the gallery.

Downtown Handmade, an artisan shop and gallery, 178 Lisbon Street, 2nd floor: New Works by artist Kate Cargile with music by Cryin Caleb Aaron

Quiet City Books, downstairs at 124 Lisbon Street: "Summer Light: Monhegan," photography by Courtney Schlachter.

"Wing Alley" (next to Mother India): Mr. Drew & His Animals Too.

The Vault, 84 Lisbon Street: Free wine tasting.

Dufresne Plaza, 72 Lisbon Street: Maine Taiko Drummers, Sun Journal balloon festival photo contest display, Aerial Jade, and more!

Lewiston Public Library, 200 Lisbon Street: "I Wish My Teacher Knew" exhibit.

The Studio, 291 Lisbon Street: Works by Grayling Cunningham and local artists.

Wicked Illustrations, 140 Canal Street: Open

House with work from resident and local artists.

Art Walk Street Vendors:

Caricatures by J. Fiori; Doris Veilleux; KT Sparks; Jason Alexander (Fog Breaker Studio); Strawberry Oddities; Yuliia Derkach; L/A Community Little Theatre; Cerberus Circus; Krista Lord; Adult and Teen Challenge; Brittany Longsdorf (live painting); Edna Sebastião; Clouds and Chains; Larissa Davis (live painting); Lynne Schmidt; Mey Hasbrook; Green Space Alchemy; Sandra Larue; Scott Fyfe



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# Newsmakers, Names & Faces

## Healthy lungs, healthy students: Essential back-to-school tips

**AUGUSTA, ME** – Kids from all over Maine are heading back to school and young adults are starting college for the 2024-2025 school year. While this is an exciting time for students, parents and schools, it can also mean new lung health challenges. The American Lung Association is providing guidance to parents, young adults and school officials to ensure that everyone heads back to school with healthy lungs.

“Back to school is an exciting time for students across Maine, and it is also a time for a fresh, healthy start,” Lance Boucher, Director of Advocacy for the American Lung Association. “As we enter the new school year, it is critical for parents, students and school staff to be aware of new asthma triggers, exposure to new viruses,

peer pressure to smoke or vape, and other stressors that can impact the health of students. We are happy to offer several resources and guidance to keep everyone healthy this year.”

The Lung Association’s comprehensive Creating Lung-Friendly Environments for Youth initiative aims to help schools and caregivers address chronic lung diseases like asthma, air quality and tobacco-free policies. The free initiative offers information, guides and sample policies that can be implemented in schools to protect students and staff.

The Lung Association is also working to educate parents, students and school officials in four critical areas of lung health:

**Asthma:** Here in Maine, there are 15,200 kids under the age of 18



living with asthma, a leading cause of missed school days. The Lung Association has in-depth resources for parents, young adults and schools, including:

**Stock Asthma Medication: Implementation Guidance for Schools,** a free online course designed for school personnel who administer medications and stakeholders seeking to understand and implement stock quick-relief asthma medication laws, policies or programs.

**Breathe Well, Live Well Plus,** the Lung Association’s premier online

adult asthma self-management program that teaches adults and young adults to take control of their asthma. In addition, the program integrates the Lung Health Navigators at the Lung Helpline, and the comprehensive resources from the Patient and Caregiver Network.

**HBCU Students and Asthma Initiative:** Through this initiative, the Lung Association partners with Historically Black Colleges and Universities (HBCUs) to provide Breathe Well, Live Well® to young adults who have asthma.

**Tobacco Use:** A new school year can also lead to new stressors and peer pressure situations such as vaping and other tobacco or nicotine product use, which is a significant public health concern. In Maine, 18.1% of high school students reported using tobacco in the last 30 days. The Lung Association has resources to prevent tobacco use and help youth quit, specifically designed for schools, parents and teens outlined in the American Lung Association’s Comprehensive Approach to Ending Youth Vaping Model, including INDEPTH alternative to suspension program, Not On Tobacco voluntary youth cessation program, the Vape-Free Schools Initiative, and many more resources available online.

**Indoor Air Quality:** The health of our school

environments is a priority, but some hazards are not as apparent, like indoor air pollution and greenhouse gas emissions. Poor air quality in schools can affect student, teacher, and staff’s attention, cognition and ability to learn. The American Lung Association offers a free downloadable guide on how school administrators can improve their indoor air quality.

**Infectious Respiratory Diseases and Vaccinations:** A new school year means new friends, new teachers and sometimes, viruses, so it is critical that students are up to date on how to stay healthy through good habits and all routinely recommended vaccinations, including influenza and COVID-19. Learn more about why vaccines are so important for lung health.

## Red Cross issues safety checklist for back-to-school

**PORTLAND, ME** — As we near that time of year when students head back to the classroom, the American Red Cross offers this checklist to help make sure children are safe as they start another school year.

If your student is younger or going to school for the first time, teach them:

Their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 911.

Not to talk to strangers or accept rides from someone they don’t know.

If your child walks

to school, teach them to:

Walk on the sidewalk. If no sidewalk is available, walk facing traffic.

Stop and look left, right and left again to see if cars are coming.

Cross the street at the corner, obey traffic signals and stay in the crosswalk.

Never run out into the street or cross between parked cars.

If your student takes the bus to school, teach them to:

Get to their bus stop early and stand away from the curb while waiting for the bus to arrive.

Board the bus only after it has come to a complete stop and the driver or attendant has instructed



**American Red Cross**

them to get on. And only board their bus, never an alternate one.

Stay in clear view of the bus driver and never walk behind the bus.

If your student rides their bike to school, teach them to:

Always wear a helmet.

Ride on the right in the same direction as the traffic is going.

If you drive your child to school, teach them to:

Always wear a seat belt. Younger children should use car seats or booster seats until the

lap-shoulder belt fits properly (typically for children ages 8-12 and over 4’9”), and ride in the back seat until they are at least 13 years old.

If you have a teenager driving to school, make sure they:

Use seat belts.

Don’t use their cell phone to text or make calls and avoid eating or drinking while driving.

If you are considering getting your student a cell phone:

Download the free Red Cross First Aid and Emergency apps to give them access to first aid

tips for common emergencies and real-time weather alerts. Find the apps in smartphone app stores by searching for the American Red Cross or going to [redcross.org/apps](http://redcross.org/apps).

If your student is joining a sports team, make sure they:

Wear protective gear, such as helmets, protective pads, etc.

Warm up and cool down.

Watch out for others.

Know the location of the closest first aid kit and AED.

**BACK TO SCHOOL CHECKLIST FOR DRIVERS**

Slow down.

Yellow flashing lights indicate the bus is getting ready to stop — slow down and be prepared to stop. Red flashing lights and an extended

stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped.

Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways.

If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping. Do not proceed until all the children have reached a place of safety.

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# Newsmakers, Names & Faces

## Franco Center to kick off 25th season with Best of Broadway

**LEWISTON, ME—** Nestled in the heart of Lewiston's historic Little Canada neighborhood, the Franco Center stands as a testament to the enduring spirit of Franco-American culture. Housed in the former St. Mary's Church, a beautiful structure built over a century ago, the Franco Center is more than just a building—it's a vibrant hub of culture, history, and community.

The Franco Center 2024-25 season will kick off its 25th anniversary of bringing live performing arts to the community with the biggest hits of favorite Broadway shows on September 6 and 7 under the direction of Jake Hodgkin.

Exceptional local performers in the 7 p.m. Best of Broadway shows include Jim Hodgkin, Jim McKinley, Eden Bauer, Jen LeBlanc, Jackie Preston, Jenn St. Pierre, Josh Witham, Heather Marichal, Jeff Fairfield, Torrey Gimpel, Michelle Breton, Madison Shepard, Ashleigh St. Pierre, Adrian Morneau, Wes Pierson, Elise Pierson, Lacey Moyse, Bette Sanborn, and dancers from Grace Center for Movement.

Crew members for Best of Broadway include Director Jake Hodgkin, Assistant Director Bette Sanborn, Choreographer Samantha Herriot, Stage Manager Missy Hodgkin, Assistant Stage Manager Allison Marston, Sound Designer Mark Vigue, and Lighting Designers Jake Hodgkin and Sarah Grea-ton.

A pre-show reception with light appetizers will be held before the Saturday, Sept. 7 show only. Guests can meet some of the Best of Broadway cast at the reception. Tickets for this VIP reception can be added during the ticket ordering process online, in person, and over the phone.

La Rencontre will return four times during the season, in September, December, March and June and will still be focused on French culture, performing arts, and languages com-



The Franco Center is opening its 25th season on Sept. 6 and 7 with a Best of Broadway production. These local performers have rehearsed the biggest hits of Broadway shows all summer. A pre-show reception with light appetizers will be held before the Saturday, Sept. 7 show only. Tickets can be purchased in person from 10:30 a.m. to 1 p.m. Tuesdays and Wednesday, online at [www.franco-center.org](http://www.franco-center.org), or by phone at 207-689-2000. Franco Center photo.

ing together with a meal and some form of entertainment. "We are looking at having one of the La Rencontre events in the early evening hours," said Theresa Shanahan, newly named executive director of the Franco Center.

A wine tasting will take place Sept. 26 with long-time volunteer Edmond Gay as host. He will discuss how to drink wine and the pairing of wine with food. Light appetizers will be served at this early evening event.

Fleetwood Mac fans should mark their calendars for the Crystal Vision tribute band's concert on Oct. 12. Band members have been touted as not only sounding like the original band members, but also looking like them in appearance, too, Shanahan noted.

Returning to the Franco Center Oct. 27 is the community-based Fiddle-icious orchestra. Led by master fiddler Don Roy, accompanied by his wife Cindy on piano, the orchestra performs traditional tunes, dances, and songs passed down from Scottish, Irish, Quebecois, and Acadian ancestors.

Coming to the Franco Center in mid autumn, Mystery 207 will bring its murder mystery dinner party to Heritage Hall. The murder mystery dinner party is on the calendar for Nov. 9. The group's publicist says the audience will

be engaged as witnesses and get to participate in fun skits and check out physical evidence.

More than 30 performers will sing, dance, act, and produce an energetic and festive Christmas production complete with an immersive light show directed by Jake Hodgkin. The Sights and Sounds of Christmas will take place Dec. 20, 21, and 22. Hodgkin said he wants the audience to "bring the Christmas spirit home" after attending this show.

Looking ahead to 2025, Dueling Pianos will perform Feb. 8. Two pianists will play songs from a variety of genres simultaneously on two pianos. The pianists take requests from the audience and make the show interactive.

In addition to Franco Center events, the venue has been rented for upcoming private events as well as these events open to the public:

Sept. 13 Magnetize Maine Summit hosted by Uplift LA

Sept. 29 The Wounded Healer's International Benefit Concert + Market

Oct. 19 Bridgton Experience Maine Four Seasons Ball

Oct. 26 Midcoast Symphony Orchestra

Nov. 2 Maine Music Society's Battle of the Blends

Dec. 6, 7 The Dance

Center's Nutcracker

Dec. 14, 15 Maine Music Society Chorale A Season of Celebration

Jan. 18 Midcoast Symphony Orchestra

March 8, 9 Maine Music Society Out of the Ashes—Music Born of

Tragedy

March 22 Midcoast Symphony Orchestra

May 10, 11 Maine Music Society—A Showcase of Americana

May 17 Midcoast Symphony Orchestra

"The Franco Center is a nonprofit 501(c)3 organization whose mission is to honor and preserve our Franco-American heritage and welcome our neighbors from diverse cultures through live performances, celebrations, and education," said Shanahan. "Since its founding in 2000, Franco Center board and staff have worked tirelessly to transform the building into a dynamic space that honors its past while serving the needs of today's community."

The lower Heritage Hall, with its stage, dance floor, and versatile event space, has become a go-to venue for business functions, weddings, and

community gatherings. Upstairs, the Performance Hall offers an intimate setting with fantastic acoustics, perfect for concerts, theater, and special events.

"The Franco Center is a place where the past is honored, where culture thrives, and where the community comes together," said Shanahan. "We hope to see our longtime supporters as well as new faces at this season's events."

Tickets can be purchased in person when the box office is open from 10:30 a.m. to 1 p.m. Tuesdays and Wednesday, online at [www.franco-center.org](http://www.franco-center.org), or by phone at 207-689-2000. The Franco Center is handicap accessible through its elevator entrance on the Lincoln St. Alley side of the building. Parking is in the mill lot on Oxford Street. The venue is at 46 Cedar Street in Lewiston.

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# Frannie Peabody Center receives UWSM community investment

**PORTLAND, ME** -- Frannie Peabody Center (FPC) is pleased to announce that it has been awarded a one-year grant from United Way of Southern Maine (UWSM) totaling \$28,700. This investment will support Frannie Peabody Center's Client Services for People Living with and impacted by HIV/AIDS.

FPC's provision of targeted medical case management, housing navigation and support, and HIV prevention services are critical in ensuring clients are able to achieve stable health with HIV. Annually, Frannie Peabody Center serves more than 400 Mainers living with HIV/AIDS across the state through comprehensive care management and housing assistance. Over the last three years, the agency has expanded access to direct client assistance, tripled its HIV

testing capacity, and expanded its housing subsidy program. Additionally, the agency plays a critical role in advocacy efforts at the state and national level to ensure access to quality care for people affected by HIV/AIDS.

"Frannie Peabody Center is grateful for the long-standing support we receive from United Way of Southern Maine," said Katie Rutherford, Executive Director, "Our shared

commitment and unified partnership across many non-profit organizations truly makes our community stronger."

UWSM's investment decisions are driven by a dedicated, diverse team of volunteer reviewers that represent our community's voice. These investments address Southern Maine's emerging needs and persistent issues that hold our neighbors back. This includes closing gaps

in early childhood development, creating pathways to educational and employment opportunities and increasing access to mental health care and substance use disorder treatment.

United Way investments are made possible by the generous support of many individuals, businesses, and organizations throughout Southern Maine. View UWSM's investment portfolio at [uwsme.org/our-work/ourpartners/](https://uwsme.org/our-work/ourpartners/) a full list of funded community partners.

"We are proud to work alongside partners like Frannie Peabody Center to bring comprehensive approaches to our communities' challenges," said Liz Cotter Schlax, President and CEO, United Way of Southern Maine. "Together, we are opening pathways for everyone to thrive."

# Tips to get active, avoid heat-related illnesses for seniors

By Dr. Steven Angelo, chief medical officer, UnitedHealthcare Medicare & Retirement, New England

This summer many parts of the country have already experienced dangerous heat waves, putting older adults, and people on certain medications, such as for diabetes and high blood pressure, at heightened risk for heat-related illness and dehydration.

Despite the soaring temperatures, moving more remains critically important for people 65 and older, who may be at risk for several serious chronic conditions related to a sedentary lifestyle. Because physical inactivity contributes to many chronic conditions, including cardiovascular disease, obesity and diabe-

tes, it can ultimately undermine older adults' health, independence and quality of life.

Recent research has also shown a strong connection between physical inactivity, loneliness and social isolation and early mortality.<sup>1</sup> On the other hand, regular exercise can help you not only feel better physically, but also help combat social isolation and loneliness, help you build relationships and support your mental health and sense of wellbeing. According to a recent study, moderate or intense physical activity has been shown to help reduce severe loneliness and social isolation by 15 to 30 percent.<sup>2</sup> Physical activity has also been shown to help increase feelings of resilience and

purpose and improve people's perception of aging.

For older adults considering ways to work more movement into their daily lives this summer, it's important to take precautions to stay safe and healthy when the temperatures soar – especially if they are taking medications that can increase their risk for dehydration or other conditions.

The good news is, finding ways to work more activity into your daily life does not have to be difficult, expensive or complicated – and it's generally safe with the right preparation. The benefits to moving more are well worth the effort: regular exercise can help reduce or control cholesterol and blood pressure levels, reduce the risk

for cardiovascular disease and type 2 diabetes, reduce bone loss, increase flexibility and build and strengthen muscles.

Here are six tips to help you become more physically active this summer:

Set attainable goals that you can build on. Starting small – even if it's just a few minutes each day at first – can help you build the habit of engaging in regular physical activity. Doing a little every day can help you improve your strength, stamina and fitness levels over time.

Seize the moment. Physical activity doesn't have to happen at a gym or on a ball court to be healthy. Making small choices throughout the day – from taking the stairs instead of the elevator, walking or biking short distances instead of driving and being sure to get up and move frequently throughout the day to avoid sitting for too long can all help your body's mobility.

Watch the weather, understand your medications and stay hydrated. Many people across the country will face extreme heat during the summer months, which can pose health risks to older adults and people taking certain medications, such as for diabetes and high blood pressure. To avoid overheating, it's important to keep an

eye on the forecast and stay hydrated before, during and after exercise, and to understand how each medication you take impacts your body's ability to regulate your temperature and stay hydrated and whether certain medications need to be kept cool to maintain their effectiveness.

Warm up, cool down. Taking the time to warm up and cool down, including stretching, is important to avoid injuries and build flexibility. Try to find time to include these steps in your workout when possible and remember to drink lots of water to stay hydrated, especially during the summer months.

Invite others to join you. Exercising with a friend can be fun and rewarding. It's a great way to socialize and build friendships and can also be a strong motivator or cause for celebration when you meet your shared goals.

Check out resources that may be available. Many Medicare Advantage health plans offer benefits like free gym memberships. For example, most UnitedHealthcare plans provide access to a fitness benefit which includes a free gym membership, access to a national network of gyms and fitness locations; in-person and online events and thousands of on-demand workout videos. Talk to your health

plan to see what's available.

Consider making this summer all about finding ways to move more and increase your physical activity, which can help deliver real health benefits over the long term.

For more information, visit [www.UHCMedicareHealthPlans.com](http://www.UHCMedicareHealthPlans.com).

1 CNN, 2014, <https://www.cnn.com/2014/01/22/health/obesity-isolation-wellness/index.html>

2 UnitedHealthcare, 2023, <https://www.uhc.com/news-articles/medicare-articles/physical-activity-loneliness>

The UnitedHealthcare fitness benefit includes a standard fitness benefit. The fitness benefit varies by plan/area and may not be available on all plans. Gym network may vary in local market. The information provided is for informational purposes only and is not medical advice. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

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# Seniors Not Acting Their Age

## Remembering Carolyn on the New Meadows River



Kayakers depart from Sawyer Park Landing



Paddlers assemble for lunch on Upper Coombs Island



Carolyn Welch sea kayaking in an earlier time

Carolyn Welch was an inspiration. An outdoor friend of mine and my wife, Nancy, for about 35 years, she organized and led hundreds of skiing, hiking, whitewater, and sea kayaking trips. Carolyn passed away last year at the age of 86. She was still leading trips as late as the year before she died.

Carolyn's outdoor journey began when she was a little girl in Columbus, Ohio. She joined the Girl Scout Troop in her neighborhood but was dissatisfied because they only offered merit badges in activities like sewing and cooking. When she learned a troop on the opposite side of Columbus awarded badges in outdoor pursuits such as hiking and biking, she changed her membership and regularly took the bus across town to participate.

In 1962, Carolyn moved to Brunswick and was a resident in that community for the remainder of her life. She was a regular trip coordinator for the Penobscot Paddle & Chowder Society (PPCS) and a longtime trip leader for the Appalachian Mountain Club (AMC). Carolyn was an avid canoeist and began participating in the Kenduskeag Stream Canoe Race in 1992. She completed 24

races, the last one at age 81. In short, Carolyn was indomitable.

Nancy and I first met Carolyn when she was canoeing the Dead River on an AMC trip. In the ensuing years, we enjoyed her company on scores of outdoor adventures. When we started sea kayaking about twenty years ago, her local trips were a valuable introduction to the sport.

One of Carolyn's favorite sea kayak trips was a voyage on the New Meadows River in Brunswick. We had the privilege of joining her on many of those outings. She was the consummate organizer and all of her trips were scrupulously planned. Carolyn studied the tides, winds, weather, and marine forecasts to ensure a safe enjoyable experience.

In Carolyn's absence, no New Meadows River trip was scheduled for this summer. Organizing one in her memory seemed appropriate. With the assistance of her longtime friend, Dave Lanman, I endeavored to coordinate a PPCS Carolyn Welch Memorial Sea Kayak Trip. Not surprisingly, there was enthusiastic interest.

From the outset, I knew that a trip in Carolyn's memory had to be

done right. After studying the weather forecast, I identified a sunny day with a light sea breeze predicted. An outgoing tide was scheduled for our departure and the sea breeze would provide a tailwind on return.

Twelve kayakers and a two-person support team met at the Sawyer Park Boat Landing in Brunswick on a hot humid day. Faryl Wiley brought a bouquet of flowers and each paddler affixed a flower to the deck of their boat. After a short ceremony and safety talk, we carried kayaks to the water.

The sea breeze was welcome relief from the humid conditions as we departed. Gentle seas facilitated multiple friendly conversations as we navigated south through the narrow channel. Carolyn had such a wide circle of outdoor friends; several of us were meeting for the first time.

The constricted corridor widened as we passed Howard Point on the right. One member of the party was suffering from shoulder discomfort, so she decided to stop at the beach in Thomas Bay and wait. We would pick her up on our return.

As we progressed into a bay called Middle



Paddlers arrive at a sandy beach on Upper Coombs Island

Ground, a rower joined us. She had paddled north from her home on Foster Point to participate. The flotilla angled southwest and continued past Woodward Point to Upper Coombs Island, one of Carolyn's favored lunch spots.

We landed on a sandy beach and gathered on ledges above. Several of us reminisced about stopping at the same location on one of Carolyn's trips during the pandemic.

After lunch, we assembled in Woodward Cove and tossed our flowers into the water in re-

membrance of Carolyn. The tailwind on the return was a delight. Our ailing companion reconnected with us as planned.

After disembarking, Dave led several of us to the nearest ice cream parlor, a traditional ending to a Carolyn Welch trip.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more sea kayak trips on the Maine coast. Also included is a description of a St. John River canoe trip led by Carolyn and Dave and an inspiring story about Carolyn's participation in

the Kenduskeag Stream Canoe Race when she was 80.

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](http://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](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

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# Arts & Entertainment

## Family game night at Auburn UU





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-----

Join us for a family friendly game night! Feel free to bring your own game. We will also have a limited number of games available as well. Children and youth must be supervised by their parents/guardians. Curious about our church and Religious Exploration Program? Come join us! All are welcome!

**AUG. 31ST** Held in the Vestry from  
**3:00pm-5:00pm**

● First Universalist Church of Auburn, Unitarian Universalist  
169 Pleasant Street, Auburn, ME 04210



**AUBURN, ME** -- The First Universalist Church of Auburn will hold a Family Game Night on Saturday, Aug. 31, from 3-5pm. This free event will be fun for people of all ages.

There will be plenty of games to choose from- or bring your own. Families

will be able to learn about the new Religious Exploration program for children and youth at Auburn UU. Children and youth must be supervised by their parent/guardian. Snacks will be provided.

FMI contact Auburn UU's new director of Reli-

gious Exploration Samantha McCune at auburnnuudre@gmail.com.

The First Universalist Church of Auburn is located at 169 Pleasant Street, across from Dairy Joy. Parking, accessible. To learn more, see auburnnu.org or call 783-0461.

## Senior College is back this fall with a new look

**LEWISTON / AUBURN, ME** -- Since Lewiston/Auburn Senior College has become a non-profit we have been looking into a few new venues. This fall we will continue to have some Zoom classes but will also be offering more in-person classes at Schooner Estates, Lewiston-Auburn Airport, Clover Manor, Temple Shalom and, of course, the Auburn Library. We will continue to coordinate with the library for Senior College in the Community's Tuesday afternoon presenters as well as holding some longer classes there.

Here's a brief look at our one-day classes:

Larry Canepa is back with 3 fascinating demonstrations about food and cooking from different cultures. John Cleveland will moderate a conversation with Mayor Jeffery Harmon. We will take virtual visits to the Nile with Bill Phillips, Monhegan Island with Peggy Volock, and North Dakota with our returning travelogue specialist, Eve Fralick. Alan Elze takes a new look at "The Wizard of Oz" both book and movie. There are 2

game nights and, on a more serious topic, Bettyanne Sheats will teach us about responsible voting. We'll also be given a rare opportunity by Judy Hierstein to learn about all kinds of international signs and symbols. Our visits to Temple Shalom will be hosted by Rabbi Sruli Dresdner who will teach us about Judaism and Chanukah. And don't miss Loring Danforth's presentation about Bird Watching.

But wait - we may add a few more before the season starts.

Senior College is glad to also be offering some in depth courses that run from 4 to 8 weeks. The topics include:

1. Individual and Community - Jean Potuchek
2. Discussions and Simulations of 19th Century European History - Anita Denis
3. Ayn Rand's Passage Through the 20th Century - Mike Brakey
4. The Social Gospel of Jesus: Deep Human History - Steve Piker
5. She Doesn't Like Fantasy (reading and discussing 4 books) - Peggy

Volock

6. Lessons in Chemistry - Laura Sturgis
7. Art Party - Anita Poulin
8. Phun with Physics - Hugh Keene
9. The Forest and the Trees - Katherine Hunter
10. I Remember: Flash Memoir Workshop - Barbara Gravinese
11. Malaga Island and This Other Eden: A Tragedy of Racism and Eugenics - Gale Eaton

Some classes will still be held on Zoom and some hybrid, but we are pleased to be offering more in-person classes. Many of us missed the more personal interactions during COVID. However, some of us also are grateful to enjoy the company and the education without having to leave the house.

The above list is brief so please go on-line to get the details about the classes and instructors - lewiston-auburn-senior-college.coursestorm.com

If you have questions, you may call us at 207-713-7266 or email us at: laseniorcollege@gmail.com - YOU'LL BE GLAD YOU DID!

## Hand-carved eagle installed in Lewiston Veterans Park

**LEWISTON, ME** -- On August 26, a beautiful hand-carved eagle was installed at Veterans Memorial Park. It was donated by the artist and Eagles For Veterans.

This American Bald Eagle was handcrafted by the nonprofit Matt Carr Wood Works (MCWW) of Pittsburg, PA. in July/August 2024. MCWW is associated with the Maine nonprofit, Eagles for Veterans.

It is in the Patriotic style of Eagles designed/



carved in the Late 1800s by John Haley Bellamy (b.1836-d.1914) of Kittery Point, Maine.

It was donated to the Lewiston Veterans Park in honor of our Veterans ser-

vice to this Nation.

The Veterans Park was represented by L/A VETERANS COUNCIL CHAIRMAN Jerry DeWitt, Paul St. Clair, Paul Farley.

The work of hand-crafting this Eagle was done by Matt Carr, Lead Artisan of MCWW with support from James McCain of Eagles for Veterans. It is made from Mahogany, with the Eagle gilded in 22k gold leaf. It is 36" wide X 48" high.



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Deadline is Friday by five pm.**





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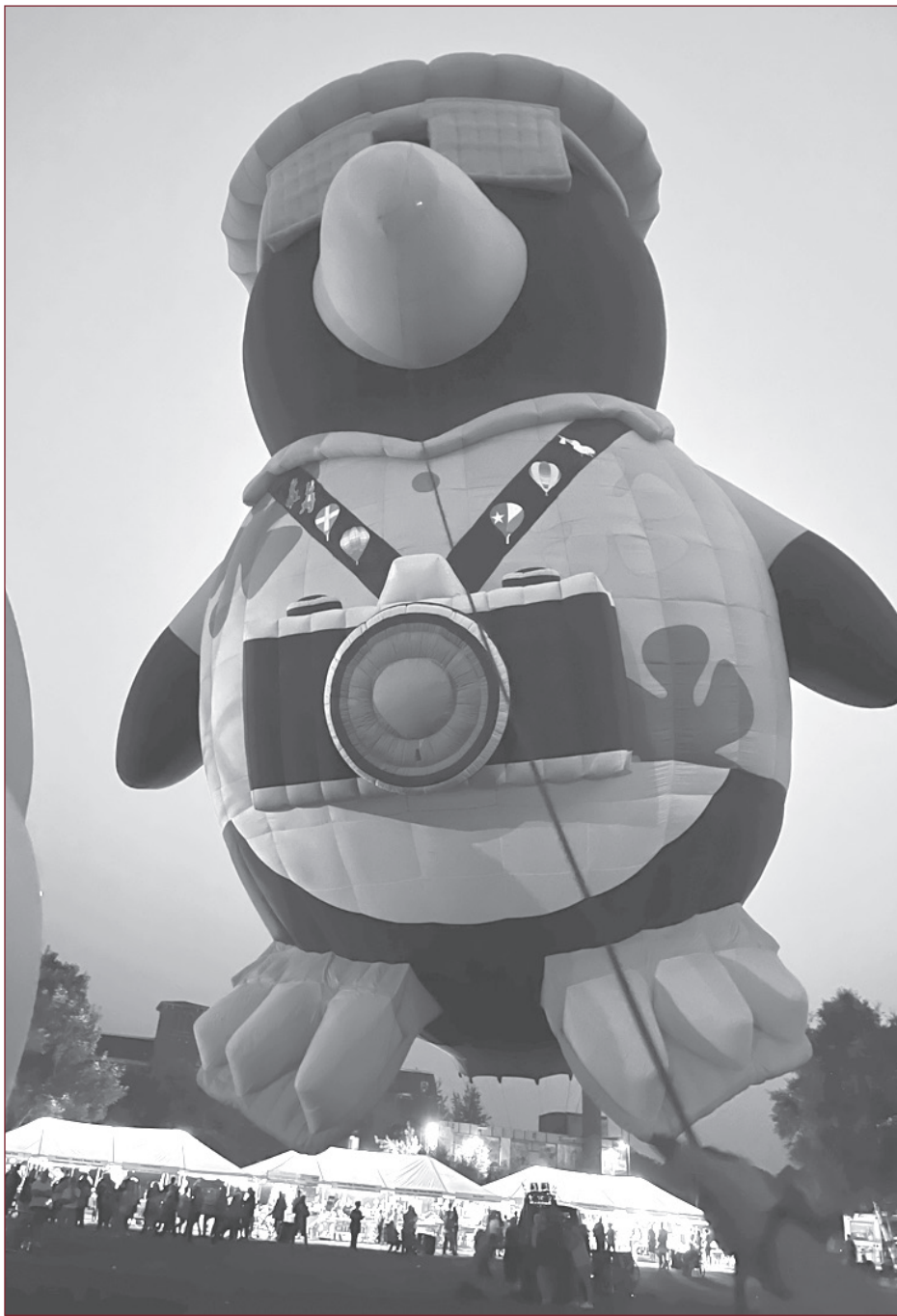


Photo by Izzac MacDonald

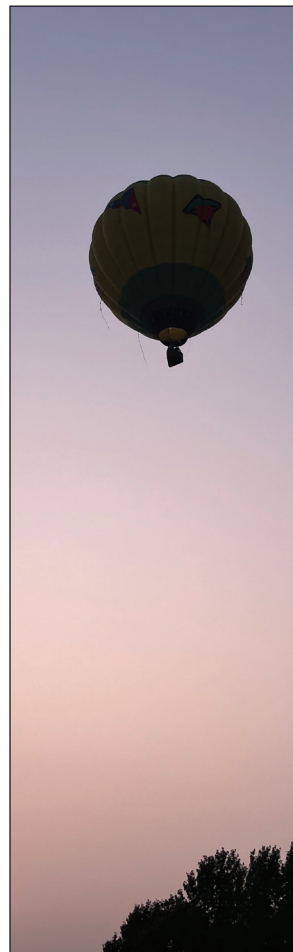


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# Webinar designed to reduce falls among older adults

**SOUTHERN MAINE** – Falls are not a normal part of aging, but they are one of the greatest causes of serious injury and injury-related deaths among people age 65 and older. In fact, every eleven seconds an older adult is treated in the emergency room after experiencing a fall. As part of our work to support the well-being of aging Mainers, SMAA is

offering four free webinars to provide resources, tools, and best practices for older adults and their families to learn how to reduce fall risks and injuries.

“At SMAA, we want to ensure that older Mainers can live their healthiest and most fulfilled lives. Both the physical and social aspects of our wellness programs support each individual’s well-being, al-



lowing them to live with independence and dignity in their own communities. We’re so thankful for the dedicated staff and vol-

unteers who make these services possible,” says Megan Walton, CEO at Southern Maine Agency on Aging.

The Falls Prevention webinar series will be held on Mondays September 9, 16, 23, and 30 from 2-3pm. Topics include:

From Awareness to Action: 6 Steps to Prevent Falls (in partnership with the National Council on Aging)

Stepping out Strong: Building Strength and Balance to Prevent Falls (in partnership with the Bone

Health & Osteoporosis Foundation)

Tai Chi: Prevent Falls by Strengthening the Body and Focusing the Mind

Changing Thoughts and Behavior: You Have the Power to Prevent Falls.

This series is free, but registration is required.

Sign-up online at [www.smaa.org/Events](http://www.smaa.org/Events) or call SMAA’s Agewell team at 207.396.6578.

# National Guard hosts Military Retiree Activity Day

By Tech. Sgt. Sarah Myrick

**AUGUSTA, ME** -- The Maine National Guard welcomed over 150 military retirees and veterans to Camp Chamberlain for the 26th annual Northern New England Military Retiree Activity Day on Aug. 17, 2024. This regional event, which rotates between Maine, New Hampshire, and Vermont, returned to Maine, offering a robust lineup of resources and services to the military community.

Originally designed to inform military retirees about available bene-

fits and services, the event has evolved into a broader gathering, serving both retirees and veterans.

“The event was originally developed to provide information to military retirees on the different benefits and services available to help them but has morphed into a retiree and veteran-focused event,” said Sgt. 1st Class Andrei Mellits, State Retirement Services Officer for the Maine National Guard.

This year’s event featured over 40 vendors, including prominent organizations like USAA, the American Legion, the

Maine Bureau of Veterans Services, and the Armed Forces Retiree Association. Attendees had access to a variety of services, including Judge Advocate General legal services, an ID card station, and briefings from the Department of Veteran’s Affairs, Tri-care, and Martin’s Point Healthcare.

“The biggest obstacle we see when it comes to retirement is the unknown,” said Mellits, highlighting the importance of events helping veterans navigate the complexities of retirement benefits. “Veterans get their retirement letter, and they throw it in a drawer



Vendors and veterans discuss retiree benefits at 26th Annual Northern New England Military Retiree Activity Day hosted by the Maine National Guard on Aug. 17, 2024, at Camp Chamberlain in Augusta, ME. Photo by Tech. Sgt. Sarah Myrick, Maine National Guard.

somewhere and don’t know what they’re eligible for.”

To address this, the Maine National Guard conducts about a dozen retirement briefings annually, ensuring that Maine’s Soldiers and Airmen and their families are well-informed about their benefits before reaching retirement.

As the event concluded, Mellits encouraged all eligible individuals to attend next year’s gathering in New Hampshire.

“Things change all the time, and not every event has the same vendors,” he noted. “There are close to 40 vendors, and there’s only so much time, making

it difficult to visit each one in a day.”

The Northern New England Military Retiree Activity Day remains a vital resource for the military community, offering a platform for veterans and retirees to connect, learn, and access the support they need.

## Letter to the Editor: Your voice matters in Maine’s fight against climate change!

The Maine Climate Council is updating the state’s action plan, “Maine Won’t Wait” and they want your input. This action plan addresses important topics such as strategies to protect our communities and prepare for the future.

Earlier this year, expert statewide working groups compiled draft climate strategies and pre-

sented them to the council. All Mainers now have the opportunity to provide feedback regarding these draft climate strategies.

The state’s action plan is incredibly important to our future and generations to come, which is why we should make our voices heard. Please consider taking the survey and sharing your thoughts so that the

Maine Climate Council can continue to advocate for positive enhancements to our state plan.

To access the survey, visit [www.maine.gov](http://www.maine.gov) and search for “2024 Draft Climate Strategies & Survey”. The deadline to participate is September 20th.

Jane Margesson  
AARP Maine Communications Director

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# Calendar

Send your submissions to the Editor. More online.

## Thursdays through 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 31

**BUXTON** -- Try our delicious Haddock Supper Buffet - Saturday, August 31, 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.

## Aug 31

**AUBURN** -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, August 31st 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.

## 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 4, 11, 17, 25

**LEWISTON** -- The Oasis of Music begins its 2024-25 season on Wednesday September 4 with a performance by Denny Breau. Doors open at noon for a 12:30 start.

9/4. Denny Breau, songs and guitar stylings  
9/11 John Smedley,

jazz guitar, bass  
9/17 (Tuesday!) Chris Lansley, flute and piano  
9/25 Barry Lawson, mandolin and guitar

The Oasis of Music is a weekly music series held at Trinity Commons, 247 Bates Street in Lewiston. Music begins at 12:30 and continues for 30 or 40 minutes. Admission is free, with donations accepted. For more information call 344-3106.

## Thursdays starting Sept 5

**LEWISTON** -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm, starting September 5th, 2024.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

**R e c o m m e n d e d** for babies ages birth-18 months and their caregivers. Siblings are always

welcome. This program is free, open to the public and no registration is required.

## 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

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

Saturday September 14 at 4:00 Great Cranberry Island Church

Tickets and additional information at [dapontequartet.org](http://dapontequartet.org)

## 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:

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.

## Sept 14

**LEWISTON** -- From 12 noon to 3 PM 4th Annual Rally for Recovery hosted by the Lewiston Area

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Public Health Committee in Kennedy Park

## Sept 18

**LEWISTON** -- The Ladies of St Anne Sodality, Prince of Peace Parish will be holding their General Membership Meeting September 18, 2024 at the Holy Family Parish Hall. A Casserole Supper will be served at 6PM. Tickets are \$5.00 and are available by contacting any of the officers or by calling 782-4516. The Meal ticket must be purchased by September 9, 2024.

Installations of Officers, Counselors and Honorary Members will take place.

## Sept 20

**LEWISTON** -- Friday, September 20th at 10am the Lewiston Public Library Children's Department will be offering the program Baby Footprints Keepsakes. Caregivers and their infants will be able to create a baby foot-

prints keepsake using the imprints of their children's feet on salt dough.

This activity is recommended for caregivers with children ages 0-24 months old. This program will take place in the Children's Department on the third floor of the library. The activity is free and there is no registration required.

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## Rewarding work, with work-life balance built in

By the time she was in her mid-twenties, Gail True had achieved success by most conventional measures. She was working a retail job, managing a team of younger associates, and earning plenty of money to cover expenses. But something was missing.



"My whole purpose in life was making money for the company I was working for," Gail says. She longed for more satisfying work, but needed a position that would give her the flexibility to raise her young kids.

Gail made a career pivot and became a Direct Support Professional, providing support for activities of daily living for adults who are living with Intellectual and Developmental Disabilities.

That work entails a wide range of tasks that varies on a regular basis. One day it might mean helping a client trim that hard-to-reach spot on his beard, so he can feel the confidence that comes from going out into the world looking his best. Another day it might mean supporting a client as he navigates the grocery store aisles. Yet another day it might mean helping a die-hard football fan figure out the logistics to fulfill a lifelong dream of visiting the New England Patriots Hall of Fame.

**"I'm doing something that matters."**

"I'm doing something that matters," Gail says. "And I love making a difference."

What's more, the career change provided Gail with the work-life balance she needed. She worked the night shift, so she could be there every day when her kids came home from school. She was there to lead Girl Scout meetings, and she was there to cheer them on at every dance recital and football game.

"I didn't miss anything," Gail says.

Gail is one of scores of people who has found rewarding work in the field of Direct Support, ensuring that Mainers with age-related, physical, behavioral, intellectual, and cognitive health needs have the support they need to stay safe, independent, and empowered to achieve their personal goals.

There are many full-time, part-time, or per-diem positions available, which offer the flexibility to juggle work with other family and life responsibilities. The work is done outside a hospital or nursing home. Training opportunities are widely available and easy to complete. The vast majority of positions do not require advanced degrees.

As Gail discovered, making the career pivot was well worth the effort. "It's just remarkable," she says, "to feel good about what you do every day."

To learn more about full-time, part-time, and per-diem opportunities in your community, go to [Mainecareerswithpurpose.org](http://Mainecareerswithpurpose.org). Follow @MaineCareerswithPurpose on Facebook and Instagram.

**CALL FOR VENDORS**

West Auburn Congregational Church  
FALL VENDOR CRAFT FAIR  
Saturday October 19th, 2024  
811 West Auburn Road, Auburn, Maine  
9:00 am to 2:00 pm  
10'x10' outside area \$25 (rain or shine, non refundable)

If you have questions, or to register, please contact Florrie Mileikis  
cell: 207-577-9734 email: [mileikisf@gmail.com](mailto:mileikisf@gmail.com)

## Great Falls Comedy Club welcomes big comics this weekend

**AUBURN, ME** – Make laughter a priority this week at Great Falls Comedy Club on Friday and Saturday night.

Friday's show features Comedy Soup, the area's most exciting new improv troupe.

Then on Saturday the club presents the one and only Jimmy Dunn at 7:30 and 9:30.

Dunn is a long time Boston comedy scene mainstay having appeared



on Letterman and Conan, and Denis Leary's Comic's Come Home. He is the producer of the Hampton Beach Comedy Festival as well as an actor who cur-

rently plays "Moose" on the Paramount+ reboot of the iconic sitcom Frasier.

Tickets can be found at <https://www.greatfallscomedyclub.com> or purchased at the door. Great Falls Comedy Club is located inside Craft Brew Underground at 34 Court Street, Auburn, under the red awning.

For more information contact the club at [info@greatfallscomedyclub.com](mailto:info@greatfallscomedyclub.com) or by phone at 207-200-5366.



# Classified Ads

## 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.

## CAMPER FOR SALE

**Keystone campfire edition travel trailer.** New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

**Keystone Sprinter 5th Wheel.** 2018, 31 feet, 2 super slides, large refrigerator, like new - hardly used. Full winter cover, super glide included. Asking \$25,500 - please call 207-754-2165

## CLEANERS

**CC Island Cleaning Company.** Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

**MJ's- Cleaning**  
Over 10 years experience. Reasonable rates. Available to work with your schedule. Call: 207-539-3261.

## CLEANING

**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 Northernsupreme cleaning@gmail.com

**Commercial Office Cleaning.** 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stchoice

floorcare.com  
www.1stchoicfloorcare.com

## FOR SALE

Wood boiler - Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

2 sound bars (Polk-High Performance Home Theater System), NEW, still in box. Sell both for \$175. Paid \$527. For both from Dish Network. Lewiston 207-240-1813.

## HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

## LIVE & CODE IN MAINE

Maine cybersecurity start-

up seeks local software engineer  
Defendify is looking for a senior full stack engineer to join full-time. Small team/ big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: [www.defendify.com/careers](http://www.defendify.com/careers).

## PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

## 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 Spectacular, 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 207-539-3261.

# Classified Ads

## UP TO 40 WORDS!

**\$25 PER WEEK**  
EACH ADDITIONAL WORD 25¢

Send payment with completed form to our bookkeeping office:  
89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

Card #  Visa  Master Card 3 digits # on back

Exp. date \_\_\_ / \_\_\_ / \_\_\_ Signature \_\_\_\_\_

Name & Address \_\_\_\_\_

Phone: \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**HEADLINE:** \_\_\_\_\_

**AD INFO:** \_\_\_\_\_

**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_



# Skelton Taintor & Abbott attorneys recognized

LEWISTON, ME – 4 Skelton Taintor & Abbott attorneys were recognized as “The Best Lawyers in America” by Best Lawyers® 2025. “Lawyer of the Year” honors are awarded annually to only one lawyer per practice area in each region with extremely high overall feedback from their peers, making it an exceptional distinction. Lawyers are not required nor allowed to pay a fee to be

listed; therefore, inclusion in Best Lawyers is considered a singular honor.

The complete list of ranked Skelton Taintor & Abbott attorneys:

Darcie P.L. Beaudin (Recognized in Best Lawyers since 2019)

Bankruptcy and Creditor Debtor Rights / Insolvency and Reorganization Law

Amy Dieterich (Recognized in Best Lawyers

since 2021)

Employment Law – Individuals

Sarah C. Mitchell (Recognized in Best Lawyers since 2018)

Family Law

Theodore Small (Recognized in Best Lawyers since 2020)

Construction Law Litigation - Construction

Litigation - Real Estate

# St. Anne Sodality to hold general membership meeting

LEWISTON, ME -- The Ladies of St Anne Sodality, Prince of Peace Parish will be holding their General Membership Meeting September 18, 2024 at

the Holy Family Parish Hall. A Casserole Supper will be served at 6PM. Tickets are \$5.00 and are available by contacting any of the officers or by calling 782-4516. The

Meal ticket must be purchased by September 9, 2024.

Installations of Officers, Counselors and Honorary Members will take place.




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