

Dempsey Challenge 2024 Special Section Pages 7-10



Town of Gorham announces 2024 fall brush drop off

GORHAM, ME -- Public Works will be accepting brush Saturday, 10/12 and Saturday, 10/26 from 8AM-3PM at the Gorham Public Works Department located at 80 Huston Road. This is for Gorham residents ONLY, no commercial drop off or stumps will be accepted. Please contact Public Works with any questions. Call the office at 207-222-4950 or email us at dpw@gorham.me.us

Cressey Road Christian Church in Gorham hosting Bean Supper

GORHAM, ME -- Cressey Road Christian Church will be hosting a Bean Supper featuring "George's Baked Beans." Come early to secure your seat at this delicious dinner. 81 Cressey Road, Gorham, Maine on September 21 at 5 PM. Adults \$10 Ages 5-12 \$5 Under 5 FREE.

Golden Spoon awarded at Gorham Taste Walk



GORHAM, ME -- On Sunday June 2nd, 2024, downtown Gorham experienced the excitement of the beginning of summer with people walking all over town. These folks were getting a taste of many of the restaurants in the downtown area as part of the "Gorham Taste Walk." The Taste Walk is an annual event that happens every first Sunday in June where members of the community purchase a map as their ticket to "walk the streets and taste the eats" of the food samples that local businesses are providing.

This year, ten businesses participated in the Taste Walk in hopes of

winning the Golden Spoon Award – Miller's Market, Azul Tequila, Hops & Vine, GHOP, Amato's, Aroma Joe's, Otto's, Subway, Hannaford, and Junction Bowl. There were over 400 maps sold and after participants completed the walk and cast their votes, the 2024 winner was determined: Azul Tequila!

Young Life Sebago is the non-profit organization that has been putting on the Gorham Taste Walk since 2009. This ministry is an outreach for middle and high school students in Gorham, Windham, Raymond, and surrounding towns and this event supports students going to

Summer Camp. Suzanne Phillips is the Chairperson of the Taste Walk's organizing committee, Dani Miller is the Area Director of YL Sebago, and there are many other generous adult volunteers who work behind the scenes as well as with students to support this event and the organization as a whole. The Committee would like to thank all the folks who came out to support local businesses and YL Sebago.

If you missed the walk around downtown this year on a beautiful sunny day with scrumptious samples, make sure to join us next year on the first Sunday in June!

Exciting events at Gorham's Baxter Memorial Library

GORHAM, ME -- Mark your calendars, because we have a busy September at the Library! For more information, please visit our website at <https://baxterlibrary.org/>, or visit us on Facebook!

Tuesday, September 24, 6 PM Author Event: Caroline Ailanthus

Join us for a reading by author Caroline Ailanthus. Caroline is a creative science writer with a master's degree in Conservation Biology. She has three published novels with more on the way. Bifurcation Events, set partially in Maine, is Caroline's most recent book. There are moments that divide life into

before and after. Death can do it. But so can miracles. So can love. Andy, a scientist, calls these moments bifurcation events. He's seen his share, most dramatically in the complete collapse of the old civilization—and the beginnings of another.

Bifurcation Events builds on Ailanthus's earlier novel, Ecological Memory, set a few decades after the end of civilization - and the beginning of another. Part scientific detective story, part post-apocalyptic travelogue, Ecological Memory is at heart a tale about what happens after you lose everything.

Wednesday, September 25, 6 PM Meet the

Candidates

Join us to hear from the candidates for School Committee, Town Council, and Maine House and Senate seats, plus special guest Heather Perry, followed by a meet and greet. This event will also be livestreamed and filmed for later broadcast. We'll share links to those when we have them!

Thursday, September 26, 6 PM Evening Book Group

Join us for a discussion of All Boys Aren't Blue by George M. Johnson. There are many valuable reasons to read memoir, including the opportunity to see yourself reflected in the pages or the opportunity to read about lives very different from your own. This award winning memoir has been one of the top challenged books in the country, but we invite you to form your own opinion. Our focus in this discussion is on the book as a work of literature rather than a debate on its inclusion in any particular library.



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Newsmakers, Names & Faces

Celebrating cultural diversity through food and community

AUBURN, ME— Good Shepherd Food Bank of Maine, in partnership with Black Owned Maine, is proud to announce the issuance of grant funding for several cultural events, each with a unique focus on cultural heritage, culinary traditions, and community-building efforts.

“We believe that food is not just nourishment for the body but also a bridge that connects communities, cultures, and generations,” stated Khadija Ahmed, community impact manager at Good Shepherd Food Bank. “Through our partnership with Black Owned Maine and these events, we aim to educate, celebrate, and strengthen bonds between our communities through food and traditions.”

Under the theme of “Celebrating Cultural Diversity through Food and Community,” the grants support events ranging from Juneteenth celebrations to Ramadan observances, from youth gatherings to agricultural blessings. The common thread among these events is the emphasis on honoring cultural traditions through food, promoting understanding, and bringing people together.

“These events represent a mosaic of cultures, traditions, and stories that enrich our communities and remind us of the importance of coming together,” added Rose Barboza, founder of Black Owned Maine. “We are grateful to be partnering with the Food Bank to support these incredibly important celebrations and look forward to the positive impact they will have on Maine.”

Here are the funded events from this year’s funding rounds (events marked with * are upcoming):

Maine Prisoner Advocacy Coalition - Hosted a Juneteenth celebration for incarcerated women featuring culturally relevant food, music, poetry, and traditional African dancing.

Fourth Friday – Organized a series of BI-POC-centered events with a focus on sustainable protein sources, particularly oysters, to celebrate Black joy and resilience.

Community Organizing Alliance - Planned a Juneteenth celebration and Ifar night to honor African-American freedom and resilience while fostering dialogue and inclusivity.

Journey ONEderland - Hosted an annual Kickback in the Gardens event with catered culturally diverse cuisines and wellness activities for Afro-Indigenous communities.

MASIJUDUL SALAAM MOSQUE and Maine Muslim Community Center (MMCC) - Provided Iftra dinners throughout Ramadan, prioritizing halal foods for the Muslim community.

Intercultural Community Center - Hosted end-of-the-year celebrations featuring African cuisine to highlight the academic achievements of immigrant students.

Sustainable Livelihoods Relief Organization - Organized Ramadan cooking classes with culturally diverse dishes and providing meals for local mosques and community members.

New Roots Cooper-



Credit: Tree Street Youth, Black Owned Maine, and Intercultural Community Center

ative Farm - Implemented a Ramadan Food Insecurity Initiative to provide nutritious food assistance and community iftar meals during Ramadan.

Maine Community Integration - Hosted “Faith in Health” events during Ramadan to provide healthy, fresh fruits, and vegetables to families in need.

United Youth Empowerment Services - Organized youth nights for breaking fast during Ramadan, fostering interfaith gatherings and community bonding.

I’m Your Neighbor Books - Hosted events with Somali-American author Omar Mohamed, featuring Somali food catering to promote cultural exchange and understanding.

Hersi Soccer Academy - Organized Ramadan Iftar meals for club players, incorporating culturally relevant foods and promoting unity and camaraderie.

Acholi Community of Maine - Hosted community socials with culturally relevant food, storytelling, and drumming to strengthen community bonds.

Timberwolves Native American Church - Integrated culturally relevant foods like soul food and indigenous cuisine into cele-

brations and gatherings.

Somali Bantu Community Association - Hosted a Spring Blessing event with Somali food, music, and land blessings to celebrate the planting season and community spirit.

Living With Peace International - Provided food for immigrants during Ramadan and hosting a community gathering to celebrate Eid.

4 Future Generations – Hosted a welcoming event for New Mainers to provide them with information about available resources, services, and opportunities in their new communities.

Athena Lynch and Portland Public Library – Hosted a two-day Juneteenth Series: Honoring Freedom and Empowerment through Dialogue and Preparedness, as well as Reclaiming the Tides: A Liberation of Water.

Cumberland Islamic Center – Hosted a large event for a community celebration of Eid al-Adha.

Generational Noor – Hosted Eid ul-Adha Community Celebration and Iftar events in Portland at Deering Oaks Park and in Lewiston at Simard Payne. The Iftar events spanned Ramadan, ensuring sustained support for individ-



uals fasting without familial backing.

Islamic Society of Portland Maine – Held Eid celebrations.

One Westbrook – Hosted a Juneteenth event for Westbrook families featuring music, poetry, and food by Chef Louis Pickins of Black Betty Bistro.

Tree Street Youth – Hosted end of school events in Lewiston for students in the downtown area.

*Women of Color, Black Student Union, Muslim Student Association – Hosting the first annual “Afro-Bash: Kick Back & Picnic Extravaganza” at the University of Southern Maine during the second week of September 2024.

Yetu Consultants, LLC. – Hosted a community-driven event aimed at raising awareness about the autism spectrum dis-

order (ASD) and fostering acceptance and inclusion within the New Asylum community of Maine.

Elonga Football Club – Congo Night Party was held in May 2024 and was an opportunity for immigrants from Congo Kinshasa and Congo Brazzaville to celebrate their culture.

IBUKA-Maine – Held an event for the 30th Commemoration of the 1994 Genocide against the Tutsi, Kwibuka30.

Immigrant Community Integration – Hosted an African Gastronomy Exhibition that celebrated the culinary heritage and cultural diversity of Africa.

Opportunities for Immigrants – Held a special service for World Refugee Day in June 2024.

Thanksgiving Celebration – Held since 2018, this even feeds 250-300 immigrants, asylum seekers, and refugee each year on Thanksgiving.

The Third Place, Inc. – Hosted several events throughout the summer, bringing together Black professionals and entrepreneurs from across the state.

WJZP – Hosted an annual Juneteenth celebration.

If you have any questions about the Cultural Celebration funding process, please contact Khadija Ahmed at kahmed@gsfb.org or Rose Barboza at rose@blackowned-maine.com.

For more information, www.FeedingMaine.org.

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Newsmakers, Names & Faces

Camp Susan Curtis provides basic needs to all campers

STONEHAM, ME — This summer, Camp Susan Curtis, a non-profit camp dedicated to enriching the lives of Maine children from low-income families, began a new initiative to provide bedding – including pillows, comforters, and a set of sheets, to every camper who attends. Recognizing the financial challenges faced by the families they serve, Camp Susan Curtis ensures that no child goes without the essentials needed for a comfortable and memorable camp experience.

When they arrive at camp, every child gets the opportunity to choose their new bedding. Campers select from a variety of colorful sheets and comforters, fostering a sense of personal choice and ownership. This small act of selecting their preferred bedding color sets the tone for a week of empowerment, belonging, and confidence-building at camp.

Camp Susan Curtis has provided essential basic needs items – such as sneakers, swimsuits, and hygiene kits – to campers for many



years. For the special population of campers that CSC serves, ensuring that every child has what they need to fully participate and enjoy their camp experience has always been a priority. However, over the past few years as camper families

has faced increasingly higher costs of living, more and more campers have arrived without the things they need to feel comfortable, confident, and safe – including bedding.

Thanks to the support of a number of caring donors, Camp Susan Curtis is now able to provide a full set of bedding to each camper, including sheets, a comforter, and a pillow, ensuring they have everything needed for a restful night's sleep.

At the end of their camp session, campers take

home their new bedding with them. This not only serves as a memento of their time at camp but also ensures they have bedding to use at home.

Campers are also provided with a backpack full of school supplies, a reading book, and food boxes donated by Good Shepherd to take home with them at the end of the camp session.

Camp Susan Curtis understands that providing for basic needs is crucial for the overall wellbeing and comfort of the children they serve. By ensuring that

every child has access to clean, new, and comfortable bedding, they are not only meeting a fundamental need but also contributing to Maine kids' sense of dignity and self-worth.

This initiative is made possible through the generous support of donors and community partners. Anyone interested in making a donation to support Camp Susan Curtis and their initiatives to make a difference for Maine children facing economic hardship, can learn more at www.susan-curtis.org.

Maine DOE sends thousands of books to local schools

WESTBROOK, ME - In collaboration with the award-winning Maine non-profit I'm Your Neighbor Books, the Maine Department of Education (DOE) held The Pine Project's Welcoming Libraries Celebration, marking the start of this first-in-the-nation initiative. Welcoming Libraries are collections of picture books exploring themes of immigration, diversity, and belonging, curated to foster inclusive communities.

"We know the power of a story. We know the power of books to help transport readers and help them identify with others, feel more connected, feel included in their communities, and feel a sense of belonging. Each story in the Welcoming Libraries: Pine Collections reflects that power of being included," said Maine DOE Associate Commissioner for Public Education Megan Welter. "We know that through this initiative, readers will get to immerse themselves in wonderful stories and, at the same time, provide educators with the tools to create an even more welcoming and inclusive environment for all students."

The Pine Project, initiated by the Maine DOE, has evolved from a small-scale initiative to a statewide program. Initially, the project comprised 16 libraries that went to as many Maine Schools. Now, through a collaboration with I'm Your Neighbor

Books, the Maine DOE has expanded the project to include all public schools in the state and incorporate professional development. This expansion extends the project's benefits to students and educators throughout Maine, providing every Maine school administrative unit with a Welcoming Library: Pine Collection.

Every collection includes 30 books and a Maine-made bookshelf. Each book includes discussion questions developed by Maine educators and community leaders to facilitate conversations in the classroom.

"I didn't realize how complex the subject of immigration was because I am an immigrant myself. It was my lived experience. But now, seeing students enjoying reading these books and hearing the conversations they inspire, I understand," said Ina Demers, an educator involved with the project, who has already had a chance to read some of the curated books to her students.

"It's super inspiring and exciting and energizing and really gives a sense of hopefulness about growing our capacity for truth-telling and welcoming and creating a sense of deep, deep, deep belonging," said Francie Latour, author of Auntie Luce's Talking Paintings, one of the books included in Welcoming Libraries: Pine Collection. "We know that belonging

is really tied to our ability to learn. It is hard to learn and thrive in school if we don't feel safe, and belonging gives us that feeling of safety."

The Pine Project's Welcoming Libraries Celebration featured a full cast reading of "I'm an American" by Darshana Khiani, performed by fifth graders from Westbrook Middle School. One parent who came to watch her son read shared that the Pine Project made her feel like she and her family truly belonged in Maine.

"I love seeing everyone here. It's nice," the parent commented. "After coming here from the Congo seven years ago, it is finally feeling like home."

The Pine Project has been entirely Maine-based. The collections have been curated by I'm Your Neighbor Books, a Maine non-profit, containing books by Peaks Island author Anne Sibley O'Brien and audiobook-enhanced titles provided by Portland's AudioFile Magazine. The libraries sit on a bookshelf designed by Biddeford's Nomak Design, manufactured by Lisbon Falls' Orion Woodworking, and topped with signage from South Portland's Banacom Sign. Martin's Point Health Care Volunteers packed each set of books and bookshelves with cus-

tom packaging designed by Biddeford's Volk Packaging.

"To have the opportunity to do something with such a strong public mission statement was like a dream come true for us," said Katie Clark of Nomak Design.

"Maine is a special place for craftsmen and artisans, so it feels good to give my time to make quality products that are a part of Maine's culture," said Ryan Cathcart of Orion Woodshop.

The Pine Project also includes free professional learning, designed by the Maine DOE and I'm Your

Neighbor Books, to aid educators in utilizing the libraries in their schools.

"The professional learning is a self-guided training to use the featured picture books to teach self-awareness, self-management, social awareness, relationship skills, and responsible decision-making," said project lead Melanie Junkins, Maine DOE Multilingual and Bilingual Education Specialist. "This is not a curriculum. Instead, this is an application of the Collaborative for Academic Social and Emotional Learning (CASEL) framework."

"This project aligns

with the CASEL framework in lots of ways. First of all, it is specifically intended to encourage welcoming communities and to help students have a greater sense of belonging," explained CASEL Director of Policy Andrew Tucker. "In general, the CASEL framework is about belonging. It's about creating these communities where students can acquire important lifelong competencies like self-awareness and self-management. [The Pine Project] allows for social awareness in a huge way because it helps students understand the life

See DOE, page 14

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jonathan Knowlton
Licensed Agent

Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.



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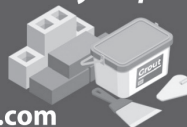
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Preble Street to host Conference on Homelessness

PORTLAND, ME — There are a wide range of complex factors contributing to the homelessness crisis in Maine: a lack of affordable housing and accessible emergency shelter, inconsistent shelter funding, an increase in unsheltered individuals, and rising numbers of people needing support for substance use disorders and behavioral health issues. Preble Street and the Atlantic Charitable Fund are partnering to host the Conference on Home-

lessness: Solutions Start with ME, bringing together more than 250 leaders in local and state government, nonprofit agencies, municipalities, faith organizations, business, and people with lived experience to focus on the critically needed solutions and strategies that will help Maine end homelessness. The conference will be held on Thursday, October 17, 2024, at the Holiday Inn by the Bay in Portland, ME.

Jeff Olivet, executive

director of the United States Interagency Council on Homelessness (USICH), is this year's keynote speaker and will facilitate a discussion between panelists from around the country, including Dallas, TX; Seattle, WA; Rockford, IL; and Richmond, VA, who will outline what has and has not worked in their communities and how these strategies can be applied in Maine.

The day will begin with a keynote presentation

from Olivet, followed by the facilitated guest panel. Workshops on unsheltered homelessness, Continuum of Care funding, Housing First, and sustainable business models for shelters will occur in the afternoon. Attendees will learn from speakers with Avesta Housing, the City of Portland, City of Rockford Human Services Department (IL), the Downtown Emergency Services Center (WA), Homeward (VA), Housing Forward (TX),

Housing Narrative Lab (D.C.), Maine Community Foundation, MaineHealth, MaineHousing, Penobscot Community Health Center, Tedford Housing, the State of Maine, and York County Shelter.

"This conference will be a unique opportunity to learn from both national leaders and local subject matter experts about strategies and best practices we can apply to ending homelessness here in Maine," said Dean Klein, strategic

sustainability project manager at Preble Street. "The discussions that will happen at this conference will help build momentum to achieve strong outcomes for some of our most vulnerable citizens. We already have more than 100 people registered from across the state and hope that organizations working to solve homelessness from Aroostook to York County will be able to join us and be part of the conversation."

Aquaculture apprenticeship students graduate

PORTLAND, ME — The nation's first-ever accredited aquaculture apprenticeship program is celebrating the graduation of its pilot cohort. This landmark program, accredited by the Maine Department of Labor, was created to address critical workforce gaps in the growing aquaculture industry. Over the past year, six apprentices have completed 2,000 hours of on-the-job training and 144 hours of technical coursework, preparing them for a variety of careers within the aquaculture sector.

The graduation ceremony, held on September 12, 2024 at the Gulf of Maine Research Institute in Portland, marks a

milestone in aquaculture workforce development. Apprentices received comprehensive training, including hands-on experience in farm management, environmental sustainability, and aquaculture operations, setting the stage for leadership roles in the field.

"We are excited to be celebrating the graduation of the first aquaculture apprentices in the nation," said Labor Commissioner Laura Fortman, who is speaking at the graduation ceremony. "With the expansion of registered apprenticeships into new occupations such as this one, both Maine workers and employers are benefiting from this proven 'earn while you learn' training

model. Congratulations to the graduates, I look forward to seeing how you use your demonstrated skills to strengthen and leverage the variety of opportunities in Maine's growing aquaculture sector."

The Gulf of Maine Research Institute (GMRI) Maine Aquaculture Workforce Development Strategy, a study developed with input from over 60 Maine aquaculture businesses, noted that Maine aquaculture's lack of a trained workforce could jeopardize the sector's future. The strategy identified the creation of a Maine Department of Labor-approved aquaculture apprenticeship program as one of the four pillars for ensuring



The first cohort of apprentices on a farm tour with Carissa Maurin of GMRI. Left to right: Colin Quinn, Gabriel Chlebowski, Katherine Lipp, Michael Pauley, Carissa Maurin, Alex McBroom, Matthew Czuchra.

a skilled and adaptable workforce to drive the sustainable development of aquaculture in Maine.

The Maine Aquaculture Association (MAA) and GMRI developed the apprenticeship program with funding from the USDA National Institute of Food and Agriculture, Award #2022-67037-36260. The program's design was heavily influenced by industry professionals, ensuring their insights were integral to its development. Carissa Maurin, GMRI Aquaculture Program Manager

stated, "through this comprehensive approach, the program aims to build a skilled workforce well-equipped to advance sustainable aquaculture in Maine, addressing the industry's growth and resilience needs." It officially launched in January 2023, attracting over 25 applicants for just six spots. In the second year, interest grew, drawing in more than 60 applicants. This overwhelming response underscores the high demand for structured, hands-on training in aquaculture, as well as the potential for future

expansion of the program.

The graduates of this program have already made notable impacts in their respective fields. Katherine Lipp, the first graduate of the program, has transitioned into a farmer community engagement role at the Maine Aquaculture Association. "I am so proud to have completed this program," Lipp reflected. "As apprentices, we all worked very hard to complete the required hours, and it feels gratifying to end it all with a graduation ceremony. It took a lot of people and effort to make this program a reality, so I think that is worth celebrating."

This apprenticeship represents a transformative step for Maine's aquaculture workforce, helping to ensure the long-term sustainability and growth of this vital industry. With continued collaboration between the MAA, GMRI, and state and federal agencies, the program is expected to expand and serve as a model for workforce development in the rest of the country. The Maine Department of Labor is committed to supporting innovative solutions that foster the growth of emerging industries and provide valuable career opportunities on the working waterfront for future generations.

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Seniors Not Acting Their Age

Biking the Trails of Roosevelt Campobello International Park



Bruce Weik climbs a hill on a Roosevelt Campobello International Park trail

My wife, Nancy, and I were recently part of a large group of Mainers who spent several days camping at Herring Cove Provincial Park on Campobello Island in New Brunswick. For most of us, sea kayaking the rugged island coastline was our primary focus. However, Roosevelt Campobello International Park (CRIP) offers a variety of biking and hiking trails. Since foggy weather was an impediment to safe kayaking much of the time, we spent a lot of our visit exploring the park trails.

On our first full day on the island, dense fog limited choices to either riding or hiking the RCIP trails. A sizeable group decided to bike from a trailhead on Route 774 near the International Bridge.

Much of the biking consists of an extensive network of gravel roads that also permit slow motorized traffic. Several trails that prohibit vehicles connect with the gravel roads and some are excellent single and double

tracks. We used mountain or hybrid bikes.

Our tour began by riding east on the hard packed gravel Cranberry Point Road. Immediately after starting, we passed an unnamed trail on the left where motorized traffic is banned. That one mile route connects with Glenseveren Road providing the opportunity for a loop trip.

Cranberry Point Road ends at a junction with Fox Hill Drive, where a right turn leads to scenic Cranberry Point. On a clear day, this location provides excellent views of the nearby town of Lubec. Impressive West Quoddy Head can usually be seen in the distance across Lubec Channel but not on this foggy morning. Visibility was limited to a couple of hundred feet. Single track trails begin at the end of the point and wind into a boggy area. We elected to forego them.

After leaving Cranberry Point, we cycled east on Fox Hill Drive, another gravel road. The drive



A rider leaves the trailhead on Cranberry Point Road

lives up to its name rolling through hilly terrain. We continued to a junction with Glenseveren and Liberty Point Roads.

Liberty Point is one of most scenic locations on the spectacular Campobello coastline. The route to the southeastern end of the island includes several scenic overlooks. In short, if a rider has the time, this is a must do ride.

We traveled south on the gravel Liberty Point Road. Cyclists are more likely to encounter vehicles on this sector of road than others because the point is also popular with sightseers. We soon passed Con Robinson Point Road on the left. Unfortunately, passage to the impressive peninsula was closed. Undeterred, we progressed to Raccoon Beach. This time, we weren't disappointed. The fog had moved offshore and we enjoyed a marvelous view of the extensive beach.

The road narrowed as we advanced farther south to a spur that descends to Lower Duck Pond, another must see viewpoint. The short rocky jaunt drops steeply to a parking area and observation deck. Alas, thick fog precluded any views.

Returning to Liberty Point Road, we completed

the journey to the promontory. A huge boulder called Sugarloaf Rock marks the extreme terminus of the point. The rock and nearby cliffs were enveloped in fog. Several visitors were exploring the unique area.

After returning to the Lower Duck Pond spur, we followed an entertaining narrow twisting double-track through a wooded area to Raccoon Beach. From there, we rode Liberty Point Road to Glenseveren Road. Wide and bumpy Glenseveren Road is the least enjoyable of the roads and trails we experienced.

Following a stop to hike a nature boardwalk that ends at a towering lookout platform, we continued west until almost reaching the Roosevelt Cottage on Route 774, an alternative trailhead for a ride. Instead, we turned left onto the unnamed connector trail and returned to the beginning. Despite the fog, this was a very stimulating cycling adventure.

During the following days, we had the good fortune to complete two exceptional sea kayak trips. Otherwise, we were back biking and hiking the RCIP trails. Hikes that were popular with our group were treks along the shore from Liberty Point and another that leaves the



Roosevelt Campobello International Park has a network of gravel roads that can be biked



Ken Gordon stops for a break on Liberty Point – on a clear day

Roosevelt Cottage parking lot and leads to majestic Friar's Head.

On our final day, I had the good fortune to ride the trail system in sunny weather. The overlooks were stunning.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine describes some of the best sea kayaking, biking, and hiking in Maine.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals –

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Arts & Entertainment

West Buxton Library hosts ongoing Writer's Workshops

BUXTON, ME -- You're invited to join the West Buxton Library Writing Workshops. There are no fees, no prerequisites and spelling doesn't matter. These workshops are

for adults in Buxton and surrounding communities. We are funded by the Narragansett Number One Foundation and sponsored by the West Buxton Public Library.

You are not required to share your writing, but if you do, you will find us a friendly, non-judgmental and encouraging group. Our critiquing guidelines include: Positivity, Encour-

agement, Kindness.

We meet the second Wednesday of each month, via Zoom. If you are not connected via Zoom, you may want to join our in house meeting in October:

Two tentative dates have been reserved at Buxton Town Hall

Saturday 10/5 or Saturday 10/19

I'm looking for a speaker for either of these

dates. Do you know someone who might be interested in being our guest? There is a small stipend available.

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

Registration open for horticulture, gardening programs

MAINE -- Registration will open on September 23 and 30 for two comprehensive horticulture training programs offered by University of Maine Cooperative Extension. Individuals interested in starting a career in horticulture or enhancing their gardening skills have two opportunities: the Maine Horticulture Apprenticeship Training and the Maine Gardener Training.

The Maine Horticulture Apprenticeship Training

is designed for those who want to explore a new career, improve their skills, or start their own business in horticulture. "We developed this training with input from industry experts to ensure participants gain practical skills and knowledge that employers value," said Rebecca Long, Coordinator of Horticulture Training Programs for UMaine Extension. The course combines flexible online learning with a hands-on



Maine Horticulture Apprentices Vanessa Seder (left) and Annika Schmidt (right) at Tidewater Farm in Falmouth. Photo courtesy University of Maine Cooperative Extension.

apprenticeship experience. Enrollment opens Monday, September 23, 2024 at noon and space is limited. For course fees, schedules and more information, visit the Maine Horticulture Apprenticeship Training website.

The Maine Gardener Training is for individuals who want to deepen their gardening knowledge without any volunteer or apprenticeship requirements. This virtual course provides foundational ed-

ucation and skills to bring your garden to the next level. Enrollment opens Monday, September 30, 2024 at noon and space is limited. For course fees, schedules and more information, visit the Maine Gardener Training website.

For more information or to request a reasonable accommodation, contact the Extension horticulture team at 207-581-3188 or extension.gardening@maine.edu.

Gorham goalie gets 5 saves for Wheaton men's soccer

NORTON, MA — Junior back Leao Nelson (Bar Harbor, Maine) netted a goal to provide the Wheaton College (Mass.) men's soccer team its only successful offensive strike in a 1-1 tie with visiting University of Massachusetts Boston this afternoon on Keefe Field in Norton, Mass. on the Wheaton campus.

The Lyons are now unbeaten in four of their first five contests and are now 3-1-1, while the Beacons are now 1-1-2. The

match was the first between the schools since a 2-0 Wheaton win on November 13, 1996 in Norton.

UMass Boston held an 11-10 shot margin, including 9-2 in the second half after taking advantage of Wheaton being down a player following a red card issued with over 36 minutes to play in the game. The Lyons doubled their guests' number of corner kicks for the game at 4-2.

Wheaton got on the board in the 32nd min-

ute of play to take a 1-0 edge. Sophomore Camajé Easton-Smith (Hamilton, Bermuda) served a ball to the far right side of the box, where senior back Ryan Bell (Berwyn, Pa.) re-directed the ball with a header to the front of the box where Nelson was on the other end of a double-header to put the ball in the back of the net with less than 14 minutes to play in the half.

The Beacons looked to get the equalizer early in the second half on a

free kick just outside of the box. The chance was awarded after the Lyons' keeper was given a red card after coming off his line and his hand made contact with the ground outside of the box in a challenge to a UMass Boston striker. Senior back Diego Gisholt (Tijuana, Mexico) took the kick for the Beacons, but his point-blank shot was thwarted by a five-man Wheaton wall with 36:53 left in the contest.

The Lyons played

the remainder of the game with 10 players and UMass Boston was finally able to break through in the 64th minute with their first goal of the afternoon. Senior back Logan Erickson Potter (Swansea, Mass.) carried the ball down the left side on a breakaway and sent a centering cross to sophomore forward John Arruda (Espirito Santo, Brazil), who put the ball in the back of the net with a shot from the front of the goal mouth.

The Wheaton defense

survived five additional shots from the Beacon offense, including three saves from sophomore keeper Nick Phinney (Gorham, Maine), who finished the contest with five saves in 36:53 of play. Junior starting goalie Michael O'Gara (Ardmore, Pa.) turned away both shots that he faced in the opening 53:07 of play.

Graduate student goalie Andy Ramirez (Waltham, Mass.) recorded five stops for the Beacons.

UMaine Extension 4-H to hold fundraisers at Cumberland Fair

MAINE -- University of Maine Cooperative Extension Cumberland County 4-H Leaders Association will hold its annual fundraisers during the Cumberland Fair, open daily 7 a.m. - 9 p.m., Sunday, September 22 to Saturday, September 28, 2024 at 197 Blanchard Road, Cumberland. Funds raised support scholarships, camperships, activities, events and trips for 4-H members in Cumberland County.

Tickets, \$1 each or \$5 for six, are on sale now for the 4-H Pig Raf-

fle and can be purchased at the Cumberland County Extension office, 75 Clearwater Dr., Ste 104 in Falmouth or during the Cumberland Fair at the Pig Raffle Booth located in front of the 4-H Exhibit Hall. The raffle winner will receive a freezer-ready pig donated by Connie Wood, Pat Stack and Ralph Clark, raised by Jacob Brown with grain donated by Windham Blue Seal, and processing donated by Windham Butcher Shop. The drawing will be held Saturday, September 28 at the fair but you do not



Photo courtesy University of Maine Cooperative Extension.

need to be present to win.

The 4-H Kitchen, located at the back of the 4-H Exhibit Hall across from the Livestock Show Arena, is open daily from 7 a.m. to 8:30 p.m. It offers an affordable menu for breakfast, lunch and dinner. Both the Pig Raffle Booth and 4-H Kitchen are staffed by 4-H members, volunteers, parents, and friends donating their time to support 4-H.

For more information visit the program webpage, call 207.781.6099 or email allison.pollock@maine.edu.

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Honor together

Throughout the Dempsey Challenge event, we'll take time and space to HONOR TOGETHER: the friends, family, and loved ones whose lives have been impacted by cancer.

Amanda Dempsey Award
2023 AMANDA DEMPSEY AWARD WINNER: TONY ACHILLE

Named in memory of Patrick Dempsey's mother Amanda Dempsey, the award is presented to a cancer survivor who has a passion for helping Mainers with cancer. Although Amanda was reserved and humble, she had a warm

presence, and was passionate about giving back to her community.

Past winners include Trevor Maxwell (2022), Sue Craib (2021), Jon Henry (2020), Priscilla "Pat" Rollins (2019), Barbara Deschenes (2018), Christina Parrish (2017), Brooke Ismail (2016), Dr. James Campbell (2015), Nel Bernard (2014), Hailley Sontag (2013), Kristen Short (2012), Laura Davis (2011), Scott Thomas (2010), and Carlene Sperry and Allen Lariviere (2009).

Signs of Hope + Healing

At the Dempsey Challenge, you'll see won-

derful messages of support and love lining the Riverwalk and portions of the run/walk and ride routes. Signs of Hope + Healing are an important reminder of what the Dempsey Challenge and Dempsey Center are all about - showing support for those impacted by cancer.

Dempsey Challenge participants, spectators, volunteers - anyone impacted by cancer - are invited to create a sign for display throughout Dempsey Challenge weekend.

IMPORTANT: Signs must be received by the following time in order to

guarantee placement:

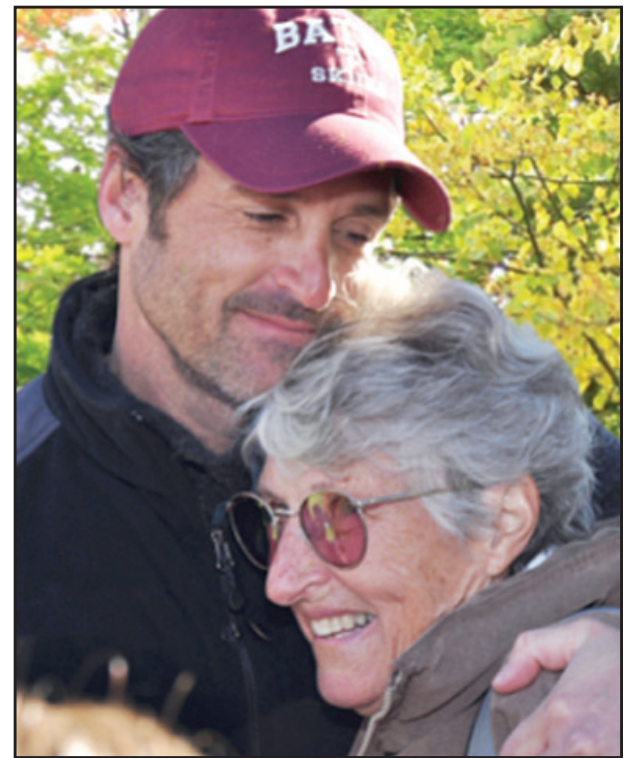
Dempsey Center, Lewiston: Friday, September 20, 7PM ET

Dempsey Center, South Portland: Thursday, September 19, 7PM ET

Please refer to the Submission Packet (see button below) for instructions and submission form. You'll include it along with your sign and mounting bracket one of two ways:

Mail to: Dempsey Center, 29 Lowell St. 5th Floor, Lewiston, ME 04240

Drop off at the Dempsey Center in Lewiston or So. Portland during normal business hours.



Patrick Dempsey with his mother, Amanda Dempsey

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DEMPSEY CHALLENGE

DempseyChallenge.org

THURSDAY, SEPT. 19

PACKET PICK UP + OPEN HOUSE

4:00 PM - 7:00 PM
Dempsey Center - Lewiston
29 Lowell St., 5th Floor | Lewiston, Maine

Pick up your packets + bibs and tour the Dempsey Center's Lewiston location. Discover all the services that the Dempsey Center provides at no cost to people impacted by cancer.

FRIDAY, SEPT. 20

PACKET PICK UP + OPEN HOUSE

10:00 AM - 7:00 PM
Dempsey Center - Lewiston
29 Lowell St., 5th Floor | Lewiston, Maine

Pick up your packets + bibs and tour the Dempsey Center's Lewiston location. Discover all the services that the Dempsey Center provides at no cost to people impacted by cancer.

CHAMPIONS FOR HOPE

7:00 PM - 8:30 PM
Hilton Garden Inn - Auburn, ME

Honor cancer survivors and celebrate this year's top fundraisers. By invitation only.

FESTIVAL IN THE PARK

SATURDAY, SEPT. 21
8:30 AM - 3:30 PM

CHALLENGER FOOD + BEVERAGE TENT

9:00 AM - 10:30 AM - Breakfast
11:00 AM - 3:30 PM - Lunch

MAINE CRAFT BEER + WINE GARDEN

Featuring local breweries: Baxter Brewing, Lost Valley Brewing, Side by Each, Gritty McDuff's, and Lone Pine

BLOODY MARY + MIMOSA BAR

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SATURDAY, SEPT. 21

VENUE OPENS TO CHALLENGERS

6:15 AM
Simard-Payne Park - 46 Beech St. Lewiston
Register for Challenge, turn in any last-minute donations, and get your questions answered!

OPENING REMARKS

7:00 AM
Poland Spring Entertainment Stage - Simard-Payne Park



JIBE CYCLE SPINATHON

7:00 AM - 1:00 PM

CHALLENGE EVENTS

Please arrive at least 15 minutes before your event start time for staging.

65-MILE RIDE START

7:30 AM

50-MILE RIDE START

7:45 AM

35-MILE RIDE START

8:00 AM

DEMPSEY DUATHLON START

presented by Geiger
8:15 AM

25-MILE RIDE START

8:30 AM

5K RUN START

presented by Unum
8:45 AM

5K WALK START

presented by Unum
9:05 AM

WENDY'S WAY FAMILY RIDE + 15-MILE RIDE START

9:30 AM

KIDS FUN RUN

presented by TD Bank
11:00 AM

Register at the tent near the start line beginning at 10:30 AM

SURVIVOR WALK

1:00 PM
Simard-Payne Park

If you are a cancer survivor, are in active treatment or are honoring a loved one, please join us for the Survivor Walk.

FUNDRAISING AWARDS

1:15 PM
Poland Spring Entertainment Stage - Simard-Payne Park

CHALLENGE AFTER PARTY

6:00 PM - 9:30 PM
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Rally together: Run/walk, Ride, Duathlon, Virtual, Spinathon

RALLY TOGETHER: 5K RUN/WALK PRESENTED BY UNUM

Join us for an inspirational 5K that starts and ends at the Festival in the Park. Presented by Unum. Feeling ambitious? Join our Dempsey Duathlon featuring a 4.5 mile run and 21.5-mile ride DOUBLE the fun!

In-person event located in Lewiston, Maine featuring run/walk and ride events on Saturday, September 21st.

Register at Dempsey-center.org

RALLY TOGETHER: RIDE EVENTS

Choose your own adventure! Join us on Saturday, September 21st for a 15-, 25-, 35-, 50-, 65-mile metric century bike ride or Wendy's Way - a family-friendly out-and-back ride 5-mile ride with an epic rest stop.

Feeling ambitious? Take on the Dempsey Duathlon featuring a 4.5 mile run and 21-mile ride DOUBLE the fun!

In-person event located in Lewiston, Maine featuring run/walk and ride events on Saturday, September 21st.

RALLY TOGETHER: TAKE THE CHALLENGE

Back again this year--the ultimate challenge for your inner athlete. Register for our take on a Duathlon,

presented by Geiger, and crush 2 events in 1--a 4.5-mile run followed by at 21.5-mile ride!

About the challenge The Dempsey Duathlon is a 25-mile course that you'll split into a 4.5-mile run to a rest stop where you'll change your gear and finish the remaining 21.5 miles in a challenging ride to the finish.

General Information: Event is limited to 150 participants - so register today!

Must be at least 15 years of age to participate

4.5 mile run must be completed in 1-hour (roughly a 12 minute/mile pace)

Bag and bike drop off at designated rest stop to take place early Saturday morning (details to come)

Bag Valet will be available

Personal items left behind for the ride portion will be bagged and labeled

Bagged items will be transported and available for pickup at the Bag + Bike Tent at the finish line

In-person event located in Lewiston, Maine featuring 5K run/walk and 21-mile ride on Saturday, September 21st.

DEMPSEY CHALLENGE REGISTRATION INCLUDES:

Participant t-shirt; Fundraising Incentives;

Fundraising Guide to help you achieve your fundraising goals!; Beverage ticket to enjoy a Maine craft beer, mimosa or bloody Mary; Maine-inspired finisher meal in the Food + Beverage Tent

VIRTUAL DEMPSEY CHALLENGE

It's easy to participate as a Virtual Challenger! On September 21st, pin on your bib, snap a selfie while you complete your activity and submit your results. All Virtual Challengers who raise at least \$300 and complete the Virtual Dempsey Challenge will receive an exclusive Virtual Challenge Finisher patch.

Register by 9/1 to receive t-shirt and official bib by Challenge weekend.

On September 21st, complete your activity from wherever you are in the world.

Take a picture as you participate in the Global Challenge.

Submit your results by 5:00 PM ET on 9/21 to receive an exclusive Global Challenge Finisher patch.

All virtual challengers receive: Participant t-shirt and bib shipped to you; Fundraising Incentives shipped to you; Fundraising Tool Kit to help you achieve your fundraising goals!

Virtual Challengers who raise at least \$300, complete and submit their activ-

ity will receive an official Global Challenge Finisher patch

2024 JIBE CYCLING STUDIO SPINATHON

Saturday, September 21st

CLASS TIMES: 7am | 8am | 9am | 10am | 11am | 12pm

LOCATION: Simard-Payne Police Memorial Park, 46 Beech St., Lewiston, ME 04240

We can't WAIT to bring our 5th (can you believe it?!) Annual Spinathon to the DEMPSEY CHALLENGE for 2024!

So gather your teams of 2 to 3, or get ready to ride as an individual and join one of the biggest and most impactful events of the year. 100% of the funds raised by YOU help provide personalized, holistic services at no cost to cancer patients, their loved ones, and care partners.

Teams of 2-3 will collectively cycle for 6 consecutive hours, and if you ride as an individual, you can participate in any (or all) of the 6 classes during the day!

Individual and Team Registration is NOW OPEN!

About the event

The Spinathon has quickly become a premier annual fundraising event for Jibe Cycling Studio and its community. Over the past 4 years, the event has raised over \$175,000 for cancer organizations. This year's event will benefit the Dempsey Center as an official fundraiser for the 2024 Dempsey Challenge.

Once you register online, your team fundraising page will automatically be created for you! Every sin-

gle dollar you raise will help the Dempsey Center provide personalized, holistic services at no cost to cancer patients, their loved ones and care partners.

BONUS! As an official fundraiser and extension of the Dempsey Challenge, all Spinathon participants will receive: Official Spinathon Hat Adult Beverage ticket in the Maine Craft Beer, Wine + Mimosa Tent; Access to all Dempsey Challenge Fundraising Incentives



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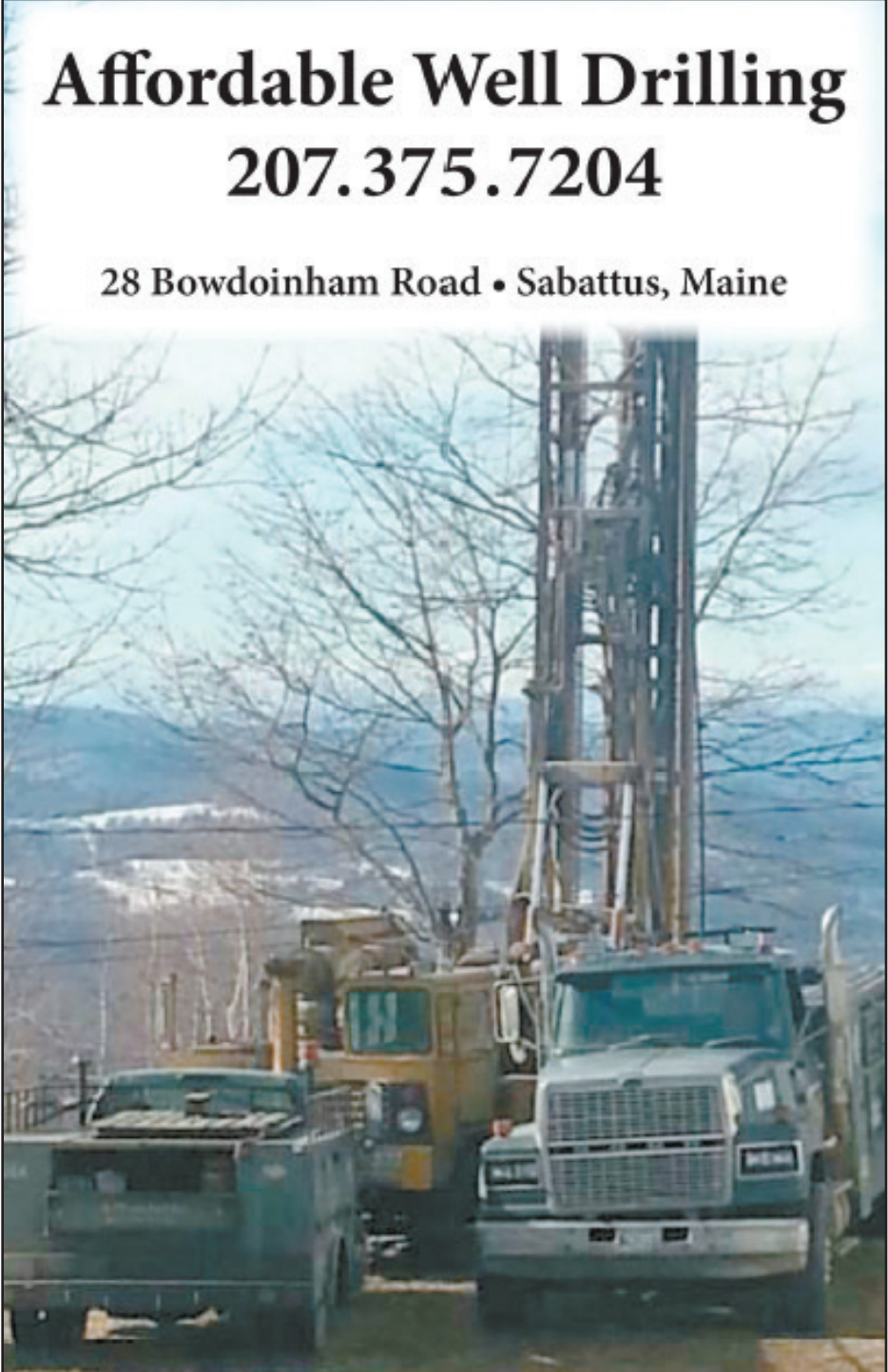
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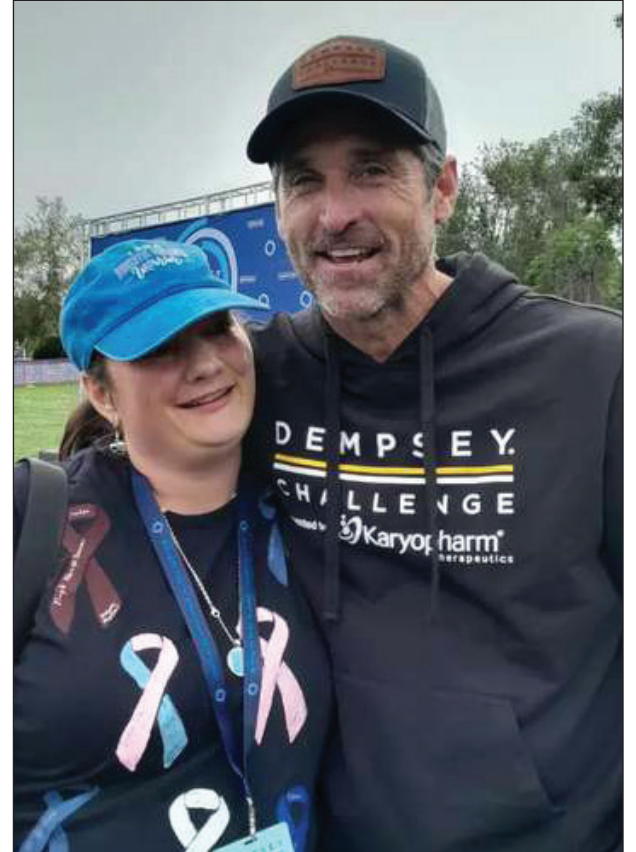
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Survey: Aging not a personal barrier for Maine residents

PORTLAND, ME -- Despite believing older adults are devalued in society, Maine adults of all ages don't see aging as a barrier, according to new AARP research examining how aging is viewed in the state.

Engagement seems to factor into the optimism. When asked about their views on aging, half of respondents among all three age groups — 18 to 54, 55 to 65, and 65-plus — said that as they age, they are becoming more involved in helping others and find that their life offers more possibilities. Mainers generally subscribe to the adage, "With age comes wisdom." Nearly nine in ten Mainers believe wisdom does indeed come with age, and

an overwhelming majority see value in passing it on, with 93 percent placing importance on sharing one's unique experiences with younger people.

Some 70 percent agree that the likelihood of older adults wanting to learn new things increases with age. Cultivating social connections and personal friendships continues with advancing age. The 65-plus age group was most likely to agree that friends are becoming a bigger part of their lives as they grow older.

Beyond the positive feedback, most Mainers think that older adults become less visible (64%) and are treated with less respect (54%). Mainers aged 55-



plus believe younger people have more advantages in society, 70 percent note that we live in a youth-oriented society and 69 percent say employers prefer younger workers over older workers.

Another 57 percent agree that older workers are excluded from employment or promotion opportunities. Sixty-six percent believe age discrimination exists in the workplace, and most point out that age bias begins in your 50s and 60s.

Further, Mainers believe the fear of getting old is very real for Americans. Of those surveyed, 75 per-

cent agree that Americans are afraid of getting old and 72 percent believe advertising and media negatively impact how Americans view aging. Ninety-one percent think older adults are more likely to become targets of fraud or scams and 72 percent agree that older adults have trouble keeping up with technology. In terms of the financial implications of growing old, 57 percent believe older adults rely on Social Security and Medicare to cover their needs and 49 percent agree that older adults have difficulty living in their own home.

While half of those surveyed were optimistic about aging, there also exists a real fear in growing

old. Education is needed to dispel the myths about aging, as well as to put an end to workforce age bias and stereotyping. Although we may live in a youth-oriented society, steps need to be taken to increase the value placed on older adults.

"AARP Maine is dedicated to improving the lives of Mainers aged 50 and older, as well as their families," said Noël Bonam, AARP Maine State Director. "Through state-specific surveys such as this, we gain valuable insights into the needs and desires of older adults in Maine. Our research bolsters our efforts to advocate for fair utility rates, fight elder fraud, seek support for Maine's 166,000 family caregivers

and provide resources on health and retirement security." AARP Maine also offers a variety of wellness classes, social programs, educational opportunities, and initiatives to advance age-friendly community enhancements.

Methodology

The online and phone survey of Maine residents age 18 and older was conducted from October 3 to November 2, 2023. Data were weighted by age, gender, and education to reflect Maine's 18 and older population.

To learn more about AARP and our work in Maine, visit www.aarp.org/me and follow us on Facebook, X and Instagram @aarpmaine.

Author talk on early McCarthy families of Co. Androscoggin

AUBURN, ME -- Auburn and Lewiston, Maine have a significant Irish heritage: In 1850 nearly one in four people in Lewiston was of Irish descent, and from about 1880 to about 1920 the

Irish dominated the social and political scene of the city. Auburn, too, had its Irish community and neighborhoods. "McCarthy" is the most numerous surname in Ireland, and was a leading name

in late 19th and early 20th Century Auburn and Lewiston.

Local historian and author, John Henderson, will be giving a talk at the Auburn Public Library discussing the key

findings of his original genealogical research assembled in his recently published work, Early McCarthy Families of Co. Androscoggin, Maine. Henderson studied 38+ families and will

discuss origins in Ireland, as well as occupational and settlement patterns in Androscoggin County.

This author talk will take place on Thursday, September 26, starting at 4 p.m. in the Androscog-

gin Community Room.

For more information about other upcoming programs at the Auburn Public Library, visit their website at www.auburnpubliclibrary.org.

Severe weather further strains Red Cross blood supply

PORTLAND, ME — The American Red Cross continues to experience a national blood emergency as remnants of Hurricane Debby and other severe weather events across the country have further complicated efforts to rebuild the nation's blood supply. Those in unaffected areas are urged to make an appointment to give now. Over the next two weeks

in Maine, 39% – or 897 blood donation appointments – are vacant across the state.

Weather in recent weeks has added to the summer shortfall in donations by forcing the cancellation of nearly 60 blood drives throughout the country, many of which were caused by Debby, causing approximately 1,500 lifesaving blood products to go

uncollected. Annually, severe weather – such as blizzards, tornadoes, floods and hurricanes – impacts about 90,000 blood donations made to the Red Cross. In Maine, 197 blood drives have been canceled due to weather over the last 10 years, including nine so far this year. This has contributed to more than 700 donations going uncollected in the Northern New England Region to-date in 2024. Because blood has a short shelf life and can only come from volunteer blood donors, any disruptions in the ability to collect lifesaving blood can have serious consequences for hospitals and patients.

First-time donors and those who give regularly are critical to blood

supply recovery. To make an appointment, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767). In thanks, all who come to give through Aug. 31 will get a \$20 Amazon.com Gift Card by email. See RedCrossBlood.org/Help for details.

Be ready for emergencies

September is National Preparedness Month, and a strong blood supply is key to preparedness for disasters and medical emergencies. As disasters occur more often and become more powerful due to the climate crisis, the Red Cross also encourages people to get their households ready for emergencies. This year the country has already seen the earliest Category 5 storm ever recorded with Hurricane Beryl, and wildfires have burned 2.7 million more acres compared to all of 2023.

Disasters can happen anywhere, at any time, often without warning. Get ready by making a plan to stay safe, gathering important supplies and knowing how you'll stay connected. To learn what disasters may affect your

community, visit redcross.org/hazardmap and then download the free Red Cross Emergency App for step-by-step guidance, real-time weather alerts and expert preparedness and safety advice in both English and Spanish.

THE L-A VETERANS COUNCIL WANTS YOU TO KNOW THAT IT IS NOT TOO 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.

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Thursdays

LEWISTON -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm.

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.

Recommended 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 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 footprints 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

Calendar

Send your submissions to the Editor. More online.

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.

Sept 20

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Pousette-Dart DUO - FRI, Sept 20, 2024 at 7:30 pm. Doors open 7:00 pm.

The first concert of the series will be the Pousette-Dart DUO (Jon Pousette-Dart and Jim Chapdelaine), formerly of the folk-rock group Pousette-Dart Band.

Pousette-Dart band was a mainstay of album radio in the 70's and a favorite on the college circuit, circuit becoming one of the busiest touring groups in the US working with such acts as The Byrds, Bonnie Raitt, Little Feat, The Ea-

gles, James Taylor, The J. Geils Band, and many more. They released 4 albums of harmony-filled, country-tinged folk-rock, and got plenty of radio play with songs including "Amnesia," "What Can I Say," and "Freezing Hot." As a Duo they perform decades of music from the Capitol years up to the latest solo releases. Jon Pousette-Dart DUO has become one of the top Country and Folk artists in the 2024 music scene. These long-touring musicians will perform the music known by heart by a whole generation.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/pousette>.

Sept 21

WESTBROOK -- Friends of Feral Felines is holding a used book sale on Saturday, September 21 from 9am to 2pm at the Westbrook Community Center, 426 Bridge St. in Westbrook. F of FF is a nonprofit supporting abandoned cats in southern Maine with veterinary care, food, and housing. Sales help both the homeless cats and the

community by reducing the numbers through trapping, neutering, and homing. fmi..... www.feralfelines.net

Sept 21

GORHAM -- Bean Supper featuring "George's Baked Beans" at Cressey Road Christian Church, 81 Cressey Road, Gorham, Maine on September 21 at 5 PM. Adults \$10, Ages 5-12 \$5, Under 5 FREE. Come early to secure your seat at this delicious dinner.

Sept 25

WINTHROP -- Award-winning author Sarah Braunstein will discuss her latest novel "Bad Animals" at 6:30 p.m. on Wednesday, September 25 at the Bailey Public Library in Winthrop. The New York Times described the book as a "sharp-witted, ravishing novel."

Sept 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.

9/25 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 do-

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nations accepted. For more information call 344-3106.

Sept 28

GRAY -- First Congregational Church of Gray Saturday Night Church Supper held on Saturday, September 28, 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

Sept 28

LISBON FALLS -- Dine In/Take Out Bean Supper, Saturday, September 28th from 4:30pm - 5:30pm or SOLD OUT at Lisbon United Methodist Church, 14 School Street, Lisbon Falls, ME. Sponsored by the Meth-

odist Women. Adults \$9.00

Menu: Pea Beans, Hot Dogs, Potato Salad, Cole Slaw, dinner roll and a slice of pie! FMI-Gwen Rioux 353-6814

DOE

Continued from page 3

experiences of other people. It helps them to talk amongst themselves and build the relationship skills they need to understand somebody else's perspective."

The Pine Project's Professional Learning will be available on September 30th on the Maine DOE website. The Pine Project was funded through Federal Emergency Relief and is a part of Maine's Whole Student Pandemic Response. You can learn more about Maine's use of Federal Emergency Funding on the Maine DOE website.

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

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Norway Savings supports relocation of Historic Tea House

BUXTON, ME--- As you drive along Salmon Falls Road, it appears out of nowhere, set on the banks of the Saco River and surrounded by private homes in a quiet, bucolic Buxton neighborhood. Built in the late 19th century as a Universalist chapel, Saco River Theatre has, for the last 33 years, enriched the community as a professional Equity playhouse and performing arts center that offers a variety of entertainment as well as diverse cultural and educational programs.

“Whether it’s hosting a performance by the residential theatre company, the Originals, a concert, a contra-dance, or a silent film, Saco River Theatre stands as a hub of modern creativity, a tribute to generations of area individuals and families, and a tangible link to the past,” said Dana Packard, Executive Director of Saco River Theatre.

Soon, thanks to an elaborate effort by donors

and local businesses, another historic and beloved local building will be joining the theatre on its riverside “campus.”

“The Indian Cellar Tea House structure was built over 80 years ago and was a gathering place for tea, friendship, and community building. Over the years, it has served as a store, a restaurant, and even a canoe retail facility. It has a rich history, including being the subject of the classic Margaret Hammel Shea book, Tavern in the Town, but has fallen into disrepair in recent years,” said Packard.

In 2022, Packard was approached by the Town of Hollis, where the Tea House is located, about the possibility of relocating the building to the theatre homestead about a mile away in order to save the building from demolition.

“Once it’s moved, we will be able to complete important renovation work like replacing the roof, shoring up the walls,



and more,” said Packard. “A planned dismantling and reconstruction of the Salmon Falls Bridge, the only viable path for the building’s journey, adds urgency to the project. We hope to have the Tea House settled on its new perch before winter.”

In an effort to help the group raise the funds

necessary to complete the relocation and encourage others to join the cause, Norway Savings Bank delivered \$1,000 to Saco River Theatre on August 23.

“It’s an amazing project and obviously, time is a factor, so we wanted to offer our support. We’d welcome other local busi-

nesses and individuals to join us and help preserve this culturally significant building,” said Amy Lehigh, VP Market Manager at Norway Savings Bank.

“The Tea House will be placed on a new foundation with the ultimate goal to have a daylight basement for a scene shop with prop storage, a cos-

tume shop, and possibly even a small guest room upstairs for traveling actors and musicians,” said Packard.

“The enthusiasm of the group trying to save the building and enable its long story to add new chapters promotes the importance of maintaining the historical fabric of Hollis and Buxton,” said Dan Walsh, President and CEO of Norway Savings Bank. “I think this passion for preservation and honoring the past is something that can inspire younger generations to appreciate those who came before them and celebrate the places they found meaningful.”

If you are interested in learning about the ways in which you can assist in saving this landmark and restoring it to its historic stature, contact Dana Packard at 207-929-6615 or cgrmoon@sacriver.net. To learn more about the Saco River Theatre, visit www.sacrivertheatre.org.

Casco FCU in Gorham celebrates 70 years

GORHAM, ME – Casco FCU, a local credit union, is proud to announce the celebration of its 70-year anniversary. Since its inception in 1954, it has been a trusted financial partner, committed to excellence, accountability, and the enhancement of the well-being of its members. This milestone is a testament of how Casco FCU

carries out its mission and core values each day by exemplifying true respect, trust, collaboration, and empathy within the community.

Over the years, Casco FCU has grown from a modest financial institution to a prominent player in York and Cumberland counties. Through unwavering dedication and

a relentless pursuit of distinction, the credit union has successfully expanded into Cumberland and York Counties, contributed tens of thousands of dollars to ending hunger in our local community, volunteered at Good Shepherd Food Bank, supported local businesses, and helped thousands of our neighbors build the life they deserve.

“We are incredibly grateful to our loyal members, dedicated employees, and supportive partners who have been integral to our success throughout this remarkable journey,” said Marti Allen, CEO. “This anniversary signifies not only the years of hard work and determination but also the immense potential that lies ahead as we continue to develop solutions for the needs and challenges of

our neighbors.”

Casco FCU’s commitment to being a trusted financial partner in the community has been at the heart of its growth. With a strong focus on relationships, they have consistently provided alternative solutions that address members’ hurdles in pursuit to their goals. Looking ahead, Casco FCU aims to further enhance its products and services, explore

new opportunities, and continue delivering exceptional value to its members.

In celebration of this significant milestone, Casco FCU had a Member Appreciation BBQ earlier this summer. The anniversary celebration provided an opportunity to reflect on CFCU’s journey, acknowledge the contributions of its employees, and strengthen its partnerships with members.



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