

## Prose and poetry reading by Women Who Write in Gorham



**GORHAM, ME** -- The Women Who Write group meets every two weeks at the library to workshop their writing

and Annie Boissevain of Gray.

The group is hosting a special reception on Wednesday, October 23 at 7 pm at the North Gorham Public Library. They will spend an hour reading stories, poems, and other works they have developed during the two years they have worked together. We are all invited to attend. Refreshments will be served.

## 'All Boys Aren't Blue' discussion tonight at Gorham's BML

**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! 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

## Dempsey Challenge 2024 Special Section Pages 7-10



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 opin-

ion. 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.

## under/current panel discussion held at USM Gorham

**GORHAM, ME** -- Join University of Southern Maine Art Gallery for a panel discussion on October 5 at 4 pm on issues around land claim, mining's impact on the local economy, and how themes of economic and ecological intertwinement can be viewed as a microcosm of the concerns that

face many communities throughout the ecoregion.

This program is part of our under/current exhibition.

Panelists include: Stephanie Garon, Artist

Bruce Taylor M.D., Public health physician

Nickie Sekera, Community Water Justice

Nick Bennett, Natural Resources Council of Maine Staff Scientist and Healthy Waters Director

Jan Morill, Earthworks Tailing Campaign Manager

Please note: This program will be in-person in our McGoldrick Center and held simultaneously via Zoom. Register for the Zoom session at USM's website.

This event is sponsored by a Maine Humanities Council Major Grant.



## 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](mailto:dpw@gorham.me.us)

## Clothes galore at Gorham's Mission of Hope Clothes Closet

**GORHAM, ME** -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we

are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating

hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have displayed them for a time, they are donated to our local second-hand shops.

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



**Clean Books**  
OLIVIA OUELLETTE  
Bookkeeper / Owner

*Give us a call today for a free quote!*

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

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

## Pellet Stove need cleaning or repair?

**Call The Stove Guy**  
**(207) 286-7633**

## Great Rates!

Installs ~ 23 Years Experience

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



# Newsmakers, Names & Faces

## Sen. Collins proposes reforms in response to mass shootings

**WASHINGTON, D.C.** – As the State of Maine continues to grieve the lives lost in Lewiston on October 25, 2023, U.S. Senator Susan Collins introduced the Armed Forces Crisis Intervention Notification Act to require U.S. military services to use state crisis intervention laws when a service member poses a serious threat to him or herself or to others. Senator Angus King is an original cosponsor.

Immediately following the Lewiston shooting, Senators Collins and King called for the Army Inspector General to conduct an independent review to more fully understand what happened and what can be done at the local, county, state, and federal levels to help prevent future tragedies.

That review, as well as the investigations by the Army Reserve and the Independent Commission established by Maine Governor Janet Mills, substantiated that there were numerous missed opportunities to potentially separate the shooter, Sergeant First Class Robert Card, from his firearms while he received mental health

treatment. In many instances, there was a clear lack of effective communication and coordination between the military and civilian law enforcement.

Informed by these findings, this legislation would require U.S. military services to utilize state crisis intervention programs—like Maine’s Yellow Flag Law—and to fully participate in judicial proceedings authorized by such laws, while protecting the Second Amendment and due process rights of service members.

“I authored the Armed Forces Crisis Intervention Notification Act in response to the October 25, 2023, tragedy in Lewiston, Maine. On that day, 18 Mainers were killed and 13 others were injured during the worst mass shooting in Maine history,” said Senator Collins. “While the shooter was responsible for his horrific actions, multiple independent investigations revealed that there were numerous missed opportunities to potentially intervene and prevent this tragedy. This bill would facilitate effective communication and coordination between state agen-

cies and military service branches, thereby helping to keep our communities safe and ensuring that service members in crisis get the assistance they need, without infringing upon the rights of law-abiding gun owners.”

“After shoppers were killed in Buffalo, New York, and schoolchildren and teachers were murdered in Uvalde, Texas, we came together to pass the Bipartisan Safer Communities Act,” Senator Collins continued. “I was honored to be a part of that effort, which I believe has saved many lives. I co-authored provisions in that bill to help take dangerous criminals off the streets—and that is exactly what is happening. The Lewiston tragedy requires legislation and other changes to eliminate the communication gaps that the investigations have revealed. We have a chance to help service members in crisis. We have a chance to help protect our neighbors and families. We have a chance to save lives.”

“We cannot bring back our friends and family members we lost last October, but we can take steps to fix the cracks in the

system that led to the tragedy,” said Senator King. “Whether through the Blast Overpressure Safety Act, or starting brain screening of service members on day one, or investments in additional mental health services to deliver needed care to those still processing unseen scars, this public safety threat is a complex problem that requires a wide range of approaches. While making sure that this bill has guardrails to protect the 2nd Amendment, this legislation strengthens the information sharing practices that can literally be the difference between life and death.”

Key Provision of the Armed Forces Crisis Intervention Notification Act Include:

Directing the Armed Forces to Fully Utilize State Crisis Intervention Programs.

This bill directs the Armed Forces to fully utilize state crisis intervention programs in certain circumstances, namely when a service member is determined to be unfit to possess military firearms due to the member making a serious, credible threat of violence or when

a service member has been involuntarily committed to a mental hospital. “Fully utilize” is defined to mean (1) taking action available to third parties under a state crisis intervention program and (2) providing relevant material facts to appropriate law enforcement or judicial personnel.

Directing the Armed Forces to Fully Participate in Judicial Proceedings.

This bill facilitates information sharing by directing the Armed Forces to produce, upon request, relevant evidence in judicial proceedings authorized as part of a state crisis intervention program.

Protecting the Ability of States to Design Crisis Intervention Programs.

This bill preserves the ability of states to craft crisis intervention programs that work best for them. The Armed Forces would simply operate within each state’s framework, provided the state programs adhere to the due process and Second Amendment protections detailed for such programs in the Bipartisan Safer Communities Act. The bill does not require states to adopt, modify, or expand any crisis intervention programs, nor does it

create a federal crisis intervention program.

Protecting the Due Process and Second Amendment Rights of Service Members.

As noted, this bill directs the Armed Forces to utilize state crisis intervention programs that include the due process and Second Amendment protections already specified by Congress in the Bipartisan Safer Communities Act.

This bill directs the Armed Forces to fully participate in judicial proceedings authorized as part of state crisis intervention, including proceedings initiated by a current or former service member to modify or terminate a protection order to regain possession of his or her firearms when the military has evidence that may be helpful to his or her case.

This bill does not affect the military’s existing authority to disarm service members of their service weapons in a broad range of situations that are unrelated to a serious, credible threat of violence or involuntary commitment to a mental hospital, when it might not make sense to trigger a state crisis intervention program.

## MaineCF awards \$211K in journalism scholarships

**PORTLAND & ELLSWORTH, ME** — The Maine Community Foundation’s (MaineCF) Guy P. Gannett Journalism Scholarship Fund has awarded \$211,000 in scholarships to 21 students studying journalism at the undergraduate or graduate level.

The Gannett Scholar-

ship provides support for students majoring in journalism or a related field and helps pay tuition for undergraduate or graduate studies.

This year’s Gannett Scholarship recipients are: Ashley Allen, Yarmouth: Endicott College; Ella Anderson, Long Island: New York University; Ryan



**Maine**  
Community Foundation

Bell, Palmyra: Syracuse University; Iselin Bratz, Camden: Emerson College; Skylar Cummings, Portland: University of Montana; Emma Gaecklein, Searsport: Marist Col-

lege; Cally Gudroe, Garland: University of New England; Nola Goodwin, Turner: Georgetown University; Isabelle Hamann, Monmouth: University of Southern California; So-

phia Labbe, Vassalboro: Lasell University; Megan Lachance, Minot: Franklin Pierce University; Sophia Landrum, Brooklin: University of Chicago; Quinn McPherson, Kittery: Boston University; Freyja Pacheco, Portland: Fordham University; Cole Purvis, Saco: Syracuse University; Hailey Rondeau, Westbrook: Southern Maine Community College; Moira Sankey, Surry: Wheaton College; Elijah St. Louis, Falmouth: University

of Virgin Islands; Amber Stone, Farmington: University of Southern Maine; Sandy Tomasco, Winslow: University of Maine at Presque Isle; and Cali Warren, Brooks: University of Maine.

A volunteer review committee selected the students based on demonstrated interest in journalism, excellence in academic performance and financial need. The application for the 2025 Gannett Scholarship will open in January. For more information, visit [www.mainecef.org/scholarships](http://www.mainecef.org/scholarships).

**Injured  
on the job?**

**We should talk.**

(207) 333-5103

Help@BilodeauLaw.me

BILODEAULAW.ME

**BILODEAU  
LAW**

**allworx**



**Save \$\$  
on your  
business  
phone!**  
**Call today for  
a demonstration!**

**PROFESSIONAL  
COMPUTER SERVICES INC.**

**207.784.6295**  
buck@pro-pc.us



**Buck Buchanan**  
A+, MCP Certified Technician

**Best  
Source  
for Arts,  
Music and  
Theater!**

**Your  
Hometown  
Paper.**



# Newsmakers, Names & Faces

## Robin Taylor-Chiarello named sponsor for gala event

**PORTLAND, ME** – Camp Susan Curtis is thrilled to announce beloved children’s author Robin Taylor-Chiarello as the Children’s Author Sponsor for its 50th Anniversary Gala event. The Campfire Under the Stars Gala will take place on October 3rd at Brick South on Thompson’s Point and celebrate 50 years of providing life-changing summer camp experiences for Maine children from low-income families.

Robin Taylor-Chiarello, owner of Blue Lobster Book Co., is an active and award-winning children’s author. She has received a Gold Mom’s Choice medal and four Sil-

ver Mom’s Choice awards. Her books celebrate overcoming challenges and adversity and stress family values, faith, and determination. An alumna of Finch College and Harvard Graduate School of Design, she has had a home in Lovell, Maine for nearly 40 years.

Robin has been an active member of the Camp Susan Curtis community for several years and is deeply committed to ensuring that underserved Maine youth can access life-changing outdoor programming. In addition to serving on the Camp Susan Curtis Board of Trustees, Robin works to raise awareness and connect Maine communities to the



camp’s mission through vibrant events.

“Our mission is my bible, to help children

facing economic hardship have a transformative experience at camp,” said Robin. “To hear them

sing, and joke with each other, like kids are supposed to do on a summer afternoon. Listening to the laughter from the lake as they accomplish a new skill. Watching them view life differently through the lenses of hope and strength, and learning they have a collection of new friends to support them, even as they struggle with poverty. As we celebrate our 50th year, I ask anyone who is able to join me in supporting our mission. Let’s take care of Maine’s most important resource – our children. The future of this state depends on it.”

Camp Susan Curtis is the only camp in Maine that exclusively serves

Maine children from low-income households – at no cost to their families. Since 1974, Camp Susan Curtis has served more than 19,000 campers. The 50th Anniversary Gala will celebrate this legacy while raising funds to ensure that future generations continue to benefit from the camp’s unique programs, which are designed specifically to best serve children from low-income households.

Camp founders Governor Ken Curtis and Mrs. Polly Curtis will be the special guests of honor at CSC’s 50th Anniversary Gala, which will give attendees a chance to experience the magic of camp firsthand.

## Goodwill NNE, Gorham offers donation pick-ups

**MAINE** – Goodwill Northern New England now offers donation pick-ups, thanks to a new partnership with ReSupply. The partnership will begin in the Greater Portland, Maine area and expand in the coming weeks.

“Getting to a donation center can be difficult for some folks, especially if they have large, bulky items like furniture,” said Goodwill’s Director of Logistics Rick Mooney. “Our goal is to make donating easier and more accessible



for our communities by offering donation pickups.”

ReSupply offers a fee-based pickup service

to donors and in turn provides that donation to Goodwill. Goodwill does not take any part of the



pick-up fee. Any items Goodwill cannot take ReSupply will then take to other charities to further help keep items from ending up in landfills.

Goodwill stores and donation centers will always remain a free option for donating clothing and household items.

ReSupply will initially serve folks surrounding these stores: Biddeford, South Portland (Maine Mall), Gorham, Westbrook, Falmouth, Windham, Topsham and Brunswick.

“We hope our donors find value in this alternative donating option,”

Mooney said. “If it’s not your cup of tea, our donation specialists are ready for you at our stores.”

Visit [goodwillnne.org/donate/](http://goodwillnne.org/donate/) or call (361) 264-1467 to schedule a donation pickup. ReSupply will reach out to coordinate the pickup within 24-48 hours.

## WRCC invites Gorham to bean supper

**GORHAM, ME** -- White Rock Community Clubhouse at 34 Wilson Road, Gorham invites the public to a homemade bean supper on Saturday, Octo-

ber 5, 4:00-5:30pm.

Eat in or take out. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs

and dessert. \$10 adults, \$5 under 12

Follow us on Facebook for updates: [facebook.com/whiterockcommunityclub](https://www.facebook.com/whiterockcommunityclub)

## Casco FCU’s 7th annual Ride to End Hunger

**CASCO, ME** -- Casco FCU had their 7th Annual Ride to End Hunger on Saturday, August 3 at 393 Ossipee Trail in Gorham. Despite the weather, they were able to raise \$5,445.60 for the Campaign for Ending Hunger.

The ride is put on with charity in mind and

all proceeds go to the Maine Credit Unions’ Campaign for Ending Hunger. Last year Casco FCU raised a total of \$11,163.79 for the campaign. Checks for \$3,757.66 were presented to the Gorham Food Pantry, Standish Food Pantry and the Buxton Food Co-op. These monetary

donations are important because they help the pantries purchase new refrigerators or make much needed renovations.

Keep an eye out next summer for information on joining their next ride.

## WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Lynn Lowe  
Licensed Agent



The Champoux Insurance Group welcomes Lynn Lowe to the team. Lynn has over 25 years experience. She has earned multiple designations throughout her career by continuing education to include AINS, AIS, API, CPIA & CPIW. Having these designations allows her to help identify the needs of each client & their individual

risks. Lynn enjoys using her skills to contribute to the team environment which carries over to the client.



**CHAMPOUX INSURANCE**  
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue - Lewiston, ME 04240  
(207) 783-2246  
[www.MaineInsuranceOnline.com](http://www.MaineInsuranceOnline.com)

**Jason Hodsdon Masonry**  
Chimneys • Chimney Cleanings • Masonry Demo  
Repointing & Repairs • Culture Stones  
Restorations • Stainless Steel Liners  
*We install professional chimney caps!*  
215-3557  
North Monmouth  
[Jasonhodsdonmasonry@gmail.com](mailto:Jasonhodsdonmasonry@gmail.com)

**Gorham WEEKLY**  
(207) 558-8488  
[Info@GorhamWeekly.com](mailto:Info@GorhamWeekly.com)  
28 State Street, Gorham, ME 04038  
Mail: 89 Union Street, Suite 1014, Auburn, ME 04210

**FREE e-subscriptions at**  
[www.GorhamWeekly.com](http://www.GorhamWeekly.com)  
**Advertising**  
For advertising information email  
[Laurie@twincitytimes.com](mailto:Laurie@twincitytimes.com) or call 795-5017.

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

**Press Releases**  
All submissions, including photos, must be emailed to [editor@GorhamWeekly.com](mailto:editor@GorhamWeekly.com).

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

©TWIN CITY PUBLISHING, INC 2022® FOUNDED IN 1998  
All materials found in GORHAM WEEKLY, INC. are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.



# Seniors Not Acting Their Age

# Circumnavigating Campobello Island



Kayakers approach spectacular Head Harbour Lightstation at the northern tip of Campobello Island



Brent Elwell enters a cave on Head Harbour Island



Paddlers venture into fog while crossing Harbour de Lutre

For several days, a large group of Mainers had been camping at Herring Cove Provincial Park on Campobello Island in New Brunswick. Early on, many of us enjoyed an outstanding sea kayak trip along the rugged east side of the island. When foggy conditions prevented kayaking, we biked and hiked the Roosevelt Campobello International Park trails. However, for some of us, one goal remained - a sea kayak expedition along the western and northern shores of the island.

As a result of a previous visit last year and our earlier voyage, several of us had kayaked about two-thirds of the island shoreline. However, the sector from the village of Welshpool on the west

side to Mill Cove in the northeastern corner remained undone. Two trips had been planned but were cancelled due to thick fog.

Signs were encouraging for a paddle when we arose for the final full day of our stay. A drive to Welshpool confirmed that the coastline was fog-free but patchy fog lingered in the distance. Nine of us decided to attempt the trip.

We dropped kayaks next to the ferry landing in Welshpool. Since there is minimal parking at the landing, most of the vehicles were transported to Mill Cove and the drivers returned in one vehicle while two of us remained with the kayaks.

The landing was a busy place. Just before we launched, the Deer Island

Ferry delivered and picked up full loads of vehicles.

Fog banks could be seen in the distance along the shores of Eastport and Deer Island when we departed in gentle seas and a light tailwind at about high tide. An early concern was crossing the mouth of substantial Harbour de Lutre since treacherous tidal currents were reported to occur at some levels. We had studied the tide schedule and planned to arrive at close to high tide to minimize the risk.

The seas were calm but fog was infiltrating when we began the Harbour de Lutre traverse. We took a precautionary compass bearing to distant Cook's Point before continuing. Nearing halfway, the fog lifted and

the potentially hazardous remainder of the crossing was uneventful.

Light rain commenced as we passed the small village of Wilson's Beach. Soon after, we progressed along cliffs that were reminiscent of the east side of the island. A substantial fish weir was the object of exploration in this area.

Members of our party spotted a whale off the distant shore of Eastport. Whale sightings are common in the Campobello Island area and whale watching tours are conducted from Welshpool and Wilson's Beach. A few people in our group had gone on a tour and observed a minke whale. Alas, no close encounters on our journey.

Rounding an escarpment near the northern end of the island, we were thrilled to encounter spectacular views of dramatic Head Harbour Lightstation. The colorful distinctive lighthouse sits on the jagged cliffs of a tiny islet that is separated from the main island at high tide. It was constructed in 1829 to aid ships navigating the notorious Bay of Fundy between the islands of Campobello and Grand Manan.

We split into two groups: some passing on the outside of the lighthouse, others negotiated through a narrow channel on the inside. After paus-



Bob Dawson passes an ancient fish weir near Wilson's Beach

ing to embrace the magnificent view, we crossed open water to Head Harbour Island. Tall cliffs dominate the outside of the island where we investigated a cave carved out of the wall by eons of violent Bay of Fundy storms. Off-shore boulders provided opportunities for stimulating slalom-style maneuvers.

More open water brought us to the northern end of Mill Cove. Fog was creeping in from the south when we entered. By the time we were deep into the cove, visibility was less than a couple of hundred feet. We had been extremely fortunate. Had dense fog been encountered earlier, it might have jeopardized the trip.

Instead, our voyage ended on a very happy note. We were able to locate the rocky beach and carry kayaks to our waiting vehicles. For me complet-

ing a circumnavigation of Campobello Island was the highlight of several exceptional outdoor adventures during our visit.

My book *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight sea kayak excursions along the Maine coast including a foggy expedition on the Bold Coast that ended in nearby Lubec.

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)

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

Our premium grade sealer inexpensively  
adds years of life!

Protect your investment with our  
wide range of products!

Roadmark Industries

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

# ROOTED

*hair studio*



Courtney



Michael

Accepting New Clients ~ Booth Rental Available

214 Minot Avenue ~ Auburn ~ 689-3035



# What women need to know about treating postpartum depression

Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of Maine

Pregnancy and childbirth are often celebrated as incredible events in a woman's life. But, for some, it can be anything but joyful. One in five women experience pregnancy-related mental health conditions. Of those, 20% will face suicidal thoughts or attempt to harm themselves. In fact, maternal mental health challenges are the number one cause of maternal mortality, primarily due to suicide.

Most women have some degree of the "baby blues." So, what makes some women more likely to experience more severe mental health issues? Women with a history of anxiety or mood disorders or those with a family his-

tory of postpartum depression have a higher risk. Women from under-resourced communities, those with little to no social support, and those who use substances like drugs or alcohol also face higher risks, as are women who have experienced fertility challenges, an unwanted pregnancy, or a difficult birth. And among communities of color, stigma and judgment often prevent women from seeking mental health treatment.

But it doesn't have to be that way. The time has come to recognize that pregnancy-related mental health conditions are not only prevalent but largely preventable. Here are a few tips to help combat maternal mental health challenges:

Inform yourself.

Take some time to familiarize yourself with emotional changes that can come with pregnancy and the postpartum period. This knowledge not only helps in setting your own expectations but also empowers you to communicate effectively with healthcare providers.

Talk to your doctor about treatment options. When exploring medication treatment options for postpartum depression, it's important to understand the benefits and potential side-effects of the medications. Be sure to speak with your health care provider to understand the best option for you and check with your health coverage plan to make sure the medication is covered.

Destigmatize mental health. It's okay to talk about how we're really

feeling. Whether you're pregnant, a new parent, or a supportive partner or friend, speaking up about mental health challenges should be as normal as talking about a backache. When we open up, we make it easier for everyone to seek the help they might need without fear.

Monitor your well-being. Keep an eye on how you're feeling emotionally, not just physically. Changes in mood, energy levels or thoughts can be subtle clues that you need some extra care. It's like keeping a diary of your emotional world — noting down what feels different, what's worrying you, or even what's bringing you unexpected joy.

Call your health plan provider: Your health insurer can also help you

access care. For example, some insurers like UnitedHealthcare have specially trained advocates to support members who might be struggling due to their social environment, help members understand their benefits and guide them to timely care.

Take advantage of your Employee Assistance Program (EAP). These programs typically offer services that relatively few employees take advantage of. Depending on your situation, you may not need to seek additional behavioral health support with a care provider if your EAP offers personalized guidance.

Seek support: A trusted healthcare provider can guide you to the right level of support, such as talking to an expert in person or virtually, or joining

a network or discussion group about this issue. Your family and friends can be there for you by listening, offering the voice of experience, or even helping with household chores to allow you time to rest. Remember that taking action early is a proactive step toward maintaining your mental health. It's a sign of strength.

Together, we can break the silence, prioritize maternal mental health, and ensure that no mother faces this challenge alone. It is time to unite, embrace compassion, and empower all women to embark on their motherhood journey with strength and resilience.

\* EAP availability varies by plan design and benefits selected by the employer

# Virtual field trips explore Maine's aquaculture industry

MAINE -- University of Maine Cooperative Extension 4-H announces the launch of virtual field trips (VFTs), an innovative way for youth learners to explore Maine's thriving aquaculture industry. These immersive online experiences bring aquaculture to life, offering participants the chance to step inside cutting-edge facilities and learn directly from industry experts. Through the power of virtual reality and accessible browser-based tools, these trips highlight the processes behind sustainable aquaculture—no travel required.

"Virtual field trips can introduce learners to professionals and bring them to places that would otherwise be infeasible," said Carla Scocchi, 4-H Youth Development Professional. "We're excited to use this technology to teach youth about Maine aquaculture, even when they're unable to visit these facilities in-person."

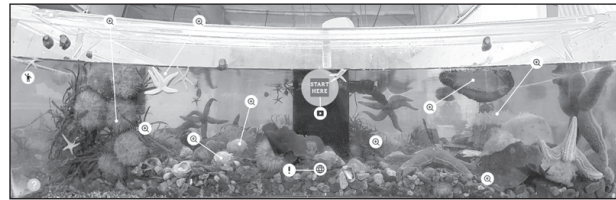


Photos courtesy University of Maine Cooperative Extension.

Accessible at no cost, the VFTs are designed to break down geographical and financial barriers, making high-quality, hands-on learning available to all. Educators, both formal and informal, can register online to receive a link to the VFTs. Each field trip also comes with complementary 4-H activity guides and lesson plans to help facilitate meaningful engagement with K-12 youth.

The first VFT cur-

rently available features the University of Maine Center for Cooperative Aquaculture Research (CCAR), a large-scale, land-based aquaculture facility in Franklin. Additional virtual field trips are in development and will be rolled out in 2025 and 2026. These experiences will offer insight into seafood production, workforce development, career exploration and STEM concepts related to aquaculture technologies.



"The aquaculture industry continues to grow and significantly impacts Maine's economy," said Hannah Carter, associate provost for online and continuing education and dean of Cooperative Extension. "We are pleased that UMaine Extension 4-H can help

expose youth to opportunities within this industry no matter where they are located across the state."

Visit the program webpage to register for a virtual field trip. To request a reasonable accommodation, please contact Carla Scocchi, carla.scocchi@maine.edu or 207.667.8212. This initiative is supported by the USDA National Institute of Food and Agriculture, Maine Aquaculture Innovation Center, and SEA Maine.

scocchi@maine.edu or 207.667.8212. This initiative is supported by the USDA National Institute of Food and Agriculture, Maine Aquaculture Innovation Center, and SEA Maine.

**Best Source for Arts, Music and Theater!**

**Your Hometown Paper.**



LEWISTON, MAINE

**SCAN HERE!**



*The Place where every hour is happy.*

**OPEN DAILY 11AM-9PM**

**DINE IN - TAKE OUT**

**207-777-6353**

**207-777-6354**

**1567 Lisbon Street Lewiston, Maine**

**We Deliver.**



Uber Eats GRUBHUB Postmates DOORDASH

**SUBWAY**

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

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



*American pub-style food and drinks.*

**A** 7 Railroad Ave, Ste 102  
Gorham, ME 04038

**W** www.jctbowl.com  
**P** 207.222.7600



# Arts & Entertainment

## Gala Celebration to honor Hancock Lumber

**WINDHAM, ME --** The Sebago Lakes Region Fuller Center for Housing will hold its sold-out 5th Anniversary Gala Celebration on Tuesday, October 1, 2024, from 5 p.m. to 8 p.m. at The Stone Barn at Saint Joseph's College in Standish. The Gala will honor Hancock Lumber for its very generous donations of funds and building supplies to "The Fuller Center," a Windham-based nonprofit that offers home repairs for seniors and veterans so they may remain in their homes safely and enjoy the quality of life they deserve.

The Gala will be hosted by Diane Dunton Bruni, Board Chair, President, and Founding Member of the Sebago Lakes Region Fuller Center for Housing, who recently was named one of "20 Outstanding Women of 2024" by The Portland Radio Group (WVGX, Coast 93.1 FM) and Hannaford Supermarkets.



Image courtesy of The Sebago Lakes Region Fuller Center for Housing.

Prior to the Gala, an online auction will be held to raise funds for the Sebago Lakes Region Fuller Center for Housing. The attractive auction items will include One Week's Rental of a Cobalt Travel Trailer,

Maine State Theater Tickets, 4 Rounds of Golf at Point Sebago, A Gorgeous Handmade Braided Rug, collectibles, gift baskets, gift certificates, and more. A Silent Auction will also be held at the event.

## Author booked for West Buxton Public Library presentation

**BUXTON, ME --** Join us Saturday, October 5, 2PM-4PM at Buxton Town Office, 185 Portland Road, Rear Entrance for guest speaker Gerard Bianco, an award-winning artist, author, teacher and lecturer. He holds a BA in Studio Art and an MFA in Writing.

His books can be

found on Amazon. His short stories have appeared in various literary journals and his lessons, exercises and advice on the art and craft of creative fiction have appeared on the web and in the book, *Now Write! Mysteries: Mystery Fiction Exercises From Today's Best Writers and Teachers.*

His latest book, *Marlee*, takes place in Maine and contains thirteen of his unique illustrations. He lives in Maine. Please visit his website at <https://gerardbianco.com/>

Refreshments will be served. FREE an RSVP appreciated contact Lorraine lindcabin@gmail.com.

## Bangor Savings Bank named presenting sponsor

**PORTLAND, ME --** Camp Susan Curtis is thrilled to announce Bangor Savings Bank as the presenting Trout Lake Sponsor for its 50th Anniversary Gala event. The Campfire Under the Stars Gala will take place on October 3rd at Brick South on Thompson's Point and celebrate fifty years of providing life-changing summer camp experiences for children from low-income families.

"Camp Susan Curtis provides Maine youth with access to mentorship, support, and life skills essential for their development. Growing up, camp was a significant part of my life, and I see the same impact on today's campers. From the youngest participants to those in the leadership program, they learn to

collaborate, have fun with and lead others," said Bob Montgomery-Rice. "These experiences are crucial for their personal growth and the future prosperity of Maine, as these kids are the next generation of leaders and innovators. At Bangor Savings Bank, we are deeply committed to investing in our communities and are proud to support this milestone event."

Camp Susan Curtis is the only camp in Maine that exclusively serves Maine children from low-income households – at no cost to their families. The 50th Anniversary Gala aims to celebrate this legacy while raising funds to ensure that future generations continue to benefit from the camp's unique programs, which are designed specifically to best serve children from

low-income households. Camp founders Governor Ken Curtis and Mrs. Polly Curtis will be the special guests of honor at CSC's 50th anniversary gala, which will give attendees a chance to experience the thrill of camp for themselves.

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

It's FANGtastic FUN!

# DRACULA

A COMEDY OF TERRORS  
by Gordon Greenberg & Steve Rosen

**Oct 11-27** WINE TASTING Thursday, Oct 17  
Saturday BEER SAMPLES, Oct 19  
Your admission ticket includes these pre-show events.

**ThePublicTheatre.org | 782-3200**

**THE PUBLIC THEATRE**  
31 Maple Street, Lewiston

UNDERWRITERS: Platz Associates, Sun Journal, WOXO & WIGY  
SPONSORS: Austin Associates CPA, LA Metro Magazine, Berube's Complete Auto Care / NAPA Coastal Auto Parts

## 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






Photos by Suzanne Murray



Supporting The Dempsey Center  
Defeating Cancer



www.atwork.com • (207) 225-5627







Photos by Suzanne Murray



**REAL CLEAN LLC**

PROFESSIONAL & RELIABLE  
**CLEANING SERVICES**

Serving Central Maine  
 207-712-2765  
 RealCleanLLC@yahoo.com  
 RealCleanLLC.com



Come get your farm fresh potatoes, pumpkins & vegetables!

- Potatoes
- Vegetables
- Grain Corn
- Firewood

**BELL FARMS**  
 AUBURN, ME

**207-784-1455**  
 1552 Riverside Drive, Rte. 135, Auburn



When you plan your funeral arrangements in advance, you're giving your family more than just a record of your service wishes. You're also telling them how much they mean to you. Planning ahead takes so little time, yet it gives your family what they'll need most. Time together, time to heal. Our trained staff members are available to discuss your funeral plans with you and record your wishes now ... before they're needed.

What a nice gift to give your family. And yourself.

*Caring for your needs since 1970*

**Finley Funeral Home**      **Bragdon-Finley Funeral Home**  
 15 Church Street, Livermore Falls, ME 04254      707 Main Street Monmouth, ME 04259  
 (207) 897-3588      (207) 933-4444

[www.finleyfuneralhome.com](http://www.finleyfuneralhome.com)

Member of International Order of the Golden Rule • The Maine Funeral Directors Association • The National Funeral Directors Association

**Skelton Taintor & Abbott**  
 ATTORNEYS AT LAW

**Over 160 years of commitment to clients, cases, and community.**

500 Canal Street, Lewiston, Maine  
 Call 207.784.3200 or visit [sta-law.com](http://sta-law.com)





**Kennebec**  
EQUIPMENT RENTAL  
SALES & SERVICE SINCE 1964

BANGOR  
FAIRFIELD  
AUBURN  
WOOLWICH  
PORTLAND  
KITTERY

**Geared for Business for 60 Years**  
**Rental - Sales - Service**

FAIRFIELD	207-453-9351	BANGOR	207-947-3381
AUBURN	207-783-2007	KITTERY	207-439-5115
PORTLAND	207-797-9112	WOOLWICH	207-443-1393

[www.kennebecrental.com](http://www.kennebecrental.com)

Earn up to

# 6%

APY<sup>1</sup>

on checking



[egcu.org/rise](http://egcu.org/rise)

**rise** **Evergreen**  
High-Yield Checking Credit Union

Open  
**NOW**  
OR Call  
221-5000

<sup>1</sup>APY = Annual Percentage Yield as of 3/4/24. Rates subject to change without notice. Federally insured by NCUA. Transaction requirements apply, visit [egcu.org/rise](http://egcu.org/rise) for details.

## Affordable Well Drilling

# 207.375.7204

28 Bowdoinham Road • Sabattus, Maine

Give us a call about excavation and Forestry!





Photos by Suzanne Murray



**Congratulations to the participants of the Dempsey Challenge, You rock!**

**Fire Alarms**  
**Video Systems**  
**Intrusion Alarms**  
**Access Control**  
**Commercial**  
**Residential**

Locally Owned  
Locally Operated

**855-740-6794**  
 BuildingControlsMaine.com



*Serving Maine Since 1970*

**Good Health to You and the Planet too!**

**AXIS NATURAL FOODS**

120 Center Street Plaza  
 Suite 300  
 Auburn, ME 04210  
 (207) 782-3348

Natural & Organic Foods • Vitamins  
 Herbal Products • Books  
 Body Care • Organic Produce



*We support the*

**DEMPSEY**  
**CHALLENGE**

**LC** **Lisbon Community Federal Credit Union**  
*Building Futures. Preserving Dreams.*

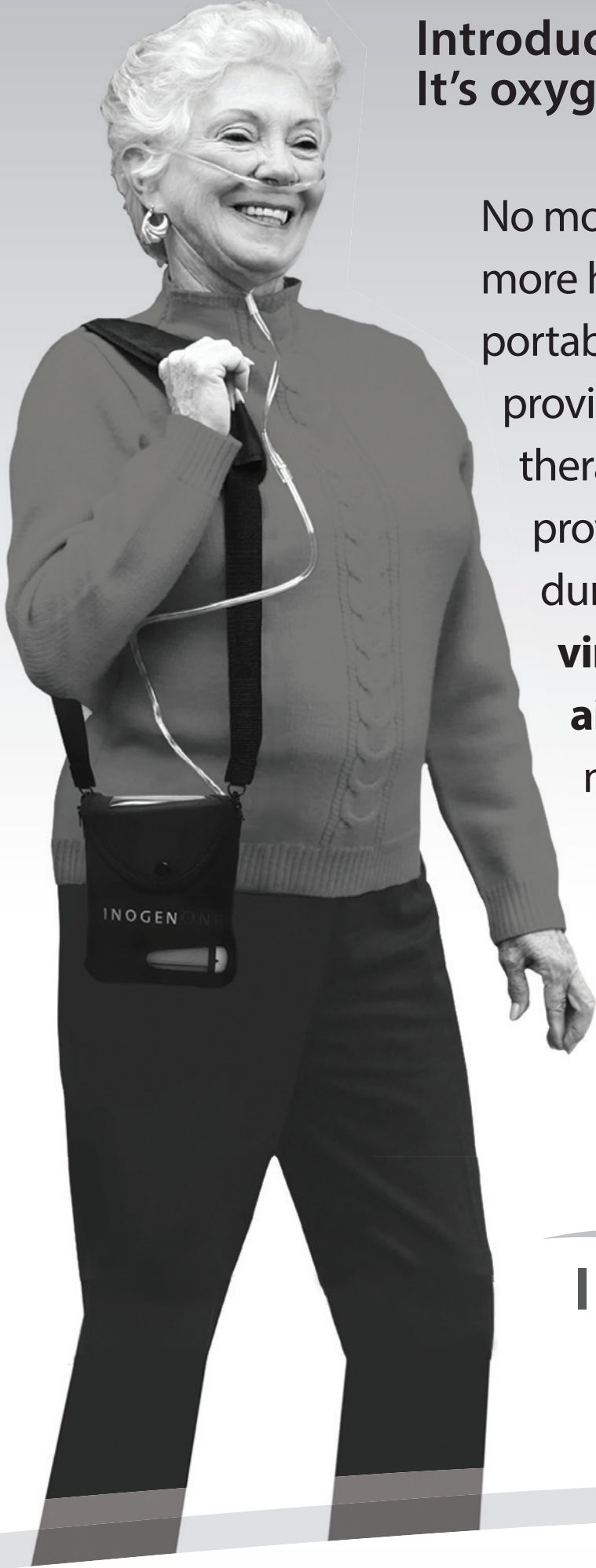
325 Lisbon St, Lisbon 353-4144  
 802 Sabattus St, Lewiston 333-3214





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

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



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

### Reclaim Your Freedom And Independence NOW!



Call Inogen Today To Request Your **FREE** Info Kit 

# 1-877-402-1909





# MET 'Live in HD' returns to the LHE/PAC this fall

**FRYEBURG, ME** — The Met: Live in HD, the Metropolitan Opera's award-winning series of live high-definition cinema simulcasts, opens its 18th season on Saturday, October 5, 2024, with a live transmission of Offenbach's Les Contes d'Hoffmann, which stars acclaimed tenor Benjamin Bernheim in the title role of the tormented

poet, alongside sopranos Erin Morley and Pretty Yende and mezzo-soprano Clémentine Margaine.

The 2024-25 Live in HD season also features the Met premiere and live transmission of Jeanine Tessori's new opera Grounded, starring mezzo-soprano Emily D'Angelo; new stagings of Strauss's Salome by director Claus Guth,

with a cast led by soprano Elza van den Heever and baritone Peter Mattei, and Verdi's Aida, with soprano Angel Blue and tenor Piotr Beczala, directed by Michael Mayer; the first-ever Met Live in HD transmission of Beethoven's Fidelio, along with Puccini's Tosca, both featuring soprano Lise Davidsen as she continues to explore the full range

of Italian and German dramatic repertoire; Mozart's Le Nozze di Figaro with an all-star cast; and director Bartlett Sher's beloved take on Rossini's Il Barbiere di Siviglia, with opera's newest star, mezzo-soprano Aigul Akhmetshina, returning to the Met after her hit run this season in the new production of Bizet's Carmen. Met Music Director

Yannick Nézet-Séguin conducts Grounded, Aida, and Salome.

"From its beginning, The Met: Live in HD was created to connect the Met to a global audience," said Peter Gelb, the Met's Maria Manetti Shrem General Manager. "We're glad to see audiences around the world beginning to return to cinemas in larger numbers

since the end of the pandemic."

Live in HD tickets are \$30 for adults, \$28 for seniors (65+), and \$10 for students. Purchase tickets online at [www.fryeburg-academy.org/pac](http://www.fryeburg-academy.org/pac), or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

# State Farm associates sort food for neighbors in need

**MAINE** -- State Farm associates from across the country are celebrating Good Neighbor Month in September. Locally, seven agents and employees partnered with Good Shepherd Food Bank of Maine to highlight their commitment to being good neighbors. Good Shepherd Food Bank is the largest hunger-relief organization in Maine, serving over 140,000 individuals each

year. The organization services the entire state of Maine and partners with more than 600 hunger-relief agencies where people can access food, including food pantries, meal programs, and mobile distributions.

The State Farm associates spent an afternoon at Good Shepherd Food Bank's warehouse in Hampden where they packaged 326 boxes of donated



State Farm associates present Good Shepherd Food Bank of Maine with funding to support hunger relief efforts.

food for older Mainers.

"We had an incredible day at the distribution center," shared State Farm Sales Leader Delia Bouchard. "Good Neighbor Month is the perfect way

for our associates to celebrate the essence of being a good neighbor and fostering community spirit. I'm proud we can continue our support of Good Shepherd Food Bank.

In addition to volunteering, the State Farm associates presented the Food Bank with a \$5,000 check to support hunger relief efforts.

Last year, Good Shepherd Food Bank distributed 39 million meals. The food bank also manages research and advocacy for programs and policies that bring hunger relief to families and individuals, nutrition education, cooking classes, and more.

"We are grateful to our Corporate Partner, State Farm, and appreciate their dedication to supporting hunger relief in

Maine during Good Neighbor month," said Heather Paquette, President of Good Shepherd Food Bank of Maine. "The time and resources provided by State Farm and their associates make a direct impact on the lives of Mainers facing food insecurity. It's through community-driven efforts like these that we can work toward a future where no one in Maine has to worry about where their next meal is coming from."

Visit the Good Shepherd Food Bank of Maine to learn more about the organization's programs and services.

## Celebrate Garlic Fest with entertainment, food, fun

**CANNAN, ME** -- Lake George Regional Park and N44 North Farmstead will host the 6th annual Maine's Garlic Fest at Lake George Regional Park in Canaan, Maine. This year's festival will be held on Saturday, October 5th and Sunday, October 6th. Doors open both days at 9:30am.

The festival features local produce, crafts, art, youth activities, food, spirits, live music and of course garlic. The festival setting is perfect, lakeside amidst the surrounding hills and Autumn foliage.

For more information, please visit the festival website at [www.maine-garlicfest.com](http://www.maine-garlicfest.com)

# Wounded Warrior Project names King 'Legislator of the Year'

**WASHINGTON, D.C.** — U.S. Senator Angus King (I-ME), a member of the Senate Veterans Affairs Committee and the Senate Armed Services Committee, has been recognized as the 2024 "Legislator of the Year" by Wounded Warrior Project (WWP). The prestigious annual award recognizes outstanding legislative efforts and achievements by a member of Congress in improving the lives of post-9/11 wounded, ill and injured veterans. Senator King was selected for this award due to his advocacy for bills to promote smoother military transitions, enhance career training opportunities,

and strengthen practices and standards concerning blast injury prevention and care.

"Our veterans have made countless sacrifices to defend and serve our nation," said Senator King. "We have a solemn duty to return that service to them long after they hang up their uniform. From helping our veterans navigate the transition to civilian life to ensuring they have accessible, affordable care, we have made tremendous strides together. But there is still much work to be done to step up for those who wore the uniform. I want to thank the Wounded Warrior Project for this award and will work with anyone in Congress on behalf of our veterans in Maine and across the nation."

"Senator King has been a dedicated advocate

for wounded warriors and the entire veteran community, and his leadership is a model for other members of Congress," said Wounded Warrior Project CEO, Lt. Gen. (Ret.) Walter Piatt. "His work supports the Armed Forces and veterans every single day, and WWP is honored to be able to work with him in Congress and recognize his outstanding efforts on behalf of everyone who is wearing or has worn the uniform."

Representing one of the states with the highest rates of veterans per capita, Senator King is a staunch advocate for America's servicemembers and veterans. He has been among the Senate's most prominent voices on the need to address veterans suicide, and has repeatedly pressed for action from top Department of De-

fense officials on this issue. An advocate for amplifying veteran voices, Senator King held a field hearing focusing on long-term care in Maine. Additionally, he recently led a letter urging further investments in traumatic brain injury research, the signature wound of the Iraq and Afghanistan wars, and introduced legislation to provide safe firearm storage for veterans. Senator King also contributes to the Veterans History Project, a Library of Congress initiative to collect and preserve the stories of American veterans; he most recently interviewed an Army National Guard veteran from Pittsfield, Maine. Senator King uses this interview series to learn and share the stories of the lives, service, and sacrifices of Maine's veteran community.

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

L-A VETERANS COUNCIL

**Jay's**  
Lawn & Garden

**207-713-6090**  
Delivery Available

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

1294 Sabattus Street  
Lewiston

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

Also offering residential & commercial lawn mowing services

**FARRIS**  
Lawn Care  
L.L.C.

207-344-5212

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

**207-344-5212**



# Business Directory

## ACCOUNTANT



**AUSTIN ASSOCIATES**  
CERTIFIED PUBLIC ACCOUNTANTS

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

Your Financial Team

## FLOWER SHOPPE



**Sweet Pea Designs**  
FLOWER SHOPPE

**777-1520**

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

## PHOTOGRAPHY



**PortraitEfx of Maine**  
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

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

## AUTO CARE

*The Only Full-Service Gas Station in Auburn!*

**Poisson & Sons**  
**Auto Care Center, Inc.**

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

**Dan & Don Poisson**  
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

## MASONRY



**Jason Hodsdon**  
JasonHodsdonMasonry@gmail.com

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

Fully Insured  
Free Estimates  
20+ Years of Experience

North Monmouth  
(207) 215-3557

## PRINTING



**EVERGREEN**  
CUSTOM PRINTING, INC.

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

RICK OSGOOD  
owner  
207-782-0525  
phone

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

## SPACE AVAILABLE

Your ad  
**HERE!**

Call 795-5017

## MARINE SERVICES

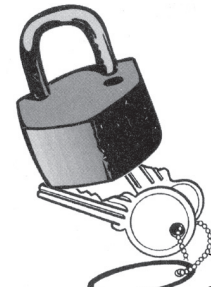
**BOAT REPAIR SHOP**

**PONTES**  
Marine Service

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

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

## SELF STORAGE



**AUBURN SELF STORAGE, LLC**

23 Goldthwaite Rd.  
Auburn, ME 04210

PO Box 715  
Lewiston, ME 04243

**PHONE 376-3325**

## CHIROPRACTOR

**Family Chiropractic Center**

Experience Life

1485 Lisbon Street, Lewiston  
207.783.0078  
www.familychiro.me

## PAINTING

Interiors • Exteriors  
Free Estimates

Drywall Repair  
Pressure Washing

**W.J. Libby**  
**Painting Co.**

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

## SHIPPING



**GOIN' POSTAL**  
Your Friendly Neighborhood Shipping Center

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

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

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

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

## CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

**AMERICAN BUILDERS**  
Custom Building & Remodeling

Call 207-500-8100  
For FREE Estimates

Call Tyler 500-8100  
Finish Carpenter

Quality Work with References Available

## PHOTOGRAPHY



**Laura Elaines**  
PHOTOGRAPHY

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

## WEB HOSTING



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

**MAINE HOSTING SOLUTIONS**

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



**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.

**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 28**

**AUBURN** -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, September 28 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.

**Sept 28**

**GRAY** -- First Congregational Church of Gray

# Calendar

Send your submissions to the Editor. More online.

**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 Methodist 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

**Oct 5**

**GORHAM** -- Public Homemade Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham Saturday, October 5. 4:00-5:30pm

Eat in or take out. Meal includes baked kidney & pea beans, cole slaw, potato salad, macaroni & cheese, biscuits,

hot dogs and dessert. \$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whitrockcommunityclub

**Oct 11, 12, 17, 18, 19**

**BAR MILLS** -- The Original's present Molly Sweeney, a play by Brian Friel at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Oct 11, 12, 17, 18, 19 @ 7:30 PM

and Oct 13 & 20 at 2:30pm. Tickets: \$15 General Admission at www.sacorivertheatre.org.

**Oct 19**

**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/.

Sally Rogers & Claudia Schmidt - Sat, Oct 19, 2024 at 7:30 pm. Doors open 7:00 pm.

For decades, Sally and Claudia have been playing at prestigious folk venues around the world and were regulars on Gar-

riason Keillor's Prairie Home Companion. They are well-known for beautiful harmonies, dulcimer & guitar duets, and a wide repertoire of originals and traditional songs.

Tickets are \$20 in advance, \$25 at the door, \$10 students/children. Tickets are available at the church office, Gulf of Maine Books, or online at https://ticketstripe.com/sallyrogers.

**Oct 26, 27**

**LEWISTON, TOPSHAM** -- "Majestic Earth Movements"

Saturday, Oct. 26, 2024, 7:00 p.m. - Franco Center, Lewiston

Sunday, Oct. 27, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Courtney Bryan - Bridges

Wolfgang Amadeus Mozart - Sinfonia Concertante in E Flat Major, K. 364 (Robert Lehmann, violinist, and Kimberly Lehmann, violist)

Jean Sibelius - Symphony No. 5 in E Flat Major, Op. 82

Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for anyone 25 and under. For more information visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoast-symphony.org

**Nov 23**

**BRUNSWICK** -- The 2024-25 UUCB Concerts

**FLAGSHIP CINEMAS**  
*Premium*

Premium entertainment at affordable prices!

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

WWW.FLAGSHIPCINEMAS.COM

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/.

Novel Jazz Septet - Sat, Nov 23, 2024 at 7:30 pm. Doors open 7:00 pm.

Novel Jazz Septet, one of Maine's premiere jazz groups, is now in their 20th year of keeping the musical legacy of Duke Ellington and Billy Strayhorn alive and swinging. The band embarked on a project to go through the massive archives at the Smithsonian Museum of American History as well as the Strayhorn Collection at the Library of Congress, finding compositions by Ellington and Strayhorn, transcribing some less-

er-known gems for the band and reinterpreting them with a 21st century sound.

Tickets are \$20 in advance, \$25 at the door, and \$10 for students/children and will be available at the church office, Gulf of Maine Books, or online at ticketstripe.com/novel-jazz7.

Best Source for Arts, Music and Theater!

Your Hometown Paper.

\$50K

\$40K

\$30K

\$20K

# GORHAM LITTLE LEAGUE

## Field Funding Campaign

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

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

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

DONATE TODAY!

VISIT: [tinyurl.com/GYBSA-DONATE](https://tinyurl.com/GYBSA-DONATE) or

MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

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







# Critical call for blood, platelets: Give with Red Cross now

**P O R T L A N D , M E** — In September, the American Red Cross stresses the continuing critical need for blood products to ensure patient care. Donors of all blood types are asked to give now to keep blood supply levels rising after a summer shortage. Type O blood donors and those giving platelets are espe-

cially needed. A steady increase in lifesaving blood products is vital to ensuring hospitals stay ready for any situation this fall. As National Preparedness Month continues, the Red Cross highlights the importance of having a strong supply of blood products already on hand for disasters and emergencies of all kinds

and to meet the needs of patients every day. Now is the time to book an appointment and help patients counting on lifesaving transfusions. To schedule a time to give blood or platelets, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS or use the Red Cross Blood Donor App. All who come to

give Sept. 16-30, 2024, will get a \$15 e-gift card to a merchant of choice. For details, visit [RedCrossBlood.org/Fall](http://RedCrossBlood.org/Fall). Upcoming blood donation opportunities in September  
Cumberland Brunswick 9/27/2024: 9 a.m. - 1:30 p.m., American Legion Post 20, 1 Columbus

Drive Falmouth 9/30/2024: 9 a.m. - 2 p.m., The Episcopal Church of St. Mary, 43 Foreside Rd Freeport 9/30/2024: 9 a.m. - 2 p.m., Hilton Garden Inn Freeport, 5 Park Street North Yarmouth 9/27/2024: 10 a.m. - 2:30 p.m., Wescusto-

go Hall and Community Center, 120 Memorial Hwy Portland 9/30/2024: 9 a.m. - 1:30 p.m., Maine Medical Dana Center, 22 Bramhall Street South Portland 9/26/2024: 9 a.m. - 1:30 p.m., Portland Sheraton at Sable Oaks, 200 Sable Oaks Drive

## Gorham School Dept. invites community to book talk

**GORHAM, ME** ing Community Book Talk! Please consider our Gorham School community! connect with others in our Gorham School community! participate in an upcoming joining this opportunity to

JOIN US FOR A COMMUNITY BOOK TALK!

### THE ANXIOUS GENERATION

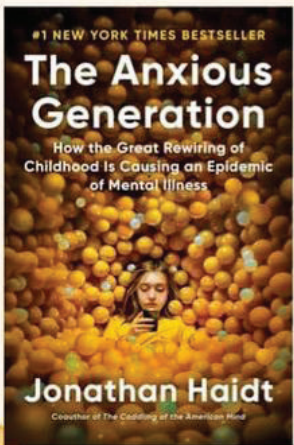
We're excited to invite you to a special book talk event hosted by two of our Gorham administrators, Christina Cifelli and Deanna Etienne!

**THE BOOK:**  
THE ANXIOUS GENERATION by Jonathan Haidt  
PARENT/GUARDIAN MUST PURCHASE THEIR OWN BOOK.

**DEADLINE TO SIGN UP: SEPTEMBER 15**

**WHEN:**  
3 EVENINGS IN OCTOBER (TBD)  
6PM-7PM

**WHERE:**  
ZOOM  
(LINK TO BE PROVIDED)



#1 NEW YORK TIMES BESTSELLER  
**The Anxious Generation**  
How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness  
Jonathan Haidt  
Coauthor of *The Coddling of the American Mind*

Please email Christina Cifelli at [christina.cifelli@gorhamschools.org](mailto:christina.cifelli@gorhamschools.org) to reserve your spot. Don't miss this opportunity to engage in meaningful discussions and connect with our school community!

MANHATTAN

# SHORT GLOBAL FILM FESTIVAL

**THIS WEEKEND ONLY!**

VIDEO PREVIEW: [manhattanshort.com](http://manhattanshort.com)


**10 SHORT FILMS FROM AROUND THE WORLD!**

**Stop by after ARTWALK**  
**Fri Sept 27 & Sat Sept 28 @ 7pm**


**782-3200** TICKETS \$15  
**[thepublictheatre.org](http://thepublictheatre.org)**  
31 Maple St, Lewiston



## Water that just works.



**GOODWIN**  
WELL & WATER INC.



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

**207.224.7861** [goodwinwellandwater.com](http://goodwinwellandwater.com)



## Insulate. Be comfortable. Save money.

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



Find an insulation professional at [efficiencymaine.com](http://efficiencymaine.com) or call 866-376-2463.

\*All homeowners eligible for rebates up to \$4,000. Verified income-eligible homeowners qualify for rebates up to \$8,000. See [efficiencymaine.com](http://efficiencymaine.com) for details.

