

Halloween comes alive at Gorham Goodwill



GORHAM, ME -- Halloween is creeping up and many stores have already started putting out inventory at scary good prices. Whether you're looking for spooky decorations or a hat to finish your look, Goodwill is here for all your Halloween needs. When you donate and shop at Goodwill, you're supporting a circular economy (no trick here). And that's the real treat! Have an old costume? Donate it today for someone else to enjoy!

Dempsey Challenge Photo Spread Pages 8-9



Fiddle-icious coming to Gorham



GORHAM, ME -- On Saturday, October 26, 2024, 7:00 PM at McCormack Performing Arts Center — Gorham High School, 41 Morrill Avenue, Gorham, Maine's largest fiddle orchestra will perform. Tickets available online or at the door \$20 adults, \$15 students. Ages 12 and under free. Summary of concert information and tickets available at fiddleicious.com/performances/

Charting a path for Gorham's future event for community



OPEN HOUSE

Charting a Path for Gorham's Future

- Provide your input on the Town's new Economic Development Strategic Plan
- Drop in between 5:30-7:30 to participate in this open-house style conversation
- Be part of the process to shape the future of Gorham
- Topics to include: Local business climate; commercial land use; development opportunities; and community assets



If you are unable to make the open house, scan the QR code above to share your input

TUESDAY OCT 15 5:30-7:30 PM

Place: Burleigh H. Loveitt Council Chambers, Municipal Center, 75 South Street

Hosted By: **Gorham** **camoin associates**

GORHAM, ME -- All are invited to attend a public Open House: When: October 15th from 5:30 to 7:30pm on Tuesday, October 15th Where: Gorham Municipal Center (Burleigh H. Loveitt Council Chambers) The Town of Gorham has hired Camoin Associates, a leading economic development consulting firm, to create an

Economic Development Strategic Plan. This plan will define an economic vision for the next 5-10 years with corresponding goals, strategies and actions through economic and market research, land use analysis and a comprehensive assessment of local assets. In addition, the consultants are engaging community and business leaders in one-on-one interviews and small group forums, and they are seeking input from citizens to inform and guide their recommendations. The Open House is an opportunity for citizens to contribute their opinions and feedback to the strategy. The format allows for participants to "drop in" at any time between 5:30pm - 7:30pm. Topics will include local business climate; commercial land use; development opportunities; and community assets. Unable to attend? Citizens unable to attend can share input via a digital survey at the Town's website. Questions For assistance with questions leading up to the event, please contact Kevin Jensen - Economic Development Director via email at kjensen@gorham.me.us or by phone at 207-222-1628.

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



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Newsmakers, Names & Faces

MCP to bring "Dracula" to Historic Cumston Hall

MONMOUTH, ME
 -- The Monmouth Community Players, along with Marquis Season Sponsor Great Falls Federal Credit Union, season sponsors Winthrop Area Federal Credit Union, Readfield Insurance Agency, and The Axe Pit (South Portland) are thrilled to announce the cast of their fall production of Dracula. Dracula is a stage play written by the Irish actor and playwright Hamilton Deane in 1924, then revised by the American writer John L. Balderston in 1927. It was the first authorized adaptation of Bram Stoker's 1897 novel Dracula.



Cast of "Dracula", left to right: Tim MacLeod, Nick Farrand, Birdie Gay, Brittany Bazinet, Leigh Wilkinson III, Bryanne MacMillan, Phillip Easterbrooks and Allie Lerch.

In Balderson's adaptation of Dracula, Abraham Van Helsing (Tim MacLeod) investigates the mysterious illness of a young woman, Lucy Seward (Allie Lerch), with the help of her father and

fiancé. He discovers she is the victim of Count Dracula (Leigh Wilkinson III), a powerful vampire who is feeding on her blood. The men follow one of Dracula's servants to the vampire's hiding place, where



they kill him with a stake to the heart.

The cast of Dracula includes: Bryanne MacMillan and Nick Farrand of Lewiston; Tim MacLeod of Auburn; Allie Lerch of Litchfield; Birdie Gay of

North Monmouth; Leigh Wilkinson III of Hallowell; Brittany Bazinet of Greene; and Phillip Easterbrooks of Winthrop.

Performances will take place the weekends of November 1-10, 2024.

Performances will be at 7:30 pm on November 1st, 2nd and 8th, and at 2pm on the 3rd, 9th and 10th. All performances will occur at Cumston Hall, 796 Main St, Monmouth, ME 04259. Please be aware that due to the installation of the new HVAC system at Cumston Hall, a suggestion of light layers for comfort is recommended.

For more information about the show, please contact the MCP Box Office at mcpboxoffice@gmail.com or call at 207-370-9566. Tickets are available for purchase on the MCP website at: www.monmouth-communityplayers.org

Walk To End Alzheimer's in Lewiston raises \$45k

LEWISTON, ME
 -- More than 240 residents from Lewiston, Auburn, and surrounding communities participated in this year's Lakes and Mountains Walk to End Alzheimer's on September 14 at Simard Payne Park. Participants raised more than \$45,000 to support the care, support and research programs of the

Alzheimer's Association. "The Alzheimer's Association Maine Chapter sincerely thanks the many dedicated Walk participants, volunteers and sponsors who made this year's Walk to End Alzheimer's a tremendous success," said Drew Wyman, Executive Director of the Alzheimer's Association Maine Chapter.

"The funds raised will help fuel disease research while also providing critical care and support to individuals and families affected by Alzheimer's and other dementia."

Participants honored those affected by Alzheimer's with the poignant Promise Garden ceremony -- a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden flowers represent people's connection to Alzheimer's -- their personal reasons to end the disease.

The Lakes and Mountains Walk to End Alzheimer's is keeping up the momentum and continuing

to raise critical funds and awareness with the goal of reaching \$50,000 by the end of the year. Although Walk Day has passed, individuals are encouraged to still register, walk in their own neighborhoods, and continue to fundraise. Donations are being accepted through December 31.

Nearly 7 million

Americans are living with Alzheimer's disease -- a leading cause of death in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer's and other dementias. In Maine, there are more than 29,600 people living with the disease and 51,000 caregivers.

Red Cross: Blood donors needed now to help combat critical need

PORTLAND, ME — The American Red Cross continues to amplify the ongoing critical need for blood and platelets to keep the blood supply stable as fall begins. Donors of all blood types, especially those with type O blood, those giving platelets and those who have never given before, are needed now.

Only 3 out of 100 Americans donate blood. With the blood supply still at critical levels, every single donation is key to making

sure all patients relying on lifesaving transfusions, including car accident victims and those living with sickle cell disease, get the care they need.

Fall into donating blood or platelets. Make an appointment to give now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

Those who come to give Oct. 1-31 will receive a \$10 Amazon.com Gift Card by email, plus be automati-

cally entered for a chance to win one of three \$5,000 gift cards. For full details, visit RedCrossBlood.org/Treat.

Upcoming blood donation opportunities Oct. 3-Oct. 15:

Androscoggin
 Lewiston
 10/14/2024: 10 a.m.



American Red Cross

- 3 p.m., CMMC, 12 High Street, Lower Level

Lisbon Falls
 10/7/2024: 11:30 a.m. - 4 p.m., Lisbon United Methodist Church, 14 School St.

Cumberland
 Freeport
 10/10/2024: 12 p.m.

- 4:30 p.m., Freeport Harraseeket Grange #9, 13 Elm St

Gorham
 10/4/2024: 10 a.m. - 2:30 p.m., Brooks Student Center, 32 Campus Avenue

New Gloucester
 10/9/2024: 9 a.m. - 2 p.m., The Commons, 59 Pineland Drive

Scarborough
 10/12/2024: 9 a.m. - 1:30 p.m., Throttle Car Club, 10 Dynamic Drive

South Portland
 10/8/2024: 10 a.m. - 4

p.m., Southern Maine Community College Campus Center, 2 Fort Road

Standish
 10/14/2024: 12 p.m. - 5 p.m., Gardenside Condo Association, 12 Gardenside Drive

Westbrook
 10/11/2024: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street

Yarmouth
 10/4/2024: 12 p.m. - 4:30 p.m., American Legion Post 91, 196 Main St

UMaine Extension hosts Climate Series

MAINE--University of Maine Cooperative Extension 4-H will lead

a 3-part, virtual series on climate change action for youth ages 12-18. Sessions will take place on

Mondays, October 28, November 14 and November

11 from 4:30 - 5:30 p.m. This series will be held via Zoom.

Participants will learn about climate change from global and local perspectives and explore opportunities for individual action to make a difference. This will involve hands-on, minds-on learning to unpack this big topic.

The series is hosted by 4-H staff joined by an international graduate student with expertise in climate and public policy. Participation is free though donations are accepted. Learn more or register by visiting the event webpage.

For more information or to request a reasonable accommodation, contact 207.581.8206; sarah.sparks@maine.edu.

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Newsmakers, Names & Faces

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 simultane-

ously via Zoom. Register for the Zoom session at USM's website.

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

Efficiency Maine recognizes area contractors, vendors

AUGUSTA, ME – Efficiency Maine today recognized contractors and vendors who have made outstanding contributions to inspire Maine homeowners and businesses to invest in energy efficiency. Their activities include selling, installing, and servicing high-efficiency lighting, insulation, heating and cooling systems, refrigeration equipment, electric vehicles (EVs), and other upgrades that are promoted through the quasi-state agency's programs. Efficiency Maine also honored Heather Chandler, the owner and founder of a regional media company dedicated to inspiring and supporting sustainable lifestyles, with its Philip C. Hastings Award for significant contributions to Maine's economy and environment through exemplary efforts in the field of energy efficiency. The event took place at the Hilton Garden Inn Freeport, Maine.

deploying state and federal funding to bolster existing and proposed energy efficiency initiatives.

Independent contractors play a critical role assisting Maine consumers to install energy upgrades. With the help of Efficiency Maine's rebates and educational materials, home energy upgrades are delivered by Residential Registered Vendors while energy improvements at commercial and industrial facilities are provided by Efficiency Maine's Qualified Partners. Efficiency Maine's EV program is supported by 86 participating car dealerships throughout the state, three of which also were recognized as the top sellers of battery electric vehicles and plug-in hybrid electric vehicles.

Efficiency Maine presented 25 contractors, vendors, and dealerships with awards for outstanding performance in selling and servicing energy-efficiency measures using financial incentives offered by the statewide energy efficiency administrator. These companies are among the more than 700 trade allies listed on the organization's website that meet Efficiency Maine's requirements to access available incentives.

For outstanding contributions in the category of Residential Programs in 2024, the Trust recognized:

Bell Simons, Waterville
 Dave's World, Inc., multiple locations
 Evergreen Home Performance, LLC, Rockland
 F.W. Webb Company, multiple locations
 The Granite Group, multiple locations
 Horizon Homes, Westbrook
 Lowe's Companies,

Inc., multiple locations

Northeast Heat Pumps, Brunswick

Seal It Insulation Systems, Topsham

Valley Home Services, Inc., Hermon

For outstanding contributions in the category of Commercial Programs in 2024, the Trust recognized:

Dave's Heat Pumps, Winthrop

Do It All Dragon, Van Buren

EcoHeat Maine, Norway

F.W. Webb Company, multiple locations

Hampden Electrical, Bangor

Johnstone Supply, multiple locations

Northeast Heat Pumps, Brunswick

Ranor Mechanical, multiple locations

Rexel USA, Inc., Biddeford

SolarLogix, Belfast

Warren Mechanical, Inc., Westbrook

Wesco, Bangor

For outstanding contributions in the category of Electric Vehicle Program in 2024, the Trust recognized:

Charlie's Auto Group, Augusta

Lee Toyota, Topsham

Rowe Ford, Westbrook

"Efficiency Maine's programs continue to benefit from the technical skill and marketing savvy of the independent contractors and sales personnel in Maine, and are especially fortunate to work with those we've recognized today," said Michael Stoddard, executive director of Efficiency Maine. "Their efforts are helping Maine realize a revolution

in how we use energy and, in so doing, are leading the nation in the energy efficiency sector. We simply could not do this work without the support of these dedicated companies, their employees, and the countless others who contribute every day to helping transform Maine's homes and businesses into more efficient energy consumers."

The annual Philip C. Hastings Award was presented to Heather Chandler, the owner and founder of the Green & Healthy Maine HOMES magazines, the Green Home & Energy Show, and the Sunrise-Guide, LLC. The Award recognizes an individual or organization for significant contributions to Maine's economy and environment through exemplary efforts in the field of energy efficiency. The Hastings Award is named after the original director of state energy con-

servation programs when they were administered by the Maine Public Utilities Commission and celebrates his legacy by memorializing his extraordinary commitment to and leadership of energy efficiency programs.

Chandler has been educating Mainers about ways to reduce energy consumption, increase comfort at home, and protect the State's natural resources, while helping Maine's green economy grow and thrive for nearly 20 years. She serves on the board of directors for PassivhouseMAINE and the Maine Community Bank Charitable Foundation and is an advisory trustee of Portland Trails and the Presumpscot Regional Land Trust.

"I am incredibly honored to receive this award," said Chandler. "I'm delighted to join so many other organizations who are doing important work every day

to help Mainers improve the health, comfort, and efficiency of their homes, as well as grow the adoption of electric vehicles and infrastructure across the state. There's never been a better time for Mainers to invest in efficiency and electrification, especially with the availability of generous state and federal incentives. I'm excited by the progress Maine is making and the impact it will have for generations to come."

"Heather has been an effective champion of energy efficiency in Maine for many, many years," said Stoddard. "We are always impressed by her thoughtful and enthusiastic coverage of energy issues through various media channels, and especially grateful for her careful attention to Efficiency Maine's programs and explaining the benefits of new energy technology to Maine consumers."

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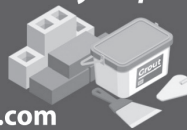
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Seniors Not Acting Their Age

Rounding Pemaquid Point in the Fog



Kayakers venture into a fog bank on the west side of Pemaquid Point



A hiker can be seen on Pemaquid Point ledges



Kayakers leave Pemaquid Harbor

When I was a kid back in the fifties, my family used to visit Pemaquid Point each summer. My Dad would cook lobsters and clams between boulders high on the point. While he was cooking, my brothers and I would scramble over the gigantic rocks. My mother would entertain our infant sister while periodically calling us back when we got too close to the water. They're wonderful memories.

I began sea kayaking about twenty years ago and have often contemplated navigating around Pemaquid Point. Since the point has a reputation for turbulent waters, I needed strong paddling

companions and a forecast for good conditions. Time marches on. I recently realized I needed to complete the adventure soon while still capable.

I wanted a forecast with light winds and calm seas preferably including sunny skies. After studying the weather for a couple of weeks, I identified what appeared to be the perfect day. I invited a handful of good friends who were also strong paddlers. Mark Nelson and Jean Miller answered the call.

My plan was to launch at the landing near Pemaquid Harbor and complete a traverse around the point to Round

Pond, what appeared to be about 11 miles. The very favorable forecast called for light winds early in the morning followed by a moderate sea breeze picking up midday from the southwest. My strategy was to begin early and turn the point in the morning at about mid tide. Low tide would occur at noon and the subsequent incoming tide would begin pushing us north on the east side of the peninsula where we would be protected from the southwest winds. Ah, the best laid plans of mice and men.

On the morning of our scheduled paddle, I awoke to a foggy forecast ending around nine. I

called my companions and we agreed to postpone our meeting time in Round Pond until 9:30. When we arrived, dense fog covered the area. After a lengthy discussion, we decided to complete a shuttle to Pemaquid Harbor on the optimistic assumption the fog would soon lift.

The fog was slowly thinning when we reached the landing at the mouth of the Pemaquid River. By the time we unloaded our boats and gear, the launch area was free of fog. The trip was on!

Leaving the river, we entered Pemaquid Harbor and passed Fort William Henry on our left. Progressing south along the west shore in calm seas and a light headwind, we soon ventured into a fog bank. While not dense, patchy fog would plague us for the remainder of the trip. The wonderful anticipated views of the boulder-strewn point were not going to be.

We approached the rocky point with about a quarter mile of visibility. Two hours behind the original schedule, an incoming tide and the sea breeze began as we were rounding the majestic peninsula. While never perilous, the changes caused some turbulence.

We needed to be on our game.

After avoiding crashing waves at the tip of the point, I began looking for Pemaquid Point Lighthouse. My faded recollection remembered the lighthouse being a short distance east of the point. Focused on maneuvering through the unpredictable waves and struggling to see in the fog, I thought I'd missed it. Then I noticed some hikers at the end of a narrow stretch of ledges. Just beyond, the lighthouse was visible atop some cliffs partially hidden by the fog.

The powerful tide began propelling us north along imposing cliffs. The anticipated southwest winds appeared to be from the southeast and stronger than predicted. The combination caused choppy seas and erratic swells. We were laboring in fluctuating conditions and had little time to enjoy the views.

Traveling in excess of four miles per hour, we soon passed New Harbor. Shortly beyond, a welcome sandy beach was found in Long Cove where we stopped for lunch and a rest.

We encountered a strong headwind leaving the cove but enjoyed a

favorable push north to Round Pond. The harbor was free of fog when we entered. My estimate of the trip distance was erroneous. Mark measured it to be almost 14 miles on his GPS. Despite the obstacles, a longtime goal had been realized.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates eight more Maine coastal kayaking excursions including treacherous seas encountered near Isle au Haute and Great Wass Island.

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

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

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Maine National Guard supports suicide prevention awareness

BANGOR, ME -- Soldiers and Airmen from the Maine National Guard gathered at the Bangor Air National Guard Base on Sept. 20, 2024, to participate in the third annual Ruck to Remember event. This event, held during Suicide Prevention Month, is part of ongoing efforts to raise awareness of mental health issues and suicide prevention among veterans.



Soldiers and Airmen from the Maine National Guard gathered at the Bangor Air National Guard Base on Sept. 20, 2024, to participate in the third annual Ruck to Remember event. Participants completed a 22-kilometer ruck march, symbolizing those 22 lives, while promoting open dialogue and mental health support.

The event honors the 22 veterans who tragically lose their lives to suicide each day. Participants completed a 22-kilometer ruck march, symbolizing those 22 lives, while promoting open dialogue and mental health support.

The Ruck to Remember underscores the commitment of the Maine National Guard to address the mental health challenges faced by service members and veterans. By fostering a compassionate and supportive environment, events like this aim to reduce stigma and encourage those in need to seek

help.

Service members face unique challenges such as deployments, high-stakes responsibilities, and the pressures of military life, which can contribute to mental health struggles. Fostering an environment where seeking help is encouraged and free from stigma is critical to addressing this crisis.

“The CDC reports veterans have a higher rate of suicide attempts than

the general United States population, and suicide is the second leading cause of death among veterans under the age of 45,” said Carla Mowat, the Maine National Guard’s Integrated Primary Prevention Officer. “According to the 2023 National Suicide Prevention Annual Report, veteran suicide rates increased by 11.6% from 2020 to an alarming 22 lives lost each day.”

One participant, Staff

Sgt. Andrea Burrows, an Electrical and Environmental Specialist with the 101st Air Refueling Wing in Bangor, shared her personal connection to the cause. Burrows, an Electrical and Environmental Specialist who joined the Maine Air National Guard a year ago, completed the event for the first time. Having served 17 years in the United States Navy, Burrows tragically lost her boyfriend to suicide six



Members of the Maine National Guard participated in a 22-kilometer Ruck to Remember event to honor the 22 veterans who tragically lose their lives to suicide every day. The Ruck to Remember underscores the commitment of the Maine National Guard to address the mental health challenges faced by service members and veterans. Photos by Tech. Sgt. Sarah Myrick, Maine National Guard.

years ago.

“I do these events because I feel it’s important to raise suicide awareness and remove the stigma around suicide,” said Burrows. “If sharing my story can help someone else out, then it’s well worth it.”

Burrows also participated in the Out of the Darkness Walk in 2019 in South Portland, another event aimed at raising suicide awareness. Events like these serve as remind-

ers that seeking help is a sign of strength.

“If you’re struggling, it’s important to reach out,” Burrows encouraged. “Just know that nothing bad lasts forever, and there are people out there who care.”

“Each life lost is a tragedy that demands improved services, programming, policies, and awareness efforts such as the Ruck to Remember,” added Mowat.

Census shows most Mainers ahead compared to pre-pandemic

MAINE -- New data released by the US Census Bureau shows inflation-adjusted incomes in Maine rising faster than the national average. The number of Mainers without health insurance remains below national averages, but challenges remain.

According to the American Community Survey, median household income in Maine was just under \$74,000 in 2023, a 5% increase from 2019 after accounting for the effects of inflation. Nationally, median income is still 1% below 2019 levels. However, for Mainers in the bottom 20%, incomes dropped 1% from 2019 to just over \$17,000,

likely reflecting barriers like caregiving or medical issues that kept some from being able to participate in the strong labor market.

Maine’s poverty rate remains equivalent to pre-pandemic levels, at 10.4%, though there are indicators that particularly disadvantaged groups are seeing progress. Child poverty remains at historically low levels in Maine (12.6%). The poverty rate for Mainers who identify as Black alone (21%) is approximately half what it was in 2016, but is still much higher than the rate for white non-Hispanic Mainers.

Maine continued to have a historically low share of its population

without health insurance, at just 5.9% in 2023. While this still leaves 80,000 Mainers without health insurance, this is down from 107,000 Mainers in 2019 and shows the success of Maine’s Medicaid expansion and extended Affordable Care Act subsidies at the federal level.

“While the data shows progress, lawmakers shouldn’t celebrate too soon,” said James Myall, economic policy analyst at the Maine Center for Economic Policy. “Many low-income Mainers still face tough choices amid rising costs.”

MECEP will share more analysis in the days to come.

OUT Maine awards scholarships to local college students



LIFTING UP MAINE'S QUEER YOUTH

ROCKLAND, ME — OUT Maine has awarded scholarships to four Maine students for the 2024-2025 school year, totaling over \$42,000 in coverage of college tuition and housing costs.

Two of the four students are second-year college students. OUT Maine awards these scholarships on a yearly basis, renewing

them to meet their recipients’ unique financial needs for every year that they attend a higher education institution. The other two awardees are first year students.

Ty Delong and Sasha Saedan are sophomores at Bennington College in Vermont, and second year recipients of OUT Maine’s scholarship.

Rose Chaloult, hailing

from Mountain Valley High School in Rumford, is now a freshman at St. Michael’s College in Vermont benefiting from a scholarship from OUT Maine.

Hunter Hillard is a graduate of Traip Academy in Kittery, and now attends Southern Maine Community College as a first year student receiving an OUT Maine scholarship.

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Arts & Entertainment

Catch a buzz with Bees Deluxe

ROCKLAND ME -- Everybody gets the blues — but nobody plays them like Bees Deluxe. Catch the British-Boston band as they bring the genre-bending brand of music that they call “acid blues” to the Rock Harbor Brewery in Rockland Maine.

Highly musical, wildly improvisational and endlessly entertaining, Bees Deluxe pushes the limits of convention with a sound that is distinct yet rooted in the rich history of the blues. With a repertoire of off-beat originals—(some featured on their new album, *Hallucinate*) and fresh takes on

tunes by blues legends like Etta James, BB King, Burt Bacharach, Billie Holiday, Robert Cray and more, Bees Deluxe takes their audiences on a deep and thoroughly enjoyable dive into the blues.

Fronted by British guitar monster Conrad Warre, who toured with Joe Jackson and The English Beat and was a regular on stage at the legendary CBGB's, the band has captivated audiences around the country. They've shared the stage with blues royalty like Ronnie Earl, Walter Trout, Mike Zito, Dave Maxwell, Joanne Shaw Taylor, Joanna Con-



nor and Matt Schofield and are just back from a tour promoting their new, all-original album, *Hallucinate* which is getting rave reviews and international airplay.

The Monday Night Blues Series is produced by Paul Benjamin who brings the best of national, regional and local acts to the intimate stage of Rock Harbor Brewery every Monday

night. \$20 Cash at the door. Don't miss this show. Bees Deluxe redefines the blues and brings something new to every show.

Can't make it to Rockland Maine? Check out Bees Deluxe's tour schedule here.

Fri October 4 Black Eyed Sally's, Hartford, Conn.

Sat Oct 5 Treehouse, Charlton, Mass.

Mon Oct 7 Rock Harbor Brewery, Rockland, Maine

Tues Oct 8 The Trianon Stage, Topsfield Fair, Mass.

Weds Oct 9 Bull Run Shirley, Mass.

Sun October 20 Daryl's House, Pawling, New York

Saturday Oct 26 The Tavern at the End of the World, Charlestown, Mass.

“Hallucinate” the latest Bees Deluxe album is available on all major music platforms and at live shows. “This is what Steely Dan would sound like if they played the blues.” — John Kereiff, the-rock-doctors-hot-wax-album-reviews

“Hallucinate”, is one of those albums that come along very infrequently, a complete outline of musical genius,” gushes Indie Pulse Magazine.

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

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!

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**Send all items for
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Deadline is
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DRACULA

A COMEDY OF TERRORS
by Gordon Greenberg & Steve Rosen

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5 brain healthy habits for healthy aging

NEW YORK--September was Healthy Aging Month, and as part of that, the Alzheimer's Foundation of America (AFA) is providing 5 brain healthy habits to promote healthy aging and reduce the risk of developing dementia.

"Building good habits, even incrementally, goes a long way towards promoting healthy aging and good brain health," said Dr. Allison B. Reiss, a member of AFA's Medical, Scientific, and Memory Screening Advisory Board. "Taking a few sim-

ple steps, in ways that work for you, will make a positive difference, and healthy aging month is a great time to start."

AFA encourages individuals to take the following five brain healthy steps:

Get out of the house. Do not sit in front of the TV or computer all day. Get some fresh air and enjoy time surrounded by nature.

Vitamin D is important for the brain. People whose levels are low are more likely to develop Alzheimer's and other forms



of dementia. Although sunlight is the most common source of vitamin D, many people avoid sun exposure. Even though milk is fortified with vitamin D, a lot of yogurt brands are not, so check labels. Mushrooms are also an excellent source of natural vitamin D and a

good dietary option, especially for someone who is vegan.

Avoid empty calories. If you crave sweets, make sure there is at least some nutritional value and some component that is filling and satiating, rather than just eating candy or

junk food. Good examples are strawberries or banana slices dipped in chocolate (at least you get some fruit), a peanut butter and chocolate combo, a mix of nuts and chocolate, and a brownie recipe made with beans or zucchini.

Avoid head injury. Traumatic brain injury increases the risk of developing dementia and is a big problem that can be averted with care, helmets and other headgear, seatbelts and measures to prevent falls. If you do sustain a concussion, follow all

protocols outlined by your health care provider and take every precaution to steer clear of another one.

Keep in touch with friends and family. Nurture relationships. These connections enrich your life and keep you thinking. Combat loneliness with a support network.

Individuals wishing to learn more about healthy aging and promoting good brain health can contact the Alzheimer's Foundation of America's Helpline at 866-232-8484 or visit AFA's website, www.alzfdn.org.

DHHS issues \$30M to Maine nursing facilities

AUGUSTA, ME—The Maine Department of Health and Human Services (DHHS) announced that it has issued \$30 million in one-time Medicaid (MaineCare) payments to Maine nursing facilities to help them address unforeseen increases in staffing and other operating expenses in the wake of the pandemic.

The State and Federal matching funding, provided through the supplemental budget passed by the Legislature and signed by Governor Mills in April, was distributed to eligible nursing facilities last week, based on each facility's Medicaid (MaineCare) costs and direct care hours in 2023.

"This \$30 million 'extraordinary circum-

stance allowance' payment means Maine's nursing facilities can use this funding to offset both past and expected costs, including for direct care staff, capital costs, and other expenses," said Sara Gagné-Holmes, Acting Commissioner of the Department of Health and Human Services. "As with prior supplemental payments the Department has issued to nursing facilities, the funding is intended to help stabilize the industry and support care for MaineCare members."

"The Maine Health Care Association is very grateful to the Mills Administration and the legislature for providing this necessary support to nursing homes that are continuing to struggle with inflation and a historic la-

bor shortage," said Angela Westhoff, President and CEO of the Maine Health Care Association. "We're hopeful that next year's reformed reimbursement model will provide the sustained resources needed to ensure that Maine's older adults continue to have access to the care they deserve."

The payment issued last week is part of the Mills Administration's substantial investment in nursing facilities, culminating in a reform of nursing facility reimbursement rates through MaineCare that takes effect January 1, 2025. These rate reforms look beyond the immediate term to support the direct care workforce, incentivize permanent staff, and promote quality care and pos-

itive health outcomes for Maine residents who live in nursing facilities.

The reforms disincentivize the long-term use of temporary staff and promote permanent employment and salaries of nurses and nursing assistants. This builds on other efforts to support direct care staff in residential and home- and community-based settings such as a law that ensures rates support at least 125 percent of minimum wage for such workers, and an investment in training and workforce development. These efforts contributed to Maine being in the top five of states on direct care worker policies and supports.

The reforms are funded through the supplemental budget, which

includes a new Nursing Facility Reform Transition Fund to support nursing facilities as MaineCare phases in these comprehensive rate changes. Funded with \$72.8 million (\$27.6 million state share) from the supplemental budget, the Fund spans three years from 2025 to 2027, to support time-limited payment policies to all eligible facilities that reward quality or assist with the transition to permanent staffing targets, for example. This investment is in addition to \$29 million provided previously for rate reform efforts as well as \$10 million (\$3.2 million general fund) that was additionally provided in the supplemental budget earlier this year.

This builds on the more than 50 percent in-

crease in average Maine-Care rates for nursing facilities from 2019 to 2024. Additionally, a 4.9 percent cost of living increase was provided to facilities starting on July 1, 2024. In addition to rate increases, nursing facilities have received substantial supplemental payments over the years to support operations, including \$19 million in December 2023 to support direct care workers.

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

Anthem, CMHC partner to keep healthcare affordable, accessible



SOUTH PORTLAND, ME — Anthem Blue Cross and Blue Shield in Maine (Anthem) and Central Maine Healthcare (CMHC) are working together on new initiatives aimed at expanding the availability and affordability of critical healthcare services for consumers in central Maine.

The organizations have also signed a multi-year agreement that continues in-network access to CMHC facilities and physicians for Anthem members, and that links payment to quality. CMHC and Anthem have long partnered on value-based care delivery and quality-based payment models, reflecting both organizations' ongoing commitment to delivering high-quality, affordable care.

In addition, Anthem

and CMHC are working on initiatives to expand access to important services such as colorectal cancer screenings, oncology care, and joint procedures. Since January 2024, CMHC has partnered with New England Cancer Specialists, recognized nationally for its expertise in hematology and oncology, an affiliate member of the Dana-Farber Cancer Institute. Together with NECS, Central Maine has expanded services available at the Central Maine Cancer Center, enabling more patients in central Maine to get cancer care close to home.

"Our team at Anthem Blue Cross and Blue Shield is committed to doing all we can to provide Mainers access to high-quality, affordable healthcare, and our growing partnership with Cen-

tral Maine Healthcare will do just that," said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. "Working together with innovative partners like Central Maine Healthcare, we can advance better health outcomes for the people we mutually serve and protect healthcare affordability at the same time. That's a win-win for all Mainers."

"We are pleased to continue our relationship with Anthem and to partner on initiatives that support the availability of high-quality care," said Steven Littleton, president and CEO of Central Maine Healthcare. "We are committed to the communities we serve, and the initiatives we are working on with Anthem will provide important access to high-quality affordable care."

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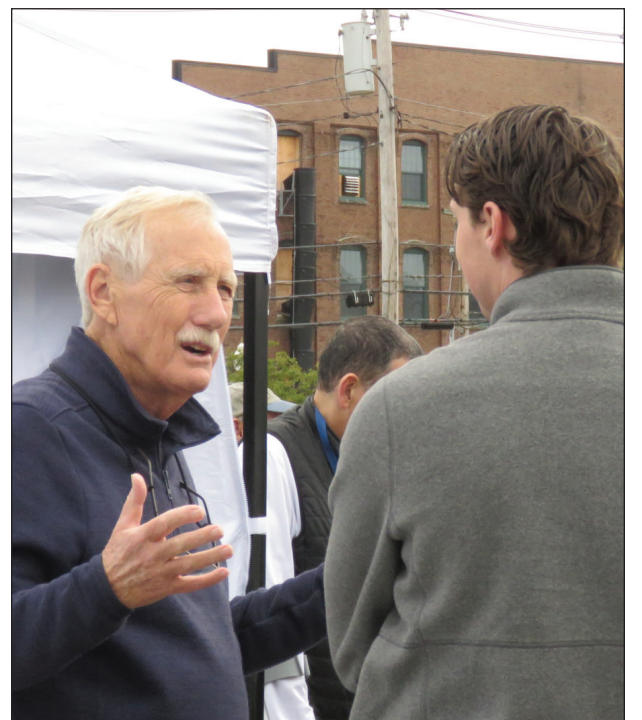
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Collins, King announce \$2M for Maine police departments

WASHINGTON, D.C. – U.S. Senators Susan Collins, Vice Chair of the Senate Appropriations Committee, and Angus King announced that six Maine police departments have been awarded a total of \$2,075,000 through the U.S. Department of Justice’s (DOJ) Office of Community Oriented Policing Services (COPS) grant programs. The various programs overseen by the COPS office support numerous initiatives for local police departments, including improved hiring practices, school violence prevention, community

policing development, and mental health wellness for law enforcement officers and their families. “Law enforcement officers willingly place themselves in harm’s way to protect our communities. It is our responsibility to equip them with the resources they need,” said Senators Collins and King. “This important funding will help improve community policing across the State of Maine, enhance school safety, and provide essential mental health support for law enforcement officers.” The COPS grant

funding awarded to Maine law enforcement agencies falls into four distinct categories: COPS Hiring Program (CHP): More than \$157 million was awarded to 235 agencies nationwide to hire nearly 1,200 entry-level law enforcement officers, aimed at increasing community policing capacity and crime prevention efforts. In Maine, the recipients include: Town of Rangeley: \$125,000 Rumford Police Department: \$250,000 City of Westbrook:

\$250,000 School Violence Prevention Program (SVPP): Approximately \$73 million was awarded to 203 school districts and government entities across the country to enhance security on school grounds, improving safety measures for students and staff. In Maine, the recipients include: Lewiston Public Schools: \$500,000 Maine School Administrative District 17: \$500,000 Community Policing Development (CPD): This program provided

more than \$25.1 million nationwide to support crisis intervention teams, accreditation efforts, and innovative policing strategies, all aimed at improving community relations and law enforcement capabilities. In Maine, the recipient of this funding is: Rumford Police Department (supporting law enforcement agencies seeking accreditation in Oxford County): \$250,000 Law Enforcement Mental Health and Wellness (LEMHWA) Program: More than \$9 million was awarded na-

tionwide to improve the delivery of mental health and wellness services for law enforcement officers and support staff. In Maine, the recipient of this funding is: Maine Indian Township Tribal Government: \$200,000 These grants are part of a broader national effort by the DOJ’s COPS office to combat opioid and methamphetamine distribution, prepare for active shooter situations, and support technical assistance and hiring programs for law enforcement agencies.

DHS grant funds USM threat assessment training

PORTLAND, ME -- An initiative at the University of Southern Maine (USM) is underway to identify and counteract potential threats to its campuses. The program is made possible by a grant from the U.S. Department of Homeland Security (DHS). USM is the first applicant from Maine to receive a Targeted Violence and Terrorism Prevention (TVTP) Grant. It will be used to create and enact a Behavioral Threat Assess-

ment Management (BTAM) model at USM. The idea for the BTAM initiative originated with Dr. Gráinne Perkins, chief of police and vice president of Public Safety at USM. A major motivating factor in her application for the grant was the mass shooting in Lewiston, Maine, on October 25, 2023. The event had a profound impact on USM, with campuses across town in Lewiston, as well as Portland and Gorham. The

BTAM initiative is meant to provide USM with a new layer of protection against similar incidents. “By training everyone to recognize warning signs and act early, we can create a safer, more proactive campus community where different teams—like mental health professionals, administrators, and law enforcement—work together effectively,” Perkins said. Along with oversight from Perkins, several campus partners are key

to the project’s success. The Office of Intercultural Affairs, under Director Meghan Barrett, will host workshops for minority and vulnerable groups that often experience threats of violence. Senior Human Resources Partner Chris Williams will use his background in conflict resolution and coalition building to coordinate training practices across USM’s diverse community. Maureen Wissman, the assistant director of USM’s Research

Service Center, helped navigate the application process. The one-time grant totals \$403,501. It will enable ongoing training to educate campus community members about the new policy and their roles in it. BTAM team members will attend specialized conferences. A campus police officer will return to the classroom for a master’s level course in online threat detection. Faculty, staff and students will receive periodic refreshers

on the basics of situational awareness and verbal threat de-escalation. DHS distributed \$18 million to 35 TVTP Grant recipients across the country this year. Since launching in 2020, the grant program has issued 178 awards totaling \$90 million. It is the only federal grant program solely dedicated to helping local communities develop and strengthen their targeted violence and terrorism prevention capabilities.

Maine-ly Harmony looking for women who love to sing

MAINE -- Maine-ly Harmony women’s barbershop chorus, directed by Kathy Greason, had the great pleasure of performing for the residents of the Inn at City Hall in Augusta on September 11th. Audience members greeted the singers as they left the stage to show their appreciation.



Photo by Bob Staples

Soon, the holidays will be upon us and it’s time to begin rehearsing music for the season. Maine-ly Harmony invites women of all ages who love to sing to come to rehearsals beginning Wednesday, October 16, to December 4, at the Highland Avenue United Methodist Church,

31 Highland Ave, Gardiner ME starting at 6:30 PM. Our members will support you and answer any questions you may have. Then, join us in our holiday performance on Sunday, December 8. Treat yourself to singing with our friendly,

supportive group of women who will share their love of a capella music in the barbershop style! Contact Barb at becombs@comcast.net or 207-844-3516 for more details. Learn more about us at <http://www.maine-ly-harmony.org/>

Maine’s minimum wage to increase to \$14.65 next year



by Economic Policy Analyst James Myall New data from the US Bureau of Labor Statistics shows Maine’s minimum wage will increase by 50 cents per hour in 2025 to keep pace with increased costs of living. MECEP estimates this increase will boost the wages of 96,000 workers in Maine who are earning at or just above the new minimum wage.

Today, the BLS announced that index increased by 3.6%, which means that on January 1 Maine’s state-wide minimum wage will increase from the current \$14.15 per hour to \$14.65. For workers who are paid primarily in tips, the base minimum wage paid by an employer will increase from \$7.08 per hour to \$7.33.

who earn up to 15% more than the minimum wage and will see a smaller increase in their hourly rate as employers stay competitive with the new minimum wage. Finally, around 9,000 tipped workers in the state will see a small increase to their base wage.

Maine’s minimum wage law, passed by citizens’ initiative in 2016, automatically updates the minimum wage each January 1 to reflect increased cost of living. To do so, it uses the annual percentage change in the Consumer Price Index for Clerical Workers in the Northeast Region be-

For a full-time, year-round worker, the increase is equivalent to slightly more than an extra \$1,000 a year in wages.

This number represents around one in six employees in Maine, which is one of the smallest impacts of a minimum wage increase in the state in years. This is because wage growth has been unusually strong for Mainers in low-income occupations in recent years, resulting in fewer Mainers than ever earning at or near the state minimum. Nonetheless, the fact that tens of thousands of workers are impacted demonstrates the need to maintain a robust minimum wage so that no one is left behind.

The cities of Portland and Rockland have their own minimum wage ordinances which currently set a floor of \$15 per hour. Both are indexed to inflation using the Consumer Price Index for All Urban Consumers, which rose 3.4%, meaning the minimum wage in both cities will rise to \$15.50 on January 1.

The number of workers impacted statewide includes 37,000 workers directly impacted — those who earn below the new minimum wage and will see a full 50 cent per hour increase — plus 50,000 indirectly-impacted workers

What do you think?
We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know! Email all submissions, including name, address and phone number, to the editor.

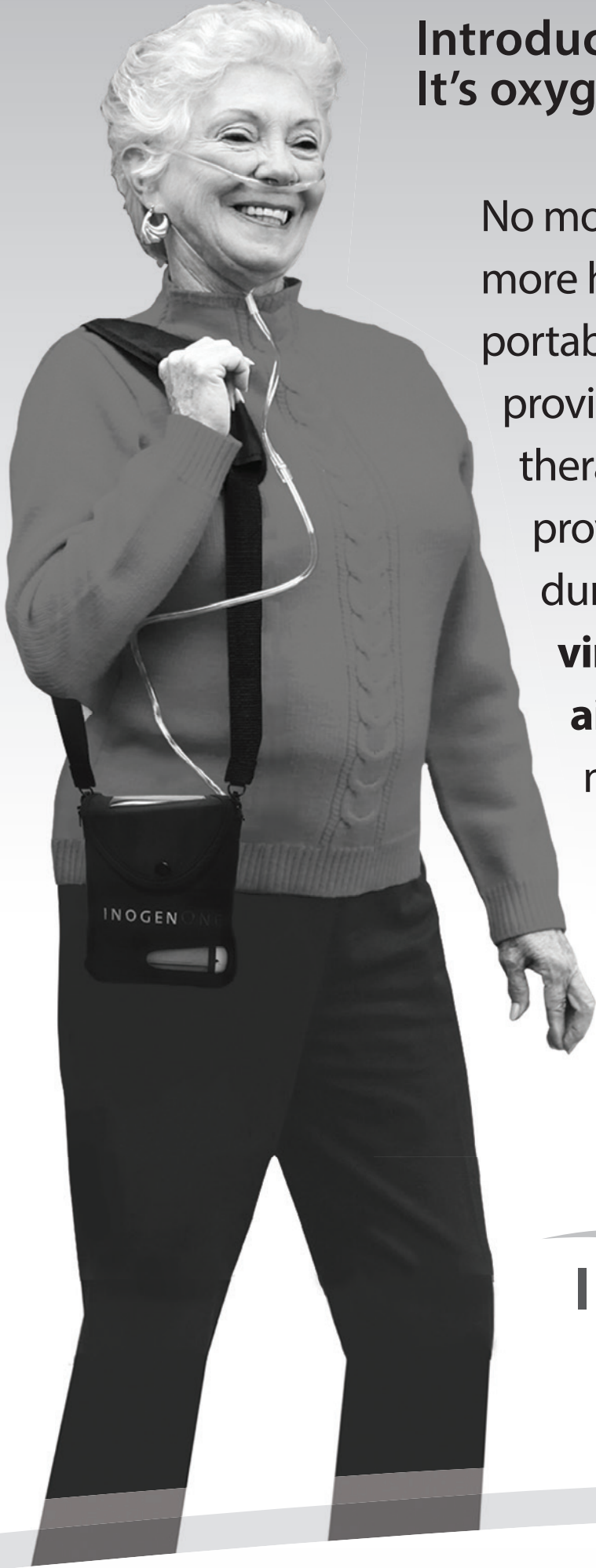
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STEP grants to boost Maine small business exports

WASHINGTON – Administrator Isabel Casillas Guzman, head of the U.S. Small Business Administration (SBA) and the voice for America’s more than 34 million small businesses in President Biden’s Cabinet, announced \$20 million in State Trade Expansion Program (STEP) grants have been awarded to 43 state and territory international trade agencies to provide financial support to small businesses in growing the volume and value of exports. States may start to solicit applications from small businesses now, and funding became available to small businesses beginning Sept.

30. “With 95% of the world’s consumers based outside of the United States, our small businesses need access to markets abroad to grow and create good jobs in America. Through SBA’s STEP funding to states, small businesses can get grants to export to new markets and grow their revenues through marketing, trade missions and more,” said Administrator Guzman. “STEP delivers against the Biden-Harris Administration’s efforts to increase exports and helps ensure that we can strengthen our small businesses, ensure our economy is more resil-

ient and increase our global competitiveness.” Locally, Maine International Trade Center (MITC) was awarded \$275,000 to help provide small businesses with the information and tools they need to succeed in export-related activities. Exporting activities include participating in foreign trade missions, market sales trips, designing international marketing campaigns, participating in export trade show exhibits, and attending training workshops, as well as other important means of engagement. “One of the great strengths we have here in

Maine is the amazing network of organizations that assist our entrepreneurs as they start up and grow their businesses,” said Diane Sturgeon, SBA District Director for Maine. “Maine International Trade Center is an incredibly active part of that network, and we are happy to provide them with the funding they need to help Maine businesses access international markets.” These 43 awardees were selected after a competitive application process to STEP. New grants will help local entrepreneurs enter and thrive in the global marketplace by providing small businesses

with the information and tools they need to succeed in export-related activities. Qualifying exporting activities include participating in foreign trade missions and market sales trips, designing international marketing campaigns, participating in export trade show exhibits, and attending training workshops. Since its creation in 2010 as part of The Small Business Jobs Act, STEP has awarded \$255 million in grants and recorded over \$6.8 billion in exports with more than 18,000 small businesses receiving grants to fund their export opportunities and increase their footprint in over 100

countries. Last year, for every \$1 in funding for STEP, businesses benefited from \$27 in export sales. As states improve their exporting skills, the returns on investment keep improving. Individual STEP awards are managed at the local level by state government organizations. To find out if your state or territory has earned an award, and to apply for funding opportunities, please visit: www.sba.gov/STEP. To explore how small business counseling can help inform your export strategy, connect with your local SBA district office and our network of resource partners.

\$1.3M for providers serving rural Maine

WASHINGTON, D.C. – U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that six health care organizations in Maine have been awarded a total of \$1,376,188 through the Health Resources and Services Administration’s (HRSA) Rural Northern Border Region Outreach

Program. This funding will support critical initiatives aimed at improving access to health care services for rural and underserved communities across Maine. “Health care organizations across Maine are working tirelessly to improve the well-being of our residents,” said Senator Collins. “This funding will provide vital resources to

local health care providers, enabling them to address key health challenges and better ensure that even our most rural communities receive the care they need.” The grant funding is allocated as follows: Healthy Acadia - Ellsworth, ME - \$250,000 Rangeley Region Health and Wellness Partnership - Rangeley, ME -

\$250,000 The Harry E. Davis Partnership for Children’s Oral Health - Yarmouth, ME - \$250,000 Medical Care Development Inc. - Hallowell, ME - \$249,972 Northern Light Health - Brewer, ME - \$208,882 MaineHealth - Portland, ME - \$167,334 HRSA’s Rural North-

ern Border Region Outreach Program is designed to increase the availability of health care services for rural and underserved populations in the rural Northern Border Regional Commission areas of Maine, New Hampshire, New York, and Vermont. Through this initiative, residents in rural areas will benefit from enhanced care and access to

essential health programs, contributing to population-level health outcome improvements. As Vice Chair of the Senate Appropriations Committee, Senator Collins secured increased funding for the HRSA Rural Northern Border Region Outreach Program in Fiscal Year 2024 funding legislation.

MDF presents Champion Awards for exemplary leadership

LEWISTON, ME — Maine Development Foundation (MDF), is thrilled to announce our 2024 Champion Award winners. These awards recognize exemplary leadership toward economic improvement and systemic change necessary for each Mainer to thrive and prosper. This year’s awards focused on individuals, businesses, and organizations helping make Maine a magnet for young workers and their families. “The winners of this year’s awards are shining examples of innovative, inspiring ways to build long-term relation-

ships, trust, and a sense of community that young workers and their families crave,” says Yellow Light Breen, MDF’s President and CEO. “Each of our awardees is leading actionable and scalable efforts that help Maine be a magnet by creating pathways where young workers can progress in their careers so they and their families can thrive and prosper.” MDF proudly bestowed the following awards during Magnetize: MDF’s 46th Annual Meeting & Champion Awards Celebration, held recently at the Franco Center in Lewiston:

2024 Champion of Education and Workforce Development to the FAME (Finance Authority of Maine) College Access and Financial Education (CAFE) Team for their steadfast, systematic approach to meeting each college-bound student and their families where they are and helping each navigate the financial aid application process during the last year, which was an extremely complicated and



CONNECTING PEOPLE & STRATEGIES TO DRIVE MAINE’S ECONOMY confusing year. As a result, the financial aid form completion rate for Maine high school seniors increased 9 full percentage points to 61%; 2023 Champion of Rural Economic Development to Deb Rountree, Executive Director of Rural Development Initiatives with Eastern Maine Community College and U-Maine-Augusta for her decades-long work to support displaced rural workers, adult learners, and young families in the Katahdin Region so they can pursue certifications, degrees, good-paying jobs, and further their careers.

An example is the child-care center at Katahdin Higher Education Center in East Millinocket that Deb helped establish which has provided quality, affordable early childhood development for thousands of children, removing a major barrier to success for their parents and families; 2024 Dirigo Rising Young Professional Award to Samantha Burdick, Communications Director with Maine Education Association, for demonstrating exceptional leadership and dedication to strengthening the state’s economy and her community with efforts to attract and retain young people. Sam serves on numerous boards, including the Waterville Homeless Shelter, United Way of Kennebec Valley, the Waterville Planning

Board, and is in her 5th year on the Steering Committee of KV Connect, one of seven regional chapters of MDF’s Realize Maine Network. This year’s event is a breakfast festivity and served as a kickoff to the 2024 Magnetize Maine conference, hosted by Uplift LA in conjunction with MDF’s Realize Maine Network. To find out more about the broad range of programs, coalitions, and initiatives MDF leads, go to mdf.org.

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



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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.

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.

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, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

Oct 11, 12, 17, 18, 19

BAR MILLS -- The Original's present Molly Sweeney, a play by Brian

Calendar

Send your submissions to the Editor. More online.

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.sacorivetheatre.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 Garrison 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 25, 26, 27, 31; Nov 1, 2, 3

AUBURN - Opening night of the Community Little Theatre production of the musical '1776.' The curtain rises at 7:30 p.m. as the Founding Fathers come alive in this classic American musical. Performances will also be held at 7:30 p.m. on October 26, 31, and November 1, 2. Matinees will be held at 2:00 p.m. on October 27 and November 3. Tickets are \$25 for adults, \$22 for seniors/students, and \$17 for children aged 13 and under. Tickets and more information are available online at https://www.laclt.com/.

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@midcoastsymphony.org

Nov 23

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/.

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 Li-

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brary of Congress. finding compositions by Ellington and Strayhorn, transcribing some lesser-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.

Jan 11

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/.

David Mallett - Sat, January 11, 2025 at 7:30

pm. Doors open 7:00 pm.

Maine's own singer-songwriter David Mallett is one of America's true troubadours. In a career that spans four decades, David Mallett has recorded 17 albums and has performed in clubs, concert halls and festivals across the US, Canada and Europe. He has appeared on numerous broadcasts, including National Public Radio's A Prairie Home Companion. Known for his carefully written, poetic offerings, his body of work has provided material for more than 150 artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and even the Muppets, and his "Garden Song" has become an American folk classic.

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.

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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

DONATE TODAY!

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

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

Maine State Ballet presents “Western Roundup” & “Britten”

FALMOUTH, ME –Experience the elegance of “Britten” and the joyous nostalgia of “Western Roundup” as Maine State Ballet invites you to an evening of ballet. Whether you’re a longtime ballet enthusiast or a newcomer to the art form, these performances promise to delight and inspire audiences of all ages.

“Britten” is a neo-classical ballet based on Benjamin Britten’s “Simple Symphony.” Renowned for its engaging

melodies and inventive use of themes he originally composed as a child, this work is in the tradition of George Balanchine’s storyless ballets where musicality, line, and inventive dance patterns reign.

“Western Roundup” is a cheerful and nostalgic ballet that invites the wrangler, buckaroo, and range rider in all of us to step back in time. Set to the beloved tunes of Arthur Fiedler’s “Pops Roundup,” this perfor-



mance captures the spirit of Americana. Featuring popular traditional songs such as “Home on the Range,” “Don’t Fence Me In,” and “Shenandoah,” “Western Roundup” evokes a simpler, more optimistic era, bringing the open plains and rugged landscapes of the American West to the stage.

Both ballets are cho-

reographed by Artistic Director and New York City Ballet Alumna Linda MacArthur Miele.

Performance Schedule

Dates: Oct. 12-19 (two weekends)

Venue: Lopez Theater

Tickets: \$21-29 with discounts for seniors & children at mainestateballet.org or 207-781-3587.

Connect with us:

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Maine State Bal-




let, a non-profit based in Falmouth, Maine, is one of the state’s leading arts organizations whose mission is to uplift the Maine community through inspiring dance education and performance. Maine

State Ballet houses the Maine State Ballet Company, the 140-seat Lopez Theater, and its School for the Performing Arts, with over 100 years of dance instruction in ballet, tap, and jazz.

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Author presentation at Buxton Town Office

BUXTON, ME -- “I can’t write without a reader. It’s precisely like a kiss—you can’t do it alone.” John Cheever

The West Buxton Library Writers Group invites you to a free presentation by Gerard Bianco, author, artist, educator on

Saturday, October 5, BUXTON TOWN OFFICE, Rear Entrance from 2PM-4PM. FMI: Lorraine.lindcabin@gmail.com

Westbrook City Band playing free concert

WESTBROOK, ME -- Join us as we play toe-tapping fun and familiar music for all ages –

show tunes, marches, and patriotic tunes!
Tuesday, October 15, 2024 7PM – 8PM

Westbrook Community Center
426 Bridge St. Westbrook, ME

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