

Auburn City Manager named “Citizen of the Year”



Nicole Lajoie Caron, Phil Crowell, Jennifer Crowell. Photo by Jose Leiva.

AUBURN, ME – During an event held Wednesday at the Auburn Senior Community Center, the Auburn Business Association presented their annual “Auburn Citizen of the Year” award.

For 51 years, the Auburn Business Association has recognized extraordinary individuals who have contributed their time and abilities to the community. In 1974, the ABA began a tradition of honoring an outstanding person in the community for business and community service.

The purpose of the award is to recognize a person who lives or works in Auburn who has made a local, state or national impact and has enriched the community. This may have



Auburn Mayor Jeff Harmon & Phil Crowell. Photo by Jose Leiva.

been accomplished through a lifetime of service or by a single deed, the benefit of which will continue to be felt and recognized years

later.

Auburn City Manager Phil Crowell has been named the 2025 Auburn Business Association Citizen of the Year.

At the ceremony, Crowell was warmly celebrated by local, state and national elected officials and their representatives, local community and business leaders, and a room full of dear friends, family members, colleagues, and city staff.

Nicole Lajoie Caron,
See Citizen, page 8

Great Falls Pride kicks off Pride Month with community events

LEWISTON, AUBURN, ME – Great Falls Pride Week returns June 1 - June 7 with seven days of celebration, creativity, and connection across Lewiston-Auburn. Events include art, storytelling, cycling, the Pride March & Festival, and more—all in the spirit of pride, visibility, and resilience.

“This year feels especially important to come together and celebrate our communities,” said Great Falls Pride (GFP) organizer Tyler Pulk. “We’ve created a mix of events so there’s something for everyone, because Pride celebrates our entire LGBTQ+ community and those who care about and support us.”

The week kicks off

Sunday, June 1 with the Pride March from Auburn’s Festival Plaza (10 AM) to Lewiston’s Simard-Payne Park, followed by a festival featuring food, 50 vendors, the Lewiston Farmers’ Market, and more. The afterparty starts at 6 PM at Olive Pit Brewing.

“Pride is a reminder that our communities deserve to live with dignity, safety, and joy,” said Alex Pine, another GFP organizer. “These events help our community members recognize that there is a queer community in this area, and we’re here if they want to be a supportive part of it.”

The full (free!) event lineup for the end of the week includes:

June 5: Stories at the

Corner with L/A Arts (7 PM)

June 6: LGBTQ Wine Tasting at The Vault (5 PM), Painting Positivity at Maine Family Planning (6 PM)

June 7: Pride Prom at Lewiston Public Library (All Ages 5–7 PM, Adults 8–10 PM)

“We’re proud to work with community partners to create spaces where LGBTQ+ people feel safe, seen, and celebrated,” said GFP organizer Dani Wyman.

Details about the Great Falls Pride events can be found online. Great Falls Pride is a volunteer-led effort fiscally sponsored by the L/A Metro Chamber of Commerce.

Bates College Clean Sweep Sale in Lewiston this weekend

LEWISTON, ME – This popular community event, held since 1991, remains one of the longest-running and largest community tag sales in Maine. Thousands of eager bargain-hunters are expected to attend the sale. 100% of the sales go towards local nonprofits. This year’s event is in support of John F. Murphy Homes, which has been providing services and a home in the greater Lewiston-Auburn area for people with intellectual and other developmental disabilities since

1977.

The bulk of the sale items come from Bates College students who donate an estimated 5,000 items, including dorm room furniture, appliances, electronics, sports equipment, camping gear, rugs, clothing, and kitchenware. This year, Bates faculty and staff are also contributing items.

The Bates Clean Sweep yard sale accomplishes two main goals:

Keep students’ used goods out of the waste stream

Donate all the proceeds to local nonprofits

In the past, bargain hunters have arrived hours before the doors open for this anticipated sale, so interested residents should plan accordingly.

When: Sunday, June 8 2025 8 am

Where: Bates Underhill Arena, 145 Russell Street, Lewiston, ME

Bates College will host the popular “Clean Sweep” yard sale again this year. Doors will open at 8am.

Adult beginner yoga series coming to LPL

LEWISTON, ME – The Lewiston Public Library will host an Adult Beginner Yoga Series led by Chill Yoga co-owner Heidi Audet from 5:30 to 6:30pm in Callahan Hall on the following Tuesdays: June 10th, June 24th, July 8th, and July 22nd.

All sessions are free to attend, and participants should bring their own mats. Due to limited floor space, registration is required. Please contact Adult Services at 513-3135 or LPLReference@gmail.com to register. Participation in all 4 sessions is not required; register for any sessions you’d like to attend! Classes will begin promptly at 5:30pm, and doors will close to ensure a peaceful classroom environment.

Yoga teachers and practitioners Heidi Audet

and Nerys Bayley co-founded Chill Yoga in 2007 as a home for the growing yoga community of Lewiston/Auburn. The studio has been at its current Lisbon Street location since May 2010.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information about this program is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@gmail.com.

World Class Vascular Care Right Here in Lewiston

Struggling with varicose veins?

St. Mary’s offers advanced, minimally invasive treatment to relieve pain and improve circulation.

Call 207-777-4469 to schedule your consultation.

St. MARY’S
Vascular Care Center
A Member of Covenant Health

Professional & Reliable Cleaning Services

REAL CLEAN LLC

Over 20 Years Experience
Commercial • Residential
Serving Maine • New Hampshire

(207) 712-2765 - Stacy Mahonen - www.RealCleanLLC.com



Clean Books

OLIVIA OUELLETTE
Bookkeeper / Owner

Give us a call today for a free quote!

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

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

Newsmakers, Names & Faces

\$1.75M grant to boost organic dairy sales in schools

MAINE – The Northeast Dairy Business Innovation Center (NE-DBIC) announces a new grant made possible through the USDA’s Commodity Credit Corporation. With total funding of \$1,750,000, the Organic Dairy Product Promotion (ODPP) Grant will make it easier for youth-based centers to serve regionally produced USDA-certified organic dairy products to students across the Northeast.

“The Organic Dairy Product Promotion grant program is a strategic investment in our communities and our future, and is sorely needed at this time,” said Peter Allison, Executive Director of Farm to Institution New England. “These funds will increase access to healthy and nutritious organic dairy products for youth in the Northeast, while supporting organic dairy farmers.”

“There’s nothing like seeing kids go through the lunch line with fresh, local organic milk,” said Harley Sterling, Food Service Director for Windham Northeast Supervisory Union. “Grants like NE-DBIC’s make that possible—helping schools serve real food, cut waste, and support local farms. It’s a powerful investment in student nutrition, education, and our food system.”

Funded projects will support the expansion and addition of organic dairy for program meal services. Grant funds are focused on the inclusion of organic dairy as an option and are not designed to displace other locally produced and



procured dairy products.

“This grant is a critical opportunity to increase access to high-quality, organic dairy across the Northeast,” said Olga Moriarty, Executive Director of the Northeast Organic Family Farming Partnership. “It helps our small and mid-sized organic farms reach a largely untapped institutional market, while ensuring more children get access to organic milk. As we’ve shown through our pilot with Miller Farm and Vermont schools, this model can work — and it can scale.”

Individual grants will range from \$50,000 - \$500,000 with no match requirement. Grant funds can be used for the purchase price of organic dairy products.

Eligible applicants include licensed dairy processors, distributors who primarily serve wholesale and/or institutional buyers, and youth institutions including K-12 schools, colleges, afterschool programs, and summer feeding programs that are currently eligible to participate in federal child nutrition programs.

This program is open to applicants in 11 Northeast states: Connecticut,

Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont. Applicants from outside of the region may apply if they currently provide processing or distribution services within the Northeast region.

The Request for Applications is available now on the NE-DBIC website: <https://nedairyinnovation.com/grants/organic-dairy-product-promotion-grant/>

The application will be open June 10 – July 31, 2025 at 2 PM ET. This is the first of two times that this grant will be offered.

The NE-DBIC’s investment and project strategy promotes innovation and resiliency for regional production of dairy products across an 11-state Northeast region. Hosted by the Vermont Agency of Agriculture, Food and Markets, the NE-DBIC is funded through the USDA-AMS.

For more information on NE-DBIC, visit: <https://nedairyinnovation.com>.

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

Darling’s Brunswick Ford invests in hunger relief with \$15K gift

BRUNSWICK, ME – For the third consecutive year, Darling’s Brunswick Ford will support efforts to end hunger in the Midcoast region through a \$15,000 sponsorship at Mid Coast Hunger Prevention Program (MCHPP) in Brunswick. This gift brings the Dealership’s total support of the Agency to \$45,000. MCHPP reports that this contribution will help provide more than 7,000 healthy meals to local individuals and families in need.

In addition to financial support the Darling’s team also donates their time in MCHPP’s Community Kitchen. There, they roll up their sleeves to process thousands of pounds of fresh produce—turning food which would otherwise go uneaten into hundreds of ready-to-eat meals for distribution. Their work helps reduce waste, support local farmers, and nourish neighbors across MCHPP’s programming.

“We are incredibly grateful for Darling’s Brunswick Ford for their generosity and for the dedication their team has to our mission,” said Hannah Chatalbash, MCHPP’s Executive Director. “Their ongoing financial commitment, volunteerism, and passion



Andre Lester and the Darling’s Brunswick Ford team presented MCHPP staff members with the dealership’s gift on March 31, 2025.

for making a difference in the community where they work and live serves as an example of what corporate giving can be in its best form. The Darling’s team is truly a partner in every sense of the word,” she continued.

“One of our Vision Goals as a dealership is Community Development. It has been an honor to be able to do this three years running, said Darling’s Brunswick Ford’s General Manager, Andre Lester. “We believe we are stronger together and we want to see our community grow. We are happy to give back some of our profits so we can help build a better and stronger community”, Lester continued.

“As food insecurity

continues to grow in our community, partners like Darling’s Brunswick Ford remind us what’s possible when local businesses give back intentionally,” noted Chatalbash. “It’s our shared hope that this relationship will serve as an example which other businesses across Maine can replicate in their own backyards,” concluded Lester.

Mid Coast Hunger Prevention Program offers dignity and empowerment by providing all members of our community with access to healthy food. Services include prepared meals, grocery distribution on-site, at local schools, and to various satellite locations. More information on MCHPP’s services can be found at mchpp.org/findfood.

MaineHealth joins NIH-funded long COVID clinical trials

PORTLAND, ME – MaineHealth will be part of new clinical trials sponsored by the National Institutes of Health (NIH) to investigate potential treatments for long-term symptoms after COVID-19 infection, including exercise intolerance and the worsening of symptoms following physical or

mental exertion known as post-exertional malaise (PEM). The mid-stage trials are part of the NIH’s Researching COVID to Enhance Recovery (RECOVER) Initiative that is enrolling participants across the United States to test treatments addressing viral persistence, neurological symptoms such as

brain fog and autonomic nervous system dysfunction.

The MaineHealth Institute for Research (MHIR) is enrolling participants in two RECOVER-ENERGIZE clinical trials from now through July 2025 at its research site in Scarborough:

One trial tests a program that combines exercise training, strength and flexibility training, education and social support, collectively known as personalized cardio-pulmonary rehabilitation. The program is designed to help people who experience exercise intolerance with symptoms such as shortness of breath and fatigue during exercise after having COVID-19. Participants who are identified as having PEM, via a validated PEM questionnaire, will not be included in this trial, but will be offered a spot for the trial described below. Participants will be randomly assigned to receive either personalized

See *MaineHealth*, page 5

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

Newsmakers, Names & Faces

Maine SBDC names Christine Cole 2025 State Star

Bridgton Hospital nurse receives Winnie Moore Award

PORTLAND, ME – The Maine Small Business Development Centers (Maine SBDC) has selected Christine Cole as the 2025 State Star. The award, given annually, recognizes a member of the Maine SBDC staff who has shown exemplary performance and a strong commitment to small business success.

Christine (Chris) Cole is a Senior Business Advisor at the Maine SBDC at University of Southern Maine. She works with entrepreneurs and small business owners in Maine’s Cumberland County to start, sustain, and grow their businesses. In the five years she has been with the Maine SBDC, she has spent approximately 4,000 hours advising almost 700 clients. She’s helped to start 44 businesses, create and save 241 jobs, and generate almost \$13 million in capital.

Clients consistently praise Chris for her kind, supportive, and responsive approach to business advising. They value her deep knowledge and the way she offers clear, step-by-step guidance—always at a pace that suits their individual needs. Among colleagues, Chris is known for her thoughtfulness, generosity, and genuine care—consistently sharing her expertise, building inclusive relationships, and bringing warmth, humor, and sup-



port to the team.

“Chris has deep expertise across many business areas, and intuitively knows how to direct and relate to her clients,” commented Mark Delisle, Maine SBDC State Director. “She leverages her network to connect clients to valuable resources and her door is always open to mentor new business advisors. We are incredibly happy to have her on our team.”

Before joining the SBDC, Chris brought extensive experience from the restaurant, hospital-

ity, and consumer trade-show sectors. Her background also encompasses work in the nonprofit field and ownership of multiple businesses, including food ventures and a property management company.

Each year, America’s Small Business Development Centers recognizes top performers from programs around the country at its annual professional development conference. A special event will be held on Tuesday, September 2, 2025, in Orlando, Florida to honor this year’s award winners.



LEWISTON, ME – A Bridgton Hospital nurse is this year’s recipient of the Winnie Moore Award.

Janette Laplante, RN, who is a nurse leader at Bridgton, was recognized for exemplifying leadership, mentorship and commitment to caring for the Lakes Region community.

She was selected by a committee, and the nomination letter reads, in part: Janette is a nurse at heart and continues to care for patients. She cares deeply and holistically for each and every one, as well as for their families. Recently a patient passed away.

Without hesitation, Janette created space in the inpatient unit for the family to spend time with their loved one. Through all that Janette does, she cares deeply for those she leads, those she cares for and has consistently demonstrated exceptional dedication and compassion in her leadership and practice.

The Winnie Moore Award is presented every year during Nurses Week to a single Bridgton Hospital nurse in recognition of clinical nursing excellence. It’s named after Winnie Moore, who spent most of her career in Bridgton, working as a nurse at

Northern Cumberland Memorial Hospital, which later became Bridgton Hospital. She was the director of nursing at Bridgton Hospital for 29 years and served on the hospital’s board of directors.

“The bar for winning this award is high, so that says a lot about Janette’s accomplishment” said Stephany Jacques, RN, president of Bridgton Hospital. “Her commitment to nursing excellence sets the tone for the quality of care we provide here at Bridgton Hospital, and the people of the Lakes Region community are fortunate to have her with us.”

Learn about food preservation, canning in hands-on workshop

FALMOUTH, ME – University of Maine Cooperative Extension is offering a 3-hour Pressure Canning course on Wednesday, June 11, 2025, from 5:30 p.m. to 8:30 p.m. at the Cumberland County office, 75 Clearwater Drive in Falmouth.

This hands-on food preservation workshop taught by UMaine Extension volunteers and staff covers the basic steps for pressure canning vegetables. Participants will

receive a “Preserving the Harvest” food preservation packet and will learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety, and how to check for properly sealed jars. Attendees should bring a potholder to the workshop.

Registration is required for the course. The fee is \$20. Register on the program webpage. For more information or to request a reasonable accom-

modation, contact Kate McCarty, 207.781.6099; kate.mccarty@maine.edu.

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

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

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

TWIN CITY TIMES

TWIN CITY PUBLISHING, INC
Twin City Times • 89 Union Street, Suite 1014 • Auburn, ME 04210
Gorham Weekly • 28 State Street • Gorham, ME 04038

Info@TwinCityTimes.com
(207) 795-5017

TWIN CITY PUBLISHING, INC. 2022®
All materials found in Twin City TIMES are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Twin City TIMES.

FREE e-subscriptions at
www.TwinCityTimes.com

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

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

Press Releases
All submissions, including photos, must be emailed to editor@twincitytimes.com.

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

Seniors Not Acting Their Age Heavy Rains Bring Exciting Whitewater

A major two-day rainstorm in early May had members of the Penobscot Paddle & Chowder Society studying river gauges for paddling opportunities. As rivers and streams rose during the second day of steady rain, plans were formulated.

Eggman DeCoster announced a mountain stream descent in the North Conway, New Hampshire area. Another group, organized by John Piccone, planned to paddle the upper Presumpscot River near Gorham and Allan Fuller posted a trip on the Sebasticook River in Clinton.

Finally, Kyle Duckworth decided to coordinate a trip on one of his favorite whitewater runs, Kingsbury Stream near Abbot. Unfortunately, late gauge reports indicated the water level was insufficient for a quality Kingsbury descent so he switched his choice to two popular club trips in western Maine, Webb and Swift Rivers. Both received a solid drenching and were running high. My son, Adam, and I decided to join him paddling a two-person inflatable called a shredder.

Eleven of us in ten boats met at the Webb takeout on Route 142 in Carthage. The sun was shining on a beautiful May morning. The gauge on the bridge abutment in Berry Mills read .6 feet, a Goldilocks level.

We left a couple of shuttle vehicles behind and drove a few miles north on Route 142 to an old closed road that leads to the river. Parking next to the highway, we carried our boats down the muddy, grass-covered road for about 100 yards to the put-in.

We launched at the top of a steep narrow falls where feisty waves propelled us to the bottom. A succession of similar rapids followed for about a mile to the Route 142 Bridge.

Below, the rapids moderated in difficulty as we carefully negotiated through an area often congested with debris. An open channel on the right, blocked by a downed tree for several years, was a pleasant surprise.

The forested shoreline changed to open field as we weaved through farmland to a second bridge. A short steep falls

begins immediately below the bridge followed by a longer rapid where a massive boulder in the center needed to be circumvented. Our band of capable Chowderheads easily handled the various obstacles.

A steady menu of fun rapids and excellent surfing waves ensued for a long mile to a sandy beach next to what appears to be a children's camp on the right. Around the bend are four closely connected falls, collectively called Schoolhouse Rapid, that constitute the most exciting whitewater on the river.

Turning right, we entered a wave train in the center, one boat at a time. After passing to the left of a series of violent waves, we traveled through a short pool and began plummeting down a steep gradient with a hairpin right turn at the bottom. Most of us started left, bounced through a boulder field in the center and ended right. Everyone made it safely to the bottom despite the turbulent ride.

After angling right through two narrow passages, we entered another



Mike Eastman flips on a Webb River eddy line – he rolled



Trip Coordinator Kyle Duckworth navigates his canoe through Schoolhouse Rapid



Gary Cole kayaks through powerful waves on Schoolhouse Rapid

rock-infested wave train. As Adam and I neared bottom, some boaters were signaling us to stop. Immediately around the next turn, a downed tree blocked most of the river. Paddlers were able to negotiate through a small opening on the left.

Schoolhouse Rapid excitement continued as we tumbled through a precipitous challenging falls while dodging boulders and skirting intimidating holes. One paddler had to roll but everyone was still in their boat when we arrived at the bridge in Berry Mills.

Easier rapids followed for about a mile to a location where the river steepens next to Route 142. Our trip ended navigating through another rollicking falls to the takeout.

Seven of us needed an additional whitewater fix so we drove to the Swift River in Roxbury. A one-mile segment of continuous whitewater

that begins where Walker Brook enters the river and ends at unnavigable Swift River Falls was selected.

After launching, we were immediately immersed in the most difficult whitewater of the day maneuvering through a complex falls and then dropping precipitously into an attenuated gorge. Exploding waves flipped one kayaker who executed a superb roll. Continuous Class III rapids followed to the top of the treacherous falls.

The two-river whitewater excursion exceeded our expectations. It was a day to remember!

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more thrilling Maine whitewater escapades.

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 ronchase-outdoors@comcast.net.

Best
Source
for Arts,
Music and
Theater!

Your
Hometown
Paper.

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

214 Minot Avenue ~ Auburn ~ 689-3035

Trek Across Maine cyclists raising funds for healthy lungs



American Lung Association, C.A. Smith Photography

NEW GLOUCESTER, ME – The 41st annual Trek Across Maine will kick off on Friday, June 13th, marking the start of an event-filled weekend dedicated to biking in support of the American Lung Association’s work to prevent lung disease through research, advocacy, and education. Over 800 participants will begin the three-day, 180-mile ride on June 13 at 7 a.m. at a new starting line at Pineland Farms in New Gloucester, Maine.

Riders taking on the multi-day challenge will spend their first overnight stop at Bates College. On Saturday, riders will leave Bates College between 7 and 8 a.m. and head toward their second overnight stop, Saint Joseph’s College, where The Spirit of the Trek celebration will take place at 5 p.m. to honor the mission of the event



as well as the cyclists and volunteers.

Finally, on day 3, June 15th, participants will ride from Saint Joseph’s College back to Pineland Farms. Riders are expected to arrive at the finish line between 11 a.m. and 3 p.m. For more information about the route and the event schedule, click here.

Since 1985, the event has raised \$31 million and aims to invest \$750,000 annually to support re-

search for lung disease, clean air and tobacco-free advocacy efforts, and to host programs and services that educate our friends and neighbors about the importance of lung health, the dangers of vaping, the importance of lung cancer screening, the need for asthma education and control in our schools, among many other programs.

For more information, visit TrekAcrossMaine.org.

Lisbon Credit Union raises \$23K for Campaign for Ending Hunger

LISBON, ME – A total of \$23,260.70 was raised for the Campaign For Ending Hunger in 2024 by Lisbon Community Federal Credit Union and its Members.

Funds were recently distributed to Lisbon Area Christian Outreach (LACO) of Lisbon Falls in the amount of \$17,445.52, and St. Mary’s Food Pantry of Lewiston in the amount of \$5,815.18. Both organizations support the ongoing mission of feeding those facing food insecurity.

The biggest fundraisers last year were a fall Cash Calendar, and a summer Basket Raffle.

The Campaign For Ending Hunger is a collaborative effort between all of Maine’s credit unions. Participating credit unions



raise funds for the campaign at various times throughout the year.

All money raised is distributed to hunger organizations and food pantries throughout Maine. 100% of all the money raised by credit unions stays in Maine and goes directly to the cause of ending hunger.

If you want to be part of the “Campaign For

Ending Hunger,” contact Lisbon Credit Union at 207-353-4144 or visit their website at www.lisboncu.org/hunger. You can also follow their updates and announcements on Facebook and Instagram. If you want to donate to the Campaign For Ending Hunger, go to the LCFCU support page at <https://campaignforendinghunger.org/lisboncu/>.

MaineHealth
Continued from page 2
cardiopulmonary rehabilitation or basic exercise education for three months.

The other trial tests a program known as structured pacing, which is designed to help participants with PEM identify, control and minimize symptoms that developed after having COVID-19 by regulating or pacing their daily activities. Currently, structured pacing is the only intervention used to treat PEM. The trial will not include any exercise training or physical movement to protect participants from developing worsened symptoms of PEM. Participants will be randomly assigned to receive either structured pacing with a trained coach or basic PEM education for three months.

Both trials were developed using comprehensive feedback from the community and in close partnership with patient representatives. The PEM

trial was developed to address concerns expressed by patient advocacy groups about patient safety and to better understand how this study program may help improve PEM symptoms.

“This NIH-sponsored intervention trial is a unique opportunity for individuals with Long COVID to participate in a program that may improve their exercise capacity,” said Dr. Clifford Rosen, principal investigator of the RECOVER observational study and the ENERGIZE interventional study at MaineHealth. “We hope that these studies will lead to treatments that can significantly improve these patients’ quality of life.”

With the launch of these two studies, MaineHealth is one of 50 RECOVER study sites nationwide that are investigating potential treatments for some of the most frequent and burdensome symptoms reported by people suffering from long COVID. MHIR also has participated

in RECOVER’s PROMIS study, examining a possible cause of long COVID and in RECOVER’s early research examining common symptoms among those suffering from long COVID.

“MHIR’s participation in this important NIH-supported research is a clear example of how our care team lives the MaineHealth vision of working together so our communities are the healthiest in America,” said Dr. Doug Sawyer, MaineHealth’s chief academic officer. “The results of these studies into long COVID could have a tangible impact on the lives of our neighbors and those suffering from long COVID worldwide.”

RECOVER is testing 13 treatments across eight clinical trials and continues to enroll participants across the country. Those interested in learning more about RECOVER clinical trials should visit trials.recovercovid.org.

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

GRIDIRON
Restaurant
LEWISTON, MAINE

SCAN HERE!


The Place where
every hour is
happy.

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

1567 Lisbon Street Lewiston, Maine

We Deliver.



SUBWAY
Not all delivery services available at every restaurant. All chips-related trademarks are owned by Frito-Lay North America, Inc. ©2025. Subway® is a Registered Trademark of Subway IP LLC. ©2025 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

Boothbay Summer Theater announces performances

BOOTHBAY, ME – Boothbay Summer Theater, bringing great THEATER MADE IN MAINE to the Boothbay Region since 2023, will present Red by John Logan at the Railway Village Town Hall in Boothbay for six performances, June 27 through July 6, 2025, during Windjammer Days and the July 4th celebrations in the region.

Red is the compelling account of a giant of the art world, abstract expressionist Mark Rothko, as he struggles to synthesize his growing fame with his artistic purity in this Tony Award-winning play. While matching wits with his ‘modern’ apprentice Ken, Rothko embarks on a spirited artistic debate on the purpose and power of contemporary art, all while the fate of his most celebrated group of paintings hangs in the balance. The play’s message of embracing one’s artistic passion resonates strongly with

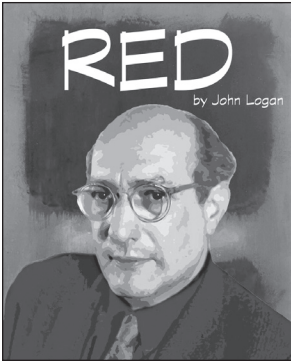


those struggling to identify their purpose and passion in life’s pursuits.

Written by John Logan (Tony Award winner and Academy Award nominee, screenwriter for Gladiator, The Aviator, Hugo, and Skyfall, among others) and directed by Margit Ahlin, the role of Mark Rothko will be portrayed by Snowlion Repertory Company Artistic Director Al D’Andrea (member AEA). The role of Rothko’s assistant Ken will be played by South Portland local Tristan Rolfe.

Red will have six performances as follows, all at the historic Railway Village Town Hall, 586 Wiscasset Road (Route 27) in Boothbay:

Friday June 27 at 7



pm
Saturday June 28 at 7 pm
Sunday June 29 at 3 pm
Thursday July 3 at 7 pm
[No show Friday July 4]
Saturday July 5 at 7 pm
Sunday July 6 at 3 pm
All seats are \$25 and can be purchased at www.BoothbaySummerTheater.com. More information is available by calling 207.315.6612. The show runs 90 minutes without intermission. Recommended for ages 13 and over.

“Forever Everly: The Everly Brothers Rockumentary” at TPT

LEWISTON, ME – The Public Theatre in Lewiston will present Forever Everly: The Everly Brothers Rockumentary for two shows only on June 13 & 14. Forever Everly is more than a performance—it’s a journey through the groundbreaking music and enduring legacy of The Everly Brothers, presented in a way that’s as unique as their harmonies.

Rich with iconic footage, storytelling, and insight, Forever Everly is a beautifully crafted documentary that takes the audience deep into the lives, struggles, and triumphs of Don and Phil Everly, revealing the heart and soul behind one of the most influential musical duos in history.

From the setting of a warm living room, Jared Mancuso and Nick Gallardo perform The Everly Brothers’ most beloved hits, from “All I Have to Do Is Dream” to “Wake Up Little Susie,” live on-stage. The show doesn’t stop with only The Everly Brothers— audiences are treated to a carefully curated selection of songs by artists inspired by the duo, including Paul Simon, The Beach Boys, The Beatles, and more. It’s a celebration of the timeless music that shaped rock ‘n’ roll, delivered with passion and authenticity.

This experiential multimedia show encourages the audience to feel



Nick Gallardo and Jared Mancuso perform as The Everly Brothers in “Forever Everly: The Everly Brothers Rockumentary”

every note, sing along, or even get up and dance. Perfect for music lovers of all ages, Forever Everly creates a one-of-a-kind atmosphere that fills the theatre with joy and nostalgia and will leave you with a renewed appreciation for the artistry of this iconic era.

“Forever Everly: The Everly Brothers Rockumentary” will be performed at The Public Theatre on Friday, June 13 at 7:00 pm,

and Saturday, June 14 at 2:00 pm. Tickets are \$35-40. Discounted tickets for 35 Below Members and youth 18 and under. For tickets call 782-3200 or visit ThePublicTheatre.org. Theatre Location: 31 Maple St, Lewiston.

“Forever Everly” is sponsored by Uncle Andy’s Digest/Lydia Media. Season Underwriters: Sun Journal, Platz Associates, and Bennett Radio Group.

Makers Market, Pick Your Own Blueberries Fest in Gorham!

GORHAM, ME – Makers Market & Pick Your Own Blueberries Fest at Orchard Ridge Farm in Gorham! The Market is August 9th from 10-2 (rain date August 10th, 10-2).

We will have 30 Vendors selling their goods (Ceramics, Jewelry, Woodworking, Illustration and Painting, Vintage Clothes, Stained Glass, Soap and Body Products & More).

There will be live music, farm animals and

we will have 2 food trucks, Gunnars Icelandic Hotdogs and Top it on the go serving up ice cream.

We are also having a BAKE SALE (blueberry themed) fundraiser for ARLGP with all the funds raised will go to help the shelter continue doing the amazing work they have been doing for years.

This event is going to be incredible and at the height of blueberry picking season, on one of the

most beautiful local farms in Maine. We hope to see you there!

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

THE EVERLY BROTHERS ROCKUMENTARY

June 13 @ 7 pm
June 14 @ 2 pm

SPONSOR **Uncle Andy’s Digest**
UNDERWRITERS **Platz Associates, Sun Journal, WOXO & WIGY**

ThePublicTheatre.org | 782-3200

25-26 Subscriptions on sale now!

Misery | Oct 24 - Nov 9 Whit’s End | Mar 20 - 29
Still | Jan 30 - Feb 8 Grandma Gatewood Took a Walk | May 8 - 17
Subscriptions are just \$128 for FOUR SHOWS PLUS a FREE Bonus ticket!

THE PUBLIC THEATRE
31 Maple Street, Lewiston

Donors make summer camp accessible for Maine youth

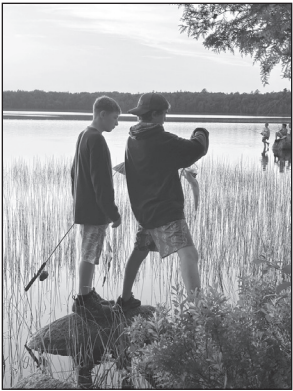
MAINE – University of Maine Cooperative Extension 4-H Camp and Learning Center at Greenland Point in Washington County recently received funding from the Elmina B. Sewall Foundation, Onion Foundation and Kate Svitek Foundation to support summer camp scholarships for Maine youth. With this and annual contributions from the Penobscot County Conservation Association and Maine Department of Inland Fisheries and Wildlife, Greenland Point can offer scholarships to most youth who register for camp.

“At Extension’s 4-H camps, our goal is to create life-changing experiences that are accessible to all young people in Maine,” said Ryder Scott, executive director of UMaine Extension 4-H Learning Centers. “We can’t do that alone. The generous support we receive from our partners is critical to our mission to ensure all youth have an opportunity to learn and grow in some of Maine’s most incredible landscapes.”

Summer camp at Greenland Point consists of 6 weeklong overnight camp sessions, which focus on a wide variety of interests, from art exploration and science adventure to wilderness survival and hunter safety. A typical weekly routine for campers includes hiking, swimming, canoeing,

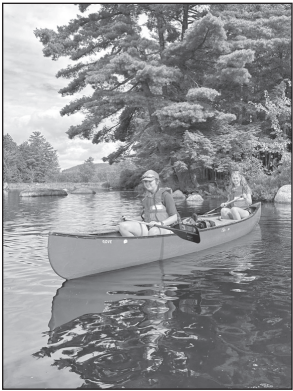


Photos of campers at Greenland Point 4-H Learning Center courtesy University of Maine Cooperative Extension.



campfires and outdoor skills development. Most sessions are geared toward youth ages seven to 15, with a day camp for ages five to nine. New this year is a counselor-in-training program for youth ages 16 and 17.

Greenland Point also hosts a UMaine Early College Outdoor Intensive program for 16- to 18-year-olds. This 10-day course centers on canoeing, bouldering, climbing, hiking and orienteering with additional instruction in wilderness medicine. Students who complete the course receive Wilder-



ness First Aid certification and four college credits which are transferrable to most colleges and universities, including UMaine. Tuition for the course is free for Maine public high school students and scholarships are available to help offset the residential fees.

To register and learn more about summer camp offerings and fees, visit the Greenland Point website. To request reasonable accommodation and for additional questions, please email ryder.scott@maine.edu or call 207.665-2068.

DFD Russell Medical Centers to close Bridgton location

BRIDGTON, ME – After four years of dedicated service to the Bridgton community, DFD Russell Medical Center has made the difficult decision to close its Bridgton location, with the last day of patient care scheduled for August 28, 2025.

This decision follows a comprehensive review of persistent financial and workforce challenges. Contributing factors include the loss of a vital community grant, the location’s ineligibility for federal funding under DFD’s Federally Qualified Health Center (FQHC) status, low reimbursement rates from commercial insurers, and ongoing uncertainty regarding Medicare and Medicaid. In addition to financial pressures, DFD has experienced significant difficulty recruiting and retaining highly skilled healthcare providers in rural Maine—a challenge shared by many rural health organizations.



Despite DFD’s strong desire to maintain services in Bridgton and its extensive efforts to explore alternative solutions, it became clear that continuing operations at this location is not sustainable.

“This is not a decision we made lightly, and it is not a reflection of our commitment to the Bridgton community,” the leadership team shared in a joint statement. “Rather, it is a decision rooted in responsibility—responsibility to quality care, our patients, our staff, and the long-term sustainability of

rural health care.”

In collaboration with Central Maine Healthcare and other local primary care providers, DFD staff will support Bridgton patients throughout the transition to ensure continuity of care. Patients will receive personalized guidance to help them transfer to another local provider that meets their needs.

DFD remains fully committed to its mission of accessible, community-based care across its three remaining locations in Turner, Monmouth, and Leeds.

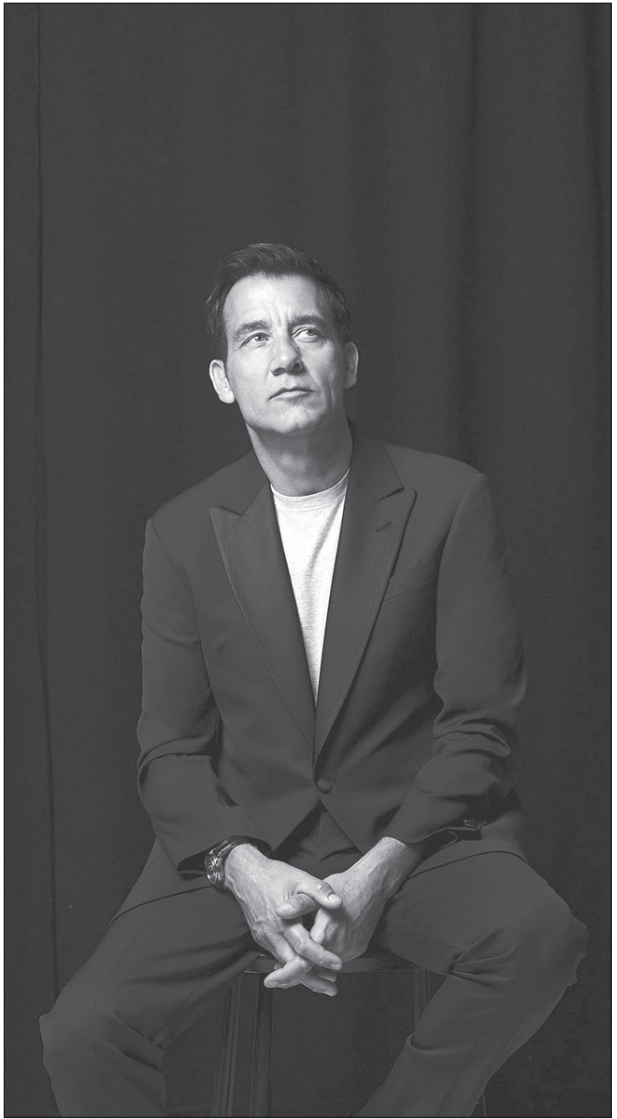
Maine International Film Festival to honor actor Clive Owen

WATERVILLE, ME – The Maine Film Center is excited to announce Academy Award-nominated actor Clive Owen as the recipient of the 2025 Mid-Life Achievement Award at the 28th annual Maine International Film Festival (MIFF), held July 11–20 in Waterville, Maine.

A graduate of the Royal Academy of Dramatic Art, Owen first received international acclaim for his leading role in *Croupier* (1998, dir. Mike Hodges) and has since performed in an expansive variety of films and television series, both art-house and mainstream, often portraying characters with strong wills and even stronger senses of justice. A capable leading man and unafraid of challenging roles, Owen brings a consistent composure, suaveness, gravitas, and acting expertise to his work that has enraptured audiences for three decades and counting.

“We are honored to welcome Clive Owen as the 2025 Mid-Life Achievement Award recipient at the 28th Maine International Film Festival, celebrating his remarkable contributions to cinema,” said Mike Perreault, executive director of the Maine Film Center. “From his breakout role in *Croupier*—at a screening of which we’ll be honoring him with a famous MIFF Moose—to acclaimed performances in *Children of Men* and *Closer* (and three other films of his that we’ll screen), Owen’s dynamic range and compelling screen presence have left an indelible mark on audiences worldwide. This July in Waterville, we look forward to celebrating his longstanding impact on film and storytelling.”

Owen will join the Festival for screenings of six of his films at the Maine Film Center and the Waterville Opera House:



Duplicity (2009, starring alongside Julia Roberts as corporate spies from rival companies embroiled in a steamy affair).

Children of Men (2005, Owen as a disillusioned bureaucrat who is unwillingly tasked with ushering the last pregnant woman on Earth to safety).

Closer (2004, nominated for an Academy Award for Best Supporting Actor as a dermatologist involved in a disintegrating relationship alongside another couple, with Natalie Portman, Julia Roberts, and Jude Law).

I’ll Sleep When I’m Dead (2003, portraying a former gangster in pursuit of revenge after learning of the mysterious circumstances surrounding his brother’s death).

Gosford Park (2001, featuring as an unassuming valet in a thrilling en-

semble murder mystery where everyone becomes a suspect)

Croupier (1998, Owen’s first internationally acclaimed and leading role as writer-by-day, croupier-by-night Jack Manfred), to be followed by the presentation of MIFF’s signature Mid-Life Achievement Award on Tuesday, July 15.

After the screening of *Croupier* and the bestowing of the Mid-Life Achievement Award, there will be a reception in Owen’s honor at Front & Main in Waterville.

MIFF returns to the Paul J. Schupf Art Center and the Waterville Opera House for its 28th edition July 11–20, 2025. Festival passes and packages are now available for preorder online at MIFF.org. A full festival lineup will be announced soon.

Examining Maine history through families of infamous slave captain

AMHERST, MA – In March of 2024, The Washington Post reported that after a decades-long search, a crew in Brazil may have located the infamous lost slave ship *Camargo*. Captained by American Nathaniel Gordon III from Maine—who upon landing in Brazil, burnt and sunk the ship and fled arrest—the *Camargo* was the final known ship to transport enslaved people to Brazil.

Later, Gordon would become the first (and last)

person to be executed by the United States Federal Government for their involvement in the slave trade under the 1820 Piracy Law.

Now, a year after the initial discovery, a new book, *The Divided North: Black and White Families in the Age of Slavery* (UMass Press, April 2025), chronicles the histories of two Maine families—the Rubys and the Gordons—throughout the 1800s. The Ruby family, helmed by Reuben Ruby, became

closely involved with the abolitionist movement and Underground Railroad, whilst the Gordon family continued to illegally engage in the slave trade as slave ship captains.

The dual-family biography weaves effortlessly through the legacies of these two families, which sometimes converge, diverge, mirror, and juxtapose each other.

In *The Divided North*, author Carol Gardner challenges us to ques-

See *Captain*, page 10

Citizen
Continued from page 1

President of the ABA Board of Directors, welcomed attendees, saying, “The impact Phil Crowell has had on our community, businesses and individuals is immeasurable.”

Retired Auburn City Manager Peter Crichton served as emcee for the evening.

“Phil has the respect and admiration of his colleagues statewide,” said Crichton. “I feel privileged to have worked with him. I am pleased to call him a friend, and I am so proud of the great job he is doing as city manager.”

Remarks, sentiments, and other heartfelt greetings were shared by Auburn Mayor Jeffrey Harmon, who presented Crowell with a key to the city; Pastor Roger Cousineau of East Auburn Baptist Church; Carlene Tremblay from US Senator Susan Collins’ Office; Ben Tucker from US Senator Angus King’s Office; Scott Dresser from Congressman Jared Golden’s Office; Maine State Senator (and ABA Board Member) Bruce Bickford; State Rep-



Phil Crowell & his wife, Jennifer, greet guests at the event. Photo by Jose Leiva.

resentative Laurel Libby; Dr. Betsy Libby, Central Maine Community College President; and CMCC’s Director of Athletics and Housing, Dave Gonyea.

Through the countless accolades and stories shared at the event, the theme was consistent: Phil’s legacy of service, integrity, and his strong sense of responsibility and citizenship will have a lasting impact on the City of Auburn. Crowell was lauded for his profound ded-

ication to public service; his exceptional leadership abilities; his commitment to excellence; and his love for his family, friends, and community.

The City of Auburn warmly congratulates Auburn native, proud Veteran, family man, friend and mentor, respected community leader, retired Chief of Police, and current City Manager Phil Crowell, the 2025 Auburn Business Association Citizen of the Year!



Attendees at the 2025 Citizen of the Year event. City of Auburn.

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

‘Ralph Steadman: And Another Thing’ at Bates College

LEWISTON, ME – The installation “Ralph Steadman: And Another Thing” will run June 6-Oct. 11, 2025 at Bates College Museum of Art, Olin Arts Center, 75 Russell St., Lewiston, Maine.

“Ralph Steadman: And Another Thing” spans more than 60 years of the artist’s life and artwork. Showcasing Steadman’s creative passion, collaborations and ongoing evolution, the exhibition presents works from his early years as a student to his political illustrations, social commentary and activism.

As one of the most influential illustrators and comic artists of the last six decades, Steadman is famous for his long collaboration with journalist and author Hunter S. Thompson and the development of Gonzo journalism in works such as “The Kentucky Derby is Decadent and Depraved,” first seen in Scanlan’s Monthly and the novel “Fear and Loathing in Las Vegas.” Their form of journalism continues to influence today’s online news sources, editorial pieces, social media, videos, political punditry and podcasts.

The unprecedented



Ralph Steadman, “Fear and Loathing in Elko for Rolling Stone Magazine” 1991, ink on paper

exhibition features a selection of 149 original artworks as well as ephemera, including Steadman’s sketchbooks, children’s books, magazines, personal photographs and handwritten notes that tell a fuller story of how the artworks were born. Beautiful works from “The Gonzovation Trilogy,” his collaboration with documentarian and filmmaker Ceri Levy about extinct and endangered birds and animals, showcase Steadman’s concern for the environment. A more experimental collection, “Paranoids” are caricatures of notable figures from history, entertainment and politics created by reworking Polaroid photo-

graphs. Iconic illustrations for all ages, include Lewis Carroll’s “Alice in Wonderland,” Robert Louis Stevenson’s “Treasure Island,” Kurt Baumann’s “Dozy & Hawkeye” and Steadman’s “The Little Red Computer” and “That’s My Dad.”

Visitors will engage with art depicting famous writers and musicians and keen observations on politics and society, demonstrated through Steadman’s series of portraits of United States presidents. “Vintage Dr. Gonzo,” a life-size bronze sculpture by Jud Bergeron, will also be touring with the exhibition.

“Don’t think about style, just think about drawing honestly, trying to express something about a particular subject, model or whatever it is you are drawing. Style will get in the way.” — Ralph Steadman

By the numbers:

More than 149 objects in the exhibition

More than 20 images of notable figures, including T.S. Eliot, Karl Marx, Virginia Woolf and George Orwell

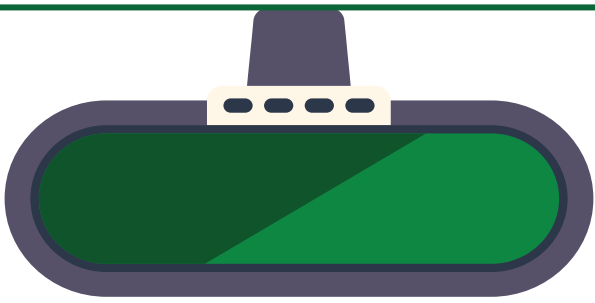
Nine portraits of United States presidents

Spanning over 60 See Steadman, page 11

Evergreen
Credit Union

egcu.org/auto

Leave high car payments behind



Rates as low as
4.49%
APR¹



Scan to apply
or call
207-221-5000

★ Trustpilot
Rated 4.7 Stars
as of 4/15/25

¹ Annual Percentage Rate as of 10/21/2024. Rates subject to change without notice. Not all applicants will qualify for the lowest rate or be approved. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit egcu.org/auto.

Affordable Well Drilling
207.375.7204

28 Bowdoinham Road • Sabattus, Maine



Give us a call about excavation and Forestry!

New Ventures Maine offers free hybrid business planning class

AUGUSTA, ME – New Ventures Maine (NVME) has an open call for Venturing Forth, a free, comprehensive business planning class for entrepreneurs, that will be offered in person in Brunswick and online via Zoom starting July 1.

For new entrepreneurs or current business owners, Venturing Forth helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The eight-week course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, legal as-

pects, and more. In-class activities, guest speakers, and assignments lead to the completed business plan and road map for success.

Individuals complete an online application and attend an orientation and individual interview to participate in the class. Anyone with a business idea or current business is welcome to apply. The online application is due by noon on Friday, June 20. Class size is limited to 15.

“This class supports small business owners in all aspects of creating their business plan,” said NVME Microenterprise Program Manager Alicia LaFosse. “Participants will

not only learn through the class content, but they’ll also learn from their peers and entrepreneurs in the community as they hone their vision and create their plan.”

The Venturing Forth class will meet on Tuesdays from July 1 through August 19 from 9:00 a.m. to 2:30 p.m. Participants can attend the class at the NVME UMA Brunswick Center in Brunswick or via Zoom.

The class is funded in part by the Maine Technology Institute. Participants qualify for three pass/fail credits from the University of Maine at Augusta upon approval of their complet-

ed business plan.

To request a paper application or learn more, contact Gina Platt at gina.platt@maine.edu or 207-753-6581 or Alicia LaFosse at alicia.lafosse@maine.edu or 207-621-

7457. For more information and to apply online visit the New Ventures Maine website.



Maine National Guard enters annual peak training season

AUGUSTA, ME – Maine Army and Air National Guard units are entering their “annual training” window, and Mainers can expect to see increased military presence throughout the state. This is routine and planned yearly training.

This summer training window typically peaks from May to July and is associated with a surge in military vehicle movements, helicopter flights, construction projects, and various other activities at a multitude of locations. Annual training enables individuals and units to come together and refresh proficiency on their respective assigned tasks and mis-

sions for more prolonged periods of time than their monthly “drill weekends.”

Annual training season also encapsulates most of the Guard’s Innovative Readiness Training (IRT) projects across the state. IRT is a Department of Defense program that enables the military to train on mission-related tasks while simultaneously providing key services (health care, construction, transportation, and cybersecurity) in the community.

This summer, Guardsmen will participate in IRT projects at the Lake George Regional State Park, the East Millinocket Mill, and the Escort Station Airstrip – with more proj-

ects likely later in the year.

In 2024 alone, the Maine National Guard saved Maine entities over \$800,000 in manpower and equipment expenses by providing construction services to Lake George Regional State Park, the Maine Veterans Memorial Cemetery, the Brewer Police Department, and Project SHARE (Salmon Habitat And River Enhancement).

IRT support can be requested by Government entities, youth & charitable organizations, and others approved by the Department of Defense. For more information, or to apply for support, please visit <https://irt.defense.gov/>.



**A STUNNING
SPRING STARTS
WITH THE RIGHT
TRACTOR**

**SHOP TRACTOR
PACKAGES**



UNITEDEQUIP.COM



Water that just works.



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

207.224.7861 goodwinwellandwater.com

Riding To The Top volunteers honored at Governor’s Awards



RTT Youth Volunteer, Orley Garrett; RTT Executive Director, Sarah Bronson; RTT Volunteer, Jen Robinson at Governor’s Awards ceremony

WINDHAM, ME – Riding To The Top (RTT) is proud to announce that three youth volunteers and seven adult volunteers were recently honored at the Governor’s Awards for Service and Volunteerism for the hours they contributed to RTT in 2024. The awards ceremony has existed since 1987 as a way to recognize the dedication and impact volunteers have on the State of Maine.

RTT’s youth volunteers honored at the ceremony – Orley Garrett, Hannah Mitschele, and Archer Akers – each contributed over 50 hours to the farm in 2024. The adult volunteers – Trina Bellavance, Janis Childs, Stacie Hamilton-Waldron, Ginna Jones, Susan Layton, Jennifer Robinson, and Clayton Pe-

ters – were honored for volunteering over 500 hours each over the course of the year.

“Simply put, RTT wouldn’t exist without the countless hours that volunteers contribute each year. It’s wonderful to have youth volunteering here at the farm and being mentored by so many caring adults who give so generously of their time. Volunteering at Riding To The Top, not only benefits our clients and the organization, but our volunteers benefit as well, saying time and time again, how much they get out of their volunteer time here,” said Sarah Bronson, RTT Executive Director. “I’ve always loved the quote: “You make a living by what you get; you make a life by what you give.” We were grate-

ful to have these volunteers from RTT recognized by the Governor’s Awards for Service and Volunteerism, and it was impressive to see all of the volunteers from all over Maine honored at this year’s ceremony!”

Volunteers are the heart of RTT. They contribute over 11,000 hours each year to improve the lives of our clients and horses. While volunteers serve in many capacities, the majority assist in lessons. They can also help with barn chores, facility and trail maintenance, administrative tasks, event and special projects.

Riding To The Top welcomes new volunteers throughout the year. To find out more information, visit <https://www.ridingtothetop.org/volunteer>.

Tips to consider to stay healthy during summer travel

By Dr. Amit Arwindekar, Medical Director at UnitedHealthcare Global

As the weather gets warmer and the end of the school year approaches, many Maine residents may be planning a vacation. While some prefer a staycation, 86% of Americans plan to travel out of state and 50% plan to travel internationally.¹

Everyone hopes their trip will go smoothly, but more than 1 in 4 Americans report getting sick or hurt on a vacation and 56% needed medical treatment as a result.² To help you prioritize a healthy and safe trip, consider these tips:

Check-in with your primary care doctor before traveling. Schedule an appointment with your doctor prior to your vacation. At your visit, inform your doctor of your travel plans to see how best to support your health while traveling, including getting any recommended or required vaccinations. Before leaving, refill any prescriptions you might need while away and pack enough to last your entire trip. Check travel health information and recent travel notices for destinations abroad so you know what to expect when you arrive.

If you haven’t had an annual wellness exam and preventive screenings recently, this may be a good time to make sure you are on top of any health concerns. Health plans usually cover preventive care, which means you may pay \$0 out of pocket for certain covered preventive services if you go to a network provider.

You may also consider options like virtual visits for non-emergency care. Virtual visits may be both cost-effective and more convenient. Talk to your health plan and doctor about virtual care options

that might be available to you while traveling. Virtual care may help you quickly and affordably access needed care with a network provider while on the road.

Pack properly and make sure you have enough essentials. Prior to leaving home, check the weather at your destination and pack accordingly. Prepare a travel health kit with essentials like hand sanitizer, over-the-counter medications, sunscreen and bug spray. Remember to pack important items like prescription medications in your carry-on luggage in the event of an emergency, or if your checked bags get lost during travel.

Take care of your health during your vacation. Physical activity may help reduce stress and promote well-being.³ Plan to incorporate some form of activity during your vacation, such as sightseeing walks, bike rides or daytime hikes. To help avoid dehydration, carry a water bottle and refill it throughout the day. Also, make sure to wear and reapply sunscreen to protect your skin and use bug spray to keep yourself safe from bug bites.

Prepare for possible jet lag. Data shows that 60-70% of long-distance travelers may experience some form of jet lag.⁴ Preparing for time changes and getting good sleep prior to travel may help reduce symptoms of jet lag. Make sure to drink lots of water. At your destination, soak in the sunlight as this may help reset your internal clock to help promote better sleep, which may be key to reducing jet lag and supporting your immune system.⁵

Consider travel medical insurance and travel protection. Accidents happen. That’s why it’s important to be prepared

for the unexpected. That may include making sure you have health coverage while you’re away, which may help you avoid major costs in the event of an accident or sudden illness. If you plan to travel, check with your health plan to see what coverage you may have at your destination — especially if you’re traveling internationally as many health plans may not cover medical expenses while abroad.

These tips may help you stay on top of your health so you can enjoy a worry-free vacation and return home reenergized.

1 IPX 1031, 2025, <https://www.ipx1031.com/americans-travel-report-2025>

2 ValuePenguin, 2022, <https://www.valuepenguin.com/vacation-sick-hurt-survey>

3 Mayo Clinic, 2025, <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

4 You and Your Hormones, 2023, <https://www.yourhormones.info/endocrine-conditions/jet-lag>

5 Mayo Clinic, 2022, <https://www.mayoclinic.org/diseases-conditions/jet-lag/symptoms-causes/syc-20374027>.

MULCH



Black-Brown \$45/yard
Playground Chips \$25/yard
Reground Chips \$40/yard
(all natural)

Screened Loam

Delivery Available!
642-6181 ~776-1063 ~ 415-2781

RICHARD WING & SON LOGGING
RT 114, 610 Richville Road, Standish, Maine

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

Captain

Continued from page 7

tion our preconceived idea of the “free” North during the tumultuous 19th century. “My 20 years of education in the North and Mid-Atlantic failed to offer an accurate picture of slavery, the slave economy and abolitionism in the North,” Gardner says. “That lack of

acknowledgment inspired The Divided North.”

Jared Ross Hargett, historian and author of Black Lives, Native Lands, White Worlds, says of the book, “Such an intimate portrait of nineteenth-century America’s racial politics helps us better understand what was at stake in the struggle for human

freedom and dignity. It was a struggle that echoes into our own time.”

Bob Greene, historian of African Americans in Maine, praises the book, saying, “This engrossing dual biography is another giant step in uncovering the national leadership of an unsung Maine hero, Reuben Ruby.”

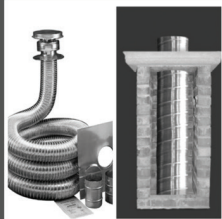
Gardner writes, “This book seeks to recover some of what has been forgotten: in particular, what it was like to live in the North throughout the turbulent 19th century. It tells that story through the lenses of two families who played important but opposing roles: abetting and advocating against slavery.”

Jason Hodsdon Masonry

We install
stainless steel
liners

215-3557
North Monmouth

Jasonhodsdonmasonry@gmail.com



Steadman

Continued from page 8

years of Ralph Steadman’s career

More than 20 artworks featuring animals, including Di Dodo and Owen the Owl

Illustrations from more than 15 children’s books

One “Vintage Dr. Gonzo” life-size bronze sculpture by Jud Bergeron

Related programs:

Opening Reception: Bates College Museum of Art on June 6 from 7-9 p.m.

Celebrate the opening of “Ralph Steadman: And Another Thing” and make your own interactive exhibition mini-catalogue, or challenge yourself with the Spot the Difference activity to look deeply while comparing reproductions to originals to find missing details. These will be available throughout the run of the exhibition.

Parent-Child Origami Workshops: Bates College Museum of Art on July 24, July 31 and Aug. 7 from 10-11:15 a.m.

Join us for an origami making workshop inspired by animals depicted in “Ralph Steadman: And Another Thing.” All materials will be provided. Space is limited and registration is required. See Bates.edu/museum events for details.

Welcome Back Reception at Bates College

Museum of Art on Sept. 5 from 4-7 p.m.

Start off the new academic year with an inspirational visit to the exhibition “Ralph Steadman: And Another Thing,” and make your own interactive exhibition mini-catalogue!

Film Screening: “For No Good Reason” at Olin Arts Center, Room 104 on Sept. 9 at 7 p.m.

The Bates College Museum of Art welcomes viewers to a feature-length documentary film about artist Ralph Steadman, whose work will be on view in the exhibition “Ralph Steadman: And Another Thing” through October 11. In this 2012 American-British documentary film directed by Charlie Paul, actor Johnny Depp visits Ralph Steadman to explore his career and activism.

Film Screening: “Fear and Loathing in Las Vegas” at Olin Arts Center, Room 104 on Sept. 24 at 7 p.m.

In connection to the exhibition “Ralph Steadman: And Another Thing,” the Bates College Museum of Art welcomes visitors to a screening of Terry Gilliam’s adaptation of Hunter S. Thompson’s novel of the same name. Steadman is widely known for the work he produced as part of his long collaborative relationship with Thompson.

All events are open to the general public. For more

events, including in-gallery activities, visit Bates.edu/museum/events

Curator: The exhibition is co-curated by Sadie Williams, director of the Ralph Steadman Art Collection, and Andrea Lee Harris, curatorial and exhibitions coordinator of the Ralph Steadman Art Collection.

The exhibition is accompanied by a full-color, 207-page publication of the same name. Special hardcover and softcover editions are available.

The exhibition and the Bates College Museum of Art are free and open to the public. Hours: www.bates.edu/museum/visit/.

Also this summer: The Bates Dance Festival (BDF) returns from July 11 to August 1. Now in its 43rd season, the Festival remains one of the premier destinations for dance education and performance in the United States. This year, BDF proudly features the premiere festival appearance of the iconic Bill T. Jones/Arnie Zane Company, presenting a mixed repertory, including their seminal works Continuous Replay and D-Man in the Waters, as well as offering masterclasses, and participating in community engagement events. https://www.batesdancefestival.org/.



Call, Text or Chat 988



988 crisis hotline offers free and confidential support available 24/7.



(207) 600-7766

Satisfaction guaranteed

Solar Panel Installation

Harness the power of the sun with **Solar Systems of Maine**
Your trusted provider of Maine residential and commercial solar system solutions.



- Trained and certified
- Knowledgeable and thorough installers
- Locally owned and family operated
- Residential and commercial

SAVE MONEY!

Stop paying CMP for power and create your own!

AARP News You Can Use – June 2025

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

Just as April showers bring May flowers, the summer season brings a bumper crop of garage sale signs. Summer Saturday mornings are filled with savvy shoppers hunting for the best treasures. A win-win for the shoppers and the sellers.

Yet, for some of us, garage sales are a reminder that other people have steadfastly cleaned their garages and decluttered their homes, while I, to my shame, have not.

Whether people are downsizing their homes or looking to declutter, it turns out that getting rid of stuff is really hard to do. According to move.org, Americans spend an average of \$200 a month renting storage spaces, adding up to over \$2,000 a year to store our seldom-used belongings. Even though decluttering or downsizing might be daunting, that work could pay off with real savings to our monthly budgets. Additionally, getting rid of unused items frees up room for things that we do use and can create a feeling of mental ease in our newly cleaned spaces.

The internet is awash with suggestions for letting go of our treasured items; you have only to enter “decluttering” in any search engine to get a sense of the volume! Many of the suggested approaches are



useful, but the process of clearing out our things can still be overwhelming.

However, the AARP webpage, Downsizing and Decluttering Resources, has some very practical recommendations. Start small by selecting one space to declutter. Next, organize the items into a few categories: things to keep, sell, donate, or toss. Starting small keeps the project manageable and allows the categories guide our decisions about what to keep. Technology can be a space saver for scanning and digitizing old documents and photos eliminating some paper storage. Lastly, enlisting the help of family members can be useful when it comes to deciding what to do with sentimental items. Maybe someone really does actually want Grandma’s old china.

Decluttering or downsizing doesn’t have to be such a traumatic experience after all. Breaking decluttering down into small steps makes the process more manageable. Benefits include increased living space, budget sav-



ings, mental ease, and satisfaction from knowing old items will be put to new use. I am not saying that I would ever have a garage sale, but I could feel less guilty when I drive by one. Maybe I’ll start with a closet.

As always, check out the enclosed link to find our free local events, coffee talks and other opportunities near you.

Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma’s Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.

Please use the following QR Code or web address to find more information about AARP Maine and events near you.

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

Tree Farmer of the Year, Tree City USA awards presented

MAINE – Governor Janet Mills joined Department of Agriculture, Conservation and Forestry Commissioner Amanda Beal and Maine Forest Service Director Patty Cormier at the Viles Arboretum to celebrate Maine Arbor Week and recognize communities and individuals for their exceptional contributions to forestry and environmental stewardship.

The Governor presented Jay and Kathryn Libby with the 2025 Maine Outstanding Tree Farm Award, honoring their exemplary forest management and dedication to sustainable practices.

Jay and Kathryn Libby manage a 120-acre woodlot in Cornville. Their forest is a diverse and thriving ecosystem made up of maple, white pine, spruce, fir, hemlock, white ash, red oak, and birch species. With support from their consulting foresters, the Libbys demonstrate a thoughtful approach to land management. Their goals include improving timber quality, maintaining recreational access for family and friends, and preserving the natural character of their land for future generations. Their care and commitment exemplify the spirit of the Tree Farm Program and serve as a model for woodland stewardship across Maine.

The ceremony also celebrated municipalities and institutions receiving Tree City USA and Tree Campus USA recognition, awarded by the Arbor Day Foundation in partnership with the Maine Forest Service - Project Canopy.

These awards highlight Maine’s continued commitment to the care and management of public trees, the education of future stewards, and the enhancement of community well-being through urban forestry.

Tree City USA Awards were presented to: Auburn – 22 years Augusta – 29 years Bangor – 20 years &



From left: DACF Commissioner Amanda Beal, Kathryn and Jay Libby, Governor Mills, State Forester Patty Cormier, Project Canopy Coordinator Jan Santerre (MFS Photo)



Governor Mills with the Libbys

Growth Award
Bath – 28 years
Brunswick – 8 years
Camden – 27 years
Castine – 16 years
Cumberland – 1 year
Ellsworth – 4 years
Farmington – 48 years & Growth Award
Hallowell – 22 years
Kennebunkport – 48 years
Lewiston – 22 years
Orono – 29 years
Portland – 45 years
Saco – 15 years
South Portland – 45 years
Westbrook – 48 years
Yarmouth – 46 years
Tree Campus USA Awards were presented to: Bowdoin College, Brunswick – 3 years Colby College, Waterville – 7 years The Outstanding Tree Farm of the Year Award is

one of Maine’s highest honors for family forest owners. The award recognizes exemplary stewardship and a deep commitment to sustainable forest management. Since 1954, it has celebrated individuals or families who successfully balance ecological health with economic sustainability, ensuring the long-term vitality of Maine’s woodland resources.

Project Canopy is Maine’s urban and community forestry program, managed by the Maine Forest Service within the Department of Agriculture, Conservation and Forestry. Its mission is to create and maintain healthy urban and community forests that provide economic, ecological, and quality-of-life benefits for Maine residents.

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

L-A VETERANS COUNCIL

Jay's Lawn & Garden

207-713-6090

Delivery Available

Also offering residential & commercial lawn mowing services

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

1294 Sabattus Street
Lewiston

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

207-344-5212

FULLY INSURED

LANDSCAPING

HARDSCAPING

SNOW REMOVAL

- 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



FREE DELIVERY L/A

Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

PHOTOGRAPHY



Executive Portraits • Business photographs • Videos

Gray, ME maine@portraitefx.com
(207) 657-6372 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 **VOLVO PENTA** **YANMAR**
OMC **Perkins** **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.familychirome.com

PAINTING

Interiors • Exteriors Drywall Repair
Free Estimates Pressure Washing

W.J. Libby
Painting Co.

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

SHIPPING



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

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

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**

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

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

WEB HOSTING



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

MAINE HOSTING
S O L U T I O N S

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

1st, 3rd Wednesday of every month
LEWISTON – Join Lewiston Public Library for Bumps & Babies on the 1st and 3rd Wednesday every month starting June 4th from 10:30am to 11:30am in the Children’s Department.

Bumps & Babies is a support group that provides a safe, compassionate space for individuals navigating the emotional and physical challenges of pregnancy and the postpartum period. Members can share experiences, receive encouragement, and connect with others facing similar struggles, such as anxiety, depression, or the joys and adjustment to parenthood.

Wednesdays
GORHAM – Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

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

Calendar

Send your submissions to the Editor. More online.

development, fine motor skills, social and emotional development, creativity, and language development.
Recommended for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

Saturdays
AUBURN – THOUSANDS OF BOOKS for sale at the APL Bookstore on Saturdays 9:30-1:00. Gently used books of all types, DVDs, music CDs and puzzles & games - new items added every week. Kids’ books are 50 cents and all other books are \$3 or less! Stop by the lower level of the Auburn Public Library for great deals. Auburn Public Library, 49 Spring Street, Auburn.

Sundays
LEWISTON – Lewiston Farmers’ Market held every Sunday, May 11th-November 23rd from 9:30am-1:00pm. Hours change to 11:00am-1:00pm beginning first Sunday in November. Located at 2 Oxford St., Lewiston.

June 7 and 8
SOLON, BRUNSWICK – The Paddle for Pine Tree Camp is just

two weeks away on Saturday, June 7 in Solon and Sunday, June 8 in Brunswick. All proceeds support summer camp tuition for Maine children and adults with disabilities. More information at www.pine-treesociety.org.

June 6
LEWISTON – June 6th at 12PM the Lewiston Public Library Children’s Department will be offering the program Family Rock Painting Keepsakes. Caregivers and their children will have the opportunity to decorate rock keepsakes using acrylic paint pens.

June 7
GORHAM – Cressey Road Christian Church, 81 Cressey Road, Gorham Perennials & Yard Sale Saturday, June 7, 9AM-2PM. Perennials galore! Save Money, Buy Used Treasures & Help the Planet. With your help, we will continue to support a variety of projects: Summer Camperships, Mission Work Downeast, Washington County Maine, Vacation Bible School.

June 12
AUBURN – The 23rd Annual GAHS Golf Tournament is coming up on

June 12th! Whether you’re a seasoned golfer, know just enough lingo to get by, or are a total newbie, our tournament promises a fun and relaxed day—all while supporting a great cause: helping animals in need throughout our community. Register as a team or sign up solo—we’ll match you with other players so you can meet new friends on the course. Enjoy raffles, golf challenges, and more, all set against the beautiful backdrop of Martindale Country Club. We can’t promise a hole-in-one, but we can promise a great time! For more information or to register, visit: <https://gahumane.org/golf-tournament/>.

June 14
Living Waters Chili and Chowder Cook-off, Saturday, June 14, 2025 - 5:00 pm. Suggested donation \$8 per person; \$20 for family. Proceeds to benefit Vacation Bible school for July 2025.

June 14
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/>.

Susan Werner - Sat, June 14, 2025 at 7:30 pm. Doors open 7:00 pm.

Susan Werner is a singer/songwriter, guitarist, and pianist who has built a reputation as one of the country’s most compelling live performers. She has been playing to

FLAGSHIP CINEMAS

Premium

Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!

AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

sold-out audiences across the country for 27 years. Renowned as a charismatic performer, she’s known above all for challenging herself to conquer new styles every few years. She writes ambitious concept albums with subject matter and sounds to match. She has produced 18 albums of songs that effortlessly slide between folk/rock, jazz, Tin Pan Alley to gospel, country, and pop, all delivered with sassy wit and classic Midwestern charm.

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

June 22
AUBURN – About Love: Grief & Loss, 11:30-1pm. First Universalist Church of Auburn, 169 Pleasant St. (enter on Spring St. across from Dairy Joy). Freewill donations accepted. Parking; accessible. FMI 783-0461.
June 28
WINDHAM – St. Anthony of Padua Summer Festival to be held at Our Lady of Perpetual Help Church in Windham. This is the 4th Annual Summer Festival with a yard sale,

sales of plants, books and jewelry, Italian food, quesadillas, Knight of Columbus Grill for breakfast and lunch, and homemade baked goods. There also will be music, games for children and adults, and raffles.

This year featured is the “Golden Ticket” raffle. The winning ticket gets two passes for all the dinners at Our Lady of Perpetual Help, St. Hyacinth’s in Westbrook and St. Anne’s in Gorham for a year starting in September 2025.

Aug 9
GORHAM – Makers Market & Pick Your Own Blueberries Fest at Orchard Ridge Farm in Gorham, August 9th from 10-2 (rain date August 10th, 10-2)

We will have 30 Vendors selling their goods including Ceramics, Jewelry, Woodworking, Illustration and Painting, Vintage Clothes, Stained Glass, Soap and Body Products & More. There will be live music, farm animals and we will have 2 food trucks!

We are also having a BAKE SALE (blueberry themed) fundraiser for ARLGP with all the funds raised will go to help the shelter continue doing the amazing work they have been doing for years.

‘Building Hope’ film to be shown at Franco Center June 11

LEWISTON, ME – The Franco Center will show the film “Building Hope,” at 7 p.m. Wednesday, June 11. Admission is free. The evening will feature a panel of several professionals who will discuss homelessness, including:

Kevin Boilard, Kaydenz Kitchen
Jamie Caouette, The Store Next Door
Lisa Escobar, Lewiston High School SUD Clinician/Prevention Coordinator
Sasha Anastasoff, Auburn’s McKinney-Vento and Foster Care Liaison
Amran Osman, Executive Director of Generational Noor
Greg Whitney, President of the Drop-in Center, Auburn

The film “Building Hope,” brought to the Center by Kane Lewis Productions, shares that there is hope to end the suffering

of homelessness. The film explores the stories of people who have been caught in the daily crisis of homelessness. With the help of leading state advocates, many have risen above their circumstances to find housing and jobs and are becoming productive members of society. Others, due to chance, mental illness and substance use disorder, have yet to succeed.

The film explores the whys and hows by which our society can heal the suffering. In the film, Maine’s Speaker of the House Rachel Talbot Ross talks about her own vulnerabilities growing up and investments in affordable housing. Maine’s Independent U.S. Senator Angus King discusses bills he has co-sponsored, and Developers Collaborative’s Kevin Bunker, the force behind building Portland’s new

Homeless Services Center and Asylum Seekers Center, shares his perspectives.

A “voice from poverty,” Dr. Donna Beegle closes the film with the plea: “There’s nothing that matches making a difference for your fellow human beings. ... Let me use what’s in my hands ... to see if I can’t leave you in a better place.”

The Franco Center is handicap accessible through its elevator entrance on the Lincoln St. Alley side of the building. Parking is in the mill lot on Oxford Street. The venue is at 46 Cedar Street in Lewiston.

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



Discovering a rewarding career in substance use disorder counseling

Flexible opportunities abound with providers statewide.

Technically, Elisa is a Licensed Alcohol and Drug Counselor, or LADC. But when she describes the role she plays, offering individual and group counseling to people struggling with substance use disorder, she considers a more accurate job description to be a “hope donor.”



“I help people to find what their passion and motivation is, then give them the hope they need to go after it,” she says.

Elisa is a part of the growing field of Behavioral Health providers, ensuring that Mainers with behavioral health needs have the support they need to stay safe, independent and empowered to achieve their personal goals.

Elisa reaps a deep sense of satisfaction from seeing clients heal, grow and meet major milestones to get back on their feet. Watching them repair relationships, find employment, stable housing, get their driver’s licenses restored, and be reunited with their children, is transformational.

“The changes that I’ve seen clients make have been profound,” she said.

The field is widely accessible, and requires at least an associate’s degree, or credit hours in substance use disorder counseling, plus time training in the field. While Elisa has lived experience and thinks it can be helpful for anyone entering the profession, she doesn’t think it’s a prerequisite for the job. “If somebody has compassion, empathy and the willingness to work through hard things, they can do this job,” she says.

There’s a growing demand for substance use disorder counselors with providers throughout the state, and Elisa was able find a position that gives her the latitude to balance school and family commitments and work with ease.

“It can be full time, part time, or per diem, depending on what’s going to work best for you,” she says. “There’s no zip code for substance use disorder. It impacts every area in Maine. There’s a huge need for people to do this work.”

To learn more about full-time, part-time, and per-diem opportunities in your community, go to MaineCareersWithPurpose.org or Follow @MaineCareersWithPurpose on Facebook & Instagram.

“If somebody has compassion, empathy, and the willingness to work through hard things, they can do this job.”

Poland Spring Resort More than a hotel!



MEL'S HILLTOP
RESTAURANT
Open for
Lunch & Dinner



PICKLEBALL



GIFFORD'S
ICE CREAM AT
FENN PARK

There's a lot happening at Poland Spring!
Poland Spring offers a variety of activities for locals to enjoy. Our most famous attraction is the award-winning Donald Ross Golf Course, but we also feature grass tennis courts, hiking trails, the Maine State Building Museum, the Poland Spring Bottling Museum, a putting green, a mini golf course, a driving range, disc golf, and now pickleball! We host weddings, events, reunions, and much more.

For more information and pricing, visit
www.PolandSpringResort.com or call (207) 998-4351



18-HOLE GOLF COURSE



WEDDINGS AND EVENTS

Boston Celtics honor Susan Gross of York as Hero Among Us



York, ME resident Susan Gross was honored as a Hero Among Us during the Boston Celtics' home playoff game against the New York Knicks on Wednesday, May 14, 2025, for donating a kidney to her son in a life-saving transplant.

BOSTON, ME – Susan Gross was honored for her selfless and life-saving decision to donate a kidney to her son, Stephen. Diagnosed with chronic kidney disease at just 3 years old, Stephen faced a lifetime of health challenges. As his condition worsened in adulthood, he was placed on the transplant waiting list.

Determined to help, Susan underwent testing

and was identified as a perfect donor match. Without hesitation, she donated her kidney, offering her son a second chance at life and deepening their already powerful mother-son bond.

For saving her son's life, Susan Gross was honored as a Hero Among Us during the Boston Celtics' home playoff game against the New York Knicks on Wednesday,

May 14, 2025. Since its establishment in 1997 by the Boston Celtics, the Heroes Among Us program has recognized outstanding individuals who have made exceptional and lasting contributions to their communities. The award is presented at every Celtics home game and pays tribute to the heroic achievements of these outstanding citizens.

Start Here, Stay Here: Understanding MaineCare

A LUNCH & LEARN

TUESDAY, JUNE 24
11:30 A.M. REGISTRATION
NOON PRESENTATION
440 Minot Avenue | Auburn, ME 04210

Navigating the MaineCare system can be a challenge, but we're here to help simplify the process! Join us for lunch and a presentation on how to navigate the system, from understanding what documents you need to collect to how the spend-down process works.

It's one of the many ways
we're here to support you.



RSVP as soon
as possible. These
events fill up fast!
207-367-3679