

St. Mary's Health System achieves Geriatric ED accreditation

LEWISTON, ME – St. Mary's Health System is proud to announce that its Emergency Department, under the leadership of Micah Gaspary, MD, has achieved Level 3 Geriatric Emergency Department Accreditation from the American College of Emergency Physicians.

This national recognition affirms St. Mary's commitment to providing high-quality, specialized care for older adults in our community. The bronze standard accreditation acknowledges emergency departments that have successfully implemented best practices in geriatric care, including age-appropriate equipment, screening protocols and interdisciplinary education.

The achievement was made possible by a dedicated team of clinical



cal leaders, including Dr. Gaspary, emergency department medical director, and Kelley Parker, RN, who have helped ensure that emergency services at St. Mary's meet the unique needs of older patients with dignity, safety and expertise.

"This recognition reflects the deep care and clinical excellence our team brings to every patient encounter," said Win Brown, FACHE, president of St. Mary's Health System. "It's a meaningful step forward for our emergency services and a reflection of our commitment to the health and dignity of older adults in our community."

GEDA accreditation



builds on national guidelines developed in 2014 by leading emergency and geriatric care organizations, which recommend practices such as delirium screening, fall risk assessment and coordination with outpatient providers. Level 3 accreditation recognizes emergency departments that have committed to these goals and have made meaningful improvements in how care is delivered to older patients.

St. Mary's Emergency Department is open 24/7 and offers a full range of emergency services.

Sailing, swimming, tennis lessons in Auburn at Taylor Pond



Kids sailing on Taylor Pond

AUBURN, ME – Sailing lessons for kids from 8 to 18 are available on Taylor Pond in Auburn. Lessons are in 3 week blocks starting on June 30 and July 21. Sailors may enroll in either or both session blocks for \$510 each. Classes meet Monday through Friday from 1:00 to 5:00 at Taylor Pond. There are no classes on July 4th. Limited scholarship assistance

is available to assist new sailors.

A shorter class is offered in a one week session starting June 23 for younger Kids to Discover Sailing. This is open to ages 7 or 8 from 12:30 to 2:00 at a cost of \$250.

Children who learn to sail will experience the Maine outdoors and learn lifelong skills including self-reliance, knots, teamwork, weather, sportsman-

ship, responsibility, and more while having adventures and fun with friends.

Swimming and tennis lessons are available in the morning. See full schedule at www.taylorpondyachtclub.com/lessons for details.

For more information: contact lessons@taylorpondyachtclub.com or visit www.taylorpondyachtclub.com/events to register.

HOME IMPROVEMENT special section pages 7-10

Pelletier's Karate offers summer camps

LEWISTON, ME – Pelletier's Karate Academy is thrilled to announce five weeks of summer camp this year! A beloved community hub for karate, kickboxing, yoga, and more, Pelletier's has been building strong minds and bodies for over 30 years. Offering a welcoming environment for kids as young as three and adults alike, the academy believes that karate is more than just fitness—it's about becoming a better person, building self-esteem, and achieving goals in all areas of life. This philosophy shines through in their summer camps, where children thrive in a structured, fun environment filled with learning and play. In addition to karate-focused weeks, Pelletier's is excited to host two

Karate Camp

Building healthy minds and bodies.

Ages 6-12
July 14 - 18
July 21 - 25
July 28 - August 1

These weeks include:
Structured environment
Life skills training
Make new friends
Great workout
Safe learning
Karate
Movie making
Games
Taiko Drumming
Arts & Crafts
Ukulele
(Kids must bring their own ukulele or a string instrument they play)

Drop off:
7:30-8:30am
Pick Up:
3-4pm

After care available for additional cost: 4-5:30pm

Weekly Cost:
1 child:
\$225
Sibling:
\$175

Discount available when you pay for multiple weeks

Half day (Drop off till 12:30 PM) available for 4 & 5 year olds for \$150

THRIVE RHYTHM FEST

Where music, dance and mindfulness meet.

Ages 6-12
June 30 - July 3
August 11 - 14

Kids will engage with music and movement in fun and creative ways!

These weeks include:
Music theory
Music genre exploration
Theater/creative choreography
Mindfulness techniques
Yoga
Movie making
Games
Taiko Drumming
Arts & Crafts
Ukulele
(Kids must bring their own ukulele or a string instrument they play)

Call (207) 786-3731
Email dojo@pelletierskarate.com
1 Taylor Hill Road, Lewiston, ME

weeks of music camps! For more details or to register, email dojo@pelletierskarate.com.

Visit pelletierskarate.com for a full schedule of karate classes.

Bates College celebrates 504 new graduates

LEWISTON, ME – Bates College held its 159th Commencement Sunday on the Historic Quad, with 504 students participating in the ceremony under cloudy skies and chilly temperatures (56 degrees) but notably, no rain. They represented 38 states, the District of Columbia, and 31 countries. Sixty-four of them were the first in their families to graduate from college.

The Commencement speaker was psychologist and author Angela Duckworth, whose book *Grit: The Power of Passion and Perseverance* was on The New York Times bestseller list for 164 weeks (her

TED Talk on the same topic has been viewed over 35 million times). Duckworth started her speech with an unusual request: Would Bates President Garry W. Jenkins hold her phone during her talk?

Then she asked if she could hold his phone. After he handed it off to her, she turned to the audience.

"I want all of you to do what President Jenkins and I did just now. If you have a cell phone, please take it out — I think nearly all of you do — and I want you to hand it to a neighbor."

She reminded graduates that their generation, Gen Z, spends more than six hours a day on their phones. "Where you physically place your phone just might be one of the most consequential decisions you make," Duckworth said. Pointing out that "successful strivers" don't rely on willpower to be successful, Duckworth emphasized that what matters more is modifying — or designing — a situation in

ways that make wise choices easier.

"The underlying idea of situation modification is this: physical distance creates psychological distance. You want something to grab your attention, to direct your thoughts, and trigger your desires? Draw it closer. You want the opposite? Push it away."

She cited research on the power of the situation, specifically what's known as the Brain Drain study, where researchers found that when taking an IQ test, having your phone within sight—even if it's face down—lowers your score, while keeping your phone in your bag, or in another room, raises it. She urged students to practice situation modification, not just with the phone.

"Small acts of situation modification may seem trivial—but they compound over time," she said. "I urge you to make a humble yet powerful vow: Commit to situation modification. Because this

See Bates, page 3

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Newsmakers, Names & Faces

Pollinator-friendly gardening course, certification offered

ORONO, ME – As the weather warms and gardens come to life, Maine gardeners have the opportunity to support pollinators while enjoying their outdoor spaces. Simple steps, like planting native flowers that bloom all season, removing invasive species, and preserving nesting habitats, can transform any garden into a pollinator haven. To guide and inspire these efforts University of Maine Co-operative Extension offers two resources to help gardeners support pollinators: the Pollinator-Friendly Gardening course and the Pollinator-Friendly Garden Certification.

The self-paced online course helps participants create gardens that provide food, water, shelter and protection for pollinators such as bees, butterflies and hummingbirds. The course fee is \$30 with a sliding scale available. Participants who complete



Native plants like fall sneezeweed (*Helenium autumnale*), pictured here being visited by a bumble bee, are a vital resource for pollinators. Photo courtesy University of Maine Cooperative Extension

the course requirements will also receive a Pollinator-Friendly micro-badge, recognizing their mastery of key knowledge and skills.

Residents in Maine and New Hampshire can also apply to have their gardens certified as pollinator-friendly. Certified gardens receive a certificate and may purchase a UMaine or University of New Hampshire Extension

garden sign to promote pollinator conservation. The application fee is \$25; garden signs are available for \$35.

More information about the course and certification are available on the program website. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

Enormous two-day barn sale fundraiser at Shaker Village



NEW GLOUCESTER, ME – Antiques, collectibles, furniture, glassware, kitchenware, garden and lawn equipment, tools, electronics, toys, and much more will be available at Sabbathday Lake Shaker Village during an enormous two-day barn sale. This event will take place on Saturday, June 14th, from 9 a.m. to 4 p.m. and Sunday, June 15th, from 12 noon to 4 p.m.

Sales items were gathered from the Shakers' household and donated by dozens of neighbors and supporters in the community. All proceeds from the

sale will underwrite critical repairs for the historic 1830 Shaker Barn, which is the centerpiece of the Shaker Farm (established in 1783) and home to the Shakers' flock of 70 sheep and Scottish Highland cattle, as well as 50 tons of hay each season.

Decades of hidden leaks, frost, erosion, and heavy use have placed the centuries-old hand-hewn timber frame at risk of imminent failure. In 2022, a \$500,000 challenge grant from the National Park Service's Save America's Treasures program, along with a match from a pri-

vate charitable fund, initiated a \$1.4 million restoration effort to preserve the only active Shaker barn in America. This barn is part of Maine's largest National Historic Landmark and one of the state's oldest continuously operating farms. Funds raised at the Barn Sale will help close the remaining \$100,000 needed to complete this project.

The 3,400 square-foot barn will be filled with items for sale. Come shop for hidden treasures and help save one of Maine's most iconic cultural sites! The Barn Sale will feature folk and fiddle music, barbecue meals, popcorn, cotton candy, and wagon rides around Shaker Village. Constant Galore Estate Sales has generously donated their professional services and commission to assist with the event and fundraiser. <http://constantgalore.com>

The Barn Sale extravaganza will be held at Sabbathday Lake Shaker Village, located at 707 Shaker Road in New Gloucester, Maine. The event will take place rain or shine. Don't forget to bring your favorite shopping bags, as you're sure to fill them up!

For more information, please visit maineshakers.com.

Sen. Collins announces release of TRIO Upward Bound Grants

WASHINGTON, D.C. – U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee, announced that the Department of Education has released the TRIO Upward Bound grants—which fund programs preparing high school students from disadvantaged backgrounds for college—to current grant recipients in Maine. This action from the Department follows a letter sent last week by Senators Collins and Jeanne Shaheen (D-NH) to Secretary Linda McMahon

urging the immediate release of this funding after reports that multiple Upward Bound programs had yet to receive the funding they'd been promised for the coming program year.

"I am pleased that Secretary McMahon responded quickly to our request and that Upward Bound students in Maine will continue to have access to this lifechanging program," said Senator Collins. "TRIO has made an incredible difference in the opportunities provided for many low-income and

first-generation students seeking higher education. As Chair of the Senate Appropriations Committee, I will continue to work to ensure this program is protected for Maine families and students across America."

The following Upward Bound programs received funding, which will support over 180 Maine students:

- Bowdoin College Upward Bound - \$549,957
- Currently serving students at:
- Carrabec High School
- Lawrence High School
- Madison High School

See Grants, page 4

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News-makers, Names & Faces

Auburn Community Concert Band 44th season kicks off

AUBURN, ME – The Auburn Community Concert Band, under the direction of Milt Simon, will kick off its annual summer series of weekly outdoor evening concerts at Festival Plaza in downtown Auburn on Wednesday, June 18th.

The 7:00 p.m. performance is the first of 10 concerts scheduled for this Main Street location. The free concerts will continue weekly on Wednesday evenings through August 20th, weather permitting. There is no rain location. In the case of inclement weather, that evening's concert will be cancelled, and an announcement will be posted by 5 pm on the band's website at www.auburncommunityband.com.

This year marks the organization's 44th anniversary. Founded by director Milt Simon in the Fall of 1981, the group has varied in size from 24 to over 50 members. This season's 49 volunteer musicians range in age from late teens to early 80's, and collectively represent some 15 central and western Maine communities.

Simon stated that the organization "gives many individuals a chance to utilize musical talents neglected since their high school days, and the entire community benefits." He added that the Auburn group "is one of the larger community bands in the state of Maine, and often attracts over 300 people to its weekly concerts." The City of Auburn has part-



nered with the group since its inception.

Each Wednesday evening, the band will present a 75-minute program featuring popular hit songs from the 60's through the present. Simon predicts that the group's repertoire of songs will appeal to audiences of all ages. "If you have a favorite song that's been heard on the radio or in the movies, chances are good that our band will perform it sometime during the upcoming 10-week concert series", Simon said.

People planning to attend any of the Wednesday evening concerts at Festival Plaza should bring their own lawn chair on which to sit, and are advised to arrive well before the 7:00 p.m. start time, as large audiences are again expected this summer. Ample free parking is available in the parking garage located across the street from the Plaza. Portable toilets have been located alongside the garage for use by the band's weekly audiences.

For more information, visit the band's website at www.auburncommunityband.com.

The members of this summer's concert band are: **FLUTE:** Sharon Blodgett, Olivia Gralert, Barbara Jabaut, Julie

Mann, Barbara Odiorne, Carrie Palmer, Aimee Thi-beault

CLARINET: Steve Allman, Kiani Camire, Mike Davis, Bill Galbraith, Denise Leavitt, Deb Leonard, Eileen Messina, Patti Pelletier

BASSOON: Hayden Pelletier

ALTO SAXOPHONES: Justin Fortier, David Griswold, Carol Lane, Colin Marquis-Boutin, Belinda Murchison, Nathan Titus

TENOR SAX: Angela Greenwald, Annabeth Treadwell

BARITONE SAX: Meghann Bilodeau, Jason Toussaint

TRUMPETS: Dominick Cammuso, Elliott Epstein, Nancy Morris, Josh Lampron, Ronald Seguin, Mike Truchon

FRENCH HORNS: Kelly Bickford, Stephanie Burke, Paul Mann, Denise Tabet

TROMBONES: Sonny Begin, Mark Jacobs, Noah Lampron, Chip Morrison, Tom Nelson, Mendell Patton

BARITONES: Hadley Blodgett, Jacob Patton

TUBAS: Joshua Patton, Duncan Webster

PERCUSSION: Keileigh Belanger, Laurie Swart, Mitch Thomas.

Edward Little Alumni Association gives out scholarships

MAINE – The Edward Little Alumni Association recently received a gift in the amount of \$6000 from the graduating class of 1974. This money will be given out in the form of two \$1000 scholarships to graduating seniors per year over the next three years. This year's recipients from the class of 1974 are seniors Andrew Clements (RPI) and Anaya Egge (Middlebury).

The Alumni Association gave out ten \$1000 scholarships to the following recipients:

Nora Condit - Bowdoin

Henry Dimitri - Worcester Polytechnic Institute



From left to right - Candy Gleason (Alumni Association President) Amanda Augie (Class of 1974) and Matt Brooker (Class of 1974).

Owen Galway - Bates
Isabel Hayes - Clemson
Declan Howe - UMaine (in the name of donor Alice Langley)
Chloe Martin - Thomas

Richard O'Leary Sr
Harrison Shaw - UVM
Colby Smyth - UConn

Carly Wang - UMass Dartmouth

Congratulations to all graduates and best of luck to them as their academic careers advance.

Auburn UU welcomes new members

AUBURN, ME – The First Universalist Church of Auburn (known as Auburn UU) welcomed eight new members in May. This lively group has learned about the history and principles of Unitarian Universalism, and have already found opportunities to minister within the church.

New member sessions are offered by the Membership committee twice per year. The First Universalist Church of Auburn is located at 169



From left: Chip Gustavson, Religious Education Coordinator Samantha McCune, Debbie Fowler, Courtney Reed-Marsh, Alison Fowler, Mason Pratt, Rev. Mark Glovin, Membership Chair Paula Spruill, Board President David Das. Camera-shy: Jeff Rainsville and Susan Reisman. (Photo by Toby Haber)

Pleasant Street in Auburn. 783-0461 or see www.auburnuu.org. For more information, call

Bates

Continued from page 1

is what mindfulness looks like in the digital age: not willpower, but the wisdom to shape the situations that shape you."

One of four to be awarded honorary degrees Sunday, Duckworth received a Doctor of Humane Letters. The others were:

Mary Bonauto, the pioneering civil rights attorney whose landmark advocacy helped establish marriage equality in the U.S., received a Doctor of Laws degree.

Stanley Nelson, an award-winning documentary filmmaker whose work amplifies untold histories and who mentors emerging filmmakers of color, received a Doctor of Fine Arts degree.

Deval Patrick, former governor of Massachusetts and a champion of public leadership and civic en-

gagement, received a Doctor of Laws degree.

In congratulating the class of 2025, President Garry W. Jenkins listed some of the class's many accomplishments.

"A whopping 126 of you are double majors," Jenkins said. "Four of you are triple majors. Thirty-four of you received departmental honors for a year-long thesis. Fifty-nine percent of you have studied abroad. Forty percent of you have participated in a varsity sport while at Bates, many winning All-NESCAC honors and even some being named All-Americans."

In addition:

A half dozen students were recently selected to perform at the internationally renowned Jacob's Pillow Dance Festival this summer.

Five have won highly

prestigious Fulbright fellowships

One student won a Goldwater Scholarship.

Members of the Class of 2025 have given back to the community, especially in Lewiston, supporting the work of over 100 off-campus schools and organizations through research, volunteering, community work-study, and course-based projects.

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Seniors Not Acting Their Age Unexpected Adventures on the South Branch of the Dead River

When my friend, Brent Elwell, invited me to kayak the lower section of South Branch of the Dead River near Stratton in mid-May, I readily accepted. Although we had both paddled the challenging upper South Branch several times, neither of us had experienced the lower.

Based on a conversation he had with a lower South Branch veteran, Brent expected the trip to be relatively mellow and, with the exception of a couple of minor ledge drops, essentially whitewater free. His primary focus was finding and picking fiddleheads. A fiddleheads lover myself, that sounded like an excellent plan.

The South Branch of the Dead originates in Saddleback Lake near Rangeley and flows generally northeast for about 30 miles to Flagstaff Lake in Stratton. The South and North Branches of the Dead originally converged near this location before the area was flooded to create the lake.

Brent and I had experienced numerous adventures, and a few misadventures, on the upper. But, except for his friend's observations, our knowledge of the lower was minimal.

We met at a boat landing on Route 27 about a mile north of Stratton on the western end of Flagstaff Lake on a cool gray morning. Consulting the

Delorme Maine Atlas, we determined the best access for the lower was from Kennebago Road about eight river miles southwest. Heavy rains had saturated the area a few days earlier so we expected plenty of water.

Kayaks and gear were loaded onto my vehicle and we left Brent's car for the shuttle. After returning to Stratton, we drove about five miles southwest on Route 16 to Kennebago Road on the right. A bridge over the river is located a little over a mile down the rough dirt road where there is a place to park and launch.

We departed in flat water on a moderately wide river. There was a good current from the outset that continued for much of our voyage. We passed over several waves that appeared to be created by submerged ledges. We wondered if high water had flushed out the only rapids.

Some low areas appeared to be good locations for fiddleheads. But, closer scrutiny failed to turn up any of the tasty greens.

Most of the river is free of development and quite remote. However, there were a couple of cabins on the right early on. After traveling perhaps two miles, we passed a substantial structure on the right that looked like an extravagant cottage or a

small resort.

Shortly after, the river steepened and unexpected whitewater began. Initially, the rapids were relatively easy descents that tumbled over small ledges forming short stimulating wave trains with numerous surfing opportunities. However, following a mile of similar rapids, the character of the river changed when we turned left into a narrow canyon. The gradient increased, waves were larger, and careful maneuvering was required to avoid a variety of obstacles.

In the middle of a long stretch of standing waves, we saw a red canoe upside down on the left shore. Brent caught a nearby eddy and hauled the serviceable vessel to higher ground. No signs of paddlers were found.

Farther downriver, we spotted a green canoe wrapped in rocks at the bottom of a difficult section of whitewater. Closer inspection indicated the bow of the canoe was badly damaged and a waterproof river bag was attached. Again, there were no signs of paddlers.

The identity of the probable canoeist and evidence indicating he had begun paddling a few days before was found in the bag. The possibility that he was in the river or lost in the woods was cause for concern. The Warden



Long sections of unexpected whitewater were encountered on the South Branch



Brent Elwell retrieves a broken canoe and a waterproof bag



Service needed to be contacted.

We loaded the waterproof bag onto the deck of Brent's kayak and paddled the remainder of the river to the Stratton landing. When cell service was available, we reported our findings to the Warden Service ending a very exciting, yet unsettling, day of paddling.

Skunked with fiddleheads, we purchased some in Stratton. They were great!

Good news regarding the missing canoeist followed; the Warden Service found him safe in New Hampshire the next day.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates trips on the best whitewater rivers in Maine including the demanding Dead River from Flagstaff Lake to the Kennebec River.

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.

Red Cross prepares for upcoming hurricane season

PORTLAND, ME – The Atlantic hurricane season started June 1, and experts report we could see several powerful storms before the season ends on November 30. The National Oceanic and Atmospheric Administration (NOAA) predicts there could be 13 to 19 storms strong enough to be named. Of these, six to 10 could become hurricanes with as many as five strengthening into major hurricanes with winds of 111 mph or higher.

It only takes one of these powerful storms to cause overwhelming devastation. Hurricanes not only cause problems for people in coastal areas but can also cause damage hundreds of

miles inland. If you live on the coast, you are most at risk for extreme winds and flooding from rain and storm surge. Live inland? You are at risk for wind, thunderstorms, flooding and power outages.

Even before the first hurricane forms, the American Red Cross is working behind the scenes to make sure people don't have to face the worst alone.

"At the Red Cross we never stop preparing for disasters because we know they can happen anytime, anywhere," said John Montes, Red Cross regional disaster officer, Northern New England Region. "It's critical that people prepare in advance. Large disasters

are occurring almost continuously, and it only takes one to change someone's life forever."

To prepare for hurricanes, the Red Cross focuses on coordinating response plans and readying both volunteers and supplies. For example, the Red Cross works closely with government officials and community partners to ensure people will have access to safe shelter, food and water, and critical relief supplies when needed. We're checking that our local response vehicles and warehouses are stocked and ready to go if needed. And finally, we're actively recruiting and training vol-

See Red Cross, next page

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Grants			Waterville High School			Lewiston High School		
Continued from page 2			School			School		
Mt. Abram High School			The University of Maine at Farmington Upward Bound - \$437,584			Lisbon High School		
Skowhegan High School			Currently serving students at:			Medomak Valley High School		
Spruce Mountain High School			Gardiner Area High School			Wiscasset Middle High School.		

NORWAY, ME – UPCOMING ACTIVITIES & EVENTS

In Honor of National Cancer Survivors Day in the month of June, the Maine Dragon Boat Club will sponsor a FREE paddle opportunity for anyone impacted by cancer. Cancer survivors, families and caregivers are invited to gather at 61 Lake Road, Norway, Maine. No prior experience is necessary and Club staff will be on hand to assist participants. Dragon boating is a fun, safe, worthwhile activity and has many health benefits. Around the world, dragon boating has become a very popular group sport, especially among all cancer survivors. The Maine Dragon Boat Club goal this year is to start an All Cancer Paddler Team which will include family, friends and caregivers.

In-person Classes
Stamping Up at the
Cancer Resource Cen-
ter: First Monday of each
month: 1:00 - 2:30pm

Join Kathy Pulsifer and make some beautiful greeting cards to take home! All materials provided.

Craft & Chat at the
Cancer Resource Center:
Mondays 1:00 – 3:00pm.

Drop in and explore
your creative side, and

Chair Yoga in Bridgton: Mondays and Fridays
10am -11am. PLEASE
NOTE SUMMER 2025
CLASS DATES:

June 2,6,9,13,23,30;
July 7,14,21,28; August
4,18,25.

Taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone's ability level. You do not need to register in advance. Meet at the Bridgton Community Center, 15 Depot Street, Bridgton.

Support Groups
Women's Support
Group and Coffee Hour: Meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center. No registration needed. For more information, call Kelsey at the Center at (207) 890-0205.

Men's Rally Group:
Meets the third Friday of
each month from 1:00pm-
3:00pm at the Cancer Re-
source Center. No regis-
tration needed. For more
information, call Nel Ber-
nard at 207-312-9955 or
Vance Jordan at 207-583-
2975

Sacopee Valley Cancer Support Group for Men and Women: Meets the fourth Friday of each month from 1:30-3:00 pm

Access to Free Counseling Services

For patients and caregivers looking for more support during their cancer journey, please ask us about our access to free counseling programs. You have the option to meet with a professional counselor in person or via telehealth. Some limitations do apply.

Soup Program
The Cancer Resource Center of Western Maine has begun a Free Soup Program for patients who are in treatment. For those who are too tired, feel too ill or otherwise cannot prepare a meal, the Resource Center has individual containers of frozen, homemade soup that are easy to thaw. Several kinds of soup are available. Please call or stop in during our open house hours on Thursdays to pick some up.

Public Swim Passes: For cancer patients who have completed their treatment and their caregivers, the Cancer Resource Center offers a free pass for 10 visits at the Colonial Mast Campground Pool & Hot Tub in Naples Maine. Ask for more details.

Virtual Classes on
our website: www.crcowm.org

Please pre-register at
www.crcofwm.org,

“A Mindful Hour”
Mindfulness -based Stress Reduction: Thursdays, 9:00-10:00am. Learn how the practice of Mindful-based Stress Reduction (MBSR) can assist with reducing stress through breath, movement and meditation. Kat Larsen leads this class, and also integrates other practices from her work as a certi-

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Continued from previous page

unteers who will be ready to step up and help their neighbors.

Here in Northern New England, we continue to invest in and strengthen our disaster response teams. Last weekend, the Red Cross of Northern New England hosted its annual Disaster Training Institute in Pembroke, New Hampshire.

“The annual Disaster Training Institute is an opportunity to convene our teams from across three states, develop training skills, and prepare for the upcoming storm season. We are building capacity and leadership for our region’s future,” Montes said.

The three-day, intensive event included 60 classes, hands-on exercises and workshops for volunteer disaster responders aimed at honing their skills, building volunteer bonds and growing in their roles. We welcomed approximately 125 participants from Maine, New Hampshire and Vermont.

AUGUSTA, ME – A bill to strengthen water quality statewide through modest changes to Maine's septic system rules has been signed into law by Governor Janet Mills after receiving overwhelming approval from lawmakers.

The changes were specifically crafted not to increase the burden on property owners but rather to ensure new septic systems being installed in certain sandy soils in Maine are being designed with both public health and environmental protection in mind.

“Poorly performing septic systems are a significant threat to Maine’s clean water,” said Luke Frankel, Staff Scientist

Have plans to evacuate and to shelter safely at home. The evacuation plan should include knowing where to go, how to get there, and where to stay. The stay-at-home plan should focus on gathering the right supplies to live safely without power, water, gas, phone or internet for several days.

Sign up for free local government emergency alerts, which will include important information such as evacuation orders in an emergency. Download the free Red Cross Emergency app for real-time weather alerts, open shelter locations and expert advice in both English or Spanish.

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Disaster Action Team (DAT): Help families in your community after a home fire or other disaster. DAT team members provide emotional support, emergency financial assistance and information to help families begin to recover.

Shelter Volunteers: Ensure needs of shelter residents are met and help them access additional services.

Disaster Health/Mental Health Services: Use your professional skills as a licensed health care provider to help meet people's immediate needs in emergency shelters and refer them for ongoing, specialized care.

Like the people we serve, the Red Cross is proud that our volunteers represent a wide array of cultures, backgrounds, ages, gender identities, lifestyles and beliefs. Everyone is welcome. Join us today.

at the Natural Resources Council of Maine. "This new law will curb pollution by improving the design standards for septic systems in sandy soils next to lakes and ponds to ensure wastewater is properly treated."

Due to Maine's glacial history, much of the state is now covered with sandy soils that do a poor job of removing nutrients through natural processes like cation exchange, microbial activity, and root uptake. This phenomenon where septic system effluent receives minimal treatment because of its location within sandy soils or above shallow bedrock has

been called "short circuiting," and Maine's current underground wastewater

See Septic, page 12



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Arts & Entertainment

Celebrate Independence Day with the Augusta Symphony Orchestra

AUGUSTA, ME – Join us on Thursday, July 4, for the 2nd annual Maine Capital Fourth, a festive afternoon of music, family fun, and community celebration presented by the Augusta Symphony Orchestra in partnership with the Augusta Civic Center.

This indoor, air-conditioned event runs from 3:00 to 5:00 PM at the Augusta Civic Center, so you can leave the bug spray at home and enjoy the festivities rain or shine!

The afternoon kicks off at 3:00 PM with family-friendly activities, including an instrument petting zoo, where kids can try out musical instruments, as well as performances by small ensembles. Full concessions will be available throughout the event.

At 4:00 PM, the full Augusta Symphony Orchestra, under the direction of Conductor and Music Director Jinwook Park, will take the stage. The concert



will feature a lively mix of traditional patriotic favorites, marches, and pops medleys. Joining the ASO for this special performance are guest musicians from the Midcoast Symphony Orchestra and the Colby College Symphony, along with vocalist Jazmin DeRice..

Maestro Park, a dedicated music educator and performer, is a faculty member at Colby College and Music Director of the Colby Symphony Orchestra. He also co-founded

the Kennebec Valley Youth Symphony Orchestra and has led the Augusta Symphony Orchestra since 2021.

Admission is free, and donations are gratefully accepted to support the ASO's mission of making orchestral music accessible to all.

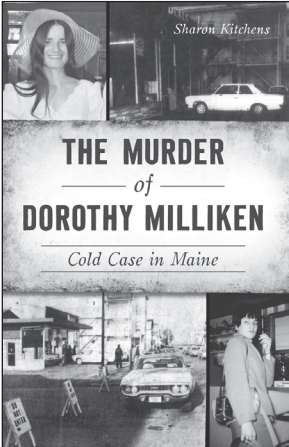
Mark your calendar and bring the whole family for a joyful and music-filled Independence Day celebration!

For more details, visit www.augustasympphony-maine.org.

Author Talk with Sharon Kitchens: Cold Case in Maine

AUBURN, ME – Join the Auburn Public Library for a compelling book talk with Sharon Kitchens, author of *The Murder of Dorothy Milliken: Cold Case in Maine*, and Dorothy's daughter, Tonia, for a discussion on this tragic true crime story. Sharon will speak to why she chose this story and how she approached it—combing through old newspapers, digital sleuthing, and conducting revealing interviews. Sharon and Tonia will discuss the challenges of investigating cold cases in Maine. They will also address the emotional toll and the importance of centering on victims' stories with respect and integrity.

About the book: On November 5, 1976, twenty-seven-year-old Dorothy Milliken left her rural home in Sabattus, Maine to go to an all-night laundromat. The following morning her body was found slumped against the outside wall. Despite various leads, there were no arrests for her murder. Dorothy Milliken became a name typed on an index card filed at state police headquarters, her crime scene displayed in grainy black-and-white photos in the evening newspapers.



Nearly five decades later, author Sharon Kitchens examines the cold case—interviewing over forty people including Dorothy's family, friends, former neighbors, law enforcement, and forensic specialists. Who was Dorothy? Why has her killer never been found? Did she know her murderer, or was her death due to a random, frenzied attack?

About the author: Sharon Kitchens has lived in Maine for a couple of decades. Her first book, *Stephen King's Maine: A History & Guide* (Arcadia Publishing, 2024), was a bestseller in Maine. The book is an oral history that captures the experiences of individuals who live in towns she identified as the locations that serve as the basis for King's fictional

Maine landscape. Stephen King endorsed the book, saying, "This book by Sharon Kitchens is really interesting. Not all of it is right, but most of it is." She is also the author of *The Murder of Dorothy Milliken, Cold Case in Maine* (Arcadia Publishing, 2025). The meticulously researched book introduces readers to Dorothy and details the investigation into her nearly half-century old unsolved homicide. Every week she can be seen carrying an armload of library books. She loves hanging out in cafés eating chocolate croissants and sipping lavender lattes. Her fondness for Patti Smith's poetry is matched only by her love of Taylor Swift's lyrics. She is a cat and dog person.

Copies of the book will be available for purchase at the event. Payment via cash, check, or credit card (except American Express) will be accepted.

This program will take place in the Androscoggin Community Room at the Auburn Public Library.

For more information about this and other programs offered at the Auburn Public Library, visit their

See Author, page 14

Sabattus Rec plans 12th annual Blackjack 5k

SABATTUS, ME – The Sabattus Rec Club Running Program will be holding its 12th annual Blackjack 5k Run/Walk at the Oak Hill Middle School on Ball Park Road in Sabattus on Thursday night, July 17, beginning at 6 p.m. This event is more of a social, non-competitive run, with the main focus being to get out and get some exercise and maybe some winning cards in the process. This event is a popular, fun event for competitive and beginner runners/walkers alike. It is a great way for families to get their kids into a race they can have fun in.

Blackjack partici-

pants will receive a card at the two-mile mark, and another at the three-mile mark. If they get a Blackjack (Ace and 10 or face card) at the three-mile mark, they can call out and will win a prize. If they do not get Blackjack, they can receive a third card at the finish line to try for a total of 21. If their three cards total 21, they will win a prize.

The course is a moderately hilly 3.1 miles. The first male and female finishers will also win prizes, but fast times will not be needed to win Blackjack prizes. There will also be several raffle prizes and other giveaways.

The Blackjack 5K is open to runners/walkers of all ages. Those under 18 will need parental permission. This will be a show-up, sign-up event, with no pre-registration required. Registration will begin at 5 p.m. There will be a low, \$5 entry fee.

We are also looking for anyone interested in volunteering for either event. Please let us know if you can help. For more information: Email Running@sabattusrec.com, go to sabattusrec.com and click on teams, and then the running tab, or check out the Sabattus Rec Club Running Program page on Facebook.

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HOME IMPROVEMENT special section pages 7-10

Study: New generation of renovators is on the rise

Contributed by CRAFTSMAN TOWSON, MD / PRNewswire – Despite a backdrop of uncertainty, younger homeowners don’t plan to hit pause on their planned home improvement projects. Rather than waiting or compromising, many Millennials and Gen Zers are rolling up their sleeves and literally taking matters into their own hands, according to newly released research from CRAFTSMAN®, the most trusted and recommended brand in Tools & Outdoor* for today’s DIYers.

To better understand how today’s DIYers feel about taking on home renovation projects in 2025, the challenges they encounter and what ultimately drives them from one project to the next, CRAFTSMAN developed the Driven to DIY Report. The report highlights survey findings from 1,000 DIY enthusiasts, homeowners between the ages of 25 and 40 who have completed recent renovations or home improvement projects.

According to the survey results, a new wave of homeowners is choosing to renovate on their own terms. Whether motivated by a desire for creative freedom, budget restraints or the pride of hands-on accomplishment, more Millennials and Gen Zers are taking on projects themselves as a primary approach to home improvement.

“Today’s DIYers are some of the most resilient and determined individuals out there,” said Eric Bernstein, President and General Manager, CRAFTS-



Despite a backdrop of uncertainty, CRAFTSMAN® found younger homeowners don’t plan to hit pause on their planned 2025 home improvement projects.

MAN. “They power through the messy middle – whatever obstacles come their way – and get the job done. That grit doesn’t just lead to a better space; it delivers something even more valuable: a real sense of pride and confidence that stays with them long after the project’s done.”

Respondents said they are entering 2025 with confidence and determination to take on their planned projects. However, more than four in 10 projects stall due to overestimating the skills, time and budget needed to complete a project.

Skills and Knowledge Gaps: When extra knowledge is needed, the modern DIYer turns to their digital and personal networks. YouTube re-

mains the most popular learning tool (67%), followed by family members (45%) and friends (31%).

Tip: Before starting a new DIY project, research, research, research! Review video tutorials, articles and more from trusted resources to learn the right techniques, processes and safety precautions.

Time Management: In the planning phase, 38% say they drastically underestimate how long a project will take, while 35% find themselves unexpectedly taking on additional work once they begin. When DIYers need assistance throughout the project, most (84%) enlist the help of family and friends.

Tip: Avoid building a project timeline around

See **Renovators**, page 10

A functional facelift: Explore the benefits of a bathroom upgrade

Contributed by Family Features Editorial Syndicate

MISSION, KS / PRNewswire – A freshly remodeled bathroom is a welcome addition to any home, from aesthetics that reflect your personal style to the glossy, untouched surfaces and the refreshing scent of a newly finished space. Done right, even more rewards come from the practical touches that enhance your everyday use and how they make you feel.

Bathrooms are among the most common spaces for home renovations, whether you’re updating outdated fixtures and decor or reimagining features to better suit your lifestyle. In a world where every dollar matters, transforming your bathroom into a personal haven that blends your style with functional purpose makes it a smart investment you’ll appreciate long after the renovation is complete.

For a renovation that not only represents a worthwhile investment for today and tomorrow but also delivers emotional ROI, consider these ideas from the experts at Bath Fitter, a leader in stress-free custom bath and shower remodels.

Quality



Photo courtesy of Bath Fitter

Of all the rooms in the house, the bathroom may be where quality materials and workmanship matter most. Because it’s a confined space that sees a great deal of moisture and humidity, it’s essential that you use quality materials that stand up to the task and enlist professionals who know how to incorporate effective measures to prevent mold, mildew and other water-related damage.

Paying attention to quality throughout your renovation is also likely to bring you greater functional benefits, as well as increased home value and an overall more pleasing result.

Durability

Especially if you’re planning to be in your home well into the future, it’s a good idea to plan for durable features that can

See **Upgrade**, page 10

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HOME IMPROVEMENT

special section pages 7-10

Prepare now: Homeowners along coast urged to strengthen homes

Contributed by Insurance Institute for Business & Home Safety

RICHBURG, SC / PRNewswire – At the traditional start of hurricane season, the Insurance Institute for Business & Home Safety (IBHS) advises both coastal and inland homeowners to take steps now using its research-based Hurricane Ready guidance to prepare their homes ahead of the next storm.

While homes closer to the coast are at higher risk of experiencing the full force of a hurricane, Hurricane Helene’s 500-mile path of destruction across the Southeast last year served as an example of the severe structural damage that can result from sheer wind force and catastrophic inland flooding. The 2024 hurricane season brought the third-highest number of tornadoes from tropical storms and caused major

inland damage, highlighting the need for preparedness in all areas.

“Storms don’t just impact the coastline – high winds, heavy rain and flooding can cause significant damage far inland. Taking proactive mitigation steps now can make all the difference,” said Sarah Dillingham, IBHS senior meteorologist. “Hurricane preparation isn’t just about staying safe during the storm – it’s about ensuring your family, home and community can recover quickly afterward. Preparedness today means resilience tomorrow.”

IBHS researchers have identified science-backed actions to strengthen vulnerable areas of buildings against high wind and heavy rain. Larger projects like re-roofing to the FORTIFIED standard, installing hurricane shutters or upgrading to a wind-rated garage door

may require more time or resources and should be tackled now.

Resilience begins with the roof, which is the first line of defense against severe weather. If the roof is compromised during a storm, it often leads to significant structural damage and interior water damage. Homeowners should prioritize having their roof inspected and repairs made if needed.

When it’s time to re-roof, ask your contractor to install your new roof following the FORTIFIED Roof standard, which was developed based on decades of IBHS research into how homes are vulnerable to storms and methods to minimize damage caused by hurricanes, tornadoes and other high wind events. A new study from the Center for Risk and Insurance Research (CRIR) at the University of Alabama found after Hur-



ricane Sally, which made landfall in Gulf Shores, Alabama, in 2020, FORTIFIED homes were 70% less likely to file a claim than homes built to typical construction standards.

To better understand roofs and their materials, homeowners can use IBHS’s Roofing Roadmaps, an online tool that provides tangible guidance on roof systems to reset roof cover performance expectations.

Garage doors also play a fundamental role in structural resilience as high winds can force a garage door inward, allowing air to rush in and pressure to build pushing up on the roof and out against the surrounding walls. This can create a chain reaction of structural failure compromising the entire building.

IBHS recommends garage doors that are labeled with a wind rating of 130 mph or higher. A

wind-rated garage door, along with its reinforced components, such as tracks, jamb brackets, hinges, rollers and struts, have been tested to show they can withstand high winds from thunderstorms, derechos and even hurricanes, significantly reducing the risk of storm damage. If a garage door is not labeled as wind resistant, homeowners should replace it with one wind-rated based on their area.

“Our post-event field damage investigations conducted after Hurricane Ike and the tornadoes in Joplin, Missouri, and Moore, Oklahoma, revealed 90% of homes with garage doors that survived the storm had no structural damage to the roof,” Dillingham explained.

Besides the larger projects, there are budget-friendly actions to take just before a storm to reduce high wind and rain damage:

Prevent water entry: Caulk gaps and cracks around windows and doors to keep wind and rain out.

Trim trees: Trees can pose a threat to your home during high winds. According to the CRIR study, over 46% of the claims during Hurricane Sally in 2020 were the result of falling trees. Reduce the risk of this type of damage by removing branches that overhang the house and any dead, dying or diseased trees.

Clear the yard: Clear debris from the yard to prevent wind-driven hazards and have a plan to quickly store items like patio furniture, grills and toys inside.

Secure power: Maintain or purchase a generator to keep essential appliances running during outages.


Document belongings: Use your phone to create a geotagged home inventory video of belongings and store it in the cloud for access after the storm in the event you do experience damage and need to file an insurance claim.

Visit ibhs.org/hurricane-ready for the full IBHS Hurricane Ready guide with more critical actions to prevent storm damage.

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Making home updates for National Pollinator Month

LOUISVILLE, KY – As National Pollinator Month unfolds in June, the TurfMutt Foundation urges everyone to support vital pollinator populations, such as birds, bees, butterflies and bats, in their family yards, parks, community gardens, greenways, municipal golf courses and other community green areas. These living landscapes can provide essential shelter and food for important pollinators.

“Pollinators are the unsung heroes of the natural world, and are essential in growing fruits, vegetables and flowers,” says Kris Kiser, President & CEO of the TurfMutt Foundation, which advocates for the care and use of managed green space. “By creating and maintaining healthy green spaces in our communities and backyards, we can directly support their survival and contribute to a healthier planet.”

A recent survey conducted by The Harris Poll for the TurfMutt Foundation revealed that connecting with nature (60 percent) and observing wildlife (51 percent) are among the most enjoyed activities in public green spaces, like public parks, underscoring the shared value these areas provide for both people, pets and pollinators.

The TurfMutt Foundation offers four ways communities can tap into the power of green space for pollinators:

1. Prioritize plants for your climate zone: Plant, tree and shrub species that naturally occur in your region are more beneficial to local pollinators than invasive species that can disrupt the ecosystem.



Milkweed, for instance, is particularly valuable for monarch butterflies – a fantastic addition to any public green space.

2. Plant for continuous blooms: Selecting a variety of nectar-rich, flowering plants and shrubs that bloom at different times during the year ensures continuous support for pollinators.

3. Empower young pollinator advocates: Create programs to engage children in becoming pollinator champions. TurfMutt’s free STEM-based lesson plans include an activity called Protecting Pollinators to help students learn how to design a green space where pollinators will thrive.

4. Foster community stewardship: Foster community engagement to support pollinators through volunteer opportunities and pollinator-specific events. Encourage your community to plan for and protect parks, community gardens, green school yards and other community green space. For inspiration, consult the National Recreation & Park Association’s Parks &

Pollinators resource.

To learn more about how to create pollinator-friendly green spaces, explore the TurfMutt Foundation’s International Backyarding Fact Book and sign up for Mutt Mail here. Follow the adventures of Mulligan the TurfMutt on the CBS Lucky Dog television and Mission Unstoppable shows on Saturday mornings.

HOME IMPROVEMENT special section pages 7-10

Study: Time outdoors calms stress, lifts mood, gives sense of purpose

Contributed by OtO Lawn TORONTO / PRNewswire – A new nationwide survey of 500 U.S. adults who care for their outdoor spaces, commissioned by OtO Inc. and conducted by Pollfish, reveals that tending lawns, gardens, and patio plants delivers powerful psychological benefits:

71% say their yard “provides a sense of calm during stressful periods.”

62% report a better mood when they spend time among their plants.

58% agree that tending to their lawn or garden helps manage anxiety.

67% feel greenery gives them “a meaningful sense of purpose.”

Respondents aged 35–44 expressed the strongest positive sentiment, suggesting that mid-career

adults may gain the most significant mental-health lift from outdoor time.

“During a time when many are seeking relief from stress and anxiety, our research confirms what many homeowners feel intuitively: the simple act of spending time outdoors can make a real difference,” said Ali Sabti, CEO of OtO Inc. “We’re proud to help families reclaim their yards as spaces for healing, connection, and joy.”

Open-ended survey responses indicate five recurring themes behind the yard’s therapeutic power:

Gardening is therapy. Growing or tending living things is a go-to coping mechanism.

Private wellness retreat. In times of stress, grief, or burnout, the backyard is often the first stop

for peace and clarity.

Nature’s micro-moments. Birdsong, sunshine, flower fragrance, and the smell of fresh-cut grass offer small cues with big calming impact.

Pets amplify joy. Playing fetch, watching cats explore, or simply relaxing in the grass with a furry friend boosts happiness.

Space to heal and connect. Yards double as social hubs—perfect for barbecues, family time, and fresh-air gatherings that strengthen bonds.

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

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Upgrade
Continued from page 7

stand the test of time. Be sure to select premium materials and consider their durability and maintenance requirements. Some of the latest design options offered by Bath Fitter deliver the perfect blend of beauty and functionality, ensuring long-lasting durability. For example, the Lucca wall, a sophisticated textured and seamless Chevron tile pattern, offers the ideal combination of modern design and classic charm.

Another design-forward selection is the Sorrento wall, a large-scale 12-by-24 grout-free tile pattern featuring a textured design and a durable, easy-to-clean surface. Unlike tiles and grout, these walls combine on-trend beauty and innovative materials so homeowners can enjoy their bathrooms rather than stress about maintenance. Perfect for minimalist designs and traditional bathrooms alike, Ovation is a sleek and stylish skirted tub. The full line of brushed gold accessories, from trim kits and shower rods to doors and grab bars, can add a sense of warmth to your space.

Aging in Place
The wet and slippery surfaces in bathrooms can lead to injuries. While the risk can affect anyone at any age, bathroom safety is especially important for



Photo courtesy of Bath Fitter

older adults with reduced mobility.

Planning ahead for your retirement years, or considering the needs of a future buyer, can help create a safe environment and reduce the risk of serious injuries. Some potential problems can be fixed with simple adjustments like rearranging the shelving, installing grab bars, adding seating or increasing lighting levels. In addition, a bathtub's edge can be hard to navigate, but walk-in showers have a narrower edge, or can even be edgeless, making it easy for wheelchairs to roll in and out the shower.

Ease of Installation
Another important consideration is how the installation process will be carried out in your home. Installing a beautiful tub or shower doesn't have to be complicated. A custom solution designed to fit your space and requirements may be more attainable than you expect. For example, with an option like Bath Fitter, you can have a premium-quality tub installed

right over your existing one so there's no demolition or mess involved in the remodel whatsoever. It's the perfect blend of beauty and functionality without the stress and disruption of a traditional bath or shower remodel.

Because a local expert is with you every step of the way – from dreaming up the concept and selecting finishes to measuring, manufacturing and installation – there are no surprises. The result is a tub or shower with a seamless, grout-free watertight wall system that's easy to keep looking great for years to come. All backed by a transferable lifetime warranty to provide peace of mind.

"As a renovator, I've seen firsthand how a bath or shower upgrade can completely transform not just a space but the way people feel about their homes," said Scott McGillivray, HGTV star and home renovation expert. "That's why Bath Fitter has been my go-to. Their installers provide high-quality workmanship

HOME IMPROVEMENT

special section pages 7-10

while homeowners are left with the consistency, reliability and durability of beautiful products with lifetime warranties."

Safety
A well-placed grab bar can mean the difference between a confident step and a dangerous slip in the bathroom for those aging in place, young children and everyone in between. Knowing where to place grab bars in the shower and around the tub creates a safer, more accessible space for everyone. Proper placement reduces the risk of falls and can bring added peace of mind and confidence to you and your family.

Professionals can guide you through selecting the best grab bars for your bathroom by considering the layout, your needs and design preferences, as well as ensuring your grab bars are installed at the correct height and securely anchored for maximum safety and convenience.

Discover more inspiration and design ideas to boost the long-term value and enjoyment of your bathroom renovation at bathfitter.com.

Renovators
Continued from page 7

a big event or holiday to allow for ample time if unforeseen issues or delays arise.

Budgeting: Thirty-four percent say estimating costs is the hardest part. When trips to the store for another part or tool start stacking up, many homeowners find themselves spending more than anticipated.

Tip: A good rule of thumb is to build in an additional 10-20% of the total project budget to account for unexpected costs.

But being stalled doesn't stop these DIY enthusiasts. According to the CRAFTSMAN survey, respondents believe they can overcome their obstacles, and more often than not, they do – with only 2% of projects ever left totally abandoned.

In fact, 67% of DIYers say that a sense of accomplishment and pride is what pushes them to finish their projects, even when challenges pop up. That feeling becomes fuel for what comes next: once a project is completed, 65% feel motivated to begin another project, and 59% are ready to tackle something bigger and more complex than before.

other project, and 59% are ready to tackle something bigger and more complex than before.

CRAFTSMAN BUILD ON™

In April 2025, CRAFTSMAN launched BUILD ON™ and its What You Build Builds You campaign. BUILD ON™ captures the DIY journey and how, through that journey, DIYers overcome challenges and celebrate successes, urging them on to the next project with confidence. Through it all, CRAFTSMAN is there with the right tools and solutions to help get the job done.

About the Survey
Stanley Black & Decker commissioned an online survey of 1,000 adults throughout the United States. The makeup of the sample is representative of 25- to 40-year-old homeowners taking on DIY projects in 2025, compiling data on nearly 8,000 completed and planned projects. The survey fielding took place between April 1-11, 2025. A sample size of 1,000 provides a confidence level of 95%, ±3%.



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City of Lewiston seeks to fill Finance Committee vacancy

LEWISTON, ME – The City of Lewiston is seeking resident volunteers to serve as members of the City’s Finance Committee. This committee shall approve contracts for the purchase of materials and services procured through the competitive bid process. The committee shall review and comment on the proposed city budget and provide a comprehensive analysis of the budget program each year. They also review and comment on the city’s capital improvement program and provide a comprehensive analysis of this program each year. Staff support provided by Finance Director or his/her designee.

Lewiston residents who are interested in applying can contact the City Clerk’s Department to complete a committee volunteer application. Application forms are also available on the Boards and Committees page of the City’s website at www.lewistonmaine.gov. The committee meets two Mondays a month at 5:30pm at the Public Works building, 103 Adams Avenue. Applications can be submitted at any time and will be accepted until the positions are filled; however, the requested filing deadline is 12pm on Thu., June 12.

Residents are welcome to contact the City Clerk’s Department at 207-513-3124 with any questions they may have regarding the committee appointment process. Completed applications shall be submitted to the City Clerk’s Office for processing. Office hours are Monday, Wednesday, Thursday - 7:45am - 4:00pm and Tuesday, 7:45am – 5:30pm.

Nomination papers for municipal office, school committee available

LEWISTON, ME – The Lewiston City Clerk announced today that nomination papers for municipal office will be available for distribution and circulation by prospective candidates on Mon., June 23. Positions available include four City Council seats and four School Committee seats. All candidates must be at least 20 years old and must be registered voters of Lewiston.

The positions open for election in 2025 are City Council Wards 1, 3, 5 and 7 and School Committee At Large/citywide, as well as School Committee Wards 2, 4 and 6. All of these seats are for a two-year term of office. The municipal election will be held on Tue., Nov. 4. All terms will commence on Mon., Jan. 5, 2026.

Persons interested in the at-large seat on the School Committee must submit completed nomination papers signed by not less than 50 nor more than 100 qualified voters of Lewiston. Candidates for all other positions must submit nomination papers signed by not less than 50 nor more than 100 qualified voters of the respective ward.

Per the City Charter, all candidates interested in running for the School Committee-At-Large position must have registered and qualified to vote in Lewiston on or prior to May 21, 2025. Candidates for all other positions must have registered and qualified to vote in their respective ward.

See Nomination, page 14

New artists on display at CMMC’s Rotating Art Gallery

LEWISTON, ME – The Woman’s Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the work of Bonita Boothby and Carla Daigle for the month of June.

Boothby is a self-taught Maine photographer who started taking photos of her parents’ beautiful flower gardens when she was in high school with her first 35MM Canon camera. She enjoys all the captivating sights the outdoors has to offer whether it be an incoming storm, a visiting bird, a flower in bloom or raindrops on grass. One of her favorite activities is wandering around gardens, woodland and coastal areas capturing moments of inspiration from a distance or close up. She has shown her work in a number of local venues including Bear Bones Beer, Gritty’s and She Doesn’t Like Guthries.

Boothby gives credit to her daughter, Sheri Withers Hollenbeck, founder of Downtown

“Heron” by Bonita Boothby

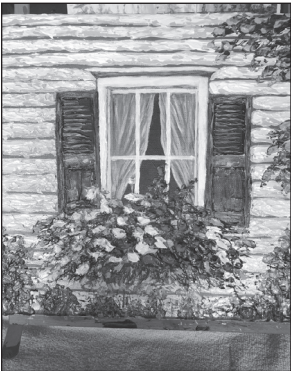
Handmade, for encouraging her to pursue her love of photography, and since her retirement she has been able to do just that.

Daigle is an acrylic artist who brings depth and dimension to her work through textured canvas images, utilizing techniques that often evoke a striking 3D effect. Though initially self-taught, she later found inspiration and growth in her artistic journey through the videos of palette knife artist Jennifer Vranes. Carla’s creative process is fueled by spontaneity, drawing inspiration from whatever sparks her imagination in the moment.

“Country Window” by Carla Daigle

A current resident of Lewiston, Maine, she is originally from northern Aroostook County, and states that some of her pieces remind her of growing up in the ‘County’.

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC. As a result of the hospital safety precautions due to the pandemic, the art gallery is only available for viewing for staff, patients, and their designated visitors at this time.



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

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MDIFW: If you care, leave them there

MAINE – It is not uncommon to find a young fawn all alone in the spring and early summer. Until the fawn is strong enough to keep up, an adult doe may hide her fawn in the forest floor leaves, returning two or three times a day to nurse. During this time, the fawn is protected from predators by its camouflaged coat and its lack of scent. Most fawns found alone are not orphans and should be left alone in the wild. Fawns raised

by their mom have a significantly higher chance at survival. It is always best to leave fawns alone, and you should never attempt to feed them. Repeated visits to a fawn can draw the attention of predators, and could discourage the mother from returning. Leave the area, and ensure pets stay away. To determine if the fawn is truly injured or orphaned, please visit our website at mefishwildlife.com/livingwithwildlife.



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Septic

Continued from page 5

out of our hands, but managing septic systems is entirely within reach,” said Susan Gallo, Executive Director of Maine Lakes. “This new law protects

Maine’s lakes and ponds, and the wildlife and people who use them, by ensuring that future septic systems are constructed to reduce both pathogen and nutrient flow into lake water.” Excess nutrients in

Maine’s freshwater systems, especially phosphorus, contribute to declines in water quality and clarity, degradation of lake habitat for fish and wildlife, and excessive algae growth or “blooms.”

Activities

Continued from page 5

fied yoga therapist and registered yoga instructor. Recorded Classes: Recorded classes are

available via our YouTube Channel via the YouTube link on our website: www.crcofwm.org Other Local Wellness Activities

Wellness Share at Center for Healing Arts, 180 Main St., Norway; 2nd Saturday of each month, 10am to 2pm. Free event offering Reflexology, Massage, and more. For more information: Charlotte LaBelle – 207-890-2177. Drum Circle at Center for Healing Arts, 180 Main St., Norway – 4th Saturday of each month, 11am to 2pm. Free event, drums available for use. For more information: Dan Gravel - 207-604-0323 or Nel Bernard - 207-312-9955.

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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.

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 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 13
BRUNSWICK – The Brunswick Downtown Association (BDA) is excited to announce the season opener of 2nd Friday Brunswick on June 13th. 2nd Friday Brunswick is a series of four immersive events featuring local artists and makers, live music, and theatrical performances taking place on the second Friday of each month from June to September.

June 14
GORHAM – Plant Sale June 14, 2025, 9am

to 11:30am at St. Anne’s Church, 299 Main St. Gorham.

June 14, 15
NEW GLOUCESTER – Enormous Two-Day Barn Sale Fundraiser at Shaker Village. Antiques, collectibles, furniture, glassware, kitchenware, garden and lawn equipment, tools, electronics, toys, and much more will be available. This event will take place on Saturday, June 14th, from 9 a.m. to 4 p.m. and Sunday, June 15th, from 12 noon to 4 p.m.

The Barn Sale extravaganza will be held at Sabbathday Lake Shaker Village, located at 707 Shaker Road in New Gloucester, Maine. The event will take place rain or shine. Don’t forget to bring your favorite shopping bags, as you’re sure to fill them up! For more information, please visit maineshakers.com

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 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 16
AUBURN – Auburn Public Library: Author Talk with Sharon Kitchens:

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“The Murder of Dorothy Milliken: Cold Case in Maine” to be taking place on Monday, June 16th from 5:30 PM to 6:30 PM.

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.

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

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Nomination
Continued from page 11
five ward on or before May 21, 2025.

Completed nomination papers must be filed with the City Clerk’s Office no later than Thur., August 21 by 4 PM. All candidates are requested to file their nomination papers early in order to provide sufficient time to obtain additional signatures if necessary.

Nomination papers may be picked up at the City Clerk’s Office located on the second floor of City Hall, 27 Pine St. Office hours are Mondays, Wednesdays and Thursdays, 7:45 AM to 4 PM and Tuesdays from 7:45 AM to 5:30 PM.


Questions regarding the procedures for nomination papers or the municipal election process may be directed to the Clerk’s Office at 207-513-2124. Additional information is available on the election page of the city website at www.lewistonmaine.gov/117/elections.

Author
Continued from page 6

website at www.auburn-publiclibrary.org or call the Reference Desk at 207-333-6640, ext. 4


Author Talk with Sharon Kitchens: “The Murder of Dorothy Milliken: Cold Case in Maine”

When: Monday, June 16, 2025– 5:30 to 6:30 PM



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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.

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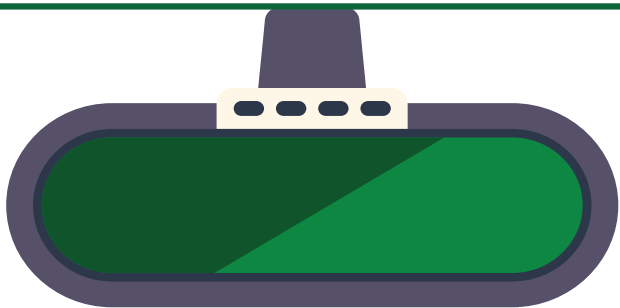


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