

SeniorsPlus hosts Family Night Out fundraiser at Lost Valley

LEWISTON/AUBURN, ME – SeniorsPlus invites the community to support a great cause while enjoying a night of summer fun at Family Night Out, taking place on Wednesday, June 25, from 4 to 9 p.m. at Lost Valley Brew Pub in Auburn. This family-friendly fundraiser will feature live music from local reggae band Roots, Rhythm & Dub, lawn games, children’s activities, raffles, and a 50/50 drawing. In support of the event, Lost Valley will donate 15% of all food sales to the SeniorsPlus Encompass Capital Campaign. Learn more: Family Fundraiser Night Out at Lost Valley 2025

This engaging evening of music, food, and community supports the mission of SeniorsPlus, the designated Area Agency on Aging for Western Maine. For over 50 years, the organization has helped older

Music by

ROOTS RHYTHM & DUB

LOST VALLEY

SeniorsPlus

Live music • Family Friendly Games • Raffles • 50/50

15% of food sales will be donated to the Encompass Capital Campaign

Learn more at seniorsplus.org/campaign

SeniorsPlus FUNdraiser Night

Wednesday, June 25

4 to 9 p.m. at Lost Valley

adults and individuals with disabilities in Androscoggin, Franklin, and Oxford Counties live independently and with dignity. As Maine now has the highest median age in the country, and more than 20% of the population is over 65, the need for the services provided by SeniorsPlus has never been greater.

This summer, SeniorsPlus will break ground on a new facility on Mollison Way in Lewiston. The building will house a state-of-the-art Meals on Wheels kitchen and an expanded

lifelong learning center—key resources that help older adults stay healthy, engaged, and at home for as long as possible.

Sponsorship Opportunity – \$1,000 Event Sponsor Sponsoring Family Night Out at Lost Valley is a \$1,000 opportunity to support the SeniorsPlus Encompass Capital Campaign while gaining visibility in the community. Sponsors will be recognized in event promotions, have a presence at the event, and may host a children’s activity or speak during the evening.

Lewiston “Third Thursday” Markets kick off tonight

LEWISTON, ME – The Lewiston Farmers’ Market is excited to announce the introduction of “Third Thursday” markets, which will take place every third Thursday of the month, June through September from 4:00-7:00 pm on the green space at 75 Lincoln St. Enjoy the summer evenings with live music, food trucks, and free kids activities! Customers can expect a variety of vendors, offering fresh produce, spices, jellies, soaps, sourdough bread,

and more!

The first Third Thursday market will take place on 6/19 from 4:00 to 7:00pm. Customers will be able to purchase their goods with a range of currency including Cash, Credit, Debit or SNAP/EBT (food stamps). SNAP/EBT shoppers will continue to access the “Maine Harvest Bucks” program (<http://maineharvestbucks.org/>) which provides SNAP/EBT users with bonus fresh fruits and vegetables.

The Lewiston Farmers’ Market is family-friendly farmers’ market right in the heart of Lewiston-Auburn, the Lewiston Farmers’ Market is organized by the Lewiston Farmers’ Market Association (LFMA) and offers visitors a chance to connect with one another and shop for a wide variety of fresh, delicious local foods and goods. The market will operate every Sunday, May through November, and will occur rain or shine.

HOME IMPROVEMENT special section pages 7-10

YMCA of Auburn-Lewiston names new Chief Executive Officer

AUBURN, ME – Brian Curtin has been named as the new Chief Executive Officer for the YMCA of Auburn-Lewiston! He will officially step into the role on June 16, 2025, following an exhaustive national search led by the Y Board of Directors, the Y Northern New England Alliance, and Y-USA. Brian will succeed Steven Wallace, who recently announced his retirement after 11 extremely successful years as CEO.

A mission-driven and community-centered leader, Brian brings decades of experience in collegiate athletics and national youth safety to the YMCA, along



with a proven commitment to youth development, organizational growth, and inclusive leadership. Brian most recently served as Director of Audit at the U.S. Center for SafeSport, a national nonprofit dedicated to making youth safety the foundation of sport and recreation. In this role, he

led a team that ensured more than 50 National Governing Bodies within the Olympic Movement complied with comprehensive youth protection policies.

Prior to SafeSport, Brian was Director of Athletics at Saint Joseph’s College of Maine. During his tenure, he expanded athletic programming, led a \$5 million capital project. See YMCA, page 3

Auburn ends free bulky waste drop off

AUBURN, ME – Free drop-off of bulky household waste will be ending for Auburn residents. The last day to drop these items at no cost is Saturday, June 28.

“We know that residents value this program,” said Assistant City Manager Denis D’Auteuil. “We’ll continue to look for solutions and ways to meet our residents’ bulky waste needs.”

Residents can continue

to drop household bulky waste at Maine Waste to Energy on Goldthwaite Road at the cost of approximately \$0.10 per pound (\$200 per ton). Other long-time disposal programs will continue uninterrupted. Electronic waste can be dropped at no charge at Auburn Public Works; recycling and textiles (clothing, shoes and accessories) can be left in the bins provided on Gracelawn Road; and brush, leaves,

logs and other real wood products (no stumps, no processed wood) can be dropped at Oldcastle (481 Springwater Road, Poland) at no cost. Food waste can be dropped at Gracelawn Road (near the recycling bins) or at the New Auburn Fire Station, 181 South Main Street.

Residents can also expect to hear more about the city’s expanded organic waste disposal program in the months ahead.

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women in need. It’s a quiet place where women can come together and find peace of mind.

“The women that work at this amazing place are so patient and caring. This is certainly a little pot of gold tucked so unsuspectingly in Lewiston,” said a survivor.

The Center supports and empowers women survivors of addiction, trafficking, and incarceration, offering holistic healing in a shared community that tends to the material and spiritual needs of women.

The organization

features several programs serving different needs. Located on 97 Blake Street, the Center is a drop-in center that is open on Tuesday, Wednesday, and Thursday from 9 a.m. to 1 p.m. Sessions are offered each morning and afternoon ranging from art therapy to wellness programs to writing and poetry workshops, all focused on building a community of kindness and respect. All programs are free, and hygiene items and clothing are also available. Two newer programs are Sophia’s House, which

Newsmakers, Names & Faces

Summer blood, platelet donations vital to avoid blood supply impact

PORTLAND, ME – Atlantic hurricane season began this month. Disasters like hurricanes and severe summer weather can disrupt blood drives for several days and impact the momentum of a growing blood supply. Help the American Red Cross plan for the unexpected by making an appointment to give blood or platelets.

Even when hospitals are fully stocked with blood products, sudden events can cause a rapid drop in the availability of lifesaving transfusions. While many may be engaging in outdoor adventures this month, the Red Cross asks people to continue making and keeping donation appointments a part of their June plans.

Blood has a shelf life of 42 days, which means ongoing donations are key to ensure medical needs are met. Type O blood donors and those giving platelets are especially needed as the summer season continues.

Upcoming blood donation opportunities

Androscoggin
Lisbon Falls
6/24/2025: 1 p.m. - 5:30 p.m., Holy Trinity Church, 67 Frost Hill Avenue

Livemore Falls
6/23/2025: 10 a.m. - 2:30 p.m., Livemore Falls Town Hall, 2 Main Street

Cumberland
Brunswick
6/25/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row

6/28/2025: 9 a.m. - 1:30 p.m., United Masonic Lodge #8, 65 Baribeau Dr

Falmouth
6/25/2025: 10 a.m. - 3 p.m., Lunt Auditorium, 74 Lunt Road

Freeport
6/23/2025: 9 a.m. - 2 p.m., Hilton Garden Inn Freeport - Old Town Hall Building, 5 Park Street

Gorham
6/19/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road

Portland
6/26/2025: 9 a.m. - 3 p.m., Portland Elks Lodge, 1945 Congress St.

South Portland
6/24/2025: 9 a.m. - 1:30 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy

6/30/2025: 9 a.m. - 1:30 p.m., Portland Sheraton at Sable Oaks, 200 Sable Oaks Drive

Westbrook
6/27/2025: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street

Windham
6/30/2025: 10 a.m. - 2:30 p.m., North Windham Union Church, 723 Roosevelt Trail, Route 302

Yarmouth
6/20/2025: 11 a.m. - 4 p.m., American Legion Post 91, 196 Main St

How to donate blood
Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or

two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Amplify your impact – volunteer!

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position visit redcross.org/volunteertoday.

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

Official Cooper Flagg Draft Party to benefit RMHC Maine

FALMOUTH, ME – Ronald McDonald House Charities® (RMHC) of Maine is excited to partner with In Flag We Trust, Rivalries Sports Pub & Restaurant, and the Flagg Family to host the only Official Cooper Flagg Draft Party in Maine! VIP area tickets are available, and 100% of the proceeds will benefit RMHC Maine. This is an all-ages welcome event. Tickets are only needed for access to the VIP area, Rivalries will remain open to the public, where raffle tickets and merch will also be available for purchase. Raffle items include an authentic Cooper & Ace Flagg autographed t-shirt and hat.



Wednesday, June 25, 2025 | 7pm - 9pm with draft scheduled to go live at 8pm

Rivalries Sports Bar & Restaurant - 2 Hat Trick Dr. Falmouth, ME

\$100 per person - Only 75 tickets will be sold. Ticket includes: access to VIP area, delicious food, 2 complimentary raffle tickets, an exclusive Cooper Flagg Draft Party T-shirt, 10% off merch, and 100% of your ticket price donated to RMHC Maine. Rivalries will remain open to the public; tickets are only needed for the VIP area.

Thank you to the sponsors of this event: Rivalries Sport Pub & Restaurant, Victor Rios Design, Double Play Collectibles, and Town Square Media.

Sen. Collins speaks at Alzheimer's Advocacy Forum

WASHINGTON, D.C. – U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee and a senior member of the Senate Committee on Health, Education, Labor, and Pensions, delivered remarks at the 2025 Alzheimer's Impact Movement (AIM) Advocacy Forum in Washington. Maine Alzheimer's advocates Mary Dysart Hartt and her husband Mike introduced Senator Collins at the event. Mary and Mike live in Hampden, and Mary has been a tireless advocate on behalf of Mainers living with Alzheimer's—like Mike—and their caregivers.

"When I first joined the Senate, there wasn't really much of a focus in Washington on brain health. Neurodegenerative diseases were thought of as just part of growing old," said Senator Collins during



her remarks. "But, working with incredible partners like the Alzheimer's Association, we have raised awareness and put a federal focus on this disease. For myself and members of the Congressional Task Force on Alzheimer's I lead, this fight is both a personal cause and a matter of crafting effective policy. We must not let Alzheimer's be one of the defining diseases of our children's generation as it has ours."

In her remarks, Senator Collins also highlighted her successful legislative efforts to advance Alzheimer's research, prevention, and treatment. In the 118th Congress, there were 1,868 standalone health care bills introduced in both the U.S. Senate and the U.S. House of Representatives. Of those bills, only 15 passed both chambers and were signed into law. U.S. Senator Susan Collins led or co-led 5 of those 15 bills to passage with strong bipartisan support, and 3 of those 5 bills dealt directly with brain health. Those bills were the National Alzheimer's Project Act (NAPA), the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act, and the Alzheimer's Accountability and Investment Act.

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Newsmakers, Names & Faces

Maine Harvest Bucks celebrates 10 years, seeks legislative support

FREEPORT, ME – As the Maine Harvest Bucks program celebrates its 10th anniversary this May, the Maine Federation of Farmers’ Markets is calling attention to two critical pieces of legislation that will determine whether this successful local food nutrition incentive program can continue serving thousands of Maine families and supporting local farmers.

Since launching in May 2016, Maine Harvest Bucks has generated \$3.75 million in direct sales at farmers’ markets and farm stands across the state. The program, which operates at 50 farmers’ markets and more than 20 farm stands, effectively doubles the value of SNAP benefits (formerly food stamps) when families spend them on fresh, local produce. In 2024 alone, nearly \$700,000 in SNAP and Maine Harvest Bucks sales were recorded at participating locations – more than triple the \$200,000 recorded in 2018.

“Over the past decade, Maine Harvest Bucks has proven that when we make healthy, local food more accessible, entire communities benefit,” said Jimmy DeBiasi, Executive Director of the Maine Federation of Farmers’ Markets. “We’ve seen families discover new foods, farmers expand their customer base, and rural economies strengthen. But without legislative action this session, this vital program faces an uncertain future.”

The program’s impact extends far beyond sales figures. More than 15,000 Mainers using SNAP have accessed fresh produce through Maine



Harvest Bucks, with participants reporting improved food security, reduced reliance on food pantries, and increased knowledge about preparing healthy meals. The program currently operates in all 16 Maine counties, serving over 400 farmers and producers.

Two bills currently before the Maine Legislature will determine the program’s sustainability:

LD 210 would establish permanent, baseline budget funding of \$600,000 annually for Maine’s nutrition incentive programs, providing the stability needed for long-term planning and growth.

LD 468 would add an additional \$600,000 annually to meet growing program demand, recognizing that current funding levels cannot keep pace with community need and

farmer participation.

“Maine Harvest Bucks represents the best of what government programs can achieve – boosting rural economies, supporting small farm livelihoods, and ensuring that all Mainers have access to fresh, nutritious food,” said Senator Henry Ingwersen, the lead sponsor of LD 468. “These bills aren’t just about funding a program; they’re about investing in the health of our communities and the viability of Maine’s agricultural economy.”

The economic impact extends beyond individual transactions. Research shows that every dollar spent through SNAP generates \$1.70 in economic activity, while every dollar invested in program administration yields \$4-5

See Harvest, page 6

Author Talk: Maine Campground Cozy Mystery series

AUBURN, ME – Auburn native Nicole Beaudry, who writes cozy mysteries as Nikki Weber, will discuss the first two books in her new Maine Campground Cozy Mystery series at the Auburn Public Library on Thursday, June 26th at 4:30 PM. The setting for the books is inspired by the author’s summers spent at a family campground in Franklin County.

Although she’s a lifelong reader, Beaudry had never heard of the cozy mystery genre until a few years ago. She’ll talk about how she discovered the genre and how stereotypes about Maine influenced her description of the setting in her first book, Campfires & Corpses.

Beaudry will also discuss the second book in the series, Whoopie Pies & Alibis, which will be available everywhere on June 10. Both books will be available for sale, and signing. Payment accepted

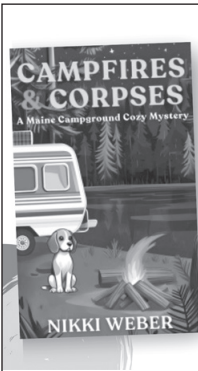


by credit card, PayPal, or cash.

About the author: Nicole Beaudry grew up in Auburn, is a resident of Lewiston, and has deep roots in Androscoggin

County. She loves stories—reading them, telling them, and writing them. Although she has travelled widely and lived in many different states and countries, her first book was inspired by her experiences from right here in Maine. She publishes under the name Nikki Weber, her stubborn alter ego. Her books can be found at the big book retailers, at independent book stores, and at your local library.


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



Author Talk

Nicole Beaudry

Thursday, June 26th
4:30 PM – 5:30 PM
Androscoggin Community Room



YMCA

Continued from page 1

ect for new outdoor facilities, increased staffing, managed a \$1.2 million budget, and enhanced campus wellness and aquatics programming. His work was marked by strategic planning, fundraising success, and the development of a values-based staff culture.

“Brian brings a powerful combination of heart, vision, and experience to this role,” said Lena-Jo Hartley, Board Chair of the YMCA of Auburn-Lewiston. “His deep commitment to youth, community, and mission-driven leadership made him a standout choice. We’re thrilled to welcome him and look for-

ward to the future of the Y under his guidance.”


A proud native of the Northeast, Brian holds a master’s degree from George Washington University and a bachelor’s degree from Saint Michael’s College. His connection to the Y runs deep, as his first experience with organized basketball was as a “biddy player” at the Greater Burlington YMCA in Vermont. “It’s an honor to step into this role at the YMCA of Auburn-Lewiston, an organization clearly committed to youth development, wellness and community engagement,” said Curtin. “I want to sincerely thank Lena-Jo Hartley and the Board of Directors for their trust and support and extend my gratitude to Steve

Wallace for his leadership and lasting contributions. I’m excited to build on that strong foundation — listening, learning, and building partnerships to ensure the Y continues to be a welcoming, safe, empowering space for all.”

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Gorham Weekly • 28 State Street • Gorham, ME 04038

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Seniors Not Acting Their Age Eagles Abound on Seabasticook River

“You’ll see lots of eagles,” Eggman Decoster promised when he invited my wife, Nancy, and me for a paddle trip on the Seabasticook River. That was all the incentive we needed to join him and others for a six-mile outing between Benton Falls and the Kennebec River in Winslow.

Eagles haven’t always been plentiful on the Seabasticook. Two dam removals changed that dramatically. In 2008, the Fort Halifax Dam near the mouth of the river in Winslow was breached. That coupled with the earlier removal of Edwards Dam on the Kennebec River in Augusta has resulted in free-flowing rivers between Benton Falls Dam and the ocean in Popham.

The dam removals facilitated the return of native sea-run fish to include alewives, striped bass, salmon, sturgeon and chad. As they migrate upriver in the spring, fish eating birds, particularly eagles, follow them.

Finding a full day of good weather in the month of May was a daunting task. After two postponements due to inclement weather, we finally identified an acceptable, but imperfect, opportunity for our avian river outing.

Seven of us met at the takeout in Fort Halifax Park on a cloudy, cool windy day. Situated where the Seabasticook joins the Kennebec River in Winslow, the scenic park has ample parking and offers opportunities for walks, boating and picnics. A downside, the physical takeout is a long carry to the parking area.

We left a shuttle vehicle and drove a few miles north on Garland Road to Brimstone Road on the left. This narrow road leads to a parking area at the foot of Benton Falls Dam. A lengthy portage trail on river left provides access to an undeveloped put-in in a pool above some rapids.

Two tandem canoes and three solo kayaks

launched in quick water. Since some of us were paddling flatwater boats, our first challenge was navigating through a few Class I/II rapids. Everyone had problem-free descents.

Once the rapids were completed, we caught eddies to regroup. Eggman’s predictions were quickly confirmed. We were amazed to see exceptionally large numbers of eagles circling above and perched in tree branches overhanging the river.

The sheer numbers of the impressive birds was remarkable. Maine Marine Resources reports a higher concentration of eagles in this area than any other location in the continental United States. Paddlers in our group counted 26 eagles at one time in just one area. Overall, the estimated count was about 75.

After the early rapids, we benefited from a strong current for the remainder of our trip. Although we had to cope with powerful winds, for the most part

they were tailwinds that helped propel us along.

As we progressed downriver, eagles were perpetual traveling companions. However, they weren’t the only winged inhabitants we met. A multitude of Canada geese, ducks, cormorants, ospreys and more joined us. Most were presumably feeding on the abundant fish supply.

Since it was prime migration season for alewives, we expected to find huge schools of the river herring. However, they were largely absent during our trip. A biologist in our group familiar with their habits observed that they don’t move much in cold temperatures. Regardless, the obviously very well-fed eagles must be proficient at locating stationary alewives or they’re feeding on other fish species.

About a mile from downtown Winslow, Outlet Stream enters on the left. Until recently, over 200 years had elapsed



Two eagles overlook the Seabasticook River from an overhanging tree branch



A kayaker passes the remains of the Fort Halifax Dam



Paddlers look for eagles on the Seabasticook River

since alewives were able to reach China Lake due to dams on the stream. With the removal or modification of six dams, hundreds of thousands of alewives now migrate seven miles upstream to the lake each year. The eagle population has exploded on the lake and stream.

We paddled up Outlet Stream for a short distance. The narrow waterway appeared navigable but no alewives were seen. Some of us contemplated a descent from China Lake when the water level is higher.

Below the stream, the water velocity increased and the river narrowed causing erratic currents that required careful negotiation. Soon after, we passed the remains of the Fort Halifax Dam in Winslow before arriving at the takeout in Fort Halifax Park.

We teamed up to lug our boats and gear on the demanding carry to our vehicles. Everyone agreed the very entertaining adventure was worth the effort.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* describes many more paddling exploits on Maine lakes, rivers and streams.

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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

St. John’s holds Food Pass to help end food insecurity

BRUNSWICK, ME – This morning, in the rain, St. John’s Catholic School proudly carried on a beloved tradition more than two decades in the making: the Annual Food Pass to Midcoast Hunger Prevention Program (MCHPP). Students, faculty, and staff formed a human chain stretching from the school all the way to the doors of MCHPP, passing donated food items hand to hand in a moving display of community and compassion.

This living chain of generosity reflects the school’s deep commitment

to service and social responsibility. Boxes filled with nonperishable food made their way to MCHPP, where they will help support local families facing food insecurity.

“This event is one of the most meaningful parts of our school year,” said Principal John Yorkey. “It teaches our students the importance of community, service, and the impact we

can have when we work together.”

The Annual Food Pass not only honors the legacy of those who began it over 20 years ago, but also serves as a powerful reminder of the ongoing need—and the role each person can play in helping to meet it.

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

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Cancer Resource Center holds June activities, classes

USDA announces new appointee to serve rural Maine

NORWAY, ME – UPCOMING ACTIVITIES & EVENTS

Maine Dragon Boat Club Celebrates Cancer Survivors - SATURDAY, JUNE 21, 2025/Rain Date June 22nd.

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.

Times: 9:00am-5:00pm-Open House-Check out information about the MDBC and the boat. Family, friends, caregivers invited .10:00am-12:00pm and/or 2:00pm-4:00pm Participate in paddling the Dragon Boat. On land paddling and safety instruction will be given prior to going out in the boat. All equipment is provided. (No reservation needed)

In-person Classes
Stamping Up at the Cancer Resource Center: 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 meet new friends at the same time. All supplies are provided. No pre-registration is required.

Chair Yoga at the Cancer Resource Center: Thursdays 1:00 – 2:00pm. Join Kat Larsen for this gentle form of yoga which utilizes both seated and standing poses using a chair for support to provide all the benefits of traditional yoga. Chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress. Please call the Cancer Resource Center to register at 890-0329.

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 Resource Center. No registration needed. For more information, call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975.

Sacopec Valley Cancer Support Group for Men and Women: Meets the fourth Friday of each month from 1:30-3:00 pm at the Riverside United Methodist Church, 5 Porter Street, Porter. For more information, please call Marianne Wyer at: (207) 749-0392.

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.crcofwm.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 certified 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.

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

BANGOR, ME – U.S. Secretary of Agriculture Brooke Rollins announced John Butera is appointed by President Donald Trump to serve as the USDA Rural Development State Director for the state of Maine. Director Butera will implement President Trump’s America First agenda at USDA Rural Development, ensuring the needs of America’s farmers, ranchers, and producers remain a top priority.

“When America’s farming communities prosper, the entire nation thrives. This new group of USDA appointees will ensure President Trump’s America First agenda is a reality in rural areas across the country. I am grateful for the leadership of these new state directors and look forward to their work reorienting the agency to

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

put Farmers First again,” said Secretary Rollins.

“Rural America is the backbone of our nation, and I look forward to implementing President Trump and Secretary Rollins’ priorities in Maine, empowering communities from the ground up,” said State Director Butera.

John Butera will serve as State Director for Rural Development in Maine. John recently served as Vice President, Commercial Loan Officer at Skowhegan Savings Bank. He previously served as Senior Economic Advisor and Commissioner of Labor to Maine Governor Paul LePage. John received his bachelor’s and master’s degrees from the University of Pennsylvania.

State Directors serve as the Chief Executive Officer of USDA Rural De-

velopment in the states and territories and are tasked with leading teams to carry out the mission of Rural Development to the benefit of all rural Americans. In conjunction with the guidance and support of the National Office, State Directors are responsible for advancing the key priorities and initiatives of the Presidential Administration, the Secretary of Agriculture and the Deputy Under Secretary for Rural Development. State Directors also provide key leadership to foster a mission-driven, accountable, and high-performing workforce focused on operational excellence, public trust, and responsible stewardship of taxpayer resources.

To learn more about USDA Rural Development’s leadership and programs, view www.rd.usda.gov.

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:

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Lawrence High School
Madison High School
Mt. Abram High School
Skowhegan High School
Spruce Mountain High School
Waterville High School
The University of Maine at Farmington Upward Bound - \$437,584
Currently serving students at:
Gardiner Area High School
Lewiston High School
Lisbon High School
Medomak Valley High School
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Arts & Entertainment

Bailey Library to host local author, Monica Wood



WINTHROP, ME – Monica Wood will speak at the Bailey Library in downtown Winthrop on Wednesday, June 25th at 6:30 p.m. The event is the kickoff of the sixteenth annual Winthrop Lakes Region Forum. Wood will discuss her new novel “How to Read a Book,” which The New York Times recently described as a “charming, openhearted novel” with “wonderful wit.”

Monica Wood is the author of “When We Were

the Kennedys,” the nationally renowned bestseller. Her novel “My Only Story” was a finalist for the Kate Chopin Award.

She is also the 2024 recipient of the Sara Josepha Hale award for excellence in New England literary arts, the 2019 recipient of the Maine Humanities Council Carlson Prize for contributions to public humanities, and the 2016 recipient of the Maine Writers and Publishers Alliance Distinguished Achievement Award.

Wood was born in Mexico, Maine to a family of paper mill workers. She has had a successful 40-year career as a writer of all things Maine, and for the past 50 years, she’s lived in the same house in the Nason’s Corner neighborhood of Portland.

Copies of Wood’s books will be available for sale at the event, and a book signing will follow the program. For more information, contact the library at 377-8673.

Theater at Monmouth announces 56th season

MONMOUTH, ME – Theater at Monmouth continues their long-standing legacy of being the Shakespearean Theater of Maine and celebrates an incredible 56th year of producing classic theatre with their From the Desk of... Season. The plays of the season include two of Shakespeare’s great works; one more commonly known with many adaptations, and the other a little less known and not as widely produced. The others will include fun and exciting spins of two profound literary authors: Sir Arthur Conan Doyle and Jane Austen. From the mistaken identity in Shakespeare’s Twelfth Night to the duplicitousness in Cymbeline; TAM’s 2025 From the Desk of... Season includes oodles of comedy, silly young lovers, and cross-gartered servants. The madness continues in Kate Hamill’s remake of the Holmes and Watson partnership in Ms. Holmes & Ms. Watson – Apt. 2B and the fresh take on Jane Austen’s works in The Complete Works of Jane Austen, Abridged, Theater at Monmouth has brought together a bevy of intrigue and hijinx to tickle your funny bone all the way to your car. And for the Fall Show, TAM presents The Rewards of Being Frank by Alice Scovell, a sequel to Oscar Wilde’s The Importance of Being Earnest.

“It’s been TAM’s mission to foster a more diverse, more inclusive, more welcoming environment for audiences and artists alike,” says producing artistic director Dawn McAndrews, “to educate young minds, engage patrons with new and differing points of view, and to program seasons that represent a range of perspectives, beliefs, and circumstances.”

Season Co-Sponsor: Main Street Psychotherapy
Acting Company Co-Sponsor: Kennebec Savings Bank
Media Sponsor: Turner Publishing Inc.

SUMMER REPERTORY SEASON

Performances take place in Cumston Hall, a 250-seat Victorian opera house designed by Harry Cochrane. Since its founding, TAM has rehearsed and performed in rotating repertory, inviting audiences to see the actors in different roles in different shows in one weekend. Each of this season’s five productions features artists “From Away” and “Made in Maine” both newcomers and TAM favorites.

Twelfth Night | July 10 – August 24 By William Shakespeare | directed by Zane Alcorn | Sponsored by David & Christine Heckman

After surviving a shipwreck, twins Sebastian and Viola have been separated and think the other to be dead. Viola disguises herself as a man named Cesario and goes into service for Duke Orsino. Orsino loves Olivia, who falls in love with Cesario (who is really Viola), and Viola falls in love with Orsino (who thinks she is a man named Cesario). Then Sebastian arrives, causing a

flood of mischief and mistaken identities in this joyful romp where music be the fruit of love.

Ms. Holmes & Ms. Watson – Apt. 2B | July 17 – August 22 by Kate Hamill | Directed by Dawn McAndrews | Sponsored by Robert & Cynthia McGuire

An Irreverent, darkly comic, modern take on Sir Arthur Conan Doyle’s famous sleuth and sidekick. It’s a Modern-day Baker Street where the manic, razor-sharp genius Holmes, and recuperating American divorcee Watson, tumble from caper to caper. But when the quasi-dysfunctional, female Odd-Couple, mystery solving duo come face to face with a villain who has all the answers and is always one step ahead, uproarious adventure, high-stake hijinks, and non-stop laughter are imminent.

The Complete Works of Jane Austen, Abridged | July 24 - August 23 by Jessica Bedford, Kathryn MacMillan, Charlotte Northeast, & Meghan Winch. Directed by Adam P. Blais

A funny, fast-paced frolic through the masterpieces of Jane Austen. Three actors take on all of Austen’s beloved heroines, friends, and love interests – and her incisive social satire – in just 80 minutes. But when they lose a cast member, the two remaining Janeites must teach an understudy about her work. It is a truth universally acknowledged that an audience in possession of high

See Theater, page 14

Harvest
Continued from page 3

in local food access for SNAP participants. State funding for the program has already leveraged more than \$750,000 in matching federal dollars.

The Maine Federation of Farmers’ Markets has built strong partnerships with organizations including Good Shepherd Food Bank, Cultivating Community, and the Maine

Organic Farmers and Gardeners Association to advocate for continued program funding and expand the reach of local food nutrition incentives. In 2023, these collaborative efforts secured \$1.2 million in the Governor’s Budget for the current biennium.

“As we celebrate this milestone anniversary, we’re also looking toward the future,” added DeBiasi. “With permanent funding,

Maine Harvest Bucks can continue growing, reaching new communities, and ensuring that fresh, local food remains accessible to all Mainers, regardless of income.”

The Maine Legislature is expected to consider both bills in the coming weeks. Supporters are encouraged to contact their representatives to express support for LD 210 and LD 468.

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Maine realtors meet with lawmakers

AUGUSTA, ME – During the 2025 National Association of REALTORS® Legislative Meetings, 35 Maine REALTORS® met with Maine’s Congressional delegation in Washington, D.C., to advocate for policies that will increase the housing supply and improve access to homeownership, nationwide and in Maine.

Members and staff of the Maine Association of REALTORS® met with Senator Susan Collins, Senator Angus King, Congresswoman Chellie Pingree, and Congressman Jared Golden’s staff to advocate for legislation to increase housing supply, protect and expand tax provisions for property ownership and small business, and create a national strategy for new housing development.

The Maine Association of REALTORS® has worked closely with Maine’s members of Congress for many years to ensure that Maine’s real estate industry remains well represented at the national level. During their Congressional Hill Visits, REALTORS® highlighted Maine’s residential and commercial real estate markets, the economic impact real estate has nationally and at home in Maine and stressed the importance of property ownership in building safe, resilient communities.

The real estate industry represents nearly one-fifth of the United States’ GDP and was 20.5 percent of Maine’s gross state product in 2024.

NAR and the Maine Association of REALTORS® support policies that will address the estimated 4.7 million home shortage in America. Increasing the supply of housing, easing market constraints, and making it easier for Americans to find homes they can afford will stabilize prices and revitalize communities.

“Homeownership builds generational wealth and provides opportunities for our children and their children to have a safe place to call home” says Jeff Harris, 2025 President of the Maine Association of REALTORS®. “Maine’s Congressional delegation was receptive to our ideas and appreciate that REALTORS® are hard-working small business owners who make the American Dream of homeownership possible across our beautiful state,” added Harris.

The Maine Association of REALTORS® is a professional trade association established in 1936 with over 6,500 members statewide. REALTORS® protect private property rights, build Maine communities, and grow our state’s economy. Our members represent buyers and sellers involved in both residential and commercial real estate transactions. Our membership also includes industry affiliates, such as lenders, closing agents, title agents, appraisers, building inspectors, surveyors, etc. The Maine Association is chartered by the National Association of REALTORS® (NAR), the largest trade association in the country.

MaineHousing offers grant for home repairs



MAINE – MaineHousing’s Home Accessibility and Repair Program provides help to low-income homeowners who cannot afford necessary home repairs in the form of a grant.

For eligible homeowners, the Maine Home Accessibility and Repair Program can assist with such things as:

- Well repairs or replacements
- Heating and electrical system repairs
- Roof and chimney repairs
- Structural repairs
- Lead paint mitigation
- Repair or replacement of windows and doors
- Energy efficiency improvements
- Repair or replacement of siding
- Improvements necessary to permit use by persons with disabilities or who are experiencing physical barriers living at the home

ELIGIBILITY

To be eligible for a Home Accessibility and Repair grant you must have owned and lived in the home that will be renovated or repaired for at least one (1) year prior to applying and have a household income at or below 80% AMI Income Limits.

MORE INFO

Please refer to our agency contact list to fill out an application. For more information see <https://www.mainehousing.org/programs-services>.

HOME IMPROVEMENT special section pages 7-10

AI tools aid interior design

RRNewswire - Homekynd (www.homekynd.com), the next-generation visualization platform redefining how consumers experience real estate and retail, has partnered with leading lifestyle publisher Apartment Therapy (www.apartmenttherapy.com) to launch the brand’s first-ever interactive room layout feature: the Room Plan tool. Powered by Homekynd’s proprietary AI, this tool transforms static images into interactive 3D spaces—allowing users to visualize, redesign, and shop their dream interiors in seconds.

The Room Plan tool empowers users to upload a photo of any room, remove existing furniture, and reimagine the space using shoppable products from trusted retail brands. It marks a pivotal moment for immersive commerce—where editorial storytelling, personal design, and direct purchase converge.

“Homekynd is proud to help usher in this new era of immersive commerce,” said Kate Ritter, Founder and CEO of Homekynd. “Together with Apartment Therapy, we’re creating a deeply engaging bridge between content and commerce—where users don’t just get inspired, they dream up immaculate designs that drive confident purchases.”

A Seamless Fusion of AI, Retail, and User Experience

With over 120,000 spaces reimaged, Homekynd has evolved into a full-stack SaaS platform merging advanced visualization technology with user-centric design. The Homekynd Design Studio is a dynamic, shoppable 3D environment connecting users to real products.

This partnership extends Homekynd’s reach into the editorial space, bringing its technology to one of the most engaged audiences in home lifestyle media. Through the Room Plan tool powered by Homekynd, Apartment Therapy readers can turn lifestyle inspiration into actionable design and purchasing decisions using the latest in online room design tools.

Ready to transform your space? Experience the future of shoppable interior design today. Visit apartmenttherapy.com to try the new Room Plan tool powered by Homekynd and turn any photo into your dream room in seconds. Upload your space, reimagine your style, and shop your vision—all in one seamless experience.

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HOME IMPROVEMENT

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5 top trends for transforming your outdoor space

Contributed by BPT
Homeowners today are reimagining their outdoor spaces, moving beyond a basic patio and grill to create thoughtfully designed areas that blend style, comfort, and functionality. According to the latest Houzz Outdoor Trends Study, one in three homeowners are upgrading their outdoor areas as functional, beautiful extensions of their homes with an emphasis on convenience, style and sustainability. If you're among those looking to transform your outdoor space this year, following are five top trends to consider:

1. Seamless segues from inside out
As the lines between indoor and outdoor spaces continue to blur, homeowners are finding creative ways to bring the comfort of the indoors outside. Picture large glass doors

gliding open to reveal a deck adorned with stylish outdoor furniture, cozy rugs and ambient lighting, creating an inviting atmosphere that feels just as welcoming as a living room.

2. Climate-friendly features
As climate resilience becomes a top priority, outdoor areas are being designed to withstand every season and adapt to a wide range of conditions. Homeowners want solutions that offer a year-round balance of comfort, durability, ease and style to ensure these spaces remain practical and inviting. Heat-mitigating composite decking, weather-resistant furniture, and shade structures help keep outdoor spaces enjoyable, no matter the season. Water-resistant materials are also becoming essential for decks, poolside areas and docks, ensuring dura-

bility against moisture, sun exposure and heavy foot traffic. Low-maintenance solutions, such as Trex® composite decking, require only occasional cleaning to maintain their beauty for years.

"People want outdoor spaces that adapt effortlessly to their homes and lifestyles, no matter the climate, setting or season," says Adam Zambanini, COO of Trex Company. "Our Performance-Engineered™ products offer the ability to enjoy the outdoors in comfort and style, whether you live along the salty coast, high up in snow-capped mountains or in the heat of the desert."

3. Cozy, curated spaces
Rather than sprawling, undefined yards, many homeowners are designing smaller, purpose-driven outdoor spaces tailored to specific activities like



dining, relaxing or entertaining. Defined zones with level changes, pergolas, privacy screens and stylish deck railings create a sense of intimacy and character. And don't forget the space beneath the deck. The simple addition of a deck drainage system, like RainEscape®, makes it possible to add furnishings, lighting, appliances and other electronics to transform this underutilized area into a fully functional, all-season retreat.

4. Smart features for comfort and convenience
Technology is making outdoor spaces more comfortable and functional than ever. Smart lighting, weatherproof entertain-

ment systems, app-controlled irrigation, and outdoor Wi-Fi hotspots are turning backyards into high-tech havens. Features like built-in USB ports and wireless charging stations ensure outdoor spaces stay as connected and convenient as any indoor room.


5. Sustainable and serene retreats
More homeowners are prioritizing eco-friendly choices when designing their outdoor spaces. Products made with recycled and reclaimed materials and native plants contribute to a sustainable backyard oasis. Elements like rainwater collection systems and solar-powered lighting not only help reduce environmental impact

but also create a peaceful and natural atmosphere.
Outdoor living continues to evolve, offering endless possibilities for relaxation, entertainment and connection with nature. Whether you're envisioning a multi-level deck, a cozy garden escape or a poolside retreat, let these trends help you create your dream outdoor space. For more inspiration, visit Trex.com.
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Low-maintenance landscaping tips to keep your yard looking great

Contributed by BPT

Choosing the right materials and incorporating well-planned design features can enhance the appearance of your landscape while reducing the effort needed for maintenance.

“Adding mulched areas around shrubs, plants and trees, as well as creating access pathways, are key design elements we use to enhance the beauty of a landscape,” says Lavonne Thompson, owner of Gabby’s Gardens in St. Croix Falls, Wisconsin.

Many materials can help keep your landscape looking beautiful, such as mulch, landscape rock, flagstone steppers, concrete pavers and natural stone. To create and maintain a professional look for your landscaped areas, Thompson recommends these elements:

- * Create distinctive



borders for garden beds, tree rings and other landscaped areas using natural stone, concrete pavers or edging. It will make it easier to mow around plus add definition, texture and color.

* Construct paths using natural stone steppers, concrete pavers, mulch or landscape rock. Not only do these materials create visual interest and define walkways, but they also improve accessibility.

* Use mulch, landscape rock or gravel to

give landscaped areas a finished look. “Mulch adds interest and gives a clean, finished appearance that enhances curb appeal,” says Thompson.

Maintenance of mulched areas can be a challenge with thunderstorms, critters, traffic and falling leaves. To keep landscaped areas looking beautiful and minimize seasonal maintenance, Thompson uses NorthRock® Landscape Loc Mulch & Rock Bond, an environmentally friend-

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ly compound that can be applied to keep mulch and landscape rock locked in place.

Landscape Loc helps to prevent mulch movement from rain, wind, critters, mowers and blowers, while allowing the treated area to freely drain and breathe. It is safe for soil, groundwater, wildlife, people, pets and plants.

“Landscape Loc is a great product for when we are refreshing clients’ projects in the spring,” says Thompson. “It is essential in sloped areas and gardens to prevent mulch from moving out of place.”

Landscape Loc can be used on landscape rocks

that are 1/2” or smaller. It can also be used to control dust from gravel, sand, pebbles and light rock on walkways and driveways as well as to control erosion around those areas. The more porous the rock, the better Landscape Loc

will bond. For denser rock, a heavier application is required.

Using a fan tip sprayer, apply Landscape Loc when refreshing and cleaning up landscape areas. It lays down white and dries clear, enhancing the look of mulch and other ground cover. Landscape Loc is available at Amazon and local retailers in one- and five-gallon containers or as a concentrate to mix with water. Watch an application of Landscape Loc Concentrate at <https://www.youtube.com/watch?v=zOdssqFrQVY>.

“It’s great that Landscape Loc goes down white before drying clear,” says Thompson. “That way if you are called away for a moment, you can pick right up where you left off.”

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special section pages 7-10

4 easy ways to give your garage workshop a refresh

Contributed by BPT
Spring has sprung! Are you ready to start some spring projects? If you're a DIY hobbyist, it's time to give your workspace a spring cleaning.

During the winter, your garage workshop accumulates extra items, dust and debris that can make it impossible to do your best work. So, take advantage of the warmer weather and give your workshop a spring refresh with these four simple tips.

1. Clear out the garage

Dedicate the first

warm weekend in spring to emptying your garage. That means removing everything that isn't attached to the walls. This may require a lot of muscle and energy, but it will create a solid foundation for your garage spring cleaning.

Once you have everything out, take stock of your items. Sort them into piles like gardening tools, power tools, lawn care appliances, etc. Review each pile and identify what you want to keep, toss or donate.

If you're having trouble figuring out what to

keep, think about how often you use an item. If you use them regularly or annually, put these tools aside so you can find space for them. Anything you don't use or that's broken should be donated or tossed.

2. Dust and clean surfaces, items and floors

Now that you have everything out of the garage, take time to dust surfaces and items and clean the floors. Start high and work downward so the dust you remove from the shelves doesn't land on a freshly cleaned countertop. Use a damp cloth to wipe down surfaces and equipment and follow up with a vacuum to get into corners.

Next, tackle the floors with a broom and mop. Sweep away dirt, debris and trash that may have accumulated during the winter. Once that's done, lightly wet the floor with the hose and mop the excess water.

3. Organize your tools and equipment

Take in your cleaned



garage and designate areas to store your various tools and equipment by category. This can help you think about creative storage solutions and optimal organization so you have more room for your woodworking projects.

Think about installing overhead, ceiling-mounted storage racks for camping gear, decorations and other bulky items. Consider adding or replacing cabinets for more storage and organization.

A great storage solution for organizing your tools and equipment is a storage cabinet like the Gladiator Premier Pre-Assembled 84" Tall Cabinet. Each cabinet features one fixed and three adjustable full-width shelves that can hold up to 400 pounds each, so you have plenty of room to store even your heaviest tools.

Another organizational feature to consider is a garage storage wall. Systems like the Gladiator® All-in-One Wall Kits help you create the perfect organizational space to get gear off the floor,

maximize space and make it easier for you to quickly find any item you need. The kits are customizable, so you can choose from a variety of hooks, baskets and bins that fit your storage needs.

4. Optimize lighting and power sources

Whether you're working on big or small projects, it's critical to have proper lighting and multiple power sources so you can work with your power tools safely and efficiently. Consider adding in wall accessories like a light bar or power strips.

Choose a light bar with adjustable lighting options so you can see every detail of your project. Light bars are great for providing under-cabinet lighting and lighting inside cabinets as well.

Don't forget to keep multiple power strips on hand so you have the freedom to plug in several tools anywhere you need them. The ideal power strip will have a long, tangle-resistant cord and surge protection. Modern power strips may even offer USB-A and

USB-C utility outlets.

Does it seem like you never have enough working surfaces for your projects? You can easily increase workspace by getting tools off your counters. Install a wall-mounted magnet bar or two (or three!) that are strong enough to hold up all the tools you use regularly.

If you clear your counters and still don't have enough room for your projects, think about purchasing a mobile workstation. A model like the Gladiator three-foot-wide mobile workstation combines the strength of hardwood and heavy-duty steel with the total mobility of four 360° swivel casters. Designed for easy maneuverability on uneven surfaces, each caster also locks fully in place to hold the workstation steady for projects requiring precision.

Tackle your spring projects with ease and confidence. These four tips will help you create a clean and well-organized garage that you'll look forward to working in.

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Kaenrath's Corner: The foundations of renewal

By Bryan Kaenrath,
City Administrator – City
of Lewiston, ME

Two weeks ago, I shared my commitment to being visible, accessible, and responsive as we begin writing a bold new chapter in Lewiston's proud and storied history. That commitment hasn't simply held steady, rather it has deepened: reinforced by every conversation that I have had, every challenge that I have heard about, and every opportunity that I have seen. From neighborhood listening sessions to the city's actions, our team at City Hall and across city departments is moving with clarity and conviction. We are raising the bar and redefining what Lewiston can be, should, and must be. But for us to reach our goals, and to achieve the great heights that we all aspire to reach, we need to first establish a strong foundation. A foundation of renewal. A foundation that we are setting in the following ways.

Listening, Learning, and Leading

As promised, we're taking City Hall into the community. Our most recent Public Listening Session was held Monday, June 10th, from 5:00



PM to 6:30 PM at Geiger School. I'm so grateful to all the residents and business owners who took time out of their busy schedules to join us and share their thoughts about life in Lewiston. These sessions are so important to our team as they allow us to better direct our time and resources toward issues and opportunities that have the greatest impact on our community. Through these sessions, we're eager to dismantle silos and foster a shared sense of ownership over Lewiston's future.

If you were unable to make it to this listening session, then, I hope you'll attend an upcoming session. We'll be hosting them monthly in rotating locations across the city to ensure everyone has a chance to be heard so stay tuned for the time and location of our next meet-up!

Launching the Blight Reduction Team

One point that has been raised in many of my conversations with locals is that Lewiston must look its best. To this end, I'm pleased to share that the city is launching the Blight Reduction Team, a

staff-level working group dedicated to addressing the most visible and demoralizing signs of urban neglect such as litter, graffiti, unsecured structures, illegal dumping, and poorly maintained properties.

This is about more than cosmetic changes. It is about defining our identity. A city that shows it cares invites others to care in return. Tackling blight is about dignity, safety, and pride, and we are attacking the problem head-on.

Kennedy Park: Early Progress, Lasting Commitment

When I announced our renewed focus on cleaning up Kennedy Park two weeks ago, I promised results. Already, we're seeing signs of progress. Neighbors and visitors are reporting visible improvements, and our efforts have even received positive coverage in local media.

Let me be clear: Kennedy Park is not a place for vandalism, illicit activity, or apathy. It is a space for families, festivals, and community connection. It is a space that we all share. It is a space that we must all care for. We are setting a



new tone for this space and others across our city, one defined by high standards and backed by consistent attention, and we will not relent until Kennedy Park and other public spaces reflect the values and aspirations of Lewiston and its residents.

Graffiti: See It? Report It. We'll Act!

Graffiti sends a clear message: that neglect is tolerated. This is unacceptable and we reject that message. If you see graffiti, report it. Please feel free to email me directly at bkaenrath@lewistonmaine.gov or contact our Public Works Department at publicworks@lewistonmaine.gov. We are appreciative of each report, and every cleanup is a step toward reclaiming pride in our city.

Public Works is Setting the Pace

On that note, I'd like to offer a very special thank you to our Public Works Department for their outstanding street-sweeping efforts this spring. Thanks to their proactive planning and tireless execution, Lewiston's streets were

cleaned earlier and more thoroughly than in past seasons. This steady, behind-the-scenes excellence keeps the city moving forward and makes a real difference in our daily lives. Thank you to Public Works Director Kevin Gagne and his team for their efforts.

Welcoming New Staff & Celebrating Excellence

We're proud to welcome two new additions to our team. Colby Gagne has joined our Public Works Department as a Public Works Operator and Jacqueline Sawyer has joined our Community Development Department as Assistant Housing Manager.

Finally, I'd like to extend special congratulations to our June Employee of the Month, Dave Gudas from the MIS Department. Dave's quiet competence, deep technical knowledge, and steady problem-solving are indispensable. He embodies the professionalism we strive for across city government and I speak for staff when I say that we deeply appreciate his 45+ years of service to

the city.

What I'm Hearing and Why It Matters

Over the past month, I've met with dozens of residents, business owners, educators, service providers, and civic leaders. These conversations are shaping our path forward. These conversations illuminate what matters most to our community: safety, transparency, responsiveness, and visible progress. These conversations are helping us to establish a foundation of renewal. A foundation that will last.

The feedback that we receive at City Hall is not recorded and filed away on a dusty shelf. It informs and directs deliberate actions. Whether it's rethinking park management, streamlining internal processes, or aligning citywide priorities, what you share with me is being translated directly into decision-making, and I am so appreciative of your trust and support.

Lewiston's best days are not behind us, rather they are rising on the horizon. Every action that we take to listen more deeply, respond more boldly, and govern more effectively, brings that brighter future ever closer.

Thank you for your partnership, your voice, and your vision. I look forward to seeing you out there.

Bryan Kaenrath
City Administrator
City of Lewiston, ME

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Not one but FOUR make Eagle Scout Rank

MAINE – Did you know that 1 out of 100 Boy Scouts will make it to Eagle Scout Rank? That’s right 1 out of 100. Eagle Scout Rank is the highest rank that you can achieve in Boy Scouts. All Scouts must complete a variety of requirements, including earning merit badges, participating in community service projects, and demonstrating leadership skills. The Eagle Scout rank is a symbol of a Scout’s dedication,

leadership skills, and commitment to serving their community. These life lessons will be carried with them for the rest of their lives.

It is an honor and privilege to announce:

Sean McKeen
Eagle Scout Project
- Built benches that are wheelchair accessible for Camp Gustin in Sabattus, ME

Brady Legere
Eagle Scout Project
- Built four slab benches

for patrons to use at Beaver Park in Lisbon, ME

Logan Martin-Mayo
Eagle Scout Project
- Put together 100 care go bags for Adoptive & Foster Families of Maine Inc. & The Kinship Program

Jacob Pratt
Eagle Scout Project
- Built a Free Public Library case for Sabattus Community Baptist Church in Sabattus, ME

Congratulations to Troop 116’s newest Eagles.



Logan Martin-Mayo



Jacob Pratt



Brady Legere



Sean McKeen

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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

Calendar

Send your submissions to the Editor. More online.

a baby’s cognitive development, fine motor skills, social and emotional development, creativity, and language development.

Recommended
for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

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 19 and Every Third Thursday

LEWISTON – The Lewiston Farmers’ Market is excited to announce the introduction of “Third Thursday” markets, which will take place every third Thursday of the month, June through September from 4:00-7:00 pm on the green space at 75 Lincoln St.

June 21
UNITY – Join the Maine Organic Farmers and Gardeners Association (MOFGA) on their main campus in Unity on Saturday, June 21, from 9 a.m. to 3:30 p.m. for Farm & Homestead Day! This free, volunteer-run, family-friendly event includes over 50 skill-building workshops and activities centered around sustainable living.

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.

Mondays, June 23 – August 18
LEWISTON – The Lewiston Public Library, in partnership with Art-Van, will be offering art

programs in the Children’s Department for children ages 5-14 every Monday from June 23rd-August 18th from 3:00PM-4:30PM. Children aged 5-8 must be accompanied by an adult.

June 25
LEWISTON/AUBURN – SeniorsPlus invites the community to support a great cause while enjoying a night of summer fun at Family Night Out, taking place on Wednesday, June 25, from 4 to 9 p.m. at Lost Valley Brew Pub in Auburn.

June 26
AUBURN – Auburn Public Library: Author Talk with Nicole Beaudry to be taking place on Thursday, June 26th from 4:30 PM to 5:30 PM.

Theater
Continued from page 6
spirits must be in want of a ticket to this big-hearted comedy that will delight Austen fans and newcomers alike.

Cymbeline | July 31 - August 23 by William Shakespeare | directed by Kristin Clippard | Sponsored by David Harbour

Princess Imogen has defied her father, Cymbeline, King of Britain, by marrying the commoner and orphan Posthumus rather than the Queen’s doltish son from her previous marriage, Cloten. Determined to control his daughter, Cymbeline exiles Posthumus, who travels to Rome. There the villainous Iachimo scorns Posthumus’s confidence in his wife’s virtue, boasting that he could seduce her. Irritated by his arrogance, Posthumus wagers his ring on Imogen’s faithfulness. In Britain, Iachimo hides himself in her bedroom and emerges at night to observe intimate details of her body and to steal her bracelet. These seeming proofs of infidelity send Posthumus

Donates
Continued from page 1

is a long-term, residential recovery community for women who are survivors of prostitution, trafficking, prison, and addiction; and Herban Works, where women develop a range of skills and earn a stipend by making handmade products like calendula salve, teas, salted herbs, and more. All profits from the sale of the products return to the program to support more women through herbal healing.

Norway Savings Bank has been a longtime supporter of the Center for Wisdom’s Women since 2013, including a recent donation of \$1,000 this month and nearly \$30,000 in recent years.

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into a jealous rage, and he orders his servant Pisanio to kill Imogen.

FALL SHOW
The Rewards of Being Frank | September 18 – 28 by Alice Scovell | Directed by Dawn McAndrews

A rollicking sequel to Oscar Wilde’s The Importance of Being Earnest. Seven years have passed since the marriages of Algy and Cecily and Ernest and Gwendolen. As the couples, aided by the widowed Lady Bracknell, search for an at-home tutor, they encounter Frank, and suddenly the seven-year-itch needs scratching. Be prepared for a fresh round of mistaken identity, monetary mischief, and battles over cucumber sandwiches. You are cordially invited to this new tour-de-FARCE, where you’ll learn “It’s Important to be Earnest, but more rewarding to be Frank.”

SUBSCRIPTIONS, SINGLE TICKETS, AND GROUP SALES

A TAM subscription offers savings and exclusive benefits like priority seating and ticket exchanges. Gold, Flex, General, or Senior Passes are available for purchase, so whether you want a ticket for each show or five tickets to one show, there’s an option for you. Single tickets for the Summer Repertory and Fall Show are \$43 for adults, \$38 for senior citizens, and \$28 for students (18 and under). Prices

shown are inclusive of a \$3 per ticket fee.

Opening Nights are Educator Nights. Educators receive 20% off tickets with a photo ID at the Box Office.

Under 30 Rush Tickets: For patrons under 30, \$18 Rush Tickets are available at each performance for up to twenty patrons (price shown is inclusive of \$3 per ticket fee). Sign up by contacting the Box Office, either by emailing boxoffice@theateratmonmouth.org or calling 207.933.9999 the morning of the performance you’d like to attend. Requests made before the day of the performance will not be processed. Tickets can be picked up 30 minutes before curtain.

Monmouth Nights: The first performance for each show is Monmouth Night! Residents of the Town of Monmouth can get \$18 tickets (Price shown is inclusive of \$3 per ticket fee, Proof of Residency may be required). For Monmouth Night tickets, call the Box Office at 207.933.9999.

To reserve tickets, subscriptions, or arrange group sales, please visit www.theateratmonmouth.org or call the Box Office at 207.933.9999. Find us on Facebook at <http://www.facebook.com/TAMonmouth>, or Instagram @theateratmonmouth, and view photos on Flickr at <https://www.flickr.com/theateratmonmouth/>.


tor, operations manager, and an outreach and program coordinator, all of these amazing programs and initiatives are presented and staffed by volunteers. Many are retired social workers, nurses, and other caring women who are lauded for their supportive listening and guidance,” said Janice de Lima, Community Reinvestment Act Officer VP at Norway Savings.

“Thanks to NSB and our other supporters, women have a safe place to form friendships, break isolation, and begin to heal through the arts, connection, and conversation,” said Sonia Turgeon, Operations Manager at the Center. “This financial support plays a vital role in our mission of creating an en-

vironment in which women can begin to heal and thrive. We appreciate their ongoing commitment.”


“The generosity of the bank and our other donors and sponsors enable us to enhance our programming, arts, and assistance for many women. The support directly impacts the women we serve, and we couldn’t do it without this support,” said Tricia Tomlinson, Executive Director of the Center.

There are many ways for you to join in supporting this crucial program and its significant success. To learn more about volunteer opportunities, visit www.wisdomswomen.org/volunteer. To make a donation to support the Center, visit www.wisdomswomen.org/give.



Discovering a rewarding career in substance use disorder counseling

Flexible opportunities abound with providers statewide.



Careers with Purpose

Connecting lives, advancing community

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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