

Magic of theater coming to North Gorham Public Library





PLAY PROGRAM

Actors perform a dramatic reading of children's literature followed by actively engaging students in workshops using their bodies, voices, and imaginations to build understanding of the text while bringing the stories and characters to life.

PLAY helps develop literacy and reading fluency, character recall, understanding of themes, social emotional skills, physical storytelling, and vocal characterization.

Date: Fri, July 11

Time: 10a

GORHAM, ME – Children in grades pre-K through 5 are invited to enjoy the fun and magic of theater at North Gorham Public Library. Actors from Portland Stage Company will perform a dramatic reading of children's stories. After, children will be able to participate in an interactive acting workshop where they'll learn how to use their bodies, voices, and imaginations to bring stories and characters to life.

Portland Stage Company at North Gorham Library

Friday, July 11
10 am to 1:30 am.

Volunteers needed for Gorham Affordable Housing Committee

GORHAM, ME – The Town Council Appointments Committee is seeking citizen volunteers for a newly formed Affordable Housing Committee. The committee has been created for the purpose of aiding in the Town's response to those adverse housing trends, including rising housing costs and limited housing options. The committee shall consist of seven members, all of whom shall be Gorham residents or residential property owners or residential property operators/managers in the Town of Gorham. In making appointments to the Committee, the Council shall seek to include representation of diverse perspectives and opinions. If you are interested in applying to serve on the Affordable Housing Committee, or for more information, please visit the Town Clerk's Office. To apply, please complete and submit a Committee Volunteer Application available online. You may also contact the Town Clerk's Office at 222-1670 or e-mail the Town Clerk Laurie Nordfors at lnordfors@gorham.me.us. Applications will be accepted until June 26, 2025.

HOME IMPROVEMENT special section pages 7-10

Marine Learning Project hosts SEAfaring camps

WISCASSET, ME –The Marine Learning Project hosted two Open House events onboard the Schooner Harvey Gamage. First, an Educator Open House for all teachers, school administrators, and others who work with kids in Maine was held June 19th. Second was an Open House for all interested in walking aboard this beautiful schooner on June 22nd at the Wiscasset Waterfront. The Open House events provided information about the Marine Learning Project, the SEAfaring Summer Camp program, the Schooner Harvey Gamage, and how educators and others can get involved.

The mission of the Marine Learning Project is to introduce Maine students to the state's rich maritime heritage. We seek to inspire our next generation to explore rewarding careers in the marine industry and sciences by connecting them to the Schooner Harvey Gamage. Harvey Gamage is a historic sail training vessel dedicated to education, character development, and maritime heritage. Built in 1973 in South Bristol, Maine, by the renowned Harvey F. Gamage Shipyard, this 131-foot wooden schooner has spent decades at sea,



serving as a platform for experiential learning and hands-on seamanship. The Harvey Gamage has been extensively restored for the benefit of the students of Maine and educational programming. This summer the Marine Learning Project is hosting five one week SEAfaring camps, a sort of goodwill tour of the Midcoast for teens to get them out on the water and to raise awareness of the incredible opportunity that exists for all of Maine's youth with the Harvey Gamage. We are also seeking more educators and marine industry professionals to join our collaborative and to help build a

sustainable program for the 2026-27 school year. To learn more about the Marine Learning Project, see how you can become a part of the plan, support this idea, or just to tour this beautiful wooden sailing vessel, please visit www.marinelearningproject.org or email kandersson@wiscasset.schools.org.

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

Gorham senior property tax assistance applications available

GORHAM, ME – Applications are available for the Town of Gorham Senior Property Tax Assistance Program. This program was established to provide property tax assistance to persons 65 years of age and over who reside in the Town of Gorham. Under this program, the Town of Gorham will provide refund payments to those individuals who maintain a homestead in the Town of Gorham and meet the criteria established by this article. To obtain an application, please visit the Town Clerk's Office at the Gorham Municipal Center (75 South Street) or visit the Town of Gorham's website. Completed applications can be submitted to the Town Clerk's Office now through the deadline of August 1, 2025. If you have questions and/or need assistance completing your application, email senior-rebate@gorham.me.us, or call 222-1670. The Town of Gorham Senior Property Tax Assistance Ordinance can be read online.

Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME – If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online. Call Gerry Day, President, at 839-3859 for more information. Membership fee is \$20 a year with many perks.

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Newsmakers, Names & Faces

Helping turtles close to home

When you hear the word “turtle,” is the first thing that comes to mind a creature with flippers that lives in the ocean? You’re not alone. Sea turtles are iconic, beloved symbols of the ocean and endangered wildlife, and the chance to witness a mama turtle nesting on a tropical beach is on many a bucket list. In fact, people pay to volunteer to help protect these magnificent animals who are so vulnerable for the brief time that they’re on land.

Yet few realize that they can do the same here at home for free. A parallel phenomenon happens every year right under their noses. And this one is equally heroic and imperiled, if not more so, and just as in need of help.

Sometime in very late May or early June, our local resident turtles—the freshwater cousins of their marine relatives—embark on a mass exodus from their wetlands. Just like their maritime cousins, they leave their watery homes to make the journey to a warm, dry spot to lay their eggs, then return home. But while a mother sea turtle’s journey is—pardon the pun—a walk on the beach, our native turtle mamas travel up to a mile to nest, and that means crossing roads full of cars, yards full of people and dogs, and even construction sites full of heavy equipment.

And that’s not all. In two or three months, when the eggs hatch and the babies emerge from their underground nest, just like sea turtles, they make their way back to the water on their own...following the



Spotted Turtles, which might be mistaken for hockey pucks on the roadside, are on Maine’s list of Special Concern, Threatened and Endangered Species. Every turtle matters to the survival of listed species, so injured animals need the care of the most experienced rehabilitators and vets.

same route their mothers took. Imagine being the size of a quarter and a tasty treat for nearly every predator out there, and having to navigate an urban environment to reach a wetland you’ve never seen.

Maine is home to seven species of native turtles. They are an integral part of our natural heritage. Three are on the state’s list of Endangered, Threatened and Special Concern Species: the wood turtle, the spotted turtle and the Blanding’s turtle. Three are considered “common” species—snapping turtles, eastern painted turtles and musk turtles. And eastern or woodland box turtles remain a question mark, since biologists haven’t been able to con-

firm any populations here, despite individuals occasionally turning up.

Each of these species is incredibly different in appearance, habitat requirements, diet and even behavior. But all are long-lived, late reproducing species, meaning that it takes 10-20 years before they can even begin to reproduce. Statistically, it takes a turtle 50 years just to replace itself. And scientists agree that all, even the “common” species, are in decline. Turtles are one of the most endangered taxa on the planet. Every single animal is important to save.

Here are ten ways you can help turtles crossing roads:

- 1) Don’t drive distracted. Keep an eye out for small, dark objects that look like hockey pucks or tire fragments; one may be

See Turtles, page 5

USDA reminds Maine producers to file crop acreage reports

BANGOR, ME—After spring planting is complete, agricultural producers in Maine should make an appointment with their local Farm Service Agency (FSA) county office to complete crop acreage reports before the applicable deadline.

“In order to receive many USDA program benefits, producers should file an accurate crop acreage report by the applicable deadline,” said Tommy Higgins, Executive Director in Maine. “Call your local FSA office to make an appointment after planting is complete to report your acreage and take care of any other FSA-related business.”

How to File a Report

A crop acreage report documents a crop grown on a farm or ranch, its intended use and location. Producers should file an accurate crop acreage report for all crops and land uses, including failed acreage and prevented planted acreage before July 15, 2025.

To file a crop acreage report, producers need to provide:

- Crop and crop type or variety
- Intended crop use
- Number of crop acres
- Map with approximate crop boundaries
- Planting date(s)
- Planting pattern, when applicable
- Producer share(s)
- Irrigation practice(s)
- Acreage prevented from planting, when applicable
- Other required information
- Acreage Reporting Details
- The following exceptions apply to acreage reporting dates:
- If the crop has not



been planted by the acreage reporting deadline, then the acreage must be reported no later than 15 calendar days after planting is completed.

If a producer acquires additional acreage after the acreage reporting deadline, then the acreage must be reported no later than 30 calendar days after purchase or acquiring the lease. Appropriate documentation must be provided to the county office.

Noninsured Crop Disaster Assistance Program (NAP) policy holders should note that the acreage reporting date for NAP-covered crops is the acreage reporting date or 15 calendar days before grazing or crop harvesting begins, whichever is earlier.

Producers with perennial forage crops should check with their local FSA office to see if their crops are eligible for continuous certification, which rolls the certified acreage forward each year until a change is made.

Prevented Planted Acreage

Producers should also report the crop acreage they intended to plant but were unable to because of a natural disaster, including drought. Prevented planted acreage must be reported on form CCC-576, Notice of Loss, no later than 15 calendar days after the final planting date as established by FSA and USDA’s Risk Management Agency (RMA).

Farmers.gov Portal

Producers can access their FSA farm records, maps, and common land units through the farmers.gov customer portal. The

portal allows producers to export field boundaries as shapefiles and import and view other shapefiles, such as precision agriculture boundaries within farm records mapping. Producers can view, print and label their maps for acreage reporting purposes. A login.gov account that is linked to a USDA customer record is required to use the portal.

Producers can visit farmers.gov/account to learn more about creating an account. Producers who have the authority to act on behalf of another customer as a grantee via an FSA-211 Power of Attorney form, Business Partner Signature Authority or as a member of a business can now access information for the business in the farmers.gov portal.

Geospatial Acreage Reporting

Acreage reports using precision agriculture planting boundaries can be filed electronically with an approved insurance provider or an authorized third-party provider, who will then share the file with FSA staff. Producers should notify their local FSA office if they submitted an electronic geospatial acreage report containing precision planting boundaries that they want to use as part of their FSA acreage report.

More Information

For more information, producers should contact their local USDA Service Center.

FSA helps America’s farmers, ranchers and forest landowners invest in, improve, protect and expand their agricultural operations through the delivery of agricultural programs for all Americans. FSA implements agricultural policy, administers credit and loan programs, and manages conservation, commodity, disaster recovery and marketing programs through a national network of state and county offices and locally elected county committees. For more information, visit fsa.usda.gov.

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

Newsmakers, Names & Faces

St. Mary's Bank celebrates Grand Opening of new branch



Pictured at the ribbon-cutting ceremony for St. Mary's Bank's new Concord branch: Mayor Byron Champlin; Ken Senus, President and CEO of St. Mary's Bank; Mary White, Concord Branch Manager; Kurt Lauer, project architect; representatives from TF Moran and North Branch Construction; members of the Greater Concord Chamber of Commerce; St. Mary's Bank staff, managers, and senior leadership; and community partners.

CONCORD, NH

– St. Mary's Bank celebrated the opening of its new Concord branch on Friday, June 13th with a ribbon-cutting ceremony attended by local dignitaries, city officials, members of the Greater Concord Chamber of Commerce, business leaders, and representatives from the credit union's Board of Directors, Concord Advisory Board, and senior leadership team.

Conveniently located just off Exit 13 on I-93, the branch is St. Mary's Bank's first in the Concord area—opened in direct response to growing member demand for a local presence. Guests enjoyed treats from local favorite Revelstoke Coffee while touring the modern space and connecting with the St. Mary's Bank team, including Branch Manager Mary White and the full Concord branch staff.

"This new branch is a big moment for us—and for our members in the Concord area," said Ken Senus, President and CEO of St. Mary's Bank. "The warm welcome we've received reflects exactly why we're here: to be a true part of the community and a financial partner people can count on."

"I've been part of the Concord business community for many years, and it's exciting to now bring St. Mary's Bank's commitment to personalized service right into the heart of the city," said Mary White, Concord Branch Manager. "We're thrilled to welcome members through our doors and help them reach their financial goals."

Among the attendees

were Mayor Byron Champlin; Kurt Lauer, project architect; representatives from TF Moran, the engineering firm for the project; and North Branch Construction, the project's builder; as well as several of the credit union's long-standing community partners.

Representing the Greater Concord Chamber of Commerce were Gabe Szczepanik, Director of Membership Development; Bryanna Marceau, IOM, Vice President of Operations and Programs for the Chamber; and Chamber Ambassadors Kait Gallagher (Concord Coalition to End Homelessness), Robbyn Kelly (Kelly Cleaning Service), and Katie White (Cents and Balance).

"It was an honor to help celebrate the grand opening of St. Mary's Bank in Concord," said Bryanna Marceau, IOM, Vice President for the Chamber. "Their dedication to serving our community and supporting local businesses is truly commendable, and we look forward to the positive impact they will have in our city. Congratulations on this exciting new chapter!"

Staff and managers from other St. Mary's Bank locations, along with senior leadership, attended to show strong support for the new location and its service to Concord-area members.

The Concord branch has already begun serving members, with its first deposit made during a successful soft opening last week. The location offers a full suite of financial services delivered with the personal, member-first ap-

proach St. Mary's Bank is known for.

To continue the celebration, the credit union will host a public Open House on Saturday, July 19, from 12:00 p.m. to 2:00 p.m. Community members are invited to stop by, enjoy refreshments, play games, win prizes, and meet the team—plus enjoy live music courtesy of local station JYY.

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Opportunities to donate blood in June

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

Cumberland
Brunswick
6/28/2025: 9 a.m. - 1:30 p.m., United Masonic Lodge #8, 65 Baribeau Dr
Portland
6/26/2025: 9 a.m. - 3 p.m., Portland Elks Lodge, 1945 Congress St.

South Portland
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

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.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE

Jonathan Knowlton
Licensed Agent

Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabbatus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.

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

Seniors Not Acting Their Age Biking Sebago to Sea Trail

The Sebago to Sea Trail offers something for all biking enthusiasts. A significant portion is paved, but there is also some moderately challenging mountain biking in the northwestern sector and a gravel ride on a side trail. One of my favorite trail rides; the diversity is a significant attraction for me.

The biking portion of the trail system is located in Standish, Windham, and Gorham and connects Sebago Lake with Route 202 in South Windham. The trail network continues south to Portland and Falmouth, but is limited to foot traffic.

Although there are several access points, I usually start at Shaw Park in Gorham which was where I began a recent ride. To reach the park from South Windham, drive two miles northwest on Route 237 to the park entrance on the right. Follow the road to the trailhead where there is ample parking.

If a cyclist wants to ride just the paved trails, a road bike is fine. However, I recommend a mountain or hybrid gravel bike for the unpaved sections. Since I intended to include the whole enchilada in my ride, I chose a mountain bike.

The Sebago to Sea Trail, which sometimes overlaps with the Mountain Division Trail, is very popular and riders need to be alert for runners, walkers, dog walkers and occasional horseback riders. While dogs are required to be on a leash, not all dog owners follow the rules, so loose dogs are sometimes a concern.

The sun was shining and temperatures unseasonably warm when I started my ride on a short paved connector trail between the park and the



A Cyclist rides the mountain biking section of Sebago to Sea Trail

main trail. I turned left at the junction and rode west on the paved trail that parallels discontinued railroad tracks and passes through a scenic rural area.

There are four road crossings in the three-mile ride to the western end of the paved trail. Three are relatively minor secondary roads with minimal traffic. However, the second crossing, Route 237, is a busy highway with fast traffic and requires extra caution. After the fourth crossing at Wescott Road, the trail narrows and riders need to be wary of surprise potholes and boils.

At the end of the paved section, riders can travel left on a gravel trail to Standish, turn right on the mountain bike trail, or return on the paved trail. I chose left and climbed steeply for a short distance on loose gravel. The gradient moderated at the top and I rode south and then westerly for a long mile to Johnson Field on Route 35 in Standish. Johnson Field is an alternative trail access point.

I returned to Sebago to Sea Trail, entered an open gate and began riding the rough mountain bike trail north. Af-

ter passing a small pond, I climbed two steep rocky hills. The second more precipitous climb gets a rider's attention. Once the dual ascents were completed, "Sebago to Sea" signs showed the way as I weaved through a narrow twisting passage to Route 237, another access point.

After crossing Route 237, I reentered the woods and rode on a wet relatively flat surface for a short mile to Route 35. After turning left onto the bustling highway for a short distance, I angled abruptly right onto the paved Pond Road and followed the lightly traveled route for a mile to the end.

A gate marks the beginning of a challenging mile-long segment of mountain biking to a left turn. The remaining .3 mile to Sebago Lake is rough, wet and requires careful maneuvering. My efforts were rewarded with glorious views from a small beach on the eastern shore of the lake. On this day, Mount Washington was hidden in the clouds.

After a break, I backtracked to the paved trail and returned to the Shaw Park connector. Continuing straight, I immediately traversed an impressive



Sebago to Sea Trail includes extensive paved riding



Teenagers jump off the Sebago to Sea Railroad Bridge over the Presumpscot River

former railroad bridge over the Presumpscot River where teenagers often congregate to jump. Soon after, I crossed Gambo Road and proceeded to Route 202 in South Windham.

On my return, I turned left onto Gambo Road and biked a short distance to a trail bridge on the right that again crosses Presumpscot Riv-

er. From there, I followed a winding paved path that climbs to Shaw Park completing a very entertaining 20-mile ride.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures narrates the five best trail rides in Maine.

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.

Maine CASA to hold training August 11-15

MAINE – Interested in advocating for the best interests of a child? The Maine Court Appointed Special Advocates (CASA) program is holding its summer training for volunteer advocates from August 11th through August 15th, 2025.

This free, five-day training is designed to prepare attendees for certification as volunteer guardians ad litem (GALs) in Maine child protection cases. Trainees may participate virtually or in person. For those who wish to participate in person, the training

will be held in Augusta. Accommodations may be available.

The foundation of a CASA's work is learning about the case and then advising the court what the CASA believes is in the child's best interest. CASAs come from a wide variety of professional and personal backgrounds and are guided throughout the process by CASA program staff. CASAs bring their own unique perspectives to their work as volunteers.

If you are willing to advocate for a child's best interests, we encourage you

to apply to become a CASA volunteer. Those interested in the training must complete an application and, if invited to participate, must also complete criminal and child protection services background checks.

Are you ready to advocate for a child's best interests? If so, we hope you can join us for our August 11-15, 2025 training. For more information about becoming a volunteer, please contact Maine CASA Legal Services Advisor Darren Defoe at 213-2864 or by e-mail at casa@courts.maine.gov.

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Outdoor Lifetime Achievement Award nomination opens

MAINE – The Fly Rod Crosby Outdoor Lifetime Achievement Award is presented annually by Maine Department of Inland Fisheries and Wildlife to individual who is dedicated to the stewardship and wise use of Maine's natural resources and who has been active in the Maine outdoors for a lifetime.

The Fly Rod Crosby Outdoor Lifetime Achievement Award honors not only the annual recipient, but also recognizes Cornelia “Fly Rod” Crosby, and her work in promoting and showcasing Maine’s outdoors.

Crosby is well known as Maine's first registered guide, a program that she worked hard to establish, but she was also an outdoor mentor, and an ambassador for the state. For 15 years, she wrote an outdoors column in the local newspaper, the Phillips Phonograph, in which she detailed her outdoor adventures, passing on tips and tales that helped others enjoy the outdoors. She organized Maine sporting exhibits at national sportsman's shows in Boston,



New York, and Philadelphia, showcasing the wonders of Maine's rich outdoor resources, and of course, she guided, sometimes introducing people to their first taste of the Maine outdoors, and for those more experienced, helped fine tune their skills.

Nomination Information

To be eligible, nominees must have hunted, trapped, and fished in Maine for a combined total of 40 years. For example, to meet that requirement an individual may have fished for 20 years, trapped for 10 years, and hunted for 10 years; or could have fished for 30 years and hunted

for 10 years. Ideal candidates would also be active in mentoring, teaching, or instructing outdoor activities.

Nominations should include the nominee's name, address, phone number, photograph and a few paragraphs about the individual, their experience in the Maine outdoors, and an explanation of why they are a deserving candidate. The nominators' contact information should also be included.

Nominations must be submitted between January 1 and July 1 of the calendar year and can be sent by email to Emily MacCabe at Emily.MacCabe@maine.gov or by mail to 353 Water St, SHS 41, Augusta, Maine 04333.

Download nomination form (PDF) or submit a nomination online

The recipient(s) of this year's Fly Rod Crossby Lifetime Outdoor Achievement Award will be selected by a committee of individuals from the Department and will be recognized at the Sportsman's Alliance of Maine Annual Banquet this September.



It's a good idea to carry a bin with a towel and locking lid in your car in the event that you need to rescue an injured turtle. The towel can be thrown over a snapper to protect yourself while lifting it, as well as used to cushion the victim, and the lid prevents escape by these amazing climbers.

Turtles

Continued from page 2

a turtle you can intercept
before it gets hit.

2) Stop if it's safe to do so and help the turtle get to the side they're headed towards. If you turn them back, they'll simply cross the road again. Turtles know where they're headed, especially when they're nesting, and won't be deterred.

3) Be aware that your stopped vehicle may prevent those behind you from seeing the turtle and they may hit it trying to go around you. Put your flashers on and try to motion to let the next driver know why you pulled over.

4) If the turtle is injured, take it with you, keep it covered to keep flies away from the wound, and contact a wildlife rehabber that specifically treats turtles ASAP. If you leave the turtle behind, don't expect it to be there when you get back; even mortally wounded turtles can crawl away. And shell fractures must be dealt with quickly.

5) Remember that, during June and July, turtles are often carrying eggs



Putting up turtle crossing signs from Memorial Day to Labor Day at known road mortality spots helps driver awareness during nesting season.

you may damage its spine.

9) Don't judge an injury by face value. Injuries that look minor may be serious, and injuries that appear fatal often aren't. Remember that turtles have amazing abilities to heal from things that other animals can't, but that every injury requires attention.

10) Learn to ID our local turtle species! It's critical to get injured wood, spotted or Blanding's turtles to the most experienced turtle rehabilitator possible, regardless of distance. That turtle could be the last breeding female of a tiny, struggling population; it's important to give her the best possible odds for a good outcome. Transport can always be arranged. The Department of Inland Fisheries & Wildlife is a good resource for help locating the best rehabber for injured Maine wildlife: call (207) 287-5209.

Pamela Meier is the founder and director of The Turtle's Back, Inc., a midcoast rehabilitation and education facility that has been dedicated to native turtles for ten years. Find her at www.theturtlesback.org.

Send all items for
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Mom will return!

Last week, a concerned community member spotted a young fawn walking near their home in the afternoon, blatting. As a wildlife lover, this individual was tempted to intervene, but he remembered hearing that touching or moving a fawn might actually put it at greater risk. So, he chose to wait and observe.



Photo by MDIFW's Wildlife Conflict Agent Grierson

mother nearby, they often assume the worst. But in this case, the mother was simply teaching an important lesson: making a lot of noise will not get you an early dinner.

The nutrient profile of a mother's milk enables a doe to leave her fawn for many hours while she feeds on her own to sustain the demands of nursing. Until the fawn is strong enough to keep up and come along, 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.

Bravo to this wildlife lover for resisting the urge to “rescue” a baby animal that did NOT need rescuing. Thanks to his thoughtfulness and knowledge, this young fawn remains wild where it has the best chance at long-term sur-

vival.

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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
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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 divorcée 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 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

See **Theater**, page 14

Registration open for Bernd Heinrich Raven Run

MAINE – Registration is now open for the 3rd Annual Bernd Heinrich Raven Run to be held on Saturday, July 12 at 9:00 a.m.

Runners will be treated to 4 miles of spectacular mountain running overlooking the pristine waters of Webb Lake and surrounded by the Tumbledown Range. This special event honors legendary ultramarathoner, acclaimed biologist, and award-winning author Bernd Heinrich on his 85th birthday while supporting the Webb Lake Association’s conservation efforts.

The first-place male and female finishers will each receive \$100 and have their names etched on the commemorative Raven Run trophy.

Registration will be open online through Friday, July 11th @ 5:00 pm., or in person the morning of the event. The cost is

\$25.00 per person in advance or \$30.00 the day of the event. We are offering a family discount of \$20.00 per person in advance or \$25.00 the day of the event. Walkers are also encouraged to participate and join in the post-race celebration of Bernd Heinrich’s 85th birthday.

The race will kick off the Lake Association’s annual “Lake Day” event that has been held for over 30 years.

Springbrook celebrates caregivers for CNA Week

MAINE – This week, we proudly honor our dedicated Certified Nursing Assistants (CNAs) during CNA Celebration Week at Genesis HealthCare – Springbrook Center. These incredible individuals go above and beyond every day to provide compassionate, quality care to our residents, making a lasting impact in their lives.

Please join us in recognizing the hard work and heart of our amazing CNA team:

Maureen Ann Dube	Mathand	Olivia Lora Orobiyi	Yemba Basakinina
Robin M. Fortin	Louise	Mariah Marie Stone	Denyell Marie Stone
Kathleen West	Sambo	Dianna L Tripp	Lecane Rwakayija
Mary Ridge	Ashley Wallace	Cristela Matondo	Walker
Angela Brynes	Ashleigh Morgan	Holly Wilson	Helena Kianu Vangu
Kendall Meslin	Emeberta Auza Vil-lacarlos	Christine Nyembo	Natcha Nathy Nambi
Candide Na Mu-jawayezu	Nyakra	Pascaline Zagabe	Nyota
Taylor Elizabeth McDonough	Nadine Nahinmana	Paulina Nsuele	Patricia Reed
Samantha Tshipama	Philip Dul Pheng	Nicole Marie Romiza	Evaristus Okechukwu Omeh
Bernadette Musaniwabo	Nicole Marie Romiza	Evaristus Okechukwu Omeh	Jeimy Yesenia Ortiz
Kellie Myers	Matthew DiPietrantonio	Adelin Delgado	Kimberly Jean Dobbie
Pruxelles Tshituka	Lionel Daniels	Kristen Day	Annika Joshleen Felicie
Alphonsine Mukeshimana	Kimberly Ha	Alexis Gayle-Connstance Dotson	Didi Dokete Ebaka
Maria Evanga Khubabi	Kimberly Ha	Alexis Gayle-Connstance Dotson	Didi Dokete Ebaka
Katelyn Faith Johnson	Prosper Bolae Lohomboli	Clarisse Ishimwe	Carolyn A Jobin
Prosper Bolae Lohomboli	Clarisse Ishimwe	Carolyn A Jobin	Teresa Teresa Luzolo
Nissi Djalulussamanki	Martine Kasang		

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Home improvements and tools to prepare for summer storms

ALEXANDRIA, VA – Summer storm season is upon us, but having the right outdoor power equipment on hand can help you weather storms better, says the Outdoor Power Equipment Institute (OPEI).

“If you think ahead, you can mitigate damage done by high winds, flooding and other storm surprises,” says Kris Kiser, President & CEO of OPEI, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars.

To ready for inclement weather, homeowners should assess their area in advance, identify which equipment is needed and focus on limiting potential damage:

Chainsaws and pole saws can trim limbs and shrubs ahead of a storm with high winds.

String trimmers and pruners can remove combustible material from around your home, making it less vulnerable to wildfires.

A portable generator will power key appliances and charge cell phones. Before an outage, plan where the generator will be set up. NEVER place a generator in a home, garage, carport, or near an open window or door. Have on

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- ✓ Know your work area
- ✓ Clear your yard of debris
- ✓ Get out equipment needed
- ✓ Remove dead/dying tree limbs
- ✓ Keep kids/pets away from equipment

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hand and use outdoor-rated power cords long enough to keep it a safe distance from the house.

Water pumps can help get water and muck out of basements and homes. Never pump substances that your equipment is not designed to cope with. Pay attention to avoid overheating and follow all safety precautions.

A utility type vehicle can transport people and supplies quickly in an emergency. Keep the vehicle stable and drive slowly. Do not turn mid-slope or while on a hill. Consider taking a safety course.

Kiser also adds to fol-

low manufacturers’ guidance. “It sounds basic, but it’s important,” he says. “And never disable, modify or remove safety devices.”

OPEI also advises equipment users to pay attention to energy levels and health. Preparation for bad weather, a power outage and storm cleanup can be taxing. Do not operate power equipment when tired or overly fatigued, and always use safety equipment like chaps, gloves, eye protection or hearing protection.

For more tips and information, go to WeatherItBetter.com.

HOME IMPROVEMENT special section pages 7-10

Vacation mode: Tips to keep home safe while owners are away

News provided by Harts Plumbers, Electricians and HVAC Technicians

TACOMA, WA / PRNewswire – With vacation season now in full swing, the experts at Harts Plumbers, Electricians and HVAC Technicians, a top-rated Western Washington home services provider founded in 2013, want to provide homeowners with a checklist to keep their homes secure while they are away.

“We’ve all had that sinking feeling that we’ve forgotten to close the garage door or left the water running once we’re on our way to our vacation spot,” said Richard Hart, co-owner of Harts Plumbers, Electricians & HVAC Technicians. “No one wants to run up their utility bill while they’re away or come home to a flooded home. But with a little planning, you can relieve yourself of this uneasy feeling and enjoy your break.”

Hart said homeowners should learn how to turn their water heater to

vacation mode and program their air conditioning to work less while they’re away.

“Many water heaters allow you to turn them on vacation mode when you’re going to be away so it’s not heating water when no one will be home to use it,” he said. “You should also re-program your air conditioner to run at a warmer temperature—between 75 and 85 degrees—while you’re away. There is no need to waste energy while you’re gone, and it can give you a break on your utility bill.”

Hart said the most common home accident that happens when homeowners are on vacation is burst pipes and water damage.

“While many homeowners simply shut off their water, you may need to leave it on for a variety of reasons, and, if so, it’s worth it to invest in a smart water shut-off valve,” he said. “These devices monitor water flow and pressure and can be programmed to either alert users when leaks are detected or shut

off the water flow to prevent flooding.”

Reports say that water damage restoration costs can run between \$3 and \$7.50 per square foot, and that is in addition to the cost of fixing the damaged pipe.

“Homeowners usually take other safety measures like securing their valuables in a safe, putting lights on a timer or having a neighbor bring in the mail and check on the home, but they should also consider some other simple safety measures they may not have thought of,” Hart said. “Unplugging large appliances and electronics can prevent electrical fires, for example. You should also test alarm batteries to make sure they’re working. You may not be home to hear if the alarms go off, but your neighbors are, and they can alert emergency services.”

For more tips on what homeowners can do to prepare their house for a long vacation away, visit the Hart’s blog at <https://hartservices.com/blog/pnw-home-prep-for-long-summer-vacation/>.

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HOME IMPROVEMENT

special section pages 7-10

Improvements to keep costs down on hot days

News provided by FirstEnergy Corp., PRNewswire – With the first major heat wave of the season approaching, FirstEnergy Corp. (NYSE: FE) is here to help you with practical tips to stay cool, comfortable and in control of your energy costs.

Wade Smith, President of FirstEnergy Utilities: “When the weather heats up, it’s easy for energy use to climb. With a few simple steps, customers can control their comfort without spending more than they need to.”

Here are 10 easy ways to keep cool and cut costs this summer:

Boost airflow with ceiling or box fans to reduce AC use.

Use window AC units only when rooms are occupied.

Set thermostats as high as comfort allows.

Block the sun by keeping blinds and curtains

closed during daylight hours.

Close vents and doors to rooms not being used.

Delay chores like laundry, dishwashing and cooking until early morning or late evening.

Grill outdoors instead of heating up your kitchen.

Unplug electronics and chargers when not in use.

Choose ENERGY STAR® appliances and HVAC systems when upgrading.

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

Ready to sell? These paint colors can boost home sale prices

News provided by Zillow Group, Inc.

SEATTLE, WA / PRNewswire – New Zillow® research finds that a dark olive green kitchen and a navy blue bedroom can boost a home’s sale price. Nearly one-third of all homeowners paint their home before listing it for sale, but sellers can earn top dollar when they pick the right colors.

Zillow’s study finds recent and prospective home buyers prefer muted green kitchens over all other colors, and they’re willing to offer \$1,597 more for homes with cabinets painted this color. Buyers liked navy blue bedrooms the best. This restful shade can increase a home’s sale price by \$1,815.

“Buyers view olive green and navy blue as contemporary colors, and that can have a halo effect on their perception of the entire home,” said Amanda Pendleton, Zillow’s home trends expert. “These shades of blue and green are associated with

organic modernism, a value-driving aesthetic that incorporates sustainable materials like wood and stone. These nature-inspired colors evoke the same feelings of serenity and tranquility.”

Charcoal gray was the top choice in Zillow’s previous paint color analysis, and it remains the preferred color in the living room. Homes with a dark gray living room can sell for \$2,593 more. Charcoal also performed well as an alternative to olive green and navy blue in the kitchen and bedroom. A mid-tone brown, similar to the 2025 Pantone Color of the Year, commanded the highest offer prices when painted in the bathroom.

The wrong colors can cost sellers thousands. Recent and prospective buyers would pay nearly \$4,000 less for a home with a daisy yellow kitchen (\$3,915 less) or living room (\$3,891 less). They would pay nearly \$2,000 less for a home with a fire hydrant red living room

(\$1,820 less) or bedroom (\$1,987 less).

Darker shades of green, blue and gray outperformed white and lighter shades of sage green and pale sky blue in Zillow’s analysis. These findings challenge the old adage that home sellers should always go light and bright when painting their home for resale. Instead, today’s buyers are drawn to bold, personalized hues that make a home feel like a sanctuary.


Before pulling out the drop cloth and paint roller, homeowners should consult with a trusted local real estate agent for advice on what buyers are looking for in their particular neighborhood. Savvy sellers would also be wise to combine the right paint colors with other smart selling strategies to earn top dollar on their home.

This research was conducted by Zillow’s behavioral science team, which surveyed more than 4,200 recent and prospective home buyers around the country. In the study, buyers were randomly assigned images of a home with interior spaces painted in one of 10 colors. Each color got a score based on how much buyers liked a home, how interested they were in buying the home, their likelihood of touring the home and the price they would be willing to pay for the home.

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Home renovation trends: What to expect in modern living

Contributed by Reliant Construction

The world of home renovation is constantly evolving, influenced by shifts in design preferences, technology, and sustainability goals. As we move into 2025, homeowners are focusing on creating spaces that are not only functional but also eco-friendly, tech-savvy, and tailored to individual lifestyles. Here's a look at the top renovation trends to watch in the coming year.

1. Sustainability Takes Center Stage: With growing awareness of environmental concerns, sustainable materials and energy-efficient upgrades are becoming a top priority for homeowners.

Key Trends in Sustainability:

Recycled and Repurposed Materials: Expect more homes incorporating reclaimed wood, recycled steel, and eco-friendly composites for flooring, cabinetry, and furniture.

Solar Integration: Rooftop solar panels and solar-integrated roofing tiles are on the rise, especially in sunny regions like Houston.

Energy-Efficient Upgrades: From smart thermostats to energy-efficient windows, these upgrades



not only reduce utility bills but also align with green living goals.

2. Open-Concept Living Evolves: The open-concept floor plan remains popular, but with a twist: flexible, multifunctional spaces. Homeowners are looking for designs that balance openness with privacy.

Trending Features: Sliding Glass Walls: Create a seamless indoor-outdoor transition, perfect for entertaining.

Room Dividers: Functional dividers, like shelving units or foldable screens, allow for privacy without fully closing off a space.



Convertible Rooms: Spaces that can easily switch from a home office to a guest room are in demand.

3. Smart Homes Become Smarter: The integration of smart home technology is more sophisticated than ever, with systems that streamline daily living.

Innovative Additions: AI-Integrated Home Automation: Systems that control lighting, climate, and security through voice or smartphone apps.

Kitchen Technology: Smart refrigerators with inventory tracking and AI ovens with recipe guidance are transforming how we

HOME IMPROVEMENT special section pages 7-10

cook.

Health-Focused Tech: Air purifiers, water filtration systems, and circadian lighting that mimics natural daylight are trending.

4. Biophilic Design for Wellness: Biophilic design emphasizes the connection between indoor spaces and nature, promoting wellness and tranquility.

Biophilic Elements: Indoor Gardens and Green Walls: Living walls and herb gardens bring nature indoors while improving air quality.

Natural Materials: Wood, stone, and bamboo are being used for everything from flooring to furniture.

Large Windows and Skylights: Maximizing natural light enhances mood and reduces the need for artificial lighting.

5. Bold Colors and Textures: Neutral palettes are giving way to bolder design choices, with homeowners opting for vibrant colors and textured finishes.

Trending Styles: Earthy Tones with Pops of Color: Rich greens,

terracottas, and mustard yellows add warmth and depth to interiors.

Textured Walls: From Venetian plaster to 3D wall panels, textured finishes are making a statement.

Artisanal Touches: Handmade tiles, custom light fixtures, and unique decor add a personal touch to any space.

6. Outdoor Living Spaces Shine: Homeowners are embracing outdoor spaces as an extension of their homes.

Must-Have Outdoor Features:

Outdoor Kitchens: Complete with built-in grills, refrigerators, and seating areas for entertaining year-round.

Fire Features: Fire pits and outdoor fireplaces add warmth and ambiance

to patios.

Weather-Resistant Furniture: Comfortable and durable furniture is a staple for creating inviting outdoor lounges.

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HOME IMPROVEMENT

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Make your home new again with backyard improvements

News provided by
TurfMutt Foundation
ALEXANDRIA, VA

/ PRNewswire – The housing market always has its ups and downs, and home renovations appear to be hitting some record highs in the last few years. With more people staying home to work, relax and play, many homeowners have chosen to renovate rather than move to a new home to obtain their dream house and have it work better for their family. But what about extending those enhancements outside, into the family backyard?

According to a recent poll commissioned by the TurfMutt Foundation and conducted online by The Harris Poll, more than three-quarters of Americans who have a yard (76 percent) say the family yard space is one of the most important parts of their home. When it comes to design, it makes sense family backyards are being taken as seriously as the interior of the home.

“Backyard improvements can impact your home’s value should you decide to sell someday, but we think it’s also important

to make changes that enhance your experience and enjoyment of your yard today,” says Kris Kiser, President & CEO of the TurfMutt Foundation, which encourages people to care for and utilize the green space around them, including our own backyards and community parks.

He adds, “Mulligan the TurfMutt and I are loving our newly renovated backyard as we’ve brought some of our indoor living, outdoors. It feels like we’ve added onto the house by just utilizing the outdoor space more effectively.”

Maybe you’ve already completed the improvement projects inside your home such as adding a fresh coat of paint, putting in new flooring, or updating appliances and furniture. But how are home improvements taken to the backyard so the “outdoor living room” works better for your family and at the same time make your home feel new?

Here are seven suggestions from the TurfMutt Foundation for turning home renovations “inside out”:

Replace flooring inside = cleaning up the yard and improving its turfgrass.

Grass is the canvas for your outdoor living room. Improve existing turfgrass by overseeding or aerating, or start fresh with new sod. Clean out flower beds and remove debris from all parts of your yard, and then build the other elements from there. Remember, outdoor power equipment like a lawn mower, hedge trimmer, or leaf blower can help make even big jobs easier.

Repaint inside = planting flowers to attract and support backyard wildlife.

A fresh coat of paint can transform a room, just like planting flowers outside does for a yard. Choose native plants that have evolved to thrive in your microclimate (they are better for the ecosystem and require less input from you). Selecting native perennials over annuals means only having to plant once to enjoy their beauty for years to come. Plus, pollinators and other backyard wildlife will thank you as these types of plants are natural habitat and food for them.

Replace household

appliances = freshening up your cache of outdoor power equipment. Getting the right equipment for your lawn size and type customizes the experience of caring for your yard. Good news is there are lots of options available for all needs and tastes. Robotic mowers that act like a Roomba for the lawn and battery-powered leaf blowers that are lightweight, powerful, and portable are good choices. For larger lawns, zero-turn mowers and even a UTV might be helpful.

Swap out furniture inside = creating high-value spaces outside. Spending time outside is all about connection with nature and others. Really think about what you need for your lifestyle, and buy outdoor furniture accordingly to create spaces that support your family’s lifestyle. Things like a picnic table for backyard study sessions, an outdoor sectional for connecting with others, a hammock for swinging away stress, or even an outdoor office to strike a better work life balance are all ways you can create high-value outdoor spaces.

Kitchen renovation = adding an outdoor kitchen. The sky is the limit when adding an outdoor kitchen. You can certainly create full set-up complete with a sink, refrigerator, and built-in grill and cooktop.

Or keep it simple with a beverage cart or cooler and spend a little more on a quality grill to cook meals on.

Add on to your home = creating a true outdoor living room. Go all out and add a deck, hardscaped area or screened in porch if you have the time and budget, or simply make the most of the yard you have. Create a soccer or croquet field on a grassy flat area. Add a fire pit and use string lights in trees to enhance enjoyment in the winter-time. For warm summer days, a pergola covered in colorful vines that attract butterflies might be just the ticket.

Add a game room inside = creating activity zones outside. Make your backyard the neighborhood gathering hot spot by creating activity zones that are fun for the whole family. Cornhole, soccer, bocce ball, and a giant checkers board game can help parents more easily manage their kids’ screen time. A patio or deck is a great setting for family game nights. Or go all out and add a swimming pool to lock in your backyard as the place-to-be for your kids and their friends. Involve your family in the planning and keep in mind that shrubs and hedges are a great way to distinguish the different activity zones you create in your yard.

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\$4k raised to help 38-year-old care for new heart

CONWAY, NH – On Mother’s Day, Ryan Murphy received a life-saving heart transplant after years of medical challenges. To help maintain his new heart, loved ones are fundraising through the trusted nonprofit Help Hope Live. \$4,000 has already been raised in Ryan’s honor to offset medical and related expenses.

Ryan was diagnosed with heart failure in 2017 when he was just 29 years old, forcing an end to his job as an Applebee’s bartender and Fandangles Restaurant Fryeburg Fair worker. He received an LVAD device to keep his blood circulating, which meant being connected permanently to a battery back. He had to carefully maintain his health, a heightened concern during the COVID-19 pandemic.

In 2021, Ryan’s diligence paid off and his LVAD was removed—something that happens in less than 2% of patients. But by the end of 2024, heart failure symptoms had returned, and Ryan was flown to Tufts Medical Center in Boston to await a heart transplant.

By his side throughout his time in the hospital was his loving mother,



Kim, who fought with Ryan to stay strong and positive as they experienced a second battle with heart failure.

On May 11, 2025—Mother’s Day—Ryan received a life-changing heart transplant.

Now focused on keeping his new heart healthy, Ryan and his family started a fundraising campaign to assist with the extensive out-of-pocket

costs associated with transplant recovery, including lifelong anti-rejection medications.

Donations can be made at: <https://helphope-live.org/campaign/25577/>

As Kim explained, “Help Hope Live is not like a GoFundMe. It is strictly to help pay for medical and related expenses. It is also tax deductible for those who donate.”

Ryan’s community



at a time of need, Ryan responds with strength and dedication: “Ryan is getting stronger every day,” Kim shared on May 24. “Ryan is the ultimate warrior, and he will get through every hurdle with the strongest will.”

Ryan is so much more than his medical diagnosis. With a fast smile, sassy nature, and ferocious loyalty to his friends, he’s been a lover of Britney Spears since childhood—“His room was plastered with magazine cutouts,” explained Kim. “He knows her choreography like her best backup dancers! He finds solace in his body’s ability to move, always challenging himself. He has always wanted to run faster and hike farther on a newly-blazed trail—and that’s also how you could describe his entire life.”

All funds raised will be administered by the nonprofit to cover verified medical and related expenses. Help Hope Live verifies medical and financial need for every patient.

Help Hope Live is a national nonprofit that specializes in engaging communities in secure, tax-deductible fundraising campaigns for people who need a transplant or are affected by a catastrophic injury or illness. Since 1983, campaigns organized by Help Hope Live have raised over \$188 million to pay patient expenses.



has already rallied to raise \$4,000 in his honor.

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4-H offers hands-on workshops during summer learning series

ORONO, ME – University of Maine Cooperative Extension 4-H will offer its hands-on virtual summer learning series July 7–August 11. The series presents more than 20 workshops on a wide variety of topics to fit a broad range of interests.

Originally launched in 2020 to provide additional educational opportunities for youth during the pandemic, the UMaine Extension 4-H Summer Learning Series continues to play an important role in helping to alleviate some of the learning loss that occurs each summer. The series features engagement-building activities in the fields of arts and crafts, food and nutrition, STEM, marine science and aquaculture, animal science and agriculture, and more. Participants log on and learn from UMaine staff and volunteers with a variety of expertise. The workshops also provide opportunities to learn more about the 4-H program and to connect with other youth from across Maine. All materials needed to complete the hands-on activities will be mailed to participants at no cost.

Workshops are free with optional sliding scale fee and open to all youth ages 5–18. Registration is required. Find more information on the Extension 4-H Summer Learning Series webpage. For more information or to request a reasonable accommodation, contact Sarah Sparks at 207.581.8206 or sarah.sparks@maine.edu.



Photos courtesy University of Maine Cooperative Extension.



THE L-A VETERANS COUNCIL WANTS YOU TO KNOW THAT IT IS NOT TO LATE TO HAVE YOUR LOVED ONES NAME ON THE NEXT STONE IN THE VETERANS PARK. NOVEMBER 2024
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L-A VETERANS COUNCIL

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

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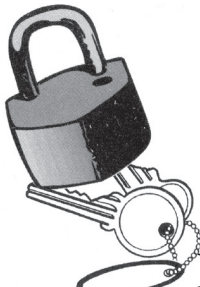
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June 26
AUBURN – Auburn Public Library: Author Talk with Nicole Beaudry to be taking place on Thursday, June 26th from 4:30 PM to 5:30 PM.

June 27
LEWISTON – LA Arts is excited to bring its second annual Art Walk Block Party to Lisbon Street in Lewiston on June 27!

From fine arts to local crafts, food trucks to full-service local restaurants, and live performances from one end of the street to the other, there’s something for everyone at this free, family-friendly event.

June 28
BUXTON – Try our delicious Haddock Supper Buffet - Saturday, June 28, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family. Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.

June 28
RAYMOND – One of southern Maine’s beloved annual events—the Strawberry Festival at Nathaniel Hawthorne’s Boyhood Home in Raymond (40 Hawthorne Road)—returns this year on Saturday, June 28, from 6 p.m. to 7:45 p.m.

Calendar

Send your submissions to the Editor. More online.

June 28
AUBURN – There will be a baked bean supper at Sixth Street Congregational Church at 109 Sixth Street in Auburn, on Saturday, June 28 from 4:30 until 6:00. There will be two kinds of beans, red hotdogs, brown hotdogs, coleslaw, assorted casseroles, assorted desserts, and beverage. The cost of the supper is \$10 for adults, \$5 for children 6 to 12; children 5 and under are free.

June 28
PORTLAND – Found Object, A Seconds & Supplies Marketplace Saturday, June 28, 2025 | 9:00AM – 3:00PM at Running With Scissors, 250 Anderson Street, Portland, ME. Free & open to the public. Parking is available on Anderson Street, Marginal Way, and nearby commuter lot. Website: shopmainecraft.com/programs/found-object.

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, que-

sadillas, 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 diners at Our Lady of Perpetual Help, St. Hyacinth’s in Westbrook and St. Anne’s in Gorham for a year starting in September 2025.

July 1
AUBURN – Auburn Public Library will host Block Print Bookmarks, taking place on Tuesday, July 1st from 3:30 PM to 5:30 PM.

July 1-5
RANGELEY – The Rangeley Friends of the Arts will produce a live theater event, “Chicago”, the musical. This show will feature a live orchestra and cabaret seating is available. Show dates are July 1,2,4, at 7PM, July 5 at 5PM. Tickets are \$20 adults/\$10 youth. To reserve your seats visit our website at www.rangeleyarts.org.

July 18
LEWISTON – At 10am the Lewiston Public Library Children’s Department will be offering the

program Seashell Picture Frame Keepsakes. Caregivers and their children will be able to decorate a keepsake picture frame with a variety of seashells.

Theater
Continued from page 6
infidelity send Posthumus 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.”

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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/>.

\$50K

\$40K

\$30K

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GORHAM LITTLE LEAGUE

Field Funding Campaign



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

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If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SEPTEMBER 15 - 18, 2025 - THE GRAND CANYON OF PENNSYLVANIA - Trip includes 3 nights lodging, 3 breakfasts and 3 dinners including the historic Peter Herdic House and The Carriage House. Highlights of this tour are Susquehanna River Cruise, Pennsylvania Grand Canyon Wagon Tour, Millionaires Row Tour, Thomas Taber Museum, Historic Rowley House and much more. A \$75.00 deposit is due upon signing up. Price

of this trip is \$769.00 pp double occupancy and \$918.00 for a single. Final payment is due July 17, 2025.

OCTOBER 6 – 10, 2025 – ATLANTIC CITY, CAPE MAY, & PHILADELPHIA - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble. Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. A **\$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.**

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APRIL 14 - 22, 2026 - HOLLAND AND BELGIUM SPRINGTIME CRUISE - Trip includes 9 days and 20 meals. Highlights are 7 Night River Cruise, Amsterdam with Canal Cruise, Keukenhof Gardens, Middelburg, Belgium Waterways, Scenic Sail, Bruges, Antwerp, Kinderdijk Windmills. Ship is the MS Amadeus Brilliant. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$898.00 pp plus \$699.00 if you want travel protection. Rates vary depending on the cabin category you choose.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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