

## North Gorham Public Library holds fly-tying event



**GORHAM, ME** – North Gorham Public Library hosted a successful fly-tying event in June. Many thanks to Registered Maine Fishing Guide Joe Dacey, who did a great job demonstrating his tying techniques. Even those of us who don't fish were spellbound watching him and learning not only how to tie flies but also when and how to use them.

Dave Briguglio, from Steep Falls, got a hands-on lesson from Joe and successfully tied his first fly. It

was a Mickey Finn. Good luck fishing, Dave!

We plan to hold another fly-tying session with Joe during the winter. It's the time of year in Maine when you dream of fishing season and have more time to tie those flies.

## Ronald McDonald House to host golf tournaments

**PORTLAND, ME** – Ronald McDonald House Charities® (RMHC) of Maine is excited to announce that this year, they will be hosting two golf tournament fundraisers, both proudly presented by Troiano Waste Services.

The Inaugural RMHC Maine Golf Tournament of Central Maine will take place on Monday, August 18, at Waterville Country Club in Oakland. Then, on Monday, September 15, we'll return to Falmouth Country Club in Falmouth for the 33rd Annual RMHC Maine Golf Tournament of Southern Maine. Registration is now open for both tournaments.

With a combined fundraising goal of \$230,000, these tournaments are not only an amazing day out on the links for golfers—they are critical in supporting the four RMHC Maine programs serving families across the state.

RMHC Maine Golf



**Ronald McDonald House Charities® Maine**

Tournament of Central Maine presented by Troiano Waste Services

Monday, August 18, 2025 | 10 am Shotgun Start

Waterville Country Club, Oakland, Maine

The tournament will feature a scramble format with a 10 am shotgun start. Following the tournament, attendees will enjoy a cocktail hour and program. Prizes will be awarded to the top three teams, as well as for the longest drive. All proceeds from this event benefit RMHC Maine's mission of providing comfort to families of pediatric patients.

Learn more at: [one-cau.se/rmhcgolfccentral](http://one-cau.se/rmhcgolfccentral)

RMHC Maine Golf

Tournament of Southern Maine presented by Troiano Waste Services

Monday, September 15, 2025 | 12 pm Shotgun Start

Falmouth Country Club, Falmouth, Maine

The tournament will feature a scramble format with a noon shotgun start. Following the tournament, attendees will enjoy a cocktail hour and program. Prizes will be awarded to the top three teams, as well as for the longest drive. All proceeds from this event benefit RMHC Maine's mission of providing comfort to families of pediatric patients.

Learn more at: [one-cau.se/rmhcgolfsouthern](http://one-cau.se/rmhcgolfsouthern).



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## Make the world brighter by giving blood in Gorham today

**PORTLAND, ME** – As the busy Fourth of July holiday week gets going, the American Red Cross asks donors to celebrate by making a blood or platelet donation appointment to help power the blood supply through mid-summer. While all blood types are needed, donors with type O blood are most urgently needed.

Making and keeping donation appointments now is critical to ensuring blood products are available for all patients – including those in trauma situations that may require several lifesaving transfusions – in the weeks to come. Type O negative blood is often reached for in emergencies when there isn't time to match a patient's blood type. Type O positive is the most common blood type, so it's important to keep type O blood and all blood types on hand at hospitals for people facing both chronic illness and sudden, life-threatening conditions.

Don't wait – add a blood or platelet donation appointment to your

summer calendar today by visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

The Red Cross and goodr are joining forces in July to remind donors they're just the type patients can count on. All who come to give July 1-14, 2025, will get an exclusive pair of Red Cross x goodr sunglasses, while supplies last. Donors can personalize their one-of-a-kind shades with a blood type sticker! For details, visit [RedCrossBlood.org/goodr](http://RedCrossBlood.org/goodr).

Or, those who make it in to give by June 30, 2025, will get a \$15 Amazon.com Gift Card by email, plus be automatically entered to win one of two \$7,000 gift cards. See [RedCrossBlood.org/June](http://RedCrossBlood.org/June).

Upcoming blood donation opportunities through July 14

Cumberland  
Brunswick  
7/9/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row  
Cape Elizabeth

7/10/2025: 12 p.m. - 4 p.m., Saint Bartholomew Church, 8 Two Lights Rd Falmouth  
7/9/2025: 10 a.m. - 2 p.m., Lunt Auditorium, 74 Lunt Road  
Freeport  
7/10/2025: 12 p.m. - 4 p.m., Hilton Garden Inn Freeport - Old Town Hall Building, 5 Park Street  
Gorham  
7/3/2025: 10 a.m. - 2:30 p.m., Cressey Road Christian Church, 81 Cressey Road  
Portland  
7/7/2025: 9 a.m. - 1 p.m., Maine Medical Center - Dana Education Center, 22 Bramhall Street  
South Portland  
7/8/2025: 9 a.m. - 1 p.m., American Legion, 413 Broadway  
Westbrook  
7/11/2025: 12 p.m. - 4 p.m., Westbrook Community Center, 426 Bridge Street  
Yarmouth  
7/9/2025: 9 a.m. - 2 p.m., Yarmouth AmVets, 148 North Rd  
7/11/2025: 11 a.m. - 4 p.m., American Legion Post 91, 196 Main St.

## Clothes galore at Gorham's Mission of Hope Clothes Closet

**GORHAM, ME** – The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have

displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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# Newsmakers, Names & Faces

## \$29M to increase affordable housing, improve public services

WASHINGTON, D.C. – U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee, announced that multiple Maine localities will receive \$29,017,396 in federal funding through the U.S. Department of Housing and Urban Development’s (HUD) Community Planning and Development (CPD) formula grant programs. CPD programs support states and communities as they construct and rehabilitate affordable housing, improve public services, and address homelessness. The grant awards are distributed through multiple HUD programs, including the Community Development Block Grant (CDBG), the HOME Investment Partnerships Program (HOME), the Housing Trust Fund (HTF), the Emergency Solutions Grant (ESG) program, and the Recovery Housing Program (RHP).

“This funding will help communities across our state expand access to stable and affordable housing while improving essential local services and supporting job creation,” said Senator Collins. “As Chair of the Senate Appropriations Committee, I will continue to champion investments in housing and

community infrastructure so that more Maine families and individuals can find a safe place to call home.”

Community Development Block Grant (CDBG) This program supports the development of viable urban communities by funding housing, public infrastructure, and job creation programs that primarily benefit low- and moderate-income residents.

The funding for this program is allocated as follows:

State of Maine – \$11,867,952  
City of Portland – \$1,807,636  
Cumberland County – \$1,509,068  
City of Bangor – \$833,082  
City of Lewiston – \$788,103  
City of Auburn – \$485,861  
City of Biddeford – \$424,428  
HOME Investment Partnerships Program (HOME) This program provides formula grants to build, buy, or rehabilitate affordable housing for rent or homeownership, or to provide direct rental assistance to low-income households.

The funding for this program is allocated as follows:

State of Maine – \$4,076,946  
City of Portland – \$800,654  
City of Auburn – \$462,520  
Housing Trust Fund (HTF) This program funds the production and preservation of affordable housing for extremely low- and very low-income households.

The funding for this program is allocated as follows:

State of Maine – \$3,134,373  
Emergency Solutions Grant (ESG) This program helps individuals and families quickly regain stable housing after experiencing homelessness or a housing crisis.

The funding for this program is allocated as follows:

State of Maine – \$1,398,052  
City of Portland – \$161,146  
Recovery Housing Program (RHP) This program provides temporary housing support for individuals recovering from substance use disorders.

The funding for this program is allocated as follows:

State of Maine – \$1,267,575.

## WinterKids welcomes three new board members



**Brean Witmer**  
**WESTBROOK, ME** – WinterKids, Maine’s nonprofit champion for children’s health and outdoor winter learning, proudly announces the addition of three new members to its Board of Directors: Marnie Grumbach, Brean Witmer, and Brent Vanni.

Each of these dynamic individuals brings a wealth of professional expertise—and a shared passion as parents for getting kids outside, moving, and learning in nature. Their leadership reflects WinterKids’ ongoing commitment to inclusive, high-quality programming that fosters joyful, healthy habits through outdoor winter play.

“We are thrilled to welcome Marnie, Brean, and Brent to the WinterKids board,” said Courtney Holub, Executive Director of WinterKids. “Their deep personal and professional



**Brent Vanni** ties to wellness, education, and the outdoors will strengthen our programs as we celebrate 25 years of joyful outdoor learning.”

Marnie Grumbach, founder of Fluent IMC, brings extensive experience in integrated marketing and nonprofit branding. Her strategic insight and creative leadership will enhance WinterKids’ ability to tell compelling stories and connect with families across the state.

Brean Witmer, Director of Research and Evaluation at the Great Schools Partnership, has over a decade of expertise in education policy and programming. Her data-driven, equity-centered approach will support the organization’s mission to ensure all children have access to outdoor winter learning.

Brent Vanni, Product Development Manager at L.L. Bean, is a leader in



**Marnie Grumbach** performance outerwear innovation. His firsthand understanding of outdoor gear and commitment to active lifestyles will elevate WinterKids’ statewide partnerships and programming.

As WinterKids celebrates its 25th anniversary, this expanded board reflects a forward-looking vision—one where every child, regardless of background, has the opportunity to thrive outdoors.

*About WinterKids: WinterKids is an industry leader dedicated exclusively to inspiring and increasing outdoor physical activity for children and families in Maine, turning our longest season into a time of adventure, health, and connection.*

*We help children develop healthy lifelong habits through education and fun outdoor winter activities. For more information, visit [www.winterkids.org](http://www.winterkids.org).*

## Nominations open for Leaders & Luminaries Awards

**PORTLAND, ME** – As part of its 150th year celebration, Camden National Bank proudly announces that nominations are now open for its 2025 Leaders & Luminaries Awards. These awards are designed to recognize five exceptional nonprofit board members who demonstrate visionary leadership and a deep commitment to advancing their organization. A total of \$25,000 in grant funding will be awarded

to the honorees’ respective nonprofit organizations.

“Our steadfast support to local nonprofits is more than our responsibility - it embodies our identity as a community bank,” said Renée Smyth, Executive Vice President and Chief Experience & Marketing Officer at Camden National Bank. “As we celebrate our 150th anniversary, we are especially proud to recognize individuals whose unwavering dedication

and quiet leadership play a transformative role in shaping more resilient, vibrant communities.”

Since launching the Leaders & Luminaries Awards in 2011, Camden National Bank has awarded \$264,000 to 68 Maine nonprofits, celebrating board members who exemplify strategic direction, financial stewardship, and support of their organization’s mission.

The nomination period will remain open through September 12, 2025. For more application details and eligibility requirements, or to submit a nomination, visit <https://www.CamdenNational.bank/leadersandluminaries>.

The 2024 award recipients, totaling \$22,000, included Alan Caron of ClimateWork Maine, Chris Houle of the Maine Academy of Modern Music, Katie Weiler of Saltwater Classroom, and Mike Wilson of The Center for Grieving Children. In addition to these four \$5,000 grants, a \$2,000 Spotlight Award was presented to William “Bill” Buckley of The Challenger Learning Center.

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

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# Newsmakers, Names & Faces

## 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 applica-

tions 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](mailto:senior-rebate@gorham.me.us), or call 222-1670.

The Town of Gorham Senior Property Tax Assistance Ordinance can be read online.

## Skowhegan Savings finances affordable housing condominiums

**PORTLAND, ME** – Maine Cooperative Development Partners will break ground on 20 affordable housing condominiums as phase two of the Dougherty Commons development project after receiving the \$4.5M in financing from Skowhegan Savings Bank. The modular condominium units, being constructed by KBS Builders and Back-Yard ADU, are the latest addition to the approximately 120 mixed rental and ownership affordable housing units being built as part of the housing development in Portland's Libbytown neighborhood.

"We're pleased to move on to phase two of this project as it is really one of a kind that took working with the City of Portland, Maine State Housing Authority, Skowhegan Savings and Blue-Hub Capital to bring to fruition," said Liz Trice, partner of Maine Cooperative Development Partners.

Approved by the city's planning board in 2022, Maine Cooperative Development Partners, in partnership with Szanton Company, the land for the Dougherty Commons development was purchased from the city and supported with a \$1.5M housing



**Skowhegan SAVINGS**

trust fund. The housing project also includes a five-story, multi-unit apartment building. Over half of these apartment rental units will be reserved for households earning 60 percent or below the area median income and will be completed this summer. The one-to-three-bedroom condominiums will be available for purchase by those earning up to 100 percent of the area median income and is projected to be completed in 2026.

The financing of phase two of this project took over 18 months of working closely with a diverse group of public and private funding participants," said Susan Desgrosseilliers, vice president commercial lender for Skowhegan Savings and lead lender on the project.

"I personally feel privileged to be able to play a part in helping with the development of this high-quality affordable housing project for Portland and commend my team at Skowhegan Sav-

ings for their hard work in making this happen."

"We are grateful for Skowhegan Savings' partnership in seeing phase two of this project's financing to the finish line," said Trice. "It was a complicated deal that included multiple participants on the funding side and their determination to see it through is invaluable to the project."

The Dougherty Commons project is one of three Portland affordable housing projects awarded to Maine Cooperative Development Partners, the other two are located in North Deering. For more information about the development project or interest in applying for housing, visit [mainecooperativehousing.com/dougherty](http://mainecooperativehousing.com/dougherty).

## Celebrating a new partnership: cPort, Hoffer's High School Sports

**PORTLAND, ME** – At cPort Credit Union, we pride ourselves on fostering community connections and supporting initiatives that resonate with our values. Today, we are thrilled to announce a new and exciting partnership with Hoffer's High School Sports, a platform run by the dedicated and talented Michael Hoffer, a long-time sports reporter in Southern Maine. This collaboration underscores our commitment to local high school sports while emphasizing the importance of learning both inside and outside of the classroom.

Meet Michael Hoffer: Passionate Storyteller and Advocate for High School Sports

Michael Hoffer has spent decades immersed in the vibrant atmosphere of southern Maine's high school sports scene. His work as a sports reporter has garnered a loyal following, thanks to his unique storytelling ability that brings every game to life. Whether capturing the thrill of a buzzer-beater or chronicling the teamwork that drives success, Hoffer's writing draws readers into the heart of the action, celebrating the athletes, coaches, and communities that make high school sports so special.

Hoffer's High School Sports is more than just a reporting platform; it's a celebration of local talent, perseverance, and sportsmanship. Michael's dedication to uplifting these stories mirrors cPort's mission to empower individuals and communities to thrive. This shared vision makes this partnership a natural fit.

Why cPort is Partnering with Hoffer's High School Sports

At cPort, we believe in the transformative power of education, whether it takes place within a classroom or on the playing field. High school sports

offer students invaluable lessons in teamwork, leadership, and resilience—qualities that extend far beyond graduation. By supporting Hoffer High School Sports, we aim to celebrate athletic excellence while highlighting its educational impact. This effort seeks to inspire students, parents, and educators to view sports as a vital pillar of both personal growth and academic development.

Our partnership with Hoffer's High School Sports is a testament to our commitment to Southern Maine's youth. These young athletes exemplify perseverance and dedication, traits that align with our values and aspirations for the communities we serve. We see sports as a vital avenue for growth, and by teaming up with Michael Hoffer, we aim to amplify the reach and recognition of these impactful stories.

Words from cPort Leadership

As we embark on this exciting collaboration, Bill Whitmore, cPort's Executive Vice President of IT and Business Solutions, shared his thoughts on the partnership:

"At cPort, we understand the importance of community, and high school sports reflect the heart and spirit of southern Maine. Teaming up with Hoffer's High School Sports is an opportunity to celebrate excellence, build connections, and inspire future generations. Together, we are championing the incredible stories that foster pride, learning, and resilience in our young athletes."

Looking Ahead: A Shared Vision for Growth

This partnership is not just about supporting sports reporting—it's about creating a platform where the achievements of local high school athletes can shine. Together, cPort

and Hoffer High School Sports aim to inspire the next generation, encouraging them to embrace challenges and celebrate their victories both on and off the field.

Through this collaboration, we envision stronger ties within the Southern Maine community. By spotlighting the dedication and talent of high school athletes, we hope to inspire students, parents, and educators to recognize the value of sports as a cornerstone of education and personal development.

Join Us in Celebrating Local High School Sports

As cPort and Hoffer's High School Sports embark on this exciting journey, we invite you to join us in celebrating the incredible stories of perseverance, teamwork, and triumph that define high school sports. Whether you're a dedicated fan, a proud parent, or an invested community member, there's a place for you in this endeavor.

Visit Hoffer's High School Sports to stay updated on the latest games, highlights, and features. Together, let's celebrate the athletes who inspire us and contribute to the vibrant fabric of southern Maine. This partnership is not just about the present—it's about building a legacy of support and recognition for the bright futures ahead.

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*The Chamoux Insurance Group welcomes Lynn Lowe to the team. Lynn has over 25 years experience. She has earned multiple designations throughout her career by continuing education to include AINS, AIS, API, CPIA & CPIW. Having these designations allows her to help identify the needs of each client & their individual risks. Lynn enjoys using her skills to contribute to the team environment which carries over to the client.*

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# Seniors Not Acting Their Age Serene Kayaking on Stevens Pond

Over the past few years, my wife, Nancy, and I have explored some of central Maine’s finest small ponds and lakes in kayaks. We’ve found them to be an entertaining alternative to sea kayaking on the ocean and whitewater paddling in rivers and streams.

While sea kayaking offers the challenges of open water navigation coupled with tidal changes, and whitewater paddling requires constant attentiveness in an exciting downriver environment, lake and pond paddling provides relaxing opportunities to enjoy boating in more controlled, peaceful circumstances. Flatwater paddling on ponds and lakes has become an important outdoor activity for us.

We’ve paddled, and I’ve written, about several small ponds and lakes in the last couple of years, including Runaround Pond in Durham, Megunticook Lake in Camden, and Branch Pond in Palermo. Serene paddling in exceptionally scenic environments is a commonality they share.

I recently conducted a solo exploration of Stevens Pond in Liberty. The picturesque pond met our criteria so Nancy and I planned a trip.

Weather is an important consideration for our pond and lake trips. Serenity is difficult to experience in bad weather. We look for warm sunny days with

light winds. Some wind is preferable in the spring to keep the flies away. A Goldilocks day was identified in early June.

Most paddle boats are adequate for lake and pond outings. We use flatwater kayaks because they track well, have minimal exposure to winds and ours are comfortable. Canoes designed for flatwater offer a good alternative.

Nancy paddles a 17-foot fiberglass Current Designs Solstice. The sleek Solstice is quite fast and the outfitting is exceptionally comfortable. She uses a rudder to facilitate turning the long vessel. I also have a Solstice but prefer to use a 12-foot plastic Casco 120 for lake and pond paddling. The rugged plastic design is very durable and the short hull facilitates easy turning. However, given its heavier weight, wider beam and shorter length, the Casco is slower than the Solstice. I often find myself hurrying to keep up.

The weather was warm and sunny with light winds when we arrived at the small boat landing on Route 173 in Liberty. Two people were leaving in a canoe as we unloaded our kayaks and gear.

We departed southwesterly from the landing ramp. A large irregular tract of land named Quigg Island dominates the center of the pond. Much of Quigg Island is a forest

preserve owned by Georges River Land Trust.

We turned left into a narrow channel that separates the mainland from the northern end of Quigg Island. After navigating through the passageway, the eastern sector of the pond opened up to a cluster of small islands.

We proceeded to the eastern shoreline and then maneuvered south in shallow water through a maze of tiny passages between the islands. The area was decorated with scores of yellow pond lilies just beginning to blossom. Only low-draft paddle boats can access these waters.

Once the southeastern end of the pond was reached, we turned west and progressed between more islands in very shallow water. After rounding a short peninsula that extends out from the southern shore, we paddled to what appeared to be the southwestern terminus of the pond. Instead, an attenuated opening leads to a surprisingly large body of water called Howes Cove.

Howes Cove is a fascinating place to explore. Two miniature islands seem to stand guard over the entrance. Kayaking deeper into the cove, we crossed through a captivating congested garden of lily pads.

Exiting the cove, we traversed open water north to Quigg Island. A tiny brook separates the south-



A kayaker paddles through a garden of lily pads in Howes Cove on Stevens Pond



A tandem canoe team pushes through a narrow channel on Stevens Pond



Nancy Chase begins a kayak trip on Stevens Pond

western extension of the island from a narrow mainland peninsula. Quigg Island Road literally crosses through it and leads to what appear to be some private camps. When we arrived, a tandem canoe team was pushing through the brook.

Nancy and I decided to forgo dragging through the minuscule rivulet and take the long route back instead. We paddled north along the eastern shoreline of rugged Quigg Island and

west through the northern channel. Following a visit to the dock at Quigg Island Forest Preserve, we returned to the Route 173 boat landing completing a very entertaining day of exploring.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates the best lake, pond, river, and sea kayak trips 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](http://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](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).

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## Heat wave safety for older adults: Staying safe, healthy in summer

By Dr. Steven Angelo, Chief Medical Officer, Medicare & Retirement, UnitedHealthcare of Maine

Experts are forecasting that 2025, especially this summer, will be particularly hot, which may pose heightened health risks for older adults, according to a University of Southern California study.<sup>1</sup> Seniors may be more susceptible to heat-related illnesses like heat stroke as well as complications from chronic conditions like diabetes and high blood pressure that are worsened by extreme heat.

How older adults can stay cool

Plan ahead – Follow local weather reports to ensure you have enough food, prescription medications and other home “staples” to get through a heat wave.

Stay hydrated – Drink plenty of water, even if you are not thirsty. Limit caffeinated and alcoholic beverages. Drinks with electrolytes are also all right.

Use cooling strategies – Take cool showers, use fans, or place damp washcloths on your neck and wrists to help lower your body temperature.

Limit physical activities outdoors (particularly between 10 a.m. – 4 p.m.) – If you must go out:

Wear lightweight and light-colored clothing, sunglasses and brimmed hats;

Apply sunscreen with an SPF of 30 or higher; Bring water; and

Take frequent breaks in the shade or air-conditioned spaces.

Certain medications may make dehydration or sunburn more likely. So, whether you are staying inside or heading outside, check with your care provider to make sure you are taking the proper precautions.

Older adults and their caregivers can work together to summer-proof their homes. Keep shades down when the sun is most intense. Strategically place fans, particularly in

doorways between rooms or in front of window air conditioning units to better circulate air. Install ceiling fans, including temporary ones that can be placed in light bulb sockets.

How caregivers can help support older adults

Check in – Be alert to signs of heat-related illness like confusion, weakness, flushed skin, dizziness, or excessive sweating. Seek medical attention if your loved one is experiencing symptoms of heat stroke, such as hot, dry skin, a rapid pulse, confusion or unconsciousness.

Help with activities so older adults can limit time outside – Volunteer to run errands, including picking up prescriptions and food shopping.

Find out about community services

“Cooling stations” or other public places, like libraries and community centers where older adults can go;

Proactive check-in  
See Heat Wave, page 12

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### 3 money management lessons to learn from social media

By Evergreen Credit Union

Published for World Social Media Day – June 30

Whether it's by intentional learning or subconscious biases that form over time, hours of scrolling through platforms like Instagram, TikTok, and YouTube have changed how people view their personal finances. According to a 2023 report from the National Endowment for Financial Education, nearly 60% of Americans say they use social media to learn about personal finance.

While this makes financial literacy resources more accessible to our population, it also paves the way for influencers to capitalize on the market of money managing and financial counseling.

For many, scrolling through curated posts and reels is a gateway to setting a budget, learning to invest, and becoming inspired to pay off debts. Evergreen Credit Union, based right here in our community, has seen this shift firsthand. As more members reference social media in daily conversations about their finances, the credit union is leaning into this trend, helping community members spot smart money moves vs potentially harmful advice.

Social media has made financial education more accessible in theory, but now rather than just learning from advice, we need to discern between advice that is helpful or potentially harmful. Some posts come from credible experts, while others are from self-taught influencers sharing what worked for them, but not necessarily what will work for you.

These are 3 key takeaways from social media about financial education:

1. Unfollow Accounts that Give You Financial FOMO

The internet is full of luxury lifestyle content, making it easy to fall into the trap of comparing your bank account to someone else's highlight reel. Financial FOMO (fear of missing out) can quietly erode your confidence and push you toward impulsive decisions that don't align with your goals or values.

Just like we spring-clean our homes, it's okay to clean up your feed. Mute or unfollow accounts that



Photo Courtesy of Evergreen Credit Union – (Left) Emma Pierce, Communications Specialist and (Right) Jeanna Coates, Certified Financial Counselor

make you feel inadequate about your financial situation, even if they're meant to be aspirational.

Alternatively, following creators who offer transparency by sharing real budgets, setbacks, and strategies, can help normalize everyday financial wins. It's not about keeping up with influencers, it's about staying true to your own priorities.

2. Try a Budgeting App

Many viral videos on financial TikTok and Instagram Reels introduce people to simple, easy to use budget tracking apps, automated savings tools, or even debt payoff calculators.

"These tools can take the guesswork out of budgeting, especially for busy families," explains Jeanna Coates, Certified Financial Counselor at Evergreen. "We've seen members save thousands just by using apps that give a clear picture of where their money is going."

Whether it's an app or a service provided by your credit union, technology makes it easier to build good habits. Find something that fits your lifestyle and stick with it to see results in your finances.

3. Vet Financial Influencers

Not all influencers are created equal. While some social media finance gurus have extensive backgrounds in economics or financial planning, others are simply sharing personal anecdotes or even outright misinformation.

Before taking any advice, try a quick background check. Look for signs that the person is a certified financial planner, has formal training, or is citing reputable sources.

You can always ask your financial counselor about something you saw online, they might not know the specific influencer, but they will be happy to talk about how the advice could apply to you.

Social Media as a Starting Point, Not the Finish Line

While scrolling through financial content online can open the door to important conversations and new ideas, it's rarely the full story. Social media is a starting point for more in-depth conversations tailored to your personal goals.

"The best financial plans are personal," says Coates. "They consider your goals, your family, your income, and your community. Use social media to get inspired, then bring those ideas to someone you trust to help you apply them."

As we celebrate World Social Media Day, consider taking a fresh look at your feed. With a little curation, some critical thinking, and the right tools, even your next scroll session could bring you one step closer to financial freedom. For more information, go to [egcu.org/education](https://egcu.org/education).

More about Evergreen Credit Union:

Evergreen Credit Union is Maine's 5th largest credit union, serving over 32,000 members throughout southern Maine. Evergreen offers financial education for free with personalized private sessions with a certified financial counselor, online interactive quick reads, and more. For more information about Evergreen's financial education and wellness resources, visit [egcu.org/education](https://egcu.org/education).

### Maine's free community college scholarship ends with class of 2025

AUGUSTA, ME — Maine's Free College Scholarship ends with the Class of 2025 graduates after state lawmakers declined to fund future graduating classes in the budget signed by the governor on Monday.

The Free College Scholarship, which started in fall 2022, is a last-dollar scholarship that covers 100% of tuition and mandatory fees at Maine's community colleges for recent high school graduates. The state previously approved the Classes of 2023-25 for the scholarship, which will continue to be available to those students. Qualifying high school graduates have up to two years post-graduation to enroll, and up to four years to complete an associate degree, so Free College Scholarship students will continue to be enrolled at the colleges for several more years.

It would take a separate act of the legislature to continue the scholarship beyond the Class of 2025.

"It's dispiriting to have such a successful program benefiting so many people – students, their families, Maine employers – come to an end," said David Daigler, president of the Maine Community College System (MCCS). "We'll continue our mission to provide affordable, relevant education and training that prepares people for good jobs in Maine – but it will be harder to reach all the deserving, motivated, and hard-working students who came to the colleges because of the Free College Scholarship."

"I want each one of the potential students who are disappointed they won't get the scholarship to know that Maine's community colleges are still very, very affordable, and we'll help them any way we can to make ends

meet," Daigler said. Tuition and fees are \$4,156 a year for a full-time student and more than 50% of MCCS students qualify for federal Pell grants that often cover those costs.

The state budget signed Monday includes one-time funding of \$20 million for MCCS to pay for the Free College Scholarship for current students and the Class of 2025; a 4% increase to base funding; and one-time funding to cover new paid family medical leave (PFML) costs.

Since fall 2022, 17,826 Free College-eligible students have enrolled at Maine's community colleges. In fall 2024, there were 8,989 Free College-eligible students enrolled, out of a total enrollment of 21,385 students. Enrollment has increased 23% since the pre-pandemic fall 2019 enrollment of 17,327.

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

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# Arts & Entertainment

## Lisbon Credit Union announces local scholarship winners

**LISBON, ME** – Lisbon Credit Union is delighted to announce the recipients of its annual Rochel “Russ” Livernois Memorial Scholarship program, awarding four \$2,500 scholarships to outstanding local high school seniors. This year’s winners have demonstrated exceptional academic achievements, community involvement, and a strong commitment to pursuing higher education.

“We are incredibly proud of these remarkable students,” said Sarah Perkins, CEO of Lisbon Credit Union. “Their dedication and passion for making a positive impact in their communities are truly inspiring. We are honored to

support them as they take the next steps in their educational journeys.”

The 2025 Rochel “Russ” Livernois Memorial Scholarship Recipients Are:

Adeline Burkhardt – Lisbon High School. Plans to attend: University of Southern Maine. Intended Major: Nursing

Ava Rivet – Oak Hill High School. Plans to attend: University of Southern Maine. Intended Major: Nursing

Deborah Lubamba – Lisbon High School. Plans to attend: University of Southern Maine. Intended Major: Finance

Hannah Card – Lisbon High School. Plans to attend: Bowdoin College.

Intended Major: Psychology

Each of these students submitted impressive applications, including thoughtful essays on how their education will help them make a positive impact in their communities. The selection committee was impressed by their stories and aspirations.

The Lisbon Credit Union developed the Rochel ‘Russ’ Livernois Scholarship Fund in 2000 to help local graduating seniors realize their dreams. Mr. Livernois served as Treasurer/Manager from the Credit Union’s beginning in 1959 through 1985. The scholarship fund honors his years of service and dedication.

## MSMT brings Broadway’s high-heeled hit Tootsie to the stage

**BRUNSWICK, ME** – Maine State Music Theatre continues its 2025 summer season with the laugh-out-loud Broadway comedy Tootsie, running through July 12 at the Pickard Theater on the Bowdoin College campus.

Full of big laughs, bigger feels, and a healthy dose of Broadway razzmatazz, Tootsie is a high-energy musical comedy that proves sometimes you have to think fast—and dress faster—to make your dreams come true.

Based on the legendary Dustin Hoffman film, Tootsie tells the story of Michael Dorsey, a talented but notoriously difficult actor who reinvents himself as the unstoppable Dorothy Michaels to land a starring role in a Broadway musical. What begins as a desperate career move spirals into a hilarious and heartfelt journey through fame, chaos, and unexpected lessons about love, honesty, and identity.

Tootsie features a book by Robert Horn (Shucked, Dame Edna Back With a Vengeance) and music and lyrics by Tony Award-winning David Yazbek (Dead Outlaw, The Full Monty, Dirty Rotten Scoundrels). With non-stop laughs, witty social commentary, and show-stopping musical numbers, the production promises an unforgettable night at the theatre.

The MSMT production stars Dan DeLuca (Newsies National Tour) as Michael Dorsey/Dorothy Michaels, Kristina Leopold (Broadway: SIX) as Julie Nichols, and Jen Cody (Broadway: A Christmas Story, Shrek, The Pajama Game, Seussical) as the scene-stealing Sandy Lester.

Rounding out the principal cast are Pascal Victor Pestrana (Broadway: The Great Gatsby, Mean Girls) as Max Van Horn, Nick Gaswirth (MSMT: Anastasia, Broadway: How to Dance in Ohio) as Jeff Slater, Charis Leos (a veteran of over



35 MSMT productions!) as Rita Marshall, David Girolmo (Broadway: War Paint, Candide) as Stan Fields, and Nathan Cockroft (MSMT: Grease) as Ron Carlisle.

The ensemble includes Corey Barrow, Bailey Blaise, Lani Corson, Bradley Gibbins-Klein, Chris Hunter, Cynthia Kauffman, Elise Kinnon, Kevin Ivey Morrison, Rachel Revellese, and Harrison Asher Smith.

Tootsie is directed and choreographed by Mark Martino, with music direction by Brian Cimet, scenic design by Kyle Dixon, costume design by

Katie Dowse, and lighting design by Seifallah Salotto-Cristobal. Shannon Slaton serves as sound designer, with Jerran Kowalski providing video and projections design, and Kevin S. Foster II as wig designer. Mark Johnson serves as Production Stage Manager. Elise Kinnon is Associate Director/Co-Choreographer and Jacob Stebly is Associate Music Director.

Tootsie is licensed by Music Theatre International (MTI).

For tickets and more information, visit [www.msmt.org](http://www.msmt.org) or call the MSMT Box Office at 207.725.8769.



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# MEMIC Group announces 2025 award winners



**PORTLAND, ME** – The MEMIC Group, a national leader in workers’ compensation insurance, proudly announces the 2025 MEMIC Award recipients. These honors celebrate employers and individuals who demonstrate outstanding commitment to workplace safety, employee well-being, and workforce partnership.

**Excellence in Worker Safety & Employee Care**  
Recipient: Sargent Corporation

Sargent Corporation, a 100% employee-owned construction company headquartered in Orono, Maine, received MEMIC’s top honor for Excellence in Worker Safety & Employee Care.

Through its CARE program — which stands for Committed, Accountable, Responsible, and Empowered — every employee-owner pledge to prioritize safety. In 2024, Sargent employees worked over one million hours with zero lost-time injuries — a milestone proudly featured on their homepage.

Sargent has consistently demonstrated integrity, responsiveness, and a collaborative spirit in its partnership with MEMIC, working seamlessly alongside Cross Insurance to deliver exceptional results.

“Receiving this award is an honor,” said Cameron Haggar, Sargent Safety Director. We want to thank MEMIC for recognizing the dedication to safety that is genuinely embodied by individual Sargent employee-owners in the field. Their commitment to looking out for one another, taking the time to plan, and identifying risks is what ultimately contributes to creating a safe and healthy work environment.”

In addition to receiving the award, Sargent was honored with a \$2,500 grant from The MEMIC Group to donate to a charity of its choice. Sargent proudly selected the Travis Mills Foundation, an organization dedicated to supporting post-9/11 veterans who have been injured in active duty or as a result of their service. To learn more about the impactful work of the Travis Mills Foundation and explore opportunities to support their mission, please visit their website at [www.travismills.org](http://www.travismills.org).

**MEMIC Mission Award for Industry Leadership**

Recipient: Dr. Dana Kerr, University of Southern Maine

The inaugural



MEMIC Mission Award for Industry Leadership was presented to Dr. Dana Kerr, Associate Professor and John T. Leonard Endowed Chair in Risk Management and Insurance at the University of Southern Maine (USM).

Dr. Kerr has strengthened the workers’ compensation system through education and workforce development. Under his leadership, USM’s Risk Management and Insurance program boasts a 90% placement rate, and he has helped more than 275 MEMIC employees earn the Workers’ Compensation Professional (WCP) designation. In 2023, he revised the national WCP coursework to improve industry education standards.

“I’m honored to receive the first MEMIC Mission Award and grateful for the partnership we’ve built over the years,” said Dr. Dana Kerr. “MEMIC has been instrumental in helping our Workers’ Compensation Professional program grow since I started it in 2008. I want to thank my students, including all those at MEMIC who have gone through the WCP course and the five RMI grads who are now members of the MEMIC team.”

**Excellence in Workforce Partnership**

Recipient: Kevin Bunker, Developers Collaborative

The Workforce Partnership Award recognizes Kevin Bunker, founder of Developers Collaborative, for his visionary efforts to address Maine’s housing crisis — one of the greatest barriers to workforce attraction and retention. Bunker’s work in sustainable, smart-growth development has provided affordable housing and revitalized communities. Among his most impactful projects is Freedom Place, a 38-bed transitional facility for women recovering from addiction and homelessness. The facility was converted from a planned luxury condominium project.

“As I get older, I find myself caring less about money and more about people,” said Kevin Bunker. “Putting people before profit and creating opportunities for the most vulnerable has become my driving

purpose. It finally feels like I’m doing something that truly matters.”

Bunker’s values-driven leadership aligns with MEMIC’s mission to improve workforce well-being and create opportunities for those most in need.

**Horizon Scholarship Honorees**

Since 2001, the Horizon Scholarship has awarded over \$290,000 to 49 scholars—spouses and children of workers seriously injured on the job. Funded in memory of Harvey Picker, a co-founder of MEMIC, the scholarship honors families facing adversity by supporting their higher education goals.

The 2025 recipients are Arie Decker of New York and Manuela Kalonda of Bridgeport, Connecticut. Both have demonstrated extraordinary resilience and are each awarded a \$10,000 scholarship to support their academic journeys.

A Message from MEMIC President and CEO Michael Bourque

“The MEMIC Awards reflect the heart of our mission: protecting people,” said Michael Bourque, President and CEO of The MEMIC Group. “We don’t just insure workplaces — we partner with employers to prevent injuries, improve outcomes, and build cultures of care. These honorees show what’s possible when you truly prioritize people.”

The awards were presented at MEMIC’s Annual Meeting of Policyholders in Portland, Maine, on June 9, 2025. To learn more and watch recipient videos, visit [memic.com/awards](http://memic.com/awards).

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# Tick Lab showing elevated activity in midcoast counties

**ORONO, ME** – University of Maine Cooperative Extension Tick Lab recently published a research report in the Journal of Maine Medical Center highlighting trends in tick species distribution and the pathogens associated with each type. Notably, the epicenter of activity in Maine is clustered in midcoast Maine — Hancock, Knox, Lincoln and Waldo counties — where submission rates are high and the prevalence of pathogens is elevated.

“Passive Tick Surveillance at the University of Maine Cooperative Extension Tick Lab: A 6-Year Retrospective” confirms the important role the black-legged tick (*Ixodes scapularis*) plays in Maine’s tick-borne disease landscape and emphasizes the need for surveillance of emerging species and pathogens, including those that cause Lyme disease, anaplasmosis, babesiosis, Rocky Mountain spotted fever, ehrlichiosis and Powassan virus.

The comprehensive database of ticks used for the study is compiled from samples submitted by members of the public located across the state. Researchers then used the data to determine trends in the distribution of tick species and related pathogens.

“The lab’s passive tick surveillance program can effectively detect the establishment of ticks in new areas, indicate changes in pathogen prevalence and show fluctuations in seasonality,” said Griffin Dill, coordinator of the Tick Lab. “This data is important in determining public health risks and can be used to guide targeted intervention strategies, education campaigns and proactive measures to manage ticks. Taken with

other surveillance efforts, the findings can provide deeper insight into drivers of tick ecology and human exposure risk.”

Over the six years of the study, the lab received more than 22,000 tick specimens for testing from all 16 of Maine’s counties and from 466 municipalities, reflecting strong public engagement in the program and a growing awareness of ticks and tick-borne disease risks. Although multiple species were submitted, the black-legged tick — a vector for Lyme and other serious tick-borne diseases — was a dominant and broadly distributed species across the state.

The highest number of samples was received from Cumberland County. However, when accounting for the population size of each county, the annual submission rates per 100,000 residents were the greatest from Hancock, Lincoln, Knox and Waldo counties. Ecologically, this coastal region maintains diverse habitats, abundant wildlife host species and increasingly mild winters, all of which can favor tick survival and pathogen transmission. These same counties also report some of the highest human incidence rates of Lyme disease, anaplasmosis and babesiosis.

While black-legged ticks and the bacteria that causes Lyme disease re-

main common, increases in other species and pathogens reinforces the need for continued surveillance and additional testing for less common tick-borne pathogens.

Funding for ongoing UMaine research on ticks and tick-borne pathogens is supported by nearly \$6.2 million in Congressionally Directed Spending secured by U.S. Sen. Susan Collins, currently chair of the Senate Appropriations Committee. Additionally, an annual state appropriation directly supports the operations of the tick lab and enables UMaine to maintain testing affordability for Maine residents.

Maine residents can submit ticks for identification and testing by completing the online submission form at [ticks.umaine.edu](http://ticks.umaine.edu) and mailing the sample to UMaine Extension Tick Lab, 17 Godfrey Drive. Identification is free; pathogen testing is \$20 per tick. The website also provides information on how to protect yourself and your pets and how to manage your property to reduce your risk of tick encounters.

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

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# Summer road trips: Tips for safety, not stress

News provided by  
Mercury Insurance/  
PRNewswire

LOS ANGELES, CA – According to a recent survey from GasBuddy, 69% of Americans plan to take a road trip this summer, and of those, 40% say they expect to be on the road for more than five hours. If you’re among the millions with travel plans, Mercury Insurance wants to help ensure that your vehicle is up for the task.

“Road tripping has long been a summer tradition for many families, but it’s important to take a few precautions before heading out,” said Kevin Quinn, Vice President of Auto Claims for Mercury Insurance.

“Ensure that your vehicle is up to date on maintenance, and that all lights and signals are functional. Additionally, check that your tire pressure and tread wear are acceptable, and pack an emergency kit that includes essentials like jumper cables and basic tools to handle unexpected roadside issues.”

Here’s a breakdown of recommendations from Mercury to prepare for a road trip:

Maintenance checks: Regular maintenance, such as oil changes and fluid checks, is critical before a long trip. Ensure that your air conditioning is in working order to beat the summer heat. Top off your

engine coolant to prevent overheating and check your windshield washer fluid.

Tire safety: Proper tire maintenance — including checking tire pressure, alignment and tread wear — is vital for safe driving and fuel efficiency. You can check your tire pressure at home by purchasing a digital tire pressure gauge. If possible, carry a spare tire as well in case of an emergency.

Lighting system check: Ensure all lights and signals are functional — including headlights, high beams, tail lights, brake lights and turn signals — to communicate effectively with other drivers.

Have an emergency kit: A well-stocked emergency kit should include items like:

- Road flares
- Jumper cables
- A quart of motor oil
- A gallon of coolant
- A first-aid kit
- Blankets
- Drinkable water
- A flashlight and basic tools like a screwdriver, pliers, an adjustable wrench, spare tire, and jack and lug nut wrench
- Nonperishable food
- Plan ahead if traveling

See ROAD TRIPS, page 14

# TSA: Family-friendly summer travel tips

News provided by  
Transportation Security  
Administration

WASHINGTON, D.C. – The Transportation Security Administration (TSA) is staffed and ready to screen over 18.5 million travelers at the nation’s airport security checkpoints during the upcoming Fourth of July holiday. This year’s projection includes Tuesday, July 1, through Monday, July 7, with the highest passenger volume – approximately 2.9 million – expected on Sunday, July 6. TSA screened nearly 3.1 million travelers on Sunday, June 22, the busiest single day in the agency’s history.

“TSA continues to work closely with our industry partners and ensure our airport security checkpoints are fully staffed and prepared to handle the heavy rush of traffic,” said TSA Acting Administrator Ha Nguyen McNeill. “We are deploying technologies and procedures to improve security and enhance the passenger experience, including for

families. We ask travelers to pack their patience, especially during peak travel days, as we work to provide maximum hospitality to our customers.”

For families with vacation plans, TSA has practices in place to expedite screening and make traveling with children less stressful.

Children 12 and under may accompany a TSA PreCheck®-enrolled parent or guardian in TSA PreCheck lanes without restriction.

Children will not be separated from their parent/guardian.

Strollers, baby carriers, and car and booster seats are allowed through the checkpoint but must be screened by X-ray.

Modified screening procedures are in place to reduce the likelihood of a pat-down.

Text us at 275-872 (“AskTSA”) or @AskTSA for quick answers to questions about going through the TSA checkpoint.

Passengers with disabilities or medical

conditions who require additional assistance may contact TSA Cares by calling (855) 787-2227 at least 72 hours in advance of their flight.

Additionally, passengers should bring their REAL IDs or other acceptable forms of IDs to the checkpoint. Since implementing REAL ID on May 7, nearly 94% of passengers are presenting a REAL ID or another acceptable form of ID, such as a passport. Travelers can find a full list of acceptable IDs on TSA’s website.

As a reminder, travelers need to “Prepare, Pack, Declare” when flying with firearms. Firearms must be unloaded and locked in a hard-sided container and transported as checked baggage only. TSA encourages all travelers to pack smart by starting with an empty bag and reviewing the list of prohibited items before heading to the airport.

For more information on preparing for airport security screening, visit TSA.gov.

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# Maine’s 2025 Summer Update

Be sure to check out these happenings in Maine this summer, provided by VisitMaine.com!

Thoreau-Wabanaki Trail Festival

The 19th Annual Thoreau-Wabanaki Trail Festival commemorates the ways of the Wabanaki people and poet, naturalist philosopher Henry David Thoreau’s three trips into Maine’s North Woods, two of which were launched with Penobscot guides on Moosehead Lake. Among the scheduled events are a Birch Bark Canoe Gathering & Exhibition, Thoreau Nature Walks, Dark Skies: Aurora Borealis Photography, and lectures including “The Tonic of Wildness: Henry David Thoreau’s Excursions to the Maine Woods” and “Wabanaki, Thoreau & The Power of Place.” All events will be held in the Greenville area. Running from July 23 to 28, 2025, the mission of the Thoreau-Wabanaki Trail Festival is to encourage the understanding, appreciation, and stewardship of Maine’s unique cultural and natural heritage and to provide spiritual renewal in Maine’s North Woods for all Maine residents and visitors.

**Bates Dance Festival**  
The Bates Dance Festival (BDF) returns this summer from July 11 to August 1, 2025, bringing together an exceptional roster of artists, educators, and students for three weeks of contemporary dance education and performances. This year, BDF proudly features the premiere festival appearance of the iconic Bill T. Jones/Arnie Zane Company, presenting a mixed repertory, including their seminal works Continuous Replay and D-Man in the Waters, as well as offering masterclasses and participating in community engagement events. Now in its 43rd season, Bates Dance Festival remains one of the pre-



mier destinations for dance education and performance in the United States. Set against the backdrop of Bates College in Lewiston, the festival fosters a dynamic space where professional and emerging artists collaborate, train, and present groundbreaking work.

**Penobscot Marine Museum Opens Sardine-land**

The Penobscot Marine Museum in Searsport has opened its latest exhibit, Sardine-land. Showcasing the fascinating stories of Maine’s sardine industry, the exhibit takes visitors on a journey through the history of this major economic driver for Maine, which was a significant contributor to the state’s economy for much of the 20th century. The exhibit highlights the importance of Maine’s sardine industry and its impact on local culture and economy. The museum sourced stories from those who worked in canneries, fished for herring, and continue to live and work in coastal communities. Sardine-land shares their experiences through artifacts, photographs, videos, and interactive activities, giving guests a unique opportunity to experience the processes that made Maine a center for the sardine trade for well over a century.

**Maine Potato Blossom Festival**

The Maine Potato Blossom Festival, a cornerstone of Aroostook County’s summer traditions, is kicking off its 2025 celebration with a collaboration with Spud Speedway. The Festival celebrates its 78th year, honoring the region’s storied agricultural heritage at Fort Fairfield from July 12 to July 20, 2025. It promises an unfor-

gettable week filled with live music, delicious food, thrilling races, and family-friendly events. New events include the Central Aroostook Chamber BBQ Cookoff & Spud 100 Race, the latter part of the R&R Street Stock Tour, bringing high-speed action to the track. There are new Drive-In Movie Nights with a Tribute to Veterans, Agricultural Tours featuring Molly the Trolley, and the Best Potato Recipe Competition. The Maine Potato Blossom Festival will continue its tradition of featuring live music, food trucks, competitions, a spectacular parade, fireworks, and

more.  
**Maine’s Summer Theaters**

Maine has long cultivated and treasured its beloved summer theaters, historic venues that have welcomed locals and visitors for decades. It was on these stages that aspiring Broadway performers, directors, and producers held tryout productions and reinvigorated classic shows. These theaters were the training grounds for young talent and productions that, in some cases, went on to Broadway and Hollywood. Many of the theaters are architecturally significant, and they’ve become a feature of many a Maine summer vacation. Among them



# RESTAURANT GUIDE

eat local drink local

is Deertrees Theatre in Harrison, which was founded in 1936. The Ogunquit Playhouse is a coastal favorite, one of the last theaters that was part of the Straw Hat Circuit, the original summer stock theaters. There’s the Hackmatack Playhouse in Berwick, the Theater at Monmouth, the Maine State Music Theater in Brunswick, and the century-old Lakewood Theater in Madison. It’s the country’s longest-running summer theater and has hosted many musicals that went on to Broadway, including “Life With Father,” one of the longest-running plays on the Great White Way. Go to Visit Maine for more details.

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# Keep summer fun & safe for pets

**LOUISVILLE, KY** – As temperatures rise and summer adventures call, the TurfMutt Foundation, which champions healthy outdoor spaces for people and pets, encourages pet parents to keep safety in mind to ensure happy tails all summer long.

“Mulligan the TurfMutt and I really enjoy the dog days of summer,” says Kris Kiser, President & CEO of the TurfMutt Foundation. “But from unexpected storms to scorching pavement and even the choices we make in our backyards, a little preparation goes a long way in making sure our fur friends stay safe this summer.”

The TurfMutt Foundation shares these crucial tips:

**Storm Smarts**  
Storms can be scary for pets. Always have a safe, quiet space for them indoors, and ensure their ID tags and microchip registration are current. It’s also smart to pack a pet emergency kit packed in case you need to evacuate. Include medications, water, food, waste bags, and anything else you might need to make your pet feel comfortable.

**Beat the Heat**  
Always provide plenty of fresh water and shade, and a spot indoors for them to cool off during extremely



hot days. Choose the cooler parts of the day to walk your dog, and check the pavement temperature before heading out. If it’s too hot for your hand, it’s too hot for their paws.

**Travel Ready**  
Planning a trip and want to take Fido along? A crate is the safest option in a car and it should be big enough for your pet to stand, sit and turn around. Never leave your pets in a hot car. Bring everything they need to stay healthy and comfortable – from food and leashes to medication and favorite toys.

**Right Plant, Right Place**

Your backyard is your pet’s playground, so plant with care. Choose non-toxic vegetation and always opt for real grass over artificial turf. Natural turf stays cooler under the summer sun, is gentler on paws, and provides vital environmental support. For more, consult the ASPCA’s list of toxic and non-toxic plants here.

Check out the TurfMutt Foundation’s International Backyarding Fact Book to learn more about the power of parks and other green space around us.

# Training center to improve public safety innovation, collaboration

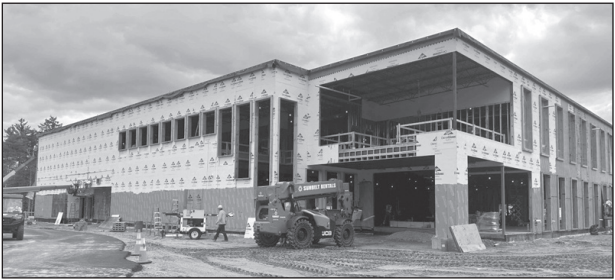
**ALFRED, ME** – Opening early 2026, York County’s First Responder Training Center will set a new standard for how Maine prepares police, firefighters, EMS, and dispatchers.

“There’s nothing like it in Maine,” said York County Chief Fire Administrator Roger Hooper. “This facility will dramatically improve the competence and confidence of our first responders.”

Equipped with classrooms, a tactical simulation center, and specialized infrastructure, including a steel box for live fire training, the Training Center will also feature a dedicated canine training program—a first for Southern Maine.

“We’re going to have a canine course,” explained Chief Deputy Jeremy Forbes of the York County Sheriff’s Office. “Right now, there’s no place for canines in Southern Maine to train. This will fill a critical gap.”

Forbes said the Training Center will foster skill-building across disciplines. “I think we already do a great job as first responders, but this will increase our training, knowledge, and communication,” he explained.



“It will help us learn from each other, stay updated, and work better together across departments.”

Wells Police Chief Kevin Chabot praised York County’s investment, describing it as “forward-thinking.” “We’re on the edge of the state line, and you don’t always see public safety prioritized like this,” he said. “York County identified a problem and acted on it—and that includes the Recovery Center, too.”

The York County Substance Use Treatment and Recovery Center is scheduled to open in the summer of 2026. While First County Foundation (FCF), the charitable arm of the York County Government is fundraising for the project, both state-of-the-art and best-in-class facilities will be operated by the York County Government.

FCF also recently took over the operation of First County Food Pantry.

Previously, the food pantry was managed by nonprofit York County Shelter Programs Inc.

“It’s an exciting time for us and the entire county of York,” noted Rachel Stansfield, FCF Chief Advancement Officer. “Our goal is not just to address emergent needs in York County, but to serve as a community hub for intra-agency collaboration.”

The focus now, however, is on completing the Training Center. “Every week, every day, more progress is made,” said Stansfield. “We appreciate Landry/French Construction and the work and care they are putting into this project.”

Founded in 2023, FCF is charged with a mission “to support and strengthen safe and healthy communities by resourcing transformational solutions to the emergent needs of York County.” To learn more, visit [yorkcountyfcf.org](http://yorkcountyfcf.org).



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## New members to State Workforce Board confirmed

AUGUSTA, ME – The Maine Senate unanimously confirmed six new nominees to the State Workforce Board (SWB), in a vote held May 22, 2025. The six new SWB members, nominated by Governor Janet Mills, are Christian Bartholomew of Augusta, Janet Kelle of Newport, Catharine MacLaren of Portland, Peter Parizo of Bangor, Michelle Anderson Westbrook, and Jason Judd of Lewiston.

“The core work of the State Workforce Board - aligning our economic and workforce development goals - is critically important to Maine people and businesses. With the confirmation vote by the Maine Senate, the State Workforce Board has gained six new exceptional leaders. They will work to address the pressing needs of both Maine employers and workers by connecting employers with a skilled workforce and helping workers fill high demand jobs,” said State Workforce Board Chair Vaughan Woodruff. “These Board members are qualified and well respected in their fields and represent a number of Maine industries. Their expertise will be beneficial to the State Workforce Board as it tackles the important work ahead.”

The State Workforce Board (SWB) is an employer-led board whose purpose is to ensure that Maine’s workforce development system helps Maine people and businesses compete successfully in the global economy. The SWB advises the Governor on workforce policy and the development and evaluation of the Workforce Development System (WDS), which includes other state agencies such as Department of Education and the Department of Health and Human Services along with the Community College System, University of Maine System, and Maine employers.

New Members

Christian Bartholomew serves as the Chief Human Resources Officer for Andwell Health Partners, which is a Lewiston-based health care provider. Prior to Andwell, Bartholomew worked for Tenet Health in Massachusetts. He received a bachelor’s degree in human resources and an MBA with a concentration in human resource management from Thomas College. This will be Christian’s first term on the State Workforce Board.

Janet Kelle is the Chief Human Resources Officer for Husson University in Bangor, Maine and has been with the University for nearly 10 years. Kelle worked in Human Resources for several organizations after graduating from Husson and prior to her return, she worked as the Director of Human Resources for Penobscot Community Health Care in Bangor. Kelle has also spent several years on the Bangor Chamber of Commerce’s Board of Directors. This will be Janet’s first term on the State Workforce Board.

Catharine MacLaren, Ph.D., LCSW, CEAP has been a licensed counselor for many years and serves as Vice President of Talent & Diversity in Human Resources for Northern Light Health. She is also an adjunct instructor for Northeastern University’s College of Professional Studies. Catharine is a Past President of the Board of Directors of the Human Resources Association of Southern Maine (HRASM). Catharine currently serves on the Board of Directors of Maine Recovery Residences as well. This will be Catharine’s first term on the State Workforce Board.

Peter Parizo serves as the Workforce Development Manager for Sargent Construction and has been a dedicated Employee-Owner since 2002. Parizo helps current and future employees build a career with Sargent through their training and development initiatives. He also helps run the college internship program and Sargent Construction Academy, which is a paid apprenticeship program designed to build future leaders of the earthwork industry. This will be Peter’s first term on

the State Workforce Board.

Michelle Anderson oversees all Junior Achievement of Maine operations, including strategic vision, fundraising, partnership development, and mission expansion. Michelle has been with the organization for over 10 years, starting her career as an intern upon college graduation and being immediately inspired by JA’s mission. Michelle is passionate about helping young people make smart education and career decisions through project-based learning and mentorship. She believes stimulating economic growth throughout the state of Maine starts with inspiring and preparing our young people. She holds an undergraduate degree in Child Development & Family Relations and Communication from the University of Maine and is a long-time dance instructor in Scarborough. This will be Michelle’s first term on the State Workforce Board.

Jason Judd joined Educate Maine in 2016 as the Project>Login Program Director and took on a variety of roles until he was named Executive Director in 2019. Jason worked as a teacher, college and career counselor, director of studies, and academic dean at Maine Central Institute (MCI) prior to joining Educate Maine. He has a bachelor’s degree from the University of Maine at Farmington in secondary education English, a master’s degree from the University of Southern Maine in educational leadership, and a doctorate in organizational leadership studies from Northeastern University. His dissertation focused on how leaders foster and support innovation at their schools. Jason is the past chairman of the Board of Trustees for the Maine School of Science and Mathematics. He currently serves as a board member for the Maine 4-H Foundation, the advisory board of Live and Work in Maine, and the education advisory board of the Gulf of Maine Research Institute. This will be Jason’s first term on the State Workforce Board.

## Scarborough Middle School students visit learning pavilion

SCARBOROUGH, ME – Forty-two students from Scarborough Middle School visited the Maine Outdoor Learning Initiative’s new pavilion on Mackworth Island during the 2024-2025 school year. These seventh graders are enrolled in a pilot program called the “Integrated Studies Pilot,” focused on creating an engaging, student-centered environment that integrates place-based learning, experiential learning, and interdisciplinary content connections.

“Our goal is to help students develop critical thinking skills, make meaningful connections between subject or content matter, and engage with their community in a hands-on way,” Kari Bracy, Integrated Studies Pilot teacher, said.

This trip to Mackworth Island was part of the Integrative Studies Pilot’s fourth-quarter Coastal Ecosystems unit. It was an opportunity for students to compare a quantitative data collection they had done with Scarborough Land Trust to the collection of more qualitative data. Students hiked the trail around the island in groups, journaling about nature in two locations and exploring the history of the island and its use throughout the years.

Director of Curriculum for Scarborough Public Schools Katie Vetro helped to develop the Integrative Studies Pilot.

“One of the primary



goals of the Integrated Studies Pilot is to provide a place-based context to the curriculum that students are learning,” Vetro said. “Students have an opportunity to connect their learning to their lives in Scarborough and in Maine, bringing to life the real challenges citizens face every day. Outdoor education is an essential component of this; for example, students studied Maine maple sugaring and the potential future implications of climate shifts on the industry. Our students have an opportunity to explore real problems in the place they call home.”

Amy Johnson, Integrated Studies Pilot co-teacher, embraces outdoor learning. “We are out of the building, participating in some type of field experience at least once a month off-campus. In addition, we utilize our school’s own outdoor campus to extend our class-

room. We have found that the outdoor use and connections made make the learning experience more authentic and the student engagement level so enhanced,” Johnston said.

For more information about the Scarborough Middle School Integrated Studies Pilot, please contact Katie Vetro at [kvetro@scharboroughschools.org](mailto:kvetro@scharboroughschools.org).

The Mackworth Island Outdoor Learning Pavilion is part of the Maine Department of Education’s Maine Outdoor Learning Initiative. The Initiative is delivered on a promise made by Governor Mills during her 2022 State of the State address to provide children with more opportunities to learn about and explore Maine’s natural beauty and resources.

For more information about the Maine Outdoor Learning Initiative, please contact Jonathan Ross at [jonathan.j.ross@maine.gov](mailto:jonathan.j.ross@maine.gov).

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



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# Maine Connections Academy celebrates Class of 2025

**AUGUSTA, ME** – Maine Connections Academy, a tuition-free online public school serving students in grades 7-12 statewide, celebrated its 11th graduation on Friday, June 6th, with an in-person ceremony for its Class of 2025.

Students, faculty and family members gathered at Merrill Auditorium in Portland to commemorate the milestone achievement, including several graduates from Kennebec, Somerset, and Waldo counties in the central region of the state.

A total of 94 students received diplomas statewide. The Class of 2025 featured graduates from 62 different towns in all 16 counties across Maine, showcasing the school’s ability to serve students regardless of geographic location. Forty-nine of the 94 students came from towns in Central Maine.

Among Maine Connections Academy’s graduating class, 35 percent are planning to attend two- or four-year colleges or universities, including Boston College, Marymount Manhattan College, Thomas College, Trinity Laban Conservatoire and the University of North Carolina. Additionally, 27 percent plan to join the workforce,

while others plan to pursue vocational training, serve in the military, or take a gap year.

The following students from Androscoggin, Oxford, Kennebec, and Sagadahoc Counties are among Maine Connections Academy’s Class of 2025\*:

Luke Carey – Augusta  
Arianna Reid – Augusta  
Owen Bray – Bowdoin  
Sam Basselet – Chelsea  
Ashton Schiner – Franklin  
Camryn Heyer – Gardiner  
Kyløe Wilson – Hallowell  
Edwin Ballentine – Lewiston  
Mackenzie Higgins – Lewiston  
Sahara Lee – Lewiston  
Justin Malia – Lewiston  
Jacob Porter – Lewiston  
Tobi Smith – Lewiston  
Mathew Turner – Lewiston  
Kristina Tibbetts – Roxbury  
Kyla Conroy – Sabattus  
Hailey Wright – Windsor  
Teegan Marble – Winslow  
Jacob Orff – Woolwich

Olivia Cutone, of Kennebunkport, was recognized as valedictorian. In her address to her classmates, she talked about their unique journey through high school in a virtual learning environment and the skills they developed that will serve them well in their future endeavors.

Cutone acknowledged that graduating from high school is a major milestone, but emphasized that their educational foundation has prepared them for whatever comes next. Cutone read a passage from Robert Frost’s *Stopping by Woods on a Snowy Evening* and reminded her fellow students that they “have taken the road less traveled... by choosing the less traveled path of online school, we have prepared ourselves differently than the more traditional high schoolers,” she said.

The salutatorian, Adeline Shanahan, thanked the school’s supportive teachers and staff in their speech, highlighting the importance of community even in a virtual setting.



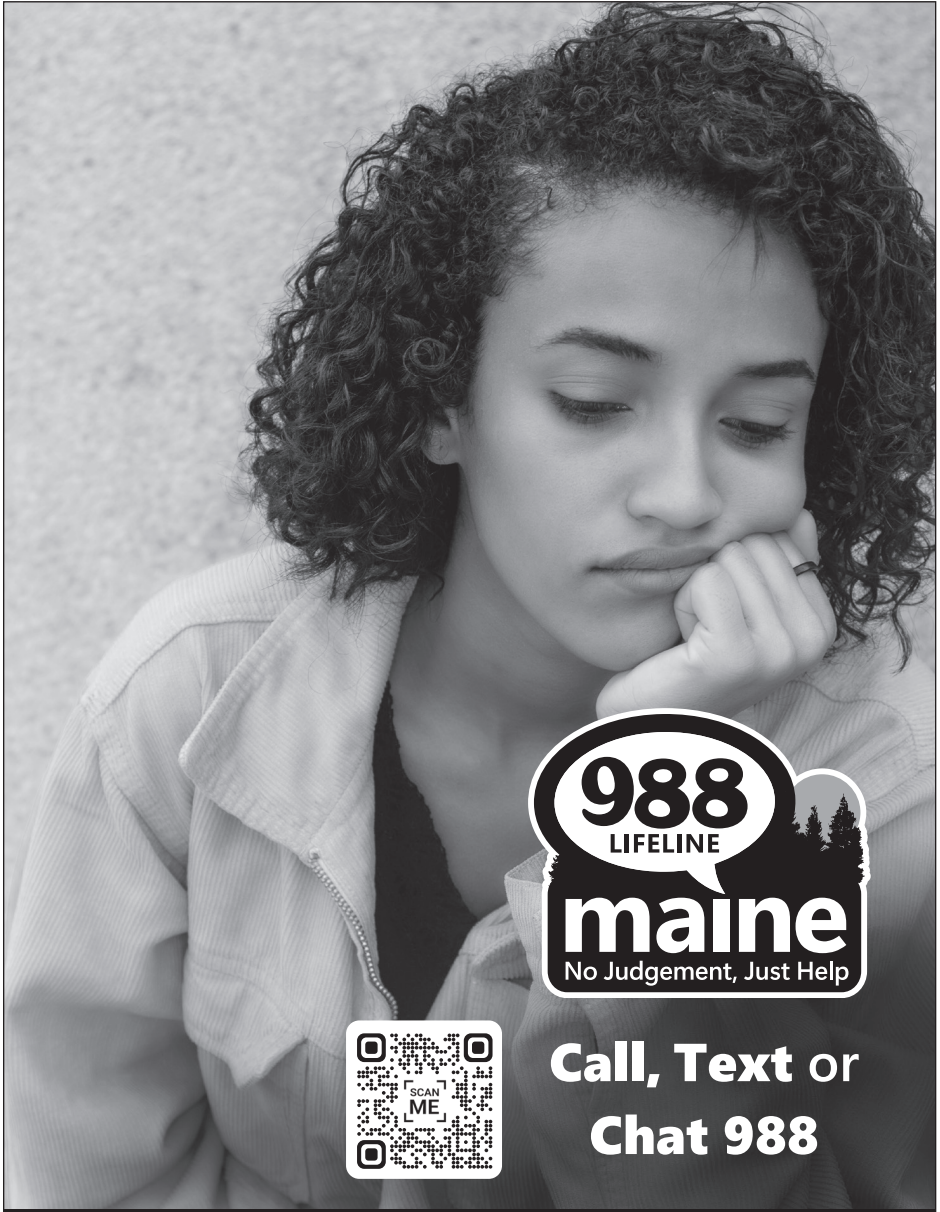
Maine Connections Academy alumna Melinda White Tevis addressed the graduates as the featured guest speaker.

Tevis, who was Salutatorian of the Class of 2016, graduated Summa Cum Laude from Thomas College in 2019. In her address, Tevis spoke about how her online education at Maine Connections Academy helped her develop the self-discipline and resilience that have been crucial to her personal and professional success.

“Say yes before you feel ready, even if they scare you a little,” she said in her speech. “Some of the best moments in my life came from taking chances I wasn’t 100% sure I was ready for. Growth happens in those in-between spaces—when you’re brave enough to try. And it doesn’t come from waiting until you feel prepared. It comes from showing up, learning as you go, and choosing courage even when you’re unsure.”

Maine Connections Academy students benefited from the flexibility and personalized learning approaches offered by the school. The virtual model has allowed students from Augusta, Waterville, and surrounding communities to pursue their educational goals while balancing other responsibilities and interests, including athletics, performing arts, and early college opportunities.

*\*NOTE: Not all students from the area may be included for privacy reasons.*




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**Heat Wave**  
*Continued from page 4*

programs or telephonic “heat advisory” alerts;

Local news station advisories; and

“Summer safety” programs at local community centers, municipal halls or local hospitals

for older adults and their caregivers to learn more about staying healthy and safe.

Helping older adults during the summer months, especially during heat waves, requires some planning; awareness of the health, the home and

the daily needs of our loved ones; and what support is available in their local communities. With some effort, older adults may stay safe while enjoying the fun things about summer.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to making changes to your lifestyle or health care routine.

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1 University of Southern California, “Ambient Outdoor Heat and Accelerated Epigenetic Aging among Older Adults in the U.S.,” February 2025.



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**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](http://www.rangeleyarts.org).

**July 10**  
LEWISTON – The Lewiston Public Library will be hosting Magic Wes and his show Reading is Magic in Callahan Hall on Thursday, July 10th at 5:30PM for all ages.

Join us for this fun-filled show where books come to life with mind blowing magic, teachable moments and engaging storytelling. Kids won’t just hear a story-they will experience it! By making reading feel magical, Wes inspires children to pick up more books and rediscover the joy of reading. Reading is Magic is free, open to the public, and no registration is required.

**July 13**  
AUBURN–Ready to beat the heat on the ice while raising money for a great cause? People of all ages and abilities have the chance to skate with Barnabee, the beloved mascot of Norway Savings Bank, while supporting a local organization dedicated to providing programming

# Calendar

Send your submissions to the Editor. More online.

for many in need in the Lewiston area.

A public skate is set for Sunday, July 13, at the Norway Savings Bank Arena, located at 985 Turner Street in Auburn. The event will be held from 4:20 p.m. to 5:20 p.m. Admission is \$5, with \$5 skate rentals for adults and children available. Half of the proceeds will be given to the YWCA Central Maine in Lewiston, which aims to eliminate racism and empower women while promoting peace, justice, freedom, and dignity for all.

**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.

**July 26**  
LEWISTON – The Lewiston Public Library Children’s Department will be offering the program Within the Whale, an immersive marine science experience where guests can step inside a life-size inflatable humpback whale to explore its anatomy and learn about ocean conservation. Fun, educational,

and perfect for all ages! There will be four available times for patrons to participate in the 30-minute program. The starting times are: 10:30am, 11:00am, 11:30am, and 12pm.

Each session is limited to 20 participants, so registration is required. Signups will be at the Children’s information desk. Patrons can register in person, by phone, or by email. This free Summer Reading program will take place in Callahan Hall on the third floor of the library.

**July 30**  
LEWISTON – At 12PM the Lewiston Public Library Children’s Department will be offering the program Woven Herb Garden Baskets. Kids and teens will be provided with materials to create their own woven basket for growing small plants. Various herb seeds, soil, and paper cups to sit inside the woven baskets will also be provided so participants can start their own windowsill herb garden. This program is recommended for kids and teens ages 5 and older. Children under the age of 8 must be supervised by a caregiver.

This activity will take place at the back tables in the Children’s Department

on the third floor of the library. This program is free, and no registration is required. All materials will be provided.

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

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

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

**Aug 11-15**  
MAINE – Are you ready to advocate for a child’s best interests? If so, Maine CASA hopes 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](mailto:casa@courts.maine.gov).

**Mondays through Aug 18**  
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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.

**1<sup>st</sup>, 3<sup>rd</sup> 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 par-

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

**Road Trips**  
*Continued from page 8*  
eling in an EV: Make sure your vehicle is fully charged before departing and map out charging stations along your desired route. Learn more about EV road tripping here.

“It’s better to find a problem in your driveway than on the side of the road,” said Quinn. “By taking these precautions, you can greatly reduce the likelihood of unexpected incidents and help ensure a safe and enjoyable journey.”  
For more road tripping prep tips, visit Mercury’s blog.

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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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- Acquire tarps and field maintenance equipment
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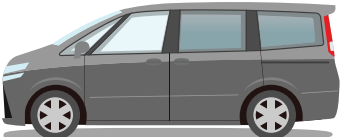
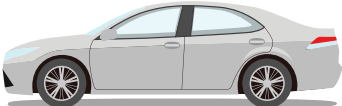



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