


Gorham author, art exhibit, and more in July at BML

GORHAM, ME – Author Event: Miriam Rimkunas on July 24, 6:00 pm

Join us for a reading and signing by Gorham’s own Miriam Rimkunas from their new novel, *Survivor Concentrate: An Apocalyptic Fable*. Concentrate on the vast Siberian taiga and these claustrophobic wood walls. Tucked in the trees of a mountainside, these walls used to shelter the three sisters Popov and their impossible bloody secrets. Now this cabin is home to Song Min-jae, a North Korean fledgling. It is here in these walls that he discovers two doors, which seem to lead nowhere. The sisters Popov built those doors. The youngest built the door in the attic, seeking an escape from her own trauma and hunger. The eldest built her door in the bedroom, seeking only God. And the middle Popov sister, she is a god now. In these wood walls, Min-jae learns he is not alone. Miriam I. Rimkunas is a lifelong Mainer and writer based in Portland. Prior to this work, they wrote and produced the serialized podcast *Extraordinary Terrestrials*.



THURSDAY
JULY 24
6:00 PM

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AUTHOR EVENT:
MIRIAM I. RIMKUNAS

Join us for a reading and signing by Gorham’s own Miriam Rimkunas from their new novel, *Survivor Concentrate: An Apocalyptic Fable*. Concentrate on the vast Siberian taiga and these claustrophobic wood walls. Tucked in the trees of a mountainside, these walls used to shelter the three sisters Popov and their impossible bloody secrets. Now this cabin is home to Song Min-jae, a North Korean fledgling. It is here in these walls that he discovers two doors, which seem to lead nowhere. The sisters Popov built those doors. The youngest built the door in the attic, seeking an escape from her own trauma and hunger. The eldest built her door in the bedroom, seeking only God. And the middle Popov sister, she is a god now. In these wood walls, Min-jae learns he is not alone.

Miriam I. Rimkunas is a lifelong Mainer and writer based in Portland. Prior to this work, they wrote and produced the serialized podcast *Extraordinary Terrestrials*. When not splicing genres, Miriam enjoys knitting, playing bass, gardening, and worshipping their two cats with their family.

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Baxter Memorial Library is now offering Mango Languages using your library card! Over 70 languages including ASL and ESOL are available anytime with your Baxter library card, and for younger learners we are also offering Little Pim. Special thanks to the Trustees of the Baxter Memorial Library for funding this new offering!! For more information, check out <https://baxterlibrary.org/mango-languages/>

Adults should be able to have a little fun

and get credit for reading over the summer too! Fill out a raffle ticket for every book you read, either online (<https://forms.office.com/r/R3G9yuBLiv>) or in person, to be entered into weekly drawings for prizes and be in the running for our grand prize drawings at the end of the summer! No fine print needed - read anything! Everything counts: beach reads, serious reads, audiobooks, books you read aloud to kids. Reward yourself anytime for your reading progress by picking up stickers, bookmarks, and buttons from the library.

Lakes Region Art Studio Exhibit runs from July 1 through July 31! We have a truly lovely display of paintings and drawings produced by local artists from The Lakes Region Senior Center!

Gorham student’s stallion to represent US on world stage

GORHAM, ME – McKenzie Dicks, a stand-out student at Gorham High School of the top Junior Dressage athletes in the country will be traveling to Aachen, Germany, this August to witness a once-in-a-lifetime moment: supporting her six-year-old KWPM Dutch Warmblood stallion, O’Romeo S—affectionately known as “Ollie”—compete on the world stage.

Ollie has been selected to represent the United States at the prestigious FEI World Breeding Dressage Championships for Young Horses, taking place the week of August 3. The young stallion will compete against the top six-year-old horses from

around the globe.

Ollie is trained and ridden by Hope Cooper of the Bear Spot Foundation and Dressage Academy in Concord, Massachusetts. His selection followed an intensive season of training and high-level competition during the winter circuit in Wellington, Florida.

McKenzie, who owns Ollie, is thrilled that he was recently accepted into the United States Olympic Development Program—a major honor and a signal of Olympic potential in the years ahead.

Once she returns from Germany, McKenzie will have a quick turnaround as she prepares to compete in the Festival of Champions National

Championships outside of Chicago, the week of August 17. There, she will partner with her current mount, Destar, to compete among the country’s top youth riders—again ranked 7th nationally.

At just 15 years old, McKenzie Dicks continues to make a name for herself in the sport of dressage, showing poise, commitment, and vision well beyond her years.

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



RESTAURANT GUIDE

eat local drink local

PAGES 8-10

North Gorham Public Library hosting free kids painting class

GORHAM, ME – Local artist Hope Armstrong Place will read a story to the children and then help them paint an image from the book. She’ll bring all of the painting supplies (You may want to send along an apron or shirt to cover your child’s clothes.) Parents are welcome, but if you want to paint, too, there will be a \$10 fee.

Monday, August 4
10 am to 12 pm
North Gorham Public Library.



PianoPalooza welcomes world-class pianists

PORTLAND, ME – The Portland Conservatory of Music (PCM) is thrilled to announce the 4th annual PianoPalooza, a spectacular event celebrating the artistry and diversity of music for the piano. Scheduled this year over 2 weekends, October 3-11, 2025, at PCM (28 Neal St., Portland, ME), PianoPalooza promises 2 weekends filled with captivating performances by 4 strikingly different yet equally exciting internationally acclaimed pianists.

The festival kicks off October 3 at 7:30pm with Jeremy Denk. Hailed as one of America’s foremost pianists, Denk will deliver a performance that promises to captivate and inspire. Known for his masterful interpretations of Mozart, Beethoven, and contemporary composers, Denk’s concert is a must-see for all classical music enthusiasts. Denk will perform Partitas by Johann Sebastian Bach.



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The following day, October 4, will be dedicated to celebrating the incredible piano students here at PCM. Details on the student piano day will be announced later in the summer.

The second weekend of PianoPalooza brings two riveting performances by internationally acclaimed artists who call Southern Maine home.

On Friday, October 10 at 7:30pm, Duo Mundi George & Guli will captivate the audience with their engaging and fiery performance as they dance around the keyboard together.

Jamie Saft closes the

2-week festival on Saturday, October 11 at 7:30pm. Jamie is a fearless pianist, composer, and improviser whose boundary-breaking performances draw from jazz, classical, rock, reggae, and avant-garde traditions.

“We are excited to present PianoPalooza again, showcasing extraordinary pianists who embody the richness and diversity of piano music. Piano is the most prominent instrument here at the Conservatory - there is no better way to honor and feature this spectacular instrument.” said Michael Lund Ziegler, Portland

See PianoPalooza, page 14



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Newsmakers, Names & Faces

Bridgton Hospital to host 33rd Annual Golf Tournament



BRIDGTON, ME – Bridgton Hospital is hosting its 33rd Annual Golf Tournament on Wednesday, September 10, 2025, at Bridgton Highlands Country Club.

This long-standing tournament has raised more than \$1.5 million over the years to support the many services and programs offered by Bridgton Hospital.

“We are grateful to the businesses and community members who have come out year after year for Bridgton Hospital’s golf tournament,” said Bridgton Hospital President Stephany Jacques, RN. “The proceeds from this year’s tournament will support critical services for the Emergency



Bridgton Hospital President Stephany Jacques, RN, (second from left) with members of her golf team last year

Department – a lifeline for the communities of the Lakes Region.”

Player registration and sponsorships are available now at www.cmhc.org/bridgton-golf. The \$150 player registration fee includes breakfast, lunch, refreshments throughout the course, player gifts, prizes and more. Sponsorships from \$1,000 to

\$5,000 are packaged to include year-long recognition as a Bridgton Hospital Corporate Sponsor, a team of four players and recognition at the tournament.

To register, sponsor or learn more about the tournament, please contact Central Maine Healthcare’s Office of Philanthropy at (207) 795-2685 or email giving@cmhc.org.

DOL offers unemployment guidance, resources

MAINE – The Maine Department of Labor is re-sharing unemployment insurance guidance and resources for any possible federal employees affected by layoffs.

Topline information includes:

Prepare—Get as much information as you can

Print your paystubs – last one paid before 03/31/2025 and last one paid before 06/30/2025

Print your 2024 W-2 Before filing your claim, read through the unemployment FAQ for federal workers

File Immediately, even without all documents

Call 1-800-593-7660 to file your claim in Maine as soon as you separate from your employer. Documents will be collected for verification once your claim is started.

You must start your

first unemployment insurance claim by phone. After your first claim is done, you can file weekly claims online.

File even if appealing the termination

Don’t panic about a \$0 determination— Federal wages aren’t reported in state systems, so your initial claim may show \$0. As wages are verified your Monetary Determination will be updated.

Request a wage affidavit if delayed— If your agency doesn’t respond within 12 days, you can complete an ES-935 affidavit to speed up your claim.

Once your initial claim is in system, you will find this form in your account under Correspondences.

Check messages regularly—State agencies may request additional information, so frequently check your portal, email, and mail.

Certify and job search weekly— You must certify unemployment and actively search for work each week to continue receiving benefits.

The Maine Department of Labor’s Rapid Response team holds a weekly session via Zoom at 10 a.m. every Wednesday to go over top line information for laid off workers, such as unemployment insurance, health insurance options, training and job search resources.

On Thursdays from 10-11 a.m., there are also weekly virtual office hours on applying to state jobs. Topics include the application process in state government, career paths and opportunities, and tips for improving your job search.

The full guidance and Rapid Response information for affected employees can be found here: www.maine.gov/labor/federal-workers/.

Maine Community Foundation launches two new grant programs

ELLSWORTH & PORTLAND, ME – The Maine Community Foundation (MaineCF) has launched two new grant programs: Land for Communities and the Maine Women’s Fund.

Land for Communities

The Land for Communities (L4C) grant program supports community land projects that increase relationships to land for underserved geographies and populations in Maine. L4C offers support for land acquisition and land-based projects and will accept grant proposals twice per

year. Grant application deadlines are March 16 and Sept. 15.

There will be an informational webinar on Wednesday, July 23, from noon-1 p.m. Visit mainecf.org/l4c for criteria, requirements and to register for the webinar. The webinar recording will be available shortly after.

Maine Women’s Fund

The Maine Women’s Fund (MWF) grant program makes bold investments that transform the lives of women and girls. MWF offers two-year general support

grants. Multi-year grants of \$15,000 will be awarded in 2025 and again in 2027. The grant application deadline is Sept. 15.

There will be an informational webinar on Tuesday, July 22, from noon-1 p.m. Visit mainecf.org/mwf for criteria, requirements and to register for the webinar. The webinar recording will be available shortly after.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.mainecf.org.

Bill to signed into law to prevent student homelessness

AUGUSTA, ME – On July 1, Gov. Janet Mills signed into law LD 384, “An Act to Prevent Student Homelessness,” a bill sponsored by Sen. Joe Rafferty, D-Kennebunk.

“I am grateful for the support of my colleagues and Gov. Mills for helping get this important piece of legislation over the finish line,” said Sen. Rafferty. “Students should only have to worry about things like their grades, sports and making friends — not if they’ll have a roof over their heads at night. This legislation takes steps to ensure more students are safely housed, and that is a measure worth investing

in.”

The law will establish the Student Homelessness Prevention Program within the Department of Education. The purpose of the program is to provide direct financial assistance to students and their families so they may find stable, permanent housing, avoiding vulnerability to homelessness. This is done by providing designated McKinney-Vento liaisons, which each Maine school has, with the ability to provide students facing housing instability emergency financial assistance in an amount of up to \$750 per student.

In the 131st Legis-

lature, Sen. Rafferty led the effort to create a pilot version of the Student Homelessness Prevention Program. The measure became law with overwhelming support, and has been popular and successful in Maine schools.

“It has been so refreshing and such a change to actually have something tangible to be able to offer families when they reach out for help,” wrote one school district in response to the pilot program. “For the longest time, it’s been tough not being able to do a whole lot to help other than making referrals and getting families on waitlists. To be able to actually be able to help in the moment of hardship is so wonderful.”

According to the Maine Affordable Housing Coalition, over 73 percent of evictions in Maine occur as a result of less than \$1,300 in outstanding costs, highlighting the precarious financial situations that many families in our state are facing.

The new law will take effect on September 24, 2025.

Sen. Rafferty represents Senate District 34, which includes Berwick, Cape Porpoise, Kennebunk, Kennebunkport, North Berwick and Wells in York County.

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Seniors Not Acting Their Age Excitement Abounds on the Dead River Throwback Cruise

The Dead River near West Forks always offers a thrilling whitewater adventure. When relatively inexperienced paddlers take on the turbulent river navigating old-style boats, added excitement is guaranteed. That’s precisely what the Dead River Throwback Cruise recently delivered.

A celebration of old-time boats and gear, the Throwback Cruise has become an annual tradition for my outdoor club, the Penobscot Paddle & Chowder Society (PPCS). Since 2017, club member, Kyle Duckworth, has organized the event. He selects the relatively low level dam release of 1800 cubic feet per second for the trip. However, prospective paddlers should not be misled; even at that modest level, the Dead River is a rollicking ride fraught with potential hazards.

As usual, I signed up for the cruise. I’m so old I automatically qualify as a throwback irrespective of my boat. As it happens, I regularly paddle a Dagger RPM kayak. First manufactured in 1996, the RPM is more than 25 years old so it meets the throwback criteria – according to me. My RPM has so many scratches, dings and dents, it looks much older.

This year’s Throwback Cruise was scheduled for late June. After a

seemingly endless stretch of rainy weather, we were finally the beneficiaries of a warm sunny day with light winds. However, blackflies were out in full force. Fortunately, the nasty intruders weren’t much of a problem once we were on the water.

A large group of PPCS Chowderheads met at the public takeout on Dead River Road in West Forks. Swarms of blackflies feasted on us as we loaded over thirty boats onto two trailers provided by Ironbound Outdoors shuttle service. A vast array of whitewater vessels were used by our group that included solo canoes, tandem canoes, solo kayaks and inflatables. Once loaded, we climbed into two vans that transported the entire entourage 16 miles to the put-in where Spencer Stream joins the Dead River.

The put-in is always a chaotic scene. Paddlers organize boats, assemble gear, inflate their air bags, dress for whitewater, perform a variety of other tasks and launch their boats. Kyle announced that everyone should run the first rapid, Spencer Falls, and meet at the beach on the left immediately below for a safety talk.

Sixteen miles of almost continuous whitewater ensued. A tandem canoe

team flipped and swam in big waves at the bottom of Spencer Falls. Club members quickly rescued the two paddlers and their boat, a scene that would be repeated several times during the day.

Once everyone was assembled at the beach, Kyle reviewed safety instructions and separated us into two groups so it was easier to account for paddlers. My group consisted of 15 boats. Since I was kayaking, my responsibility was to lead less experienced kayakers through the more difficult rapids. Another kayaker, Gary Cole, performed sweep duties.

Our group easily negotiated the first few rapids and then completed a problem-free descent of lengthy more difficult Minefield. Shortly after, we stopped for lunch at Hayden’s Landing.

Following a long delay, the second group arrived and reported two time-consuming rescues had occurred including a second mishap for the unfortunate tandem canoe team. A mile downriver, they aborted their trip and took off at the only alternative takeout called Gravel Pit.

After some easy whitewater below Gravel Pit, the difficulty of the rapids increased. Most of our crew successfully



Paddlers assemble at the Dead River put-in



A kayaker navigates through Lower Poplar Falls



Senior Jean Miller paddles through big waves on Spencer Falls

navigated through twisting Elephant Rock Rapid, but a kayaker accidentally paddled into a hydraulic and swam. Shortly after, another tandem canoe team capsized and had a long swim. In both cases, determined Chowderheads reunited boats and boaters.

Everyone flawlessly maneuvered through Mile Long, the longest rapid on the river. One more major obstacle remained, Lower Poplar Falls.

Arguably Class IV at any level, Lower Poplar is a challenge for most boaters. Predictably, a few of the less experienced pad-

dlers had difficulties, but club members were always there to help. At the bottom, everyone relaxed and enjoyed the remaining two miles of quick water.

While mishaps are an inherent part of the whitewater sport, paddlers know that mistakes are instructive and result in improved skills. And, there is no better environment to experience whitewater problems than with fellow Chowderheads watching over you.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting descents on the

best whitewater rivers and streams 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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

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Deadline is
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USDA recognizes top Maine lenders

BANGOR, ME –

USDA Rural Development has announced the 2025 Lenders of the Year to recognize the work of its top lending partners supporting rural homeownership. These lenders helped rural families and individuals buy homes across the nation, including in Maine last year through USDA Rural Development’s Single Family Housing Guaranteed Loan Program.

Awards are based on the quality of loan underwriting, loan origination volume, the volume of loans purchased in the secondary markets, the most number of new construction loans made, the most

manufactured home loans made, and other program activity benchmarks.

“Homeownership is more than just a milestone—it’s an anchor for strong, resilient communities and a driving force behind rural economic growth. Our lending partners play an essential role in that success, and we’re proud to recognize them today. I want to especially commend Bangor Savings Bank for earning both state and national honors this year. Their commitment to Maine’s rural residents sets a high bar and helps build a stronger future for our state,” said Director Butera.

The Top Five Lenders in Maine were:

1st - Bangor Savings Bank

2nd - CMG Mortgage, Inc

3rd - Fairway Independent Mortgage Corp.

4th - Machias Savings Bank

5th - Guild Mortgage Company, LLC

USDA Rural Development’s national office also presented awards to the following lenders:

USDA 2025 Top Local Lender Champion Award

1st - HR Mortgage Corp, based in Puerto Rico

2nd - Gum Tree Mortgage, based in Mississippi

3rd - Jersey Shore State Bank, based in Pennsylvania

4th - Metroplex Mortgage Svcs, based in Florida

5th - Bangor Savings Bank, based in Maine

A full list of national awardees is available at: www.rd.usda.gov/newsroom/news-release/usda-holds-national-lenders-year-award-ceremony.

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Bestselling author headlines event to benefit Camp Susan Curtis

BROWNFIELD, ME – Bestselling Author of The Wild Robot series, Peter Brown, will take the stage at Stone Mountain Arts Center in Brownfield, ME on August 8th to discuss his wildly successful children’s novel, The Wild Robot. The Wild Robot, recently released as a major motion picture, is a #1 New York Times bestseller and a much beloved series of children’s novels.





The series explores love, belonging, and the intersection of technology and nature through the unforgettable story of a robot named Roz. Peter Brown will be joined on stage by award-winning Maine novelist Shannon Bowring.

The annual Evening with Maine Authors event supports Camp Susan Curtis, the only camp in Maine that provides a free, 10-day camp experience exclusively for Maine children from low-income households – an experience that this population of children often can’t access due to limited financial resources.



CAMP SUSAN CURTIS
Where Maine Children Grow


Ninth Annual
An Evening with Maine Authors
to benefit Camp Susan Curtis
Cocktail Hour, Dinner, Author Readings & Book Signing






Peter Brown **Shannon Bowring**

Friday, August 8, 2025
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This year’s event begins at 5:00 PM with a cocktail hour in the Queen Post Barn followed by a sumptuous buffet dinner in the Maine Hall. After dinner Brown and Bowring will read from their works and be available to sign

books. The evening also includes a former camper who will relate how they have benefited from the camp.

Tickets are limited and can be purchased online at <https://maineauthors9.eventbrite.com>.

AmeriCorps volunteer joins Sebago Fuller Housing

WINDHAM, ME – Jennifer Leslie, an AmeriCorps VISTA member from Ohio who is a retired engineer and the mother of five grown children, has joined the Sebago Lakes Region Fuller Center for Housing—which serves Windham, Raymond, and Standish—as a volunteer. Ms. Leslie, who previously served as a VISTA volunteer with Ending Hunger Corps addressing food insecurity at Eastern Maine Community College, is hosted by GoodWill VISTA Partnerships and will also perform volunteer service for Age Friendly Windham, which helps local aging adults “age in place” by launching a pilot

program to conduct audits for home safety and energy efficiency. Goodwill VISTA Partnership members contribute to the capacity-building and organizational development goals of local agencies, schools, and nonprofits to make sustainable change in areas that effect poverty.

In her role as an AmeriCorps VISTA member for Sebago Lakes Region Fuller Center for Housing, Ms. Leslie will contribute in a variety of ways to the nonprofit’s overall mission, which is to assist aging adults, veterans, and people with disabilities with home repairs so they can live in safe, secure homes.

“For over a year, we searched for an Americorps VISTA volunteer to join our efforts in serving others at Sebago Fuller Housing,” said Diane Dunton Bruni, Board Chair, President, and Founding Member of the organization. “Our prayers are answered! In her motivational statement on her application, Jennifer stated: “I am driven by a profound motivation to give back through service. This decision is a culmination of personal experience, values, and a deep-seated desire to make a meaningful difference in the lives of others. Everyone serves. In this way, we give away part of what God has blessed us with.”

Your 2025 care goals mid-year check-up: Things to consider

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

If your 2025 New Year’s resolution was to improve your health and well-being, and you have not made as much progress as you had hoped, it is not too late to refocus your efforts.

Review your list of health goals

Maybe your plan was to eat better, be more active, be more social, or just feel better and more energized. So, make a list, be specific and establish a timeline. And bring this with you when you go for your annual wellness visit or your next care provider visit.

Plan your care visits

Make a list of the care appointments you will need this year – but have not yet scheduled. This includes your annual wellness visit, screenings, dental and vision appointments, and vaccinations. Then start making those appointments. Care providers may be able to schedule appointments months in advance, which may offer you more scheduling options.

Prepare for your appointments

Jot down notes on how you’re currently feeling, any concerns you have, and your health care goals.

By doing this, you can help ensure that you remember important information to share with your doctor, which can help make the most of your time together.

Catalog your “medicine cabinet”

Prepare a list of all medications you are taking. Also, don’t forget to include all vitamins and supplements. Share this with your primary care provider at your annual wellness visit or your next care provider visit. NOTE: Take care in disposing of expired or unneeded items. Go to the U.S. Food and Drug Administration site for some tips.

Review your benefits

In addition to covering wellness visits, tests, medicines and other medical care, see what other benefits may be included in your health insurance plan that may help you meet your health goals, including gym benefits and mental health support, and financial support for food and other necessities.

Want more health information

Ask your care provider for information, specifically around topics that were discussed during your visit. Go to your health insurer’s website for educational and benefits information. UnitedHealthcare members may go to www.unitedhealthcare.com. Search the Web for health

and care information from “trusted sites,” which may include academic medical institutions, health departments, and health-related non-profit institutions.

Check in with yourself quarterly

Take out your “health goals” list and your care provider’s health recommendations. Have you made progress toward these health goals? Perhaps you wanted to address dental or vision problems, lose weight, exercise more or focus on your mental health. If you have made progress, keep going. If not, it is not too late to start toward reaching your health goals. Go to UnitedHealthcare’s “There’s no time like now to schedule an annual wellness visit” for more information.

Research suggests that small, sustainable changes may lead to continued improvements in health. No matter where you are in meeting your 2025 health goals, every day offers a new opportunity to refocus on your health and wellness.

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

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Arts & Entertainment

Capital expenditure grants now available to Gorham businesses

GORHAM, ME – The Town of Gorham is excited to announce the 2025 Capital Expenditure (“CapEx”) matching grant program to support Gorham businesses and farms seeking to expand and grow through a one-time purchase of a capital item, service or site expansion project. These single, one-time procurements will help grantees accelerate plans for growth, and create opportunities for expansion, innovation and job creation in Gorham.

The match grant program provides up to 50%

reimbursement of a total project with a maximum award of \$12,000 awarded to a single business. The program will award grants to businesses in three distinct sectors using a competitive grant application process: Agriculture, Agribusiness and Agritourism; Manufacturing and Skilled Trades; Retail & Food Services. Detailed information (including eligibility criteria) and the Application Form can be found at Local Grant Programs - Gorham Economic Development

at the Town of Gorham’s website. The application deadline is July 31, 2025 at 5pm. Applications will be accepted either by email (preferred) or in-person to the Department of Community Development at the Gorham Municipal Center (75 South Street). For assistance with any questions or to discuss ideas for grant funding, please contact Economic Development Director Kevin Jensen and/or Economic Development Specialist Nina Yeliseyev at 207-222-1620.

Rolling Stones outdoor tribute concert at Cranmore

Conway, NH – The Arts Jubilee Summer Concert Series presents Satisfaction: The International Rolling Stones Tribute Show on Thursday, July 24th at Cranmore Mountain Resort. The Blugrit Blues Band will be the featured local opening act at 6 pm, followed by Satisfaction at 7 pm.

Satisfaction is a premier tribute show to the world’s greatest rock and roll band, the Rolling Stones. This Billboard highly-rated show is entering its 25th year in production with over 4,000 performances listed to their credit. Performing up to 150 shows a year, this highly acclaimed production showcases the most authentic cast and costuming of its kind. The likes of Mick Jagger, Keith Richards, and cast bring a colorful performance to over 50 years of classic hits. They have been featured in Rolling Stone Magazine, Showbiz Magazine, Las Vegas Today, CBS Sunday Morning News, and hundreds of national newspapers, magazines, television & radio as the world’s greatest show honoring the Rolling Stones and their legacy.

Admission is \$20 for adults, \$15 for seniors, \$5 for students, and free for



kids 12 and under. You can pre-order tickets online at www.artsjubilee.org or pay at the gate on the night of the show starting at 5:30 pm. Please note that online sales close at 12 pm on the day of each show, but tickets will always be available at the front gate.

Arts Jubilee concerts are ‘rain or shine’ with the exception of rare circumstances, so concertgoers are advised to come prepared as they would to any outdoor event. Parking is free, food and beverages are available for purchase on site, and there will be a raffle for a variety of prizes at every concert. Seating is not provided at the venue, so concertgoers are encouraged to bring a lawn chair or blanket. Animals are not allowed on the

property except for leashed service dogs. There is an elevator located next to the front gate for handicap accessibility.

Special thanks to Cranmore Mountain (Host Sponsor), White Mountain Oil & Propane (Season Sponsor), The Fairfield Inn by Marriott (Lodging Sponsor), the Conway Daily Sun and Conway Broadcasting radio stations (Media Sponsors), and all of our valued sponsors. For more information please visit www.artsjubilee.org.

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

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NSB contributes \$1.5K to Boys & Girls Clubs of Southern Maine

SOUTH PORTLAND, ME – For more than a century, Boys & Girls Clubs of Southern Maine has provided youth development programs in a safe place to learn, have fun, and develop skills and interests that can last a lifetime. The organization’s mission is to inspire and enable all young people to realize their full potential as responsible, productive, and caring citizens. That impact is accomplished through summer camps, academic programs, literacy clubs, college and workforce readiness programs, and programs that promote interests in the arts, leadership, and more.

“Boys & Girls Clubs of Southern Maine prioritizes academic success with after school and summer programs for students of all ages, helping participants stay on track to graduate and formulate a plan for their future,” said Dan Walsh, President and CEO of Norway Savings Bank. “It’s incredible to see how students embrace curiosity and acquire a lifelong love of learning



along the way.” In addition, participants learn about healthy lifestyles, wellness, and the importance of physical fitness through education and access to healthy snacks and meals, 90,000 of which were served to Maine youth last year. The difference being made at clubhouses in Auburn, Lewiston, Portland, and South Portland has inspired longtime support from NSB, including a recent \$1,500 donation. “We are so grateful to Norway Savings Bank for their generous gift”, said Jen Pierce, Director of Operations at Boys & Girls Clubs of Southern Maine. “This donation will directly support our youth development programs—helping us provide activities to support health and wellness, mentorship, and essential academics to the members in our community. We truly appreciate the bank’s commitment to investing in the futures of our youth.” “We’re thankful for the work of Boys & Girls Clubs of Southern Maine,” said Walsh. “It inspires and guides young people to fulfillment and success. What could be better?” There are many ways to help Boys & Girls Clubs of Southern Maine. To discover how you can lend a helping hand or to learn more about the organization, visit www.bgcmaine.org.

Law to prevent financial exploitation of older Mainers

AUGUSTA, ME – On Monday, June 9, Gov. Janet Mills signed into law a bill sponsored by Sen. Anne Carney, D-Cape Elizabeth, that will enable financial institutions and credit unions to better protect certain customers, including those 65 years of age or older, from financial exploitation. LD 1445, “An Act to Prevent Financial Exploitation of Vulnerable Adults,” allows banks and credit unions to delay certain transactions that are suspected to be fraudulent, allowing time to get in touch with trusted contacts and law enforcement.

“Too many older Mainers are targeted for financial exploitation because of their likelihood to have retirement savings,” said Sen. Carney. “This law protects Maine people from predatory practices by creating a process that can bring exploitation to the attention of account holders, the people they trust and law enforcement. I applaud the creation of a stronger tool for banks and credit unions to help prevent older Mainers from losing their life savings to a scammer.” LD 1445 defines financial exploitation in statute. It also allows the “stop and hold” process

already in Maine law for broker-dealers and investment advisers to be used by banks and credit unions for customers who are 65 years or older or protected under the Adult Protective Services Act. The legislation enables a bank or credit union to delay a disbursement from an account if financial exploitation is suspected, with proper notification to account holders and the Office of the Attorney General. In addition, LD 1445 allows financial institutions to create a process for account holders to designate someone as a “trusted contact” for the bank or credit union to contact, along with the account owner, when a concern about fraud arises. Finally, the bill allows financial institutions and credit unions to provide confidential access or copies of records related to suspected financial exploitation to law enforcement agencies. This bill received support from banks, credit unions and older Mainers. In his testimony in favor of LD 1445 at its public hearing in April, Josh Steirman, Director of Government Relations for the Maine Bankers Association, said, “Fraud of all types is unfortunately increasing — especially schemes targeting older Mainers. ... The bill includes several elements we view as essential: the financial institution must establish clear policy and procedures, reasonable documentation of suspected abuse must be present, and use of these mechanisms by any financial institution is encouraged but not mandated. We believe this program can prevent financial exploitation.”

In her testimony in support of LD 1445 at the public hearing, AARP Maine Fraud Watch Program volunteer Pam Partridge of North Anson said, “I have personally heard bank employees say they have concerns about the increasing financial exploitation of their customers and that they are trained to know the signs of potential fraud and what to do as a response. Buying some time to report, investigate, and restore clarity to what is really going on during a scam is a very valuable prevention strategy. ... As they say, an ounce of prevention is worth a pound of cure.” LD 1445 will go into effect 90 days after the First Special Session of the 132nd Legislature adjourns sine die.

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

The logo for Solar Systems of Maine features a cartoon moose with large antlers, wearing a green baseball cap and a green polo shirt with the company name on it. The moose is giving a thumbs up. Below the moose is a large, stylized logo that reads 'SOLAR SYSTEMS OF MAINE' in bold, block letters.

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RESTAURANT GUIDE





Mel's Hilltop Restaurant

Poland Spring Resort: A living legacy of hospitality, history, and heart

An interview with Cyndi Robbins by Millie Barnard

Set atop the rolling hills of Poland, Maine, Poland Spring Resort is more than just a retreat—it's a living landmark, deeply woven into the fabric of Maine's heritage. With its sweeping views, historic buildings, and multi-generational charm, the resort blends timeless hospitality with stories that span centuries.

A Journey Through Time:

What began as a humble stagecoach stop in



Cyndi Robbins, owner of Poland Spring Resort



A monument of Togo



Guests enjoying their food at Mel's Hilltop Restaurant

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the late 1700s became the birthplace of Poland Spring Water. By the mid-1800s, visitors flocked to the area to "take the waters," and the iconic Poland Spring House welcomed guests for generations.

Today, the heart and soul behind the resort is Cyndi Robbins, who first started working at Poland Spring at age 16. She met her future husband, Mel Robbins, a year later. Together, they slowly took over portions of the property, finally taking over the entirety in 1982, and began

an ongoing journey of restoration, development, and community connection.

Where History Lives On:

The resort is home to three remarkable historical treasures:

-The Maine State Building, constructed for the 1893 Chicago World's Fair, was brought back to Maine by the Ricker family and reassembled on site. Once a library and art gallery, it now houses a museum celebrating the history of Poland Spring, the World's Fair, and the bottling company.

-The All Souls Chapel, built in 1912, is non-denominational and still hosts weddings, services, and memorials.

-Poland Spring Bottling Museum & Spring House, displays a timeline of the company, pictures, artifacts as well as a hands-on children's area upstairs where kids can learn about the water cycle and Maine's natural resources through interactive displays.

Togo, the True Hero of the North:

One of the most surprising stories is that of Togo, the famed sled dog who helped save the town of Nome, Alaska in 1925. Togo retired to Poland Spring, and today a beautiful storybook trail honors his legacy. "It's a favorite with kids," says Robbins. "We see them run along the trail reading the story panels. It's a great mix of education and fun."

Activities for All Ages:

Poland Spring Resort offers more than just stunning views. The list of attractions includes:

-An 18-hole golf course, with leagues, tournaments, and beginner clinics for kids and adults

-Disc golf, mini golf, pickleball courts and tennis courts

-An outdoor swimming pool, shuffleboard, bocce, and catch-and-release fishing pond

-Public hiking trails—10 kilometers of paths, great for snowshoeing and cross country skiing.

-Fenn Park featuring
See Resort, page 10

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The Village Inn: Resilience, recipes, and a deep-rooted Auburn tradition



Owner Belinda Vallee, who runs the restaurant with her husband Michael Vallee and their son Mitchell Vallee

An interview with Owner Belinda Vallee by Millie Barnard

Tucked into the heart of Auburn, Maine, The Village Inn has been a comforting presence in the community for decades—welcoming generations of families through its doors with warmth, consistency, and a menu that locals swear by. With its old-school charm and no-frills approach to great food, the family-owned restaurant is more than just a dining destination—it’s a piece of Auburn’s soul.

“We’ve got customers who’ve been coming in for over 40 years,” said Belinda Vallee (Vallee), part of the family that has helped run The Village Inn through multiple generations. “We know their orders, we know their families—it’s not just a restaurant, it’s personal.” Vallee runs the restaurant alongside her husband Michael R. Vallee and their son Mitchell Vallee.

While The Village Inn is known statewide for its award-winning seafood and chowder, that’s just scratching the surface of what’s made it a local favorite for so long. “Our prime rib is one of our most popular dishes—we’ve got people who come in just for that, sometimes two or three times a week,” Vallee said. “And don’t forget our chicken parmesan—that one has its own fan club.”

Part of what makes the restaurant so unique is the sense of ritual and tradition baked into its operations. For over 40 years, The Village Inn has hosted special holiday meals on Easter, Mother’s Day, and Thanksgiving—a tradition that many families in the area look forward to year after year. “It’s something we’ve done forever,” Vallee shared. “People build their holidays around it. It’s not uncommon to see three or four generations at a table.”

That same respect for family and tradition even shows up in the little things—like how they still honor old coupons, no matter how many years have passed. “We had a customer bring in one the other day from who knows when,” Vallee said, laughing. “But that’s who we are. If your grandmother saved it, we’ll take it. It’s all part of the experience—part of feeling like you’re home.”

The restaurant’s story isn’t just one of long-standing comfort food—it’s also one of resilience. A fire forced The Village Inn to shut its doors for nearly two years, threatening to end its legacy. But the family and team behind the restaurant wouldn’t let that happen. “That was the hardest time,” Vallee admitted. “But we weren’t going to give up. The community was behind us every step of the way.”



RESTAURANT GUIDE



eat local drink local

vice, and genuine relationships with customers.

“We’re not fancy,” Vallee said with a smile. “We just care about doing things right.”

In a world where restaurants come and go, The Village Inn is a reminder that consistency, heart, and tradition still matter. Whether you’re craving a comforting plate

See Village Inn, page 10



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RESTAURANT GUIDE

eat local drink local

Resort
Continued from page 8
Gifford’s Ice Cream with over 20 popular flavors

The golf program in particular shines, with youth summer camps and private lessons for all ages.

Mel’s Hilltop Restaurant & Main Inn Dining:

Visitors can grab a bite at Mel’s Hilltop Restaurant, where delicious meals are served in a relaxed setting. Outdoor seating was added during the pandemic and remains a popular spot. The Maine Inn also offers breakfast and is available for weddings and group events.

Events That Build Community:

Poland Spring Resort is a community pillar, hosting events throughout the year, such as a Spring Fling for Poland Fire & Rescue, Fourth of July Fireworks Fundraiser; Poland Spring Heritage Day each September, a free family event with crafters, live music, a car show, blacksmith demonstrations, and horse-drawn rides; Golf tournaments benefiting local causes, such as University of Southern Maine, Community Concepts, and the Poland Spring Museum. There are also weekly concerts on Monday evenings in the summer. A full calendar of events can be found on their website: Polandspringresort.com/.

A Home Away From Home:

What makes Poland Spring truly special is the people. “I’ve got guests who’ve been coming here every summer for 40 years,” Robbins says. “They’re part of the family

now.” The resort currently employs 148 people, many of whom return every season—and some have been with the Robbins family for over four decades. Robbins explains, “The whole staff is like one big family too. Each department has their manager, but they all know they can talk to me.”

Her own story is just as meaningful. Born in Chicago and raised across the country, Robbins moved to Maine as a teen and got her first job at Poland Spring in 1971. When her husband Mel passed away, her connection to the land and community

only deepened. When asked, her favorite place at the resort, Robbins smiles. “The porch of The Maine Inn at sunset—it’s unbeatable.” A Vision for the Future:

Each year, the resort team tackles a new renovation. This year, they’re working on the miniature golf course, adding nine more holes with an animal theme to go along with the current nine-hole course that showcases some history for the town of Poland.

Plans are underway to possibly extend some of the resort’s operations through the winter as well.

Plan Your Visit: With history to explore, nature to enjoy, and welcoming arms to greet you, Poland Spring Resort invites you to relax, reconnect, and become part of its enduring story.

Learn more at: www.polandspringmuseum.org and polandspringresort.com/.



Breakfast Buffet at The Maine Inn at Poland Spring Resort



The gazebo where outdoor events are held, including weekly concerts on Monday nights in the summer



The Maine Inn

Village Inn
Continued from page 9
of seafood chowder, a perfectly cooked cut of prime rib, or simply a place that feels like home, The Village Inn is ready to welcome you in.



Cindi Mcinnis, long time employee of The Village Inn, and her daughter Taylor Mcinnis who now works at the restaurant as well



Mural that shows the story of The Village Inn over the years



Private dining area available for events



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Coppal House Farm’s Sunflower Festival returns

LEE, NH – Get ready to immerse yourself in a sea of golden blooms as Coppal House Farm proudly presents its annual Sunflower Festival, taking place Saturday, July 26 through Sunday, August 3, 2025. This highly anticipated summer celebration invites visitors of all ages to experience the beauty and joy of walking through five acres of vibrant sunflowers as they bloom throughout the week.

Weekends of the festival features local food vendors, a craft fair with over 40 artisans, and family-friendly activities—including animal viewing and children’s activities. Guests can enjoy live performances from local musicians throughout the weekend and sip local wine in the open-air wine garden, hosted by Flag Hill Distillery & Winery.

Special ticketed events include: Booze & Blooms – A 21+ evening event on Friday, July 25, featuring early access to the sunflowers, live music by Black Sheep, and a glass of Flag Hill wine in a commemorative glass.

Sunrise in the Sunflowers – An early morning photography and mindfulness experience on Sunday, July 27, offering exclusive access to the fields during the golden hour.

Yoga in the Sunflowers – Flow among the flowers with a peaceful, guided practice surrounded by natural beauty with Align Yoga on Sunday, July 27th or Tuesday, July 29th.

Limited Mobility Day – This pre-ticketed event on Monday, July 28th is designed for those guests who require easier access to view the sunflowers. Make sure to check out their website for more information.

Evening Horse-Drawn Rides (pre-ticketed) – On the evening of Thursday, July 31st enjoy a scenic horse-drawn wagon ride around the sunflowers during the golden



evening glow. Sip n’ Snip (pre-ticketed) - This new event is perfect for a lady’s night out. Enjoy a cocktail while building your own beautiful bouquet with the guidance of a local flower farmer. Tickets: Buy early and save! Discounted tickets are available online until midnight the night before your chosen date. Regular admission is available on a day online or at the farm. “We look forward to this event all year,” says Carol Hutton, owner of Coppal House Farm. “It’s a chance to share the natural beauty of our farm with the community and to support several local non-profits through festival proceeds.” Come wander the

fields, make lasting memories, and celebrate summer at its most radiant. Whether you’re a flower enthusiast, local adventurer, or just looking for a unique day trip, the Sunflower Festival is the perfect place to soak up the joy of summer. Come wander, wonder, and smile with us! Learn more & plan your visit: www.nhsunflower.com About Coppal House Farm: Coppal House Farm is a family-owned and operated working farm in Lee, New Hampshire, offering sustainable agriculture, seasonal events, and a deep commitment to community. The Sunflower Festival is one of the farm’s signature events, drawing thousands of visitors each summer.

SMNHB, PCM together in harmony

PORTLAND, ME – The Southern Maine New Horizons Band (SMNHB) and the Portland Conservatory of Music (PCM) are proud to announce their new partnership. Effective immediately, SMNHB will become an official program of PCM, bringing together two mission-driven organizations dedicated to making music education welcoming and accessible to all.

Led by conductor Michael Lund Ziegler, the SMNHB will continue weekly rehearsals and community performances—now with the added support and resources of PCM’s faculty, ensembles, and music education programs. Rehearsals will resume in September and new members are encouraged to join—no audition necessary because in the New Horizons Band “your best is good enough!”

“As the conductor of the Southern Maine New Horizons Band, I’m thrilled the band is joining the Conservatory,” said Lund Ziegler. “I hope our band members will be able to engage in all the Conservatory has to offer! As the Director of the Conservatory, I am equally thrilled to be able to count the band as one of our offerings. I can’t think of a program that better embodies our ideal that Everyone is a Musician. It has been such a joy to be a part of the ongoing jour-

ney for the members of the band. To witness their dedication, courage, and tenacity on a weekly basis is a privilege. I look forward to continuing that quest, now under the banner of PCM.”

The Southern Maine New Horizons Band is part of a global movement that offers music-making opportunities for adults, especially those who are picking up an instrument for the first time or returning to music after many years. This merger helps ensure the sustainability and continued growth of the program while opening new musical pathways for its members.

“It’s good because we have access to so many more players who might join us,” said Cathy Stieg, saxophonist and SMNHB Band Council member. “Not only are we growing, but we also have access to other things like chamber music. We can come in and take private lessons or join an ensemble. It’s been

great.” “I’m excited for the band to have the opportunity to be at PCM and to see what other opportunities are out there for us,” added Paula Viarello, fellow saxophonist and Band Council member. “Lessons, fall groups—just some of the ideas that have been tossed around.”

This partnership strengthens the mission of both organizations: to build community through music, to support lifelong learning, and to offer inclusive, high-quality music education to all.

For more information about joining the band or other offerings at PCM, visit www.southernmainenewhorizonsband.org or www.pcm.org.

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

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Celebrate Maine’s wild blueberry heritage August 2-3

MAINE — When summer hits its peak in Maine, the wild blueberry barrens come alive—lush, buzzing with activity, and brimming with berries. This is more than a harvest; it’s a celebration of land, heritage, and the communities that make Maine, Maine. And the best way to experience it all? Wild Blueberry Weekend, returning August 2–3, 2025 for its fifth year of bountiful, berryful fun.

Created by the Wild Blueberry Commission of Maine, this statewide event brings residents and visitors directly onto working wild blueberry farms throughout Maine—many of them family-run for generations—to connect with the people and places behind Maine’s official state berry. It’s a chance to step into the rhythm of the season, meet the growers, and experience the true taste of Maine at peak freshness.

“Wild Blueberry Weekend is about celebrating what makes Maine special,” says Eric Venturini, Executive Director of the Wild Blueberry Commission of Maine. “It’s a joyful, hands-on way for folks to support local farms, explore the beauty of our unique, rugged landscape, and taste the wild difference for themselves.”

Rooted in Tradition, Growing Toward the Future

The wild blueberry is more than just a delicious summer treat. Its story spans thousands of years, beginning with the Wabanaki Nations who were the first to care for the barrens and developed the traditional land management practices still in use today. That heritage lives on in today’s growers, who combine time-honored practices with modern stewardship to sustain this remarkable crop—and the working landscapes that define Maine.

“Stewarding wild blueberry barrens is more than a job — it’s a deep-rooted Maine tradition,” says Ashley Field of Fields Fields Blueberries in Dresden. “We’re proud to carry forward this legacy, nurturing and sharing a truly wild superfood that has nourished people for generations. Wild Blueberry Weekend is a chance for farmers to open our fields, share our stories, and celebrate the magic of this powerful little berry.”

By visiting during Wild Blueberry Weekend, guests support these growers directly, strengthening

Maine’s local food system and celebrating a uniquely wild harvest that can’t be found anywhere else.

A Weekend of Connection, Flavor, and Fun

In 2023 and 2024 more than 10,000 people joined in the festivities, and this year’s event is bigger than ever. Dozens of farms across the state will open their gates, offering scenic tours, raking demonstrations, pints of freshly picked berries, handmade goods, and the chance to meet the faces behind the food. Attendees will find themselves sitting next to friends and neighbors at pancake breakfasts, enjoying sips of the season with visitors, taking in cooking demonstrations from some of Maine’s most celebrated chefs, and enjoying family friendly, hands-on opportunities to explore the barrens and dive into the fruitful history of Maine.

And the celebration doesn’t stop at the farm gate—restaurants, breweries, distilleries, and shops all across Maine will serve up limited-time wild blueberry creations that highlight the fruit’s bold flavor and nutritional punch.

Plan your adventure: www.wildblueberryweekend.com.

Tips to help Maine residents navigate health care

By Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of New England

In the past, an imperfect and often complicated health care system, along with rising costs, impacted consumers’ ability to easily access care.

In fact, nearly 11% of adults nationally and nearly 9% in Maine avoided care due to the expense in the previous year, according to the America’s Health Rankings 2024 Annual Report.

As technology continues to reshape many aspects of our lives, employers and health plans are increasingly offering new digital tools, benefits, and programs that aim to make the health care experience simpler, more affordable, and better.

Here are three tips to more easily connect with quality care and potentially save more money.

Take advantage of digital tools that help you compare care options: Many people like to research products before making a purchase, and the same is often true when it comes to health care. In fact, a recent study found that nearly half of people research doctors before scheduling an appointment.¹

Comparing care options ahead of time and making more informed decisions may result in better access to care and lower costs. Some employers and health plans now offer innovative solutions that aim to do just that. Talk to your employer and health plan about what’s available to you.

Understand what wellness programs are available. About 80% of U.S. businesses with more than 50 employees now offer wellness programs, according to a recent survey, but many people don’t fully take advantage of all that’s available to support their health and well-being.²

Some employer wellness programs can help people stay focused on their health goals, manage chronic conditions like type 2 diabetes and obesity, and even save more money, in part by utilizing technology.

You may be eligible for incentive-based wellness programs available through some employers designed to reward healthier choices. With these programs, eligible members can earn rewards for completing tasks like taking a health survey, getting an annual checkup, walking a certain number of steps, tracking hours slept and more.

You may be able to earn rewards through your health plan for activities like your annual wellness visit, getting certain preventive screenings. Talk to your health plan and employer to understand what’s available.

Make your mental health a priority. Taking care of your mental health is important to your overall well-being as your emotional frame of mind may impact your physical health. If you’re struggling, treatment may help you feel better and live a healthier life.

Mental health challenges continue to grow and can have a significant impact on working age adults and many others. To focus on just one condition, 40 million American adults suffer from anxiety disorders that can impact quality of life and well-being,³ and anxiety is now the No. 1 mental health issue among American workers.⁴

To address these challenges, many employers offer accessible and flexible mental health offerings — such as therapy apps and virtual counseling, which can provide convenient, confidential support.⁵

Some health plans also offer behavioral health care programs to help with substance use, stress, anxiety, depression and more. Some health insurers also have specially trained advocates available to help members find the right type of behavioral health care or resources.

Make virtual care a starting point. Virtual care, also called telehealth, has expanded from helping people who are already sick to detecting and preventing illnesses and more effectively managing chronic conditions.

Many people enjoy the flexibility offered by virtual care, and some plans are now built around it. Virtual care offers 24/7 access to urgent care, in addition to access to medical and behavioral health and other care via a smartphone, tablet or computer — and transitions to in-person support, when necessary.

Other options may include virtual primary care for regular health visits or virtual therapy for care from a behavioral health professional.

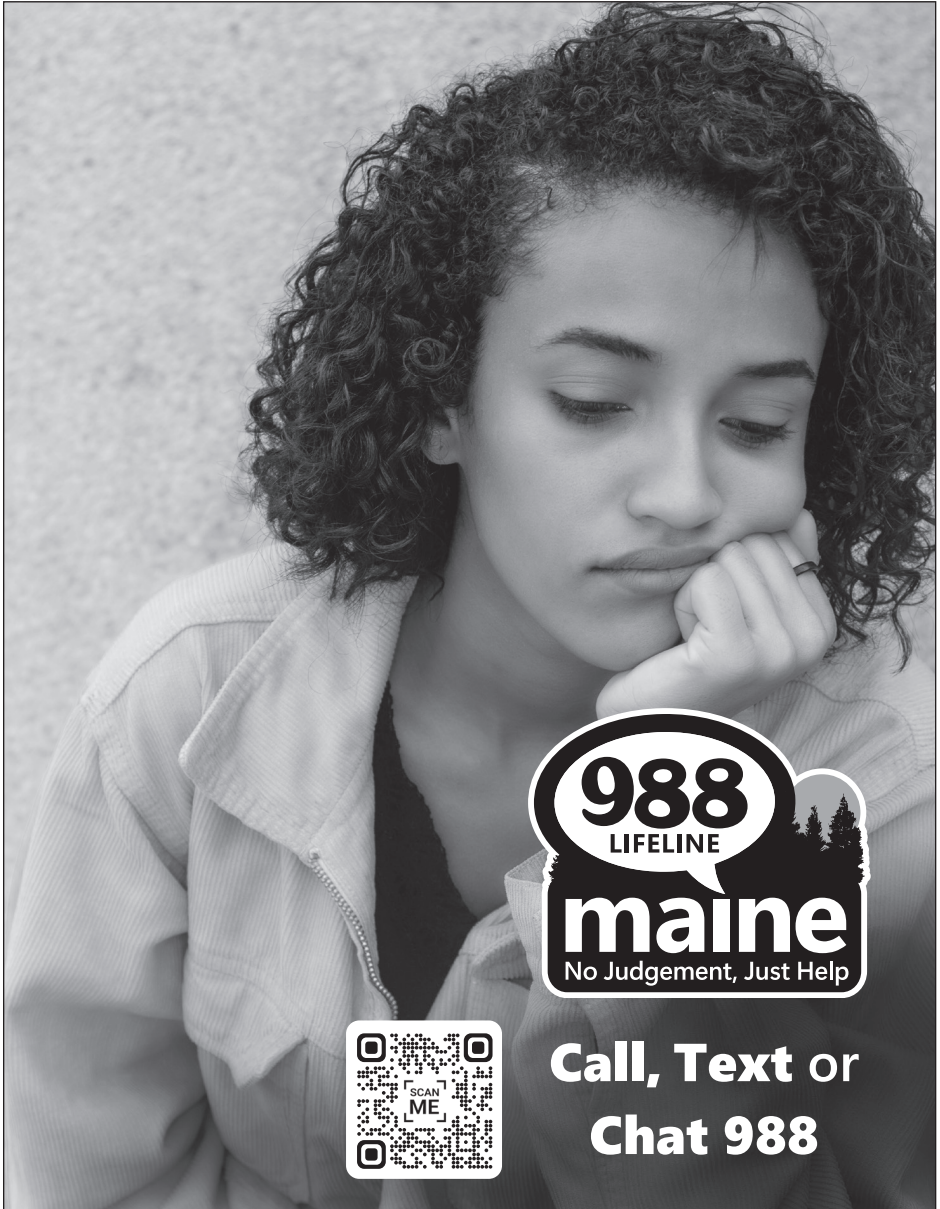
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2 Electro IQ, 2025, Employee Wellness Statistics By Program Availability, Type, Frequency, Country, Category And Investment

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4 Forbes, 2024, Anxiety Skyrockets To No. 1 Issue Among American Workers, New Study Shows

5 American Psychological Association, 2023 Work in America™ Survey.




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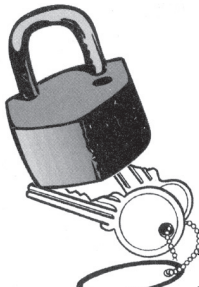
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July 25, 26, 27
AUBURN – Grand Opening of Books-A-Million bookstore to 730 Center Street, formerly the location of The Sports Authority. Ribbon Cutting Ceremony at 11 am on Friday, July 25th. Local Author Signings including Patsy Baldus, Matt Cost and Peggy Deblois on Saturday, July 26th and Diane Madden, Cody Mower and Anthony Blasi on Sunday, July 27th.

July 25
WATERVILLE – Waterville Rocks, a free, outdoor summer concert series held annually at Head of Falls Park in Waterville, ME returns on Fridays, July 25, August 1, and August 8, with End of the Line, Atlanta Rhythm Section, and Mallett Brothers Band, respectively.

July 26
BUXTON – Try our delicious Haddock Supper Buffet - Saturday, July 26, 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.

July 26
AUBURN – There will be a baked bean supper at Sixth Street Congregational Church at 109 Sixth Street in Auburn, on Saturday, July 26th from 4:30 until 6:00. There will be two

Calendar

Send your submissions to the Editor. More online.

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.

July 26
CANTON – Canton Historical Society celebrating 50th Anniversary. FREE events! Party 4:00-7:30PM w/mobile bar & food truck—both take cash or credit; history speaker at 2PM; museum & country store open 10AM-7:30PM. Raffles; FREE souvenir & cake. 25 Turner Street; handicap access. cantonmehistorical@gmail.com.

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.

July 31
WISCASSET – Summertime in Wiscasset,

Maine, means Wiscasset Art Walk! On the evening of Thursday, July 31, from 4 to 7pm, artists, musicians, crafters, local residents, and visitors experience together the sights, sounds, and tastes of this charming Midcoast Maine village. A Celtic thread runs through music and song during the Wiscasset Art Walk on Thursday, July 31, 4-7pm and later, in Wiscasset Village.

Aug 1
AUBURN – The Community Little Theatre (CLT) will host a staged reading of “A New Home” on Friday, August 1, at 7:30 p.m. The script will be read by veteran actors from CLT, and eight songs will be performed live. An original musical production, “A New Home” will be presented as CLT’s first production of the 2025-26 season, opening on October 30.

Aug 1, 2, 3
BAR HARBOR – Guild Fine Craft Show: Mount Desert Island at College of the Atlantic | 105 Eden Street, Bar Harbor, ME 04609. \$5 Weekend Admission | Under 18 Free. FRI, AUG 1: 5pm - 8pm. SAT, AUG 2: 10am - 4pm. SUN, AUG 3: 10am - 4pm.

Aug 8
LEWISTON – At 10am the Lewiston Public Library Children’s Department will be offering a Butterfly Footprints Keepsake program. Caregivers and

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their babies will be able to create a butterfly keepsake using their child’s footprints on a preprinted background.

This program is recommended for caregivers and their children between the ages of birth-2 years old. Siblings are also welcome to attend. 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.

PianoPalooza

Continued from page 1

Conservatory of Music’s Executive Director. “This event underscores our commitment to providing exceptional musical experiences to our community, both students and beyond.”

Tickets for individual performances go on sale August 6, 2025. For the best value, Weekend Ticket

subscriptions, covering all three ticketed shows, will be available starting July 9, 2025. For more information about the event and to purchase tickets, please visit <https://porttix.com/subscriptions/pianopalooza-weekend-ticket-2025/>.

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About Portland Conservatory of Music: Portland Conservatory of Music is a leading institution dedicated to providing high-quality music education and performances, including jazz, classical, and traditional, and fostering a vibrant musical community in Portland, ME. With a commitment to excellence and innovation, PCM offers a diverse range of programs and performances that enrich the cultural landscape of the region.

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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:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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Makers Market, Pick Your Own Blueberries Fest in Gorham!

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

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

There will be live music, farm animals and we will have 2 food trucks, Gunnars Icelandic Hotdogs and Top it on the go serving up ice cream.

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

This event is going to be incredible and at the height of blueberry picking season, on one of the most beautiful local farms in Maine. We hope to see you there!



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