

Calling all Gorham Metallica fans! Donate blood to get a free shirt!

GORHAM, ME – Red Cross is hard rocking into a new phase of our col-lab with Metallica to offer blood and platelet donors a new way to score exclusive merch! Book your blood or platelet donation appointment at [<https://rcblood.org/Metallica>] to come give by Feb. 28, 2026, at any U.S. Red Cross blood drive.

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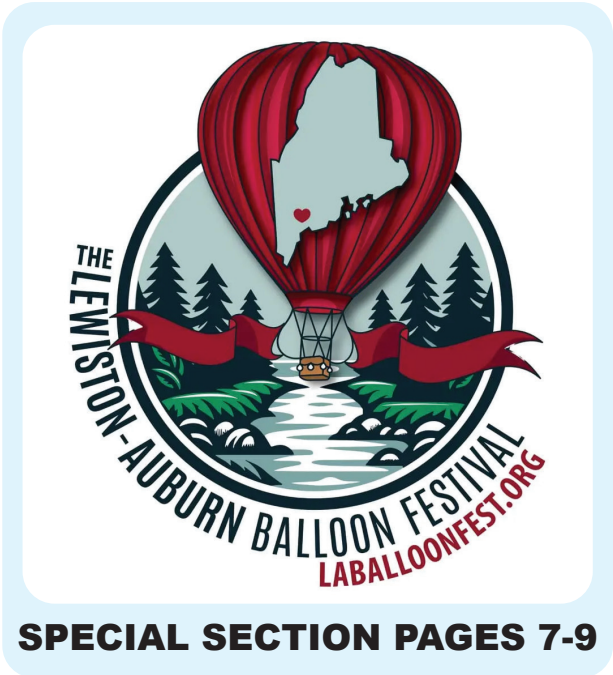
limited-edition Red Cross x Metallica T-shirt (sent by mail, while they last). To receive the shirt, you must complete the form at the link above and show up for your donation appointment.

A chance to score a one-of-a-kind [ESP Guitars] Snakebyte guitar featuring the exclusive Red Cross x Metallica design created by famed Metallica artist [SQUINDO] and per-



sonally autographed by all Metallica band members! Help save lives and give patients an encore!

Sign up for the local blood drive this coming Thursday in Gorham to get your shirt ASAP!



Gorham's BML Adult Summer Reading continues into August!

GORHAM, ME - 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 on-line (<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 any-time for your reading progress by picking up stickers, bookmarks, and buttons from the library.

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 Hot-dogs 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!



Gorham: Great Falls #1, #2 bridge rehabilitation, road closure

GORHAM, ME - Scott Construction Corporation will be closing Windham Center Road to complete the rehabilitation of Great Falls #1 & Great Falls #2 Bridges (6210 & 1529) over the Presumpscot River for the MaineDOT. Great Falls Bridges



are located approximately 0.5 miles westerly of River Road. The closure will start at 7:00 am on Monday, Au-

gust 18th, 2025 and will be open to traffic on or before Wednesday, October 1st, 2025. Detour routes will be provided. If there are any ques-tions, please contact Scott Construction at 207-899-5709. Maine DOT WIN: 23655.00

Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME -- If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, Pres-ident, at 839-3859 for more information. Membership fee is \$20 a year with many perks.

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, Friend-ship 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 avail-able 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 wel-come!



Newsmakers, Names & Faces

Tim Christensen exhibition “BIG” opens at Center for Maine Craft

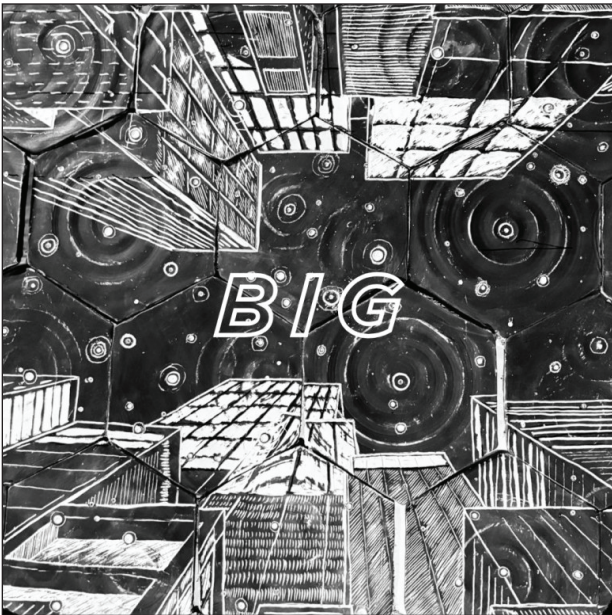
WEST GARDINER, ME – Shop Maine Craft presents BIG, a collection of large-scale porcelain sgraffito sculpture and wheel-thrown forms by artist Tim Christensen, on view July 22 through August 29, 2025, at the Center for Maine Craft in West Gardiner.

About the Exhibition:

In an era ruled by spectacle, BIG is a meditation on scale, not only of objects, but of identity and perception. Through intricately carved sgraffito porcelain, Tim Christensen presents a powerful exploration of persona, commodification, and authenticity. This exhibition functions as a self-portrait, not of the private man, but of the artist as seen, shaped, and sold by the professional art world.

Christensen challenges viewers to confront the blurred lines between who we are and who we present to the world. Once a solitary figure immersed in nature, the artist now navigates an arena where visibility and persona often eclipse the work itself. In BIG, he reveals that tension with striking vulnerability and critical insight.

“This show is a new form of self-portrait, from



an art history perspective. It’s a self-portrait of the artist as he is perceived by those professionally around him, the artist made by the people who know his work, and the artist who is created to sell it. Basically, this show postulates that the product is very often the artist, rather than the art.

The most challenging piece that an artist makes is their public persona. This is true in my case, as I’d rather be in the woods, mostly alone, than just about any place else. I also need to connect and communicate with people to feel I’m creating with a purpose. So,

in order to be a successful artist, the first thing that I have to do is actually create an artist out of myself – my thoughts, my stuff, my past, my friends, my family, and all of the things around me. This show is THAT guy’s show.” - Tim Christensen

Exhibition Details:

Location: Center for Maine Craft, 288 Lewiston Rd. West Gardiner, Maine 04345

Hours: Open Daily, 9am-6pm

Dates: July 22 – August 29, 2025

<https://shopmainecraft.com/tim-christensen-big-2025>

MIFF28 awards Maine’s best films

WATERVILLE, ME – The 28th Maine International Film Festival (MIFF) closed Sunday, July 20, in Waterville, Maine with the annual presentation of the juried Tourmaline Prizes, recognizing the very best Maine-made feature-length and short film productions of the year. This year’s jury honored Mia Weinberger’s feature documentary A Moment in the Sun and Heidi Burkey’s documentary short Final Frontier.

The prizes, sponsored this year by the Maine Film Office and Unity Foundation, are named for Maine’s state gem, the tourmaline, and award \$5,000 to the best Maine-made feature-length film and \$2,500 to the best Maine-made short. The 2025 jury consisted of Maine filmmaker and educator Kerry Laitala, Portland-based documentarian Erin Murphy, and Dr. Ben Akoh, founder and president of the African Movie Festival in Manitoba. Together they deliberated over four Maine features and 21 shorts in competition for the festival’s top honors.

“MIFF audiences always enjoy the opportunity to celebrate stories told about and within our state,” said Mike Perreault, executive director of the Maine Film Center. “It truly takes a community—and deep involvement of people who don’t consider themselves filmmakers—to make film productions, like the 25 that were exhibited during the festival, happen here. It’s an even greater honor to recognize significant achievement in made-in-Maine filmmaking through our Tourmaline Prizes. Congratulations to the filmmakers, subjects,



MIFF 2025 Tourmaline: Photo by John Meader. The Tourmaline Prizes, named for Maine’s state gem, recognize the best made-in-Maine feature and short film productions of the year.

and all those involved in telling these compelling stories.”

This year’s Tourmaline-winner in the feature category, A Moment in the Sun, chronicles the days leading up to the 2024 total solar eclipse in the small town of Houlton, seat of Maine’s rural Aroostook County, and the final stop along the United States’ Path of Totality.

“We were so honored to win the Tourmaline Prize for Best Feature at MIFF 2025 for our film A Moment in the Sun,” Weinberger said after the festival. “MIFF was a wonderful experience. They have a huge team of super hard-working, nice, and welcoming staff and volunteers. I would definitely recommend this festival to fellow filmmakers and would love to return one day!”

From a field of 21 shorts, the jury selected Final Frontier to receive the Best Short Film Tourmaline Prize. In Heidi Burkey’s documentary, audiences meet a renowned Maine painter grappling with blindness while completing the centerpiece for his first art show in years.



MIFF 2025 Tourmaline Weinberger: Photo by John Meader. Mia Weinberger won Best Feature Film for her solar eclipse documentary A Moment in the Sun.

“I’m deeply grateful to the Maine International Film Festival and the jury for recognizing Final Frontier with the Tourmaline Prize,” Burkey said. “This film has been a six-year labor of love, and it would not exist without the trust and generosity of Denis Boudreau and his family, who allowed me into their home and their lives. I’m humbled to have helped bring it to the screen and grateful to them for receiving this award on behalf of the film.”

Also during MIFF, the Maine Student Film + Video Festival showcased 10 projects by the state’s most promising K–12 filmmakers with the chance to win professional filmmaking gear or a \$500 grand prize sponsored by Maine Public. The MSFVF jury selected Ari F. Mazur’s stop-motion animated action film The World After for the grand prize. Winners, Runners-up, and Honorable Mentions were also named in the Narrative, Documentary, and Creative categories.

Thousands attended MIFF28, enjoying the opportunity to see 111 films across 10 days, including Maine-made productions, international movies from more than 40 countries, rediscoveries of beloved classics, world premieres, and a selection of films starring MIFF Mid-Life Achievement Award honoree Clive Owen. Audiences and filmmakers alike can now mark their calendars for July 10–19, 2026 when MIFF returns to Waterville for its 29th installment.

With the festival concluded, the Maine Film Center has resumed regular run films, including Oh, Hi! and 76 Days Adrift, both of which were popular screenings during MIFF. More MIFF-screened films, including Relay and Folktales, will return to MFC in the coming weeks and months for theatrical releases. Showtimes and sneak previews are available at mainefilmcenter.org.

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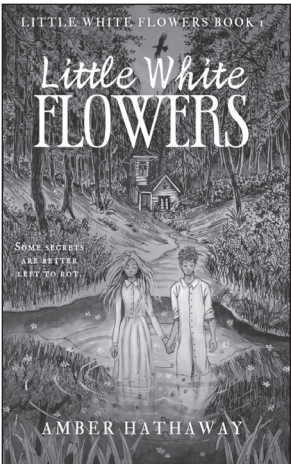
Buck Buchanan
A+, MCP Certified Technician

Newsmakers, Names & Faces

Local author: Horror hides in the shadows of Smalltown, Maine

ORONO, ME - Horror Novelist Amber Hathaway coaxes readers onto a thrillingly dark and twisted path in her debut novel, *Little White Flowers*. When she and her brother venture to Evanston, Maine to clean out an estranged relative's estate, horror enthusiast Alice Drayon's life begins paralleling her favorite page-turners. The sojourn in their grandmother's "wicked" hometown provides the perfect opportunity for Alice to delve into Grammie's mysterious past. However, she soon discovers that the horrific event that drove Grammie away is but one small piece of the town's blighted history. Confronted with increasing hostility from Evanston's insular religious community as she closes in on the truth, Alice must risk everything to save lives. Her soft-spoken new neighbor, Riley Moore, seems to have answers. . .and some dark secrets of his own. Can Alice trust him to help her put an end to Evanston's wicked practices, or will she become yet another casualty?

Amber Hathaway (she/her) is an autistic horror and dark fiction writer. Her short stories have appeared in multiple horror and dark fiction anthologies. *Little White Flowers*, the first book in her *Little White Flowers* series, is her debut novel. It made the Horror Writers Association Bram Stoker Award Reading List for First Novel in 2025. Amber holds a Ph.D. in Physics from the Uni-



versity of Maine, among other degrees. When not writing or reading, she enjoys a wide range of hobbies and interests, including crafting, cosplaying, and Pokémon GO. She lives in central Maine with her equally eccentric partner, Brian Toner.

PRAISE for *Little White Flowers*:
"Much like Shirley Jackson, Hathaway's gentle storytelling is like inhaling the aroma of a fresh cut flower, oblivious to the undercurrent of rot until it has settled deep into your bones."
— Sage Nestler, author and Editor-in-Chief of *Pride with a Bite*
"Hathaway writes with lyrical prose, relatable characters, and weaves a plot that will have your heart pounding. Each page is drenched with horror that gets under your skin and refuses to let you go."
—Mallory McCartney, author of *The Exchange and Other Calamities*
"This brilliantly written story is subtle and chilling with undertones reminiscent of *Midsommar*. Pay attention to the details; Amber Hathaway spins together a flawless narrative that creeps up on you. Perfect pacing and very relatable characters."
—Joe Hallett

Legislation to support Maine caregivers

AUGUSTA, ME - On July 1, Gov. Janet Mills signed into law LD 815, sponsored by Rep. Kristen Cloutier, D-Lewiston, which will fund the Respite for ME Program to support Maine caregivers. The legislation that established the program permanently within the Department of Health and Human Services (DHHS), LD 709, was signed into law in April.

This legislation is based on the success of a two-year Respite for ME pilot program which offered grants of up to \$5,171 over two years to Mainers providing care to loved ones at home. The evaluation results of the program, which concluded in September 2024, clearly demonstrated its success, with participants

reporting that they felt better equipped and more resilient in their ability to sustain their essential caregiving roles.

"Right now, nearly one in eight Mainers are providing caregiving support to a loved one, which could include taking care of aging parents, spouses or children with disabilities. Studies have shown that Mainers provide up to \$2.9 billion in unpaid care annually," said Cloutier. "This program will help give more of these caregivers the resources they need to be successful. Stakeholders like the Alzheimer's Association of Maine, the Maine Council on Aging, AARP and others who fiercely advocated for this program are the reason it is now a reality, and I am grateful for their

support throughout the last few years."

LD 709 will permanently establish the Respite for ME Program. It directs DHHS to administer the program for the purpose of providing respite care and supplemental services

See Legislation, page 14

Disney On Ice presents Road Trip Adventures

PORTLAND, ME - Disney On Ice presents *Road Trip Adventures* will whisk families away on an immersive getaway chock-full of magical participatory moments. Featuring new and classic tales, this multi-generational experience visits Portland playing November 28-30, 2025 at Cross Insurance Arena.

Disney On Ice Preferred Customers can purchase advance tickets starting today to get the best seats available before tickets go on-sale to the general public on August 5th. Fans can still sign up to become a Disney On Ice Preferred Customer and get exclusive access to the pre-sale offer code.

Hit the road with Mickey Mouse and his pals for a high-octane ride in Disney On Ice presents *Road Trip Adventures*. Exciting twists and turns await as Mickey, Minnie, Goofy and guests of all

ages embark on an interactive and memory-rich adventure to iconic Disney destinations. See the world from the rooftops of London with Mary Poppins and Jack and his band of dancing lamplighters. Travel to the sun-soaked Motunui and help Moana restore the heart of Te Fiti. Set off on a safari and snap unforgettable photos of wild cheetahs and monkeys when guests traverse through the Pride Lands with Simba, Timon and Pumbaa. Discover a whole new world and be swept up in Aladdin's princely parade filled with spectacular stunts, magical moments with Genie, and a brand-new song from Jasmine that will render the audience "Speechless." Mosey on over to a larger-than-life comedic carnival and team up with Woody and Bo Peep as they search for their new friend Forky. Fans will hit a high note with Mickey and pals

while singing along to beloved Disney tunes as they welcome Merida, Belle, Ariel, Mulan and Tiana to the ice.

Families should be prepared for a getaway jam-packed with unexpected hijinks and surprise, up-close character interaction as Disney On Ice presents *Road Trip Adventures* makes a pitstop for fun right in Portland!

Friday, November 28, 12:00 PM & 4:00 PM
Saturday, November 29, 10:30 AM, 2:30 PM & 6:30 PM
Sunday, November 30, 12:00 PM & 4:00 PM

Cross Insurance Arena – One Civic Center Square, Portland, ME 04101

Tickets can be purchased online at Ticketmaster.com, or in-person at the venue box office. *Ticket pricing is subject to change based on market demand.

Landing School of Boatbuilding and Design hosting open houses

ARUNDEL, ME - The Landing School of Boatbuilding and Design in Arundel, a non-prof-

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it marine trades school, is hosting open houses at

our campus at 286 River Rd. on Aug 15 (2-4 PM) and Aug 25 (10AM-12PM).

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Seniors Not Acting Their Age Peaceful Kayaking on Nequasset Lake

About 25 years ago, my wife, Nancy, and I completed a sea kayak instruction and safety course on Nequasset Lake in Woolwich. The training was so absorbing we didn't pay much attention to the surrounding lake.

In recent years, we've been exploring small lakes and ponds in kayaks. After driving over the southern end of Nequasset Lake on Route 1 recently, we decided a return visit was in order, this time for purely recreational purposes.

Our research indicated the 393-acre lake can be accessed from two locations. Nequasset Park off George Wright Road near the southern outlet has a landing and a large park-

ing area. A smaller launch site is situated on Nequasset Brook a short distance north of the lake.

Since Nequasset Lake is the principal water supply for the city of Bath and parts of Woolwich, the shoreline is largely undeveloped and motorboats are limited to 10-horsepower. This combination makes it ideal for paddle boat exploration.

Only about a 15-minute drive from our home in Topsham, the entire lake can be navigated in a few hours - perfect for a half day adventure. We selected a partly sunny late-June afternoon for our visit. Since the forecast called for a sea breeze from the southwest, we decided to

depart from the north to take advantage of the tailwind on our return.

The northern landing is located on Old Stage Road in Woolwich. A dirt ramp allows paddlers to drive to the water's edge to unload boats. A small parking area next to the ramp accommodates perhaps five vehicles.

We launched our kayaks in a calm, narrow twisting stream. After a couple of turns, we angled south into marshy terrain in a widening channel. Two paddlers were fishing from a canoe in tall swamp grass on the left. They reported having successful results and one had caught a 20-inch bass. Fishing is another popular activity on the lake.

Shortly after, we emerged into the lake. Prominent ledges on the right form a narrow peninsula that extends south. A sandy beach is located in the cove immediately west of the ledges.

We turned southwesterly and began crossing a significant stretch of open water towards the western shoreline. Several kayakers were met traveling

north.

As we proceeded along the wooded shore, we passed one of the few camps on the lake. The weathered structure is boarded up and appears to be unoccupied. The brick Bath Water District pumping station is just beyond.

The lake narrowed as we progressed towards a rusted railroad bridge. A solo kayaker was fishing near high ledges on the left. She reported reeling in several catches.

Soon after, we passed under the Route 1 Bridge and stopped at Nequasset Park for a break. Several families were fishing on the docks and along the shore.

A commercial alewife fishery is located a short distance below the park at the outlet. In 2014, a new fish ladder was installed. An estimated 300,000 alewives now migrate into the lake to spawn each year. That probably explains the presence of loons and an otter we observed during our trip.

We enjoyed a gentle tailwind during our return. A closer inspection of the beach and ledges in the



A kayaker passes one of the few camps on Nequasset Lake



A railroad bridge crosses over the southern end of Nequasset Lake near Route 1



Extensive swamp grass is encountered entering Nequasset Brook

northern part of the lake indicates the area would provide an excellent opportunity for a picnic lunch and further exploration during another visit.

A small motorboat preceded us when we re-entered Nequasset Brook. More kayakers and canoes were encountered in the narrow passageway.

The landing was busy when we arrived. That provided an excuse to explore farther upstream. The tiny brook was surprisingly navigable as we continued up the circuitous waterway. A seemingly young great blue heron with light coloring flew regally into the air when we entered a marshy area. The large wading bird twice more took flight as we paddled deeper into the constricting brook.

A downed tree ended our search. On return, another great blue heron with dark blue colors soared past. We speculated the shaggy, long legged bird

was the parent of our earlier heron encounter.

The crowd had diminished at the landing and we quickly loaded our kayaks completing a very stimulating afternoon of paddling. We anticipate a return trip.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates several more lake and pond 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 or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

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Taking care of your yard during a heat wave

Contributed by Turf-Mutt

As temperatures rise, so should the care of your yard's lawn and landscape. However, it is important to ensure your yard is healthy before a heat wave hits.

"The healthier your grass, trees, and shrubs, the more resistant it will be to extreme temperatures. Lawns, in particular, that have healthy grass, leaves, and deeper roots are able to store more moisture," says Kris Kiser, President & CEO of the TurfMutt Foundation, a leader in environmental education and stewardship for more than 15 years.

Here are a few recommendations on protecting your yard during a heat wave from The TurfMutt Foundation.

1. Put the right plant in the right place. Always select appropriate plants and grass for your climate zone. This ensures the space is not only attractive but also will be more likely to thrive in your microclimate, be easier to maintain, and will



support pollinators and wildlife. Consider water, sunlight or shade requirements for your yard.

2. Water at the right times. The best time to water the lawn and plants is in the early morning or late evening when it is cooler.

3. Don't over water. It's okay to make your grass work hard for its water. With little water, grass will send its roots deeper, seeking water. The grass then does a better job of sequestering carbon and releasing oxygen.

Also, most turf-grasses—and there are hundreds of species—will go brown during months where water is scarcer. It will "green up" again when conditions change.

4. Know what type of soil you have. The fre-

quency and amount of water you apply to lawns and gardens vary based on its soil, clay type, organic matter and the type of plants and grass. Some soil holds water better than others; water molecules cling to fine particles of clay soil than to the coarser particles of a sandy soil.

5. Cut grass long. When mowing, don't cut more than one-third of the grass height. By keeping it longer, turfgrass can develop stronger roots and a greater tolerance to heat and drought stress.

6. Keep foot traffic minimal. For already stressed grass, foot traffic can cause damage. Keep people off the lawn while the heat persists.

For more information visit www.turfmutt.com.

All aboard for family fun: Touch-a-Train returns

ELLSWORTH, ME — The Downeast Scenic Railroad and New England Steam Corporation are thrilled to welcome families back for the much-anticipated Touch-a-Train event on Saturday, August 16, from 9:00 a.m. to 1:00 p.m. at the Washington Junction rail yard.

This hands-on celebration of Maine's railroad heritage invites train lovers of all ages to climb aboard locomotives, explore vintage rail cars, and meet the engineers and volunteers who help keep the Downeast Scenic Railroad rolling. Guests can check out the conductor's cab, operate the horn, and take in the sights and sounds

of classic trains up close. Free caboose and track car rides will be offered throughout the morning, along with free guided tours of the historic Maine Central 470 steam locomotive, currently under restoration by the New England Steam Corporation.

New this year: Revolution Rail Company will be on site offering rail bike demonstrations, giving visitors a chance to see their unique pedal-powered vehicles in action along the Downeast Scenic Railroad line.

The fun continues on board with two special train rides:

10:30 am — Junior Engineer Excursion: A one-

hour, family-friendly ride offered at a special reduced rate, perfect for young train lovers.

1:30 pm — Full-Length Scenic Ride: A standard fare excursion offering a relaxing journey through the woods and wetlands of Hancock County.

Admission to Touch-a-Train is free, and donations are welcome to support the preservation of Maine's railroad history. Proceeds from train rides benefit the nonprofit Downeast Rail Heritage Preservation Trust, which operates the Downeast Scenic Railroad.

To learn more or reserve tickets, visit www.downeastscenicrail.org.

Maine soldier accounted for from Korean War

WASHINGTON — The Defense POW/MIA Accounting Agency announced that U.S. Army Cpl. Oscar L. Sprague, 22, of Milbridge, Maine, who was killed during the Korean War, was accounted for April 23, 2025.

Sprague's family recently received their full briefing on his identification, therefore, additional details on his identification can be shared.

In 1950, Sprague was a member of Company H, 2nd Battalion, 9th Infantry Regiment, 2nd Infantry Division. He was reported missing in action on Sept. 3, 1950, in the vicinity of Yongsan, Republic of Korea (South Korea). He was never reported as a prisoner of war and subsequent searches of the battlefield failed to recover his remains. With no evidence of his continued survival, the Army issued a presumptive finding of death on Dec. 31, 1953. He was declared non-recoverable on Jan 16, 1956.

Following the war, on Sept. 11, 1951, the 565th Graves Registration Company recovered a set of remains from a shallow grave near the Naktong Bulge region of the Pusan Perimeter. The remains, designated Unknown X-1984, could not be positively identified at the time and on Sept. 17, 1954, were declared unidentifiable. On Feb. 14, 1956, Unknown

X-1759 was transferred and interred in the National Memorial Cemetery of the Pacific, known as the Punchbowl, in Honolulu.

In July 2018, the DPAA proposed a plan to disinter 652 Korean War Unknowns from the Punchbowl. On Oct. 7, 2019, DPAA personnel disinterred Unknown X-14851 as part of Phase Three of the Korean War Disinterment Plan and sent the remains to the DPAA laboratory for analysis.

To identify Sprague's remains, scientists from DPAA used DNA, dental, anthropological, and isotope analysis, as well as chest radiograph and cir-

cumstantial evidence. Additionally, scientists from the Armed Forces Medical Examiner System used mitochondrial DNA analysis and mitochondrial genome sequencing data.

Sprague's name is recorded on the Courts of the Missing at the Punchbowl, along with the others who are still missing from the Korean War. A rosette will be placed next to his name to indicate he has been accounted for.

Sprague will be buried in his hometown in September 2025.

For family and funeral information, contact the Army Casualty Office at (800) 892-2490.



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Arts & Entertainment

MSMT brings iconic *West Side Story* back to the stage

BRUNSWICK, ME - Maine State Music Theatre (MSMT) is proud to announce its fourth and final production of the 2025 mainstage season: the legendary Broadway musical *West Side Story*. Running August 6–23 at the Pickard Theater in Brunswick, this thrilling revival promises a powerful close to an unforgettable season.

Set in 1950s New York City, *West Side Story* follows two star-crossed lovers, Tony and Maria, caught between rival gangs—the Jets and the Sharks—in a world fueled by fear, prejudice, and division. With soaring music by Leonard Bernstein, unforgettable lyrics by Stephen Sondheim, and a gripping story inspired by *Romeo and Juliet*, this iconic musical continues to resonate with audiences more than 65 years after its Broadway debut.

Artistic Director Curt Dale Clark shares, “We couldn’t be more excited



Ed Romanoff, Bobby Ellis, Coleman Cummings, Lauren Maria Medina, Maria Cristina Posada Slye, Yurel Echezarreta. Photo by Jared Morneau Photography

to close our season with a show as electrifying and important as *West Side Story*. It’s a stunning piece of theatre that challenges, inspires, and moves audiences every time it’s performed. There’s no better way to end a season than with a show that continues to resonate so deeply.”

Directed and choreographed by Marc Robin, *West Side Story* features a Broadway-caliber principal cast including Lauren Maria Medina as Maria, Coleman Cummings

as Tony (recently seen as Dmitry in *Anastasia* at MSMT), Maria Cristina Posada Slye as Anita, Yurel Echezarreta as Bernardo, Ed Romanoff as Doc, and Jim Ballard as Lt. Schrank. Jaden Tai Martinez appears as Chino, with Darren Lorenzo as Krupke and Glad Hand.

The Jets are portrayed by Bobby Ellis as Riff, Jack Sippel as Action, Austin Nedrow as Baby John, Kevin Ivey Morrison as Big Deal, Bradley See *West Side Story*, page 16

Vivid Motion Dance presents *New Works & Fallen*

PORTLAND, ME - Long-time Portland staple Vivid Motion Dance again brings dancers and choreographers together for their new summer show: *New Works*, a collection of stand-alone pieces created by veteran and emerging Vivid Motion Dance choreographers, and *Fallen*, an original contemporary ballet directed and choreographed by Wendy E. Getchell.

New Works (act one) showcases a variety of choreographers and dance styles - including ballet, lyrical, jazz and comical musical theater - featuring music from Saint Mesa, Lizzie McAlpine, RIELL, Jesse Cook, The Oh Hellos, Des Rocs, & Danny Jonokuchi.

Fallen (act two) is a contemporary ballet that focuses on archangel Daniel and their transformation after falling in love with human Mandy. This ethereal love story examines the contrast between the angelic and human realms, highlighting Daniel’s longing for a human existence as they question whether to embrace love and mortality. Featuring music from Kate Bush, Philipp Klein, Phillip Glass, Mogli, & Vincent Isler.

TICKET AND PERFORMANCE INFORMATION

When: August 8-10, 2025 (7:30pm Fri & Sat; 2:30pm Sat & Sun)

Where: The Hill Arts 76 Congress St Portland

ME
Ages: All
Tickets: \$10-25 plus fees/taxes
Discount 10%:
Groups of 10+ may use code 10%25

Other notable Vivid Motion Dance productions include family classics such as *Peter Pan*, *The Secret Garden*, *Sleeping Beauty*, *The Yellow Wallpaper*, and *The Hunchback of Notre Dame*, as well as original stories like *Grania: Pirate Queen*, *Lyrical*, *Tales from the End of the World*, *Constellation*, *QUEER*, *Nutcracker Burlesque*, and *Holly Jolly Follies* - Vivid Motion Dance’s annual holiday burlesque show returning this December to The Hill Arts!

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By FRANK MCCOURT

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L-A Balloon Festival Schedule

Friday, Aug. 15
Balloon Launch, Simard Payne Park 6:00 AM.
Food Vendors 4:00 PM–10:00 PM.

Carnival, Lincoln St. Lewiston, near Station Grille 4:00 PM–10:00 PM.
Artisan/Makers Fair and Trade Show, Simard Payne Park 4:00 PM–8:00 PM. Hundreds of talented makers will feature crafted soaps, woodworking, crochet plush pals, candles, jewelry, artwork, handcrafted baskets, stained glass, pottery, embroidery, and so much more!

Medieval Tent Activities, Simard Payne Park, Amphitheater 4:00 PM–8:00 PM. Join the Society for Creative Anachronism, an immersive history group where you can experience tournaments, royal courts, feasts, and dancing, and learn how to recreate crafts and skills of the pre-17th century world. Friday’s Activities include fiber and arts displays and medieval caricatures.

Live Music: Country Roads, Main Stage at Simard Payne Park 4:30 PM – 6:00 PM. Hailing from Southern Maine, Country Roads delivers the best of today’s modern country, covering hits from Luke Combs, Tim McGraw, George Strait, Jason Aldean, Johnny Cash, and more. Whether you’re two-stepping, line dancing, or just singing along, this high-energy performance is all about great music, good company, and plenty of fun.

Balloon Launch, Simard Payne Park 6:00 PM.
Balloon Tether Rides, Simard Payne Park 6:15 PM – 9:00 PM.

Live Music: Violinist Mavy Ho-Le, Main Stage at Simard Payne Park 6:45 PM – 7:15 PM. At 21 years old, Mavy Ho-Le is undoubtedly an up-and-coming force to be reckoned with in the instrumental world. Her unique styles of performing combined with choreographed numbers makes her stand out from a traditional classical string setting.

Live Music: Traveler - The Chris Stapleton

Experience, Main Stage at Simard Payne Park 7:30 PM–10:00 PM. Traveller is a music project dedicated to re-creating the music of Chris Stapleton. These A-list seasoned musicians got together and put together a show that will have you screaming for more. From Alec Antobenedetto’s uncanny vocal resemblance to Chris Stapleton, Tina Daurizio with her magical Morgane Stapleton background vocal harmonies, Leo Melanson’s amazing pedal steel tapestries, Jay Tullio’s whiskey-tinged guitar lines, Kyle Murphy’s weaving of Acoustic Guitar; background vocals, Dave Hines velvety smooth bass lines to world-renowned drummer Joe Donnelly laying down the foundation of this band. This show will have you screaming for more long after it’s over.

Moon Glow Primary, Simard Payne Park 8:30 PM–9:00 PM.

Saturday, Aug. 16
Balloon Launch, Simard Payne Park 6:00 AM.
Pancake Breakfast, Simard Payne Park – Big Tent 6:00 AM – 10:00 AM.
Balloon Tether Rides, Simard Payne Park 7:15 AM – 10:00 AM.

Parade, Parade Route Coming Soon 10:00 AM – 11:00 AM.

Medieval Tent Activities, Simard Payne Park 10:00 AM–7:00 PM. Join the Society for Creative Anachronism, an immersive history group where you can experience tournaments, royal courts, feasts, and dancing, and learn how to recreate crafts and skills of the pre-17th century world. All day activities include: Fiber and arts demonstrations; Youth activities; Medieval Caricatures; Forge demonstrations

Carnival, Lincoln St. Lewiston, near Station Grille 10:00 AM–10:00 PM.

Food Vendors, Simard Payne Park 11:00 AM–10:00 PM.

Pups in the Air, Simard Payne Park 11:00 AM – 11:45 AM.

Live Music: Jody

Boys, Main Stage at Simard Payne Park 11:45 AM – 1:15 PM. Jody Boys is a fun party band who cover great hits from the 70’s, 80’s and 90’s with a few surprises from all over. If your looking to enjoy some good diverse music this band likes to rock!

Artisan/Makers Fair and Trade Show, Simard Payne Park 12:00 PM – 8:00 PM. Join us for an Artisan/Makers Fair & Trade Show presented by Maine Micro Artisans. Hundreds of talented makers will feature crafted soaps, woodworking, crochet plush pals, candles, jewelry, artwork, handcrafted baskets, stained glass, pottery, embroidery, and so much more!

Tour the Basilica, Pickup at LABF Entrance Oxford and Beech Sts. 12:00 PM – 3:00 PM.

“Blue, Brews and Cruise” Classic Car Show, Festival Plaza and Main St. in Auburn 12:00 PM–5:00 PM. Join the City of Auburn for the 7th annual Auburn Blues, Brews & Cruise! Head to Main Street/Festival Plaza in the heart of downtown Auburn on Saturday, August 16 from Noon to 5:00PM. Enjoy incredible LIVE blues by Bad Daddy, Matt & The Barnburners, Kimball, Goodman & Miller, and Continental Shakedown. There will be food trucks, delicious local craft brews, a classic car show and fun for all ages! Admission is free. Learn more at: www.auburnblues.com.

Pups in the Air, Simard Payne Park 1:00 PM – 1:45 PM.

Live Music: Bazinga! Main Stage @ Simard Payne Park 2:00 PM – 3:45 PM. Bazinga! will energize the crowd with a dynamic mix of 90s hits to now hits, from alt-rock anthems to smooth R&B grooves contemporary favorites. It’s the perfect recipe for a high-energy concert vibe to put your dancing shoes on!

Live Music: Ocean House Road Band, Main Stage @ Simard Payne Park 4:00 PM – 5:45 PM. Ocean House Road Band

members grew up in the 1960’s and 1970’s. We witnessed the greatest evolution of music in the history of the western world; folk music, Motown, rock and roll, folk rock, blues and yep, blues rock. We saw the great ones perform.

Balloon Launch, Simard Payne Park 6:00 PM.

Balloon Tether Rides, Simard Payne Park 7:15 PM – 9:00 PM.

Live Music: Denny Breau, Main Stage @ Simard Payne Park 6:45 PM – 7:30 PM. Denny Breau legendary guitarist and singer/songwriter Denny Breau will mesmerize the audience with his flawless rhythm and stunning six-string guitar work, blending folk, Delta blues, country, and jazz effortlessly.

Live Music: Motor Booty Affair, Main Stage @ Simard Payne Park 7:30 PM–10:00 PM. Motor Booty Affair has been



lighting up stages across America with their 70’s extravaganza for several years, continually improving on the show that has been dubbed “The Ultimate Disco Party Band”. It is their mission to get the crowd groovin’ as they deliver hits from Earth Wind

& Fire, The Bee-Gees, KC and the Sunshine Band, Chic, The Commodores, Barry White, Abba and more. They will create an event you will never forget. Make sure you bring your boogie shoes because no matter how big
See Balloon, page 10

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Balloon spotlight: Big Max



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sive balloon festivals and did we say admission is FREE?

Balloon spotlight: Darth Vader

Darth Vader – Pilot: Peter Van Overwalle (Steenweg, Belgium) From a galaxy far, far away, please join the Lewiston-Auburn Balloon Festival and welcome Pe-

ter Van Overwalle, pilot of the towering Darth Vader balloon! A globe-trotting pilot with over 1,100 flight hours, Peter brings an interstellar presence to this great Maine summer tradition.



Imagine your little Jedi’s excitement as the Dark Lord himself rises into the Maine skies under this immersive Rise of The Balloons experience. Want a sky-high seat? Book yours at www.

laballoonfest.org or email hamlyn300@gmail.com to schedule a once-in-a-lifetime ride. It’s an affordable family adventure at its best and yes, the festival is FREE to attend!



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Lewiston-Auburn Balloon Festival

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Whether you're snapping sunrise lift-offs, glowing evening skies, or joyful festival faces, we want to see your favorite moments from the Lewiston-Auburn Balloon Festival Aug. 15-17, 2025 at Simard-Payne Park in Lewiston!

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2024 Balloon Festival photo



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Balloon
Continued from page 7
the dance floor is – it’s always packed from the first song to the last!

Sunday, Aug. 17
Balloon Launch, Simard Payne Park 6:00 AM.
Pancake Breakfast, Simard Payne Park – Big Tent 6:00 AM – 10:00 AM.
Balloon Tether Rides, Simard Payne Park 7:15 AM – 10:00 AM.

Lewiston Farmer’s Market, Oxford St. & Cross St. 9:30 AM – 2:00 PM. The Lewiston Farmers’ Market offers visitors a chance to connect with one another and shop for a wide variety of fresh, delicious, local foods and goods while fostering a vibrant downtown and building a strong community and local economy.

Family Fun Day, Simard Payne Park 9:00 AM – 1:00 PM.

Pups in the Air, Simard Payne Park 9:30 AM – 10:15 PM.

Pony Rides, Simard Payne Park 9:30 AM – 6:00 PM.

Food Vendors, Simard Payne Park 11:00 AM – 8:00 PM.

Live Music: Camp of Rock, Main Stage @ Simard Payne Park 10:15 AM – 11:00 AM. Camp of Rock will start your Sunday with the youthful energy of Camp of Rock. These talented summer camp students will perform rock

classics from Heart, The Kings, The Black Crowes, and Led Zeppelin.

Artisan/Makers Fair and Trade Show, Simard Payne Park 12:00 PM – 7:00 PM. Hundreds of talented makers will feature crafted soaps, woodworking, crochet plush pals, candles, jewelry, artwork, handcrafted baskets, stained glass, pottery, embroidery, and so much more!

Tour the Basilica, Pickup at Entrance 12:00 PM – 3:00 PM.

Live Music: Maine’s Got Talent Top 3 Winners, Main Stage @ Simard Payne Park 11:15 AM – 12:00 PM.

Pups in the Air, Simard Payne Park 12:15 AM – 1:00 PM.

Live Music: Snarky Sisterz, Main Stage @ Simard Payne Park 1:00 PM – 2:15 PM.

Diana Quinn and Lisa Ann Wright are the Snarky Sisterz, a DC-based duo that defies categorization! The Snarky Sisterz play an eclectic mix of clever originals and covers, from bluegrass to the Beatles, 20s standards to punk, and on to roots rock, Americana, blues, 60s girl group songs, and even a smidgeon of jazz. www.snarky-sisterz.com.

Live Music: Rumor Has It, Main Stage @ Simard Payne Park 2:30 PM – 3:45 PM. Rumor Has It

are all about having fun, engaging the crowd and playing music that everyone enjoys. They play a wide variety of music traversing decades and multiple genres!

Live Music: Taylor Hughes, Main Stage @ Simard Payne Park 4:00 PM – 6:00 PM. Taylor Hughes is a New Hampshire homegrown country singer. He started singing when he was very young. His musical drive is to bring storytelling and traditional country music. He’s performed all around New England and has sold out performances at the Bank of New Hampshire stage.

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Machias Veterans’ Home honored with SHAPE Award



MACHIAS, ME – The Maine Veterans’ Home in Machias was recognized today for receiving the Safety and Health Award for Public Employers (SHAPE). SHAPE, given by the Maine Department of Labor’s Bureau of Labor Standards, recognizes public sector employers who maintain an exemplary safety and health management system.

The award was presented to Administrator Arlena Fickett at the Maine Veterans’ Home in Machi-

as, by Maine Department of Labor Commissioner Laura Fortman and Bureau of Labor Standards Director Kate Burkhart.

“Acceptance into SHAPE is an achievement that distinguishes Maine Veterans’ Home as a model for workplace safety and health,” said Labor Commissioner Laura Fortman. “The Maine Veterans’ Homes is one of 96 locations in the State of Maine to receive this award and the second of the Veterans’ Homes, joining the Caribou location.”

The Maine Department of Labor’s Bureau of Labor Standards has workplace safety and health jurisdiction over the public sector, such as state, county, municipal, quasi-municipal, and public education employers.

For information on workplace safety resources, consultations, and classes, visit <https://www.safetyworksmaine.com/> or contact the Maine Department of Labor’s Safety-Works! at 207 623-7900 or toll free at 1-877-SAFE-345.

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Fighting to save local brook trout

BRUNSWICK, ME - Brook trout are a treasure of wild Maine and local conservationists and sportspersons are coming together to explore how to keep these fish prosperous in Brunswick.

Join speakers from the Merrymeeting Bay Chapter of Trout Unlimited as they present “Pollution, Practices, Policy and Fighting to Save Brunswick’s Brook Trout” as part of the town of Brunswick’s “Sustainable Brunswick” lecture series. The series is organized by Brunswick Environmental Planner, Ashley Charleson.

The free event is open to all and takes place on Wednesday, August 20, 2025, from 6:00 pm to 7:30 pm at the Curtis Memorial Library, 23 Pleasant St, Brunswick, Maine.

Discussion topics will include:

- Appreciating brook trout and Brunswick’s rare population
- The importance of macroinvertebrates



(bugs!) and observe samples from local streams

How outdated land use and stormwater runoff practices threaten brook trout

Cleaner practices and community action

About Trout Unlimited

MMBTU is the local chapter of this nationwide organization. Our mission is to conserve, protect, and restore our area's cold-water resources and the watersheds on which they depend. Trout Unlimited is the nation's oldest and largest cold-water fisheries conservation organization dedicated to caring for and recovering America's rivers and streams so our children can experience the joy of wild and native trout and salmon. Across the country, TU brings to bear local, regional, and national grassroots organizing, durable partnerships, science-backed policy muscle, and legal firepower on behalf of trout and salmon fisheries, healthy waters, and vibrant communities.

Albin, Randall & Bennett announces recent promotions

PORTLAND, ME - Albin, Randall & Bennett is pleased to announce the recent promotions of Gisèle Couturier, Meagan Pritchard, Erika Gagne, Tiffany Wentworth, Cassidy Wood, and several others.

Gisèle N. Couturier, CPA, is promoted to Director. Gisèle joined ARB in 2017 and focuses on audit, accounting, and compliance services for construction companies, commercial entities, credit unions, and employee benefit plans.

Meagan A. Pritchard, CPA, is promoted to Director. Meagan re-joined ARB in 2020 and provides domestic, international, state, and local tax services, as well as advisory consulting services for corporations, closely held businesses, and auto dealerships.

Erika D. Gagne, CPA, is promoted to Senior Manager. Erika joined in 2013 and provides attest and business advisory ser-



vices to credit unions, auto dealerships, commercial entities, and nonprofit organizations.

Tiffany A. Wentworth, CPA, is promoted to Tax Manager. Tiffany joined ARB in 2022 and focuses on providing tax and consulting services primarily to auto dealerships and real estate entities.

Cassidy G. Wood, CPA, is promoted to Manager. Cassidy joined ARB in 2019 and provides attest and business advisory services primarily to auto dealerships, construction companies, commercial entities, and employee benefit plans.

Other recent promotions at ARB include:

- Jake Natalizia is promoted to Senior.
- Mallory Charette is promoted to Associate II.

Emily Lupien is promoted to Associate II.

Jordyn Gates is promoted to Associate II.

Sam Goodine is promoted to Associate II.

Commenting on these recent promotions, ARB Managing Principal Laura Everett said, “These well-earned promotions reflect the hard work and dedication of our team and the confidence we have in their continued contributions – both to our clients and our firm.”

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

Arts Jubilee presents Dave Matthews tribute band tonight!

CONWAY, NH - The Arts Jubilee Summer Concert Series presents the Dave Matthews Tribute Band on Thursday, August 7th at Cranmore Mountain Resort. Local band Rek’lis will open the show at 6 PM, followed by ‘DMTB’ at 7 PM.

DMTB is a celebration of the music of the Dave Matthews Band – a time machine to a funky tea party in the 90’s, a boisterous time of tape trading, sing-alongs, and exploration into a new sonic landscape. For nearly 20 years, the band has been performing sold out shows around the world; playing over 1,500 dates in 46 states and 8 countries. Many go to their live shows with reservations, high expectations, and the burning question, “Do these guys sound like the real Dave Matthews Band?” Almost always the answer is, “Yes!”



Since 2004, The DMTB is the only nationally touring tribute to the Dave Matthews Band. While most fans never witnessed the real band before they became the platinum-selling artists they are today, The Dave Matthews Tribute Band prides itself on giving audiences this opportunity at intimate venues around the world. Beyond mastering the DMB sound and the relentless touring, what separates The Dave Matthews

Tribute Band from other cover bands is their passion, love, and respect for DMB and their music. That is what makes you come out of one of their shows saying, “Yeah, they really do sound like the real Dave Matthews Band.”

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.

See **Tribute**, page 16

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Maine CASA Volunteer Training August 2025

Interested in advocating for the best interests of children in need?



Join us for our next volunteer training! This free, five-day training is designed to prepare attendees for certification as volunteer guardians ad litem (GALs) in Maine child protection cases.

For more information, please contact Maine CASA at: (207) 213-2865 or casa@courts.maine.gov



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www.casaofmaine.org

Mainers to benefit from free short-term workforce training

AUGUSTA, ME – Over the next year, 6,700 Mainers will attend free short-term workforce training programs at Maine’s community colleges, thanks to \$8.3 million distributed by The Harold Alfond Center for the Advancement of Maine’s Workforce.

The Alfond Center, a unit of the Maine Community College System (MCCS) that manages short-term workforce programming, provided the funding for campus-delivered classes as part of its five-year \$75 million grant from the Harold Alfond Foundation.

“This is the largest investment in on-campus short-term workforce programming in the system’s history,” MCCS Chief Workforce Development Officer Dan Belyea said. “This is workforce training at the scale and speed Maine needs.”

The 220 programs being offered over the next year will result in industry-recognized certifications and skill development, for both new and incumbent workers, in such fields as construction, healthcare, IT, manufacturing, electrical, plumbing, welding, hospitality, and more. Students can earn Google Career Certificates, and be trained to be medical or dental assistants, truck drivers, welders, early

childhood education workers, fiber optic technicians, and more. The programs typically run from three to eight weeks, with some extending up to a year. Some programs include temporary housing, weekly stipends, and guaranteed interviews with industry hiring managers.

“I was tired of entry-level jobs and ready to build a more secure future,” said Wilmarys Martinez, who is currently enrolled in a fiber optics training program at Central Maine Community College. “This program gave me hands-on experience, real skills, and the confidence that I can turn this into a career. I see myself making a whole life out of what I’m learning.”

“We’re opening doors for thousands of Mainers to earn the skills and credentials that lead directly to employment — without the financial barrier of tuition,” Belyea said. People completing the short-term programs also earn scholarships towards one-year and two-year programs at the colleges.

Short-term workforce programs offered through the Alfond Center both on- and off-campus have vastly expanded since 2018, when the Harold Alfond Foundation began a series of significant grants – now totaling

almost \$100 million – to MCCS earmarked for short-term workforce training. Alfond Center projects are also funded by the Maine Jobs and Recovery Plan, Maine Quality Centers, Put ME to Work, and private foundations. By 2030, the Alfond Center will have provided low- or no-cost training to almost 100,000 Mainers – out of a statewide labor force currently at about 700,000.

In the past three years, the Alfond Center has already provided training to 31,000 Mainers. Programs are developed in close partnership with employers, industry associations, and state partners to create training aligned with real-time hiring needs – moving job seekers into meaningful careers and helping Maine businesses find skilled, qualified workers.

To explore upcoming programs and apply, visit: alfondcenter.mccs.me.edu/short-term-training

In addition to short-term workforce training programs, Maine’s community colleges enroll more than 20,000 people a year in degree-seeking programs, which include one-year certificates and two-year associate degree programs. About 5,000 high school students enroll through the colleges’ Early College programs.

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

Getting ready for our second fifty.

Turning 50 is a milestone birthday; a time to celebrate and reflect. Debra Whitman, PhD and EVP and Chief Public Policy Officer for AARP used her own 50th birthday to research aging in American society. Her book, *The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond* explores her questions related to longevity, health, work life, happiness, finances, housing, and the end of life.

Each chapter focuses on one topic. You could read the entire book or select a few chapters for the most personally relevant information. After reading the book and meeting Dr. Whitman at the Maine Geriatric Conference, I came away with three main themes from her book.

First, our choices matter. Our choices related to eating healthy foods, exercising, challenging our brains, and making connections are important predictors of longevity and health. There is a strong relationship between levels of education and longevity, wellness, housing, and sufficient resources to live. Education in the skilled trades or college programs tends to increase overall incomes creating more access to health care, healthy food, and safe housing.



Secondly, retirement requires planning. Historically, economists have compared retirement savings to a three-legged stool with Social Security, pensions, and savings creating the three legs. With fewer traditional pensions and increased costs making savings harder, many people are left with only Social Security for their incomes. State managed programs like the Maine Retirement Investment Trust (MERIT, <https://meritsaves.org>), are instrumental in helping individuals save for retirement. Dr. Whitman stresses the importance of creating retirement savings opportunities. It is never too late to start saving. The more we save, the more options we will have as we age.

Lastly, Dr. Whitman recognizes the impact of public policies in our lives. Public health initiatives have had demonstrable positive effects over the decades. Medical advances have decreased childhood mortality and increased life expectancy. Regulations re-



lated to clean water, food safety, and reducing environmental toxins have improved our longevity and overall health. How we address current public issues related to housing, transportation, and maintaining local health care will impact our choices going forward.

The *Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond* is a practical handbook filled with current information and suggestions for navigating aging. I would recommend reading this book for anyone no matter if they are in their first or second 50.

Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma’s Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.

Please use the following QR Code or web address to find more information about AARP Maine and events near you:

aarp.org/me · me@aarp.org · [@aarpmaine](https://www.facebook.com/aarpmaine) · 866-554-5380.

From family pet to viral star: A tribute to a once-in-a-lifetime dog

READFIELD, ME – Millions knew him as “Lunging Luca,” the silvery-blue Great Dane who stole the internet’s heart with one unforgettable video. But for the Clark family of Maine, Luca was never just a viral moment, he was their shadow, protector, comic relief, and constant companion through life’s chaos. Now, his story is being shared in a beautiful new book that honors the love, laughter, and loss that comes with having a dog who felt more like a person.

The *Journey of Lunging Luca: In Loving Memory of the Dog Who Touched the World*, written

by Jaime Clark, captures the full arc of Luca’s life, from a quiet car ride home on Mother’s Day weekend to the infamous lunge seen around the world. Woven with humor, heartbreak, and heartfelt reflections, the book offers a touching portrait of one unforgettable dog.

“He wasn’t a rescue dog in the traditional sense, but somehow, he rescued us,” Clark writes. “This is my final love letter to the gentle giant who showed up exactly when we needed him, made millions laugh, and changed our world forever.”

The story brings readers behind the scenes

of Luca’s viral rise, his role as a shop dog and family sidekick, and the deeply felt goodbye that followed his passing in May 2025. Part memoir, part tribute, *Lunging Luca* is full of slobber, tail whips, oversized paws, and the kind of love that leaves a permanent pawprint on your soul.

Highlights include: Behind-the-scenes stories of Luca’s viral video and national media appearances.

Reflections on pet loss and healing, including letters from the family.

Never-before-seen photos, cherished memories, and stills from “the lunge”.

A heartfelt farewell letter from Jaime to Luca.

How to Purchase *Lunging Luca* is available now at www.lungingluca.com. A portion of each sale is donated to the Northern Chapter Great Dane Rescue of New England, helping more gentle giants find their forever homes.




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Mondays through Aug 18
LEWISTON -- The Lewiston Public Library, in partnership with Art-Van, will be offering art programs in the Children’s Department for children ages 5-14 every Monday from June 23rd-August 18th from 3:00PM-4:30PM. Children aged 5-8 must be accompanied by an adult.

Now through Aug 29
WEST GARDINER -- Shop Maine Craft presents BIG, a collection of large-scale porcelain sgraffito sculpture and wheel-thrown forms by artist Tim Christensen, on view July 22 through August 29, 2025, at the Center for Maine Craft in West Gardiner.

Aug 7-10
CUMBERLAND -- The Homeless Animal Rescue Team (HART) of Maine, an adoption center & shelter for cats in Cumberland, is pleased to announce their huge annual Yard Sale is back at the Cumberland Fairgrounds Thursday, August 7th through Sunday, August 10th. Admission is free.

In addition, on Wednesday evening, August 6th from 4:30-7:00 p.m., doors open early for an exclusive Sip & Shop preview event. Tickets are \$28 in advance and \$30 at the

Calendar

Send your submissions to the Editor. More online.

door. More info and pre-sale tickets are available on HART’s website.

Aug 8
LEWISTON -- At 10am the Lewiston Public Library Children’s Department will be offering a Butterfly Footprints Keepsake program. Caregivers and their babies will be able to create a butterfly keepsake using their child’s footprints on a pre-printed 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.

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 9
GRAY -- 9th annual Gray Wild Blueberry Festival ‘Celebrating Community & Culture’ and all things wild Maine Blueberries runs 9:30 AM TO 3:30 PM. Family-friendly, free event featuring Food Trucks; Bake-Off, Pie Eating Contests, Spelling Bee, Master Beekeeper; 3 Bands, 75 Booths - artisans, crafters, authors and farmers market and 30 school & community groups; Kids Area, Fun Run, Raffle Baskets, fresh wild blueberries, whole pies, and more. 24 Main St, Gray. www.wildblueberries.me/grayfestival/

Aug 9
OTISFIELD -- The East Otisfield Free Baptist Church annual Lobster Dinner is being held on, Saturday, August 9th. The menu will include a 1 1/4 lb., lobster or ½ a grilled

chicken, coleslaw, corn-on-the-cob, dinner roll, drawn butter, blueberry cake and other refreshments.
A total of 76 seats are available in 2 seatings, with the first at 4.30PM, the second seating at 6PM. Tickets should be purchased in advance from Maryanne Hill for \$25.00 for the Chicken Meal or \$30.00 for the Lobster Dinner. All tickets are sold on a first-come-first-serve basis.

Please call 310-8056 or email Maryanne at EO-FBCdinners@yahoo.com for your reservations. All proceeds will benefit multiple church projects. The lobster Dinner will be held at the church located at 231 Rayville Road, 1 mile off Rte. 121 in Otisfield. Hope to see you there.

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.

Aug 15, 16
AUBURN -- The Maine Franco-American Genealogical Society is holding a garage sale fundraiser on both Friday, August 15, and Saturday,

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August 16, from 9 am to 4 pm at 1313 Riverside Drive in Auburn.

Aug 15
AUGUSTA -- Augusta Symphony Soirée, the only ticketed concert in the ASO schedule, which will help support the ASO’s mission and expenses. Held at Jewett Hall on the University of Maine at Augusta campus (46 University Dr.), this elegant evening will feature chamber ensembles drawn from ASO musicians, including Concertmaster Anne McKee. The program will culminate with the ASO’s own Maestro Jinwook Park leading a lively winds and strings nonet with his violin rather than his baton.

The evening will open with a welcome reception at 7:00 pm during which supporters can meet each other as well as orchestra members. The concert will begin at 7:30 pm.

Legislation
Continued from page 3
for family caregivers and older relative caregivers. Codifying this program permanently into state law is critical in order to utilize all available federal, state and local resources.

LD 815 will work in partnership with LD 709 and provide ongoing funding to the Office of Aging and Disability Services within DHHS for respite care and supplemental services for family caregivers and older relative caregivers.

The new laws will go into effect on Sept. 24, 2025.

Rep. Kristen Cloutier is serving her fourth term in the Maine House and represents House District 94, which includes part of her hometown of Lewiston. She is the House chair of the Taxation Committee and serves as a member of the Appropriations and Financial Affairs Committee.

\$50K

\$40K

\$30K

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GORHAM LITTLE LEAGUE

Field Funding Campaign



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

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- Purchase seasonal fence for Shaw Park
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- Acquire tarps and field maintenance equipment
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SENIOR TRIPS

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

SEPTEMBER 15 - 18, 2025 - THE GRAND CANYON OF PENNSYLVANIA - Trip includes 3 nights lodging, 3 breakfasts and 3 dinners including the historic Peter Herdic House and The Carriage House. Highlights of this tour are Susquehanna River Cruise, Pennsylvania Grand Canyon Wagon

Tour, Millionaires Row Tour, Thomas Taber Museum, Historic Rowley House and much more. A \$75.00 deposit is due upon signing up. Price of this trip is \$769.00 pp double occupancy and \$918.00 for a single. Final payment is due July 17, 2025.

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

cupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.

NOVEMBER 16-26, 2025 – CLASSICAL GREECE

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners). Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

APRIL 14 - 22, 2026 - HOLLAND AND BELGIUM SPRINGTIME CRUISE - Trip includes 9 days and 20 meals. Highlights are 7 Night River Cruise, Amsterdam with Canal Cruise, Keukenhof Gardens, Middelburg, Belgium Waterways, Scenic Sail, Bruges, Antwerp, Kinderdijk Windmills. Ship is the MS Amadeus Brilliant. Included in price is round trip air from Logan International Airport and all Hotel Trans-

fers. Deposit is \$898.00 pp plus \$699.00 if you want travel protection. Rates vary depending on the cabin category you choose.

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

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

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West Side Story

Continued from page 6

Gibbins-Klein as Diesel, Dylan Stukenberg as Gee-Tar, and Todd Turner as A-Rab. The Jet girls include Brooklyn Bronson as Graziella, Kelly Bolick as Velma, Greta Cardoza as Minnie and the “Somewhere” soloist, Payton Hines as Clarice, and Morgan Gillott as Anybodies.

The Sharks feature Anthony Quintana as Pepe, Aaron Torres as Indio, Bryan Fortunato as Luis, and Matthew Irani as Nibbles. The Shark girls include Rachel Alvarez-Robinson as Teresita, Camila Romero as Rosalia, Sabina Martin as Francisca, Erin Gonzales as Consuelo, and Stemarciac

Bain as Estella.

The production team includes Jacob Stebly as Music Director, Caleb Middleton as Associate Music Director, and Mark Johnson as Production Stage Manager. Scenic and Lighting Design is by Paul Black, with Cody Von Ruden designing costumes. Shannon Slaton serves as Sound Designer, Luis Garcia provides Video and Projections Design, and Kevin S. Foster II is Wig Designer.

West Side Story is presented through special arrangement with Music Theatre International (MTI). Book by Arthur Laurents. Music by Leonard Bernstein. Lyrics by Stephen Sondheim. Based

on a conception of Jerome Robbins. Originally produced on Broadway by Robert E. Griffith and Harold S. Prince. By arrangement with Roger L. Stevens.

Don't miss your chance to experience this groundbreaking musical at MSMT. Performances run August 6–23, 2025, at the Pickard Theater on the Bowdoin College campus in Brunswick, Maine.

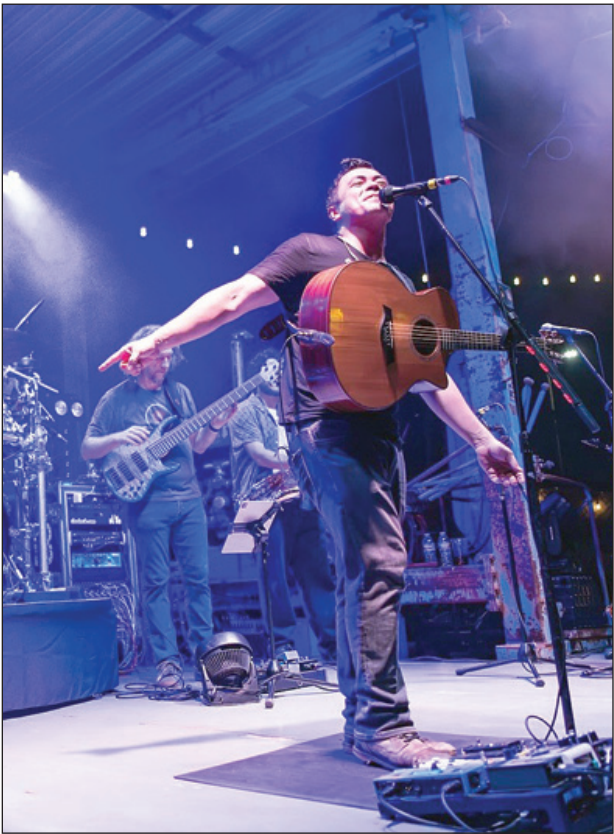
To ensure you receive the best prices and avoid unnecessary fees, please purchase your tickets exclusively through MSMT's official website at www.msmt.org or by calling the Box Office at 207-725-8769.

Tribute

Continued from page 11

stances, 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.

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