

CMH rural hospitals awarded for outstanding stroke care



Rumford Hospital Stroke Award(front): Lauren Bradley, RN (back left to right): Kelly Smith, tech, Denise Harvey, RN, Merideth Alanskas, RN, nurse leader

RUMFORD and **BRIDGTON, ME** – Rumford Hospital and Bridgton Hospital, which are part of Central Maine Healthcare, have been recognized by the American Stroke Association and American Heart Association for their outstanding care of stroke patients.

The two critical access hospitals received the Get with the Guidelines Rural Stroke Achievement Award.

These awards recognize rural hospitals for applying the most up-to-date, evidence-based treatment



Bridgton Hospital Stroke Award (left to right): Jake Richards, RN, associate nurse leader, Nadine Shalabi, RN, Kevin Kralik, MD, Janette Laplante, RN, nurse leader, Kari Paradis, RN, VP of Nursing, Erica Underwood, infection preventionist, Chris Hodgkins, director of regional practices and specialty clinics and Mary Fernald, RN

guidelines to improve patient care and outcomes.

Rumford Hospital received the Gold Award while Bridgton Hospital received the Silver Award.

“I want to thank all team members who have consistently dedicated themselves to enhancing patient care,” said Stephany Jacques, president of Rumford Hospital and Bridgton Hospital. “This recognition serves as a reminder of their deep commitment to their patients and to the community every day.”

SPECIAL SECTION PAGES 7-9

Ralph Steadman exhibit now open, showcases 60 years of art

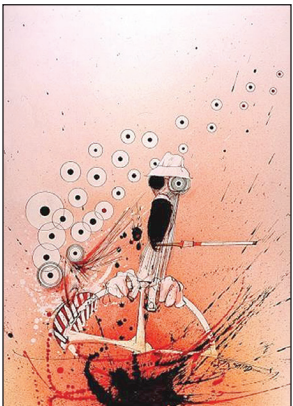
LEWISTON, ME – Embark on a visual adventure through the culture-shifting and fearless life of one of the most influential artists of our time with “Ralph Steadman: And Another Thing,” now open at Bates College Museum of Art. The exhibition includes 149 objects that deftly capture Steadman’s artistic practice.

“The vast selection of work by this iconic artist will fill the whole museum and provide an opportunity for everyone — from longtime fans to newcomers—to engage with Ralph Steadman’s incomparable works and experience the unique mind and defining style of such a pivotal creative in American culture,” said Samantha Sigmon, curator, Bates College Museum of Art.

Over the last six decades, Ralph Steadman has carved out a career by presenting his uncanny perspective — one that resonates with viewers.

“It’s essential to have some form of expression within your reach that gives you something to dwell upon,” Steadman stated. “But if I feel something is important, it may not be important to someone else. I don’t want to change anyone’s mind in an aggressive way. I hope they see my drawings and it makes them think about why I drew it and what opinion I am trying to express.”

Steadman is famous for his long collaboration with journalist and author



Ralph Steadman, “Fear and Loathing in Elko for Rolling Stone Magazine” 1991, ink on paper

Hunter S. Thompson and the development of Gonzo journalism in works such as “The Kentucky Derby is Decadent and Depraved,” first seen in Scanlan’s Monthly and the novel “Fear and Loathing in Las Vegas.” Their form of journalism continues to influence today’s online news sources, editorial pieces, social media, videos, political punditry and podcasts.

While “And Another Thing” pays tribute to Thompson and Steadman’s future-defining meeting and their famed collaborations, the exhibition leads viewers on a journey that is much more than a Gonzo exploration.

“And Another Thing” allows us to engage audiences with an exhibition that shows Steadman’s artistic evolution from his roots to the artist who continues to flourish, innovate and be in demand at 88 years old with interest from brands such as Nike, See Steadman, page 11

MFGS holding fundraiser garage sale

AUBURN, ME – The Maine Franco-American Genealogical Society is holding a garage sale fundraiser on both Friday, August 15, and Saturday, August 16, from 9 am to 4 pm at 1313 Riverside Drive in Auburn.

Come browse our great eclectic collection: Household items, Gardening items, CD’s, books, puzzles, crafts, tools, etc.; as well as Genealogical research aids, maps, & collector plates. Please - No early birds.

All proceeds will benefit MFGS, a non-profit 501(c)3 organization dedicated to assisting individ-

uals in discovering their family’s Franco history. The MFGS Library, located on the second floor of The Fortin Group Funeral Home at 217 Turner St. in Auburn, contains online resources and over 3200 print volumes of research materials many of which cannot be found online. Please visit www.mfgen.org for more information about MFGS.

Readers may email cahitchco@aol.com for more garage sale information, but readers, please put MFGS Garage Sale in the subject line.

--The MFGS Board

Resident volunteers needed, openings must be filled

LEWISTON ME

– The City of Lewiston is seeking resident volunteers to serve on several city boards and committees. Currently there are openings on: Androscoggin County Budget Committee (County District 2), Historic Preservation Review Board, L/A Community Forestry Board, L & A Transit Committee, and the Lewiston Senior Advisory Council (must be age 55 or older). Descriptions of the work of each committee and the various meeting times and dates are available on the city website under the Government tab.

Lewiston residents who are interested in applying can contact the City Clerk’s Department

to complete a committee volunteer application. Application forms are also available on the Boards and Committees page of the City’s website at www.lewistonmaine.gov. Applications can be submitted at any time and will be accepted until the positions are filled.

Residents are welcome to contact the City Clerk’s Department at 207-513-3124 with any questions they may have regarding the committee appointment process. Completed applications shall be submitted to the City Clerk’s Office for processing. Office hours are Monday, Wednesday, Thursday - 7:45am - 4:00pm and Tuesday, 7:45am – 5:30pm.

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Newsmakers, Names & Faces

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

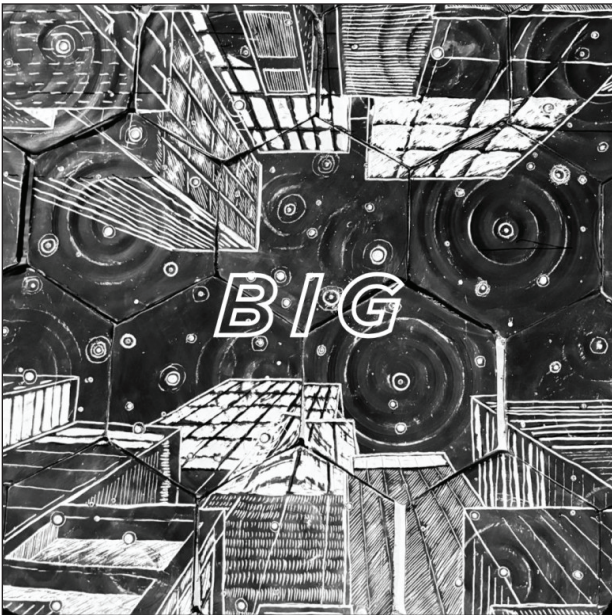
WEST GARDINER, ME – Shop Maine Craft presents BIG, a collection of large-scale porcelain sgraffito sculpture and wheel-thrown forms by artist Tim Christensen, on view July 22 through August 29, 2025, at the Center for Maine Craft in West Gardiner.

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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WMPG, local breweries team up with live DJs, cold beer, good vibes

PORTLAND, ME –WMPG is turning up the volume on summer with Freaky Fridaze, a happy hour series that brings your favorite community radio DJs out of the studio and into local breweries across Southern Maine. This free event series is all about good music, great beer, and even better company.

We kicked things off in July at Modestman Brewing in South Portland, where DJs like DJ Comrade, Shaxx & Annela, DRB, and Nick Benson dropped the needle on feel-good sets while fans soaked up the summer sun. Ben (Soulmates) and Kenny Mac (sub) kept the party rolling and Low Down Dirty Shane and Thommy P are bringing the hip hop.

“There’s something magical about taking the energy of our DJ booth and sharing it live with the community,” said David Roger-Berry, Program Director at WMPG. “Freaky

Fridaze brings together music lovers, brewers, and neighbors in a way that only community radio can.”

August: Orange Bike Brewing

In August, we head to Orange Bike Brewing for an afternoon and early evening of local brews and live grooves. Expect a rotating cast of DJs, eclectic vinyl, and maybe even a surprise guest. Whether you’re a die-hard WMPG listener or new to the community radio scene, this is a perfect way to experience the station in real life.

September: The Portland Zoo.

We wrap things up in September at The Portland Zoo, East Bayside’s cozy backyard beer garden and music haven. It’s the ultimate spot to toast the end of summer with beats, friends, and a little freakiness.

“WMPG is built on connection - between voice-

es, songs, and people,” said Annella Linton, WMPG’s Development Director. “Freaky Fridaze is a fun, free way for us to bring the heart of WMPG into the places where our community already gathers. Plus, we dance.”

Freaky Fridaze is a celebration of local music, local beer, and the power of community radio.

Event Info at a Glance:

What: Freaky Fridaze – Live DJ Happy Hour Series.

Who: WMPG DJs + You.

Where: Local breweries across Southern Maine.

When: Fridays this summer, 4–7 p.m.

Why: Because summer sounds better with WMPG.

So grab your friends, raise a glass, and come hang with WMPG. Dancing is encouraged. Requests are welcome. Freakiness? Guaranteed!

Studio Theatre of Bath launches education department

BATH, ME – On Tuesday, September 2, 2025 Studio Theatre of Bath will launch their inaugural sessions of theater classes, sponsored by Byrnes Irish Pub and Island Treasure Toys. Each session will be 45-minute or one-hour classes for five consecutive weeks. The purpose of this program is to enhance production skills between performances. For the inaugural offerings, the focus will be on three areas of traditional theater: Acting for the stage, Musical Theater: Dance and Musical Theater: Vocals. There will be a track for students and a separate one for adults. The offerings will change in each session, but all will be theater related.

To start, three experienced teachers will offer the following:

Introduction to Theater, presented by Beth Saufler for grades 2&3.

Introduction to Theater, presented by Beth Saufler for grades 4&5.

Auditioning for the Stage, presented by Kyle Aarons for grades 6-12.

Shakespeare: What’d He Say?, presented by Kyle Aarons for adults (18+).

Theater Dance Foundations, presented by Christina Longstreeth for grades 3-5.

Dance Audition Workshop, presented by Christina Longstreeth for



Photo credit: Sara Moore: Cast of Honk! performed at the Chocolate Church Arts Center in November 2024



nearly 50 years, “STB” has produced upwards of 140 major theatrical productions of all ranges & styles and has been a constant for community enrichment in Bath. STB is a 501(c)(3) non-profit organization.

grades 6-12.

Theater Dance Foundations, presented by Christina Longstreeth for adults (18+).

The President of Studio Theatre of Bath, Kirstin Hayward is, “really excited to see these classes begin. The goal is for participants to learn and grow and take their skills with them to any audition, to any company.”

Registration is open! For more information, to register for classes, or to donate to the program, go to www.studiotheatreofbath.com/.

Founded in part by Priscilla & J. Pat Montgomery in 1979, Studio Theatre of Bath is one of Midcoast Maine’s oldest active community theater groups. For

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 journey for the members of the band. To witness their dedication, courage, and tenac-



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ity 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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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 kayaks 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.downeastsenicrail.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 Nakdong 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

MCPKids! to present “Snow White and the Seven Endings”

WINTHROP, ME – MCPKids!, alongside MCPKids! Sponsors Tex-tech Industries, MTAB Painting, Mills Family Monmouth Lights, and Community Credit Union and MCP Marquis Season Sponsor Great Falls Federal Credit Union and Season Sponsors Winthrop Area Federal Credit Union and Readfield Insurance Agency, wish to announce the cast of their upcoming production of Tracy Wells’ “Snow White and the Seven Endings”. This play is produced by special arrangement with Pioneer Drama Services, Denver, Colorado. The play, under the direction of Josie French, will run August 8-10, 2025 at the Winthrop PAC in Winthrop. Other production staff include Danny Gay as Assistant Director, Tim MacLeod as Producer, and Reilly McCabe as Stage Manager, Kyle Mansur as Assistant Stage Manager, Amy Ham-



Front - Kerrigan Damon, Lucy MacLeod, Emilia McCormick, Annie Trujillo, Eleanor Carson, Olivia Nadeau, Chris Condon, Silas Carlson, Beau Beckwith; Middle - Holly Trujillo, Tazinnia Martel Tarrant, Nina Partridge, Lilliana Rinfret, Lauren Damon, Sophia Pinard, Sophia Moskowitz-Hair, Molly Poirier, Audrey Blake; Back - Makenzie Allen, Delilah Lucas, Lydia Griswold, Beckett Carlson, Maddox Grondin, Eden McCormick, Sophia Partridge.

lin as props assistant, and student volunteers Grace Mills and Gwen Morin. Happily-ever-after gets turned on its head in this comedic retelling of Snow White’s classic princess fairy tale. When the seven forest dwellers reminisce about their recent run-in with a royal run-away, they each have a different take on how the

story unfolds and who the real hero is. But which is the real ending? The only thing they agree about is that the Prince shouldn’t get the credit! Laughter abounds as each of the seven forest dwellers takes their turn sharing their recollection of what happened to Snow White once she came to

See MCPKids!, page 11

Auditions for CLT production of ‘A New Home’

AUBURN, ME – Community Little Theatre (CLT) will hold auditions for the original musical production “A New Home” on August 10 and 11 from 6:00 – 9:00 p.m. “A New Home” will be presented as CLT’s first production of the 2025-26 season, opening on October 30.

“A New Home” tells the rich and complex history of Lewiston. Written and composed by Paul G. Caron with a new adaptation of the original book by Michael Rosenthal, Richard Martin and Lynne Geiger, the show was first performed to sold-out audiences in 1995 for the Lewiston Bicentennial. This production brings to life the stories of Lew-



iston’s Indigenous, Franco-American, African, and other immigrant communities, whose contributions have shaped the city’s identity and culture. In the thirty years since the original production, major events – both good and tragic – have occurred in Lewiston and are now represented in the musical’s revival to enhance its relevance and his-

torical significance. Auditioners will sing and read from the script (no dancing). Most of the actors cast for the show will play two or three roles. All actors will be taught ASL for one song that will be signed and sung. The script, songs, and character descriptions are all available online at lact.com/a-new-home. Auditions for “A New Home” will be held at CLT located at 30 Academy Street in Auburn.

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

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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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Balloon spotlight: Darth Vader

Darth Vader – Pilot: Peter Van Overwalle (Steenweg, Belgium)
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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.



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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!

Open to all amateur & professional photographers. Unlimited entries allowed. Digital photos only, JPEG, 300 dpi. For full contest rules, visit www.laballoonfest.org.

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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 Machias, 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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Steadman
Continued from page 1

Harley-Davidson and Supreme, with whom he collaborated in the last three years,” said Sadie Williams, director of the Ralph Steadman Art Collection.

Beyond Gonzo journalism, political commentary has been a staple of Steadman’s work. The exhibition includes illustrations of President Donald Trump and former Presidents Richard Nixon, Gerald R. Ford, Bill Clinton, Barack Obama and Jimmy Carter. The works demonstrate his astute political satire that meshes their traits with the scandals that plagued their presidencies. Additionally, Steadman’s use of the high-contrast chiaroscuro technique in “American Melodrama” lampoons a gallery of presidents, ranging from Dwight D. Eisenhower to Ronald Reagan, who are depicted as theater performers on stage. The caricatures, their countenances exaggerated with insincere smiles, demonstrate Steadman’s razor-sharp satire.

“Steadman is well known for his direct and visceral drawing style and for changing and amplifying the face of satire through his illustrations,” said Andrea Lee Harris, the exhibition co-curator. “His art challenges us, teaches us and alters how we see the world. Showcasing Steadman’s genius, skill and imagination, the exhibition offers viewers a glimpse into the artist’s creative force. He has given us all a great gift and raised the bar for the generations following in his footsteps. Steadman’s inspired exhibition will delight both diehard fans and uninitiated audiences eager to learn more.”

On display are his illustrated editions of literary classics such as Lewis Carroll’s “Alice in Wonderland” and Robert Louis Stevenson’s “Treasure Island;” Kurt Baumann’s “Dozy & Hawkeye;” the inventive books he authored such as “I, Leonardo,” “The Big I Am,” “The Little Red Computer” and “That’s My Dad” and so much more.



Ralph Steadman at home, October 2023. Photo by Rikard Österlund

“I don’t think people realize how big some of the artworks actually are,” Williams added. “Usually, the art is reproduced in books, magazines and newspapers at an eighth or even a 16th their actual size, so it’s a completely different experience to stand in front of an original. You can see the audience really absorbing the works and taking it in.”

Beautiful works from “The Gonzovation Trilogy,” his collaboration with documentarian and filmmaker Ceri Levy about extinct and endangered birds and animals, sit alongside his more experimental collections such as “Paranoids,” caricatures of notable figures from history, entertainment and politics that Steadman created by reworking Polaroid photographs.

Steadman explained, “What you’re doing is pushing around a light-motivated material which is still in the process of change. It’s as if you started off with a perfect blueprint of someone which you could then alter according to your needs.”

Distorted images depicting famous writers and musicians, including David Bowie, Elton John, Bob Dylan and Dolly Parton are among those celebrities shown in the exhibition.

“Vintage Dr. Gonzo,” a life-size bronze sculpture by Jud Bergeron, inspired by Steadman’s drawings of Thompson, will also be touring with the exhibition.

“We’re excited to be hosting ‘Ralph Steadman: And Another Thing’ this spring and summer at Bates,” said Malcolm Hill, vice president for academi-

ic affairs at Bates College and the interim director of the Bates College Museum of Art. “On an educational level, it’s nothing less than a history of culture spanning multiple generations and topics — politics, literature, Gonzo journalism. And the exhibition will overlap with performances at the Bates Dance Festival July 11 to August 2, so visitors to Bates can view works by Ralph Steadman at the museum during the day and then catch iconic dance performers such as the Bill T. Jones/Arnie Zane Company on stage in the evening.”

“Ralph Steadman: And Another Thing” is accompanied by a full-color, 207-page publication of the same name. Special hardcover and softcover editions will be available.

Following the presentation at the Bates College Museum of Art, the exhibition will continue its tour at the Barry Art Museum at Old Dominion University in Norfolk, Virginia. It will also tour the West Coast through the fall of 2027.

During the summer months, the Bates College campus is home to the Bates Dance Festival, which will celebrate its 42nd season in 2025, running from July 11 to Aug. 1. The vibrant festival includes three weeks of dance intensives for young dancers and features world class performances in multiple venues. The exhibition will be open and free to the public during the festival. The exhibition closes Oct. 11, 2025.

For more information about the exhibition, programs and events at Bates College Museum of Art, visit www.bates.edu/museum/.

MCPKids!
Continued from page 6

their cottage. Which will be your favorite? The mysterious “And Then There Were Seven,” the melodramatic “Perilous Plight of Miss Snow White,” or the slapstick “Snow Alone — Lost in the Woods”? Naturally, everyone loves the action-adventure “Spindiana Jones and the Apple of Doom!” There’s also the Shakespearean “Mid-Snow White’s Dream” and the hysterical interpretive dance, “The Hunt-Cracker,” along with the classic retelling.

No matter your preference, this series of

unique and entertaining, fast-paced scenes is refreshingly fun for everyone.

The cast consists of 26 talented students across central Maine, including: Lucy MacLeod and McKenzie Allen of Auburn; Olivia Nadeau of Hebron; Delilah Lucas and Maddox Grondin of Litchfield; Beckett Carlson, Silas Carlson and Sophia Moskowitz-Hair of Readfield; Beau Beckwith of Augusta; Christopher Condon of Gardiner; Emilia McCormick and Eden McCormick of Sidney; Holly Trujillo and Annie Trujillo of Leeds; Lydia Griswold, Tazinnia Martel Tarrant,

Molly Poirier, Lauren Damon and Kerrigan Damon of Winthrop; Lilliana Rinfret, Audrey Blake, Sophia Pinard and Eleanor Carson of Monmouth; and Nina Partridge and Sophia Partridge of Rome.

Tickets are \$10 for adults and \$5 for students. Showtimes are 7:00 pm on Friday August 8th, and 2pm on Saturday August 9th and Sunday August 10th. For more information, or to reserve tickets for this show, please visit www.monmouthcommunityplayers.org, or call 207-370-9566. An ASL interpreted performance will be offered at the Saturday August 9th performance.



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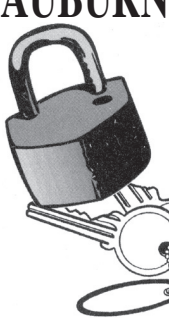
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Mondays through Aug 18
LEWISTON – The Lewiston Public Library, in partnership with Art-Van, will be offering art programs in the Children’s Department for children ages 5-14 every Monday from June 23rd-August 18th from 3:00PM-4:30PM. Children aged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

Calendar

Send your submissions to the Editor. More online.

Tickets are \$28 in advance and \$30 at the door. More info and presale 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 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.

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, Jew-

elry, 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 Bap-

tist 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-FBCdinner@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, 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, includ-

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ing 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.

Aug 15, 25
ARUNDEL – The Landing School of Boatbuilding and Design in Arundel, a non-profit 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).

Aug 16
ELLSWORTH – 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.

Aug 17
LISBON FALLS – The 4-H Youth Development Program in Androscoggin and Sagadahoc counties, part of University of Maine Cooperative Extension, is hosting a drop-in Open House on Sunday, August 17 from 1 p.m. – 4 p.m. at the Androscoggin/Sagadahoc Extension office, 24 Main Street, Lisbon Falls.

Aug 20
BRUNSWICK –

Merrymeeting Bay Trout Unlimited to Speak at “Sustainable Brunswick” Lecture Series Wednesday August 20, 2025, Curtis Memorial Library, 6:00 pm -7:30 pm.

Aug 21
LEWISTON – Lewiston Public Library: Paint Night at the Library 5-7PM.

Sept 3
LEWISTON – The Oasis of Music Wednesday series opens its seventh season on September 3 with a performance by local legend Denny Breaux.

The Oasis of Music happens at Trinity Commons, 247 Bates Street in Lewiston, every Wednesday beginning at 12:30, from September through May. Attendees are treated to a short concert of music of many genres, from folk to pop to rock to jazz and classical and beyond, performed by many of our finest local musicians, in what is considered “an acoustic jewel” of a performance space.

Starting Sept 10, 2nd and 4th Wednesdays
LEWISTON – The Lewiston Public Library, in partnership with ArtVan, will be offering in-person art programs. Starting on September 10th, the programs will take place on the 2nd and 4th Wednesday of every month from 3:30pm-5:00pm in the Children’s Department for children ages 5-14. Make Art with ArtVan is free, open to the public, and no registration is required. All art supplies will be provided.



Finding a fulfilling career with flexibility and room to grow

Petra always knew she wanted to pursue a career that involved helping people. After studying nursing for a semester, and realizing that it wasn’t for her, she discovered her calling as a Mental Health Rehabilitation Technician/Community, or MHRT-C, was the perfect fit.

In that role, she works with individuals living with serious and persistent mental illness, helping them access support services in the community. That might include a wide range of tasks on any given day, from helping clients connect with food and childcare resources, to helping them enroll in college classes.

“I love getting to be a part of people moving forward in their lives,” she says. “I get to see people believe in themselves again.”

Petra is a part of the growing field of Behavioral Health, ensuring that Mainers with behavioral health needs have the support they need to stay safe, independent, and empowered to achieve their personal goals. There are thousands of openings with providers throughout the state. In addition to the rewarding nature of the work, Petra appreciates having flexibility with time to be there for her husband and two young children.

“I have a lot of control over my schedule,” she says. “I really do get to enjoy my kids’ childhood.”

Emily became a Mental Health Rehabilitation Technician-I, or MHRT-I, shortly after getting her associate’s degree, and her son was diagnosed with autism. “I wanted to be prepared to meet his needs and be as knowledgeable as possible,” she said.

The position, working with individuals’ serious mental illness in supported residential settings, turned out to be a gateway to a new path that she could never have imagined. Emily went on to become a Licensed Clinical Social Worker, get her Doctorate in Social Work, and teach college classes, all as a mother of three. Today, as the Principal Investigator for Behavioral Health Workforce Initiatives at the Catherine Cutler Institute at the University of Southern Maine, Emily oversees MHRT-related certifications and training initiatives across the state. As she reflects on her path, she sees her time as an MHRT-I as pivotal.

“It helped me truly understand the profound impact behavioral health work could have, not only on the clients I served, but also on my own sense of purpose and fulfillment,” she says. “To be able to see people have those light-bulb moments, really discover who they are and witness their resilience; it’s amazing.”

To learn more about full-time, part-time and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.



“I love getting to be a part of people moving forward in their lives. I get to see people believe in themselves again.”



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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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National Cancer Survivors Day held at King's Hill Inn & Barn



Bottom row center: Kristen Short, cancer survivor and founder of Short Folks for Hope.

PARIS, ME – Over 75 people attended a National Cancer Survivors Day Celebration on June 1st which was organized by the Cancer Resource Center of Western Maine (CRCofWM) and hosted by King's Hill Inn & Barn of Paris, Maine.

National Cancer Survivors Day®(NCSD) is a day when thousands of people in hundreds of communities across the globe hold celebrations to honor cancer survivors and to raise awareness of the challenges of cancer survivorship. It is also an opportunity for all people living with a history of cancer – including America's more than 16.9 million cancer survivors – to connect with

each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to remember those cancer survivors who have passed. "Life after cancer is more than just surviving," said Diane Madden, Executive Director of the Cancer Resource Center of Western Maine, located in Norway. "It's about thriving and living well. And that's something to celebrate!"

Guest speakers at the event included: Kristen Short, local breast cancer survivor and founder of Short Folks for Hope, a Maine foundation which grants "wishes" to cancer patients (shortfolks.org); and Ray Ruby, Executive

Director of the Maine Cancer Foundation. Ms. Short spoke about her personal cancer journey, transition to cancer survivorship, and her work to spread hope and joy to other cancer patients through her foundation.

King's Hill Inn & Barn donated use of their barn for the event, and all food, beverages and entertainment were donated. The event was organized by CRCofWM Board Member Mallory Cash. Guests enjoyed music by "Just Because," a local trio of musicians; and hors d'oeuvres were provided by Blue Elephant Catering. MaineHealth Stephens Hospital was also a sponsor of this event.

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