

# CMMC grads are ‘the eyes and ears’ of our nurses

LEWISTON, ME – Central Maine Healthcare will soon have some new certified nursing assistants (CNAs) among its ranks. Earlier this month, eight CNA candidates graduated from CMMC’s Earn to Learn Program. It’s an eight-week state-approved training regimen and is free to the students. The program includes classwork, a skills lab and clinical experience. All eight graduates have passed the state CNA Competency Exam and have been offered posi-



tions within Central Maine Healthcare which includes CMMC, Rumford Hospital and Bridgton Hospital. “You are the eyes and ears of the nurses,” Kait-

lyn Smith, RN, director of Acute Care Nursing at CMMC, told the graduates. “You are often the first person a patient comes across. You’re often the person who helps them into their car when we discharge them. You are the face of Central Maine Healthcare. Just remember why you wanted to go into the healthcare profession: to take care of patients.” The next Earn to Learn program starts in October. Those interested can email gervach@cmhc.org or call (207)795-7526.

**BALLOON FESTIVAL**  
**PHOTO SPREAD PAGES 7-10**

# Local student honored at Skills-USA Workforce Development

ATLANTA, GA – Career and technical students in Maine won one of the nation’s highest awards at the 2025 SkillsUSA Championships, held in Atlanta, on June 25-26. More than 6,500 students competed at the national showcase of career and technical education. The SkillsUSA Championships is the largest skill competition in the world and covers 1.79 million square feet, equivalent to 31 football fields or 41 acres. First place state winners were invited to the event to demonstrate their technical skills, workplace skills and personal skills in 114 hands-on competitions including robotics, automotive technology, drafting, criminal justice, aviation maintenance and public speaking. Industry leaders from 850 businesses, corporations, trade associations and unions planned and evaluated the contestants against their standards for entry-level workers. More than 1,200 industry judges and technical committee members participated this



year. A total of 1,250 gold, silver and bronze medals were presented to students on Friday night, June 27 at the SkillsUSA Awards Session. Many winners also received industry prizes, tools of their trade or scholarships. The medalists also received a Skill Point Certificate representing workplace readiness in the student’s occupational specialty. Students can add the certificate to an employment portfolio. As an indicator of proficiency, Skill Point Certificates were awarded to national contestants who medaled or who met a threshold contest score for their event. The following students received a SkillsUSA Championships medal and Skill Point Certificate from your area: Team F (consisting of Emma Macmahon, Heather Mousseau), from

Lewiston Regional Technical Center (Lewiston), was awarded the High School Silver medal in Emergency Medical Technician. “More than 6,500 students from every state in the nation participated in the 2025 SkillsUSA Championships,” said SkillsUSA Executive Director Chelle Travis. “This showcase of career and technical education demonstrates SkillsUSA at its finest. Our students, instructors and industry partners work together to ensure that every student excels. This program expands learning and career opportunities for our members.” The SkillsUSA Championships event is held annually for students in middle school, high school or college/postsecondary programs as part of the SkillsUSA National Leadership & Skills Conference. The national, nonprofit partnership of students, instructors and industry is a verified talent pipeline for America’s skilled workforce that is working to help solve the skills gap.

# St. Mary’s Pediatrics recognized for patient-centered care

MAINE – St. Mary’s Pediatrics has achieved Patient-Centered Medical Home (PCMH) recognition from the National Committee for Quality Assurance (NCQA), joining all other St. Mary’s primary care practices in meeting national standards for patient-centered care. The PCMH model is designed to improve how

primary care is delivered. It focuses on building ongoing relationships with patients and families, coordinating care across different providers, and making services easier to access. Practices must meet specific standards that cover areas such as communication, care planning, and use of health data to guide decisions. St. Mary’s Pediatrics

meets PCMH standards by working closely with families, improving access to care, and coordinating with specialists, schools, and community resources. These efforts help ensure children receive timely and appropriate care at every stage of development. For more information about St. Mary’s Pediatrics, visit stmarysmaine.com/pediatrics.

# Fall slow flow yoga at Auburn Public Library

AUBURN, ME – The Auburn Public Library will be offering a series of Fall Slow Flow Yoga classes on Tuesdays from 4:30 to 5:30 PM starting on September 9th. Take some time to slow down and dive deeper into the poses, while gaining strength, flexibility, and core balance. Use the power of your breath to slowly move through your practice with intention and introspection in this vinyasa-style class. This is a moderately challenging class where pose variations

will be offered to help everyone find their unique level of success. Have a yoga mat, a yoga block or two, and wear comfortable clothes that will allow you to move well. Take some time for yourself to move and breathe with grace, poise, and ease. This program will be led by instructor Tisha Bremner of Insightful Workplace Solutions. Learn more about Tisha at www.InsightfulWorkplace.com. This class will take place entirely in person

and meet for six (6) weeks, on Tuesdays, September 9 through October 21. (Please note: There will be no class on Tuesday, September 23.) This series is open to all levels, and no prior yoga experience is necessary. Registration is required for each class participants plan to attend. To register, contact the Auburn Public Library by visiting their website at www.auburnpubliclibrary.org or call the Reference Desk at 207-333-6640.

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



# News-makers, Names & Faces

## UMaine Extension to host webinar on growing garlic

ORONO, ME – University of Maine Cooperative Extension will kick off its Fall Gardening Webinar Series with “Growing Great Garlic” from 6–7:15 p.m. on Tuesday, September 16.

Led by Peyton Ginakes, vegetable production research associate, the webinar will explore everything home gardeners need to know to grow garlic successfully, from planting and seasonal care to harvesting and long-term storage. The session will also address common garlic-growing challenges and how to manage them. Whether you’re new to gardening or a seasoned grower, this webinar offers practical tips for all experience levels.

This session is the first of four in UMaine Extension’s Fall Gardening Webinar Series.

Registration is required; sliding scale fee options are available. Register on the event webpage to attend live or receive the recording link. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

## 2025 MOFF selects tour schedule

MAINE – From mid-August to early November, MOFF travels the state of Maine for its Selects Tour. Partnering with local venues and sponsors, we visit numerous towns and cities around Maine to bring specially curated film programs to area residents. Click on the screening link for more details, and we hope to see you out there!

Thursday, 8/28 – Selects Tour at Camden Public Library Amphitheatre, Camden

Friday, 8/29 – Selects Tour at Rangeley Lakeside Theatre, Rangeley

Saturday, 8/30 – Selects Tour at The Milbridge Theatre, Milbridge

Friday, 9/5 – Selects Tour at University of New England, Biddeford

Saturday, 9/6 – Selects Tour at Tidewater Farm, Falmouth

Thursday, 9/11 – Selects Tour at Memorial Park, Scarborough

Saturday, 9/13 – Selects Tour at The Boreal Theatre, Millinocket

Saturday, 9/13 – Selects Tour at Riverbank Park, Westbrook

Thursday, 9/18 – Selects Tour at The Alamo Theatre, Bucksport

Thursday, 9/18 – Selects Tour at Riverton Trolley Park, Portland

Friday, 9/19 – Selects Tour at The Waldo Theatre, Waldoboro

Thursday, 9/25 – Selects Tour at Bissell Brothers, Portland

Thursday, 10/9 – Selects Tour at Rock Row, Westbrook

Saturday, 10/11 – Selects Tour at The Gem Theatre, Bethel

Saturday, 10/17 – Selects Tour at Johnson Hall, Gardiner.

## 2025 Brunswick Outdoor Arts Festival winners announced

BRUNSWICK, ME – The Brunswick Downtown Association (BDA) is pleased to announce the winners of the 19th annual Brunswick Outdoor Arts Festival held on Saturday, August 16th in Downtown Brunswick.

Judging the exhibiting artists this year were Rory Scranton, Amanda Skinner, and Seth Watkins.

Best in Show: Jon White

1st Place - Mixed Media: Kelly Desrosiers

2nd Place - Mixed Media: Anne Alexander

1st Place - Graphics/

Drawing: Kathleen Buchanan

2nd Place - Graphics/Drawing: Mattie Rose Templeton

1st Place - Jewelry: Andrew Xenos

2nd Place - Jewelry: Trish Conant

1st Place - Painting: Kim Ferreira

2nd Place - Painting: Teresa McCue

1st Place - Photography: Doug Hockman

2nd Place - Photography: Tom Kretsch

1st Place - Fine Craft: Doug Frati

2nd Place - Fine

Craft: Rachel Herzer

Congratulations to all the 2025 Brunswick Outdoor Arts Festival Award Recipients!

Presenting Sponsor: Bowdoin College

Supporting Sponsors: Wild Oats, Martin’s Point Health Care, Renewal by Andersen, Maine State Music Theatre, Ray Labbe & Sons

Media Sponsor: The Cryer

For more information on the Brunswick Outdoor Arts Festival, visit [brunswickoutdoorarts-fest.com](http://brunswickoutdoorarts-fest.com).

## BBB: Tips to be aware of scams

Every day, businesses juggle dozens of tasks. From supervising employees to balancing books, days are jam-packed with details large and small.

Since 2022, Better Business Bureau® (BBB®) has received over 3,600 reports from businesses encountering scams in the course of everyday business.

Stories ranged from light nuisances such as incessant spam emails, to complete disruption, such as scammers holding data for ransom. In nearly every report, fraudsters show little regard for how their schemes could affect the livelihood of countless business owners and their employees.

And the cost is high. Federal agencies report that billions of dollars are lost each year, and the methods used grow in sophistication and number each year. Many businesses expressed dismay when encountering scams, especially those that cost them significant amounts of money. However, there are ways to fight back against scammers.

To help protect businesses, BBB’s International Investigations Initiative put together “BBB Study: How impostors, stolen data, and fake services cost businesses billions.”

This study is intended to give businesses, news media, researchers and regulatory agencies an in-depth understanding of:

**How these scams work**

The most common types of business scams.

What businesses can do to protect themselves.

Red flags for businesses.

One business owner in Nebraska, David, was looking to buy some equipment for his gas pump repair business. He found a reputable-looking site and decided to purchase over \$20,000 in equipment, including a skid steer and a bobcat.

Once the money was wired, the seller disappeared. When researching online, he found that the scammer had stolen a real company’s website. David never recovered his money.

Linda, another business owner in Mississippi, runs a commercial cleaning business with her husband. Someone contacted them, attempting to hire them for a job. The duo agreed, and the customer sent them a check, which they deposited in their bank.

Before the job started, the customer asked whether the money had been deposited. When Linda told them it was currently held at her bank, the customer asked for a deposit slip and their banking information to ensure she had actually attempted to deposit it. At this point, Linda knew it was a scam, which was confirmed when the check bounced.

**Red flags: Learn these signs**

Unknown businesses, government agencies and big-ticket buyers.

Invoices from unexpected emails.

Odd behavior from “known” vendors or businesses.

Requests for gift cards or pre-paid debit card payments.

Urgent demands to renew or obtain licenses or trademarks.

Claims about expiring domain names.

Consultants making big promises about helping your business.

**BBB’s tips to avoid business scams**

Train employees to recognize scams.

Double-check invoices and payments before sending.

Verify vendor contact information.

Establish payment procedures.

Avoid wire transfers, pre-paid debit cards, and gift cards whenever possible.

Find more tips and resources at BBB’s Business Scam HQ.

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# Newsmakers, Names & Faces

## Auburn UU’s Rev. DC Fortune leads Water Communion

AUBURN, ME – The First Universalist Church of Auburn, will hold its annual Water Communion ceremony on Sunday, September 7 @10am. The Rev. DC Fortune, who began leading worship at Auburn UU on August 10, will preside over this annual event.

During this traditional UU service, participants gather in Auburn UU’s historic sanctuary and share small vials of water to symbolize their travels-geographic, spiritual, or both. The water is purified and used for a communal blessing. Afterward, refreshments will be offered at Coffee Hour.

“We are excited to start this new chapter with Rev. Fortune” says Angela Foss, president of the Auburn UU Board of Directors. “He will ‘be present’ in the life of the congregation and also in the larger community,” Foss notes, “to craft meaningful worship, support staff and programming like Music and Religious Exploration, and serve as a clear voice for Unitarian Universalism in the Lewiston-Auburn region.”

Foss notes, “Rev. Fortune brings experience and skills that reflect and support the essential elements of our mission: ‘Rooted in the sacred, strengthened by our diversity, we equip ourselves to minister through the transformative power of love.’”

Maine Roots

Rev. Fortune grew up in Windsor, Maine. A graduate of Erskine Academy,



Rev. DC Fortune will lead Auburn UU’s ingathering on Sept. 7.

he attended the University of Maine at Farmington, where he founded one of the earliest gay/straight alliances for students at UMF.

Fortune first found Unitarian Universalism in the early 1990s at the UU Church in Waterville, and has also attended congregations in Portland, Ellsworth, and Belfast, where he was ordained in 2015. Rev. Fortune trained for ministry at Bangor Theological Seminary and Andover Newton Theological School in Boston, where he graduated in 2014. He served an internship in Fremont, California and has served congregations in suburban Saint Louis, southern New Jersey and central Pennsylvania.

Serving the Unitarian Universalist denomination at the national level, Rev.

Fortune is a member of the Ministerial Fellowship Committee and the General Assembly Planning Committee.

Rev. Fortune has been active in progressive and queer politics since the 1980s and is passionate about social justice work. Before becoming a minister, he worked as a newspaper reporter, a radio disc jockey, a bus driver, and a variety of jobs in construction. For fun, he enjoys forging knives and swords, as well as trout fishing in brooks and streams.

To learn more about Rev. Fortune and Auburn UU visit [www.auburnuu.org](http://www.auburnuu.org) or call 207-783-0461. Sunday worship is held in person at 10 a.m. at 169 Pleasant Street (across from Dairy Joy), as well as over Zoom. Parking; accessible.

## Fall book and bake sale

NEW GLOUCESTER, ME – The Friends of the New Gloucester Public Library are pleased to invite the community to their annual Fall Book and Bake Sale on Sunday, September 14, 2025, from 12:00 to 3:00 p.m. at the New Gloucester Community Building located at 381 Intervale Road. A members-only preview sale will be held that day from 11:00 a.m. to 12:00 p.m. If you are not yet members of the Friends, we welcome you to join on the day of the event to gain early access and support the Library.

The Friends book and bake sale is a beloved New Gloucester tradition, dating back as early as the 1960s, when discarded library books were first offered for sale

to raise funds. Today, the event brings residents together to browse gently used books while enjoying homemade cookies, cakes, and other baked treats.

Established in 1989, the Friends of the New Gloucester Public Library is a 501(c)(3) non-profit organization dedicated to enhancing the Library’s programs and services. The Friends provide funding for events, materials, museum and park passes, and community engagement initiatives. Notable efforts have included landscaping projects, educational workshops, and participation in town-wide events such as the Community Fair and the annual Tiny Timber tree lighting.

For more information or to learn how to become a member of the Friends, please visit the Library, the Friends website ([www.friends-newgloucesterlibrary.org](http://www.friends-newgloucesterlibrary.org)) or follow The Friends of the New Gloucester Public Library on social media.

## Search process for next Lewiston Police Chief begins

LEWISTON, ME – Lewiston City Administrator Bryan Kaenrath outlined today how the city will begin its search for a new police chief, a process that will include a broad search, community participation and guidance from a community advisory committee.

“We are committed to transparency in fulfilling this very important position,” Kaenrath said. “As a part of that commitment, we are adding a public input session to this very important conversation.” Kaenrath noted that community input plays an important role in shaping the qualities and priorities sought in the next top law enforcement official for the City of Lewiston.

Residents were invited to a community in-

put session hosted by City Administrator Kaenrath on Tue., Aug. 26.

Another key component to the search will be the driven by a five-member Advisory Search Committee. Representing the Advisory Search Committee will be the City Administrator; a representative of Lewiston Public Schools; a representative with a law enforcement background; and two community members reflective of the city’s diverse population. The committee will be tasked with helping to review applications and provide feedback throughout the process.

“As we look ahead, we intend to cast a wide net -- across the country, throughout the State and here in Lewiston -- to find a leader who will bring in-

tegrity, compassion, and sound judgment to the role,” said Kaenrath. “One who can further strengthen the trust between the department and the community.”

The decision to name the new Lewiston Police Chief comes at a time when Chief Dave St. Pierre announced his retirement after serving 33 years in the department. “Chief St. Pierre served with great distinction,” said Kaenrath. “As Chief St. Pierre concludes his tenure, we are committed to selecting a Chief who can continue advancing the department’s work and continue strengthening its role in serving Lewiston.”

Under Lewiston’s City Charter, the city administrator appoints the police chief.

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# AGC Maine receives national recognition for safety excellence

AUGUSTA, ME – The Associated General Contractors of Maine (AGC Maine) received national recognition this month from AGC of America as a recipient of a AGC Chapter Safety Award as part of the National AGC Safety Awards (NASA) program in the Chapters with 126-



250 members category. AGC of America hosts the National AGC Safety Awards (NASA) each year across chapters in the

nation and has two award categories: AGC Chapter Safety Awards and AFC Member Awards. The Chapter Safety Awards are based on a weighted average of participation and the overall incident rate of the Chapter's members. Each Chapter is divided into four size categories: Less than 125 general contractor members; 126-250 general contractor members; 251-400 general contractor members; and over 400 general contractor members.

"We are proud of our members' continued commitment to promoting the highest standards of safety in our industry. AGC Maine's recognition in the AGC Chapter Safety Award this year is a direct reflection of our members' dedication to safety excellence, and the chapter's mission, vision, and values," said Kelly Flagg, Executive Director at AGC Maine.

The NASA program has been an ongoing effort since 1991 to offer AGC Members an opportunity to evaluate their safety record and provide contractor members with excellent safety records to compete for nationally recognized awards. The awards process compares an AGC member's safety record with other AGC members across the country according to the member's size and construction type.

AGC Maine will gather in November of this year with members to recognize and celebrate this year's NASA recipients.

# REALTOR® Foundation awards grants totaling \$210K

AUGUSTA, ME – The Maine Association of REALTORS® Foundation, the charitable arm of Maine Association of REALTORS®, has awarded \$210,000 through its 2025 Competitive Grant Program to twenty-two non-profit organizations to address a variety of housing needs of low-income individuals and households across Maine.

The following organizations each received a \$10,000 grant:

Aroostook Community Action Program (Presque Isle) to provide financial support for heating repairs

Bangor Area Homeless Shelter (Bangor) to support their Emergency Shelter and supportive services

Caring Unlimited (Sanford) to sustain expanded emergency domestic violence shelter capacity

CHIP (Newcastle) to make essential home repairs in Lincoln County

Community Concepts (Lewiston) to clean, tune and evaluate central heating systems for low-income households

Habitat for Humanity 7 Rivers Maine (Bath) to fund materials and job site costs for their Critical Home Repair Program

Habitat for Humanity of Greater Bangor (Bangor) to help construct affordable housing

Habitat for Humanity of Waldo County (Belfast) to help install ramps, railings and bathroom safety features for low-income individuals over 60 and/or disabled residents

Habitat for Humanity York County (Kennebunk) to help construct five affordable houses in partnership with low-income households in Sanford

Homeworthy (Rockland) to support final ex-

penses of Firefly Field/Talbot Avenue Community Housing Projects

Milestone Recovery (Portland) to provide rental assistance, security deposits and housing navigation services to help individuals experiencing homelessness and substance use disorders

Mission at the Eastward (Farmington) to purchase building tools and materials for volunteer driven home repairs for low-income individuals and families

New Hope Midcoast (Rockland) to safely house victims of domestic abuse in Midcoast Maine

Partners for Peace (Bangor) to provide security deposits to support survivors of domestic violence in obtaining safe, affordable housing

Preble Street (Portland) to support Teen Housing Services to youth experiencing homelessness

Rural Community Action Ministry (Leeds) to provide a variety of housing assistance to low-income rural families

Safe Voices (Auburn) to provide housing assistance through their Survivor Relief Fund

St. Martin dePorres Residence (Lewiston) to provide essential repairs and updates needed for safety compliance in both shelters

Waldo Community Action Partners (Belfast) to ensure access to healthy, safe housing for people who live in poverty in Waldo County

York County Community Action Corporation (Sanford) to provide essential home repairs and modifications to low-to-moderate income households in need

The following organizations each received a \$5,000 grant:

Hancock County

Homes Foundation (Ellsworth) to replace heat detectors in the dwelling units of Meadowview Apartments

Mid-Maine Homeless Shelter (Waterville) to support their Young Adults Empowerment Supports Program

According to Andrea Page, 2025 Chair of the Maine Association of REALTORS® Foundation and Co-Team Leader, Keller Williams Realty in Portland, "As REALTORS®, we are committed to being part of the solution — supporting the local organizations who are building stronger communities, expanding access to housing, and creating pathways to a safer, more stable future for all Mainers."

The REALTORS® Affordable Housing Fund was established in 1989 and derives its revenue from interest earnings paid by financial institutions on real estate trust accounts administered by REALTOR® offices across Maine. Since 1991, the Foundation has awarded more than \$1.8 million in Competitive Program grants to address affordable housing needs.

For more information about this program, please contact [foundation@mainerealtors.com](mailto:foundation@mainerealtors.com).



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# Seniors Not Acting Their Age

## Exploring the Georges Islands by Kayak

Several years ago, I launched with a group of kayakers from Port Clyde. Parking was a significant problem so I wrote it off as a starting point for kayak trips despite the presence of a couple of exceptional paddling opportunities in the area.

In June, I met a kayak guide who reported that Port Clyde had built a new landing with plenty of parking. I immediately began planning a kayak trip to take advantage of the new facility.

Two outstanding kayak trips conveniently begin from Port Clyde. The first is a traverse north from Port Clyde along the shore and through a series of coastal islands to Spruce Head or possibly beyond. The second is an out-and-back paddle through an archipelago called the Georges Islands that extends several miles south towards Monhegan Island.

After identifying a late-July day with light winds, gentle seas, and partly cloudy weather predicted, I extended an invitation for either of the two trips to several of my frequent paddling companions. Nine enthusiastic paddlers quickly responded in the affirmative and expressed a preference for an exploration of the Georges Islands. A trip was on!

When the ten of us met at the spacious new boat landing on a cloudy morning, the weather forecast had worsened overnight. Rain showers were predicted to begin midafternoon followed by steady rain. Fortunately, unlike a common coastal theme this summer, fog was not expected to be in the mix.

Another unexpected obstacle, parking was limited to four hours. We spoke to the harbormaster who graciously agreed to grant us a short exten-



Paddlers depart Port Clyde Landing

sion but returning within five hours was necessary. We now had a heightened sense of urgency.

Paddling solo sea kayaks, ten of us departed from the landing in calm seas with light winds out of the north. Our immediate goal was to proceed west across Port Clyde Harbor to substantial Hupper Island where the Chief Justice of the Supreme Court, John Roberts, currently has a summer home.

After connecting with the Hupper shoreline, we rounded the northern terminus and traversed open water for a long mile to Teel Island. Continuing west beyond Teel, we turned south and passed the small scenic islands of Stone, Ram, and Seavey while enjoying a light tailwind.

We progressed farther south against an incoming tide maneuvering between McGee and Barter Islands on our right and the rugged Inner Shag Ledges immediately left. Sizeable Thompson Island was next.

Following a substantial channel crossing, we began navigating along the irregular Thompson Island shoreline. A member of the group suggested stopping for lunch at a beach on a tiny islet south of Thompson and north of Davis Strait. Leaving Thompson behind, we weaved through a collection of small islands in narrow twisting channels

until locating the well-concealed beach which was ideal for a respite.

At lunch, we added rain jackets for protection from the expected showers and the light headwind. Emerging west from Davis Strait, we turned north and rode the incoming tide along the west side of Thompson while enjoying views of distant Eastern Egg Rock and Franklin Island in the west.

Once our entourage reached the southern tip of Barter Island, we speculated on whether or not the tide had risen sufficiently to allow us to pass through the attenuated gut between Barter and McGee Islands. The collective decision was to take the gamble. Good fortune was on our side as the eastern end of the picturesque narrows was just filling in when we passed through.

From the gut, we backtracked through the northern Georges Islands while proceeding into a stronger headwind. The first mildly choppy seas of the day were encountered while crossing the wide channel between Teel and Hupper Island.

Once past Hupper, the seas in Port Clyde Harbor were calm for our return to Port Clyde. Showers were just beginning when we disembarked at the landing completing an exceptional day of paddling in one of Maine's most spectacular archipelagos.

The harbormaster

made good on his word as there were no problems with late parking. The steady rain held off until our kayaks were loaded and we were on the road.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting sea kayak trips along the Maine coast including a voyage to visit the puffins on Eastern Egg Rock.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at [www.northcountrypress.com/maine-al-fresco](http://www.northcountrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England."* Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



Kayakers pass one of the many Georges Islands in Penobscot Bay.



Paddlers are barely able to pass through a narrow channel in Georges Islands.

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# Arts & Entertainment

## NSB contributes \$2.5K to The Public Theater in Lewiston

**LEWISTON, ME** – Over the last century, the brick building on 31 Maple Street in Lewiston has served as a social club, an automotive garage, and even a stylish movie house. That iteration, when it was named the Ritz Theater, quickly became a venue that drew moviegoers of all ages, including a young Stephen King. Today, the historic building is thriving in its latest chapter and still allowing performers and audiences to be inspired.

The Public Theatre is a non-profit organization that engages and enriches community members and visitors through live productions, educational programs, and artistic excellence. The theatre has brought the spirit of Hollywood and Broadway to the Lewiston area since 1992 and thanks to a partnership with Actor's Equity Association, it's able to showcase some of the

country's best actors in its productions.

The theatre is a remarkable success story bringing joy to over 15,000 audience members each year, and one that Norway Savings Bank has been proud to support for decades, including a \$2,500 contribution this month and over \$30,000 in the past decade.

"The Public Theatre is a beloved institution, not just in Lewiston, but across the state and region," said Dan Walsh, President and CEO of Norway Savings. "I'm always amazed at how they manage to incorporate youth programming throughout the year as well as summer theatre camps to help build a connection to the arts in our young people. That education is invaluable."

"The support of Norway Savings Bank made it possible to bring the Tanglewood Marionettes to

our youngest theatregoers last year," said Ray Dumont, Executive Director of the theatre. "Over 2,200 school-aged students came to the theatre, many for the first time, during that week. We're so thankful for this support of our efforts to bring great live theatre experiences to young audiences, and for helping us relieve any financial barriers that would prevent attendance. Every child that wanted to see the show, saw the show. That means everything to me."

Through workshops, student matinees, and writing projects, The Public Theatre also helps local students express their creativity and find their voice in addition to presenting memorable productions.

What was once an automotive garage has grown into a "driving" force in the world of Maine performing arts.

See **Public Theater**, page 14

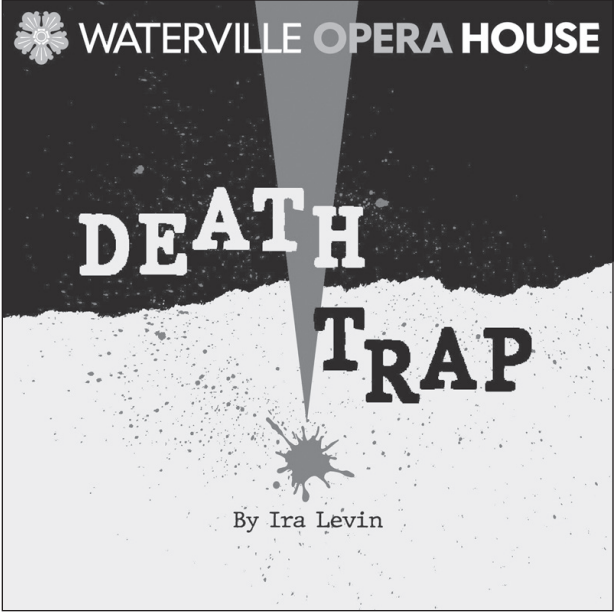
## Thrills, laughs lurk in Waterville Opera House's Deathtrap

**WATERVILLE, ME** – The Waterville Opera House (WOH) raises the curtain on *Deathtrap* August 29. The darkly funny thriller by award-winning writer Ira Levin—author of *Rosemary's Baby*, *The Stepford Wives*, *The Boys from Brazil*, and *A Kiss Before Dying*—dials up the mystery with shocking twists and perplexing turns, and crisp dialogue as razor sharp as the weapons peppering the set.

"At first glance, Ira Levin's *Deathtrap* is a sharp, witty thriller—a play about a playwright plotting the 'perfect' play. But beneath its clever twists and rapid-fire humor, it's also a sly conversation about ambition, trust, and the blurred line between truth and fiction," said Beth Lambert, returning to the director's chair at WOH after the sold-out spring run of Roald Dahl's *Matilda the Musical*. "Keep your eyes open, your wits sharp, and enjoy the ride—because in *Deathtrap*, the moment you think you've figured it out... you haven't."

*Deathtrap* premiered on Broadway in 1978, receiving four Tony nominations. To this day, it holds the record for the longest-running comedy-thriller in Broadway history. Fans of Levin's work or of previous WOH thrillers like *Clue*, *Miss Holmes*, and *Murder on the Orient Express* will have some idea of what they're getting into. Just as Waterville audiences prepare to settle into the routine of a new school year, the Opera House is ready to pull them back to the edge of their seats.

"Bringing *Deathtrap* to the stage has been a joy," Lambert said. "Our cast has embraced the balancing act this play demands: keeping the tension razor-sharp while savoring the humor woven through every scene. Our crew has worked magic with sets, costumes, and lighting to create a space where



secrets can hide in plain sight. And together, we've discovered that the best part of a 'perfect murder' play isn't the murder—it's the fun of watching it all unfold."

The Waterville Opera House is continuing to up the ante for its community theatre productions. *Deathtrap* is the third show in the 2025 season, which began with crowd-pleasers *The Cottage* in January and *Matilda* in the spring, and concludes in November with a three-week run of Irving Berlin's *White Christmas*. As WOH prepares to announce its 2026 season, which will include a world premiere as part of the American Association of Community Theatre's NewPlayFest, the cast and creative team reflect on the latest peak in the Opera House's continuing upward trajectory.

"I said at my first rehearsal how impressed I was by the level of professionalism that the Opera House brings to the table," said actress Cherie Champe, playing the role of Helga in *Deathtrap*. "It's been many a curtain, many a year, since I've actually been on that stage, but the Waterville Opera House now in 2025: This is professional. It's legitimate. It's as real as it gets. What an honor."

*Deathtrap* opens Friday, August 29, at 7:30pm. Evening performances

follow August 30 and September 5 + 6 at 7:30pm, with 2pm Sunday matinees on August 31 and September 7. The Waterville Opera House is proud to offer an ASL interpreted performance on Sunday, August 31, at 2pm.

Tickets are available now. Go to [operahouse.org](http://operahouse.org), call 207.873.7000, or visit the Ed Harris Box Office in the Paul J. Schupf Art Center, 93 Main Street, Waterville, to make reservations.

This production is sponsored by Maine Savings FCU and Marie Cormier. *Deathtrap* is presented by special arrangement with Broadway Licensing, LLC, servicing the Dramatists Play Service collection.

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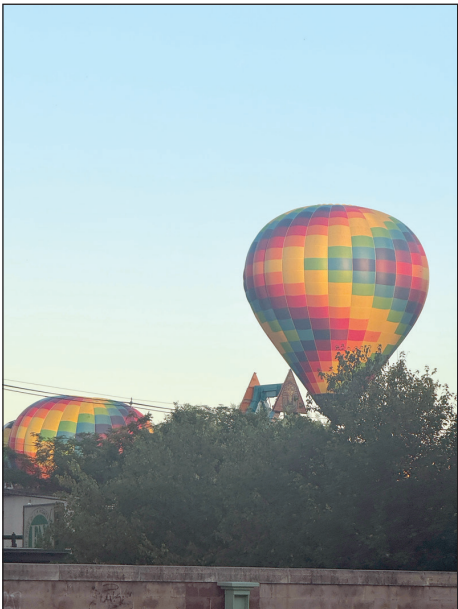
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Photos by Millie Barnard, Gorham Weekly



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# CMCC & BIW offer free manufacturing technician training

AUBURN, ME – The Center for Workforce and Professional Development at Central Maine Community College (CMCC), in partnership with General Dynamics Bath Iron Works (BIW) and community service providers, is now recruiting candidates for its upcoming Manufacturing Technician Training program.

Experience why “Bath Built is Best Built” and prepare for a career in shipfitting, pipefitting, or other trades at BIW! Visit [www.cmcc.edu/wpdcourses](http://www.cmcc.edu/wpdcourses) to learn more.

This free training for Maine residents provides 120 hours of in-person instruction at the Central Maine Community College campus, running Monday through Friday, 8:00 a.m. to 4:30 p.m. Eligible participants must be Maine residents, at least 18 years of age, hold a high school diploma, GED, or HiSet, and be U.S. citizens or authorized to work in the United States. Registration and an interview for this course are required, additional hiring restrictions may apply.

Program highlights include:

- \$500 weekly attendance incentive (for eligible students)
- Job interview with General Dynamics Bath Iron Works for qualified applicants who successfully complete the program requirements

This training is just one of the many free courses offered by Workforce and Professional Development, which also includes Introduction to Phlebotomy, Certified Pharmacy Technician, Security+, CNA, CETP Gas Training, Fiber Optic Technician, Refrigerant EPA 608, Heat Pump Installer Training, Real Estate Agent, Home Inspector, and Google Employment Certificate Programs.

These programs are funded by the Harold Alfond Center for the Advancement of Maine’s Workforce. The course materials and exam fees are also covered. Participants must be Maine residents, at least 18 years of age, hold a high school diploma, GED, or HiSet, and be U.S. citizens or authorized to work in the United States.

For more information or to register, please contact Central Maine Community College’s Center for Workforce & Professional Development at [workforcedevelopment@maineccc.edu](mailto:workforcedevelopment@maineccc.edu) or 207-755-5280.

## Public invited to groundbreaking for new center at SeniorsPlus

LEWISTON, ME – SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, will break ground on a new education and nutrition center at 10 a.m. Thursday, August 28, at 14 Mollison Way, adjacent to their main office at 8 Falcon Road. The public is invited. Refreshments will be provided, including pastries made by the Meals on Wheels kitchen of SeniorsPlus.

The new facility will help fight isolation by increasing socialization, access to food, and access to education and digital resources. The 12,000 square foot structure was designed by Adam Lemire of the Auburn architectural firm of Platz Associates. The builder is Lajoie Brothers Construction of Augusta and Brunswick.

“The new education and nutrition center is urgently needed to provide a crucial space where our community can connect, find purpose, and access essential resources,” said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. “This center will not only strengthen our Meals on Wheels and nutrition programs, but it will also combat isolation, offering a place for individuals to engage, build friendships, and continue learning.”

Additional information about the project can be found and donations can be made by visiting [www.seniorsplus.org/campaign](http://www.seniorsplus.org/campaign).

Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall program goal

*See Seniors Plus, page 14*



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## Camden National Bank boosts transitional housing support

CAMDEN, ME – Camden National Bank recently donated \$55,000 to Family Promise of Southern New Hampshire to help finalize the expansion of their Transitional Housing Program to house up to 8 families. The nonprofit organization provides vital housing and case management for families temporarily experiencing homelessness.

The funding supports the renovation of the former Vintage Grace Adult Day Care facility in Derry, New Hampshire, transforming it into a welcoming space for families. The updates included converting rooms into eight private family suites, enhancing the kitchen, dining, laundry, and living areas, and creating dedicated conference rooms and administrative offices.

“Community and



From Left to Right: Renée Smyth, EVP Camden National Bank; Michelle Guer-rin, Finance and Compliance Director and Matt Hodgkiss, Operations and Volunteer Program Director of Family Promise; and Oscar Moreno, SVP Camden National Bank

giving back have been at the heart of Camden National Bank for 150 years,” said Renée Smyth, Executive Vice President and Chief Experience & Marketing Officer at Camden National Bank. “Our investment in transitional housing reflects our deep commitment to helping families build sustainable,

independent futures.”

In 2024, Family Promise of Southern New Hampshire was awarded \$625,000 from the New Hampshire Community Development Finance Authority (NHCDFA) Tax Credit Program to support the expansion of their Transitional Housing Program to a second facility, increasing access to critical services for families within the region. As they approached the state’s fiscal year-end, the organization needed the remaining \$55,000 to complete tax credits.

“We’re very grateful for Camden National Bank’s generous support and belief in our mission,” said Pam Wellman Executive Director of Family Promise of Southern New Hampshire. “This donation came in at the end and enabled us to open our facility to eight families just in time for the school year, providing children with the stability and safety of a home environment. Contributions like this truly transform lives and empower families to thrive.”

## “A Taste of Ireland” comes to Maine

PORTLAND, ME – One of the world’s top Irish dance shows, featuring a starry roster of international dance champions, A Taste of Ireland—The Irish Music & Dance Sensation, comes to Maine, fresh off its West End debut in the U.K. With performances launching Thursday, September 4, 2025 in Orono, the show travels through The Pine Tree State (Portland, Rockport, Windham, Caribou, and Dover-Foxcroft), concluding its tour Monday, September 15, 2025 in Waterville (see full schedule below). Offering an exhilarating celebration delivered with more than a pint of Irish wit, A Taste of Ireland—The Irish Music & Dance Sensation is presented by Pace Live as part of its 2025 world tour. The production debuted in the U.S. in 2024 with a wildly successful Off-Broadway engagement, followed by smash hit runs around the world where it was praised by Time Out Sydney as “world-class Irish dancing, melodic folk music mash-ups, live acapella tap battles, and craic galore,” and BroadwayWorld Sydney as “an evening to excite and satisfy your Irish palette.” For tickets and information, the public may visit ATasteofIrelandShow.com.

Featuring an acclaimed cast of World Champion Irish dancers, dazzling musicians, and a contemporary vocalist, A Taste of Ireland—The Irish Music & Dance Sensation combines Irish charm with sensational talents for an unforgettable evening of entertainment. Set to reimagined classics such as “Danny Boy,” “Wild Rover,” and others that have been given modern spins, the high-octane performance offers thrilling dance performances that convey heartfelt emotion, transporting audiences through Ireland’s tumultuous history with electrifying dances, dramatic scenery, and spectacular lighting effects.

The production features World Champion Irish dancers, stars from Lord of the Dance and Riverdance such as headliners Gavin Shevlin (two-time World Champion, formerly of Lord of the Dance and Riverdance), Callum O’Neill (World Champion, formerly of Riverdance), Cian Walsh (World Championship runner-up), as well as fiddle player Megan McGinley (Patrick O’Keefe Young Musician of the Year, featured in the film “TRAD” and formerly of Lord of the Dance), who are set to perform, among other world-class Irish dancers and performers. (NOTE: casting is subject

to change.)

A Taste of Ireland—The Irish Music & Dance Sensation blends cultural traditions with modern flair and plenty of ‘craic,’ creating a performance that has had audiences across the globe leaping to their feet for an immersive experience that captures the essence of Irish culture. With more than 150 five-star reviews on Facebook, the show combines storytelling with modern Irish dance, tap, and contemporary dance, while its world-class performers offer up heartwarming storytelling to create a memorable and dynamic performance that bridges traditional and contemporary Irish art forms.

Directed and produced by Brent Pace (This is Not a Happy Room – Off West End, A Taste of Ireland – Off-Broadway), co-directed and produced by Ceili Moore (World Champion, Riverdance and Lord of the Dance artist), and with musical direction by Charlie Galloway (Talisks), A Taste of Ireland—The Irish Music & Dance Sensation unites a powerhouse creative team driving this bold reimaging of Irish theatrical performance.

Said the show’s producer and director Brent Pace, “This show offers audiences an adventure through the heart and soul of Ireland, where every beat of music and every step of Irish dance shares a captivating journey. Each narrative is interwoven with dramatic lighting, breathtaking visual scenery, and performances that express the depth of these stories, so that audiences can appreciate Ireland’s rich history through movement, music, and dance.” He also notes, “Dance fans will be further thrilled to find that the taps in A Taste of Ireland—The Irish Music & Dance Sensation are not pre-recorded but performed 100 percent live. Every performance is a breathtaking feat of excellence.”

Brent Pace (Producer and Director) has over 20 years of experience in Irish dance. As the son of a prominent Australian Irish dance teacher, Pace trained with top dancers in London, Dublin, Australia, and the United States. His career highlights include becoming a world medalist, a six-time national champion, and earning top placements in major competitions worldwide. After joining The Rhythms of Ireland in 2009, he became its youngest lead dancer by 2011 and later performed as principal dancer with Gaelforce Dance. He also starred in ABC3’s “Danc-

ing Down Under” documentary, which followed his journey to the world championships. Now a theatrical producer and director, Pace continues to specialize in Celtic productions and trains at the National Institute of Dramatic Art (NIDA) in Sydney, Australia. His career highlights include producing A Taste of Ireland (Off-Broadway) and serving as associate producer on This is Not a Happy Room.

Ceili Moore (Producer) began dancing at the age of three under the tutelage of Geraldine French, her mother Fiona-Gaye Moore, and Bernadette Langshaw-Clarke. Throughout her competitive Irish dance career, she won titles such as Australian National, North American National, All Ireland, and World Champion. She began her professional career at age 18, performing in shows such as Riverdance and Lord of the Dance across 15 countries. Her highlights include performing the lead role of Morrighan alongside Michael Flatley, performing on the West End, and appearing on “The Graham Norton Show” and “Good Morning America.” Moore also served as an ambassador for the Peter “Bullfrog” Moore Foundation and was featured in ABC3’s “Dancing Down Under” documentary. Since 2016, she has been a producer and choreographer with A Taste of Ireland, working alongside her partner Brent Pace on the continuous development of Pace Live productions, touring globally.

WHEN / WHERE / TICKETS:

7:30pm, Thursday, September 4, 2025 Collins Centre for the Arts, 2 Flagstaff Rd, Orono, ME 04473

7:30pm, Friday, September 5, 2025 Merrill Auditorium, 20 Myrtle St, Portland, ME 04101

7:30pm, Saturday, September 6, 2025 Camden Hills Regional High School, 25 Keelson Dr, Rockport, ME 04856

3:00pm, Sunday, September 7, 2025 Windham Performing Arts Center, 406 Gray Rd, Windham, ME 04062

7:30pm, Monday, September 8, 2025 Caribou Performing Arts Center, 308 Sweden St, Caribou, ME 04736

7:30pm, Tuesday, September 9, 2025 Center Theatre, 20 E Main St, Dover-Foxcroft, ME 04426

7:30pm, Monday, September 15, 2025 Waterville Opera House, 1 Common St, Waterville, ME 04901

INFO: ATasteofIrelandShow.com.

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**Aug 28**  
LEWISTON – SeniorsPlus will break ground on a new education and nutrition center at 10 a.m. Thursday, August 28, at 14 Mollison Way, adjacent to their main office at 8 Falcon Road. The public is invited. Refreshments will be provided. FMI: 795-4010, info@seniorsplus.org.

**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 29**  
STANDISH – SOUND BATH with Marci Starr 6:30-8:00 PM The Sebago Lake Room at Standish Park & Rec Center, 175 Northeast Rd, Standish. Please BYO mat or lawn chair for comfort. Questions text 207-331-3730 \$25 at the door.

**Aug 30**  
BUXTON – Try our delicious Haddock Supper Buffet - Saturday, August 30, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family. Please note: We will offer the option of takeout containers for those who

# Calendar

Send your submissions to the Editor. More online.

do not want to come inside for seating.

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

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.

**Sept 6**  
AUBURN – The Maine Iris Society is having its public auction of Siberian Iris and Daylilies on Saturday, September 6, at 1 pm at the United Methodist Church, 439 Park Avenue, Auburn. This is a public auction where members and non-members can obtain Maine garden grown Siberian irises and daylilies. https://www.facebook.com/maineirissociety.

**Sept 6**  
MAINE – Beethoven

and Korngold: A Journey from Heroic Classicism to Hollywood Romance

Saturday September 6 3:00 pm Brunswick Unitarian Universalist Church, 1 Middle St., Brunswick

For additional information and tickets go to www.dapontequartet.org

**Tuesdays, Sept 9, 16, 30 and Oct 7, 14, 21**

AUBURN – Auburn Public Library: Fall Slow Flow Yoga to be taking place on Tuesdays, September 9th, 16th, 30th and October 7th, 14th, 21st, 2025 from 4:30 to 5:30 PM.

**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.

**Sept 12**  
LEWISTON – At 10am the Lewiston Public Library Children’s Depart-

ment will be offering the program Baby Footprints Keepsakes. Caregivers and their infants will be able to create a baby footprints keepsake using the imprints of their children’s feet on salt dough. This activity is recommended for caregivers with children ages 0-24 months old.

**Sept 14**  
NEW GLOUCESTER – The Friends of the New Gloucester Public Library are pleased to invite the community to their annual Fall Book and Bake Sale on Sunday, September 14, 2025, from 12:00 to 3:00 p.m. at the New Gloucester Community Building located at 381 Intervale Road. A members-only preview sale will be held that day from 11:00 a.m. to 12:00 p.m.

**Sept 16**  
TOPSHAM – “Trolling for Maine’s Trout & Salmon: The Good, The Bad, The Ugly” Merry-meeting Bay Trout Unlimited Public Meeting at Sea Dog Brewing, 1 Bowdoin Mill Island, Topsham, 6:00-8:00 pm

**Sept 17**  
MAINE – St. Mary’s Vein Care will host a free screening event for varicose veins and circulation concerns from 10:00 a.m. to 12:00 p.m. Appointments are required, with time slots available every 10 minutes. To schedule an appointment, call (207) 777-4469.

**Sept 25, Oct 16, Nov 13**

MAINE – The 2025 Maine Hire-A-Vet is a statewide effort with the goal of at least 100 employers hiring at least 100 veterans and military family members during a 100-day period. While the campaign is focused on veterans and their families, these events are open to ALL jobseekers!

September 25, 2025 | 11:00 am to 3:00 pm | University of Maine-Orono

October 16, 2025 | 11:00 am to 3:00 pm | Maine Sports Arena, Saco

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November 13, 2025 | 11:00 am to 3:00 pm | University of Maine-Farmington.

**Oct 18**  
LEWISTON – Party like it’s 1813! Join us at the Lewiston Public Library’s Jane Austen Regency Ball, doors will open at 6:30pm, and the dance will run from 7 to 9pm. The ball will include English Country Dancing and light refreshments. This is the Lewiston Public Library’s first annual literary ball, commemorating Jane Austen’s 250th birthday.

**Oct 25, 26**  
MAINE – The Mid-coast Symphony Orchestra presents “Heroes: Common and Uncommon” Rohan Smith, Conductor  
Saturday, October 25, 2025 - 7:00 p.m. - Franco Center in Lewiston.

Sunday, October 26, 2025 - 2:30 p.m. - Orion Performing Arts Center in Topsham.

Aaron Copland: Fanfare for the Common Man; Giuseppe Verdi: Overture to Vespri Siciliani; Lee Hoiby: I have a Dream (featuring Philip Lima, baritone soloist); Spiritual Medley (featuring Philip Lima, baritone soloist); Ludwig van Beethoven: Symphony No. 3, “Eroica”

## Seniors Plus

Continued from page 11

dependent living, healthy aging, and fight isolation. The overall program goal

of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 8,000 individuals and fields 101,000 phone inquiries. SeniorsPlus offers a network of support, including information and assistance, short-term care management, Medicare counseling, caregiver support and respite, health and wellness education, benefits counseling, and Meals on Wheels and congregate dining.

## Public Theater

Continued from page 6

“The Public Theatre is revered by performers and crowds alike,” said Walsh. “NSB is honored to help preserve this cultural institution, historic building, and the connections they make.”

To learn more about The Public Theatre, including ways you can help, visit www.thepublictheatre.org.



## 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 could 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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# Low Tide: Landscape paintings by Clara Yim Bolduc

LEWISTON, ME – If art is simultaneously a process of creating and exploring, Auburn artist Clara Yim Bolduc leans towards exploration. Painting, she says, is an act of discovery for her, less about self-expression and more about her efforts to understand the world around her. Visitors to Lewiston’s LA Arts Gallery will undoubtedly feel a sense of intimacy as they seek meaning in the familiar yet arresting images that comprise Yim Bolduc’s Low Tide, an exhibition of landscape paintings opening on Friday, August 29th.

In this debut exhibition, Yim Bolduc presents 17 new paintings that challenge the traditional representation of the Maine landscape. Primarily utilizing a large scale (36”x48”) vertical format, and a contrast of textures, media, and styles within each piece, she invites the viewer to experience each painting with the excitement and immediacy of a newly discovered landscape.

“Maine landscape painting has an extensive, rich history, and this creates baggage, both for the artist and the viewer. You go somewhere beautiful and iconic, like Acadia National Park, and your experience is shaped by the images you’ve already seen, prob-



“Low Tide, Harriman Point,” by Clara Yim Bolduc

ably mostly photos online, and everything about these images – the lighting, the composition, the color palette - is shaped, in turn, by this long artistic tradition of how we see the Maine coast.

“I want my viewer to escape all that, and to feel the thrill of discovery; the feeling that they’re seeing something for the first time, and really experiencing it, without the integrating effects of a camera filter or

the unifying effects of a computer screen.” – Clara Yim Bolduc

Low Tide runs from August 29th through October 10th at LA Arts Gallery, 168 Lisbon Street in Lewiston, Maine. There will be an opening reception on Friday, August 29, from 5 to 8pm. Gallery hours are Tuesday through Friday, 10am - 4pm and by appointment. To view the show online, visit [www.yimbodu.com](http://www.yimbodu.com).

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