

Dempsey Challenge 2025

Special Section pages 7-9

DEMPSEY

CHALLENGE

CHALLENGE yourself.

## CLT accepting donated items for “Really Big Yard Sale”

AUBURN, ME – Have some belongings that you no longer need and want to get rid of? The Community Little Theatre (CLT) will be accepting donated items this Saturday, September 6 for its first-ever “Really Big Yard Sale” to be held on Saturday, September 13. Donate them to our yard sale and we’ll get them off your hands all in the name of fundraising for the theatre!

CLT volunteers will gladly accept items such as wall art, vintage or antique pieces, small furniture, books and records, home décor items, dishes, glass-



ware, small appliances, toys, and games.

The following items cannot be accepted: upholstered furniture, large appliances, medical equipment, clothing, stuffed animals, TVs, tires, mattresses, pillows, or bedding.



Drop-off will be held Saturday from 11:00 a.m. to 1:00 p.m. at the theater located at 30 Academy Street in Auburn.

Anyone unable to drop off their items on Saturday are asked to contact CLT at [President@laclt.com](mailto:President@laclt.com) to schedule another time. The yard sale will be held at CLT on Saturday, September 13, 8:00 a.m. to 2:00 p.m.

## Maine’s Garlic Fest returns this October

CANAAN, ME – In its seventh year, Maine’s Garlic Fest returns this October 4th & 5th, 2025 at Lake George Regional Park in Canaan, Maine!

From field to fiddle, the annual garlic festival is a celebration of garlic, folk and Americana music, all lakeside amongst the beautiful Fall colors!

Festival vendors in-

clude local artisans, craftsmen, farmers – several specializing in garlic, and more. N44 North, a local farm in Canaan is the event lead sponsor. Local food and beverage servers, including garlic craft pizza and local craft beer. Musical entertainment includes bluegrass, rockabilly, folk and acoustic performers: Breakin Strings,

Backwoods Road, Davidson County Line, Sagittarius Rising, Fendrick and Peck, Lee Sykes and Brian Richmond. All this, along with family activities for kids and adults in this beautiful setting make for a special Fall festival weekend you don’t want to miss!

Details at: [mainegarlicfest.com](http://mainegarlicfest.com).

## CMMC graduates its first surgical technology students

LEWISTON, ME – Central Maine Medical Center (CMMC) is proud to announce a historic milestone: the graduation of its first surgical technology students.

Achsah Davis and Suzanne Keene recently completed an intensive program, combining academic coursework, clinical experience and professional development. A significant part of this “earn to learn” program involves rigorous training and hands-on practice in the operating room. These graduates are now fully prepared to enter the workforce as nationally certified surgical technologists.

This initiative, developed in partnership with regional educational providers, was designed to address the growing demand for skilled surgical support staff in Maine. The pro-



Suzanne Keene, Tim Counihan, MD, chief of Surgery, Central Maine Healthcare, Achsah Davis, Faith McNeice

gram not only strengthens the local healthcare workforce but also creates career opportunities for aspiring medical professionals in our community. These graduates will now transition into full-time roles within the surgical teams at Central Maine Healthcare’s three hospitals, contributing directly to high-quality patient care.

“These students are not only excelling academ-

## GreenWood Gallery invites vendors to join Open House

AUBURN, ME – GreenWood Gallery of Maine is planning their 12th Annual Open House and is looking for Maine artists and vendors who would like to attend as a vendor for the day. The Open House will be Oc-

tober 18 from 10 to 4. We are looking for musicians, makers, crafters, fine artists, carvers, soap makers. There is a \$40 registration fee that is returned to the vendor at the end of the day if they come in on time, 9 a.m. to set up, and stay till

4 pm. All sales belong to the vendor. We take no percentage of sales. All sales taxes collected are the responsibility of the vendor.

Each vendor is allowed 10 feet of outdoor space to set up. Reach out at 207-782-5118.

## Skelton Taintor & Abbott welcomes litigation attorney

LEWISTON, ME – Skelton Taintor & Abbott is pleased to welcome attorney Jacob A. Martin to the firm as an Associate Attorney. Jacob will be working in the firm’s litigation, environmental law, commercial law, and real estate practice areas.

Jacob earned his Bachelor of Science in Biochemistry, with a minor in Kinesiology, from Anderson University, graduating

with a perfect 4.0 GPA. He earned his Juris Doctor from the University of Maine School of Law, where he served as Executive Editor of the Ocean and Coastal Law Journal and held multiple leadership roles in the Student Bar Association, including Vice President. While a student at the University of Maine School of Law, Jacob also co-taught ESP 399: Environmental Law, Policy and Justice at the University of Southern Maine in Spring of 2025 with a fellow Maine Law graduate through the Environmental Law Teaching Program.

Jacob’s legal experience includes internships and externships with the South Carolina Environmental Law Project, Trout Unlimited–Sebago Chapter, and the Maine Department

of Agriculture, Conservation & Forestry’s Animal Welfare Program. In these roles, he performed legal research, participated in statutory review, and contributed to policy recommendations.

Firm President, Sarah Mitchell, stated, “We are delighted to welcome Jacob to our team. His academic achievements, leadership experience, and commitment to public service will make him a valuable asset to our clients and to the firm’s ongoing success.”

Skelton Taintor & Abbott is a full-service trial and general practice law firm representing clients throughout Maine. With the addition of Attorney Martin, the firm consists of 14 attorneys practicing in virtually all fields of law and in both federal and state courts.

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# News-makers, Names & Faces

## AARP News You Can Use – September 2025

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

On August 14, 1935, President Franklin D. Roosevelt signed the Social Security Act into law stating, "...we have tried to frame a law which will give some measure of protection to the average citizen and to his family against the loss of a job and against poverty-ridden old age." Social Security created a system of earned retirement income for American workers to avoid the dire poverty experienced during the Great Depression.

I remember getting my first real paycheck and seeing the Social Security deduction. My father explained that paying into Social Security now creates an income benefit paid to us later. Being 17, later seemed a long way away. Like me, Social Security has seen a few changes over the years. Social Security has changed from just supporting retired employees to also providing benefits to eligible spouses, children, people with disabilities and their families.

According to AARP, over 69 million Americans are receiving some type of Social Security. In Maine,



95% of people over age 65 receive Social Security benefits and rely on them to pay their everyday bills. Social Security benefits are not gifts; they are our own hard-earned money being paid back to us.

Full retirement age for Social Security depends on your age. For people born before 1958 the age is 65. For those youngsters born between 1958 and 1960, full retirement age is between 66 and 67. AARP and Social Security websites have information about Social Security eligibility. Anyone can create an account at mysocialsecurity.gov to monitor their Social Security benefits.

Part of our Social Security benefit is taxed based on our overall income. However, the newest federal budget bill allows eligible seniors over 65 who earn less than \$75,000 (\$150,000 for joint filers)



to deduct \$6,000 per individual (\$12,000/couple) from their overall taxable income. This tax deduction could reduce overall taxes for many older Americans. A qualified tax preparer can explain how this deduction impacts individual taxpayers.

Social Security is a promise between workers and our government; employees pay into Social Security during their working years and receive an income based upon their earnings after retirement. For 90 years, Social Security has kept that promise providing a crucial income source for retirees. AARP is committed to making sure our government keeps that promise whatever changes the next decades may bring. Happy Birthday to Social Security!

As always, check out the AARP Maine website for an AARP event near you. I hope to see you there!

*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 ·  
866-554-538.

## A little good goes a long way: Give blood or platelets with Red Cross

**PORTLAND, ME** – The American Red Cross asks donors to give blood or platelets now to help maintain a healthy blood supply. Donors of all blood types, especially those with types O positive and B negative blood, are urged to make an appointment to keep lifesaving blood products ready the moment patients need them.

People coming together to care for one another is the humanitarian spirit shared by our Red Cross community and fans of PEANUTS. And this month, the Red Cross and PEANUTS are once again joining forces to remind people that a little good goes a long way. In celebration of the 75th anniversary of PEANUTS, those who come to give blood in September will get an exclusive Red Cross x PEANUTS mystery bag with one of four special T-shirt designs, while they last.

Each design is iconic, and donors won't know which one they'll get until they open the bag. Additionally, there will be a number of golden tickets randomly in the mystery bags hidden throughout the country. Donors who find a golden ticket when they open their bag will have the chance to redeem it

through an online form for all four T-shirts! See RedCrossBlood.org/Peanuts for details.

Be a friend to patients in need. Book a time to give by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS.

Seasonal challenges Routines are changing, and schedules are filling up before fall, which could keep people from coming out to help save lives. In addition, the threat of severe weather and hurricanes remains strong in late summer. As we near National Preparedness Month, it's important to note the significant disruption weather can cause all year long. Between July 1, 2024, and June 30, 2025, weather canceled about 1,500 blood drives, causing more than 40,000 blood donations to go uncollected. Making and keeping donation appointments where it's safe to do so can help patients when and wherever they need it most.

Upcoming blood donation opportunities.

Androscoggin  
Auburn  
9/11/2025: 1 p.m. - 6 p.m., Auburn Fire Department, 550 Minot Avenue.

Poland  
9/13/2025: 9 a.m. - 1 p.m., Poland Town Hall, 1223 Maine Street, Rt. 26.  
Cumberland  
Brunswick  
9/10/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row.  
Cape Elizabeth  
9/11/2025: 1 p.m. - 5 p.m., Saint Bartholomew Church, 8 Two Lights Rd.  
Falmouth  
9/10/2025: 10 a.m. - 2 p.m., Lunt Auditorium, 74 Lunt Road.  
Gorham  
9/4/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road.  
Portland  
9/15/2025: 9 a.m. - 1 p.m., Maine Medical Center - Dana Education Center, 22 Bramhall Street.  
South Portland  
9/9/2025: 9 a.m. - 1 p.m., American Legion, 413 Broadway.  
Standish  
9/15/2025: 9 a.m. - 1 p.m., Standish Town Hall, 175 Northeast Road.  
Westbrook  
9/12/2025: 12 p.m. - 4 p.m., Westbrook Community Center, 426 Bridge Street.  
Yarmouth  
9/5/2025: 11:30 a.m. - 4 p.m., American Legion Post 91, 196 Main St.

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# Newsmakers, Names & Faces

## Letter to the Editor Republican Vision for Maine

Presented by Sen. Jeff Timberlake

Hello, I'm Senator Jeff Timberlake. I represent Senate District 17 in Androscoggin and Kennebec Counties. I'm here to talk to you this week about what's going on in state government.

I got involved in politics over 15 years ago when I first got into the Legislature. As you see, I'm a farm boy — born and raised on a farm — eighth-generation farmer from the State of Maine. And why did I get involved in politics when I got all this work to do?

It's because the government was taking my rights away. The government was affecting my business, and my grandfather taught me a long time ago I could either complain about the problem or do something — and the only way I was going to do something was to get involved.

Remember, we have to deal with the rest of the United States. We're all one economy and we have to be able to compete. And yet, Maine energy costs have gone through the roof.

Lowering energy costs for Mainers

One of the problems that I see — and I have been against it since day one, the first time it came up — is Net Energy Billing. Republicans have fought very hard to remove Net Energy Billing. We've still got hope that it can happen. There's still one bill hanging out there that we know we'd pass if we were in charge. We're going to try to do our job by convincing the other side that they need to join us in removing Net Energy Billing because it's one of the biggest costs to the people of the State of Maine.

An example of what Net Energy Billing is costing you as a ratepayer is \$284 million a year. That's what Net Energy Billing is adding to your power bill in Maine. If you're not generating any power from solar, you're paying that \$284 million in your electric bill.

Everybody gets to pay it — whether you're a business, whether you're a private individual, whether you're a small country mom-and-pop store — you have to pay for this program. One of the things we as Republicans are trying to do is get that last bill across the line to lower electricity costs for everyone.

Cutting red tape

We've got some other things we need to do throughout the system — some other bills that need to pass. The good news is that I had a bill this year to allow businesses to share their space in restaurants that we did get through. It's a good business bill that allows businesses to do what they want, gets government out of your back pocket and lets you make your own decisions on what you want to do.

Supporting Maine agriculture

Some of the other things that need to happen here in Augusta are policies that support small, rural agriculture. My farm is a small agricultural family farm. I put in a bill this year on behalf of the Farm Bureau to allow farmers to buy health insurance through the Tennessee plan.

The bill has been carried over. It passed in the Senate, and it's being held over in the House. We're going to work very hard with the House to get it off the table in the upcoming year and move that bill forward. The bill would allow all farmers and their employees to buy insurance through the Farm Bureau, and it would save thousands of dollars a year for very good health insurance policies. I look forward to working with the other side of the aisle to get this bill across the finish line because it will help preserve small, rural agriculture in the State of Maine.

A Republican vision for a freer Maine

So, we're looking forward — we've got some positive things that can happen. I thank you for joining us here today and I look forward to talking with you in the future, telling you where we're headed, what we're trying to do and why we as Republicans want to make Maine a freer and better place for all Maine citizens. Have a great weekend.

*Senator Jeff Timberlake represents District 17, which includes communities in Androscoggin and Kennebec counties. He is the Senate Republican Lead for the Legislature's Veterans and Legal Affairs Committee, and a member of the Government Oversight Committee.*

## St. Mary's Earn-While-You-Learn program graduates 7

**MAINE** – Seven new Medical Assistants have joined the care team at St. Mary's after completing the organization's most recent earn-while-you-learn training program in partnership with Gray-New Gloucester Adult Education.

The program allows participants to gain hands-on experience while completing coursework, preparing them for a career in healthcare without the need to step away from the workforce. Graduates work alongside experienced professionals, building the skills and knowledge needed to provide direct patient care.

Now certified, these new Medical Assistants will serve in various areas across St. Mary's, supporting patients and clinical teams. The program is one of several workforce development efforts aimed at meeting staffing needs while creating local opportunities for healthcare careers.



## Lewiston Contradance series kicks off new fall season

**LEWISTON, ME** – The Lewiston Contradance series at Trinity Commons will kick off its new Fall season on Friday September 12. The dance, which runs from 7:30 to 10 is always preceded at 7 with a workshop for people who would like to learn contradance basics before the program, during which the dances are taught and called to live music.

Ellen Hodgekin will be the caller, with fiddle and guitar music provided by Greg and Aidan Boardman.

No previous experience or partner are required.

Cost is a sliding scale: adults \$15-25, teens & students \$5, kids 12 & under free. Dancers may pay what they can, with no one turned away for lack of funds.

Trinity Commons is located at 247 Bates Street in Lewiston. For more information visit [lewiston-contradance.org](http://lewiston-contradance.org).




We want to hear from you!

Please submit your letter to the editor by 5pm on Friday for next weeks edition.

Email: [editor@twincitytimes.com](mailto:editor@twincitytimes.com)

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# Funds support AmeriCorps Seniors programs in Maine

WASHINGTON, D.C. – U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee, announced that three organizations in Maine will receive a total of \$1,373,395 through the Fiscal Year 2025 AmeriCorps Seniors Foster Grandparent Program (FGP) and the Senior Companion Program (SCP).

The funding will support the work of 149 older volunteers across the State of Maine who provide aid, companionship, and guidance to seniors, young people, and children. “These grants will help older Mainers remain active and engaged in their communities while providing critical support to some of the most vulnerable

people in our state,” said Senator Collins. “Whether it’s mentoring and providing guidance to students or helping older adults continue to live independently, foster grandparents and senior companions make a real difference in the lives of those they serve.” The funding is allocated as follows:

- The Opportunity Alliance (South Portland) \$583,373 Foster Grandparent Program award to support 65 volunteers.
- Penquis CAP (Bangor) \$399,717 Foster Grandparent Program award to support 44 volunteers.
- University of Maine System (Orono) \$390,305 Senior Companion Program award to support 40 volunteers.

According to AmeriCorps, the FGP engages volunteers age 55 and over to serve in communities as role models, mentors, and friends to children. The SCP engages volunteers to provide assistance and companionship primarily to elderly individuals—and also to people with disabilities—who have difficulty with daily living tasks.

Senator Collins is a longstanding member of the National Service Congressional Caucus and has cosponsored legislation to exclude the AmeriCorps Education Award from federal income tax. In recognition of her strong support for AmeriCorps, Senator Collins received the Edward M. Kennedy National Service Lifetime Leadership Award in 2023. She joined a bipartisan group in introducing legislation to expand national service programs significantly to help the country recover and rebuild from the COVID-19 public health emergency.

# Give Deer Spy a try!

Outdoor recreation and natural resources are truly at the center of our state’s identity. So many Maine memories are made through watching wildlife! Responsible wildlife management preserves these opportunities for future generations, and you can be a part of it.

Wildlife watching can be a wholesome hobby, serious science, or both at once! Deer Spy is a community science project that invites all wildlife watchers to be a part of white-tailed deer management in Maine. You don’t need to be a biologist; you just need to enjoy watching deer raise their families!

Participation is quick, easy, and rewarding. We are interested in all white-tailed deer observations anywhere in Maine from August 1 through September 30. The next time you slow down to let a mama deer lead her fawns across the road, grab your binoculars to watch does or a beautiful buck in your backyard, or witness some white-tails during your next outdoor adventure, all you need to do is fill out Maine Department of Inland Fisheries and Wildlife’s online form with the following information.

It’s as simple as that! Every time you share your sightings, you supply our biologists with statistics to better understand Maine’s white-tailed deer population. The more eyes we have on Maine’s deer, the more we can fine-tune management and maintain a healthy herd. So join Maine’s team of community scientists by giving Deer Spy a try during your next family excursion or outdoor adventure!

Learn More About Deer Spy and Submit Observations

Did you capture a cool photo during Deer Spy?

Photos aren’t required



to submit observations to Deer Spy, but participants often capture some neat moments. We’d love to share what you’ve seen with future Deer Spies! If you capture a photo you’d be happy to have us share on social media to highlight the rewarding community science experience, please email them to our Social Media Coordinator.

Photos must be your own or photos you have permission to share.

Photos must be of deer in Maine, preferably taken during Deer Spy (August/September)

Please include the photographer’s name so we can give appropriate credit!

Bonus points if you tell us a little about your experience participating in Deer Spy!

Love watching all kinds of wildlife?

The only thing better than watching wildlife in Maine is watching wildlife in Maine for science! There are lots of opportunities for community science across our state throughout the year. The Wild Turkey August Production Survey



is currently well underway, with turkey poult counts collected through the end of August. Learn about all of our current and past community science projects on our website.

Community Science can often be done right in your own backyard, but if you’re looking for a new place to explore, watch wildlife, and do some community science, find a Wildlife Management Area near you!

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

## Dyer Long Pond is a Serene Hidden Gem



A group of paddlers navigate north on Dyer Long Pond

I “discovered” Dyer Long Pond in Jefferson while studying my Delorme Maine Atlas for prospective lakes and ponds to explore in central Maine. A banana shaped body of water with several inlets, coves and small peninsulas, the approximately 3-mile long pond appeared to be an excellent paddling destination.

Dyer Long Pond is situated in a remote wilderness area of Jefferson that is off the beaten path. On the map, it looks like one of those locations that qualifies for the phrase, “you can’t get there from here.” There is a State of Maine designated hand-carry boat landing on the western shore at the approximate midpoint in the pond.

When my wife, Nancy, and I decided to paddle the intriguing pond on a hot, sunny late-July day with light northerly winds predicted, we extended an invitation to several frequent paddling companions. Four enthusiastic boaters agreed to join us on short notice.

Locating the boat landing on Dyer Long Pond required some investigation. Traveling Route 215 south from Cooper’s Mills in Jefferson, turn left onto Hinks Road and follow it for about one-half mile to a boat landing sign on the right. A lengthy dirt road continues to the landing where there is ample parking and a paved loading zone.

We launched a tandem canoe and four solo

kayaks on the mirror calm pond and began traveling north along the west shore. Several small homes and cottages were passed but no activity was observed. The pond remained very quiet throughout our voyage.

The northern end of the pond is undeveloped and ripe for exploration. Two of us found a small brook that feeds the pond from the north and began a reconnaissance. Guarded by a field of lily pads and thick swamp grass, we reached a point of no return after persisting for a modest distance in a narrow twisting channel. Purple Loosestrife colorfully decorated the marshy area. Unfortunately, the perennial herb is an invasive species and poses a threat to wetland ecosystems by outcompeting native vegetation and reducing the habitat for wildlife.

After regrouping along a wooded section on the northern shore, the entire entourage began paddling south along the east shore past a handful of cottages, many embedded into a relatively steep embankment. Again, the camps were remarkably quiet.

At the approximate midway point, we traversed west across the pond and stopped at the boat landing for a lunch break. While there, a solo kayaker launched into the pond and two fishermen arrived to test their luck from shore.

With the exception of a few cottages on the



A kayaker explores a swampy area in the northern part of Dyer Long Pond

west shore, the southern half of the pond is largely undeveloped. We passed a prominent peninsula on the east side and entered a narrowing body of water where extensive swamp grass dominates the western shoreline.

Progressing south, we navigated through a twisting attenuated passage to an old dam at the southern outlet. When paddling closer to inspect, the deteriorating structure was obviously in poor condition. Debris had accumulated at the rim and manually adding and removing boards from slots in the dam appear to be the method used to manage the pond level. The land around the dam is posted so we were unable to investigate further.

According to my research, approximately 10 years ago a dispute arose about maintaining acceptable water levels on the pond. In 2018, the Maine DEP held a hearing in Jefferson concerning the matter. According to a news report, camp owners believed the dam owner was allowing the pond level to drop too low. It’s unclear if the issue was resolved, but the water level seemed adequate during our trip. However, it does not appear the aging dam allows for migration of alewives into the pond.

Our return trip was a delight. A light headwind provided relief from the hot, steamy weather as we slowed our pace to take full advantage of the

exceptional scenery and serene environment.

The lone kayaker met earlier was the only boater seen during our voyage. I recommend Dyer Long Pond for paddlers in search of a quiet scenic lake or pond trip in central Maine.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* devotes 28 chapters to paddling Maine’s lakes, ponds, rivers, and the coastline.

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).



Paddlers investigate the dam at the southern outlet



Two kayakers travel south on Dyer Long Pond

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# Arts & Entertainment

## Auburn Community Concert Band invites new members

AUBURN, ME – The Auburn Community Concert Band has announced that rehearsals for their Fall season will begin on Wednesday, September 10th. This is an ideal opportunity for former high school and college band musicians to again experience the enjoyment of making music and performing in front of large audiences. Currently, the Auburn band has a need for additional brass players, particularly tuba players.

New members must be able to read music, and have their own instruments. Band membership requires a commitment to the group's weekly schedule of Wednesday evening rehearsals. Rehearsals take place every Wednesday from 7:00 - 9:00 p.m. at the High Street Congregational Church, located between High and Pleasant Streets, in Auburn.

For the next couple of months, the band will be preparing for its annual



holiday concert, which will take place on Wednesday, December 17th at the new Donald M. Gay Performing Arts Center located at Edward Little High School in Auburn.

Currently, the ACCB has 49 members, ranging in age from late-teens to early eighties. These members collectively represent a total of 15 central and western Maine towns. Before joining this organization, many of the group's volunteer musicians had last played in a school or community band some 10 to 20 years ago, according to band director Milt Simon. "New members are often nervous when they first join, because of the lapse of time since they last practiced," said Simon. He added that "most people

regain their playing skills relatively quickly."

New members should email their intentions to Director Simon at auburncommunityband@gmail.com prior to attending their first rehearsal. Prospective members, who are unable to participate in any of the September rehearsals, will have a second opportunity to join the band during the group's next "Open Membership Month", happening in January.

The concert band is currently celebrating its 44th season. The organization was established by Simon back in 1981. Additional information regarding membership can be found on the band's website at [www.auburncommunityband.com](http://www.auburncommunityband.com).

## Midcoast Symphony Orchestra presents 36th season

TOPSHAM, ME – Coming off a highly successful 35th-anniversary year that drew its largest audiences since before the pandemic, the Midcoast Symphony Orchestra is excited to announce its 2025-26 season, "Celebrating the Human Spirit." Four programs are planned, each presented on Saturdays at 7:00pm in Lewiston/Auburn, and at 2:30pm on Sundays in Topsham.

Music Director Rohan Smith, currently in his 22nd year guiding the MSO, conducts the concerts in October, January, and May, while guest conductor Jinwook Park takes the podium for the March concerts. Other guest artists this season include baritone Philip Lima in October, previously heard with Midcoast as soloist in songs by Copland and Mahler; the pianist Morgan Lee, playing Beethoven's Fourth Piano Concerto on the March program; and, as part of the large forces that will be assembled for Mahler's "Resurrection" symphony in May, the mezzo-soprano Roselin Osser, soprano Jessica Kenlan, and choir director Zen Kurimaya. Season tickets are now on sale for \$80 at [midcoastsymphony.org](http://midcoastsymphony.org) or by calling the box office at (207) 481-0790.

The first concert, on October 25 and 26, is titled "Heroes: Common and Uncommon." Besides Beethoven's Symphony No. 3, commonly known as the "Eroica" or "heroic" symphony, the concert features Philip Lima singing Martin Luther King Jr.'s "I have a Dream" speech in a musical setting by Lee Hoiby.

In keeping with MSO tradition, the January 17 and 18 program "Myths and Magic" consists of several shorter pieces designed with the whole family in mind, including Tan Dun's intriguing "Passacaglia: Secret of Wind and Birds," with a section in which the audience plays bird sounds over their cell phones to accompany the orchestra.



Jinwook Park (photo credit Susan Wilson)



Philip Lima (photo credit Susan Wilson)



Roselin Osser (photo credit Ars Magna Studio)

The March 21 and 22 program, called "Ambition and Destiny," will be led by one of the orchestra's favorite guest conductors, Jinwook Park, who is also the conductor of the Colby College Orchestra and the Augusta Symphony.

The MSO wraps up its season on May 16 and 17 with one of the towering works of the orchestral repertoire, the "Resurrection" symphony by Mahler, featuring chorus and vocal soloists, and performed on the Saturday night concert at the new Donald M. Gay Performing Arts Center at Edward Little High School in Auburn.

The mission of the Midcoast Symphony Orchestra (MSO) is to provide an outlet for talented musicians to study, perform, and share their love for symphonic music through performances and educational activities for all ages. The 85-member, all-volunteer, non-prof-

it, community orchestra has been led since 2003 by music director Rohan Smith. MSO's "More with Midcoast" series offers audiences the opportunity to hear interviews with guest artists, try out the instruments for themselves, or observe an open rehearsal on stage with maestro Smith.



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Highlights from last year!



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THURS  
18  
SEPT

4:00 PM -  
7:00 PM

**PACKET PICK-UP**  
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FRI  
19  
SEPT

12:00 PM -  
6:00 PM

**PACKET PICK-UP**  
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46 Beech Street | Lewiston, Maine

4:00 PM -  
6:00 PM

**PARTY IN THE PARK**  
Simard-Payne Park  
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6:00 PM -  
8:00 PM

**NIGHT OF LOVE + LIGHT**  
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SAT  
20  
SEPT

7:00 AM

**OPENING REMARKS**  
Oxford Street Start Stage

7:30 AM

**FESTIVAL IN THE PARK OPENS**  
Simard-Payne Park. Open to the Public!

7:30 AM

**65-MI, 50-MI, + GRAVEL RIDES START**  
*Staging begins 15 minutes prior to departure.*

7:45 AM

**10K RUN START**  
*Staging begins 15 minutes prior to departure.*

8:15 AM

**5K RUN START**  
*Staging begins 15 minutes prior to departure.*

8:25 AM

**5K WALK START**  
*Staging begins 15 minutes prior to departure.*

9:20 AM

**25-MILE RIDE START**  
*Staging begins 15 minutes prior to departure.*

9:35 AM

**WENDY'S WAY RIDE START**  
*Staging begins 15 minutes prior to departure.*

11:00 AM

**KIDS' FUN RUN**  
Oxford Street Start Line

1:00 PM

**HONOR WALK** *presented by Concentra*  
Main Stage

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*Thank you to everyone taking on the Dempsey Challenge presented by Hearts of Pine. All proceeds from all Dempsey Challenge Weekend events go directly to the services offered by the Dempsey Center, making life better for people impacted by cancer.*

**Learn more at [www.DempseyCenter.org](http://www.DempseyCenter.org)**



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Are you up for the Challenge?

Each September, thousands of people break out their inner athletes and challenge themselves to take on a walk, run, or ride event to help make life better for people impacted by cancer by taking on the Dempsey Challenge.

100% of funds raised by Challenge participants provide personalized, holistic services at no cost to cancer patients, survivors, care partners, bereaved individuals, families, and other loved ones. Founded by actor Patrick Dempsey, this flagship fundraising event has raised nearly \$20 million since its inception.

Register at <https://www.dempseycenter.org/dempsey-challenge/>

Celebrate, Honor, and Rally... Together.

Dempsey Challenge Weekend is a time to come together, both in-person and virtually, to show support for the clients supported by the Dempsey Center.

Challengers come together to RALLY in the event that means the most to them; to CELEBRATE everyone’s hard work training and fundraising to reach their goals; and to HONOR those impacted by cancer’s over-arching reach into their lives.

Your Support is Making a Difference

Taking on the Dempsey Challenge is more than participating in a 5k or cycling event. Taking on the Dempsey Challenge is becoming a part of the Dempsey Center community and committing to making life better for people impacted by cancer.

When you become a Challenger, you immediately start making a difference. Every single dollar you raise goes directly to the services provided at the Dempsey Center. Learn more about all of our services at the Dempsey Center website.

Participate in-person or virtually!

OPPORTUNITIES FOR EVERYONE

Register for our in-person Dempsey Challenge event or virtually (participate anytime, anywhere) or as a volunteer. There are no barriers to joining in and no limits to what’s possible when we - as a global community - CHALLENGE OURSELVES to support people impacted by cancer.

IN-PERSON

Our in-person event is located in Lewiston, Maine and features 5K/10K run/walk and ride events on Saturday, September 20th

Dempsey Challenge Registration Includes: Participant t-shirt; Fundraising Guide to help you achieve your fundraising goals!; Beverage ticket to enjoy a Maine craft beer, mimosa or bloody Mary (or Colton + Levi’s Lemonade Stand!); Maine-inspired finisher meal in the Food + Beverage Tent

VIRTUAL EVENT

Our virtual event is also completed on September 20th, anywhere and in any way you choose!

Virtual Dempsey Challenge Registration Includes: Official bib, shipped to you; Fundrais-

ing Incentives, shipped to you; Exclusive Finisher Medal, shipped to you; Fundraising Guide to help you achieve your fundraising goals!

CHALLENGE YOURSELF

Four easy steps to get in on the fun!

1. Choose Your Challenge

We offer different participation levels suited for all skill levels: Walk/Run a 5K or Run a 10K. Ride 10mi (Wendy’s Way), 25mi, 50mi, or 65mi cycling road routes OR Challenge Yourself with an advanced 52mi gravel ride!

Virtual Participants can participate in any activity from anywhere in the world - and support people impacted by cancer.

2. Register

Registration is currently open. When registering as an adult participant, you’re committing to a fundraising minimum. For more details, see the registration website.

3. Choose a Team Type

Participate on your own, join a team, or create your own team.

About Teams: There is no limit to how many members can be on a team.

Teams can be a mix of walkers, runners, riders, and virtual participants. Each team member is responsible for their own fundraising minimum for their chosen event.

4. Fundraise

Fundraising commitments vary by event but participants have until event day, September 20th, to meet or exceed their minimum. Your commitment and generosity supports the Dempsey Center’s mission to make life better for people managing a cancer impact.

KEY DATES

Friday, September 12, 2025 5:00 PM ET: Team Packet Pickup registration deadline; Registration change deadline

Thursday, September 18, 2025 12:00 PM ET: Deadline to be recognized as Dempsey Challenge individual or team award winner\*; Deadline for College Cup and High School Challenge\*; Deadline to raise \$3,000+ to receive A Night of Love + Light Champion event invitation\*

September 20, 2025 5:00 PM ET: Final incentive deadline

\*All funds must be received by the deadline date and time.

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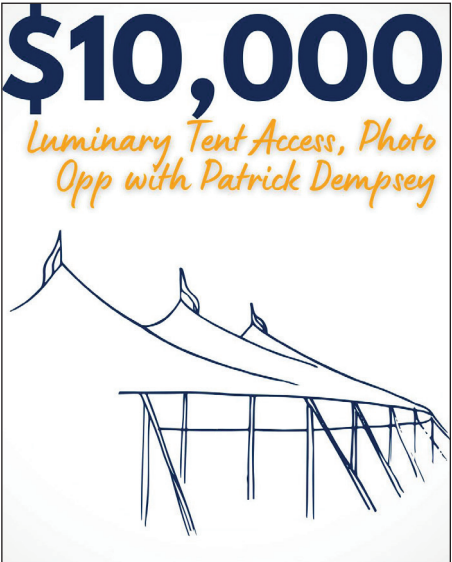
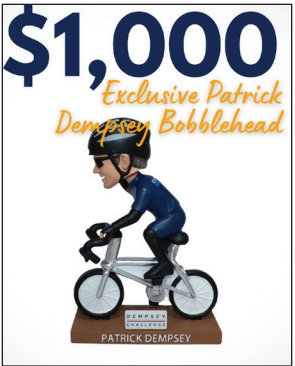


## This year’s incentives

Taking on the Dempsey Challenge means ensuring that people throughout Maine and across the United States have access to high-quality supportive care throughout their cancer journey—all at no cost. Each and every Challenger works hard to Challenge Themselves to raise money in support of this mission...and while that in and of itself is an incentive, a little gift of

thanks doesn’t hurt! We’re thrilled to share some amazing incentives from our incredible partners for the 2025 Dempsey Challenge, presented by @hearts\_sc! What incentive do you hope to earn this year?! In-person Challengers will be able to pick up their incentives either at the Party in the Park on Friday, September 19th from 4-6pm or throughout

the day in Simard-Payne Park on September 20th. Virtual Challengers are also eligible for incentives, and those will be mailed to your registration address following Challenge weekend. From all of us here at the Dempsey Center—thank you. Thank you for registering for Challenge, for fundraising, and for making life better for people impacted by cancer.





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## Plant Disease Diagnostic Lab achieves national accreditation

ORONO, ME – The University of Maine Cooperative Extension Plant Disease Diagnostic Lab recently achieved Core Accreditation through the National Plant Diagnostic Network (NPDN). This designation highlights the lab’s commitment to excellence in plant disease diagnostics and its vital role in supporting plant health and biosecurity across Maine and the northeastern U.S.

Led by Assistant Diagnostician Stephanie Shea and Director Alicyn Smart, the lab joins an elite network of diagnostic facilities nationwide that meet rigorous standards set by the NPDN Core Accreditation Program, making it the second land-grant University to achieve this designation.

“This milestone recognizes our lab’s dedication to high-quality diagnostics and continuous improvement,” said Smart. “It reflects the hard work of our team and our responsibility in protecting Maine’s agriculture and ecosystems from invasive pests and pathogens.”

The NPDN Core Accreditation Program provides a framework for diagnostic labs to develop and implement a comprehensive quality management system. This ensures consistent accuracy, professionalism and preparedness across the network. Core Accreditation means that the UMaine Extension lab has successfully met quality standards in areas such as diagnostic protocols and standard operating procedures; equipment maintenance and calibration; data management and recordkeeping; staff training and proficiency testing; and risk mitigation and biosecurity practices.

As part of the NPDN, which includes over 70 labs across the U.S., the UMaine Extension Plant Disease Diagnostic Lab plays a critical role in early detection and response to emerging plant threats such as beech leaf disease.

“By achieving Core Accreditation, our lab strengthens Maine’s readiness to respond to plant health threats quickly and effectively,” said Shea. “We’re proud to contribute to national diagnostic excellence and safeguard the region’s agricultural economy and environment.”

The lab provides diagnostic services to growers, homeowners, industry professionals and government agencies. In addition to diagnostics, it supports plant health through educational outreach, applied research and collaborations with the U.S. Department of Agriculture Animal and Plant Health Inspection Service, Maine Department of Agriculture, Conservation and Forestry, and other regional partners.

For more information about the UMaine Extension Plant Disease Diagnostic Lab and its services, visit the program webpage.

## TurfMutt: Fall is the most important season for your yard

ALEXANDRIA, VA – For 15 years, the TurfMutt Foundation has encouraged people to get outside, care for, and enjoy their own family backyards, parks and community green spaces. As autumn approaches, there’s no better time than now to plan for next spring and summer.

“Now that fall is just around the corner, our best advice is to just keep going,” said Kris Kiser, President & CEO of the TurfMutt Foundation. “Fall is a great season for getting outside with the more moderate temperatures and changing foliage but it’s also the time of year to prepare trees, shrubs, grass and gardens to better weather the colder months.”

Kiser added that it is important not to sleep on autumn yardwork. “Do not put your outdoor power equipment away just yet,” he advised. “Fall is the most critical season for your outdoor living room. What you do now will set the tone for what your yard will look like and how healthy it will be next spring.”

Here are just a few ways the TurfMutt Foundation suggests sprucing up and enjoying your family yard this fall:

Create a Fall Yardwork Checklist. As long as your grass is growing, keep mowing. Other important to-dos include aerating your lawn, overseeding, cleaning out flower beds,



trimming back perennials, and adding a fresh layer of mulch around trees and shrubs to protect them during the winter months.

Feed Your Lawn, Naturally. When autumn leaves fall, consider mulching them with your lawnmower instead of raking and disposing of them. This will not only keep yard waste out of the local landfill, it also adds organic matter back into the soil.

Plant Bulbs Using the “Right Plant, Right Place” Principle. Fall is an ideal time to plant many spring flower bulbs. Select those that will thrive in your region by checking out the USDA Plant Hardiness Zone Map. By choosing the right plants for your climate and lifestyle, you’ll be rewarded with a beautiful and purposeful green space your entire family will enjoy year-round.

Embrace Outdoor Living (and Working). In many areas of the country, fall means a respite from scorching temperatures and an opportunity to really embrace outdoor living. Fall allows families

to transition even more everyday activities like dining, studying, working, and relaxing outside.

Personalize Leaf Peeping Season. There’s no need to fight the crowds to enjoy the fall foliage if you plant trees that change color. Or you can experience the glory of fall by taking a family walk to a neighborhood park or natural area.

Check out the TurfMutt Foundation’s International Backyarding Fact Book to learn more about the power of parks, backyards and other green space around us. Sign up for Mutt Mail, a monthly e-newsletter with “backyarding” tips and all the news from the TurfMutt Foundation.

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

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# Waterville Creates to open Wild Maybes public art

WATERVILLE, ME – Waterville Creates is excited to announce a new public art installation in Levine’s Park this summer: Wild Maybes by Chris Miller, artist and founder of New Paradigm Design Workshop. The sculptures will arrive in late August, with an official opening reception on Friday, September 5, from 5–7pm as part of downtown Waterville’s First Friday celebration. All are welcome to visit Levine’s Park, where Main and Front Streets meet Spring Street, and enjoy these fascinating sculptures.

Commissioned by Waterville Creates and presented in partnership with the City of Waterville, Wild Maybes is a semi-permanent installation featuring four large-scale sculptures of whimsical, friendly creatures, in the tradition of the Crystal Palace dinosaurs. These fantastical beasts draw inspiration from real prehistoric mammals that roamed the earth 50 to 60 million years ago—just after the age of dinosaurs.

Created by Portland-based artist Chris Miller, Wild Maybes reflects a creative practice rooted in kindness, curiosity, and imagination. Influenced by ideas of outer space, dinosaurs, bedtime stories, and ice cream, Miller’s work invites viewers of all ages to wonder, dream, and play.

“This is a dream project, right in the middle of all the exciting things happening in Waterville right now,” Miller said. “These four big friendly creatures are going to make people smile. I can’t wait to see that.”

The prehistoric beasts comprising the Maybes—



Barylambda, Coryphodon, Eoconodon, and Uintatherium—remain shrouded in mystery. We know they existed, and we have a rough idea of what they looked like, but can only speculate as to their behavior and other characteristics. These unknowns, as much as or more than the facts, inspired Miller along the creative process. Wild Maybes invites passersby into the park to greet these mysterious beasts and let their own imaginations run wild.

Miller’s recent work includes both temporary and permanent public art commissions throughout Maine. Notably, he created Carousel Cosmos, a temporary installation in Portland commissioned by TEMPOart. His work has also been featured in exhibitions at the National Building Museum in Washington, D.C., the Shenzhen Biennale, the Boston Public Library, the City Museum of New York, the Janet Wallace Fine Arts Center at Macalester College, the Hyde Park Art Center, and Myopic Books in Chicago.

Wild Maybes is the latest piece in a broader, ongoing initiative by Waterville Creates to promote more public art in the area. Last fall, Waterville Creates conducted a commu-

nity-wide survey to gather feedback on its programming, facilities, marketing, and overall impact. The results demonstrated strong support for public art: 70% of respondents expressed a desire for more public art in Waterville, and more than 80% agreed that it enhances quality of life and fosters community pride.

“This project reflects our community’s strong desire for more public art, and we’re thrilled to welcome Wild Maybes as a joyful and imaginative presence in downtown Waterville,” said Marie Sugden, exhibitions coordinator at Waterville Creates.

Learn more at [watervillecreates.org/wild-maybes](http://watervillecreates.org/wild-maybes).

First Friday  
The September 5 opening is presented as part of Waterville’s First Friday, a monthly celebration of the arts and business in downtown Waterville. This First Friday will take the form a block party, with Main Street closed between Temple and Spring Streets. Waterville Creates is partnering with the Colby College Museum of Art, Elm City Music School, Discover Waterville, and other partners to bring fun, free programs for all ages. All are welcome Friday, September 5, 5–7pm.

# New Ventures Maine celebrates 11 graduates

BRUNSWICK, ME – New Ventures Maine (NVME) held a graduation ceremony at the UMA Brunswick Center on Friday, August 22, for 11 Venturing Forth class participants who completed their business plans during the eight-week summer comprehensive business planning class.

Presenting in person and virtually over two class sessions, the 11 new entrepreneurs presented their plans for new businesses focused on graphic design, murals and signs; transportation; gold gilding; children’s imaginative play and books; custom hand drums; app-based calculators; interior design; childcare; custom game tables; and wellness practices in western, midcoast, and southern Maine.

For new entrepreneurs or current business owners, Venturing Forth helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The in-depth course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, legal aspects, and more. In-class activities, guest speakers, and homework assignments lead to



Pictured left to right: six Venturing Forth graduates with certificates--Jason Simms, Tessa Anable, Micheline Ngwinutete, Megan Strackbein, Laura Bramley, Jessica Penn--NVME Microenterprise Program Manager Alicia LaFosse, Emily Braley (MTI), UMA President Jen Cushman, NVME Microenterprise Specialist Gina Platt. Not pictured: Melissa Anderson, Rob Madden, Conny Terrio, and Hannah Tufts. Photo credit: courtesy New Ventures Maine

the completed business plan and road map for success.

In the words of one participant, the class was, “Inspiring, informative, motivating. What I’ll take with me is the commitment to thinking critically about my business and having a concrete strategy for success.”

The class was funded in part by Maine Technology Institute (MTI). Guest speaker Emily Braley, Maine Entrepreneurial Resource Corps (MERC) Coordinator for MTI, offered perspective to graduates on the role of small business in the Maine economy. “In 2024, small business-

See New Ventures, page 14

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# Maine to pilot Outdoor School for All

**BRYANT POND, ME** – Thousands of Maine students will participate in transformative overnight outdoor educational experiences in the coming school year — at no cost to their districts.

Maine Outdoor School for All is launching this fall thanks to \$450,000 secured from private foundations, including the Betterment Fund, Horizon Foundation and Quimby Family Foundation, and bipartisan legislation establishing the program sponsored by state Sen. Rick Bennett and signed

into law in May by Gov. Janet Mills.

The program will be administered by University of Maine Cooperative Extension, which will make grants to certified outdoor learning centers, enabling them to provide students in grades four through eight immersive, three-day, two-night outdoor educational experiences.

About one-fifth of Maine public school students already participate in overnight programming through the organizations that make up the Maine

Outdoor School for All coalition, including UMaine Extension’s 4-H Learning Centers, the Chewonki Foundation, the Ecology School and Schoodic Institute, typically paid for by the sending district or private foundations.

With the establishment of the program in state statute, initial private funding and a campaign to raise an additional \$1 million this year, Maine has become one of just four states committed to providing outdoor learning opportunities for all public school students, regardless

of the socioeconomic status of their family or their district. Oregon, Washington and Minnesota have Outdoor School for All programs funded by lottery proceeds and appropriations.

At current funding levels, UMaine Extension expects the program will serve 1,000 additional students in 2025-26. When fully funded at \$6 million annually, the program will be accessible to all students in grades four through eight in the state. Extension will certify outdoor education programs across the state and issue grant funding for these programs to partner with school administrative units and provide immersive outdoor education.

“There is no better classroom than the Maine outdoors,” said Executive Director of UMaine Extension 4-H Centers Ryder Scott. “Research has reinforced that outdoor learning benefits students’ academic performance and their physical and social-emotional well-being. These aren’t just field trips — they are transformational experiences that engage Maine students in exciting STEM learning and prepare them for future success in their studies and careers.”

While at the certified outdoor learning centers, students and their teachers will participate in hands-on discovery aligned with state learning results. The core curriculum will help students develop in-demand STEM, leadership, communication and collaboration skills, while fostering confidence, connection to the state’s outdoor heritage and a commitment to environmental stewardship. This is entirely consistent with the goals and strategies of the recently released 10-Year Maine Outdoor Recreation Economy Roadmap, which proposes expanding pipelines to rewarding careers in the outdoor industry through “increasing access to outdoor experiences” and “integrating outdoor education and career pathways in K-12 curricula.”

“Our outdoor school experiences make a meaningful difference in the academic and social-emotional learning for our students,” said Woodstock Elementary Principal Beth Clarke about her students’ immersive learning at the UMaine 4-H Learning Center in western Maine. “Whether observing the life cycle of plants, understanding ecosystems or learning leadership skills, Outdoor School at Bryant Pond deepens our students’ understanding



**Youth learn about invasive green crabs, including how to cook, crack and eat them, during an October 2024 fishing activity at the 4-H Camp and Learning Center at Blueberry Cove. Photo courtesy of University of Maine Cooperative Extension.**

of the world and helps them grow into successful young adults.

“Extension is thrilled to play a key leadership role in the Outdoor School program,” said UMaine Extension Dean Hannah Carter. “This program will create pathways for students to attend Maine’s public universities and help build a labor force skilled in resource management, conservation, outdoor recreation, agriculture and forestry.”

“Outdoor immersive education allows all its participants the opportunity to grow academically and socially. It allows students to practice healthy risk taking, and it shows them a world beyond cell phones and social media,” said 2025 Maine Teacher of the Year Becky Hallowell, who incorporates outdoor teaching and learning into her fourth grade at Wiscasset Elementary School. “All our Maine students deserve to have this opportunity.”

“Research shows the critical years around middle school are a key window for physical, social and mental health development and the data shows that Maine youth are facing more mental health challenges than ever before. These middle school years are when kids start thinking about possible career pathways and their beliefs about the place they call home,” said Maine Environmental Education Association Executive Director Olivia Griset. “When our youth get to have positive community-based learning experiences they gain a greater sense of place and connection to this state, making it more likely they will want to stay here to pursue careers, contribute to the Maine economy, raise their families, and participate in their local communities.”

“Current funding formulas for public education simply do not allow schools that would most benefit from this type of experience to pay for it out of their normal operating budgets, especially schools in rural, low-income or remote parts of the state. And yet, these very students are often the ones we are depending on

to lead our fishing, farming and forest industries in the future, and hope they develop an interest in the sustainable resource management so crucial to Maine’s economy,” said the Chewonki Foundation’s Nancy Kennedy.

“This new Outdoor School program creates a framework for improved access to robust outdoor learning programs for students in our poorer and more rural areas,” said Cobscook Institute Co-Executive Director Shaun Haskins. “Making this a statewide initiative, rather than something that individual schools or school districts must manage to implement on their own, reduces barriers and builds opportunity for all of our youth to reap the benefits of these amazing programs.”

“This is a win for Maine students,” said Ecology School President Drew Dumsch. “We know from decades of experience that outdoor education is a powerful spark that keeps kids engaged in hands-on learning, STEM-related studies and, most importantly, gives them a window into Maine’s distinct landscape and natural heritage — from working forests and tidal estuaries to agriculture, conservation and fisheries. Now we must secure full and ongoing funding so all of our kids can benefit.”

To learn more about supporting Maine Outdoor School, contact Ryder Scott at [ryder.scott@maine.edu](mailto:ryder.scott@maine.edu).

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**Sept-Oct**  
**WEST GARDINER**  
– The Center for Maine Craft is pleased to announce the opening of A New Chapter, a compelling two-artist exhibition featuring prints and original mixed media artwork by Larry Clifford and hand-crafted furniture by Brian Haddock of Rural Modern Furniture. The show runs from September 2 through October 26, 2025.

**Sept 5**  
**WATERVILLE** – The September 5 opening is presented as part of Waterville’s First Friday, a monthly celebration of the arts and business in downtown Waterville. This First Friday will take the form a block party, with Main Street closed between Temple and Spring Streets. Waterville Creates is partnering with the Colby College Museum of Art, Elm City Music School, Discover Waterville, and other partners to bring fun, free programs for all ages. All are welcome Friday, September 5, 5–7pm.

**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

# Calendar

Send your submissions to the Editor. More online.

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](http://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, 2<sup>nd</sup> and 4<sup>th</sup> 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** – The Lewiston Contradance series at Trinity Commons will kick off its new Fall season on Friday September 12. The dance, which runs from 7:30 to 10 is always preceded at 7 with a workshop for people who would like to learn contradance basics before the program, during which the dances are taught and called to live music.

**Sept 12**  
**LEWISTON** – At 10am the Lewiston Public Library Children’s Department 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 20**  
**WESTBROOK** – The Friends of Feral Felines 22nd annual book sale is coming to Westbrook again this year, to the very popular Westbrook Community Center at 426 Bridge Street. The sale will run from 9am to 2pm on Saturday, September 20. There will be hundreds of books, including top titles and great prices!

**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.

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

**Oct 4-5**  
**CANAAN** – Maine’s Garlic Fest returns this October 4th & 5th, 2025 at Lake George Regional Park in Canaan, Maine!

**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.

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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”.

**Nov 15**  
**LEWISTON** – Prince of Peace Parish Christmas Craft Fair Saturday, from 9-3. Looking for crafters/artists at Holy Family Church Hall 607 Sabattus St., Lewiston. Prices for tables/spaces range from \$25-\$40! Contact Angela at [adobson@une.edu](mailto:adobson@une.edu)

**1<sup>st</sup>, 3<sup>rd</sup> Wednesday of every month**  
**LEWISTON** – Join Lewiston Public Library for Bumps & Babies on the 1st and 3rd Wednesday every month starting June 4th from 10:30am to 11:30am in the Children’s Department.

Bumps & Babies is a support group that provides a safe, compassionate space for individuals navigating the emotional and physical challenges of pregnancy and the postpartum period. Members can share experiences, receive encouragement, and connect with others facing similar struggles, such as anxiety, depression, or the joys and adjustment to parenthood.

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

**Thursdays**  
**LEWISTON** – Baby Sensory Playtime in the Lewiston Public Library’s Children’s Department every Thursday morning from 10am to 12pm.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby’s cognitive development, fine motor skills, social and emotional development, creativity, and language development.

**Recommended**  
for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

**Every Third Thursday**  
**LEWISTON** – The Lewiston Farmers’ Market is excited to announce the introduction of “Third Thursday” markets, which will take place every third Thursday of the month, June through September from 4:00-7:00 pm on the green space at 75 Lincoln St.

**Sundays**  
**LEWISTON** – Lewiston Farmers’ Market held every Sunday, May 11th-November 23rd from 9:30am-1:00pm. Hours change to 11:00am-1:00pm beginning first Sunday in November. Located at 2 Oxford St., Lewiston.


## New Ventures

Continued from page 11

es and entrepreneurs employed 54.5% of Maine’s workforce and between 2023 and 2024, 98.5% of Maine’s net job growth was driven by small businesses,” she said. “You are the heartbeat of Maine’s state and our economy. In creating your small business, you...are actively contributing to the engine that is driving economic opportunity for over half of the state of Maine.”

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## 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](http://Mainecareerswithpurpose.org). Follow @MaineCareerswithPurpose on Facebook and Instagram.



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