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September 11, 2025

Dempsey Challenge 2025 Special Section pages 7-9

CHALLENG

CHALLENGE

Gorham's Dawn Mugford appointed NSB Chief Risk Officer

NORWAY, ME -Norway Savings Bank is pleased to announce the appointment of Dawn Mugford (pictured below) as Senior Vice President, Chief Risk Officer. Mugford succeeds Carolyn Thomas, who is transitioning into a new role as Senior Vice President, Credit & Special Assets Officer, at the end of the year.

Mugford arrived at NSB in January of 2025 as Senior Vice President, Risk, and was also named the bank's Bank Secrecy Act (BSA) Officer in July. She possesses more than 20 years of expertise in risk management, audit, and quality assurance in the financial sector. Prior to joining the NSB team, Mugford served as Executive Vice President, Chief



Risk Officer at Rockland Trust Bank in Rockland, Massachusetts, and as Senior Vice President and Director of Operational Risk Management and Corporate Securities/Investigations at Eastern Bank in Boston, Massachusetts. She has also worked in the areas of risk, audit, and due diligence for TD Bank in both Canada and the U.S.

"In her career, Dawn has been responsible for reporting of all major risk types as well as expanding

on risk management infrastructure to help maintain and grow customer confidence. She has proven herself to be an experienced and effective risk professional and a great fit for our achievement and support culture," said Dan Walsh, President and CEO of Norway Savings Bank.

"Risk Management is always different and interesting," said Mugford. "It's trying to figure out what could possibly go wrong and being prepared for it in the best way possible to support our customers and the communities in which we serve. In my time at NSB, it's clear that the great culture and reputation it has in the financial industry and beyond is well earned, and I'm look-

be discussed at the Sep-See Mugford, page 14 tember meeting, bring your

> *Just a reminder that the new mailing address for the Historical Society is 28 Cherry Hill Rd.

*Yearly membership

GORHAM, ME -

*Calendars were a big hit

again this year and we are

planning to do them again

earlier in the fall, since we

are dealing with a new print

company. The theme will

dues will be collected in November at our annual meeting. It is \$10 per person. This year we are going to begin to collect business memberships/corporate sponsorships at \$50 per year which will include some advertising on our website and social media

For access to the archives or for donations Call Archivist Kelly Dearborn 207 831 4220.

Fall Meeting Schedule: All Meetings are at the Cherry Hill Barn and open to the public.

Sunday October 5th 3pm (program TBD)

Sunday November 2nd - Annual Meeting

Sunday December 7th - Annual Holiday Gathering

If any members have any ideas for topics/presentations/speakers, please contact President Suzie Phillips 207 892 9847.

20 Walks exhibit GORHAM, ME -

USM Gorham campus welcomes

The University of Southern Maine is thrilled to announce the opening of 20 Walks, a solo exhibition by Maine-based artist Lin Lisberger. 20 Walks is a meditation on the somatic journeys that keep us grounded. Featuring sculptural contemplations in Lisberger's primary medium, wood, this exhibition considers how our memory of place is tied to the phys-

ical and what details our minds rely on to recall em-

bodied experiences. From the artist: "As a sculptor, I have always been interested in combining abstraction and narrative in my work. 20 Walks references the physical memory of my own walks in places at home and around the world. Each piece captures a sense of place along with the memory of a particular personal moment or sight. The goal of these pieces is to evoke a recollection, not tell all the details. This form of abstraction keeps the pieces simpler, more elegant, and hopefully visceral, while always keeping form





20 Walks is on view from September 18 to December 10, 2025, at the University of Southern Maine Art Gallery, Gorham campus. Please join us for the satellite programming series on Gorham's trail systems, Why We Walk, featuring artist-led hikes in conversation with nature experts from urban trail expert and writer Miles Howard to meditation teacher Patti Dodd.

The first of the Why

Gorham Historical Society News:

Fall 2025 Updates

We Walk series takes place Saturday, September 20th, at 11 am and is co-led by Miles Howard.

Please RSVP to participate in this conversational group hike. Join us in celebrating the opening reception for 20 Walks on Thursday, September 18th. from 5:30 - 7:30 p.m. on our Gorham campus at 5 University Way, 04038. This event is open to attendees of all ages, free of

Join MDT Clean-Up Day - Help keep the Gorham trail beautiful!

GORHAM, ME -Hello Friends! Mountain Division Trail is organizing a Trail Clean-Up Day and would love your help! Meeting Location: Where the trail crosses Wescott Rd, Gorham

Time: 8:00am to 4:00pm on Saturday September 13.

We'll head toward

Otter Pond once we gather.

Tasks include: Lopping Raking Leaf Blowing

Tools:

We'll have some tools available, but feel free to bring your own. Useful items include loppers, rakes, hedge trimmers, leaf blowers, and gloves.

Refreshments:

Water and snacks will be provided at the Wescott Rd meeting spot.

If you have any questions, please email us at fotmdt@gmail.com.

Thank you for helping us keep the Mountain Division Trail safe, welcoming, and beautiful for

Gorham invited to Haddock Supper Buffet

BUXTON, ME -Try our delicious Had- Parker Farm Road, Buxdock Supper Buffet ton. Suggested donation: Saturday, September 27, 2025 - 5:00 pm at Family.

Living Waters Church, \$10 Adult, \$5 Child, \$20

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.



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ST. MARY'S HEALTH SYSTEM Chronic and Interventional Pain Management / Physiatry





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Newsmakers, Names & Faces

Maine SBDC releases webinar schedule for small businesses

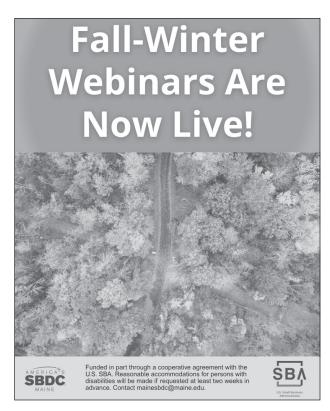
PORTLAND, ME

The Maine Small Business Development Centers (Maine SBDC), a statewide program that helps entrepreneurs start and grow their businesses, has released its webinar series for the fall-winter season. The series features practical, expert-led sessions on launching a business, boosting online visibility, preparing for tax season, and much more.

This season's lineup offers something for businesses at every stage, from startups to established companies. Topics include the startup checklist, business planning, tax preparation, SEO strategies, employee ownership, and winter tourism.

Presentations will feature Maine SBDC's experienced business advisors alongside expert partners and will also include a panel highlighting the success stories of Maine SBDC clients.

All webinars are offered at no-cost, but reg-



istration is required. View the lineup and sign up at https://tinyurl.com/dcb-byxz3.

Funded in part through a cooperative agreement with the U.S. SBA. Reasonable accommodations for persons with

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disabilities will be made if requested at least two weeks in advance. Contact mainesbdc@maine.edu.

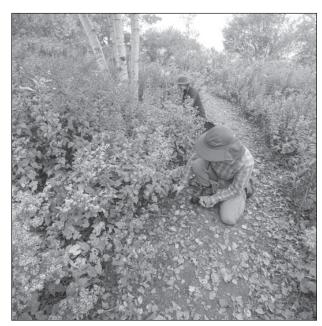
Individuals interested in working with the Maine SBDC can visit www. mainesbdc.org or call 207-780-4420.

UMaine Extension to host late season gardening webinar

ORONO, ME - University of Maine Cooperative Extension will present its second fall gardening webinar, "The Late Season Garden: Reflections and Tasks," from 6–7:15 p.m. on Tuesday, September 23.

Horticulture professional Jennifer Cappello-Ruggiero will lead the session, offering insights on the past growing season, what worked well, and what could be improved. The webinar will cover essential fall tasks to help wrap up the gardening year and set the stage for greater success next season. Topics include seasonal planning, planting strategies and winter preparation. This session is ideal for gardeners ready to reflect, reset and prepare for the year ahead.

This session is the second of four in the UMaine Extension's Fall Gardening Webinar Series.



Fall is an ideal time to reflect on the past growing season and prepare your garden for the one ahead. Photo courtesy University of Maine Cooperative Extension / Edwin Remsberg.

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.

MaineHealth brings Behavioral Health under one convenient roof

BRUNSWICK, ME - Beginning September 15, several MaineHealth Behavioral Health (MHBH) programs currently situated at 66 Baribeau Drive in Brunswick will relocate to the newly renovated behavioral health center at the Parkview campus, 329 Maine Street in Brunswick. This move is the final step in consolidating MHBH services in the Brunswick area under one roof, making care more convenient and coordinated for patients. Earlier this year, MHBH services at 11 Medical Center Drive

With the Baribeau Drive move, the following programs will relocate to the Parkview campus as part

transitioned to Parkview.

of MaineHealth Behavioral Health (formerly Maine-Health Mid Coast Hospital): Senior Outpatient Ser-

vices

Comprehensive Addiction Psychiatry Services (CAPS) previously known as the Addiction Resource Center (ARC)

Partial Hospitalization Program (PHP)

Effective September 15, the above programs will be part of the behavioral health center that also houses outpatient therapy, psychiatry, case management and the Assertive Community Treatment (ACT) program.

"Bringing services together into one location enhances patient access,

coordination and continuity of care," said MHBH President Kelly Barton, MPH, FACHE. "It also increases the likelihood that patients will stay engaged in treatment. This project represents a significant collaborative effort between Mid Coast and MHBH. By integrating various aspects of care delivery as a unified system, MaineHealth is ensuring comprehensive and seamless care for all patients."

How to reach programs effective September 15:

MaineHealth Behavioral Health – Brunswick

Adult & Adolescent Outpatient Therapy, Senior Outpatient Services

329 Maine Street, Suite BH1

Phone: 844-292-0111 | Fax: 207-373-9418

MaineHealth Behavioral Health – Comprehensive Addiction Psychiatry Services (CAPS)

Formerly known as the Addiction Resource Center (ARC)

329 Maine Street, Suite BH3 Phone: 844-292-0111 |

Fax: 207-373-6959

MaineHealth Behavioral Health – Partial Hospitalization Program (PHP)

A department of

MaineHealth Behavioral Health at Spring Harbor Hospital

329 Maine Street, Suite BH2

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Newsmakers, Names & Faces

Sen. Collins announces \$14M for local airport improvements

WASHINGTON, D.C. - U.S. Senator Susan Collins, Chair of the Appropriations Committee, announced that multiple Maine airports will receive a total of \$14,262,173 to support important infrastructure improvements. The funding comes from the Federal Aviation Administration's (FAA) Fiscal Year 2025 Airport Infrastructure Grants (AIG) program and the Airport Improvement Program (AIP), made possible by the Infrastructure Investment and Job Act (IIJA). Senator Collins was one of 10 senators who negotiated the IIJA, which provided \$15 billion for airport improvements

'Maine's airports are vital pieces of our state's transportation network that

nationwide.

promote job creation and economic development. Throughout our state, airports play a critical role not only in carrying residents and visitors, but also in facilitating medical services for those in rural communities during emergencies when seconds count," said Senator Collins. "These significant investments will allow airports across Maine to make much-needed improvements to their infrastructure."

Specifically, the funding from the AIG program has been allocated as follows:

Interna-Portland tional Jetport (PWM) -\$11,311,290 to expand existing terminal space by 7,200 square feet, obtain snow removal equipment for two replacement carrier vehicles, and replace several passenger loading bridges.

Wiscasset Municipal Airport (IWI) - \$585,000 reconstruct 19,505 square yards of pavement.

Specifically, funding from the AIP has been allocated as follows:

Various Airports in Maine - \$1,225,000 to install new, automated weather observing sys-

Hancock County/Bar Harbor Airport (BHB) -\$1,140,883 to rehabilitate 165 feet of existing service roads and replace windows in the terminal.

Since joining the Appropriations Committee in 2009, Senator Collins has helped to secure more than \$1 billion in competitive transportation grants for the State of Maine.

Rivermeadow Nature Preserve **Opening Celebration**



WESTBROOK,

- Presumpscot Regional Land Trust is are thrilled to invite you to the Trail Opening Celebration of Rivermeadow Nature Preserve in Westbrook on Saturday, September 13th,

from 10:00 AM to 12:00

Trail Opening Celebration Details:

What: Grand Opening of the Rivermeadow Preserve in Westbrook

Where: Parking is lo-

cated at the Cornelia Warren Four Seasons Rink, 58 Lincoln Street, Westbrook

When: Saturday, September 13 | 10:00 AM -

To sign up for the event, visit PRLT's website.

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

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 PEA-NUTS, 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 pa-

tients in need. Book a time to give by visiting Red-CrossBlood.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

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 Cape Elizabeth 9/11/2025: 1 p.m. - 5 p.m., Saint Bartholomew Church, 8 Two Lights Rd Portland

9/15/2025: 9 a.m. - 1 p.m., Maine Medical Center - Dana Education Cen-

ter, 22 Bramhall Street 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

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Miami Spice returns to Bradley **Backstage tonight**

FRYEBURG, - On Thursday, September 11th, 7:00 p.m., Mike Levine and his Miami Spice Latin Jazz group returns to the Leura Hill Eastman Performing Arts Center for a performance as part of the Bradley Backstage Series. Miami Spice features Miami-based musicians Mike Levine (piano), Sam Levine (drums), and Richard Bravo (Latin percussion), in combination with local musicians Mike Sakash (saxo-

phones), Al Hospers (bass), and Jarod Taylor (guitar). For the past seven years this group has been performing together at locations throughout New England, featuring the original Latin-jazz compositions and arrangements of internationally-acclaimed pianist and producer Mike Levine.

The Bradley Backstage concert series offers a unique experience as audience members are seated on stage with the musicians,

providing an intimate music listening experience. Seating is limited, so advanced ticket reservations are recommended.

Bradlev Backstage tickets are \$25 for adults and \$5 for students. Purchase tickets online at www. fryeburgacademy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Acad-

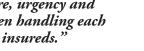
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Press Releases

All submissions, including photos, must be emailed to editor@GorhamWeekly.com.

Proofs

Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

Seniors Not Acting Their Age Kayaking Spectacular Deer Island in New Brunswick

For the past two years, a group of friends and I have traveled to Campobello Island in New Brunswick for kayaking, biking and hiking adventures in August. After I wrote a couple of columns about our kayaking exploits a reader who lives on Campobello recommended nearby Deer Island for more stimulating paddling









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escapades.

During the spring, my friends and I researched the island and formulated plans. We found a campground on southern end called Deer Island Point Campground and, after some confusing delays, made reservations for the second week of Au-

Getting to Deer Island requires taking a ferry from either Eastport or Campobello. We elected Campobello because it is more convenient. However, an added benefit is the ability to buy groceries after crossing the border into Canada and avoiding customs restrictions. There is a small grocery store on Campobello whereas food supplies are very limited on Deer Island.

The weather gods were on our side as warm sunny days and cool nights were the forecast for our entire stay. Seven of us were primed for a great Deer Island vacation.

Several of us met in Machias the night before our trip began. My wife, Nancy, and I were

on the road early the next morning, passed through Canadian Customs, and completed our Campobello shopping by late morning.

We drove to the ferry landing fully expecting a long wait. Amazingly, we literally motored onto the ferry without stopping. The twenty minute ferry ride in Passamaquoddy Bay was an absolute delight and the campground is next to the ferry landing on the southern terminus of the island.

Deer Island Point Campground is situated on a narrow, high elevation peninsula with outstanding views. We selected a campsite and explored the island by vehicle in search of restaurants and locations to launch and disembark with kayaks. Our investigation indicated the ferry landings on the north and south ends of the island were the best options for kayak access and egress given the dramatic tidal ranges. We found two restaurants, 45th Parallel and Cap Sill. Both serve quality seafood dinners.

The forecast for day

two was phenomenal with light winds, gentle seas, and sunny skies predicted. Four of us launched from the ferry landing next to the campground and proceeded north along the eastern shore towards the northern crown of the island.

Initially, we paddled on the inside of elongated Indian Island next to towering, rugged cliffs. After passing picturesque Chocolate Cove, we navigated northeasterly to Bar Island which, coupled with a lengthy stone breakwater, protects the harbor of the small village of Leonardville. Northwest Harbor was next.

While passing through tiny islands at the mouth of the substantial harbor, we observed a lone kayaker paddling farther east towards East Quoddy Head on the northern end of Campobello Island. Opposite offshore Helena Island, we found a small beach at the foot of tall cliffs where we stopped for lunch. A mom and daughter tandem kayak team who lived nearby soon joined us on the beach.

After lunch, we continued northeasterly on the west side of Beans Island towards Lord's Cove, where we met the solo kavaker on his return to Northwest Harbor. The loquacious paddler was a wealth of information about the island and warned of dangerous currents in an archipelago north and northeast of Deer Island. We were forewarned and on the alert!

The first mildly choppy seas of the day were encountered while progressing through Fish Harbor to Hardwood Island. Soon after, we maneuvered through a collection of ledges and small rocky islets to the busy ferry landing. A ferry was departing north through the islands when we arrived.

Our voyage approximated 10 miles while completing a fabulous day of kayaking in a remarkably beautiful area. Fortunately, no hazardous currents were encountered during our paddle that included a portion of the northeastern islands.

More adventures were anticipated in the coming days. For four of us, a traverse of the west side of the island was on the agenda for the following day, assuming the weather was cooperative.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates many more Maine sea kayaking exploits including a foggy, multi-day trip along the nearby Bold Coast.

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







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back to school

PORTLAND, ME

- As Maine students head back to the classroom, the American Red Cross offers this checklist to help ensure children are safe as they start another school year. It's a community ef-

If your student is younger or going to school for the first time, teach

Their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 911.

Not to talk to strangers or accept rides from someone they don't know.

If your child walks to school, teach them to:

Walk on the sidewalk. If no sidewalk is available, walk facing traffic.

Stop and look left, right and left again to see if cars are coming.

Cross the street at the corner, obey traffic signals and stay in the crosswalk.

Never run out into the street or cross between parked cars.

If your student takes the bus to school, teach them to:

Get to their bus stop early and stand away from the curb while waiting for the bus to arrive.

Board the bus only after it has come to a complete stop and the driver or attendant has instructed them to get on. And only board their bus, never an alternate one.

Stay in clear view of the bus driver and never walk behind the bus.

If your student rides their bike to school, teach



them to:

Always wear a hel-

Ride on the right in the same direction as the traffic is going.

If you drive your child to school, teach them

Always wear a seat belt. Younger children should use car seats or booster seats until the lap-shoulder belt fits properly (typically for children ages 8-12 and over 4'9"), and ride in the back seat until they are at least 13 years old.

If you have a teenager driving to school, make sure they:

Use seat belts.

Don't use their cell phone to text or make calls and avoid eating or drinking while driving.

If you are considering getting your student a cell phone:

Download the free Red Cross First Aid and Emergency apps to give them access to first aid tips for common emergencies and real-time weather alerts. Find the apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

If your student is joining a sports team, make sure they:

Wear protective gear,

such as helmets, protective pads, etc.

Warm up and cool down.

Watch out for others. Know the location of the closest first aid kit and

BACK TO SCHOOL CHECKLIST FOR DRIV-**ERS**

Slow down.

Yellow flashing lights indicate the bus is getting ready to stop - slow down and be prepared to stop. Red flashing lights and an extended stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped.

Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways.

If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping. Do not proceed until all the children have reached a place

Red Cross safety checklist for FAME recognized as a Best Place to Work in Maine

AUGUSTA, ME -

For the eleventh year in a row, the Finance Authority of Maine (FAME) has been recognized as one of the Best Places to Work in Maine. The awards program, now in its twentieth year, is operated by the Maine State Council of the Society for Human Resource Management, Best Companies Group and Minneapolis-based Bridge-Tower Media.

This statewide survey and awards program was designed to identify, recognize, and honor the best places of employment in Maine, benefiting the state's economy, its workforce, and businesses. The 2025 Best Places to Work in Maine list is made up of 143 companies in various size categories. FAME is honored in the medium-sized employer (50-249 employees) catego-

"Our associates are the reason we have earned this designation for an eleventh straight year. The FAME team is a dedicated group of professionals who are passionate about the work we do because our mission is to enrich business and educational outcomes through relevant, timely financial support to Maine's people," stated Carlos Mello, FAME's Chief Executive Officer. "We strive to provide our associates with the respect, support, flexibility and work-life balance to allow them to perform at their highest potential for our cus-

tomers, the people and businesses of Maine."

Torrey Sheafe, a digital marketing specialist who joined FAME from the private sector, states: "One of the first things I noticed when I began working at FAME is the agency's passion for the well-being of Maine people. It's amazing how different teams come together on a laser-focused goal and I'm proud to be a part of that. I can't imagine working anywhere else."

The FAME staff is deeply committed to the community and to providing superior customer service to its customers, the people of Maine. Among other things,

FAME employees conduct agency-wide fundraising events year-round for eventual donation to community members. During the winter holidays, employees donate gifts for delivery to Augusta area families. Each year, FAME employees consistently comment favorably on the agency's robust benefits package as one of the reasons they enjoy working there. Some of those benefits include fully paid employee health and dental insurance premiums, generous retirement contributions with no match requirement, and a work-life balance culture that includes paid leave time to support it.



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Free concert featuring Debussy, **Beethoven & Fazil Say**

WESTBROOK, ME

- You are invited to a free concert on Saturday, September 20th at 7:00 p.m. in the Prides Corner Community Church Sanctuary featuring the Buttonwood Trio. They will be performing the music of Debussy, Beethoven, and contemporary composer Fazil Say. This delightful group of longtime friends have deep roots in Maine's musical and academic communities, and they love sharing beautiful music with others. It's a unique and uplifting musical journey you won't want to miss - come enjoy an evening of great music, and bring a friend!

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



By Frank McCourt FINAL WEEKEND! A heartfelt musical tribute to Best Seats **Evenings** the Irish-American experience. Aug 27 - Sep 14 \$45-60 We,Fr,Sa - 7pm The Public Theatre.org Th,Sa,Su - 2pm All performances at 31 Maple St, Lewiston 782-3200

SPONSORS: Schooner Estates; Sandy Morrell-Rooney & Chuck Rooney

Friends of Feral Felines holding book sale

WESTBROOK,

ME - 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!

Sales support Friends



of Feral Felines ongoing mission to reduce the number of abandoned cats in southern Maine through Trap-Neuter-Release, so-

cialization, and forever homes, as well as providing food and medical care.

FMI: www.feralfe-

Vendor applications open for Fall **Fest & Makers Market in Gorham**

GORHAM, ME open for Fall Fest & Mak-

Ridge Farm in Gorham, Vendor applications are ME Saturday, October 18th from 10 a.m. - 3 p.m. (rain at our Instagram and ers Market @ Orchard or shine) 236 Sebago Lake

You apply can



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DEMPSEY. CHALLENGE



THURS

4:00 PM -7:00 PM

4:00 PM -

6:00 PM

PACKET PICK-UP

Simard-Payne Park 46 Beech Street | Lewiston, Maine

Pick up your bib, t-shirt, water bottle, and turn in any last minute funds.

FRI 12:00 PM -6:00 PM **PACKET PICK-UP**

Simard-Payne Park 46 Beech Street | Lewiston, Maine

PARTY IN THE PARK

Simard-Payne Park

Tune your bike with the Maine Bike Coalition, get your incentives, enjoy live music, and party with other Challengers to kick-off the weekend! Featuring Baxter

NIGHT OF LOVE + LIGHT 6:00 PM -

Royal Oak Room | Lewiston, Maine Celebrate this year's top fundraisers. By invitation only.

SAT **SEPT**

HALLENGE yourse

7:00 AM

7:30 AM

8:00 PM

7:30 AM

7:45 AM

8:15 AM

8:25 AM

9:20 AM

9:35 AM

11:00 AM

1:00 PM

OPENING REMARKS Oxford Street Start Stage

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

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

10K RUN START

Staging begins 15 minutes prior to departure.

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

5K WALK START $\stackrel{\bullet}{\mathcal{K}}$ Staging begins 15 minutes prior to departure.

25-MILE RIDE START

Staging begins 15 minutes prior to departure.

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

KIDS' FUN RUN

Oxford Street Start Line

HONOR WALK presented by Concentra Main Stage

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 Learn more at www.DempseyCenter.org



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Participate in-person or virtually!



OPPORTUNITIES FOR EVERYONE

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CHALLEN

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Register for 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 OUR-SELVES 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 Incentives; 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 shipped to you; Fundraising Incentives, shipped to you; Exclusive Finisher Medal, shipped to you; Fundraising Guide to help you achieve your fundraising goals!

 $C\ H\ A\ L\ L\ E\ N\ G\ E$ YOURSELF

Four easy steps to get in on the fun!

1. Choose Your Chal-

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 cyling 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

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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Add your Signs of Hope + Healing

Signs of Hope + Healing contain messages of love, hope, and inspiration and are placed along the River Walk as part of the final stretch of Dempsey Challenge routes. Filled with images and messages of those living with and surviving cancer today, as well as those who have passed, the signs are an important reminder to all of what the Dempsey Challenge and the Dempsey Center are all about—making life better for people impacted by cancer.

And anyone is able to share a sign at Dempsey Challenge!



Congratulations to the participants of the Dempsey Challenge, You rock!



Learn more about the requirements and how to submit your sign by visiting the "Resources" section of your fundraising dashboard or learn more at https://www.dempseycenter.org

Signs should be dropped off at the Dempsey Center at Rock Row (11 Rock Row, Suite 410 Westbrook, Maine) during open hours by Thursday, September 18th or at Packet Pick-Up Simard-Payne Park (46 Beech Street Lewiston, Maine) in Lewiston on Thursday, 4:00 pm -7:00 pm or Friday, 12:00 pm - 6:00 pm.

Amanda Dempsey Award

ter was founded in 2008 by actor and Maine native Patrick Dempsey after experiencing the cancer journey as one of his mother's care partners. Patrick's mother, Amanda Dempsey, was diagnosed with ovarian cancer in 1997. After experiencing her journey, and inspired by Amanda's passion for helping others, Patrick created a space where those impacted by cancer could find relief, comfort, resources, and support—all at no cost.

During Dempsey Challenge each year, one survivor's work and commitment to inspiring others diagnosed with cancer within Maine was recognized through an annual award. After Amanda's passing in 2014, both the Dempsey family and the Dempsey Center team chose to keep her legacy of strength and service to others by naming this award after her, and thus, the Amanda Dempsey Award was created.

"The Amanda Dempsey Award means keeping who she was alive. Her strength, hopefulness, and willingness to help anyone - never knowing how powerful her words were. It demonstrates how a modest and unassuming individual can have a lasting impact on others. It means honoring someone who impacts others in a raw, beautiful form just as mom(gram) did. She inspired others just by her presence. She gave back to her community silently and humbly which drew more people to her. She was strong, she was influential, and she was truly one of a kind. When looking for a deserving recipient of this award, those qualities first come to mind." - The Dempsey

Criteria for Nominations are as follows:

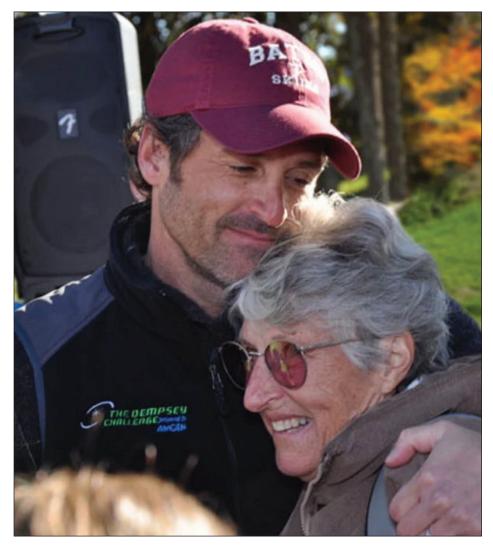
Individual must be a cancer survivor,

Individual must demonstrate a passion for helping and inspiring others diagnosed with cancer,

Individual lives and/ or helps others in the state of Maine.

Awards are presented during Dempsey Challenge weekend each year. Nominations open on National Cancer Survivor Day (first weekend in June).

Winner(s) of the Amanda Dempsey Award will lead the Survivor Walk held during Dempsey Challenge and participate in the annual Champions for Hope Celebration, as well as have opportunities to represent the Dempsey Center and fellow cancer survivors at various events throughout the year.



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- PAID TIME OFF (18 DAYS)

Page 9 Thursday, September 11, 2025

Are you up for the Challenge?

sands 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.

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

Your Support is Making a Difference

Taking on 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.

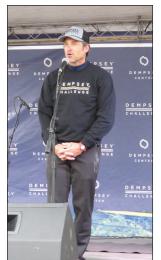
CHALLENGE CHALLENGE



Highlights from last year!

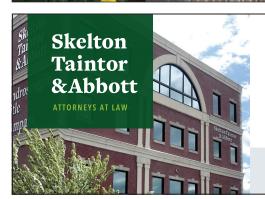












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Page 10 Thursday, September 11, 2025

The Public Theatre's 35th season is here!

MAINE – Maine is Stephen King Country, and his best-selling psychological thriller and Oscar-winning film Misery is now a spine-chilling

Broadway play! Truth is stranger than fiction when a famous romance novelist veers off the road in a winter storm and wakes up incapacitated in the

[EA]

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home of his "number-one fan". A heart-pounding life or death game of cat and mouse ensues as unexpected events turn his number-one fan into his number-one enemy. Public Theatre policy requires you to pay for your entire seat - even though you'll only be using the edge.

Next up, in time for the holidays, The Public Theatre's acclaimed and beloved adaptation of A Christmas Carol takes the stage Dec 12-14. Six actors and a fiddler perform the Dickens out of this familv friendly holiday story told in a way you've never imagined and will never forget! Don't miss this unique adaptation originally created at The Public Theatre, now published and performed all over the world! All children 18 and under only \$15!

The New Year brings the Maine premiere of Still by Lia Romeo playing Jan 30 - Feb 8. Lost love is rekindled in this funny,

heartbreaking, sexy and smart story when a couple who broke up in their 30s reunite in their 60s. But can a "new you" ever live up to an old expectation? What happens when vou love someone but hate what they believe? Second chances are given, secrets revealed, and an avocado goes flying in the Maine premiere of this recent Off-Broadway hit and Outer Critic's Circle nominee for Best New American Play. Timely and compelling, you'll be talking about this play all the way

home.

Spring brings The Public Theatre's favorite Canadian playwright, Norm Foster, back to The Public Theatre with the US premiere of Whit's End playing March 20-29. From the author of Lunenburg and last season's hit Halfway There comes this hilarious and heartwarming new comedy about love, family and getting married. When a widowed father summons his grown children home to share some "big news", they arrive in tears assuming he must be dying - why else would he pay for their plane tickets? But dad has good news - he's fallen in love and wants everyone to

meet her! Whether you're a parent or a child, this laugh-out-loud comedy about the people we love and the people they love, is for you.

Just in time for Mother's Day comes the new play Grandma Gatewood Took A Walk, playing May 8 -17. Based on a true story about Emma "grandma" Gatewood - a legend among hikers and outdoor enthusiasts, this inspiring story is also the subject of a Pulitzer Prize nominated novel and multiple film documentaries.

In 1955 at the age of 67, Emma "Grandma" Gatewood told her children she was "going for a walk" and set out with her duffel bag, shower curtain (to keep dry) and a pair of Keds sneakers to walk the Appalachian Trail. Two thousand miles later, she became the first woman to solo hike 14 states from Georgia to the top of Mt. Katahdin in Maine. Don't miss the New England premiere of this true and inspiring adventure celebrating the resiliency of the human spirit and the courage required to walk into the unknown.

The season closes on Sat, May 30th with a family friendly production of Hansel and Gretel, a magical version of the classic fairytale performed by the Tangleaward-winning wood Marionettes.

The Public Theatre continues its educational outreach program for Maine schools, offering special morning matinee performances for all of the

above productions at reduced prices. Read more about Educational Programming at thepublictheatre.org/student-matinees.

Voted Maine's "BEST THEATRE" by Down East Magazine seven years in a row, and the #1 gem in Lewiston/Auburn, Public Theatre produces the most exciting contemporary plays from Broadway and beyond featuring the finest professional actors from New York to Los Angeles. Whether you're seeing a rollicking comedy or a searing drama, we promise you a great story, well told.

For tickets or to learn more about The Public Theatre or pre-season events such as The Manhattan Short Film Festival, visit thepublictheatre.org or call $20\overline{7}$ 782-3200.

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Page 11 Thursday, September 11, 2025

Westbrook's 'Wonders of Water' sparks joy this summer

ME - This summer, the Intercultural Community Center (ICC) of Westbrook—proud recipient of a 21st Century Community Learning Centers (21st CCLC) grant—hosted an extraordinarily impactful seven-week "Wonders of Water" program, welcoming 60 middle schoolers from the Westbrook School Department to a free and transformative aquatic adventure.

Thanks to crucial support from the 21st CCLC grant and generous partners, including the Casco Bay Estuary Partnership, Goldfish Swim School, cPort Credit Union, and Maine Community Swimming, each of these students received brand-new bathing suits, swim caps, goggles, and water bottles, empowering them to jump into learning with confidence and flair.

This program wasn't just about fun; its core mission was instilling lifesaving water safety and swimming skills. Under the "Wonders of Water" theme, participants learned how to swim, to stay safe in and around the water, and to value aquatic environments. Every single student mastered swimming by the end of the program.

Over the course of 35 days of programming, students and staff embarked on 23 field trips, exploring 11 different bodies of water across the scenic Casco Bay watershed. From beaches and estuaries to ponds and coastal inlets, students gained both confidence in the water and a deepened appreciation for their local marine ecosys-

ICC's powerful summer achievement is based on the 21st CCLC grant, which ensures that academic enrichment, language support, and aquatic education remain free to learners regardless of their background.

Thanks to this funding, ICC has grown stronger through expanded staffing and enhanced coordination with the local



school department. Meaningful outreach efforts have also made ICC a vital, dependable presence in the community.

This season's aquatic triumph underscores ICC's evolving impact: Beyond academic support, ICC is now fostering lasting lifesaving skills, environmental awareness, and inclusive summer fun. As ICC continues to weave together enrichment, safety, and community partnerships,

it is clear that the ripple effects of this summer will persist far beyond the final swim cap being dried.

To the ICC team, students, families, and all community allies: Your dedication is making waves in the best possible

This story was written in collaboration with the Westbrook School Department's Intercultural Community Center







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2025 fall brush drop off days in Gorham

GORHAM, ME -Public Works will be accepting brush Saturday, October 4th & Saturday, October 18th at 80 Huston

Road from 8AM - 3PM. Residents only, no commercial drop off.

No stumps will be accepted.

Leaves & grass clippings accepted in the designated area throughout the season. Please do not leave bags behind.

Lakes Region Senior Center invites Gorham seniors to activities

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

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

Call Gerry Day, President, at 839-3859 for more information

Membership fee is \$20 a year with many perks.

Clothes galore at Gorham's **Mission of Hope Clothes Closet**

GORHAM, ME -The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt

is made to have season appropriate clothes available to you. After we have displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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Early fall enrollment up at Maine's community colleges

AUGUSTA, ME

- Early fall enrollment is up 3.2 % at Maine's community colleges for a

community colleges for a third straight year of record-breaking enrollment at the seven colleges.

"We're proud to be reporting another year of record enrollment. Maine's community colleges are great places to get an excellent education at an unbeatable price. It's no surprise more people are taking advantage of this incredible opportunity," said David Daigler, president of the Maine Community College System (MCCS). "Students leave here prepared for good-paying jobs in high-demand fields right here in Maine, or ready to transfer to a four-year college."

Maine's community colleges have undergone a transformative shift in the last five years, vastly expanding short-term workforce training of less than a year; adding new certificates and degree programs to respond to market demands, streamlining academic planning, and adding remote learning options to serve students who can't attend on campus. Outside the classroom, campus life is more robust, with new sports teams, expanded student housing options, and enhanced student life activ-

At the same time, and with the strong support of Governor Janet Mills and Maine's legislature, the colleges have been able to offer tuition-free college for recent high-school graduates through the Free College Scholarship. MCCS also has new guaranteed transfer agreements with the University of Maine System and six independent colleges in the state. Enrollment is also strengthened by the steady retention rate of students who started in recent years.

"We are very connected to our students, and we want to make it as easy as possible for someone to come here to build their future, learn what they need to get a new or better job, gain confidence in their skills, and make meaningful connections with the people around them," Daigler said. "That's what success looks like."

As of the end of August, 15,976 students had enrolled this fall, up 3.2% from 15,474 students on the same day last year. Tuition and fees for a full-time instate student are \$4,156 a year, the lowest in New England.

Starting this year, MCCS has changed the way

it reports fall enrollment to exclude Early College students, who are high school students taking community college courses at their high school or at a college campus. Updating the reporting method aligns MCCS with the University of Maine System, which began excluding Early College students from its enrollment reports several years ago. The change also ensures transparency in the makeup of Maine's community college student body.

Using the new model, early fall enrollment at Maine's community colleges has increased 21% since fall 2019 (the last pre-COVID fall class) and increased 16% since 2017.

Early fall enrollment figures do not include short-term workforce training students at Maine's community colleges. More than 39,000 students have taken short-term workforce training classes through MCCS since January 2022, when the system received the first in a series of significant grants from the Harold Alfond Foundation earmarked for no- or lowcost short-term training that takes just weeks or months to complete.

Official fall enrollment figures are calculated on October 15.

A healthy start to the school year: Help kids get ready to learn

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

Kids across the country are getting ready to return to the classroom. While many families may be trying to squeeze in the last of summer activities, gather supplies and begin school year routines, it's also a great time to check in on children's mental and physical well-being.

A child's health can influence their growth, development and academic performance. To help set children and teens up for success this school year, it's important to stay up to date with wellness appointments, including annual physicals, dental checkups, comprehensive eye exams and mental health assessments.

Here are a few things parents can consider to help support their children's well-being:

It's ok to talk about mental health

Mental health challenges are on the rise among young people, driven by factors like academic pressures, relationships, social media, and broader social and economic inequalities. Age, race, and gender also shape how these issues manifest and affect young people.

While it's beneficial for parents to discuss health matters with their children throughout the year, an opportune time arises during the annual back-to-school exam, also known as a well-child visit. This scheduled checkup can serve as a timely platform for addressing various health concerns, including mental health, ensuring that kids are supported holistically as they prepare to return to school.

Data from United-Healthcare found that 60% of college students reported encountering behavioral or mental health concerns in the past year. So, even as children grow older and head off to college, be sure to check in on them emotionally, encourage open conversations, and remind your student that help is available.

No matter the age, checking in on your child's mental health before the school year begins and throughout can help lay the foundation for a more successful and balanced year ahead.

Brush up on dental care for healthy smiles

Cavities are preventable, yet they are the most common chronic disease among children and teens in the U.S.1 If left untreated, cavities can cause pain that leads to problems learning and speaking, as well as contribute to other long-term health issues. Cavities can also make eating uncomfortable and can affect nutrition and development.2

Children, teens and adults should visit a dentist every six months for routine preventive dental care. Dental plans usually cover preventive care, which means you may pay \$0 out of pocket for certain covered preventive services if you go to a network provider.

It's important to know that about 1 in 3 people in the United States have a fear of dental treatment.2 If you believe your child may experience dental fear or anxiety, speak with their dentist or primary care doctor for support.

Comprehensive eye exams can help kids see better

More than 1 in 3 school-age kids in the U.S. are nearsighted.3 Also known as myopia, nearsightedness can cause issues seeing things in the distance, like the front of the classroom, which may contribute to problems

learning. Possible signs of vision issues in kids include frequent eye rubbing or blinking, headaches, or struggling to remember what they have read.4

It's recommended kids get annual comprehensive eye exams throughout their school years. Yet, only 37% of Maine children have recently seen an eye doctor.5 Schoolbased vision screenings are valuable, but they're not a replacement for comprehensive eye exams that can detect more complex issues.1

Vision plans also usually cover preventive care, including comprehensive eye exams. A vision plan may also provide an allowance to purchase glasses or contacts.

Consider talking with your children's doctor and scheduling any care visits before school starts. Check with your health plan to see what benefits are available to your family. For more information, visit uhc.com.

1 Centers for Disease Control and Prevention, 2024

2 Cleveland Clinic,

3 Investigative Ophthalmology & Visual Science, 2022

4 American Optometric Association

5 Data Resource Center for Child & Adolescent Health, 2023.



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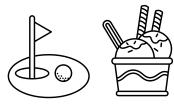


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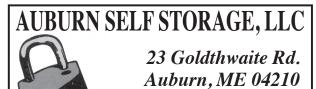
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PHOTOGRAPHY



WEB HOSTING



CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

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 handcrafted furniture by Brian Haddock of Rural Modern Furniture. The show runs from September 2 through October 26, 2025.

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 11

FRYEBURG - At 7:00 p.m., Mike Levine and his Miami Spice Latin Jazz group returns to the Leura Hill Eastman Performing Arts Center for a performance as part of the Bradley Backstage Series. Tickets are \$25 for adults and \$5 for students. Purchase tickets online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus

Calendar

Send your submissions to the Editor. More online.

of Fryeburg Academy. **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

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.

Tuesdays, Sept 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.

Sept 16

TOPSHAM – "Trolling for Maine's Trout & Salmon: The Good, The Bad, The Ugly" Merrymeeting 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 18

GORHAM – The University of Southern Maine Art Gallery Gorham campus is holding an opening reception for 20 Walks takes place from 5:30 p.m. - 7:30 p.m. The public is welcome to attend, free of charge. Light refreshments

will be served. Additionally, we're hosting a conversational hike on the Frazier Preserve Trail featuring the artist and trail journalist, Miles Howard.

Sept 20

WESTBROOK – Free concert at 7:00 p.m. in the Prides Corner Community Church Sanctuary featuring the Buttonwood Trio. They will be performing the music of Debussy, Beethoven, and contemporary composer Fazil Say.

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 pricas!

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.

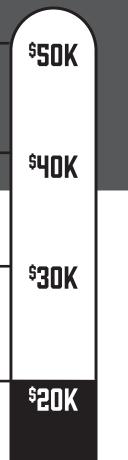
Mugford

Continued from page 1

ing forward to working with this amazing team in my new role."

Mugford earned her Bachelor of Business Administration from the esteemed Wilfrid Laurier University, a top-rated Canadian business school, and was recently recognized as one of the "Top 50 Women Chief Risk Officers of 2024" by Women We Admire. She has volunteered with a number of organizations, including the American Red Cross (current board member). United Way, Junior Achievement, the Maine Cancer Society, and DOVE (past board member), an organization committed to ending domestic violence. In addition, Mugford is active in the Parkrun movement that offers free community events at which participants can walk, jog, run, volunteer, and socialize. Since her arrival in Maine, she is the co-organizer and event director for a new weekly Parkrun event held at Shaw Cherry Hill Farm in Gorham, where she resides. Mugford is also an active athlete, participating in several Tri-For-A-Cure races, a 70.3 Ironman, the Pan-Mass Challenge, ultramarathons, and successfully hiking Mount Kilimanjaro in Tanzania.

Looking to make a great career move yourself? Join a positive, teambased culture that will utilize your unique gifts to help you achieve great things! NSB is currently seeking motivated individuals for a number of exciting and dynamic roles. Come take a look: www.norwaysavings.bank/getto-know-us/careers.



GORHAM LITTLE LEAGUE Field Funding Campaign

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

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

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS



DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

GYBSA is a non-profit 501(c)(3) tax deductible contribution

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Classified Ads

CAMPER FOR SALE

Keystone campfire edition travel trailer. New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/ furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

Keystone Sprinter 5th Wheel. 2018, 31 feet, 2 super slides, large refrigerator, like new - hardly used. Full winter cover, super glide included. Asking \$25,500 - please call 207-754-2165

CAREGIVER

FULL TIME Caregiver. Professional Female Seeks Family That Needs a Fulltime Caregiver For Their Young Children / Special Needs / Elder Person to do care in their home! Call 207-352-8478 Monday - Friday Preferred - Would consider 4-10 hour days.

CLEANING

NORTHERN SUPREME **CLEANING**. Junk removal · Yard cleanup. Everything & anything! Residential & Commercial Our team ensures spotless, refreshed spaces with

eco-friendly practices and competitive pricing. *Trust us for a superior cleaning experience!* Call (207) 595-6347 or email Northernsupreme

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Commercial Office Cleaning. 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stcoice floorcare.com www.1stchoicefloorcare.com

EDUCATION

Enjoy American History Download free ebooks from Ebooksforstudents. org. Enjoy exciting narratives about World War II, Korea and Vietnam. Read about the Freedom Rides, the discovery of penicillin and how women won the right to vote.

FOR SALE

All-in-one Dell printer and fax machine. \$495. Call 783-8327.

Wood boiler - Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer.

HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer

Defendify is looking for a senior full stack engineer to join full-time. Small team/ big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: www.defendify.com/careers.

REAL ESTATE WANTED

Seeking house, cottage, bungalo, two or three family property, we have sufficient ability to purchace quickly, no commisions. 207-749-1718 or mainebuyers@gmail.com

SEWING, MENDING

CAN MAKE IT FIT Sewing, mending: Shirts, pants, coats, nightgowns, curtains. Most anything that needs fixing. Buttons, T-shirts \$10 for machine sewn, \$20 for hand sewn. Call 929-1038

SENIOR TRIPS

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

SEPTEMBER 15 - 18, 2025 - THE GRAND **CANYON OF PENNSYL-**VANIA - Trip includes 3 nights lodging, 3 breakcluding the historic Peter Herdic House and The Carriage House. Highlights of this tour are Susquehanna River Cruise, Pennsylvania Grand Canyon Wagon Tour, Millionaires Row Tour, Thomas Taber Museum, Historic Rowley House and much more. A \$75.00 deposit is due upon signing up. Price of this trip is \$769.00 pp double occupancy and \$918.00 for a single. Final payment is due July 17, 2025.

OCTOBER 6 - 10, 2025 ATLANTIC CITY, CAPE MAY, & PHILA-**DELPHIA** - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble.

Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in Gardens,

fasts and 3 dinners in- a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.

NOVEMBER 16-26, 2025 - CLASSICAL GREECE

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners).

Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

APRIL 14 - 22, 2026 -HOLLAND AND BEL-**SPRINGTIME** GIUM **CRUISE** - Trip includes 9 days and 20 meals. Highlights are 7 Night River Cruise, Amsterdam with Canal Cruise, Keukenhof Middelburg,

Belgium Waterways, Scenic Sail, Bruges, Antwerp, Kinderdijk Windmills. Ship is the MS Amadeus Brilliant. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$898.00 pp plus \$699.00 if you want travel protection. Rates vary depending on the cabin category you choose.

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

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

Classified Ads TO WORDS!

\$25 PER WEEK

Send payment with completed form to our bookkeeping office: 89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

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