

Dempsey Challenge 2025
Special Section pages 7-9



North Gorham Public Library,
Portland Stage bring stories to life

GORHAM, ME – This interactive performance by Portland Stage was obviously not only for kids. As you can see from the pictures, several grown-ups also helped bring some story lines to life.

The program began with Portland Stage actors reading four children's books. Not just reading the words, but expressing them. After, they led an interactive workshop, encouraging the children to express lines from the books in various ways.

It was a lot of fun! Thank you, Portland Stage!

The four books, which we have on order for the library, are:

The Day the Crayons Quit

by Drew Daywalt

Art Dog by

Thacher Hurd

Alphonse, You're Ruining the Show!



by Daisy Hirst
What Do You Do

With an Idea?
by Kobi Yamada.

Give hope, stay prepared:
Donate in Gorham with Red Cross

PORTLAND, ME – In September, the American Red Cross reminds people that giving blood now helps support patients the moment they need medical care. Donors of all types, especially those with types O positive and B negative blood, are asked to make an appointment to give.

National Preparedness Month is underway – a time to remember life-saving blood products are an essential part of preparedness for every type of disaster, whether it be home fires or natural disasters, such as hurricanes, flooding and wildfires. Severe weather can disrupt blood collections by causing blood drive cancellations and impacting donors' ability to give. Additionally, trauma patients may need blood product transfusions within minutes of entering emergency rooms. Those who give now could help someone in dire moments.

A little care goes a long way

People coming together to care for one another is the humanitarian spirit shared by our Red Cross community and fans of PEANUTS for the past 75 years. Those who come to give by Sept. 21 will receive an exclusive Red Cross x PEANUTS mys-

tery bag with one of four special T-shirt designs, while supplies last. Thousands of golden tickets are also randomly hidden in mystery bags throughout the country. Donors who find a golden ticket when they open their bag can redeem it through an online form for all four T-shirts!

Bonus: Those who come to give platelets Sept. 22-Oct. 5, 2025, can also receive a classic Red Cross x PEANUTS sweatshirt featuring Snoopy as the coolest beagle in town, Joe Cool, while supplies last. See RedCrossBlood.org/Peanuts for details on all offers.

To book a time to give blood or platelets, visit RedCrossBlood.org, call 1-800-RED CROSS or use the Red Cross Blood Donor App.

Additionally, all who come to give Sept. 22-Oct. 19, 2025, will receive a \$10 Amazon.com Gift Card by email. Visit RedCrossBlood.org/Fall for details.

Upcoming blood donation opportunities Sept. 18-30

Cumberland
Brunswick
9/24/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row
9/26/2025: 9 a.m. - 1 p.m., American Legion Post 20, 1 Columbus Drive
Casco

9/24/2025: 9 a.m. - 2 p.m., Casco Recreation, 940 Meadow Rd
Freeport

9/22/2025: 9 a.m. - 1:30 p.m., Hilton Garden Inn Freeport - Old Town Hall Building, 5 Park Street
Gorham

9/18/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road
9/27/2025: 9 a.m. - 2 p.m., Harmony Lodge #38, 33 Cressey Rd
Gray

9/30/2025: 8 a.m. - 1 p.m., Gray New Gloucester High School, 10 Libby Hill Road
Harrison

9/24/2025: 12 p.m. - 5 p.m., United Parish Congregational Church of Harrison and N. Bridgton, 77 Main Street
North Yarmouth

9/26/2025: 10 a.m. - 2 p.m., Wescustogo Hall and Community Center, 120 Memorial Hwy
Portland

9/23/2025: 1 p.m. - 6 p.m., University of New England, 716 Stevens Ave
South Portland

9/30/2025: 9 a.m. - 1 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy
Westbrook

9/26/2025: 12 p.m. - 4 p.m., Westbrook Community Center, 144 Main Street
See Red Cross, page 14

Gorham invited to Haddock
Supper Buffet

BUXTON, ME – Try our delicious Haddock Supper Buffet - Saturday, September 27, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

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

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 bags behind.

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

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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Newsmakers, Names & Faces

Preparedness starts at home: Get ready for emergencies now

PORTLAND, ME – September is National Preparedness Month and the American Red Cross of Northern New England urges everyone to protect their loved ones by getting their households ready now.

So far this year, the Red Cross has responded to more than 180 disasters across Maine. The vast majority of these emergencies were related to home fires. In fact, our disaster action teams have assisted nearly 600 Mainers after home fire in 2025 alone. River and coastal flooding – as well as destruction from winter storms – also pose disaster threats to Maine residents.

“National Preparedness Month is a great time to ask whether your family would be ready if something unexpected happened tomorrow,” said John Montes, regional disaster officer, Red Cross Northern New England Region. “It’s not about being scared; it’s about being smart and looking out for the people you love. Taking a few simple steps now so that you have a plan can make all the difference when it matters most.”

HOW TO GET

READY Disasters don’t wait for the “right time” — they can happen in the middle of the night, during your commute or while your kids are at school. Protect your family by making a plan to stay safe, gathering important supplies and knowing how you’ll stay connected by taking these steps:

Depending on the emergency, you may need to stay where you are or go somewhere else to stay safe. If you may need to leave, think about where you’ll go, how you’ll get there, where you’ll stay and what you’ll take with you. Plan well in advance if you’ll need help leaving or use public transportation.

Next, gather and organize critical supplies — like food, water and medicine — into a go-kit and a stay-at-home kit. Make sure to include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.), a battery-powered or hand-crank radio, and critical personal records.

Your go-kit should include three days of supplies that you can take with you. Your stay-at-home kit should have two weeks of

food and water, and a one-month supply of medications, if possible.

Customize your kit to meet your household’s specific needs. If you have young children, don’t forget formula and diapers. If you have pets, include leashes, carriers, food, bowls, litter and a litterbox.

Finally, make a plan to reconnect with loved ones if you are separated or if the phone or internet is down. Write down important phone numbers on a contact card and carry it with you.

Download the free Red Cross Emergency app for weather alerts, safety steps for different emergencies and expert advice in both English and Spanish. Don’t forget to sign up for local government emergency alerts to get critical local information — like evacuation notices — during an emergency.

People can also help their community be better prepared for disasters by giving blood, taking a class in lifesaving skills like CPR, or becoming a Red Cross volunteer. Visit redcross.org or call 800-RED CROSS (800-733-2767) to learn more today.

“Whether it’s a fire in someone’s home or a storm that destroys an entire town, disasters can happen anywhere, at any time,” Montes said. “Taking a few minutes now to get ready will help you protect your loved ones if the worst happens.”

UMaine Extension announces horticulture, gardening training



Maine Horticulture Apprentices working at Fort Williams Park. Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

ORONO, ME – University of Maine Cooperative Extension will open registration this month for two comprehensive horticulture education programs designed for aspiring professionals and passionate home gardeners alike.

The Maine Horticulture Apprentice Training is ideal for individuals looking to explore a new career path, enhance existing skills, or launch a business in horticulture. This program blends flexible, self-paced online learning with a hands-on apprenticeship guided by experienced industry mentors.

“We developed this training with direct input from employers across Maine’s green industry to ensure participants gain the practical, real-world skills they need to succeed,” said

Rebecca Long, coordinator of horticulture training programs at UMaine Extension. “Whether you’re just starting out or changing careers, this program opens doors.”

Enrollment for the Horticulture Apprentice Training opens Monday, September 22, 2025 at noon and space is limited. For course fees, schedules and more information, visit the Maine Horticulture Apprentice Training website.

For those looking to build their gardening knowledge without any volunteer or apprenticeship requirements, the Maine Gardener Training offers a fully virtual option focused on foundational horticulture education. Designed for gardeners of all levels, this course provides in-depth instruction on plant

care, soil health, pest management and more.

According to Long, “This course is a great fit for anyone who wants to grow with confidence, troubleshoot garden issues, and understand the science behind successful gardening.”

Enrollment for the Maine Gardener Training opens Monday, September 29, 2025 at noon and space is limited. For course fees, schedules and more information, visit the Maine Gardener Training website.

For more information or to request a reasonable accommodation, contact the Extension horticulture team at 207.581.3188 or extension.gardening@maine.edu.

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Newsmakers, Names & Faces

Gorham’s Nick Phinney protects the net in Wheaton victory

NORTON, MA – Junior forward Declan Rhatigan (Holderness, N.H.) netted a pair of goals as one of eight different goal-scorers to lead the Wheaton College (Mass.) men’s soccer team in a 9-1 rout of visiting University of Saint Joseph (Conn.) this afternoon at Keefe Field on the Wheaton campus in Norton, Mass.

The Lyons improve to 2-0-1 and are unbeaten in their first three matches to begin the season for the first time since 2014 when they did not drop a game through their initial 10 contests. The Blue Jays dip to 1-1-0.

Wheaton matched the school record for goals in a game set against Lasell University on September 30, 2000 to mark just the second time in school annals that the Lyons have netted nine markers in a game. The margin of victory was the largest for the Blue and White since an 8-0 triumph over Curry College on September 4, 2010.

Wheaton held a healthy 35-10 shot advantage, including 19-4 on frame and 14-2 in the opening half of play. The Lyons were awarded eight corner kicks, while Saint Joseph received one.

Rhatigan records his second multi-goal effort of the season for Wheaton and now has five goals through the first three games to become the first player with that many scores in three matches since Amara Sessay also scored five times in the first three contests during the 2017 campaign.

Senior midfield-

ers Aidan Doyle (Kington, Mass.) and Baden McLaughlin (Yarmouth, Maine) each registered three points in the game with a goal and an assist for the Lyons, while sophomore forward Gael Vera (Westminster, Mass.) notched a pair of assists.

Wheaton senior keeper Michael O’Gara (Ardmore, Pa.) stopped two of three shots in the opening 72:43 of play, before yielding to junior Nick Phinney (Gorham, Maine), who turned back the only shot he faced in the final 17:17 of action.

Sophomore midfielder Elis Sulollari (Cheshire, Conn.) scored the lone goal for Saint Joseph. Sophomore starting goalie Will Slayton (Manchester, Conn.) turned away four of six shots in the first half, before senior Andres Diosa (Cheshire, Conn.) stopped six of 13 tries in the second stanza.

The Lyons’ first tally came in the 10th minute of play when junior forward Avery Dinham (Coral Springs, Fla.) served a cross from the left side into the left slot, where Rhatigan re-directed the ball into the back of the net with a header. Wheaton’s only other goal of the half was scored in the 15th minute of action. Doyle lifted a cross from the right sideline into the box, where junior defender Owen Kane (Pembroke, Mass.) connected for his first marker of the year and a 2-0 lead.

The Lyons wasted little time adding to their lead, scoring just 2:58 into the second half for a 3-0 margin. Vera carried the ball

UMaine Extension offers native plant webinars



Maine native plants can be started from seed at home. Photo courtesy University of Maine Cooperative Extension / Pamela Hargest.

ORONO, ME – University of Maine Cooperative Extension will offer two online webinars in early October focused on growing native plants, one for aspiring nursery owners and another for home gardeners interested in seed propagation.

The first session, “Passion, Patience & Product: Starting a Native Plant Nursery,” will be held Monday, October 6, from 6:00 to 7:15 p.m. Ivonne Vazquez, owner of Bas Rouge Farm & Forge, will share insights into launching and operating a native plant nursery, highlighting the values, logistics, and lessons that shape a sustainable business. Registration available on the program website. The presentation is part of UMaine Extension’s Commercial Horticulture Webinar Series, held on the first Monday of each month.

The second webinar, “Growing Native Plants from Seed,” takes place on Tuesday, October 7, from 6:00 to 7:15 p.m. Led by Extension horticulture professional Pamela Hargest, the session will cover simple, practical methods for starting native plants from seed. Topics include seed sowing, protecting seedlings from pests, and dividing perennials. Registration available on the program website. This is the third event in the Fall Gardening Webinar Series.

Registration is required; sliding scale fee options are available. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.


Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME – If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

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


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

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Jonathan Knowlton
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Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy scouts. Champoux Insurance Group welcomes Jonathan to our Team.



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Five ways to get outdoors this autumn

The TurfMutt Foundation is encouraging families to take advantage of fall's cooler temperatures and vivid scenery by spending more time in their own backyards and local green spaces. Outdoor activity in the autumn months isn't just enjoyable, getting outside is linked to lower stress, sharper focus, and better

overall health. "Mulligan the TurfMutt and I enjoy this time of year when the air is crisp and the leaves are changing," said Kris Kiser, President and CEO of the TurfMutt Foundation. "You don't have to travel far to find adventure. It's right outside your door, and your dog will be more than happy to come along



to all these activities."

The TurfMutt Foundation offers these ideas for making the most of the season:

1. Become a Backyard Scientist: Download free (and fun) educational materials at turfmutt.com/education and turn your yard or local park into an outdoor STEM classroom.
 2. Host a Fall Scavenger Hunt: Organize a search for seasonal items like colorful leaves, acorns, and feathers – or whatever is indicative of fall in your climate zone.
 3. Take in the Scenery: Walk or bike through your neighborhood or park to take in fall foliage while watching for migrating birds and wildlife.
 4. Spend an Evening Under the Stars: Grab blankets, hot cocoa, and s'mores fixings to host an evening in your yard around a firepit or spread out a blanket to gaze at (and teach to kids!) the constellations.
 5. Make Yard Clean-up Fun: Turn garden clean-up and fall bulb planting into games or challenges for kids. Let kids jump in leaf piles or hide your dog's favorite toy for a "treasure hunt."
- For more fun fall ideas and to learn how to create a healthy green space for families and pets, visit www.turfmutt.com.

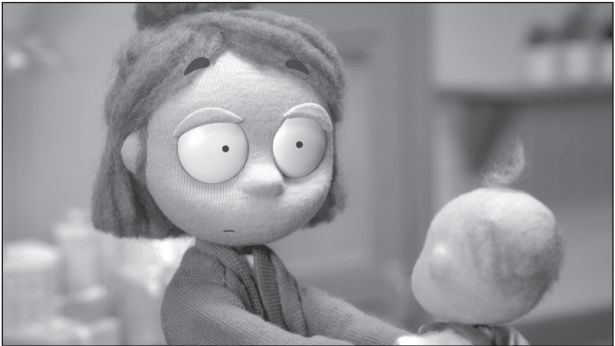
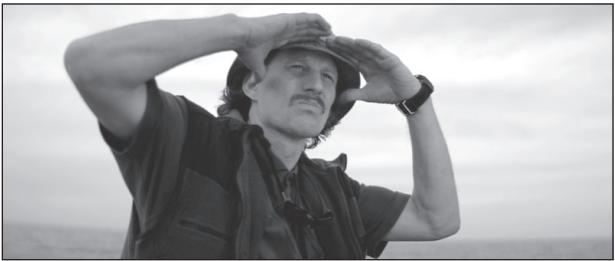
Manhattan Short Film Festival to screen at The Public Theatre!

LEWISTON, ME – The Public Theatre will host the 28th Annual MANHATTAN SHORT Film Festival on September 26 at 7:00 pm and September 27 at 3:00 and 7:00 pm.

This year's MANHATTAN SHORT films hail from seven countries with films from Spain, Israel, United Kingdom, Norway, The Netherlands, Belgium, Mexico, and USA. This year's Final Ten Films represent the best short films from hundreds of submissions from scores of countries received by MANHATTAN SHORT for 2025, a testimony to the enduring vibrancy and creativity of short films worldwide. This year's finalists include Em & Selma Go Griffin Hunting (USA), Al Fresco (Spain), Chasing the Party (USA), Paradise Man (USA), We Have Sinned Before You (Israel), I Have My Reasons (United Kingdom), Ovary-Acting (Norway), Beyond Silence (The Netherlands), Zodiak (Belgium), and Passarinho (Mexico).

What makes the Manhattan Short Film Festival so special is the diversity of the films from around the world, and the fact that the audience determines the winners. Every person watching this global film festival will get a ballot to determine the Best Film and Best Actor awards, so this is your chance to play "film critic!"

All Finalists become Oscar-qualified, meaning they will be automatically eligible for an Academy Award nomination by screening for a week at The New Parkway Theater in Oakland, CA. In 2024, four Manhattan Short selections were short-listed. Two of those films were nominated for an Oscar, including the ultimate winner for Best Live Action short I'm Not a Robot. Manhattan



Short continues to be an early showcase for Oscar contenders.

The Manhattan Short Film Festival will be shown at The Public Theatre on Friday, September 26 at 7:00 pm and Saturday, September 27 at 3:00 and 7:00 pm. Tickets are \$15, general admission. For tickets visit ThePublicTheatre.org or call 782-3200. The Public Theatre is located at 31 Maple Street in Downtown, Lewiston.





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Seniors Not Acting Their Age

A Partial Kayak Circumnavigation of Deer Island in Passamaquoddy Bay

A group of friends and I were on the third day of a weeklong vacation on Deer Island in New Brunswick. Located in Passamaquoddy Bay just east of Eastport and northwest of another, more well-known Canadian island, Campobello, we were camping on Deer Island Point Campground at the southern end of the island.

On the previous day, four of us had kayaked the entire length of the eastern side of the island by embarking from the ferry landing next to the campground and ending at the ferry landing near the northern terminus. Our new goal was to complete a circumnavigation of the island by paddling the west side.

A maritime anomaly called Old Sow was a potential impediment to achieving our goal. Old Sow is the largest tidal whirlpool in the Western Hemisphere and located off the southwest shore of Deer Island. The whirlpool is caused by the 20-foot tidal range between Passamaquoddy Bay and the Bay of Fundy coupled with topographical factors on the ocean floor.

Old Sow causes significant turbulence in the nearby waters. Experienced pilots operating large motorized vessels can usually avoid problems. However, the impact can be quite hazardous for small vessels, particularly those that are human powered. Several fatalities have been attributed to the treacherous whirlpool.

After some research and dire warnings from paddlers in the area, we decided our objective didn't warrant the risk. The most hazardous period for Old Sow is reported to be about three hours before high

tide. We opted to launch a little before high tide from a wilderness campsite on the west side of the campground a little north of Old Sow. Our plan left us about three hundred yards short of a true circumnavigation.

Skies were clear, winds light, and the bay mirror calm when four of us launched in solo kayaks below a steep embankment at campsite number 3. Angling northwesterly, we paddled close to the shore past Cummings Cove.

The United States coastline is remarkably close in this area. Quoddy Island near Eastport and the Passamaquoddy Indian Reservation at Pleasant Point about two miles west are clearly visible.

Progressing farther northwest, we passed the narrow entrance to expansive Clam Cove and rounded Clam Cove Head where we encountered the first of several stretches of towering cliffs. We had been impressed with the rugged shoreline on the east side of the island, but the west side is even more spectacular.

Beyond the head, we traversed the mouth of outer Northern Harbor to distinctive Gardner Point. The substantial harbor is home to Fairhaven, the largest village on the west side of the island. Shortly after, we stopped for lunch on a gravel beach located in a shallow cove.

Following lunch, we proceeded northeast where more imposing cliffs were encountered. This time, we found an impressive hole in the wall. The tide was too low to paddle through the arch, but we stopped to explore the unique natural rock formation. One member of the group climbed over seaweed and rocks to reach the opening.



Rugged cliffs are common on Deer Island

After continuing northeast past the tallest cliffs yet observed, we progressed towards Lamberts Cove in the northwest corner of the island. The cove is home to a massive salmon farm; substantially larger than any of us had previously seen.

Beyond the farm, we entered a narrow channel that flows between elongated Pendleton Island in the north and the main island south. Our maritime chart indicated it was passable even at low tide. After carefully maneuvering through the attenuated twisting passageway, we turned Butler Point where we observed a ferry leaving the northern ferry landing.

Arriving at the bustling landing, we finished two remarkable days of kayaking along the Deer Island shoreline. Short by a mere few hundred yards, we had nearly completed a circumnavigation of the truly magnificent island located in one of the world's most extreme tidal basins.

At the campground that night, our group decided to take the ferry to Campobello Island the following day to take advantage of the exceptional hiking and biking trails in Roosevelt Park. While the kayaking along the coast of Deer Island is truly excep-

tional, we were disappointed with the lack of hiking and biking opportunities.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting sea kayak escapades along the coast of Maine.

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



The tallest cliffs on the Deer Island shoreline are found near Lamberts Cove



Paddlers inspect an impressive hole in the wall on the western shore of Deer Island

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Arts & Entertainment

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 long-time 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!



Maine author confronts grief men carry after infidelity

PORTLAND, ME – Emotional expression of men is relegated mainly to the golf course or the local watering hole. A stigma persists that men must suppress painful emotions and experiences to maintain an image of stoicism. A new release by author Dr. Elliott Kronenfeld hopes to flip this concept on its head. *Unspoken Loss: Men, Infidelity, and Disenfranchised Grief* breaks through the silent barrier of how men heal and manage emotions. Licensed sex therapist and TEDx international speaker Elliott Kronenfeld provides groundbreaking insight into how men who cheat process the pain, guilt and grief of infidelity in isolation.

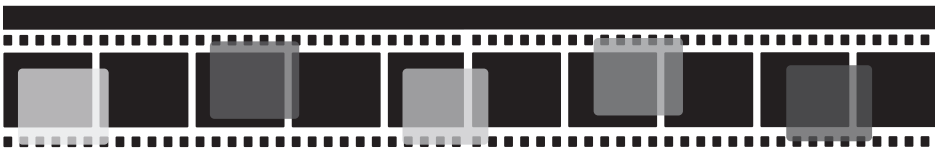
“Even the strongest relationships will be tested from time to time,” says Kronenfeld. “Men need to realize coping with grief after an affair isn’t linear. Ignoring the pain risks missing the opportunity to fully heal and shine a light on the unique grief of every human being instead of triggering more emotional harm.” The in-depth book examines how masculinity, infidelity and the idea of disenfranchised grief—emotional pain that

lacks public support or acknowledgment—must be addressed together for proper healing to occur. *Unspoken Loss* is divided into three parts covering the theory, research and interventions available to readers. From marital affairs to actionable pathways forward, Kronenfeld draws on vast clinical experience and research to outline an arc of infidelity recovery that supports long-term relational growth. “Infidelity, despite its pain and complexity, does not have to be the end of the line for couples. In this book, Elliott offers a vision of a hopeful future to that couples can strive toward and attain healing,” says Vicki L. Shemin, family law attorney and clinical social worker. Readers are invited to reframe how the trauma of infidelity occurs, resulting in a potential turning point: one that can lead to deeper interpersonal understanding and renewed intimacy. The book is a powerful resource for men trying to navigate marriage and sex, evolving sexual relationships and coping with depression. *Unspoken Loss* is the second book by Kronenfeld following *Couples by Intention: Creating and*

Cultivating Relationships that Matter. It is available in paperback or as an eBook through SDP Publishing Solutions, Amazon, Barnes & Noble and retail locations. The book provides a strong bridge for those looking to heal after the harm of infidelity in a relationship. Both partners are affected by betrayal, but the healing journey is possible if they work together to heal their different emotional wounds. *About Dr. Elliott Kronenfeld – Elliott Kronenfeld, LICSW, CSTS, is an experienced TEDx speaker, university educator, yoga teacher, and internationally recognized sex therapist. He frequently delivers lectures on the delicate issues of intimacy, parenting, and relational resilience, as these relate to growth and trust. Kronenfeld’s work helps people find and maintain the best relationships possible, even when facing challenges of infertility, infidelity, parenting, and other complex life issues. He currently teaches on the topics of sex and gender in China and the United States at the master’s and doctoral levels. He resides in Maine with his family and spends his free time as a yoga instructor.*

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MEMIC promotes Katrice Kelley to Director of Business Analysis

PORTLAND, ME – The MEMIC Group, a leading super-regional workers’ compensation insurance company, has promoted Katrice Kelley to Director of Business Analysis – Underwriting. Kelley brings more than a decade of experience in her new role, having joined MEMIC in 2013. Over the past 12 years, she has held key positions in agency services, underwriting, policy administration, and business analysis. In her new role, she will continue to lead MEMIC’s underwriting

business analysts, support strategic business decisions, and serve on the Steering Committee for an enterprise-wide initiative shaping the future of MEMIC’s systems and services. “I am privileged to be a part of system implementations that allow our teams to work more efficiently and deliver great products and service to our agents and policyholders,” said Kelley. “I take pride in leading a team of conscientious employees who openly share their expertise with others and who

are true partners to our business users and IT team members. I look forward to continuing to create solutions that keep MEMIC at the forefront of workers’ compensation.” Kelley holds a Bachelor of Science in Business Administration with a concentration in Risk Management & Insurance and a minor in Sociology from the University of Southern Maine. She is a CPCU Scholarship recipient and holds certifications as a Workers’ Compensation Professional (WCP®) and See MEMIC, page 14

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GRANDMA GATEWOOD TOOK A WALK

A PLAY BY CATHERINE BUSH

May 8-17

Packet Pick-Up tonight and tomorrow!

Dempsey Challenge 2025 presented by @hearts_sc is coming soon! If you're joining us in person in Lewiston, Maine, here's what you need to know about getting your Packet for Event Day!

This year, Packet Pick-Up will be held in Simard-Payne Park on Thursday, September 18th from 4:00-7:00pm and

Friday, September 19th from 12:00-7:00pm. Here, you can pick up your packet, drop off any additional fundraised dollars, check out the park, and more!

Additionally, we are thrilled to bring Party in the Park featuring @baxterbrewing! Join us on Friday, September 19th from 4:00pm to 6:00pm in Simard-Payne Park to pick

up your packet and party with us! We will have live music from @thesmith-collaboration, food trucks, Baxter Brewing Beer Tent, and both the merch and incentive tents will both be open. We will also have @bikemaine in the park to help you tune your bike ahead of event day! No cost to attend and RSVP not needed.



Thursday September 18th

4:00-7:00pm

**SIMARD-PAYNE PARK
46 BEECH STREET
LEWISTON, MAINE**

Pick up your packet (or your team's!), drop off additional funds, update your event, check out the park, and more!



Friday September 19th

12:00-6:00pm

**SIMARD-PAYNE PARK
46 BEECH STREET
LEWISTON, MAINE**

Pick up your packet (or your team's!), drop off additional funds, update your event, check out the park, and more!

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.

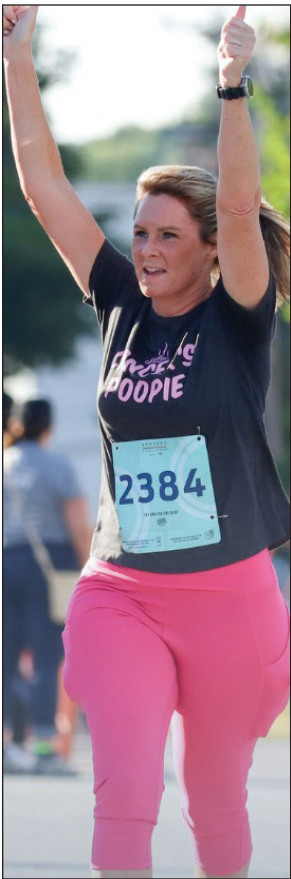
Dempsey Challenge Weekend is a time to come together, both in-person and virtually, to show support for the clients supported by the Dempsey Center.

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.



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C H A L L E N G E

CHALLENGE

yourself.

Activities & food in Simard-Payne Park

Dempsey Challenge presented by Hearts of Pine is almost here! Did you know that you can still join us in Simard-Payne Park on Dempsey Challenge day?!

Join us for the Festival in the Park on Saturday, September 20th! We have lots going on all day long and we'd love to have you to experience the Mission Tent, meet some of our

sponsors and partners, pick up your Incentives, get some merch, and so much more!
Here's just a glimpse into what will be in the park this year!



D E M P S E Y

C H A L L E N G E

Things to Know:

Festival in the Park

Saturday

September 20th

7:30 AM - 3:00 PM

SIMARD-PAYNE PARK

46 BEECH STREET

LEWISTON, MAINE

Check out tents from vendors, partners, and some incredible sponsors. Learn more about the Dempsey Center in the Mission Tent. And so much more!

Food + Drink

Maine Craft Beer, Wine, + Mimosa Tent

Aroma Joes

Alabama BBQ Food Truck

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Coffee Hound

...and more!

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

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Live Music

ENTERTAINMENT STAGE

9:30 AM Shelly Coombs

10:30 AM Owen Conforte

11:45 AM After Dark Duo

Kids' Zone

Dempsey Challenge has something for everyone—including the kids! After taking on the Kids' Fun Run at 11:00 am, bring the whole family by the Kids' Zone for crafts, games, and books!

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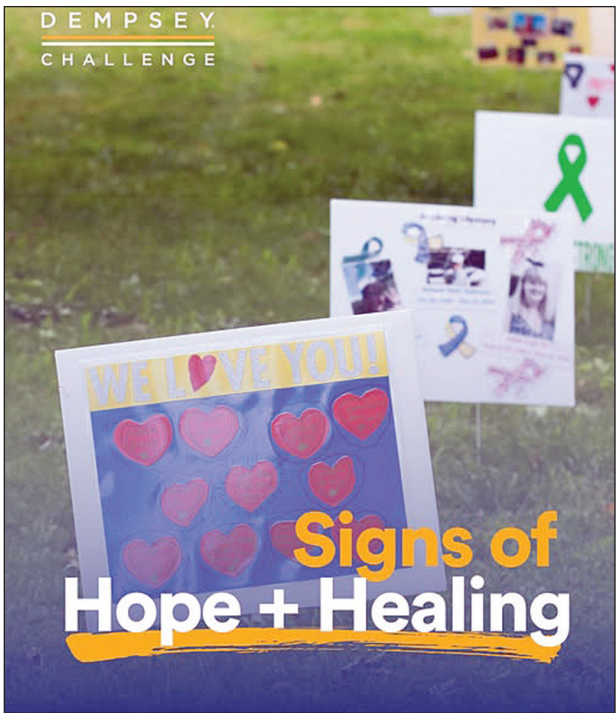
• MILEAGE REIMBURSEMENT

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!

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, Sep-

tember 18th or at Packet Pick-Up in Simard-Payne Park (46 Beech Street Lewiston, Maine) in Lewiston on Thursday, 4:00p-7:00p or Friday, 12:00p-6:00p.

Still time to register for this year's Challenge!

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 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 bib, shipped to you; Fundraising 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

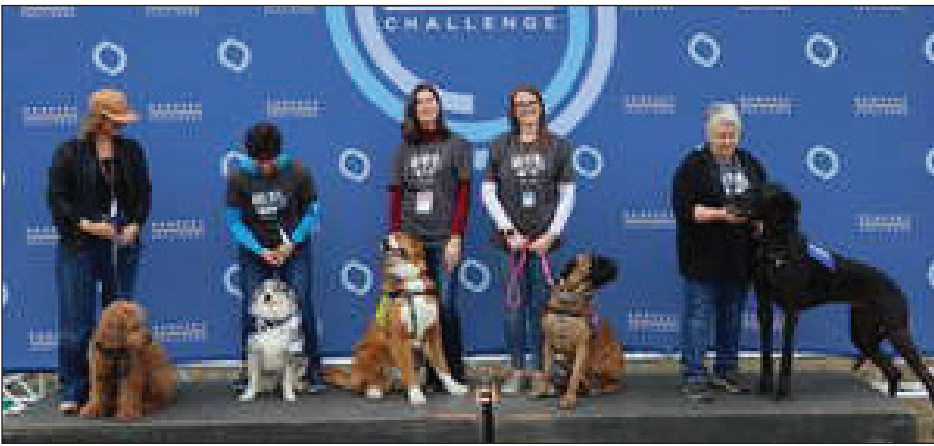
Fundraising commitments vary by event but participants have until event day, September 20th, to meet or exceed their minimum. Your commitment and generosity supports the Dempsey Center's mission to make life better for people managing a cancer impact.

KEY DATES

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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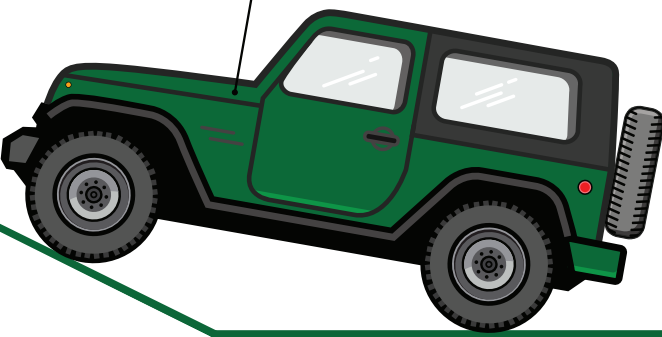



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Maine Council on Aging recognizes inspired leaders

MAINE – The Maine Council on Aging (MCOA) announced the 2025 award recipients who will be honored for their inspired and sustained leadership at the Change AGEnt Summit, on September 19, 2025.

“Our annual awards shine a spotlight on Maine leaders who are quietly dedicating part or all of their careers to making Maine a healthier, safer, more inclusive place to live and work for older Mainers,” said Jess Maurer, Executive Director of the Maine Council on Aging. “These honorees have had an impressive impact on the lives of older Maines, and we honor them to ensure Maine people know about their important work and leadership.”

Please join us in celebrating this year’s honorees:

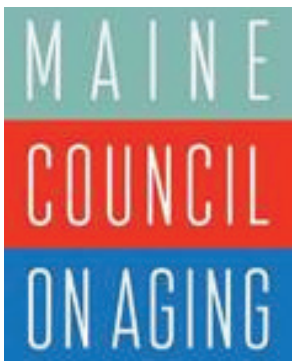
Brenda Gallant, Executive Director of Maine’s Long Term Care Ombudsman Program, is being recognized with the 2025 Lasting Legacy Award for her unyielding advocacy to ensure older Mainers receive quality care in the settings of their choice, tireless efforts to grow, support, and celebrate Maine’s care workforce, and innovative and pioneering leadership on so many issues – from bereavement to equity to elder abuse prevention. Brenda’s passion for her work shines through in everything she does, from championing public policy at the legislature to finding creative solutions for individual clients. Her advocacy, compassion, and leadership make her a trusted voice in Maine’s advocacy community, where she’s known for her ability to navigate complex issues and advocate for those who sometimes cannot speak for themselves. Brenda has made Maine a better place for both people who need care and those who provide it.

Representative Kristen Cloutier of Lewiston, District 94, is being honored

with the 2025 Legislator of the Year Award for her steadfast dedication to the well-being of older people in Maine, family care partners, and Maine’s care workforce. A strategic thinker and a powerful advocate, Rep. Cloutier has proven time and again that she knows how to get things done, and she follows through on her commitments. Rep. Cloutier led efforts to pilot, and this year to formally establish, the incredibly effective and successful Respite for ME Program, a program that creates flexible benefits for informal family care partners. This session, she also defended against cuts to funding for care workers, helped establish a law to create a care gap report, and championed the Older Mainers’ Act, ensuring that some level of flexible funding be awarded to address a critical shortage in services for older Mainers. Older Mainers are lucky to have Rep. Cloutier fighting for us!

This year, the 2025 Trailblazing Advocate Award honors two incredible Maine leaders Claudette Ndayininahaze and Dr. Rebecca Spear.

Claudette Ndayininahaze, Executive Director of In Her Presence, is being honored as a 2025 Trailblazing Advocate for her sustained efforts to intentionally create on-going opportunities for older immigrant women to learn together, connect with each other, and contribute to their community, working with them to co-create a nurturing, respectful, and healthy multi-generational community of immigrant women who are contributing to Maine in so many ways. Claudette is a leader who never rests, keeping focused on the broader community she is building and also the individual needs of each member of that community – the babies, the young mothers, the workers, older men who do not know how



to cook, and older women who have so many skills to share. Every day through courageous conversations, creative programs, and an amazing depth of compassion, she is strengthening connections across generations and between cultures.

Dr. Rebecca Spear, Program Director, Geriatric Medicine Fellowship, Maine-Dartmouth Family Medicine Residency, is being recognized as a 2025 Trailblazing Advocate for her sustained leadership in advocating for better access and better care for older Mainers. Dr. Spear is committed to sharing her expertise to inspire clinicians to provide the best possible care. Her approach is rooted in empathy and mindfulness, ensuring that the experiences and care goals of older people are respected throughout their interactions with the healthcare system. But she doesn’t stop there. When she sees barriers to quality care for older people, she takes the next step to act to reduce these barriers. Whether showing up to testify on critical bills that address Maine’s critical care workforce shortage, lending her expertise to shape policy, or leading efforts to reduce ageism in healthcare, she is not only making a difference, but is inspiring other healthcare professionals to follow the trail she’s blazing. We celebrate her efforts to transform care in Maine.

Motivational Services, Inc. (MOCO) in Augusta is being honored with the 2025 Business Excellence Award for their intentional, strategic, and sustained efforts to create a workplace that embraces the power of older workers, promotes age-inclusivity, and serves as a model of business excellence. Under the visionary leadership of John Zarrilli, and with support of his dedicated team, MOCO proactively partnered with the MCOA to provide train-

ing to leaders across all job categories, engaged in action planning, and then created the Change AGency Workforce Team, which is taking bold action to reshape the organization’s culture and infrastructure, including adapting physical spaces for accessibility and embedding age-positive values in staff training and daily operations. They took the next step and became a Certified Age Friendly Employer. MOCO has demonstrated an unwavering commitment to innovation and inclusion, and is fostering a thriving multigenerational workforce and responsive community for residents.

Leslie Hill, Professor Emeritus of Politics, Bates College, is being honored with the 2025 Douglas O. Wilson Rising Tide Leadership Award for her efforts to build community with and for Black Elders in Maine, disrupt ageism within her spheres of influence, especially in grantmaking, and help us all learn how ageism intersects with racism, sexism, and other forms of bias. Leslie leads with curiosity, learns in conversation, and inspires action. This is how she created the BIPoC Elders group that has been building a community for and lifting up the experiences of BIPoC Elders in Maine since 2022. Leslie brings joy and laughter to meetings and events, drawing quiet voices in and making space for all. Leslie is honored for her vision and unyielding efforts to design, fund, and lead the Black Elders Photovoice Project, a project that not only lifts up the visibility of Black Elders and builds stronger community, but acts as a powerful tool that other groups of elders can use to explore and share their experiences of aging. This award is given by Community Health Options, Southern Maine Agency on Aging, and the MCOA to honor the life of Doug Wilson, who had a big impact on all three organizations.

These awards are made possible by our 2025 Awards Sponsors: AndWell Health Partners and United-Healthcare. These inspiring leaders and business will be honored at the MCOA’s annual Change AGEnt Summit on September 19th at the Cross Insurance Center in Bangor.

Lisbon Community Federal Credit Union continues nonprofit grant

LISBON, ME – The Board of Directors of Lisbon Community Federal Credit Union are proud to announce the continuation of the community grant to support local nonprofit organizations that directly impact people in the credit union’s field of membership. This grant was created in 2024 in honor of Lisbon Community Federal Credit Union President/CEO George Roy, who retired after 38 years of dedicated service.

“We are honored to continue the George Roy Community Grant in recognition of George’s extraordinary contributions,” said Tim Plummer, Chairman of the Lisbon Community Credit Union Board of Directors. “This year, we’ve increased the grant from \$5,000 in 2024 to up to \$10,000 in 2025, so we can make an even greater impact. This expansion reflects Gerge’s commitment and our continued dedication to the communities we serve.”

Throughout his remarkable career, George has displayed outstanding leadership and community engagement. His vision and commitment has significantly contributed to the growth and success of the Lisbon Community Credit Union and its Membership. It has been a privilege to serve Lisbon Community Credit Union and its Membership. “I am honored having my name representing this grant and look forward to seeing the positive impact this grant will have on local nonprofits.”

Grant Details:
· Grant Amount: Up to \$10,000. in total funds will be awarded. The amount may be given to one nonprofit or divided among multiple nonprofit



recipients.
· Eligibility: Non-profit organizations operating within Lisbon Community Credit Union’s field of membership, which includes, Lisbon, Lewiston, Auburn, Durham, Bowdoin, Sabattus, Topsham, and Pownal.

· Purpose: To improve the lives of citizens in the Greater Lisbon Area and Lewiston/Auburn by promoting health, wellness and growth in the community.

Application Process:
Interested nonprofits can apply by visiting the Lisbon Community Credit Union website at www.lisboncu.org/grant and submitting the application form. Applications must be received by 5:00pm ET on November 3, 2025.

Selection Process: A selection committee will review all applications. The grant recipient(s) will be announced on or before December 19, 2025.

For more information on the George Roy Community Grant, contact Lisbon Community Credit Union at 207-353-4144 or visit their website at <http://www.lisboncu.org/grant>. You can also follow their updates and announcements on Facebook and Instagram.

FREE EVENT IN TOPSHAM / BRUNSWICK

**"Trolling for Maine's Trout & Salmon:
The Good, The Bad, The Ugly"**
Merrymeeting Bay Trout Unlimited Public Meeting
Tuesday, September 16, 2025
Sea Dog Brewing, 1 Bowdoin Mill Island, Topsham
6:00-8:00 pm



Upcoming meetings are scheduled for **October 21, November 18, and December 16.**
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“See Tracks? Think Train!” Rail Safety Week is this week

Sen. Bailey to chair Commission to Expand Access to Dental Care

PORTLAND, ME – The Northern New England Passenger Rail Authority (NNEPRA), in partnership with Amtrak Downeaster, is proud to participate in “See Tracks? Think Train!” Week, taking place September 15–21, 2025, in support of Operation Lifesaver’s national rail safety campaign. This initiative aims to raise public awareness and reduce preventable injuries and deaths around railroad tracks and trains.

Throughout the week, NNEPRA will share important rail safety tips across social media platforms, including Facebook and Instagram, and will engage communities through in-person safety events on Friday, September 19, at stations in Brunswick, Portland, and Durham.

Every year, hundreds of lives are lost or impacted by grade crossing incidents and track trespassing—many of which are entirely preventable. “See Tracks? Think Train!” serves as a powerful reminder that trains can come at any time, from either direction, and are often quieter and faster than they appear.

“Rail safety is everyone’s responsibility,” said Patricia Quinn, Executive Director of NNEPRA. “During ‘See Tracks? Think Train!’ Week, we’re urging drivers, pedestrians, and cyclists to make safe choices around railroad tracks and crossings. Whether you’re in a vehicle or on foot, staying alert can save your life.”

Conversational group hike tonight on USM Gorham campus

GORHAM, ME – 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 physical and what details our minds rely on to recall embodied 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 essential.”

20 Walks is on view



Why We Walk

A Conversational Hike on the Frazier Woods Trail led by Lin Lisberger and Miles Howard

Limited Capacity. Register today!

Saturday
Sept. 20th
11am–noon
FREE
All Ages

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 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 charge.

AUGUSTA, ME – Sen. Donna Bailey, D-Saco, was appointed by Senate President Mattie Daughtry, D-Brunswick, to chair the newly created Commission to Expand Access to Oral Health Care by Studying Alternative Pathways for Obtaining a License to Practice Dentistry, established under LD 1615. It was a bill that the sponsor brought to the Legislature’s Health Coverage, Insurance and Financial Services, which Sen. Bailey chairs.

“In the Legislature, I am committed to addressing the workforce shortages that make it harder for Mainers to access the care they need, such as dental work,” said Sen. Bailey. “We all know how frustrating it can be when we can’t find a dentist who is accepting new patients or when the wait is months long. If we increase the number of licensed, trained dentists, then we can reduce the long wait times and serious health problems that occur from delayed treatments. Last year, I was appointed to chair a similar commission that made recommendations to increase the number of doctors in the state, so I am ready to get to work.”

The Commission is tasked with studying how to integrate foreign-trained dentists and out-of-state dentists into the dental care workforce. It will review the best practices that other states have used to address the shortage of dentists in their states. As a result of its work, the Commission could recommend changes to state laws and rules that pose unnecessary barriers for these dentists to enter Maine’s workforce. It will provide a report to the Legislature’s Health Coverage, Insurance and Financial Services Committee no later than Dec. 10, 2025.

Appointees consist of a bipartisan group of lawmakers, dental care professionals and providers and a representative from the Department of Professional and Financial Regulation, which oversees certification and licensing. The appointments are made by the Governor, Senate President and Speaker of the House.

To learn more and subscribe to updates from the Commission to Expand Access to Dental Care, visit <https://legislature.maine.gov/commission-to-expand-access-to-oral-health-care-by-studying-alternative-pathways-for-obtaining-a-license-to-practice-dentistry>. The meeting schedule will be announced online and via the email list once it is finalized.

LD 1615 received unanimous, bipartisan support in the Health Coverage, Insurance and Financial Services Committee and in the full Senate and House. Gov. Janet T. Mills signed it on July 1.

See Bailey, page 14

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WinterKids announces 2025/26 Adventure Fund recipients

WESTBROOK, ME – WinterKids is proud to announce this year’s recipients of the WinterKids Adventure Fund, supporting inclusive, multi-week winter programs that will serve more than 1,300 Maine children during the 2025/26 season.

The WinterKids Adventure Fund helps ensure that all children, regardless of background, can access the joy, learning, and lifelong health benefits of winter activity. Through meaningful partnerships and community-rooted programs, these grants break down financial and geographic barriers so kids can learn, move, and thrive outdoors.

“This year’s recipients reflect a shared commitment to helping children grow through winter play,” said Josh Harrington, Family Programs & Outreach Manager at WinterKids. “From cross-country trails to alpine slopes, these programs will spark new skills, confidence, and connection for hundreds of Maine kids.”

2025/26 WinterKids Adventure Fund Recipients:

Quoggy Jo Ski Center (Presque Isle)
Serving 200 children



| Grant: \$3,500

Funding after-school ski programs that create opportunities for youth in Aroostook County to stay active, learn new skills, and build community at their local hill.

Ski 4 Life Program at Big Rock (Mars Hill)

Serving 600 children
| Grant: \$2,500

Supporting an engaging after-school program designed to introduce and nurture a lifelong love of skiing, using an innovative button system to promote safety, confidence, and progression on the slopes.

Sugarloaf Ski Club (Carrabassett Valley)

Serving 500 children
| Grant: \$4,000

Enhancing access

to the popular Sunday ski program, a long-standing initiative that connects kids and families with one of Maine’s most iconic winter destinations.

MICA Project (Bethel Area)

Serving 50 children
| Grant: \$5,000

Expanding access to cross-country ski series for youth in Western Maine, meeting children where they are with equipment, instruction, and a warm welcome to the trails.

These four grantees exemplify WinterKids’ belief that winter is for everyone—and that with the right support, every child can experience the wonder, freedom, and adventure of winter.

Fall outdoor power equipment tips to beat winter hassles

Once the grass gets its final cut and the leaves are handled, it’s time to swap out the mower, blower, and trimmer for the snow thrower, generator, and chainsaw. The Outdoor Power Equipment Institute (OPEI) says a little prep now means less stress—and fewer repair bills—later.

“Your end-of-season routine sets the stage for when the weather turns colder,” says Kris Kiser, OPEI President and CEO of OPEI, an international trade association representing manufacturers and suppliers of outdoor power equipment, small engines, battery power systems, portable generators, utility and personal transport vehicles, and golf cars.

Here are OPEI’s 8 quick tips for getting ready for fall and winter and storing warm-weather tools the right way:

1. Follow the manual. Review the manufacturer’s guide (download it if you’ve misplaced it) and follow all safety steps—especially how to shut down equipment quickly. Never disable or remove safety features.
2. Service before storage. Do all maintenance as directed by the owner’s manual. Clean, change oil, swap filters, and handle any repairs before parking summer gear. Give winter equipment a once-over, too.

Prepare for the seasons ahead.

Before the cold and snow hits, get your landscape and power equipment in order.

Fall Landscape Prep:

- Assess equipment needed.
- Prune tree limbs that might fail due to ice and snow.
- Aerate your lawn now for lush turf in the spring.
- Keep kids and pets away from working equipment.

Winter Equipment Prep:

- Read and follow your owner’s manual.
- Fuel engines according to manufacturer’s specs.
- Never disable or remove safety features.
- Charge batteries.
- Remove debris from the area before snow falls.

Your outdoor power equipment helps you get the job done right. Check your owner’s manual for the best and safest way to operate it through the changing seasons.

Outdoor Power Equipment Institute

WEATHER it BETTER
With Outdoor Power Equipment

3. Manage fuel smartly. Be sure to run tanks empty before storage. For winter equipment, use fresh fuel (most engines run on no more than 10% ethanol), add stabilizer according to manufacturer’s guidelines, and use fuel within 30 days.
4. Charge and store batteries right. Fully charge them, keep them away from metal, and store in a climate-controlled space.
5. Keep gear sheltered. Store summer equipment clean and dry. Keep winter gear handy but out of the weather.

6. Clear the way. Make space in the garage or shed now. Remove yard debris, toys, and other hazards from the yard before snow hides them.
 7. Be generator-ready. Stock heavy-duty, outdoor-rated cords long enough to run your generator at a safe distance from the house. Never operate indoors or near openings.
 8. Keep what’s most important inside. When operating any outdoor power equipment, kids and pets should be indoors and supervised.
- For more on safety, visit [OPEI.org](https://www.opel.org).

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

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 West-

Calendar

Send your submissions to the Editor. More online.

brook 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.

Sept 27
BUXTON – Try our delicious Haddock Supper Buffet - Saturday, September 27, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20

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

Tuesdays, Sept 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.

Oct 4, 18
GORHAM – 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.

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
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.

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

Bailey
Continued from page 11

Sen. Donna Bailey is currently serving her third term in the Maine Senate. She is the Senate chair of the Legislature’s Health Coverage, Insurance and Financial Services Committee. She also serves on the Housing and Economic Development Committee. She represents Senate District 31, which includes Buxton, Old Orchard Beach and Saco.

MEMIC
Continued from page 6

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academic foundation, extensive professional experience, and unwavering commitment to excellence have earned her this well-deserved promotion,” said Karen Johnston, Vice President of Underwriting Operations. “She embodies the leadership and expertise necessary to succeed in this role.”

Outside of work, Kelley is an active volunteer with Junior Achievement of Maine and enjoys traveling and gardening.

Red Cross
Continued from page 1

munity Center, 426 Bridge Street
Windham
9/29/2025: 10 a.m. - 2 p.m., North Windham Union Church, 723 Roosevelt Trail, Route 302
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GORHAM LITTLE LEAGUE

Field Funding Campaign



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

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SENIOR TRIPS

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

SEPTEMBER 15 - 18, 2025 - THE GRAND CANYON OF PENNSYLVANIA - Trip includes 3 nights lodging, 3 break-

fasts and 3 dinners including the historic Peter Herdic House and The Carriage House. Highlights of this tour are Susquehanna River Cruise, Pennsylvania Grand Canyon Wagon Tour, Millionaires Row Tour, Thomas Taber Museum, Historic Rowley House and much more. A \$75.00 deposit is due upon signing up. Price of this trip is \$769.00 pp double occupancy and \$918.00 for a single. Final payment is due July 17, 2025.

OCTOBER 6 – 10, 2025 – ATLANTIC CITY, CAPE MAY, & PHILADELPHIA - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble. Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the famous Cape May Light-house. Our next day is a free day in Atlantic City to do as you please. Take in

a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double 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 BELGIUM SPRINGTIME CRUISE - Trip includes 9 days and 20 meals. Highlights are 7 Night River Cruise, Amsterdam with Canal Cruise, Keukenhof Gardens, Middelburg,

Belgium Waterways, Sceanic 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 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

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

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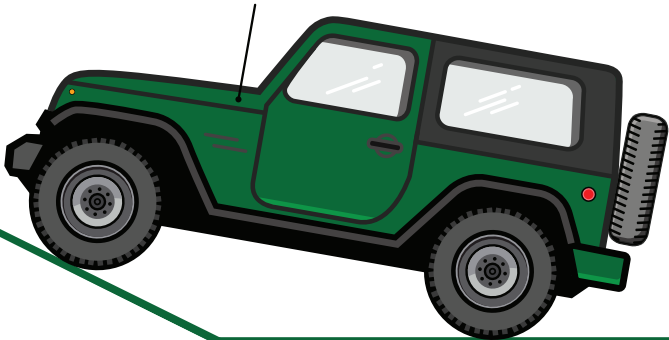
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