

Dempsey Challenge 2025

Special Section pages 7-9

DEMPSEY

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yourself.

## 'A New Home' cast sings at 'Home is Where . . .?' event

**MAINE** – Cast members from Community Little Theatre's upcoming original musical "A New Home," performed at the recent Central Maine Artists for Justice "Home is Where . . .?" event held at L-A Arts. This fundraising effort was held on behalf of Mainers for Humane Immigration. The cast performed the song "One More Goodbye," a heartfelt tribute to the community members lost in the tragic events of October 25, 2023.

"A New Home" is an original musical that tells the rich and complex history of Lewiston. Written and composed by Paul G. Caron and first performed in September 1995 for the Lewiston Bicentennial, this production brings to life the stories of Lewiston's Indigenous, Franco-American, and African immigrant communities, whose contributions have shaped the city's identity and culture. In the thirty years since the original production, major events – both good and tragic – have occurred in Lewiston and are now represented



Pictured here are CLT's "A New Home" cast members who performed recently at the Central Maine Artists for Justice "Home is Where . . .?" event. Seated from left are Joseph Daniels, Casey Waters, Janelle Raven, and Karianna Merrill. Standing are Justin Morin, Susan Caron, Dr. Paul Caron (the show composer and director), Kelsey Sukeforth, Lynn Thibault McLain, Brandon Sukeforth, and Gregory Judd. An original musical based on the history of Lewiston, "A New Home" will open October 30 at the Lewiston Middle School Auditorium.

in the musical's revival to enhance its relevance and historical significance.

Central Maine Artists for Justice (aka "CMAJOR") is a creative collective formed in support of immigrants, the LGBTQIA+ community, bodily autonomy, and racial justice. They support the ongoing work

of local social justice organizations through coalition building, arts events, and fundraising.

For more information about "A New Home," or to purchase tickets (performances run October 30-November 9 at the Lewiston Middle School), visit [laclt.com/a-new-home](http://laclt.com/a-new-home).

## Auburn Police Lieutenant completes FBI National Academy

**AUBURN, ME** – Chief Jason D. Moen is deeply proud to announce that Lieutenant Anthony R. Harrington has graduated as a member of the 295th session of the FBI National Academy. The graduation took place at the National Academy in Quantico, Virginia on September 4, 2025. FBI Director Kash Patel delivered remarks at the ceremony. Lieutenant Harrington is the eleventh officer in department history to complete this prestigious program. Nationally, fewer than one percent of law enforcement officers earn the opportunity to attend the program.

Lieutenant Harrington is proud to be one of two hundred and fifty-four law enforcement officers who graduated as part of the 295th session of the academy, which consisted of men and women from 49 states and the District of Columbia. The class also included 22 members of law enforcement agencies from 20 countries, 10 members of six military organizations, and four members of federal civilian organizations.

"It was an absolute honor to be part of FBI National Academy Session 295," said Harrington. "I trained, learned, and broke bread with the most incredible law enforcement executives in the world."



Internationally known for its academic excellence, the National Academy offers 10 weeks of advanced communication, leadership, and fitness training. FBI Academy instructors, special agents, and other staff with advanced degrees provide the training; many instructors are recognized internationally in their fields.

A total of 56,434 graduates have completed the FBI National Academy since it began in 1935. The National Academy is held at the FBI Training Academy in Quantico, the same facility where the FBI trains its new special agents and intelligence analysts. Participants must have proven records as professionals within their agencies to attend. On average, these officers have 21 years of law enforcement experience and usually return to their agencies to serve in executive level positions.

"Lt. Harrington's graduation from the FBI National Academy is not just a personal achievement but a milestone for our agency," said Chief Jason Moen. "His dedication, leadership and commitment to excellence reflects the very best of the Auburn Police Department and his success strengthens our entire community."

Lieutenant Anthony Harrington has strong ties to the Auburn community, serving as the long-time leader/facilitator of the APD's Citizens Police Academy, the New Auburn Neighborhood Watch, and other community policing initiatives. He attended Kaplan University, where he got his associate degree in criminal justice, and the University of Maine, Augusta, where he earned his bachelor's degree in public administration.

Harrington began his career with the Auburn PD in 2001 as a patrol officer. He is currently assigned as commander of the department's Criminal Investigations Division. His previous assignments include detective, sergeant, school resource officer, field training officer, bike team, motorcycle officer, and commander of the patrol, support services, and criminal investigation divisions.

## Day's Jewelers celebrates 10 years as Best Places to Work recipient

**WATERVILLE, ME** – For its tenth year, Day's Jewelers has earned a place among the Best Places to Work in Maine recipients. As an employee-owned company since 2021, this recognition highlights the vibrant culture and shared success that defines the Day's team.

The Best Places to Work in Maine is a presti-

gious award that annually recognizes outstanding businesses for going above and beyond to provide their employees with an exceptional work environment and experience. Day's is among 100 other Maine businesses that have received the award this year.

"Being named one of the Best Places to Work in Maine again reflects the culture our incredible employees have all built together," says Joe Corey, president of Day's Jewelers. "Our people take great pride and dedication in what they do and the results of this survey further support that!"

Founded in 1914, Day's Jewelers has built a company that stands the test of time by investing in both its customers and its employees. The company

continues to strengthen its workforce through curriculum development, technical training, and career growth opportunities. With the company's transition to an Employee Stock Ownership Plan (ESOP) in 2021, Day's has continued to foster a strong culture of ownership where every employee shares in the company's success. This commitment has created a motivated team poised for growth.

The official rankings of the Best Places to Work in Maine will be announced during the awards gala on October 7th at the August Civic Center. A publication featuring all honorees will be distributed at the event and made available online at [bestcompaniesgroup.com/best-places-to-work-in-maine](http://bestcompaniesgroup.com/best-places-to-work-in-maine).

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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](http://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](mailto:extension.gardening@maine.edu).

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# Newsmakers, Names & Faces

## CMH doctor helps keep athletes on the field at World Games

LEWISTON, ME – Ian Engler, MD, an orthopedic surgeon at Central Maine Healthcare, was in China last month, serving as the team physician for the U.S. National Ultimate team at the World Games in Chengdu. The World Games is considered the second tier Olympics for sports that are not part of the Olympic Games.

In addition to his work at Central Maine Healthcare Orthopedics, Dr. Engler serves as team physician for Bates College, Edward-Little High School, Lewiston High School, USA Ultimate and Portland Rising. He has served as an assistant team physician for the Pittsburgh Steelers, Pittsburgh Penguins and the University of Pittsburgh.

Team USA won gold with a 13-12 win over Canada in the finals.

“I worked with the top seven men and seven women ultimate players in the country who were selected for the team out of several thousand players national-



Dr. Ian Engler poses with members of Team U.S.A. in China

ly,” Dr. Engler said. “I also provided care to Sambo martial artists from Cameroon, a fistball player from New Zealand and others. Being able to help athletes from teams which don’t have doctors is one of the many rewarding parts of this experience.”

Central Maine Healthcare Orthopedics offers a full spectrum of treatments and services – from fracture care and casting for broken bones to surgery and rehabilitation – allow-

ing them to deliver comprehensive, whole-person care, all from one location, to help patients get back to the activities they love. The facility is outfitted with state-of-the-art equipment and organized to support an unmatched level of multidisciplinary care. Central Maine Orthopedics has been named a Cigna Center of Excellence for hip and knee replacement. It has also been named a Blue Distinction Center by Blue Cross and Blue Shield.

## Fall classes from sewing to sowing with Lewiston Adult Education

LEWISTON, ME – The fall 2025 Lewiston Adult Education brochure will be heading to mailboxes in Lewiston and Auburn with color pages featuring crochet, sewing and stand-up comedy classes.

With more than 20 new classes and a dozen new instructors, the brochure includes a course on how to run an ice cream truck, Kim Sloan’s “Make It Sweet: Life Inside an Ice Cream Truck.” Jillian Carrozza brings “Learn to Sew” and “Sewing Clinic” to the fall lineup.

Two introductory classes will show students how to learn sewing skills. Pat Pelliccia will teach “Learn to Play Mah Jongg,” a popular tile game. Derek Cote will teach \*Basic Stand-Up for Newbies.”

Returning instructors include Mary Callahan teaching two crochet classes, Becki Leighton with two fitness classes and Rosa Storer, who will teach two line dancing classes. Mitchel Roberge delivers a new session of “Basics of Wills & Estate Planning.”

Cole Hastings of Bates College will lead an astronomy class, “The Skies of Maine,” at the Ladd Planetarium in the Carnegie Science Center at



Mary Callahan works on her crocheting during her Lewiston Adult Education class last spring.

Bates College. register.

Chris Conlogue is returning to Lewiston Adult Education for a new class, “Winter Sowing,” which will focus on gardening in zone 5 in Maine.

For these and other learning experiences, Lewiston Adult Education once again is sharing a combined brochure with Auburn Adult & Community Education and is scheduled to arrive in mailboxes in September. Check out our new website, [www.lewiston.maineadulted.org](http://www.lewiston.maineadulted.org) to

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Fashion News

### Tias Prom Project

Dedicated to providing dresses & confidence to young women

The Tatiana Morrell Foundation was created to honor the incredible spirit of Tatiana Morrell – a young woman whose light, kindness, and heart continue to inspire us every day. One of the ways we carry her legacy forward is through something truly special: collecting prom dresses for students who may not have the means to purchase one. Tatiana believed deeply in making others feel seen, valued, and beautiful – and this mission reflects that love.

Through every dress given, every smile shared, and every moment of confidence created – Tatiana’s spirit lives on. Thank you for being part of this journey with us. 🌟

**The Story Behind Our Mission:**  
To better understand our mission, you must understand our reasoning:  
Tia lived with a heart led by kindness and intuition. When she noticed a new student struggling, she stepped in to make a difference—providing her with a beautiful dress and arranging for her mother to do her hair and makeup. That simple act of love gave the girl, who never imagined attending such an event, the night of her life.

Tia believed every young woman should feel confident, radiant, and celebrated during life’s special moments. In her honor, we are dedicated to continuing that mission—ensuring that no girl misses out on the magic of prom, homecoming, or a school dance because of financial hardship.

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### WHY PEOPLE CHOOSE CHAMPOUX INSURANCE

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](http://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](http://www.turfmutt.com).

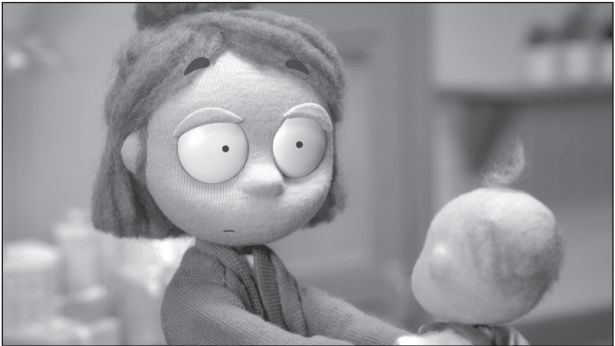
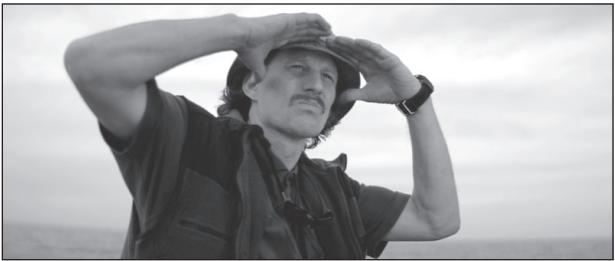
# Manhattan Short Film Festival to screen at The Public Theatre!

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](http://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](http://www.northcountrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England."* Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto: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

## Author Lily King to speak at Bailey Library in Winthrop

WINTHROP, ME – Award-winning novelist Lily King will appear at the Bailey Library in downtown Winthrop on Wednesday, September 24, at 6:30 p.m. The event is part of the 16th annual Winthrop Lakes Region Forum. King will discuss her forthcoming novel, “Heart the Lover,” which Library Reviews calls an “emotionally resonant exploration of love and longing.”

King is the author of the acclaimed novel “Euphoria,” winner of the Kirkus Prize and the New England Book Award, a finalist for the National Book Critics Circle Award, and named one of the 10 Best Books of 2014 by The New York Times Book Review. “Euphoria” also appeared on year-end best-books lists from TIME, Amazon, NPR, Entertainment Weekly, Publishers Weekly, and Salon.



A Massachusetts native, King earned a B.A. in English Literature from the University of North Carolina at Chapel Hill and an M.A. in Creative Writing from Syracuse University. She taught high school English in Valencia, Spain, where she wrote her debut novel, “The Pleasing Hour” (1999), winner of the Barnes & Noble Discover Award and the Whit-

ing Writers’ Award. She has two daughters and two dogs, and lives in Portland, Maine, with her husband, Tyler. Copies of King’s books will be available for sale at the event, and a book signing will follow the program. For more information, contact the library at 377-8673.

## Bees Deluxe playing live at Monday Night Blues

ROCKLAND, ME – Bees Deluxe, Boston’s British/American blues band return to play Monday Night Blues at the Park Street Grille in downtown Rockland Maine on Monday September the 22nd from 7:00pm to 10:00pm. Winners of the 2025 New Hampshire State Blues Challenge, Bees Deluxe are headed to Memphis, Tennessee in January of 2026 to compete in the International Blues Challenge.

Hell-bent on their mission to bring the blues into the 21st century, Bees Deluxe pushes the limits, colors outside the lines of convention and bends the genre to create a sound that is distinct, highly musical and yet deeply respectful of the blues tradition. Unlike many blues bands that stick to well-worn standards, Bees Deluxe deliberately seeks out lesser-known tunes and reimagines classics by artists such as Etta James, Billie Holiday, Joe Zawinul, and J.B. Lenoir. Their setlists are a mix of



inventive originals and “off-the-beaten-path” covers, often featuring new arrangements that highlight the band’s creativity. This commitment to exploring uncharted musical territory ensures that every performance is distinctive and unpredictable. The band has played with Mike Zito, Joanna Connor, Ronnie Earl, Walter Trout, Matt Schofield, Monster Mike Welch, Jo-

anne Shaw Taylor, Kofi Baker and Roomful of Blues and tour from Maine to Miami. Bees Deluxe has launched a Go Fund Me campaign to help offset the costs of competing in Memphis. Attendees are encouraged to come enjoy an evening of world-class blues, meet the band, and support live music as Bees Deluxe represents New England on the international stage.

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A PLAY BY CATHERINE BUSH

May 8-17

## L-A Rotary partners in “Shoes for Kids”



MAINE – The Lewiston-Auburn Rotary Club was happy to partner with the Boys & Girls Clubs of Southern Maine’s Auburn/Lewiston Clubhouse, Lamey Wellehan Shoes, and New Balance in the “Shoes for Kids” BBQ event held on September 4th. Each member of the

Boys and Girls Club got their feet measured and then went home with a free new pair of shoes! Pictured at the event from left are Tim Walls, sales representative from New Balance, Peter Arsenaault, president of the Lewiston-Auburn Rotary Club, and Lamey Wellehan employees Aly-

sha Bouffard, Katrina Johannides, Stephanie Bourgoin, Sara Poulin, and Ben Fletcher. The Lewiston-Auburn Rotary Club founded in 1917, meets every Thursday at noon at the Village Inn Restaurant in Auburn. lewistonauburnrotary.org/



# 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.

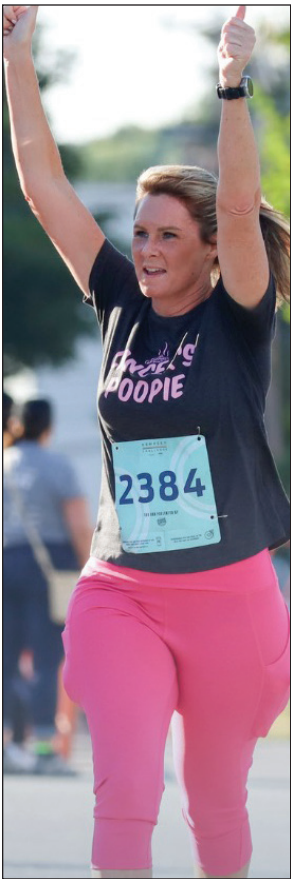
Dempsey Challenge Weekend is a time to come together, both in-person and virtually, to show support for the clients supported by the Dempsey Center.

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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D E M P S E Y

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

Fred's Fried Dough

Coffee Hound

...and more!

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

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ENTERTAINMENT STAGE

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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!

Child's Play

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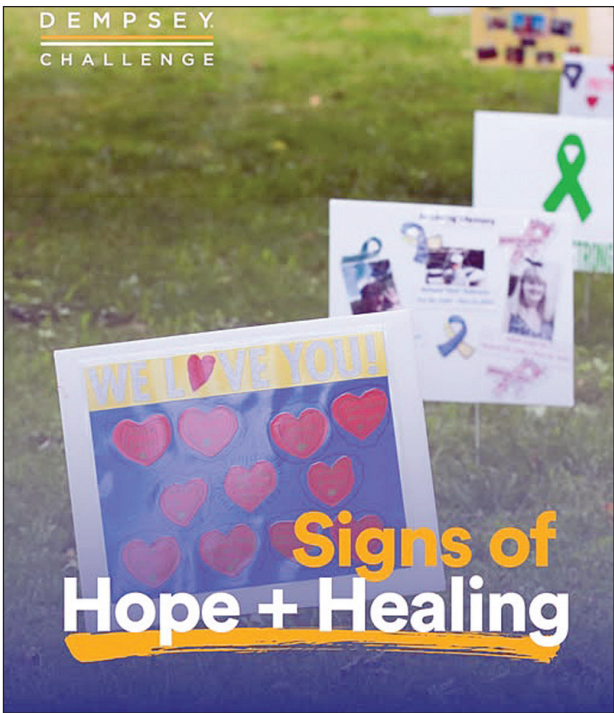


# Add your Signs of Hope + Healing

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!

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

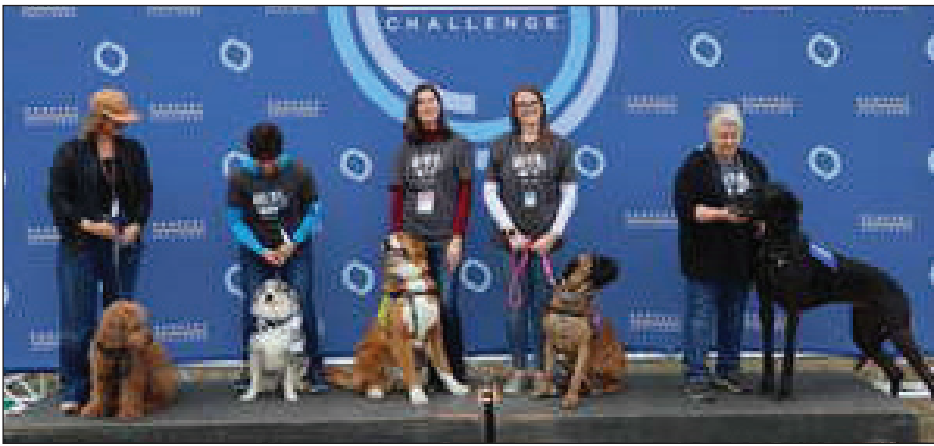
Fundraising commitments vary by event but participants have until event day, September 20th, to meet or exceed their minimum. Your commitment and generosity supports the Dempsey Center's mission to make life better for people managing a cancer impact.

#### 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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## 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:

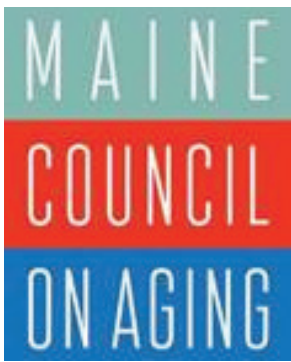
Brenda Gallant, Executive Director of Maine’s Long Term Care Ombudsman Program, is being recognized with the 2025 Lasting Legacy Award for her unyielding advocacy to ensure older Mainers receive quality care in the settings of their choice, tireless efforts to grow, support, and celebrate Maine’s care 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](http://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.

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"Trolling for Maine's Trout & Salmon:  
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Merrymeeting Bay Trout Unlimited Public Meeting

Tuesday, September 16, 2025

Sea Dog Brewing, 1 Bowdoin Mill Island, Topsham

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# Letter to the Editor: Prayerful commitment to Bishop Ruggieri, Saint Dominic Academy

As the school year gets into full throttle, so many of us who are members of the Saint Dominic Academy family – from generations back even to today – remain prayerful and hopeful about a positive outcome in our dialogue with Our Shepherd, Bishop Ruggieri.

Young adults being formed there and their families, alumni, donors, and even the whole Lewiston-Auburn community, for so many obvious reasons, wish to do what we can to help foster continuing the quality legacy of Saint Dominic’s. That legacy is about imparting Catholic Doctrine and Social Teaching. It incorporates weekly Confession and Holy Mass in our chapel on campus. One student and one staff member also came into the fullness of the Faith there this year. Gospel Values and the discipline we are called to have to properly express them, are the foundations of our successful sports teams and school spirit. The spirit of Christ and His Church are infused into every activity; hopefully, every interaction, that is generated by our Saint Dominic’s Academy students.

The Saint Dominic community holds fast in a willingness and with enthusiasm, to help support the school financially from a broad base of Lewiston-Auburn and beyond. There is strong alumni and donor support far and wide, and every single family that has been impacted by the good fruit that has come from Saint Dom’s – and there is A LOT as we all know - re-



mains prayerful. We are fervent in that prayer. The good fruit of that prayer, we believe, is our base of capital support. It is ever-growing.

We are hoping to present options to His Excellency soon which address the situation and will make him proud. We seek to be a model of Catholic excellence in the Portland Diocese for every diocese to model. Our goal is to help the Diocese move beyond fear of finances and focus on evangelization. We know that we must support our Church and our children. We also know that both face extreme challenges. However, as we take up our responsibility toward both, and assure His Excellency that we will present him with something for which he will want to give his approbation, we are confident.

As we move forward, I am respectfully requesting everyone this may reach to focus on those most deeply affected: our children and the broader Saint Dominic Academy family. While sorrow and frustration were initially only natural under the cir-

cumstances, there is no place for personal criticism of Bishop Ruggieri and of the Diocese. How about fervent prayer for him and all of us in the Diocese of Portland? It is, after all, our Community of Faith and he is our Shepherd and spiritual guide. He was obviously provided with information which regrettably failed to convey the actual extent of our community’s capacity to respond to financial challenges when it concerns our children’s formation as future leaders in the Catholic tradition. Further, the information evidently failed to convey the degree of our dedication to continuing the legacy of Saint Dominic’s Academy, as well as the high stakes faced by our families and children, who risk being like a ship without a rudder.

Saint Dominic, pray for us.

Sean Andrews  
*Sean Andrews is a father of three children who attended Saint Dominic’s prior to the high school closing and a graduate of the Class of 2000 himself.*

# Formation of Police Chief Search Committee announced

LEWISTON, ME – City Administrator Bryan Kaenrath announced today the members of the newly formed Police Chief Search Committee, a group of civic and community leaders who will assist the City Administrator in the selection of the city’s next Chief of Police.

The Committee will advise Administrator Kaenrath throughout the hiring process, from the review of qualified candidates to the recommendation of finalists. The selection process enters a pivotal stage this week, with the application period for the Chief of Police position ending and Chief David St. Pierre’s retirement after 33 years with the Lewiston Police Department.

“I am grateful to each of these accomplished individuals in this Committee for stepping forward to help guide this important process,” said Administrator Kaenrath. “The next Chief of Police must reflect the values of transparency, accountability, and community partnership. These Committee members bring invaluable insight and integrity to that search. I look forward to our collaboration in the weeks ahead.”

The Advisory Committee’s first meeting will

be scheduled in the coming weeks, at which time members will begin reviewing the nearly 20 applications and preparing for candidate interviews. The Committee members include:

Cathy McDonald  
A lifelong resident of the city, McDonald manages several citywide community events, including the Liberty Festival and the Lewiston-Auburn Balloon Festival. She and her husband have raised their family in Lewiston.

Dunkins Pierre  
Restorative Justice Specialist with the Youth LED Justice (YLJ) program, Pierre works directly with youth in accountability practices. YLJ works with young people in trouble with the law, school or community to be diverted and supported.

Spencer Traylor  
Traylor is a resident

of Lewiston and is the co-director of the nonprofit Samara Strategies. Samara Strategies accompanies emergent and visionary leaders to bring innovative ideas to life and catalyzes collaborative design that transforms communities across lines of difference.

Heather Theriault  
With a Master’s degree in HR, Theriault has 13 years of experience in the industry. Since 2018, she has worked for the City of Lewiston in HR. Theriault started at the City as Benefits Administrator and in 2021 she was appointed as the Director of HR for the City.

Neil E. McLean  
McLean is the District Attorney for Prosecutorial District 3, representing Androscoggin, Oxford, and Franklin counties. The District Attorney’s Office  
*See Police Chief, page 16*

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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

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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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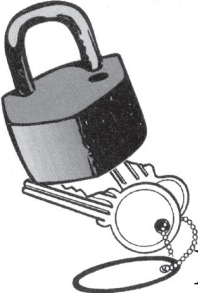
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**Sept-Oct**  
**WEST GARDINER**  
– The Center for Maine Craft is pleased to announce the opening of A New Chapter, a compelling two-artist exhibition featuring prints and original mixed media artwork by Larry Clifford and handcrafted furniture by 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

# Calendar

Send your submissions to the Editor. More online.

sale is coming to Westbrook again this year, to the very popular Westbrook Community Center at 426 Bridge Street. The sale will run from 9am to 2pm on Saturday, September 20. There will be hundreds of books, including top titles and great prices!

**Sept 25, Oct 16, Nov 13**  
**MAINE** – The 2025 Maine Hire-A-Vet is a statewide effort with the goal of at least 100 employers hiring at least 100 veterans and military family members during a 100-day period. While the campaign is focused on veterans and their families, these events are open to ALL jobseekers!

September 25, 2025 | 11:00 am to 3:00 pm | University of Maine-Orono.  
October 16, 2025 | 11:00 am to 3:00 pm | Maine Sports Arena, Saco  
November 13, 2025 | 11:00 am to 3:00 pm | University of Maine-Farmington.

**Sept 27**  
**BUXTON** – Try our delicious Haddock Supper Buffet - Saturday, September 27, 2025 - 5:00 pm at Living Wa-

ters 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.

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

Bumps & Babies is a support group that provides a safe, compassionate space for individuals navigating the emotional and physical challenges of pregnancy and the postpartum period. Members can share experiences,

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receive encouragement, and connect with others facing similar struggles, such as anxiety, depression, or the joys and adjustment to parenthood.

**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.

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

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

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

Recommended for babies ages birth-18 months and their caregiv-

ers. Siblings are always welcome. This program is free, open to the public and no registration is required.

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

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

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## Finding a fulfilling career with flexibility and room to grow

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

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

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

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

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

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

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

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

To learn more about full-time, part-time and per-diem opportunities in your community, go to [Mainecareerswithpurpose.org](http://Mainecareerswithpurpose.org). Follow @MaineCareerswithPurpose on Facebook and Instagram.



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



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**Police Chief**  
*Continued from page 11*

is responsible for prosecuting all of the criminal cases that occur within its jurisdiction ranging from low-level misdemeanors through attempted murder.

**Jake Langlais**  
Superintendent of Lewiston Public Schools, Langlais leads one of the state's largest public school systems and brings a strong voice for youth engagement and school safety.


**Brian O'Malley**  
A former Police Chief for the City of Lewiston, O'Malley has over three decades of law enforcement experience. He currently serves as the Deputy City Administrator for the

City of Lewiston.

In naming the next Chief of Police, City Administrator Kaenrath is considering both external and internal candidates.


His strategy also involves community-input with the public forum held last month and participation from this Committee. The City Administrator anticipates naming its next Chief of Police later this fall. Under Lewiston's City Charter, the city administrator appoints the police chief.

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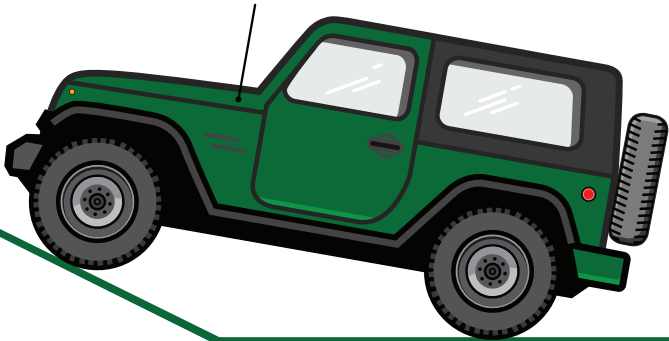
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