

October Greetings
from
Baxter Memorial
Library!



Author Event: Dave Patterson with
Ruby Couture & Ben Brown
Wednesday, October 8th 6pm

Join us for a special literary evening
with Gorham High School English
teacher Dave Patterson, and GHS
seniors Ruby Couture and Ben Brown.
In addition to teaching at GHS for 16
years, Dave Patterson is a fiction writer, journalist, and
musician. He is the author of the acclaimed novels, *Soon the
Light Will be Perfect*, and *Euphoria: Ten Maine Stories*. He'll
talk about how teaching has shaped his writing and the
joys of working with student writers, and read from his
new book. We'll also hear short pieces read by Ruby
Couture and Ben Brown. A Q&A will follow.

Author Event: Marquee Peters
(Paris Heart)
Tuesday, October 21st 6pm

The Company We Keep is a
psychological horror novella about
Jake Warren, a father who accepts an
uncanny job at Ortus Solutions, a
company that hires him without an
interview. The office seems perfect: smiling coworkers,
looping hallways, glowing badges, and screens that feel
like they're watching back. Each day, Jake rises through
"alignment" tiers while photos of his daughter begin to
blur and vanish. When policies turn ritual and HR
whispers, "You were always meant to be here," he must
choose between belonging and the self he came to save.
Lean, eerie, and grounded in work-life anxiety, this is an
October pick for fans of corporate-cult stories.



Writing a "Legacy Letter": Sharing
Your Values with Loved Ones
Friday, October 24th 1:30-3pm

An interactive workshop led by Jay
Sherwin.
This workshop is designed to introduce
the concept of legacy letters (also called
an "ethical will") and to help you craft
your own legacy letter. It includes discussion and brief
writing exercises. Jay will offer advice to help you complete
your legacy letter, share it with loved ones and preserve it
for future generations.
You can read more on Jay's website at
www.jaysherwin.com.

Author Event: Sheri Aube
Thursday, October 30th 6pm

Join us for a reading by local author
Sheri Aube from her semi-
autobiographical book *A Loop of the
United States of America*. Sue's friend
Rick invited her on A LOOP OF THE
USA during the summer of 2005.
This captivating non-fiction book is
full of humor, philosophy, environmental concerns, and
historic impressions.



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, Friend-
ship 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 avail-
able to you. After we have

displayed them for a time,
they are donated to our lo-
cal 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 wel-
come!

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, Pres-
ident, at 839-3859 for more
information

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

Follow us on Facebook
www.facebook.com/GorhamWeekly

October Special Section
Domestic Violence Awareness
Month pages 9-10

Town of Gorham releases Nov. 4
voting information

GORHAM, ME –
A State Referendum and
the Town's Annual Mu-
nicipal Election will take
place on Tuesday, No-
vember 4, 2025 in which
voters will have an op-
portunity to vote on Peo-
ple's Veto Referenda,
Direct Initiatives of Leg-
islation (i.e. Citizen Initia-
tives) Bond Issues, other
referenda proposed by
the Legislature, and
Constitutional Amend-
ments, as well as appoint-
ments to the Gorham Town
Council and Gorham
School Committee. Poll
places open at 7am and
close at 8pm.

The State will have
two referendum questions
on the ballot, which can be
viewed the Town's web-
site.

The Town has three
seats open on the Town
Council, and two seats
open for the three-year
School Committee seat,
and one seat open for a
one-year School Commit-
tee seat.

You can request an
absentee ballot by visiting
the Town's website. Your
ballot will be mailed to
you once we receive them
in early October.

FAQs – Visit the
Town of Gorham's web-
site for more information,
including:

Voter registration and
locations

To view a listing of
assigned polling wards
based on odd/even resi-
dential street addresses in
Gorham.

To view a map of vot-
ing wards.

For ballot informa-
tion

Unenrolled voters
can enroll in a party at
any time, including
Election Day, since the
State of Maine offers
Election Day voter regis-
tration.

Absentee Voting

Absentee ballot re-
quests are now available.
You can request an absen-
tee ballot by calling the
Clerks office or by visiting

the Town's website. Bal-
lots will be mailed out the
first week of October once
the Town Clerk's Office re-
ceives them.

Absentee voting
will be available in the
Council Chambers at the
Gorham Municipal Cen-
ter (75 South Street, Suite
1) during the business
hours of 7am - 5pm be-
tween Monday, October
20 and Thursday, October
23, as well as between
Monday, October 27
and Thursday, October
31. The last day to obtain
an absentee ballot will be
Thursday, October 31 at
7pm.

To be counted, ab-
sentee ballots must be re-
turned to the Town Clerk's
Office by 8pm on Election
Day - November 4, 2025
by you or an immediate
family member.

If you have further
questions about absen-
tee voting, please stop by
the Town Clerk's Office,
call 222-1670, or visit the
Town's website.

Devotion held in honor of
Solemnity of Saint John Paul II

**SCARBOROUGH,
ME** – Forty Hours Dev-
otion held annually in honor
of the Solemnity of Saint
John Paul II October 22-24,
2025, beginning with Mass
at 5:00pm on Wednesday,
October 22 and concluding
with Morning Prayer at
8:30am followed by Bene-
diction on Friday, October
24 at Saint Maximilian
Kolbe Church, 150 Black
Point Road, Scarborough,
Maine 04074

The Forty Hours De-
votion involves 40 consec-
utive hours of adoration of
the Blessed Sacrament ex-
posed on the altar for Eu-
charistic Adoration.

Our parish patron,



ST. JOHN PAUL II
PARISH

Saint John Paul II, wrote,
"Jesus waits for us in this
sacrament of love. Let us
be generous with our time
in going to meet Him in ad-
oration and contemplation
full of faith." By hosting the
Forty Hours Devotion in
Saint John Paul II Par-
ish, we desire to foster and
increase the love we have
for Christ in the Blessed
Sacrament as we strive to
live and proclaim the Gos-
pel.

Our goal is to have
at least two parishioners
committed to pray every
hour. Please give priority
to hours that do not have
two people scheduled. You
are invited to join in Adora-
tion at any time during the
40 hours for a quick visit,
a full hour or any amount
of time. Please sign the
registry outside the chapel
doors.

For more information
go to: jp2me.org/40hours.

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Newsmakers, Names & Faces

Fire Prevention Week: Practice fire escape plan, test smoke alarms WinterKids opens registration for 2026 Winter Games

PORTLAND, ME – During Fire Prevention Week (October 5-11), the American Red Cross of Northern New England reminds everyone of the dangers of home fires, which claim seven lives every day in the U.S. To help protect your household, test your smoke alarms each month and practice your escape plan until everyone can get out in less than two minutes.

“Home fires can occur any time, any place,” said John Montes, regional disaster officer, Red Cross Northern New England Region. “The sooner an alarm alerts you to a fire, the sooner you can get out. This is critical because fire experts say you may have less than two minutes to escape a burning home before it’s too late.”

Tips for creating your home fire escape plan and practicing your 2-minute drill:

- Everyone in your household should know two ways to escape from each room in your home.
- Smoke is dangerous. Get low and go!
- Decide where to meet once you get outside. Select a meeting spot at a safe distance away from your home, such as a neighbor’s home or landmark like a specific tree in your front yard, where everyone knows to meet.
- Get out and stay out. Never go back inside for people, pets or things.
- If a fire starts, you may have less than two minutes to get to safety. Time your fire drill and find out: what’s your escape time?
- While practicing your escape plan, teach children what a smoke alarm sounds like. Talk about fire safety and what to do in an emergency.
- Smoke alarm safety: Place smoke alarms on each level of your home, including inside and outside bedrooms and sleeping areas.
- In addition to testing your alarms once a month, change the batteries at least once a year, if your model requires it.
- Also check the manufacturer’s date of your smoke alarms. If they’re 10 years or older, they need to be replaced because the sensor becomes less sensitive over time. Follow the manufacturer’s instructions.
- Local Red Cross Disaster Action Team

volunteers provide emotional support, financial assistance and information to help families begin the process of recovery. Most of the 65,000 emergencies that the Red Cross responds to each year are home fires. In 2025, local Red Cross Disaster Action teams have responded to more than 200 home fires in Maine, assisting nearly 700 Mainers. Additionally, our trained volunteer teams have installed more than 1,240 free smoke alarms so far this year and provided home fire safety education and escape planning for Mainers in need.

For emergencies like home fires, our volunteers provide comfort during what can be the worst days of people’s lives. Learn how you can volunteer for our Disaster Action Team at redcross.org/DAT.

GET HELP:

APPOINTMENTS: If you need assistance, visit www.redcross.org/End-HomeFiresNNE for a free smoke alarm installation.

DONATE: Thanks to donations, our services are free and available for all those in need. Help families prepare for, respond to and recover from home fires by giving at SoundTheAlarm.org or texting the word HOMEFIRE to 90999 to make a \$10 donation.

HOME FIRE CAMPAIGN SAVE LIVES

Since October 2014, the Red Cross Home Fire Campaign, working with community partners, has saved at least 2,489 lives by educating families about fire safety, helping them create escape plans and installing free smoke alarms in high-risk areas across the country. To learn more about the campaign and how you can get involved, visit redcross.org/homefires.



WESTBROOK, ME – WinterKids has officially opened registration for the 2026 Winter Games Competitive Track, a high-energy, four-week challenge that helps schools across Maine turn winter into a season of movement, learning, and community spirit. The theme of this year’s games is HEART!

Now in its ninth year, the Winter Games invite elementary schools across Maine to compete in weekly outdoor activities that combine physical education, nutrition, and winter wellness. Schools track participation, build momentum with creative themes, and showcase their team spirit—all while earning points and having fun outdoors.

“This program transforms the coldest months of the year into something kids look forward to,” says Marion Doyle, Education Director at WinterKids. “It’s not just about winning, it’s about building resilience, encouraging teamwork, and reminding every student that they belong outside.”

Participation Details

This January and February, 16 schools, one from each Maine county, will be selected to compete in the Competitive Track for cash prizes of up to \$5,000.

Participation is free and includes:

- A Winter Games PLAYBook for each student with weekly themes and activity guides
- Weekly resources and incentives for each student meant to support their outdoor learning activities
- Cash prizes and gear for each school (up to \$5,000 for the top winning school)
- Who Can Register? Public elementary schools in Maine
- Priority given to Title I schools and rural districts
- Ideal for PE teachers, school nurses, and wellness teams looking to boost student engagement during winter
- Timeline & Registration
- Applications are open now at winterkids.org/winter-games. The deadline to apply is October 19, 2025.

Deadline for 2026 Maine Women’s Hall of Fame nominations is Nov. 1

MAINE – Nov. 1 is the deadline for nominations for the 36th Maine Women’s Hall of Fame in 2026. The Maine Women’s Hall of Fame honors those who have made an outstanding contribution to improving opportunities for all Maine women.

An organization or individual can nominate an outstanding woman whose achievements have made a significant statewide impact and improved the lives of women in Maine, and whose contributions have enduring value for women. Nomination requirements and submission information are online.

An induction ceremony in Augusta in the spring, typically held during Women’s History Month in March, will honor the woman or women of achievement selected by an independent panel of judges.

Past inductees to the Maine Women’s Hall of Fame include authors, athletes, artists, activists, administrators, political and religious leaders, educators, doctors, lawyers, scientists and college presidents. Among the most recent honorees: physician Julia McDonald, community activist Nancy Fritz and astronaut Jessica Meir. A full list of inductees, starting with Sen. Margaret Chase Smith and women’s health advocate Mabel Wadsworth in 1990, is

online.

Maine Business and Professional Women/Maine Futurama Foundation established the Maine Women’s Hall of Fame. The Bennett D. Katz Library at the University of Maine at Augusta has a collection of photographs, video recordings and other materials from the Maine Women’s Hall of Fame induction ceremonies, as well as a permanent public gallery of inductee portraits.

Maine BPW/Futurama Foundation, working with Maine Community Foundation, awards annual scholarships to outstanding and deserving Maine women to help them achieve economic self-sufficiency.

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Newsmakers, Names & Faces

No. 7 Wheaton, Gorham’s Nick Phinney blanks Anna Maria, 4-0

USM Art Gallery welcomes Janna Ahrndt exhibit

NORTON, MA – The No. 7 Wheaton College (Mass.) men’s soccer team scored all four of its goals in the second half, including a pair of markers and an assist from junior forward Declan Rhatigan (Holderness, N.H.), in a 4-0 victory over visiting Anna Maria College at Keefe Field on the Wheaton campus in Norton, Mass.

The Lyons, who are ranked in the most recent United Soccer Coaches Division III national poll, run their unbeaten streak to 10, at 8-0-2, to match their longest string since the 2014 edition began the campaign at 9-0-1. The AMCATS fall to 2-6-1 for the season.

Wheaton dominated possession with a 31-4 shot advantage, including 20-1 in the second half that saw the Lyons score all of their goals. Wheaton was awarded all 11 corner kicks in the contest.

Wheaton’s four goals all came in a span of 6:51, including a trio of markers in 3:22. The Lyons got on the board in the 54th minute to take a 1-0 lead.

Rhatigan fired a shot ticketed for the right corner of the net, but the Anna Maria keeper dove to his left for the stop. Sophomore back Austin Hoadley (South Kent, Conn.) was there to send the rebound into the back of the net for his second score of the season with 36:37 left in the second half.

Wheaton doubled its lead just 33 ticks later on a goal from senior forward Aidan Doyle (Kingston, Mass.). Rhatigan played a ball to his left to senior midfielder Joey Everett (Danbury, Conn.) who carried the ball down the middle of the field, before sending a cross to Doyle on the left side. Doyle fired a difficult shot into the far right post for his team-leading eighth marker of the season with 36:04 remaining in the contest to give the home team a 2-0 lead.

The Lyons tallied their final two goals of the game on penalty kicks, converted by Rhatigan, for a 4-0 lead. Rhatigan’s first marker was a line shot into the top right corner of the net in the 57th

minute to increase Wheaton’s lead to 3-0. Rhatigan’s second score on the penalty kick looked nearly identical to his first, giving the Lyons’ a four-goal cushion with his seventh score of the year.

The AMCATS’ only shot on frame came with 7:43 left in the opening half when first year forward Ariel Garcia (East Hampton, N.Y.) was stopped by Wheaton junior keeper Nick Phinney (Gorham, Maine) for his only save of the game.

Phinney played the opening 79:25, before classmate Ty Nolon (Norwich, Vt.) was untested in the final 10:35 of play for the Lyons.

First year goalie Romain Baert (Tourcoing, France) made 11 saves for Anna Maria.

Wheaton returned to the pitch on Saturday, October 4 when it hosted New England Women’s & Men’s Athletic Conference rival Emerson College at 2:00 p.m., while the AMCATS hosted Massachusetts College of Liberal Arts on the same day at 12:00 p.m.

Portland, ME – The Crewe Center for the Arts Great Hall Gallery’s inaugural exhibition will feature the work of the Art Department’s newest faculty member, artist Janna Ahrndt. Tying together themes of technology and what makes us human, Ahrndt’s work offers a whimsical and at times humorous interrogation of the “efficiency” promised through automation across various domains, including memories, cleaning appliances, Furbys, and more.

Ahrndt pokes holes in the veil that protects technology from critique. Her primary methods of investigation are dismantling, hybridization, and building anew but askew. The work enables a recognition of the ways contemporary culture has internalized the stories technology tells about itself, holding a mirror to contemporary anxieties and desires, displacing neuroticism into object form. At a time when technological progress seems to be breathlessly on the cusp of freeing society from labor’s drudgery, Ahrndt considers how computerized promises and the feverish fantasies that surround

them are often exaggerated. She envisions a world where we recognize the gaps technology creates when it purports to fill a void.

Janna Ahrndt Does Not Dream of Labor is on view from October 9 to November 30, 2025, at the Crewe Center for the Arts Great Hall Gallery, Portland campus.

Join us in celebrating the opening reception for Janna Ahrndt Does Not Dream of Labor on Thursday, October 9th, from 5:30 – 7:30 p.m. on our Portland campus at 111 Bedford Street, 040101. This event is open to attendees of all ages, free of charge. A special conversation with Janna and artist Christine Bruening will be held at the new Crewe Center for the Arts on October 3 rd at 1 pm. Learn more and RSVP at explore.usm.maine.edu/crewe

ABOUT THE ARTIST Janna received their MFA in Electronic and Time-Based Art from Purdue University and is currently the Visiting Assistant Professor of Digital Art at Indiana University. They are part of a wave of new media artists rejecting the notion that craft and technology are directly opposed. Their work explores how deconstructing everyday technologies, or even making them for yourself, can be used to question larger oppressive systems and create a space for participatory political action. Her activist and social art practices blur the lines between the materiality of craft and the digital realm of new media technologies to create socio-political interventions.

ABOUT THE UNIVERSITY OF SOUTHERN MAINE ART GALLERY The Art Gallery serves the most diverse population of any Maine institution of higher learning. It is known for its rich blend of contemporary art exhibitions, lectures, events, and Artist-in-Residence community projects. Our exhibitions in Gorham and Portland showcase art students’ multidisciplinary projects in a range of media, as well as regional collaborations and curated themes with socially engaged public programming that underscores the University’s broadly inclusive mission. The Crewe Center for the Arts is open Monday – Friday, 9 am – 5 pm, and Saturday, 11 am – 4 pm.

North Star Baroque announces 2nd season

PORTLAND, ME – North Star Baroque Portland’s Baroque orchestra is excited to announce its 2nd season, 2025-26. Tickets now on sale through Porttix at www.northstarbaroque.org

Subscribe to all three concerts and receive 15% off!

Sunday, October 26, 2025, 3:00 pm

Vivaldi, Concerto for four violins; Corelli, Christmas Concerto, Op. 6, No. 9; Bach, Cantata, Ich habe genug; With Aaron Engbreth, Baritone; Vivaldi, Nulla in mundo pax sincera

Emily Siar, Soprano

Sunday, March 22, 2026, 3:00 pm

Bach, Concerto for two violins in D minor; Bach, Harpsichord Concerto in D minor; Corelli, Concerto grosso; Handel, Water Music Suite in G; Telemann, Concerto for flute and recorder

Friday, May 8, 2026, 7:00 pm

Handel, Concerto grosso in D, Op.6, No.5; Carl Philipp Emanuel Bach, Cello Concerto in A Major; Rameau, Pièce de clavecin no. 4; Pergolesi, La serva padrona (The Maid turned Mistress); The comic inter-

mezzo that changed music history.

Join us!

All concerts at Woodfords Congregational Church

202 Woodford Street, Portland

A note from Anna Pearlman, Music Director:

I’m excited to announce North Star Baroque’s second season. Our October concert features Vivaldi’s spectacular Concerto for Four Violins and Corelli’s popular Christmas Concerto. Two world-class soloists, baritone Aaron Engbreth and soprano Emily Siar, then join us in works of Bach and Vivaldi.


In March, we bring back Venezuelan recorder virtuoso Aldo Abreu to perform alongside North Star Baroque’s own flutist Nicole Rabata in an exciting Telemann concerto that ends with a wild Polish dance. Also on the program, soloists from our ensemble perform two of Bach’s greatest concertos, the Concerto for Two Violins and the Harpsichord Concerto in D minor, as well as a beautiful suite from Handel’s Water Music.

For our season finale in May, we bring back baritone David Kravitz, who

made such a hit this past spring as the comical father in Bach’s Coffee Cantata. This time he will be joined by Emily Siar in Pergolesi’s La serva padrona (The Maid turned Mistress), the story of a maid who conspires to marry her master. It’s a one-act comedy that changed the history of music. Also on the program, North Star Baroque’s cellist, Fred Edelen, will perform the virtuosic cello concerto by Bach’s son, Carl Philipp Emanuel. Brilliant works by Handel and Rameau will round out the program.


I invite you to join us for an exhilarating season of great music!


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For advertising information email Laurie@twincitytimes.com or call 795-5017.

Deadline

Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday’s publication.

Press Releases

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

Proofs

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

AARP Fraud Watch Network Scam Alert

October marks the start of Medicare open enrollment, and unfortunately, the peak season for Medicare fraud. From October 15 to December 7, eligible beneficiaries can review options and make changes to their Medicare health and Part D prescription drug plans. But not every offer is what it seems.

Each year, criminals take advantage of open enrollment season by posing as insurance providers. They may call, email or show up offering free gifts or limited-time offers, all designed to steal your money, Medicare information, or even your identity.

At the same time, advances in modern medical technology create new opportunities for fraud criminals. Medicare beneficiaries should be cautious of devices advertised as medical monitors or promoted for uses they weren't designed for. To stay safe, rely only on equipment prescribed by your doctor.

To protect yourself from Medicare schemes, avoid sharing personal information with anyone who contacts you unexpectedly about Medicare. Legitimate plans can only reach out if you've requested information or already have an existing relationship with them. Beneficiaries can safely compare legitimate plans and change enrollment by going to [medicare.gov](https://www.medicare.gov) or by calling 800-633-4227.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Send an email to me@aarp.org.

Business planning course covers marketing, finances, sustainability

VIRTUAL – Registration is open for the University of Maine Cooperative Extension Business Planning for Producers course. This multi-session, web-based course offers a comprehensive introduction to business planning and is designed for aspiring and beginning producers who have up to two years of business records. Participants will learn the skills needed to identify financially and personally sustainable land- and sea-based business opportunities.

Held Thursdays from Nov. 6 – Feb. 5 from 5 – 7 p.m., the 10-session online course consists of live training sessions with experts from throughout the state coupled with self-paced learning modules. Aspiring producers who are considering starting a natural resource-based business should register for Level 1, while those who are currently in business or intend to launch in the coming year should register for Level 2. Topics include mission and goal setting, marketing strategy and market research, funding and financial planning, record keeping and enterprise budgeting, and business sustainability. This course will also support participants in drafting a business plan.

Participants who successfully complete Level 2 can earn USDA Farm Service Agency (FSA) borrower training credit by attending all live sessions or viewing the recordings, completing all assigned course materials, and attending a one-on-one meeting with an approved business coach.

A stable internet connection and registration is required. For exact course fees and schedule, and to register, visit the program webpage. To request a reasonable accommodation, contact 207.933.2100 or extension.newfarmer@maine.edu.

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

Press Forward Maine council to help strengthen local news

ELLSWORTH & PORTLAND – Press Forward Maine, an initiative of the Maine Community Foundation (MaineCF), today announces the formation of an advisory council to make recommendations on how Press Forward Maine can help strengthen local news across the state.

Press Forward Maine is part of a larger national movement spearheaded by the MacArthur and Knight foundations to strengthen local news. Led by MaineCF and directed by Senior Advisor Lisa DeSisto and its advisory council, Press Forward Maine will work with partners across the state to reimagine, reinvest and rebuild community news.

The advisory council comprises: Emily Barr, CEO, Graham Media Group (retired); Carlos Barrionuevo, director, Public Media Company; Jeanne Bourgault, CEO, Internews; Maulian Bryant, Penobscot citizen, executive director, Wabanaki Alliance; Andrew Butcher, president, Maine Connectivity Authority; Judy Meyer, editor emeritus,



Maine Community Foundation CEO Deborah Ellwood, Press Forward Maine Senior Advisor Lisa DeSisto and MacArthur Foundation President John Palfrey at a Press Forward Maine launch event on Aug. 15 in Bar Harbor. Photo: Maine Community Foundation

Sun Journal; Prashant Mittal, director of professional programs, professor of practice, Roux Institute; Bobby Monks, board member, Pro Publica; Kathryn Olmstead, author, editor, former educator, Caribou and Andrea Perry, program director, Broad Reach Foundation.

"We are honored to have this extraordinary group — with diverse backgrounds and perspectives — come together to help Press Forward Maine ensure all Maine people have access to trusted, local news and information," said DeSisto. "While we are inspired by

the momentum of 41 other Press Forward chapters nationwide, our work will be rooted in the unique needs of Maine."

Building on MaineCF's long tradition of convening conversations and listening, Press Forward Maine is already engaging with Maine media and civic leaders to understand the challenges they face. Press Forward Maine will partner with Press Forward and MaineCF's existing network of philanthropists to leverage collective resources and relationships to advance this important work.

Maine Made Crafts

2025 ARTS & CRAFT SHOWS

41st Annual Harvest Festival Arts & Craft Show
Augusta Armory— 179 Western Ave., Rt 202
October 25 & 26

22nd Annual Veterans Weekend Arts & Craft show
Augusta Armory— 179 Western Ave., Rt 202
November 8 & 9

Annual Makers Market Christmas Arts & Crafts Show
South Portland High School— 637 Highland Ave.
November 15 & 16

Santas Coming to Town Arts & Craft Show
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Seniors Not Acting Their Age

Tumultuous Seas Kayaking Union River Bay

When my friend, Norm Olsen, announced a Penobscot Paddle & Chowder Society sea kayak trip from Surry to Ellsworth in Hancock County, I immediately signed on. An experienced trip organizer, Norm always plans interesting outdoor adventures and scrupulously researches the itinerary and potential conditions. Further, this was a sector of the Maine coast I had never paddled.

The forecast for the early-September trip was exceptional. Sunny skies, hot temperatures and light to moderate winds from the southwest were the Weather Underground prediction. In addition, the Maine Coastal Waters Forecast called for southwest winds at about 10 knots and gentle seas. Since much of the trip would be in sheltered waters, conditions for the voyage appeared ideal.

Norm's proposed itinerary required launching from a boat landing on Patten Bay in Surry. Once we embarked, the plan was to paddle east through the narrow bay protected from any wind and then cross Union River Bay to the western shore of Trenton. From there, we would use the modest southwest wind to help propel us north into the Union River and on to Ellsworth. While some exposure to the wind was anticipated when traversing Union River Bay, we

expected to have the option of turning north with the wind at our backs at any point. An additional benefit, we would enjoy a rising tide when traveling north to Ellsworth.

One of the things I've learned during my experiences sea kayaking is ocean weather is much more unpredictable than lakes and rivers. While there is a fair amount of certainty about the reliability of a forecast on inland bodies of water, conditions on the ocean can change dramatically in a short period of time with little warning.

Nine of us met at the landing in Surry on a beautiful sunny morning. Norm and others had left vehicles in Ellsworth for the return shuttle. After a safety talk and a review of the planned route, we launched paddling solo sea kayaks.

As expected, the waters were mirror calm in the protected confines of narrow Patten Bay. Most of us assembled into a compact group and began paddling east towards Union River Bay while carrying on easy conversations and enjoying the gentle seas. However, one paddler fell behind and Norm dropped back to assist him.

After passing Contention Cove on the north shore, we reached the outskirts of Union River Bay. Instead of winds from the southwest, they were blow-

ing almost directly at us east-southeast and were clearly stronger than 10 knots. The seas in the bay were rough and choppy. A traverse did not appear advisable.

We bobbed in the surf next to a sandy point on the south shore until the other two paddlers joined us. After a stunted conversation hampered by the noisy winds, we collectively decided to abort our original plan and cross to the north shore of Patten Bay just east of Contention Cove. From there, we would work our way east benefiting from the relative safety of the East Surry shoreline.

Keeping a group of kayakers close together while paddling in rough seas is easier said than done. In order to maintain stability in challenging waters, kayakers need to keep paddling and everyone's strength and stamina is a little different. Winds and waves from our starboard increased the difficulty.

Everyone successfully completed the demanding crossing but we were now spread out and communication difficult. And, while close to the sometimes rockbound shore, we were still dealing with turbulent seas. Through a combination of hand signals and shouting, we agreed to persist east for about a mile to Weymouth Point where we expected

to turn north into sheltered waters.

We labored mightily into powerful waves and a strong headwind before finally rounding Weymouth Point. The contrast was truly remarkable. Within minutes, the seas calmed and the winds diminished. With minimal wind and the flood tide pushing us along, the remaining trip to Ellsworth was placid and uneventful.

When all of us were relaxing in the sun at the landing at Ellsworth Harbor Park in Ellsworth, I was reminded that the ocean is a fickle master.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates nine more exciting sea kayak escapades including unexpected misadventures on the Bold Coast, Damariscove Island, and Isle au Haut.

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.



Norm Olsen leads a group of kayakers on mirror calm Patten Bay in Surry



Kayakers approach Union River Bay



Norm Olsen provides safety instruction before the trip

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Arts & Entertainment

Spaghetti dinner benefit supports Turner resident

TURNER, ME – A spaghetti dinner benefit is being held for Liana Henault of Turner. She is fighting a very rare and aggressive form of cancer called PEComa.

The dinner will be held at the Boofy Quimby Hall, 96 Howes Corner Rd in Turner, on Saturday, October 18, from 4-7 p.m.

Tickets are \$10 for adults and \$7 for children under 12. All dinner tickets purchased will receive a chance to win the door prize of 100 gallons of heating oil. There will also be a ticket raffle for many nice items, and a 50/50 raffle.

All funds raised at the benefit will go directly to Liana for medical and travel expenses. Because of the rarity of this cancer, the closest hospital equipped is in Boston.

If you're unable to



SPAGHETTI
Dinner Fundraiser
Saturday, October 18, 2025
4:00 - 7:00 PM
Door Prize 100 gallons Heating Oil

Adults
\$10

50/50
&
Raffles

Spaghetti
Garlic Bread, Salad
Desserts & Drinks

Boofy Quimby Hall
96 Howes Corner Rd, Turner

Help us support Liana St.Pierre-Henault, a Turner resident diagnosed with PEComa a rare type of Cancer. All funds raised will be used for medical expenses while being treated in Boston.

attend this event, a donation can be made at GoFundMe.com Search "Help Liana Fight a Rare and Aggressive Cancer" Thank you for your support.

Casco Bay Wind Symphony presents HOMAGE

GORHAM, ME – The Casco Bay Wind Symphony presents: HOMAGE, Dr. Peter Martin Conductor Emeritus.

Honoring history and culture with works by Alfred Reed, Ron Nelson, Rolf Rudin, H. Owen Reed, Ralph Vaughan Williams, Malcolm Arnold, Mark Camphouse, and Dmitri Shostakovich

2:00 PM Sunday, October 26, 2025

McCormack Performing Arts Center, Gorham High School
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Gorham, Maine

Tickets:
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Tickets can be purchased at the door, or on our website - cascobaywindsymphony.org

SAVE THE DATES:



Casco Bay Wind Symphony Presents
Homage
Dr. Peter Martin, Conductor Emeritus

Honoring history and culture with works by Alfred Reed, Ron Nelson, Rolf Rudin, H. Owen Reed, Ralph Vaughan Williams, Malcolm Arnold, Mark Camphouse and Dmitri Shostakovich

Sunday, October 26, 2025
2:00 PM
McCormack Performing Arts Center at Gorham High School

Get Tickets Here: cascobaywindsymphony.org
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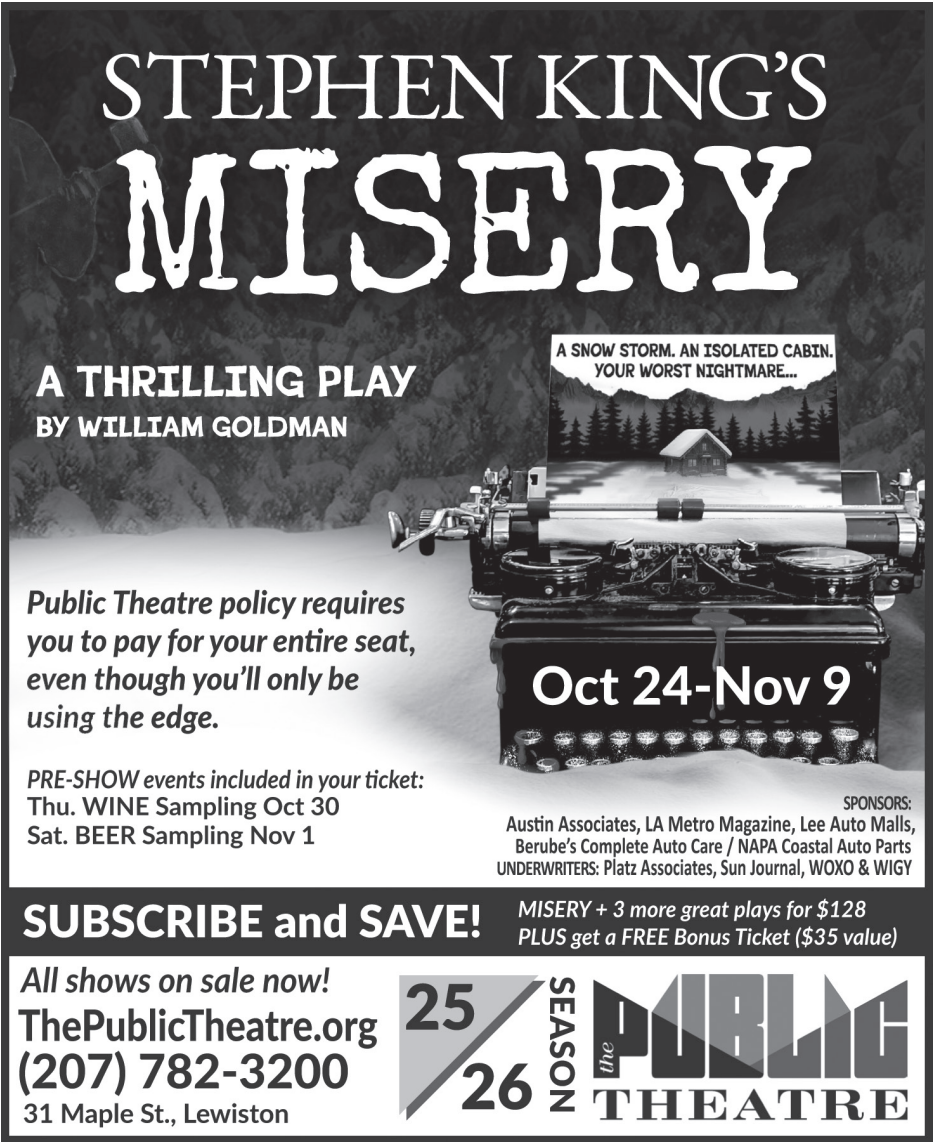
Casco Bay Wind Symphony Concerts
Saturday, December 6 (7 PM), Sunday, December 7 (2 PM) - Holiday Concert
Sunday, May 3, 2026 (2 PM) - Spring Concert.

Westbrook City Band hosting free concert

WESTBROOK, ME – WESTBROOK CITY BAND FREE BAND CONCERT will be held Tuesday, October 14, 2025 from 7PM-8PM. Admission:

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FMI: <https://www.facebook.com/westbrookcityband/>



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Southern Maine Strutters plant seeds for success

EDGEFIELD, SC – The NWTF Southern Maine Strutters Chapter returned to help the U.S. Fish and Wildlife Service at the annual Rachel Carson Wildlife Refuge Habitat Planting Party to celebrate National Public Lands Day. This year they brought their own NWTF twist.

NWTF volunteers set up their NWTF JAKES BB gun trailer to help bridge the gap between hunting heritage and habitat conservation. Their booth was filled with handcrafted turkey calls, free hats, Turkey Call magazines and a raffle for one youth to receive a free lifetime hunting license. The FWS also set up a safe archery range for attendees to try.

This year’s habitat planting was hosted at the new Rachel Carson multi-purpose center in collaboration with the The Friends of Rachel Carson NWR and the Maine Conservation Corps. The land behind the center used to be a dense and unproductive stand of conifers that the FWS mulched a few days prior to the event. Volunteers from across New England planted wetland trees and shrubs such as grey and silver dogwood, hawthorn and button bush in their place.

This year’s planting will create a brand new early successional habitat directly next to an established forest with mature oaks and maples, making it the ideal habitat for the New England cottontail and the wild turkey. The group of longbeards that volunteers saw feeding along the road on their way into the parking area was a reminder that the habitat work is already proving to be beneficial.

Here in the Northeast, work like this on public land is important since most of the land is privately owned.



Back at the NWTF shooting trailer, NWTF legends Pete Wentworth or “Uncle Pete” and Stu Bristol were sharing their endless knowledge on wild turkeys with the younger generation. Both gentlemen were a part of the first trap and transfer efforts in Maine back in the 70s and 80s. Uncle Pete gave away one of his handcrafted wingbone calls to a young man who had been practicing his calling with a coffee stirring straw.

Wentworth said he was happy to see someone so young get excited about turkey calling.

“It’s important for our chapter to be represented and involved with community events like this one,” said Adam Tibbets, NWTF Southern Maine Strutters Chapter president. “Turkeys are here, and Maine’s turkey populations are as good as they are because of the hard work done by the generations before us, like Stu Bristol and Peter Wentworth, who were with us at the event. I feel it’s our job as volunteers, conservationists and hunters to keep striving and to stay

involved with our hands in the dirt doing habitat projects and spreading information with the public about wild turkeys and our hunting heritage.”

About the National Wild Turkey Federation
Since 1973, the National Wild Turkey Federation has invested over half a billion dollars into wildlife conservation and has positively impacted over 24 million acres of critical wildlife habitat. The NWTF has also invested over \$10 million into wild turkey research to guide the management of the wild turkey population and to ensure sustainable populations into perpetuity. The organization continues to deliver its mission by working across boundaries on a landscape scale through its Four Shared Values: clean and abundant water, healthy forests and wildlife habitat, resilient communities, and robust recreational opportunities. With the help of its dedicated members, partners and staff, the NWTF continues its work to provide Healthy Habitats, and Healthy Harvests, for future generations.

6 tips for choosing your health benefits for 2026

By Dr. Ana Stankovic, chief medical officer, UnitedHealthcare of New England

As millions of Americans evaluate their health plan options during open enrollment season, a recent survey found that 43% of people regret a health decision they’ve made because of misleading information — and 1 in 5 admit that content creators without medical credentials have influenced their health choices.¹

Enrollment timing: For people with coverage from their employer, open enrollment typically happens during a two- or three-week period between September and December. For people shopping for individual plans on the Health Insurance Marketplace, open enrollment starts on Nov. 1 and ends on Jan. 15 in most states.

This is a crucial time to select optimal health coverage. Here are a few tips to consider when choosing a plan that may help lead you to better health and cost savings:

Start early. Take time to understand and compare the benefits, services, and costs of each plan available to you — including any updates to your current coverage. Look beyond the monthly premium and consider out-of-pocket costs like deductibles, co-

pays, and coinsurance. Demystify the language. Health care terms can be confusing, but resources are available to help. Start with justplainclear.com to support informed decision-making.

Avoid surprise expenses. Before selecting a plan, confirm your doctor is in-network to help reduce costs. Check that your medications are covered—even if you’re not switching plans. Consider using network pharmacies or home delivery for savings. Some plans are designed specifically to help manage health care costs.

Prioritize mental health. Check what mental health services each plan covers, such as in-person and virtual visits, 24/7 mental health support lines, and digital self-care tools. Some insurers, like UnitedHealthcare, may provide a wide range of mental health offerings, including tools for in-the-moment support, like Calm Health.

Don’t overlook extra benefits. Dental, vision, hearing, financial protection, and critical illness coverage may be available and can support your overall well-being.

Go digital for convenience. If you prefer care from home, choose a plan with 24/7 virtual visits. Digital tools can help simplify provider search-

es and cost comparisons. Today’s health apps offer everything from wellness visits to maternal care—all in one place.

Spotting reliable health advice. There’s a lot of health information online, but not all of it is accurate. Here are three ways to help protect yourself from misleading claims:

Check the source: Is the advice from a doctor or a trusted health group? Does it mention research or cite reputable organizations?

Watch for red flags: Be cautious of posts that promise quick fixes, use fear tactics, or push products without explaining risks.

Double-check before you act: If something sounds extreme or too good to be true, ask your doctor or look it up on a reputable health site.

Check out Get the Facts to help clear up the confusion and see the facts about how the health care system works.

For more helpful articles and videos about open enrollment, visit [UHCOopenEnrollment.com](https://uhcoopenenrollment.com).

[1] Edelman Trust Institute. (2025). 2025 Edelman Trust Barometer Special Report: Trust and Health. Fielded March 4–14, 2025, among 16,000+ respondents across 16 countries.

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Maine delegation urges Dept of Ed to fund Upward Bound Programs

WASHINGTON, D.C. – U.S. Senators Susan Collins and Angus King and U.S. Representatives Chellie Pingree and Jared Golden wrote to Education Secretary Linda McMahon urging her to reverse the Department of Education’s decision to terminate funding for two federally funded TRIO Upward Bound programs in Maine: the Veterans Upward Bound Program at the University of Southern Maine (USM) and the River Valley Upward Bound Program at the University of Maine at Farmington (UMF). The TRIO Upward Bound program helps prepare low-income and first-generation students for success in higher education by providing academic support, mentoring, and other college readiness services. Both the USM and UMF programs were awarded five-year TRIO grants in 2022 and expected funding to continue through 2027, but the Department recently notified them that funding

would end prematurely on September 30, 2025. Both programs have filed formal requests for reconsideration. “The Department’s decision to terminate funding for these Upward Bound programs is deeply upsetting, and the negative impact on the students enrolled in these two programs cannot be overstated,” the Delegation wrote. “Upward Bound has proven its effectiveness in the lives of countless first-generation and low-income students who often face barriers to accessing a college education,” they continued. “We have seen the lives of many young people changed by the TRIO program. In fact, some of our own staff members went through TRIO and tell us that they would not have pursued higher education but for the support and opportunities it provided.” “Rather than terminate funding after the third year of this five-year grant,

we urge you to use all available authorities to work with these programs and allow them to operate with continued funding in full compliance with the current Administration’s priorities. Given the importance of these TRIO programs to the students they serve, we are hopeful you will work with them achieve this outcome,” the Delegation concluded. The Veterans Upward Bound Program at USM currently serves 125 veterans and has a waitlist of additional veterans seeking services. Maine has one of the highest percentages of veterans in the nation. The River Valley Upward Bound Program at UMF serves roughly 60 students in Oxford County and, together with a partner program, supports 139 students across 14 high schools in Maine. There are six other Upward Bound programs in the university system that have already received their continuation awards.

Maine fire departments receive grants

MAINE – State Farm® and the National Volunteer Fire Council (NVFC) have teamed up for the second year to support local volunteer fire departments with funding to secure needed equipment to help keep their responders safe and protect their communities. Through this year’s Good Neighbor Firefighter Safety Program, 150 departments in 44 states received a \$10,000 grant, including three departments in Maine. The announcement was made on August 18, a date many celebrate as Volunteer Firefighters Recognition Day. Volunteer firefighters make up 65% of the U.S. fire service, and communities across the country rely on volunteers to respond to emergencies of all kinds – from structure and wildland fires, to vehicle crashes and medical emergencies, to natural disasters and hazmat incidents. Many of these small-town and rural fire departments operate with limited budgets, making it difficult to meet the rising costs of the equipment and gear they need to best serve their community. These grants are a lifeline for local depart-

ments to obtain equipment that will increase safety, efficiency and effectiveness. Grants will be used to purchase a wide variety of department necessities, including personal protective equipment, EMS and rescue tools, communication devices and much more. In Maine, the following volunteer fire departments will receive grants: Dixfield Fire Company, Saco Valley Fire Association (Fryeburg), South Bristol Volunteer Fire Department. State Farm and the NVFC will also join 10 of the fire department recipients at a community engagement event this fall, which may include an open house, fire prevention event, parade or other local gathering. “The NVFC is proud to team up with State Farm to continue the Good Neighbor Firefighter Safety Program and provide critical assistance to volunteer fire departments,” said NVFC Chair Steve Hirsch. “Firefighting and rescue equipment is expensive, and many departments struggle to find the funding they need. These grants from State Farm enable small departments to

secure equipment they need to be better prepared to serve their communities and protect their responders.” “We are proud to support volunteer firefighters – the ultimate good neighbors who risk their lives daily,” said Rasheed Merritt, State Farm corporate responsibility assistant vice president. “At State Farm, we’re committed to helping people manage everyday risks and building safer, stronger communities.” In addition to the 150 grants, State Farm provided complimentary NVFC memberships to the first 2,000 eligible applicants to provide more responders with access to an array of benefits, including free training, support services and more. The NVFC is the leading national nonprofit association serving the volunteer fire, emergency medical, and rescue services. Since the Good Neighbor Firefighter Safety Program launched in 2024, \$2.5 million has been awarded to 250 local fire departments. Find information about the grant program, including a list of departments receiving the grants, on the NVFC website at www.nvfc.org/statefarm.

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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October Special Section: Domestic Violence Awareness Month

Join Through These Doors Letter Writing Campaign

#takestepsforsurvivors by participating in Through These Doors Domestic Violence Action Month Letter Writing Campaign! This October, we are asking our community members to write letters of support or encouragement to survivors of intimate partner violence.

Use the link in our Facebook bio to send your message electronically or stop by one of our DVAM events to put pen to postcard!

Consider donating \$5 - \$25 to the survivors fund to accompany your postcard. This is for direct financial assistance; we can use these donations to provide gift cards (alongside your community notes!) so survivors can enjoy a hot meal or a cup of coffee on us.

Check out the guidelines and prompts featured in this post to get started! For more information, please send us a DM.

October 16th is Wear Purple Day with Through These Doors

October is Domestic Violence Action Month. What steps will you take this DVAM? All month long we will be sharing ideas from this campaign on our Instagram and Facebook pages. You can start by participating in one or more of our events going on throughout the month! Take steps to end domestic violence-We can all be a part of the solution.

TAKE STEPS FOR SURVIVORS THIS MONTH BY:

- Donating to support survivor safety
- Attending a DVAM event
- Participating in a community campaign
- Community Campaigns
- Support our Lavender Cafes
- Coffee Shops across Cumberland County have partnered with TTD to raise awareness and funds to support survivors of Domestic violence. When you purchase a "Lavender Latte" at a participating Lavender Cafe, a portion of the proceeds will go directly to supporting survivors of domestic violence in Cumberland County.
- Locations:
 - Portland: Coffee By Design – 1 Diamond St, Portland ME
 - Cape Elizabeth: C-Salt Gourmet Market – 349 Ocean House Rd, Cape Elizabeth ME
 - Yarmouth: Clayton's Cafe & Bakery – 447 US Rt 1, Yarmouth ME
 - Raymond: The Good Life Market – 1297 Roosevelt Trail, Raymond ME
- Help TTD furnish our shelter expansion
- In a time where others are forced to close, we are excited to announce our shelter expansion project. Help us complete the final phase of a multi-year endeavor by purchasing household essentials from our shelter wish list!
- Community Events
- Wear Purple Day
- Thursday, October 16th is Wear Purple Day. Join the national move-

ment to help raise awareness about domestic abuse. Wear purple, snap a selfie with your family/friends/co-workers and then tag Through These Doors using #wearpurple.

Portland Yoga Collective Luna Sergenta Women's Circle

October 19th at 6-7:30pm, this empowering workshop hosted by PYC aims to bring women together for community building, intention setting, meditation and creativity. TTD staff will be present before and after to invite participants to write letters of support for survivors in our community. A generous 40% of the proceeds from October's event will go to Through These Doors.

Location: Portland Yoga Collective: 98 Cross St N Ste C, Portland, ME

Sliding scale price \$10, \$15 or \$20 | Register online at portlandyogacol-lective.com

Through These Doors Community Event

October 23rd from 6:00-8:30, join TTD board members, staff, community partners and friends for a night of review, celebration, and reflection. Casual reception at Rising Tide Brewing Company in Portland with light refreshments. All are welcome, and we encourage you to bring a friend! We will be celebrating our shelter expansion, what we have accomplished over 2025, and guests will learn about TTD's path forward.

Location: Rising Tide Brewing Company, East Room. 103 Fox Street, Portland ME

Community Campaigns

Purple Light Nights® Throughout the month of October look for purple lights in your neighborhood! Purple Light Nights is a global campaign in over 32 states and 3 countries with the goal to increase the awareness of domestic violence. Through These Doors is once again partnering with the city of Portland, Cumberland County, local business owners, law enforcement agencies, and community members in making Cumberland County glow purple for October. For more information check out: <http://www.purplelightnights.org/>

Library & Bookstore Campaign

A great way to take action is to raise your own awareness. One way to do that is by reading! There are lots of good books for all different ages about healthy relationships and domestic abuse. TTD is partnering with libraries and local bookstores in Cumberland County again this year. When you visit your local library and bookstore this month look for a DVAM recommended reading list and ask for a Through These Doors DVAM bookmark.

Celebrating our Shelter Expansion Construction Is Completed!

We are excited to announce that the construction phase of our shelter expansion has been completed! Affectionately named "The Tiny House" TTD has added four beds, one crib, one full bathroom, and one kitchenette to our emergency shelter capacity. Being able to ex-

Through These
DOORS

TAKE STEPS FOR SURVIVORS

DOMESTIC VIOLENCE ACTION MONTH

OCTOBER 2025

you can make a difference!

Send words of support to a survivor in your community!

Swipe for more details

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TAKE STEPS FOR SURVIVORS

DOMESTIC VIOLENCE ACTION MONTH

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you can make a difference!

- These will be distributed by Through These Doors Advocates. Information about who this letter will be going to, or the individual's name will not be provided to protect confidentiality.
- Cards should be addressed in a general way, using language such as "Greetings, or, Hello".
- If you choose, please share only your first name or connection to the community when signing this card.
- We ask that you share words of strength, encouragement, or connection for survivors in our community. We have some prompts to get your creative juices flowing. However, you are welcome to put your own personal spin on your message.
- If you are interested in doing a letter writing activity through your workplace or community group, please reach out to CEP@throughthesedoors.org to be connected with our Community Education and Prevention team

Thank you for taking this step to support survivors

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Through These
DOORS

TAKE STEPS FOR SURVIVORS

DOMESTIC VIOLENCE ACTION MONTH

OCTOBER 2025

you can make a difference!

- "We live in the same community, and because we are all in this together, my hopes, dreams and wishes for you are... (you can finish the sentence with a sentiment about safety, peace, freedom, empowerment)"
- "You are weathering this storm, which is a testament to your strength and... (you can finish the sentence with a description about a what strength feels like, about what brings you hope)"
- "You've been working so hard, and you walked through something really challenging recently, I want to offer... (you can finish the sentence with a message about how they are not alone, offer sentiments of community and support)"
- (Only if applicable, and if you feel comfortable) "I have been through something similar, and even though every situation is unique... (share a sentiment about connection, or something you wish you were told by another survivor)"
- You don't have to limit your expression with words! You can draw a small picture in the card space.
- Write a poem!
- Describe something that brings you peace or joy.
- Do you know another language? Write a message for a non-English speaking survivor.
- Describe a sensation that grounds you during challenging moments and offer that description to a survivor. Like the feeling of snow on eyelashes, the sound of a river, the smell of your favorite meal.

@throughthesedoors207maine

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you can make a difference!

DONATE TODAY

This month, we are asking those who participate in the DVAM letter writing campaign to consider donating \$5 - \$25 to the survivors fund. This is for direct financial assistance; we can use these donations to provide gift cards (alongside your community notes!) so survivors can enjoy a hot meal or a cup of coffee on us.

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TTD website

Use the camera on your smart phone to scan the QR code; this will take you directly to TTD's donation platform! If tech isn't your thing, you can always send us cash or a check in the mail. Our address is PO Box 704 Portland ME, 04104.

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pand in the wake of a housing crisis has been at the top of our priority list for many years, and we are incredibly proud of the hard work that has been done to get us to this point... but we are not ready for folks to move in quite yet, we still need your help! You can help us make this Tiny House a Tiny Home by donating funds to help get this project over the finish line!

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October Special Section: Domestic Violence Awareness Month

With Survivors, Always:
DVAM 2025



By Casey Keene, Director of Prevention, National Resource Center on Domestic Violence

When it's too dark to see the road ahead...

When hopelessness and fear are overwhelming...

When everything seems uncertain...

Dear survivors, I'm with you.

When you make hard choices to prioritize your wellbeing...

When you celebrate small but meaningful victories...

When you bravely raise your voice...

Dear survivors, I'm with you.

For Domestic Violence Awareness Month (DVAM) 2025, the Domestic Violence Awareness Project Advisory Group is pleased to introduce a new theme: With Survivors, Always | Con sobrevivientes. Siempre.

This theme allows us to explore what it means to be in partnership with survivors toward safety, support, and solidarity. It is both a love letter and a call to action for those committed to advocating for survivors' needs and rights.

Survivors deserve safety | Sobrevivientes merecen seguridad

When we advocate for survivors' safety, we must consider all that safety encompasses: physical, emotional, spiritual, and financial. Survivors have a right to live in homes, workplaces, neighborhoods, and institutions that are free of violence.

Survivors deserve support | Sobrevivientes merecen apoyo

Living through and healing from trauma can be a lifelong journey. And new threats to their safety can resurface trauma reactions in profound ways. Survivors are deserving of support and care at all stages of their lives as they navigate both these echoes and emerging new threats.

Survivors deserve solidarity | Sobrevivientes merecen solidaridad

Nobody should have to stand alone in the face of hardship. Community connectedness is critical to effective advocacy. We must continue to show up for survivors, no matter what.

How will you show up for survivors? What will

your love letter say?

Join NRCDF in standing #WithSurvivors for #DVAM2025 and beyond:

#With Survivors Campaign (Throughout October)

NRCDF offers new shareable imagery that conveys our commitment to safety, support, and solidarity with survivors across backgrounds and experiences, rooted in love. Resources include social cards, downloadable coloring pages, and rally signs for adaptation and use in local communities.

#CallforUnity on the National Day of Unity (10/6)

On the annual National Day of Unity, observed on the first Monday of October, NRCDF will host a virtual Call for Unity around the theme for DVAM 2025, With Survivors, Always. The Call for Unity is an intentional pause and moment of recognition and togetherness for advocates and survivors across the country. This year's #CallforUnity invites us to recognize and honor organizations that embody what it means to be #WithSurvivors. Join the call by tagging organizations, both inside and outside the movement, that show up for survivors.

A Day of Unity

From the National Domestic Violence Hotline

First observed in October 1981 as a national "Day of Unity," Domestic Violence Awareness Month (DVAM) is held each October as a way to unite advocates across the nation in their efforts to end domestic violence.

Communities and advocacy organizations across the country connect with the public and one another throughout the month to raise awareness about the signs of abuse and ways to stop it, and to uplift survivor stories and provide additional resources to leaders and policymakers.

February of each year also marks Teen Domestic Violence Awareness Month (TDVAM). It is an annual observation raising awareness about the specific ways that abuse impacts teen dating relationships. Learn more about TDVAM at loveisrespect.org.

Why DVAM?

DVAM is a chance for anyone and everyone to unite in the work to end domestic violence. We invite advocates, loved ones, supporters, and political leaders to join together in solidarity to listen to and uplift survivors directly. With so many people speaking in a unified voice throughout October, we can raise our collective awareness about domestic violence to end



abuse for good.

Another way you can participate in DVAM is by donating. Your gift to The Hotline this DVAM is a gift of hope for all those affected by domestic violence.

Be a Lifeline

2025 DVAM Theme

In partnership with the Domestic Violence Awareness Project (DVAP), we are excited to build on the 2025 DVAM theme, With Survivors, Always. As we work to end domestic violence this DVAM and beyond, we explore what it means to be in partnership with survivors toward safety, support, and solidarity.

How to get involved

We believe that everyone can make a difference in ending domestic violence, and will work with you to do so. You can use our resources to raise awareness of domestic violence in your community or network. Below are some ways you can join us to raise awareness for survivors and victims of domestic violence this October and beyond.

Don't forget to use #WithSurvivors and #DVAM2025 on social media to show us what you're doing to end domestic violence. Be sure to tag us and follow The Hotline on Facebook, Instagram, Twitter, and LinkedIn!

Send all items for
Names & Faces
to the editor.
Deadline is
Friday by five pm.

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Area students earn CNA certification in summer program

MAINE – This summer, 20 ambitious students from Portland, Deering, and Westbrook High Schools did something extraordinary: They started training to become Certified Nursing Assistants (CNAs) before even entering their junior or senior years.

As part of a new summer program hosted at Portland High School, through the Extended Learning Opportunities program run by Andrea Levinsky, students dove headfirst into the world of healthcare, balancing rigorous academics with hands-on clinical experience to earn their CNA certification. This program, which came out of a pilot last year with Fallbrook Commons (formerly Saint Joseph’s Rehabilitation and Residence), offers students a head start on a meaningful, high-demand career path while they’re still in high school—and it’s already changing lives.

This unique initiative opens real-world opportunities to students, simultaneously fostering a deep sense of purpose and professional direction. Twenty students took part in this cohort, but not all of them will go on to become CNAs immediately. Eleven are participating in the clinical state exam on September 3 to become certified. Others want to take the class again to gain a greater understanding before doing the clinical. This program allows for that flexibility.

None of this would be possible without an incredible



network of community supporters:

Portland Adult Education generously provided access to their medical lab, giving students a real-world training environment, and also provided guidance about how to set up a CNA program.

Maine Veterans’ Homes served as the clinical site, offering students invaluable hands-on experience with patients.

MEMIC, Maine C3, Martin’s Point, and the Maine Community Foundation helped to fund this program, ensuring accessibility for all participants.

MaineHealth Maine Medical Center donated essential equipment—including stethoscopes and blood pressure cuffs—to outfit the next generation of healthcare professionals.

The “Make It Happen” staff at Deering and Portland High Schools helped to identify students who would be a good fit for the program.

At a time when healthcare systems are facing critical workforce shortages, programs like this not only empower students; they strengthen entire communities. By jump-starting healthcare careers early, students gain confidence, skills, and a head start toward roles in nursing, medicine, and beyond.

With its first summer class a resounding success, this pioneering CNA program is expected to grow. Community members and educators alike have already set up funding for next year to continue to provide early access to healthcare careers, diverse representation in medicine, and tangible pathways to success for Maine students.

To the new CNAs from Portland, Deering, and Westbrook: Your journey has just begun—and Maine’s future is brighter because of you.

This story was written in collaboration with Portland Public Schools.

Town of Gorham FY 2025-2026 tax bills available

GORHAM, ME – Real estate and personal property tax bills for the fiscal year 2025-2026 will be mailed to property owners and available online by or before October 7, 2025.

The tax rate that was set as of the commitment date of September 26, 2025 is \$14.80 per one thousand dollars of assessed value.

Town of Gorham taxes are due on November 15, 2025 and May 15, 2026. Payments can be

made in-person in the Town Clerk’s Office or placed in the mail and addressed as follows:

Town of Gorham
Tax Collector 75 South Street, Suite 1
Gorham, ME 04038

For assistance with questions relating to real estate and/or personal property taxes, please contact the Assessor at the Cumberland County Regional Assessing Office at 207-699-2475.

Additionally, citizens

can speak with the Assessing Administrative Assistant in the Gorham Assessing Office at the Gorham Municipal Center, access assessing data, obtain assessing forms and applications, as well as access Vision online property information and tax maps.

To verify the FY 2025-26 property tax and/or personal property tax bill amount for your property, please submit a Tax Information Request to the Gorham Finance Department.



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Norway Savings donates \$1.5K to Animal Refuge League

WESTBROOK, ME – Animals arrive at the Animal Refuge League of Greater Portland (ARLGP) from around Maine and across the country, but regardless of where they started, each finds medical assistance, safe shelter, and kindness upon their arrival thanks to a staff and volunteers driven by a staunch commitment to care.

“ARLGP is so much more than a resource matching people with pets. They build and celebrate healthy relationships and are guided by the belief in the importance of offering each animal love, compassion, and dignity so they can enjoy the highest quality of life. It’s quite moving and meaningful,” said Dan Walsh, President and CEO of Norway Savings Bank.

Located on 217 Land-ing Road in Westbrook, ARLGP was launched with funding donated by former Maine Governor Percival Baxter in 1911. In the decades since, it has provided temporary care and shelter

for stray, abandoned, and relinquished animals while placing as many as possible into responsible and caring homes.

In 2024 alone, with the help of a dedicated staff, 396 volunteers, and 291 foster families, the organization:

- completed over 2,000 adoptions
- provided clinical care, pet food, and reunification services to over 1,400 pets and families
- offered education to over 2,100 children
- assisted over 1,500 pets that were stray, out-of-state, and/or seized from inhumane conditions
- trained over 300 dogs in training classes

The benevolence has inspired consistent donations from Norway Savings Bank for decades, including a \$1,500 contribution to support the organization’s annual Shelter Sleep-In on Friday, November 7.

“Every gift assures that we give the best care

possible to thousands of animals every year seeking shelter, safety, and kindness,” said Patsy Murphy, Executive Director of ARLGP. “We’re so grateful to Norway Savings and all of our donors and advocates who continually work alongside us in our mission to serve animals in need.”

“The strong passion is at the heart of what makes this life-saving organization special,” said Walsh. “Each and every person there is working to improve lives, and each and every day, they make a monumental difference for homeless and displaced pets.”

There are many ways to help the ARLGP as they raise awareness and offer support. To make a donation, visit www.arlgp.org/make-a-gift/donate. To explore volunteering opportunities, head to www.arlgp.org/volunteer/volunteer-at-arlgp. To consider adopting a pet, visit www.arlgp.org/adopt/adopt-a-pet.

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AARP Foundation Tax-Aide seeks volunteers for 2025 tax season

PORTLAND, ME – AARP Foundation is currently recruiting passionate people throughout Maine to join its Tax-Aide volunteer team for the 2025 tax season. AARP Foundation Tax-Aide is the nation’s largest free volunteer-based tax assistance and preparation program in the United States and is offered in conjunction with the IRS. Tax-Aide provides tax preparation assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income.

In 2024, 255 Maine Tax-Aide volunteers in 47 locations helped more than 14,340 taxpayers file their federal return and 15,775 taxpayers file their state

return. Tax-Aide counselors are trained and IRS-certified every year to ensure they understand the latest changes to federal and state tax codes ensuring taxpayers will receive the refunds and tax credits for which they are eligible.

Many more volunteers are still needed throughout Maine to meet current and future demand for federal and state tax assistance.

Volunteers may serve in a variety of roles, including Leadership & Administration; Tax Counselor; Client Facilitator; Communications Coordinator; Training Coordinator, Instructor, and Technology Coordinator. AARP

membership is not required for volunteers or for those receiving tax preparation services.

Volunteers typically are trained in December and January and actively support tax services from early February through mid-April. Volunteer time commitments and schedules are flexible and will vary based on the local Tax-Aide site.

Persons interested in volunteering can find more information and apply online at the AARP Foundation website: aarpfoundation.org/TaxaideVolunteer or call 1-888-227-7669. In Maine please call 207-441-2784 or email Mainetaxaide@gmail.com for more information.

Maine residents receive help with winter electricity bills

HALLOWELL, ME – The Maine Department of Health and Human Services (DHHS) will mail more than 67,000 letters to Maine residents who qualify for the Maine Public Utilities Commission’s Low-Income Assistance Program (LIAP). The program helps income-eligible homeowners and renters reduce their electricity costs through monthly bill credits. The letters should begin arriving in mailboxes this week.

According to Maine Housing, “LIAP helps low-income homeowners and renters pay for electricity costs by providing a credit on their electric bills.” The amount of the

credit varies based on household income, size, and electricity usage.

“Programs like LIAP can make a real difference for those struggling to afford their electric bill,” said Heather Sanborn, Maine’s Public Advocate. “If you receive a letter, show it to your utility. This simple step could mean a real savings on your electric bill.”

Mainers who receive a letter need only to present it to their utility company to automatically receive LIAP benefits. Maine electric utility contact information is included as a part of the letter. Those who are already enrolled in the Low-Income Home Energy Assistance Program

(LIHEAP) will automatically be enrolled for LIAP.

Maine’s Office of the Public Advocate, along with DHHS, the Department of Energy Resources, and the Maine Public Utilities Commission, encourage income-qualified residents to keep an eye out for these letters, and to apply for aid as soon as possible.

Mainers who do not receive a letter but believe they may be qualified to receive LIAP assistance should contact their electric utility or local Community Action Agency. For more information on LIAP and other energy assistance programs, visit www.maine.gov/meopa/low-income-resources.

DFD Russell Medical Centers welcomes new providers

MONMOUTH and LEEDS, ME – DFD Russell Medical Centers (DFD) is pleased to announce the recent addition of two new providers to its team: family physician Peggy Wyman, MD, and family nurse practitioner Elena Muechter, FNP.

Dr. Wyman, a board-certified family physician, joined DFD’s Monmouth location in June 2025. She earned her medical degree from Tufts University School of Medicine and completed her Family Medicine residency at Maine Medical Center in Portland. With 25 years of experience in primary care, Dr. Wyman provides care for patients of all ages, with a special interest in children, young adults, and chronic disease management. She values long-term relationships with her patients and believes that the best care happens

when providers, staff, and patients work together as a team.

Elena Muechter, FNP, joined DFD’s Leeds location in 2025. A board-certified family nurse practitioner, she brings more than eight years of experience in family medicine and primary care. She holds a Master of Science in Nursing from Boston College and is a member of the American Association of Nurse Practitioners. Elena’s approach centers on shared decision-making, preventive care, and helping patients with chronic conditions such as type 2 diabetes. She is passionate about empowering patients to make healthy choices and guiding them through their care with clarity and compassion.

Both Dr. Wyman and Muechter are now accepting new patients at their respective locations. Ap-

pointments can be made by calling (207) 524-3501. New patients must reside within DFD’s service area, and it may take up to six weeks to process new patient paperwork and schedule an appointment.

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Oct 6 -11
BLUE HILL – GREEN ROOM October 6th – October 11th, 2025. Opening Reception: Monday, October 18th 5pm - 7pm.

Multiflora will be installing a ONE WEEK ONLY magical + other-worldly plant-scape in the ephemeral show GREEN ROOM. Come throughout the week to witness this transitory display and watch the installation wilt and evolve over the week! Multiflora is a floral atelier of Meg Farrell, dedicated to crafting one-of-a kind arrangements and botanical sculptures using foraged and locally grown flowers. Working Loose, 49 Main Street, Blue Hill, ME 04614.

Oct 11
MINOT – Join us for our Fall Bean Supper and more! Where?: Minot United Methodist Church, 142 Minot Avenue, Minot ME, Date? Saturday, October 11th. Time: 5:00 – 7:00 p.m. Price: FREE! (donations accepted).

Oct 11

Calendar

Send your submissions to the Editor. More online.

BLUE HILL – JUDE BROTHERS, HAMILTON BELK + IS SHE? SATURDAY October 11th Doors @ 6:30 \ Show @ 7pm.

We are thrilled to welcome back our very own Brooksville-darling Estelle Poole (Is She?) along with WL alum Hamilton Belk (Warren, ME) and touring artist Jude Brothers (Fayetteville, AK) to kick off the first of our live music shows of the season. \$20 tix. pre-sale tix STRONGLY Encouraged. Working Loose, 49 Main Street, Blue Hill, ME 04614.

Oct 12
AUBURN – About Love: Grief & Loss, 11:30-1pm. First Universalist Church of Auburn, 169 Pleasant St. (enter on Spring St. across from Dairy Joy). Freewill donations accepted. Parking; accessible. FMI 783-0461.

Oct 12
WATERVILLE – Wabanaki Artisan Celebration, Paul J. Schupf Art Center, 93 Main Street, Waterville. 11am–12pm Clay Carving Workshop with Passamaquoddy artist Cassandra Rose.

12–1pm Storytelling with Mi’kmaq storyteller and flute maker/player David Lone Bear Sanipass.

12–4pm Wabanaki Ar-

tisan Market
2–4pm Drumming by the Huntley Brook Singers.
5–6:30pm Film Screening & Q+A: The Doctrine of Discovery with special guest Dwayne Tomah.

Oct 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 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!

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

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

Oct 18
GORHAM – Public Works will be accepting brush Saturday, October 18th at 80 Huston Road from 8AM - 3PM. Residents only, no commercial drop off. No stumps will be ac-

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

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 18
AUBURN – The Maine Franco-American Genealogical Society [MFGS] is pleased to have Le Bon Truc, a trio of multi-instrumentalists and vocalists who play beautiful French folk-dance music, as its guest performers at its fall general membership meeting on October 18th in the Androscoggin Community Room of the Auburn Public Library, 49 Spring St., Auburn.

The music will begin at approximately 11:00 am. Prior to this performance, MFGS will hold a brief business meeting beginning at 10 am that will include Board elections.

Oct 18-Nov 18
BLUE HILL – CHEWED PAPER October 18th–November 18th, 2025. Opening Reception: Saturday, October 18th 5pm - 7pm.

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This fall Working Loose gathers seventeen artists to explore the modest medium of paper and glue. Chewed Paper is a celebration of papier-mâché—a deceptively humble medium that has endured across centuries, cultures, and continents. From the fortified surfaces of medieval armor to the festive vibrancy of piñatas, masks, and parade costumes, this exhibition honors the tactile, transformative nature of a craft born from the simple union of paper and paste. Working Loose, 49 Main Street, Blue Hill, ME 04614

Oct 21
TOPSHAM – Author, life-long angler, and L.L. Bean casting instructor for 20 years, Sue Daignault will address the October gathering of the Merrymeeting Bay Chapter of Trout Unlimited.

Members and the public are invited to attend the free Merrymeeting Bay monthly meeting of this

national cold-water conservation organization as we gather sportspeople and conservationists on Tuesday, October 21, 2025 at Sea Dog Brewing, 1 Bowdoin Mill Island, Topsham. Social hour begins at 6:00 pm, the presentation starts at 7:00 pm. The event is free; dinner and drinks can be purchased.

Oct 24
LEWISTON – Community members are invited to gather at the bridge near Veterans Memorial Park at 4PM for a visible show of remembrance. “We Remember” signs will be available, along with a sign-making station, candles, and Remembrance Bags. Participants are encouraged to stand together, or to drive by and honk in support, as we begin 24 Hours of Remembrance. Parking is at Lincoln Street Garage, and attendees are asked to stay on sidewalks and check in at the table near the flags for Veterans’ Park.

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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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- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
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- Acquire tarps and field maintenance equipment
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