

One Lewiston invites community to Oct. 25 Commemoration

LEWISTON, ME – The One Lewiston Resiliency Fund Committee, in partnership with the LA Metro Chamber, invites the community to join in remembering October 25, 2023, through a series of simple, meaningful acts of reflection and unity.

In 2024, the first commemoration of October 25 brought our community together in a large public event. As the Committee, victims, survivors, first responders, and so many others prepared for that day, we were all grieving and healing — together, and each in our own way. That experience taught us something profound: making in-person commitments on October 25 was harder than many expected until the day grew near.

“Last year, we learned so much about healing — personally as we organized the event, and from survivors and those most impacted, who taught us that any commemoration needs to be easily adapted — meeting people where they are at on their healing journey,” said Shanna Cox, President and CEO of the LA Metro Chamber, and member of the One Lewiston Resiliency Fund Committee.

With that understand-

ing, the Committee’s focus this year is to ensure that those most impacted are never forgotten, while creating ways for the broader community to commemorate in ways as unique as each person’s own healing journey. This year’s remembrance emphasizes flexibility, accessibility, and visibility — honoring both public and personal acts of remembrance.

Public Gathering – October 24 at 4:00 PM.

Community members are invited to gather at the bridge near Veterans Memorial Park 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.

Additional Ways to Remember Throughout October 24–25:

Wearing blue on October 24–25.

Holding a moment of silence at 6:56 and 7:08

PM on October 25.

Lighting a candle in a window on October 24 and 25.

Picking up a Remembrance Bag at the LA Metro Chamber or the Maine Resiliency Center, starting October 1.

Sharing a memory or reflection on social media with hashtags #OneLewiston and #TogetherWeRemember.

“We are looking forward to seeing the community take this year’s commemoration and own it — to accept our invitation to remember, together. We hope to see window fronts flooded with blue hearts, workplaces and gatherings filled with blue, and social media populated with memories and photos under the hashtags. Each action, large or small, shows survivors and families that they are not alone,” added Cox.

More information about this gathering and other commemoration events are available at <https://onelewiston.org/commemoration-event/>.

You are not alone. Healing is a journey, and we walk it together.

One Lewiston. Together, We Remember.

#OneLewiston | #TogetherWeRemember.

October Special Section Domestic Violence Awareness Month pages 9-10

UUCB presents The Music of New Orleans Soggy Po Boys



AUBURN, ME – New Hampshire-based SOGGY PO BOYS will bring the musical traditions of New Orleans to the Concerts for a Cause stage on Saturday, October 18th at 7:30 to raise money for Oasis Free Clinics and the Immigrant Legal Advocacy Project.

With a contemporary New Orleans sound, this young octet plays traditional New Orleans jazz, the kind with fluttering clarinet solos and swingin’ shout-along choruses, and playful bursts of brass. But because New Orleans is the northernmost Caribbean city, they’ve also got the soul, the spirit and the swing of street-parade chants, classic blues, Meters funk, rocking rumbas, and even calypso. Suffice it to say, the music is hot and driving when it’s fast, and

sultry when it’s slow.

You will also hear the heavy influence of the New Orleans sound in their ORIGINAL tunes. The main thing the band aims for is accessibility with their music. Soprano saxophonist and clarinetist Eric Klaxton says, “Whether or not you know the tune ahead of time, by the time we’re done playing it four minutes later, the melodies are the kind of thing you can walk away whistling.”

Soggy Po Boys have produced five CD’s and have quickly become an institution. They are spreading the good news of New Orleans music across the northeast and beyond, playing at concert halls and street corners; music festivals and burlesque festivals; bars and libraries; wherever the party requires. Part of the beauty of

New Orleans music is that it’s celebrated and appreciated wherever it goes, from the street to the theater.

Members of the Soggy Po Boys:

Shaina Schwartz : Vocals

Jim Dozet : Vocals + Guitar

Eric Klaxton : Clarinet + Saxophones

Nick Mainella : Tenor Saxophone

Josh Gagnon : Trombone

Mike Effenberger : Piano

Scott Kiefner : Bass

Brian Waterhouse : Drums

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children.

Available at the church office (729-8515), Gulf of Maine Books, or online at <http://ticketstripe.com/soggypop>.

Chili Cook-Off at Auburn UU

AUBURN, ME – A Chili Cook-Off fundraiser will be held on Sat., October 11 at the First Universalist Church of Auburn from 11am-3pm. Tickets are \$10 per person/\$20 family.

Award-winning chili cook Mason Pratt and the Auburn UU Hospitality Committee will provide a delicious spread and some friendly competition for LA’s best chili chefs. This family-friendly luncheon will feature a variety of meat and vegetarian chilis, plus side dishes, and beverages. Attendees can vote for their favorite chili, and winners will be announced.

First Universalist Church of Auburn is located at 169 Pleasant Street (across from Dairy Joy). Parking; accessible. FMI see www.auburnuu.org or call 207-783-0461.

Law protects consumers from negative impacts of medical debt

AUGUSTA, ME – On Wednesday, September 24, a new consumer protection law from Sen. Donna Bailey, D-Saco, took effect. LD 558, “An Act to Strengthen Consumer Protections by Prohibiting the Report of Medical Debt

on Consumer Reports,” prohibits a consumer reporting agency from listing medical debt on an individual’s consumer report. It also prohibits medical providers and debt collection agencies from reporting medical debt to any consumer reporting agency.

“Given the recent action taken by a federal judge in Texas to remove the federal prohibition on the reporting of medical debt, this new state law has a big impact,” said Sen. Bailey. “Although Americans no longer have the federal protection, Mainers will continue to have protection here in our state.

When we go to the hospital for medical care, especially for emergencies, any debt that we take on should not hold us back from buying a car, renting a home or taking out a loan. In the next session, I plan to continue this work. I will propose a bill to ban liens on homes or the taking of people’s wages while they work to pay off their medical debt.”

Consumers for Affordable Health Care released data that shows that nearly half of Maine families have taken on medical debt in the last two years. In addition, one out of four Maine families with med-

See Law, page 14

Follow us on Facebook

www.facebook.com/twincitytimes

Ready to take the next step in recovery?

The Center for Recovery at St. Mary’s provides accessible, responsive care tailored to your unique journey. Whether it’s your first time reaching out or you’re returning for support, we’re here to help.

Call 207-376-3419 to get started.

ST. MARY’S
Center for Recovery
A Member of Covenant Health



Professional & Reliable
Cleaning Services

REAL CLEAN LLC

Over 20 Years Experience
Commercial • Residential
Serving Maine • New Hampshire

(207) 712-2765 - Stacy Mahonen - www.RealCleanLLC.com

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.



– 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.

Jason Hodsdon Masonry

We install stainless steel liners

215-3557 North Monmouth

Jasonhodsdonmasonry@gmail.com

Injured on the job?

We should talk.

(207) 333-5103

Help@BilodeauLaw.me

BILODEAULAW.ME

BILODEAU LAW

Save \$\$ on your business phone!

Call today for a demonstration!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295

buck@pro-pc.us

Buck Buchanan
A+, MCP Certified Technician

Best Source for Arts, Music and Theater!

Your Hometown Paper.

Newsmakers, Names & Faces

Community Credit Union awards scholarships to local grads

LEWISTON, ME – Each year, Community Credit Union proudly awards scholarships to exceptional local high school graduates who demonstrate a strong commitment to their communities and personal growth through their application, essay, and letter of recommendation submitted. This year’s recipients have shown remarkable leadership, compassion, and dedication to service.

This year’s 2025 Gerald R. Langelier Scholarship recipients are Ashlyn Holbrook, Bailee Van Tassel, and Logan Martin.

Ashlyn Holbrook, a 2025 graduate of Leavitt Area High School, is a standout volunteer coach for youth swim and softball programs and works as a lifeguard during the summer. She was one of only five girls in her class nominated to participate in the Olympia Snowe Leadership Institute. Reflecting on her values, she shared, “You need to love people to really understand the philosophy People Helping People, which I do. My love for people grounds me and helps me to maintain my values because I want to be there for the people around me.” Ashlyn’s focused on becoming a Zoologist and aiding animal conservation efforts.

Bailee Van Tassel, a



Ashlyn Holbrook



Bailee Van Tassel



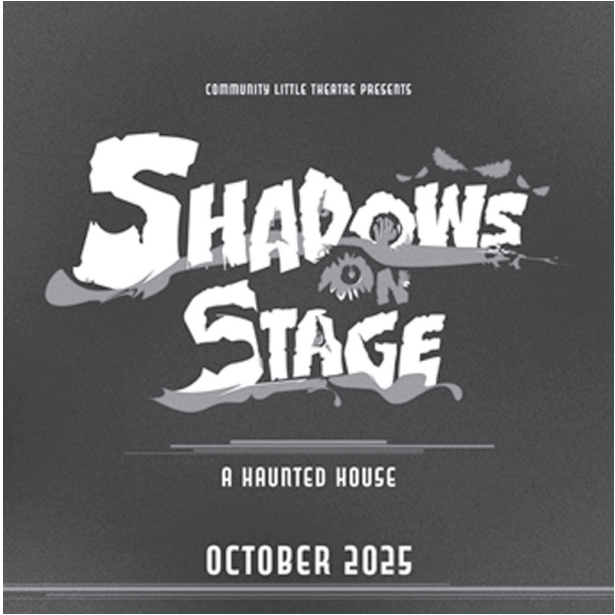
Logan Martin

2025 homeschool graduate, is deeply involved in her community through volunteering at a local kids’ camp, serving in church children’s programming, and giving her time to the Turner Public Library as a Junior Corporator. Passionate about inclusion, Bailee said, “I’m passionate about creating a world where everyone feels included. It is important to make others feel valued and understood.” Bailee plans to study Medical Office Technology to help her community.

Logan Martin, a 2025 graduate of Saint Dominic Academy, is an Eagle Scout, National Honor Society member, Key Club participant, and athlete in Track & Field and Cross Country. His commitment to serving others includes aiding organizations addressing food insecurity and housing challenges – an example set by others in his family . “Service above others is not something you do, it’s part of who you are” shared Logan.

Community Credit Union is proud to support these remarkable students as they continue their education and make a lasting impact in their communities. Congratulations to these 2025 Gerald R. Langelier Scholarship winners!

CLT to host Haunted House



Step into the shadows of the Community Little Theatre, where the spirits of the past come alive and the stage lights never truly go out. Are you ready to uncover the sinister secrets that lurk behind the velvet curtains? This is not a guided tour—this is your journey into fear. Follow a marked path through the theater’s most haunted spaces. Beware: scare-actors and unexpected jump

scares lurk around every corner. No one can shield you from the terror waiting in the dark.

Please note that the majority of this spooky experience will take place on the 3rd floor and basement levels of Community Little Theatre. Our building, while certainly the perfect location for a haunted house, does not have elevator access to these floors. Be advised that participa-

tion will require climbing and descending multiple levels of stairs.

October 10, 11, 17, 18, 2025
6:00 p.m. - 9:00 p.m.
\$10 advance / \$15 at door General Admission.

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

Zara, Inc.

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.

How to Donate?
DM for pickup
Drop-Off Locations:
📍 8 Turning Leaf Drive, Windham, ME
📍 781 Edes Falls Rd, Harrison, ME
📍 780 Broadway St, South Portland, ME



Follow us on Facebook: Tias Prom Closet Project

01

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



ANITA PENLEY
Claims Representative

“How I deliver on the promise here at Champoux Insurance Agency’s claims department is with great care, urgency and follow-up when handling each claim for our insureds.”



CHAMPOUX INSURANCE
YOUR SECURITY IS OUR MAIN CONCERN
150 East Avenue ~ Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com

TWIN CITY TIMES

TWIN CITY PUBLISHING, INC
Twin City Times • 89 Union Street, Suite 1014 • Auburn, ME 04210
Gorham Weekly • 28 State Street • Gorham, ME 04038

Info@TwinCityTimes.com
(207) 795-5017

TWIN CITY PUBLISHING, INC. 2022®
All materials found in Twin City TIMES are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Twin City TIMES.

FREE e-subscriptions at
www.TwinCityTimes.com

Advertising

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@twincitytimes.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.

Jason Hodsdon Masonry

Chimneys • Chimney Cleanings • Masonry Demo
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners
We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com



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
Westbrook National Guard Armory— 120 Stroudwater St., Westbrook
November 22 & 23

46th Annual Thanksgiving Weekend Christmas in New England Arts and Craft Show
Augusta Civic Center— 76 Community Drive, Augusta
November 29 & 30

45th Annual Last Minute Arts & Craft Show
Augusta Armory 179 Western Ave., Rt 202, Augusta
December 13 & 14 + December 20 & 21

To join the Arts & Craft Fair season call Lois Taylor 706-843-9188

www.newenglandcraftfairs.com | 207-946-7079 | LTpromo@aol.com

ROOTED

hair studio



Courtney



Michael

Accepting New Clients

214 Minot Avenue ~ Auburn ~ 689-3035



Jay's Lawn & Garden

207-713-6090

Delivery Available

Also offering residential & commercial lawn mowing services

- MULCH
- LOAM
- COMPOST
- GRAVEL
- STONE
- SAND

1294 Sabattus Street
Lewiston

Loading Hours:
M-Th by appointment
Fri - 8 am to 5 pm
Sat - 8 am to 2 pm
Sun - 8 am to Noon

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

100% Financed Garages!



No money down.
FREE estimates.
Schedule your new
garage install today!

AMERICAN BUILDERS

Custom Building & Remodeling



(207) 500-8100 ~ www.AmericanBuildersMaine.com

STAPLES

COWORKING

A NEW SPACE
TO BREAK OLD RULES

COME TRY OUR NEW COWORKING
AND MEETING SPACE IN AUBURN
FOR FREE!

MENTION THIS AD AND GET 1
FREE WEEK OF OPEN SEAT
COWORKING AND 1 HOUR OF
MEETING ROOM USE.

OFFER VALID ONLY AT OUR
89 UNION ST. AUBURN, ME LOCATION

Arts & Entertainment

Make a difference by volunteering with UMaine Extension 4-H

MAINE - University of Maine Cooperative Extension is hosting online informational sessions for adults interested in becoming Maine 4-H volunteers. Participants can choose from several options, including 6–7 p.m. on October 15 or 3–4 p.m. on October 16. Additional dates and times can be found on the program webpage.

“Start Your 4-H Volunteer Journey” will provide participants with information about the UMaine Extension 4-H program, including key aspects of positive youth development and opportunities to help youth as a volunteer. The one-hour virtual sessions will also outline the application process for anyone interested in getting involved.

4-H is a positive youth development program that empowers youth to “find their spark” and thrive. Volunteers play key



Photo courtesy University of Maine Cooperative Extension / Edwin Remsberg.

roles in these experiences, making a difference by helping youth explore and discover the skills they need to lead successful and fulfilling lives. Adults interested in starting a 4-H club, sharing expertise and passion through shorter programs that last a few hours or a few weeks, or assisting with local county

4-H events are encouraged to attend.

The informational sessions are free; registration is required on the program webpage. For more information or to request a reasonable accommodation, contact Jennifer Lobley at jennifer.lobley@maine.edu or 207.255.3345.

Wabanaki celebration spotlights craftsmanship, culture, history

WATERVILLE, ME – Waterville Creates invites the community to come together Sunday, October 12, for a full day celebrating the art, craftsmanship, and history of the Wabanaki Nations. Wabanaki artists, musicians, and educators will join us at the Paul J. Schupf Art Center in downtown Waterville for clay crafting, storytelling, an artisan market, and film screening.

“Holding this event at this time affirms the strength of Wabanaki culture and creates space for deeper connection between artisans and the wider community,” said Passamaquoddy artist Cassandra Rose, who is leading a clay carving workshop during the event. “It’s not only about honoring the past, but about celebrating who we are and where we are going.”

The Wabanaki Artisan Celebration begins at 11am as Cassandra leads a hands-on workshop exploring centuries-old clay carving and sgraffito techniques in Waterville Creates’ Art of Clay Studio. Participants will learn traditional methods and produce their own finished pieces under Cassandra’s guidance. Registration is required for this program. Visit watervillecreates.org/clay-carvings to



sign up.

All other programs of the Wabanaki Artisan Celebration are free to attend. From noon to 4pm, Waterville’s Castonguay Square—adjacent to Schupf Arts—will host a Wabanaki Artisan Market, featuring work for sale from seven Wabanaki artists. From 12–1pm, visitors can enjoy a performance by Mi’kmaq storyteller and flute maker/player David Lone Bear Sanipass, followed by drumming from 2–4pm by the Huntley Brook Singers.

Finally, from 5–6:30pm, the Maine Film Center—a division of Waterville Creates—will host a free screening of the film *The Doctrine of Discovery: Unmasking the Domination Code*. The documentary illuminates 15th century Vatican documents that resulted in a tragic global campaign of domination

and dehumanization, leading to the creation of legal systems in the United States and Canada and elsewhere in the world that are still weaponized against Original Nations and Peoples to this day. After the film, special guest Dwayne Tomah, Passamaquoddy language teacher and cultural preservationist, will host a question-and-answer session with the audience.

Sunday, October 12—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 Artisan 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

Learn more at watervillecreates.org/wabanaki-artisan-celebration.

“It has been deeply rewarding to see this day-long cultural celebration grow from a simple idea into a joyful recognition of Wabanaki art and artisans,” said Waterville Creates’ Education Manager Lisa Wheeler. “We are especially grateful for guidance of Cassandra, a Passamaquoddy artist and valued member of our Art of Clay Studio, and we look forward to sharing vibrant Indigenous culture with the central Maine community.”

Sunday is also the final day of Ticonic Gallery’s *Dark the Night, Bright the Stars* exhibition, curated by Lights Out, a nonprofit arts hub based in Norway, Maine. The exhibition showcases visual art, textiles, sculpture, and traditional crafts to focus on themes of ancestry, with each artist conveying ancestral messages. Sanipass,

See **Wabanaki**, page 14

STEPHEN KING'S MISERY

A THRILLING PLAY
BY WILLIAM GOLDMAN

A SNOW STORM. AN ISOLATED CABIN.
YOUR WORST NIGHTMARE...

Public Theatre policy requires you to pay for your entire seat, even though you'll only be using the edge.

PRE-SHOW events included in your ticket:
Thu. WINE Sampling Oct 30
Sat. BEER Sampling Nov 1

Oct 24-Nov 9

SPONSORS:
Austin Associates, LA Metro Magazine, Lee Auto Malls,
Berube's Complete Auto Care / NAPA Coastal Auto Parts
UNDERWRITERS: Platz Associates, Sun Journal, WOJO & WIGY

SUBSCRIBE and SAVE!

All shows on sale now!
ThePublicTheatre.org
(207) 782-3200
31 Maple St., Lewiston

25 SEASON 26 the PUBLIC THEATRE

Heroes: Common & Uncommon

Saturday • October 25, 2025
7:00 PM • Franco Center, Lewiston

Fanfare for the Common Man	Copland
Overture to <i>I Vespri Siciliani</i>	Verdi
Symphony No. 3, "Eroica"	Beethoven
I Have a Dream	Hoiby

Philip Lima, Baritone

Spirituals
Deep River, Joshua Fit the Battle of Jericho,
'Roun' About de Mountain,
Plenty Good Room, Swing Low

Philip Lima, Baritone

More with Midcoast Members of the Kennebec Valley Youth Symphony Orchestra
Saturday, Oct. 25 during intermission in the Heritage Hall, Franco Center, Lewiston

MidcoastSymphony.org or 207-481-0790
\$27 advance/\$30 door • 25 and under admitted FREE

Underwriters:
NEW ENGLAND Cancer Specialists Dana-Farber
THE HIGHLANDS A GRACE MONT COMMUNITY

Season Sponsors: Bath Savings, HM Payson,
Judy Metcalf Law, OceanView at Falmouth
More with Midcoast Sponsor: Maine Trust for Local New Media Sponsor: WCME Radio

MIDCOAST SYMPHONY ORCHESTRA
ROHAN SMITH, MUSIC DIRECTOR

Southern Maine Strutters plant seeds for success

6 tips for choosing your health benefits for 2026

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.

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 UHCOpenEnrollment.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.

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

GRIDIRON
Restaurant

LEWISTON, MAINE

SCAN
HERE!

The Place where
every hour is
happy.

OPEN DAILY
11AM-9PM

DINE IN - TAKE OUT
207-777-6353
207-777-6354

1567 Lisbon Street Lewiston, Maine

Open for curbside pick-up, take out,
indoor dining, bowling and arcade!

American pub-style food and drinks.

A 7 Railroad Ave, Ste 102
Gorham, ME 04038

W www.jctbowl.com
P 207.222.7600

We
Deliver.

Uber
Eats

GRUBHUB

Postmates

DOORDASH

SUBWAY

Not all delivery services available at every restaurant. All chips-related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.

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.

Congratulations

to the winners of the Milestones FCU 2025 \$1,500 Scholarships!



Noah G. • Fiona H. • Lauren L. • Hawa O. • Chloe T.

University of Maine Orono University of New Hampshire Merrimack College Simmons University University of Maine Augusta



MILESTONES

FEDERAL CREDIT UNION

MilestonesFCU.com

October Special Section: Domestic Violence Awareness Month

Donations to Safe Voices aid survivor experience

For those of you who donate to support our work or who are grant-makers who approve our applications, here is a peek at what unrestricted donations can mean for the survivor experience.

In this case, over the course of a few weeks, we helped pay for transportation to the court in order to file a PFA; our legal advocate supported the survivor in reporting a later PFA violation so the abuser could be held accountable; and our Survivor Relief Fund was used to pay a divorce filing fee of \$120 that the survivor needed assistance with, allowing her to break free of her abuser.

SafeVoices

Mission Moment

For one survivor, we:

- Provided transportation to the court to file a PFA
- Assisted in reporting a later PFA violation so the abuser could be held accountable
- Paid the \$120 divorce filing fee when the survivor was denied a fee waiver by the court.

Direct actions like these are possible thanks to: funding that will pay for salaries (the salary of that legal advocate) and our Survivor Relief Fund (which pays for emergent survivor expenses like transportation and that court filing fee).

Safe Voices, Elite Body Essentials kicks off DVAM with Spice Drive

Safe Voices is kicking off Domestic Violence Awareness Month with a really fun partnership with Elite Body Essentials. They'll be running a SPICE DRIVE all month to benefit our Free Boutique and our shelters.

Why spices? Many times, survivors leave their abusive relationship and find that they are very disconnected with themselves and their own preferences. We've worked with survivors who don't even know their favorite food, because they just hadn't had the space to truly think about themselves in months or years. Keeping shelter cupboards and our pantries stocked with spices allows survivors to dig back into cooking the way THEY want to cook, making themselves feel truly at home. It's a small but powerful way to help them recover from the abuse they experienced.

THANK YOU to the team at Elite Body Essentials for taking on this need in such a comprehensive and creative way!

Oxford Federal Credit Union donates to Safe Voices

It's Breast Cancer Awareness Month and Domestic Violence Awareness Month, and once again Oxford Federal Credit Union will donate \$10 to Safe Voices and Cancer Resource Center of Western Maine for every new member who opens an account with us in October!

Safe Voices: Wear purple to raise awareness on Oct. 23

Safe Voices' annual vigils honor and remember those we have lost as a result of domestic abuse and violence, celebrate those who have survived, and recognize and offer hope to those still experiencing abuse.

Safe Voices is the domestic abuse and sex trafficking resource center serving Androscoggin, Franklin, and Oxford Counties. Last year alone, they served 2,744 unique survivors in the tri-county area. Safe Voices does this work through their 24-hour Helpline, in-person legal and civil advocacy, child protection services liaising, education and advocacy at local schools and organizations, a Certified Domestic Violence Intervention Program for offenders, and the operation of three pet-friendly shelter facilities for survivors.

Safe Voices has seen a 54% increase in the need for their services over the last five years.

EVENTS:

Wed., Oct. 15, 2pm-3pm | Open Concept: How Pet-Friendly Sheltering Expands Beyond Your Walls (Webinar)

Thurs., Oct. 23, all day | Wear Purple Day (Everywhere!)

Fri., Oct. 24, 5pm | Safe Voices Maple Amber Brew Launch with Olive Pit Brewing (Lisbon)

If you or someone you know is experiencing domestic abuse, sex trafficking, or sexual exploitation, please call the Safe Voices 24-hour Helpline for free, confidential advocacy, at 1-800-559-2927.

How can you take part in DVAM?

SAVE the Safe Voices Helpline in your phone so you have it on hand whenever someone you encounter may need it.

ATTEND one of the Safe Voices DVAM events this month.


GIVE a gift to Safe Voices at safevoices.org/donate.

WEAR purple on the national Wear Purple Day for DV awareness on Oct. 23.

SafeVoices

DVAM Fundraiser & Awareness Night

WEDNESDAY
OCT. 15
4pm




LOST VALLEY BREWPUB


Evergreen
Credit Union

egcu.org/sun

Fixed-rate
Credit Card

Lock in with rates as low as
8.99% APR¹






Scan to apply or call
207-221-5000

★ Trustpilot
Rated 4.8 Stars
as of 10/1/25

¹ Annual Percentage Rate as of 03/03/2025. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply. For more information, visit egcu.org/credit.

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



DAN THE MAN
REAL ESTATE

Specializing in bank owned homes.

NOW HIRING sales agents and brokers!

207-939-8970

danthemanmaine.com

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.

Serving Maine Since 1970

Good Health to You
and the Planet too!

AXIS NATURAL FOODS

120 Center Street Plaza
Suite 300
Auburn, ME 04210
(207) 782-3348
axisnaturalfoods.com

Natural & Organic Foods • Vitamins
Herbal Products • Books
Body Care • Organic Produce

Caring for your needs since 1970

Finley Funeral Home

15 Church Street, Livermore Falls, ME 04254
(207) 897-3588

Bragdon-Finley Funeral Home

707 Main Street Monmouth, ME 04249
(207) 933-4444

www.finleyfuneralhome.com

Member of International Order of the Golden Rule
The Maine Funeral Directors Association • The National Funeral Directors Association

Best
Source
for Arts,
Music and
Theater!

Your
Hometown
Paper.

Wiscasset Homes on Tour on Oct. 18

WISCASSET, ME – A collection of historic, and extravagant, homes will be open to the public during Wiscasset Homes on Tour, on Saturday, October 18, from 11am to 4pm. Located in or near Wiscasset Village, the stately homes on tour harken back to the town’s early shipping days and embody the wealth of those entrepreneurial residents.

The Swett-Johnston-Neal House (1805) has long been recognized as a home with historic distinction and is featured in Wiscasset’s Museum in the Streets. Located on the edge of Wiscasset Village, this home has sweeping views of the Common and is only a few blocks from the Village center. Ship’s mate, Joseph Swett, built the house then sold it to John Johnston, captain of the Stirling, a sailing vessel renowned for successfully defeating ocean-roving pirates. Current owners have traveled extensively around the globe. Visitors will find art, curios, and memorability from decades of their living abroad, which complement



The Davis House, built in 1803 and located on Davis Island, Edgecomb. (Wiscasset Creative Alliance photo)

the slightly quirky post-colonial qualities retained by the home.

The Davis House (1803) in Edgecomb is vast and has a significant place in local history. The original owner, Moses Davis, Jr. was greatly responsible for building the nearby Fort Edgecomb, now a State Historic Site, on land his father, Moses, Sr., had deeded to the U.S. government for the defense of Wiscasset from British attack. The house itself is rambling with several kitchens, at least three stairways, countless sitting areas and bedrooms. The property has 200 feet of Sheepscoot River Frontage, a sizable pond behind the house, and a handsome and substantial English-style barn containing artifacts reflecting the property’s long heritage.

DayBreak (1927), poised majestically on a knoll overlooking the Sheepscoot River, is a brick mansion with multiple fireplaces, hardwood floors set on the diagonal throughout



The Lee-Payson-Smith House, built in 1792, was once owned by a Maine governor and now owned by his sixth generation descendant. (Wiscasset Creative Alliance photo)



The Swett-Johnston-Neal House, built in 1805 and located at the edge of Wiscasset Common. (Wiscasset Creative Alliance photo)

the house, and a small suite near the kitchen for household staff, complete with a bell box. A new screened porch and back patio provide a vista across the eight acres of sloping meadow to the river and the remnants of a fading vineyard. Day-Break also comes with its own local lore: the original owners, Philadelphia socialites, were purported to have entertained FDR in their Wiscasset home and they, or someone else, also welcomed Charles Schultz of Peanuts fame. Current owners have traveled extensively and lived abroad; the home is exuberant with their international furnishings.

The attractive and unpretentious Cape-style home at 128 Federal St. (1875/1890; 1930s) is an example of a 19th century home that has been thoughtfully updated by more recent owners for contemporary style and comfort while maintaining the bones of an older dwelling. The most recent renovations, in 1988, were by architect Bill Thompson whose career included a stint as the resident architect of Colonial Williamsburg. The home’s front parlor was a draw for the current owner with its windows on three sides, perfect for a sewing studio. The space is currently given over to Asian Accents, a showroom for bold and imaginative Asian-inspired home goods and clothing that the owner designs and handcrafts. With colorful accessories and thoughtfully chosen art and furnishings, the décor of the home reveals the taste of a well-traveled artist.

The Lee-Payson-Smith House (1792) has the unenviable reputation of being the most haunted house in town. Three distinct ghosts have been noted: an elderly woman, a Penobscot native, and a dog named Guy. Recorded sightings began in the late

1800s. The regal house was built by Judge Silas Lee and is believed to be the first house built on High Street. In 1831, the house was owned by Samuel Emerson Smith, governor of Maine from 1831-1834; the current owner is the sixth generation descendent of Governor Smith. Consider the wealth of stories and furnishings on view for visitors. Another feature of the home, not visible from the street, is the Italianate Garden in the back with its arbor, central pillow of lawn, and mature screening hedges.

Tickets for Wiscasset Homes on Tour are \$30 each. Visitors are encouraged to purchase tickets

online in advance of the tour. Tickets can also be purchased on the day of the tour from 10:30am to 2:30pm, at the parking lot at 36 Water St., Wiscasset, ME, with parking and bathrooms nearby. All tickets will be picked up at this location. Cash, checks, and plastic accepted.

More tour details and ticket purchase can be found on www.Wiscasset-CreativeAlliance.org. For questions, call 214-232-3699 and please leave a message which will be answered promptly. ‘Homes on Tour’ is a fundraiser for Wiscasset Creative Alliance to support the Alliance’s community programs.

Best
Source
for Arts,
Music
and
Theater!
Your
Hometown
Paper.

Saturday
October 11th
11AM-12:30PM
2nd Floor - IDEA Lab
Family Pumpkin
Painting!



Lewiston
PUBLIC
LIBRARY

MULCH



Black-Brown \$45/yard
Playground Chips \$25/yard
Reground Chips \$40/yard
(all natural)
Screened Loam

Delivery Available!
642-6181 ~776-1063 ~ 415-2781

RICHARD WING & SON LOGGING
RT 114, 610 Richville Road, Standish, Maine

Follow us on Facebook
www.facebook.com/twincitytimes



- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

207-344-5212





**Call, Text or
Chat 988**

988 crisis hotline offers free and confidential support available 24/7.

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.

**Best
Source
for Arts,
Music and
Theater!
Your
Hometown
Paper.**

CAMP FOR SALE

by owner

24' x 24' - 2 bedroom cabin with a loft bumpout addition (8' x 14') with bathroom and shower. Power, new propane heater installed, new well and septic, new 8' x 12' deck, 4 acres of land, abundant with wildlife, washer and dryer hook up, new driveway, stumped and leveled off yard, direct ATV access.



For more information
Call 207-215-3557

\$380,000

Thurston Rd, Cornville

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777
AustinPA.com

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

PHOTOGRAPHY



Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372 maine@portraitefx.com
www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones
Chimneys • Chimney Cleaning
Repointing & Repairs
Restoration
Stainless Steel Liners

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



EVERGREEN
CUSTOM PRINTING, INC.

2 Great Falls Plaza, Suite 1B
Auburn ME 04210
info@evergreencustomprinting.com

RICK OSGOOD
owner
207-782-0525
phone

Full Service Commercial Printer
Color & B/W Printing & Copying
Large Format • Posters
Booklets • Carbonless Forms
Letterheads • Envelopes
Business Cards • Labels • Tags
Design Service • and More!

SPACE AVAILABLE

Your ad
HERE!
Call 795-5017

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY MerCruiser

VOLVO PENTA

OMC **Perkins** **YANMAR** **Velvet Drive**

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychirome.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

9 N. River Road in Auburn ~ www.AuburnGoinPostal.com ~ 784-9900

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling





Call 207-500-8100
For **FREE** Estimates

Quality Work with References Available

PHOTOGRAPHY



LAURA ELAINES
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography

(207) 212-5993
LauraElainesPhotography@gmail.com

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop

207-442-9006

MAINE HOSTING
SOLUTIONS

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

Saturdays
AUBURN – Stock up on BOOKS at great prices — 50¢ to \$3! Shop Saturday mornings at the APL Bookstore 9:00-12:30 for gently used books, ever-changing inventory, wide selection of children’s, fiction and non-fiction books, plus DVDs and puzzles. Auburn Public Library, lower level, 46 Spring Street, Auburn.

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,

Calendar

Send your submissions to the Editor. More online.

October 11th. Time: 5:00 – 7:00 p.m. Price: FREE! (donations accepted).

Oct 11
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 Artisan 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 accepted. 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.

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

FLAGSHIP CINEMAS

Premium



Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!

AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

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.

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”.

Through Oct 26
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.

Wabanaki

Continued from page 6

whose flute and storytelling performance is part of the Wabanaki Artisan Celebration, has work on display in the exhibition. Other featured artists include Gabriel Frey, Raphael Gri-betz, Sarah Haskell, Daniel Minter, Avis Turner, and Maria Wolff, each bringing unique perspectives influenced by Passamaquoddy, Mi’kmaq, Jewish, Afro-Atlantic, Scandinavian, and Celtic ancestral roots.

In September, the Waterville Opera House—also a division of Waterville Creates—presented two performances of Portland Ovations’ production of Wabanaki Stories, a vibrant stage experience spotlighting Maliseet, Mi’kmaq, Passamaquoddy, and Penobscot artists and musicians, including Tomah.

Law

Continued from page 1

ical debt owe \$5,000 or more.

More than half of Mainers with medical debt report that their credit score has been negatively affected by the debt, and a lower credit score can negatively impact someone’s ability to rent or otherwise obtain housing. The majority of those surveyed have indicated that their ability to obtain employment or loans has also been negatively impacted by their debt.

For the Second Regular Session of the 132nd Maine State Legislature, Sen. Bailey has submitted “An Act to Strengthen Consumer Protections by Prohibiting Liens on Principal Residence and Wage Garnishments for Medical Debt.” In the Second Regular Session, the Legislative Council must approve any new bill requests from lawmakers before they are introduced to the full Legislature. The Council is set to meet on Thursday, Oct. 23. For any denied requests, lawmakers will have an opportunity to appeal denials.

For assistance with removing medical debt from consumer credit reports, contact the Maine Consumer Credit Protection Bureau at 1-800-332-8529.



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](https://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.”



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

Water that just works.



Maine's leader in water well drilling, pump installation, and geothermal installation.

207.224.7861 goodwinwellandwater.com

\$3,400 Donated to The Store Next Door



Thank you to our members for helping us make a real difference for local youth!

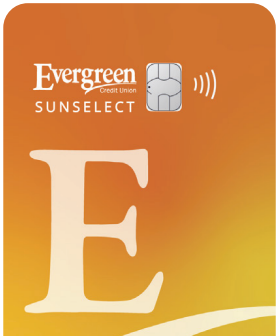


MilestonesFCU.com



Fixed-rate Credit Card

Lock in with rates as low as 8.99% APR¹



Scan to apply or call 207-221-5000

★ Trustpilot Rated 4.8 Stars as of 10/1/25

¹ Annual Percentage Rate as of 03/03/2025. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply. For more information, visit egcu.org/credit.



Insulate. Be comfortable. Save money.

Act now while rebates up to \$8,000 are available*



Find an insulation professional at efficiencymaine.com or call 866-376-2463.

* All homeowners eligible for rebates up to \$4,000. Verified income-eligible homeowners qualify for rebates up to \$8,000. See efficiencymaine.com for details.

