

WHA Rotating Art Gallery features new art for October

LEWISTON, ME – The Woman’s Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the paintings of Jeanelle Demers and the photographs of Julie Kaczynski during the month of October.

Demers started painting portraits in 2009, and painted 200 of them (hence her business name) in six years as a way to pay off her student loans. With acrylic on canvas, she paints custom pet portraits from reference photos. “I love to immortalize memories, personalities, and the silly quirks that make our pets so lovable. I paint from reference photos because it allows you to select an image that evokes the essence of your pet or a favorite moment with them”. She also enjoys immersing herself in new landscapes, connecting with scenery that brings her peace. In her paintings she strives to convey the feelings she experiences in each place, from coastal Maine to southern California. She has recently shown her work at the Norway Arts Festival as well as at art walks in Lewiston, Brunswick and Biddeford.

Kaczynski graduated from Maine College of Art in 1993 majoring in photography and specializing in portraits. “I learned photo processing in the lab. Creative digital photography is a new exploration for me, but one I have been wishing for since my school days. It’s been challenging and rewarding. Digital photography has allowed me to experiment with ideas new and old. Now I am developing a portfolio of new work inspired by those ideas.”



Dog portrait by Jeanelle Demers



‘Alanna’ by Julie Kaczynski

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

October Special Section Domestic Violence Awareness Month pages 9-10

An Angel’s Wing hosts night of mystery, giving, recognition

AUBURN, ME – An Angel’s Wing is thrilled to invite the community to its 8th annual gala, “Toil and Trouble at the Midnight Masquerade” Murder Mystery Dinner, set to take place on Saturday, October 25th, 2025, from 5:00 PM to 10:00 PM at the Hilton Garden Inn Riverwatch in Auburn, Maine.

This highly anticipated event promises an evening of intrigue, fun, and philanthropy. Guests will be swept into an immersive murder mystery experience while enjoying a delicious dinner, live entertainment, and the company of local supporters dedicated to making a difference in the community.

Recognizing Our Generous Sponsors

This year’s gala is made possible thanks to the outstanding support of

our Event Sponsor, On-Point Consulting. We also extend our heartfelt gratitude to Walmart in Auburn, Washburn Excavation, Maine Family FCU, Central Maine Power, American Steel and Aluminum, Maine Community Bank, Midcoast FCU, Red Sox Foundation, Milestone FCU, Atlantic FCU, and Topsham Dental for their generous contributions. Their commitment helps drive An Angel’s Wing’s mission and brings hope and resources to those suffering the effects of addiction throughout Maine.

Event Highlights
Murder Mystery Dinner Experience.

Halloween style Masquerade theme.

Live music and entertainment.

Silent auction featuring unique items and experiences.

Recognition of sponsors and community partners.

Speakers
Join Us

Tickets are available now for this unforgettable evening. Whether you’re a mystery enthusiast, a supporter of local causes, or simply looking for a night out with meaning, “Toil and Trouble at the Midnight Masquerade” is the event for you.

For ticket information, sponsorship opportunities, or to learn more about An Angel’s Wing and its mission, please visit our website www.anangelswing.org or contact us directly at info@anangelswing.org.

Let’s come together to solve the mystery, celebrate our community, and support a brighter future!

Unlocking the Myths of Grief with Auburn Public Library

AUBURN, ME – On Monday, October 20th at 5:30 PM, the Auburn Public Library is hosting Grief Recovery Specialist, Susanne Murphy, for a talk entitled “Unlocking the Myths of Grief.”

So many of us carry hidden beliefs about grief that keep us stuck in cycles of pain. In this talk, Susanne shines a light on the most common myths of grief—revealing why they hold us back and how to break free. With honesty, hope, and practical tools, attendees will walk away with a fresh perspective on healing and a renewed sense of possibility for life beyond loss.

UNLOCKING THE MYTHS OF GRIEF

Monday, October 20th - 5:30 PM - 6:30 PM

Hosted by Susanne Murphy, Grief Recovery Specialist, Life Coach, and the founder of Whole Heart Coaching.

Susanne Murphy is a Grief Recovery Specialist, Life Coach, and the founder of Whole Heart Coaching. Having endured profound personal losses—including divorce and the deaths of loved ones—she knows firsthand how heavy grief can be. Today, she equips others with practical tools

and compassionate guidance to break free from the myths of grief and rediscover joy beyond heartbreak.

This program will take place in the Androscoggin Community Room at the Auburn Public Library. Registration is not required.

See Grief, page 14

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

Regain strength, balance and confidence.

St. Mary’s Center for Physical Rehabilitation offers personalized physical, occupational and speech therapy in a supportive outpatient setting. One-on-one care to help you move better and feel your best.

Visit stmarysmaine.com to learn more.

ST. MARY’S HEALTH SYSTEM
Center for Physical Rehabilitation
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

CLEAN BOOKS LLC

BOOKKEEPING SERVICES

207-370-9292

cleanbooksmaine@gmail.com

www.cleanbooksmaine.com

Newsmakers, Names & Faces

Red Cross: Take steps now to support a strong blood supply

PORTLAND, ME – The American Red Cross asks donors to make an appointment now to give blood or platelets to support patients counting on a consistent blood supply to survive and heal. While emergencies often grab headlines, the need for blood is constant. Especially in October, as donation appointments can often drop quickly when people settle into busy fall routines and make plans around upcoming school breaks.

Additionally, the threat of hurricanes persists this month. Because blood has a short shelf life and can only come from volunteer blood donors, any disruptions in the ability to collect life-saving blood can have serious consequences for those seeking medical care.

Prepare now — Help patients this fall and make an appointment to give blood or platelets by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App. All who come to give blood, platelets or plasma Sept. 22-Oct. 19 will receive a \$10 Am-



azon.com Gift Card by email. For details, see RedCrossBlood.org/Fall. Those who give Oct. 20-Nov. 16, 2025, will receive a \$10 e-gift card to a merchant of choice, plus be automatically entered for a chance to win one of three \$5,000 gift cards. See RedCrossBlood.org/Harvest for details.

Upcoming blood donation opportunities Oct. 16-31:

Androscoggin
Auburn
10/24/2025: 9 a.m. - 2 p.m., Edward Little High School, 77 Harris St.
10/31/2025: 9 a.m. - 1:30 p.m., Central Maine Community College, 1250 Turner St.
Lewiston
10/20/2025: 12:30 p.m. - 5 p.m., Holy Family Church, 607 Sabattus St.

Cumberland
Brunswick
10/22/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row.
10/23/2025: 11 a.m. - 4 p.m., Bowdoin

College-Thorne Hall, 13 South St.
10/24/2025: 9 a.m. - 1:30 p.m., American Legion Post 20, 1 Columbus Drive.
Falmouth
10/22/2025: 9 a.m. - 1 p.m., The Episcopal Church of St. Mary, 43 Foreside Rd.
Freeport
10/27/2025: 9 a.m. - 2 p.m., Hilton Garden Inn Freeport - Old Town Hall Building, 5 Park Street.
Gorham
10/16/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road.
10/31/2025: 10 a.m. - 3 p.m., Brooks Student Center, 32 Campus Avenue.
North Yarmouth
10/24/2025: 10 a.m. - 2 p.m., Wescustogo Hall and Community Center, 120 Memorial Hwy.
South Portland
10/28/2025: 9 a.m. - 1 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy.
Standish
10/20/2025: 11 a.m. - 4 p.m., Saint Josephs College - Alford Center, 278 Whites Bridge Rd.
Westbrook
10/24/2025: 12 p.m. - 4 p.m., Westbrook Community Center, 426 Bridge Street.
Yarmouth
10/17/2025: 11:30 a.m. - 4 p.m., Yarmouth Community Center, 20 Mill St.

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

NVME provides free classes, individual coaching

AUGUSTA, ME – New Ventures Maine (NVME) will offer free workshops and classes in October that are designed to help people in Maine gain the skills, knowledge, and confidence to build a career, start a business, and manage their money.

NVME's professional coaches can also meet with individuals to provide resources and support. Individual coaching sessions are free. Both in-person and online coaching are available. To schedule a session with an NVME professional coach, fill out a short web form at newventuresmaine.org.

The full class schedule is accessible at bit.ly/NVMEClasses. Single- and multi-session workshops include online, in-person, and hybrid options (partial list):

Building Careers
My Next Career Move: Wednesdays, October 8 – 29 (4 sessions), 6:00 – 7:30 p.m. Online. In four weekly Zoom sessions of lively activities and discussion, you will assess your own skills, interests, and experiences to figure out what career options might be best and create an action plan that will help you achieve success. (also offered starting November 17).

Interview Strategies: Thursday, October 9, 6:00 – 7:00 p.m. Online. Join this one-hour workshop and prepare to interview with confidence. Our professional staff will guide you in exploring different types of interviews, tips for answering difficult questions, and what steps to take after the interview. (also offered November 20).



Entrepreneurs discuss business planning with NVME Microenterprise Program Manager Alicia LaFosse in Brunswick. NVME photo/Molly Haley.



Starting Businesses
Business Basics: Thursdays, October 16 – 30 (3 sessions), 6:00 – 7:30 p.m. Online. This three-week class is for those thinking about or in the early start-up phase of a new business. Our professional staff will help you assess the feasibility, desirability, and viability of your business idea and get you started with your business plan. (also offered starting Nov. 18).

Work for Yourself@50+: Tuesday, October 21, 8:30 - 10:00 a.m. Hybrid – In Person in Bath or Online. This 90-minute workshop will help you gain the knowledge, support, and resources you need to make informed decisions about working for yourself. This workshop will be held in person at Main Street Bath, 15 Commercial Street, Bath and online via Zoom. (also offered Nov. 6 in Portland).

Managing Money
Money Management Workshops: Thursdays, October 16, 23 & 30, 6:00 – 7:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Register for one, two, or all three workshops. Oct. 16: Budgeting Basics; Oct. 23: Let's Talk About Credit; Oct. 30: Build Your Savings.

My Money Works: Mondays, October 27 – November 24 (5 sessions), 6:00 - 7:00 p.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, save, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability. (also offered starting Nov. 18).

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

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

Turkey Trot 4 Hope returns on Thanksgiving in Norway



The 8th Annual Turkey Trot 4 Hope Run/Walk will be held on Thanksgiving morning in Norway, Maine. All proceeds benefit the Cancer Resource Center of Western Maine.

NORWAY, ME – The eighth annual Turkey Trot 4 Hope Scenic 4 Mile Run or 1 Mile Run/Walk will be held Thanksgiving Day, November 27th, at 9am at the Norway Fire Station, 19 Danforth Street, Norway. Our many sponsors this year have guaranteed that this will be a great event to benefit the Cancer Resource Center of Western Maine (CRCofWM). This is indeed a day of THANKS where individuals, teams, businesses, and communities can support the work that the CRCofWM does throughout the western Maine region.

Register for the Turkey Trot 4 Hope: Search “Turkey Trot 4 Hope” at: runsignup.com or at www.crcofwm.org. All students K-12 can register for FREE, thanks to a very generous donor. Awards will be given out starting at 10am so participants can get to their Thanksgiving celebrations.

If you are away for Thanksgiving or do not live locally we encourage

anyone to join in the fun VIRTUALLY to support the CRCofWM. Your route can be a favorite trail, a walk with your dog, a daily running route, or even a treadmill. If you run virtually, we would love to see where you chose to participate by posting on our Facebook page or #turkey-trot4hope.

“This is the signature fundraising event for Cancer Resource Center of Western Maine,” commented Ted Morton, CRCofWM Board President. “Monies raised from this event help us continue supporting the needs of people in western Maine who are affected by cancer. We are grateful to these local businesses who have come forward again to sponsor this year: Ripley & Fletcher Ford, Gilead Pharmaceuticals, Austin Home Builders, Everett Propane, MaineHealth Stephens Hospital, Twin Town Homes, Norway Savings Bank, Oxford County Federal Credit Union, Northeast Bank, US Cellular, CN

Brown, TK & Sons Concrete Foundations, Call of the Wild and Edward Jones. You can find out more about the remaining sponsorship opportunities available by calling our Center at: (207) 890-0329. Since we also assist cancer patients who receive their cancer treatment at Rumford and Bridgton Hospitals, we hope to recruit more businesses from these areas as sponsors or donors.”

CRCofWM’s mission is to embrace anyone affected by cancer in a community that offers hope and caring by offering one to one support, free wellness programs and complementary therapy, support groups, travel and food assistance, emergency assistance and comfort items to anyone impacted by cancer...because no one should face cancer alone. For more information: www.crcofwm.org or 207-890-0329 or follow them on Facebook: <https://www.facebook.com/CRCWesternMaine/>.

our commitment to building an inclusive, accessible

See Goodwill, page 14

Goodwill observes Disability Employment Awareness Month

GORHAM, ME – Goodwill Northern New England announced today that it will join the U.S. Department of Labor’s Office of Disability Employment Policy in recognizing National Disability Employment Awareness Month, an annual awareness campaign that takes place each October. The purpose of National Disability Employment Awareness Month is to bring attention to disability employment and celebrate the many and varied contributions of America’s workers with disabilities. This year’s theme is “Celebrating Val-

ue and Talent.”

The history of NDEAM traces back to 1945, when it began as a week-long recognition of people with physical disabilities. Later, NDEAM was expanded to a full month and evolved to include all people with disabilities, including those with mental health conditions and other nonobvious disabilities, acknowledging the importance of increasing their access to employment.

This October, Goodwill NNE will be highlighting several employees to help raise awareness about disability employment and

Auburn Public Library Chess Club to host tournament

AUBURN, ME – The Auburn Public Library Chess Club is hosting a chess tournament on Saturday, October 25th starting at 9 AM in the Androscoggin Community Room.

This tournament is meant to be both a friendly and social competition. Players will be paired at random. Ratings are not required and will not apply. This will be a swiss-style (points-based) tournament with approximately 5 rounds of play. Participants are welcome to bring

chess sets and clocks if they have them.

The tournament will take place in the Androscoggin Community Room at the Auburn Public Library. Registration is required to guarantee your spot in the tournament, walk-ins welcome only as space allows. To register, please visit the event’s page on the library’s website or call the Reference Desk at 207-333-6640 ext. 4.

The Auburn Public Library Chess Club, a library program that started

in October of 2024, meets every Wednesday on the second floor of the library from 4 to 5:30 PM each week. The club is open to all and is a space for friends and neighbors to gather and play chess together, learning from one another and practicing strategy.

For more information about this and other programs offered at the Auburn Public Library, visit their website at www.auburnpubliclibrary.org or call the Reference Desk at 207-333-6640, ext. 4.

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

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.

MaineHealth holding Substance Use Disorder Conference

PORTLAND, ME – MaineHealth invites medical professionals, behavioral health clinicians, advocates, and community members to attend the 2025 Substance Use Disorder (SUD) Conference on Thursday, October 23, 2025, from 8:30 a.m. to 3:45 p.m. at 110 Free Street in Portland or virtually.

This year’s theme, Meeting People Where They Are: Compassion, Connection and Support in SUD Care, reflects the need for collaboration across disciplines to improve prevention, treatment, and recovery for individuals living with substance use disorders. Participants can earn 5.5 CME credits for attending.

The conference will feature:

- Keynote address by Avik Chatterjee, MD, MPH, on innovative and compassionate approaches to SUD care.
- Breakout sessions highlighting current best practices and research- including a focus on adolescent and perinatal treatment.
- A special screening of the documentary Recovery City, which follows the journeys of four women navigating recovery. The screening will be followed by a panel discussion with the women featured in the film and members of the creative team.

“This event is more than a professional conference—it’s an opportunity to learn from one another, elevate the voices of those with lived experience, and strengthen our shared commitment to compassionate, effective care,” said Dora Mills, MD, MPH, Chief Health Improvement Officer for MaineHealth.

The MaineHealth SUD Conference provides a space to connect, exchange ideas, and inspire change in the way substance use disorder is understood and treated.

Registration is now open. To learn more and register, visit: <https://www.mhsevents.org/event/SUDConference2025/> summary.

Maine Arts Commission opens call for next state Poet Laureate

AUGUSTA, ME – The Maine Arts Commission invites poets across the state to apply for appointment as the next Maine State Poet Laureate. The selected poet will serve a five-year term beginning July 1, 2026, and concluding June 30, 2031.

Established by statute in 1995, the Poet Laureate program honors a distinguished Maine poet and promotes the art of poetry throughout the state. The laureate is charged with advancing public appreciation for poetry through community engagement, events, and projects, as well as supporting the Commission’s administration of the national Poetry Out Loud program.

The position includes a contracted honorarium of \$5,000 per year for five years, administered annually by the Maine Arts Commission. The honorarium is provided in lieu of mileage reimbursement. Administrative support is provided by the Maine Arts Commission Program Director and the Maine Writers & Publishers Alliance.

Application Guidelines

Eligible applicants must be full-time Maine residents with a distinguished body of poetic work. Applications must be submitted no later than December 5, 2025 and include:

- A CV or résumé
- 8–10 pages of poetry (published or unpublished)
- A one-page statement



outlining a vision for the public role of Poet Laureate, including any specific project proposals

APPLICATION LINK:

<https://stateofmaine.submittable.com/submit/a75a06a0-de40-497c-b183-2f26fd512089/state-poet-laureate>

Past Poet Laureate Projects

Former Maine Poets Laureate have developed projects that have reached thousands of Mainers across the state:

Julia Bouwsma’s Write ME: a statewide epistolary poetry initiative featuring poets in all 16 counties, more than 20 free public workshops, and a pen-pal exchange connecting 300 poets during the winters of 2023–24 and 2024–25.

Poems from Here: launched by Stuart Kestenbaum in partnership

with Maine Public and the Maine Writers & Publishers Alliance, this ongoing series features weekly broadcasts of poems by Maine poets.

Wesley McNair’s Take Heart: A Conversation in Poetry: a weekly newspaper column produced in collaboration with the Maine State Library and the Maine Writers & Publishers Alliance, along with several statewide poetry projects.

Since the inception of the position, Maine’s poet laureates have included:

- Kate Barnes (1996 – 1999)
- Baron Wormser (2000 – 2005)
- Betsy Sholl (2006 – 2011)
- Wesley McNair (2011 – 2016)
- Stuart Kestenbaum (2016 – 2021)
- Julia Bouwsma (2021 – 2026)

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

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

We are always looking for quality Artists & Craftsmen!

We want to hear from you!

Please submit your letter to the editor by 5pm on Friday for next weeks edition.

Email: editor@twincitytimes.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

Challenging Kayaking to Damariscove Island

A sea kayak trip to Damariscove Island off the coast of East Boothbay has much to offer. During the 12-mile trip, paddlers pass some of the most spectacular island landscapes on the coast of Maine. And, exciting paddling is almost guaranteed navigating through a collection of treacherous ledges on the southern end of the island called The Motions.

In addition to providing an exceptional paddling experience, the rugged distant island has a fascinating history. Once kayakers arrive in the sheltered harbor, a network of trails maintained by Boothbay Region Land Trust pass the sites and foundations of structures dating as far back as early colonial times, and one path leads to a lookout tower on the southeast side.

A voyage to the isolated harbor includes significant exposure to open water with little opportunity to land. So I study forecasts for weather, wind, seas and tides in an attempt to plan a safe trip. Past experience has convinced me that The Motions defy predictability; every tide level and wind direction seems to result in different challenging conditions.

I recently identified an excellent forecast for a Damariscove attempt. Light winds, warm temperatures and partly sunny skies were predicted and the tides were generally favorable. Three frequent paddling companions agreed to join me on the outing.

Four of us met at a boat landing on Ocean Point at the southern end of Linekin Neck in East Boothbay. The seas were calm and the winds light; good omens for a successful trip.

We departed tranquil Grimes Cove in solo sea kayaks and set a course for tiny Ram Island and

its prominent lighthouse approximately one mile south. While crossing the busy channel, we decided to travel along the west side of the islands that lead to remote Damariscove Harbor.

Two lobster boats were hauling traps as we passed the lighthouse and progressed south along predominantly barren mile-long Fisherman Island. The ragged shore on the northern end of Damariscove Island soon came into view.

Winds and seas remained calm as we completed the one mile traverse to Damariscove Island. Massive granite ledges dominate the western shore and a narrow isthmus separates the island into two sectors. The northern half, called Wood End, is a bird sanctuary and landing is prohibited. Attempting to land anywhere along the uncompromising shoreline except the harbor would be a hazardous endeavor.

Exploding waves could be seen as we approached the southwestern end of the island. The Motions were acting up as usual.

Progressing closer, swells crashing against the rocky coastline eliminated any hope of staying close to shore and large irregular waves surging over ledges perhaps one hundred yards offshore were equally unappealing. The source of numerous shipwrecks in the past, we carefully maneuvered through an opening between the two obstacles, aggressively paddled over some large swells, and entered the calm harbor next to the former Coast Guard Lifesaving Station. Soon after, we landed on a gravel beach at the top of the harbor.

Over 400 years ago, a few English fishermen inhabited Damariscove year-round. They sent cod

to the Pilgrims in Plymouth to prevent starvation and by 1671 the island was a thriving outpost. In 1676, during the King Philips War, three hundred survivors of Native American attacks along most of the Maine coast fled to the island for protection. Decades of violence continued. We decided to take a walk through history.

Trails begin at the beach. We hiked east through a narrow path in dense vegetation to steep cliffs and stopped for lunch. Afterwards, we trekked high on a hill to the lookout tower formerly used to scrutinize area seas in search of distressed vessels. While studying the same waters, we decided to exit the harbor east.

Large waves greeted us when departing the harbor. While climbing the rolling swells, we rounded the jagged southeast shoreline and began our journey north. We were immediately confronted with a new obstacle; choppy unpredictable waves along the east side of Damariscove that continued for about two miles.

The turbulence finally subsided near Fisherman Island. Seas were calm for the remainder of our journey back to Ocean Point completing a typically stimulating voyage to Damariscove.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates eight more exciting sea kayak escapades on the Maine coast including spectacular trips along much of the imposing Mount Desert Island coastline.

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 on-

line retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England." Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



Paddlers pass along the rugged shore of Damariscove Island



A kayaker arrives in calm Damariscove Harbor



Paddlers disembark on a gravel beach at the top of Damariscove Harbor

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

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

Arts & Entertainment

Auburn Art Club announces start of 145th year



AUBURN, ME – The Auburn Art Club met in September in the parish hall of Sacred Heart Church in Auburn. 2025 marks the 145th year the club has been in existence. The club was originally formed by prominent Auburn women to become better acquainted with the works of ancient and modern art. Now, the club has evolved to accepting members from the larger community and strives to enrich members’ understanding of the broad range

of art in this community. The group raises money to support an annual scholarship for a local graduating high school student who plans to pursue the study of art in college. This year’s board of directors are: Mary Ann Norcross and Anne White, co-presidents; Sharon Beaudoin, vice-president; Janet Sullivan, secretary; Louise Reynolds, treasurer; Cindi Byrkit, program committee chair; and Nancy Tebbetts and Mary Ann Norcross, auction co-

chairs. The Auburn Art Club, organized in 1880 and federated in 1892, is the oldest Women’s Club in Maine.

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

Search for Lewiston’s perfect Christmas tree begins

LEWISTON, ME – The City of Lewiston starts its search for the perfect Christmas tree to take center stage at this year’s Holiday at the Plaza celebration on Saturday, Dec. 6 at 4:17 PM at Dufresne Plaza, 72 Lisbon Street. The festival runs from 12 PM to 5 PM. The city seeks a spruce in Lewiston that stands at least 30 feet tall, located a safe distance from power lines, and in a spot where Lewiston Public Works crews can safely hoist and load it onto a truck bed. The chosen tree will be removed, transported, and installed by the city at no cost to the property owner.

The tree will serve as the highlight of the annual Holiday at the Plaza Festival, which will feature live entertainment, food and drink vendors, children’s crafts, local artisans, and a visit from Santa Claus. Over the years, Lewiston Public Works crew has carefully cut down spruces to serve as the city’s official holiday tree. One tree came from a young man who collected box tops to buy a spruce sapling that some decades later became the City’s Official Holiday Tree. City arborist Steve Murch, who has overseen Lewiston’s



holiday tree program for decades, said donating a tree can be surprisingly meaningful. “Many people have a spruce that’s grown so large it’s time to let it go,” said Murch. “By donating it, you’re not just saying goodbye to a tree, you’re giving it a second life as the centerpiece of a celebration that brings thousands of people joy.” Murch explained that spruces make ideal holiday trees because of their full, symmetrical shape and strong branches, which hold ornaments and lights beautifully. “A healthy, well-formed spruce can become something magical when it’s standing in the plaza, glowing against the winter sky,” he said.



Anyone who believes they may have Lewiston’s next official Christmas tree is encouraged to contact Steve Murch at smurch@lewistonmaine.gov or (207) 513-3003 ext. 3443. More information about Holiday at the Plaza can be found at www.lewistonmaine.gov/holiday-plaza.

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.

Oct 24-Nov 9

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

ThePublicTheatre.org | 782-3200

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

SUBSCRIBE and SAVE! MISERY + 3 more great plays for \$128 PLUS get a FREE Bonus Ticket (\$35 value)

the PUBLIC THEATRE
31 Maple Street, Lewiston

Heroes: Common & Uncommon

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

Fanfare for the Common Man	Copland
Overture to <i>Vespre 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

MIDCOAST SYMPHONY ORCHESTRA
ROHAN SMITH, MUSIC DIRECTOR

Underwriters:
NEW ENGLAND Cancer Specialists Dana-Farber Cancer Institute
THE HIGHLANDS A GRACE MGMT 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

Best Source for Arts, Music and Theater!

Your Hometown Paper.

Fall Festival at Wolfe’s Neck returns with family fun

FREEPORT, ME – Wolfe’s Neck Center’s annual Fall Festival returns Saturday, October 18 with hay rides, live music, food trucks, crafts, and the finest flavors of the season! This family favorite brings more than 1,000 visitors to the farm each year for a full day of fall fun on the coast.

Fall into Fun:
Fall Festival brings together the best of autumn in Maine. Hop on a hayride through the fields, pick perfect pumpkin in West Bay, and join in a variety of seasonal activities for all ages. From hay bale climbing, games, and face painting to animal interactions, live music, and local art, there’s something around every corner to make lasting memories with family and friends.

Food trucks will be on-site all day, with Vy Banh Mi, Cargo Pizza Co., and Mainely Burgers serving up fresh, crowd-pleasing meals. Plus, warm apple cider donuts and other seasonal favorites.

The Fall Festival, like all events at Wolfe’s Neck Center, helps fund



the organization’s mission. Proceeds from ticket sales support programs in public education, farmer training, and soil health research, ensuring agriculture in Maine continues to thrive for generations to come.

Details:
Fall Festival 2025
Saturday, October 18th.
10 AM – 3 PM

713 Wolfe’s Neck Rd, Freeport, ME 04032.

Tickets are \$10 per person, with free admission for children under three.

Admission includes access to all activities, a pumpkin to take home, and a spot on the hayride.

Advance tickets are available now at wolfesneck.org/fall-festival-2025.

AARP Fraud Watch Network October is Cybersecurity Awareness Month

October is National Cybersecurity Awareness Month – a great time to remind ourselves just how much of our lives take place online and the potential threats that exist in the digital world. Any device that stores information or connects to the internet could become a target for cybercriminals seeking to steal your data. Here are

four important ways to help stay safe online.

First, always use strong, unique passwords for each online account you own. Even better, investigate options for getting a free or low-cost password manager such as Bitwarden, Dashlane, LastPass, and others. Newer to the marketplace are passkeys that offer hope that we can move beyond passwords. They verify a user with a

biometric (like facial or fingerprint recognition) tied to the device being used to gain access. You can read more about them at aarp.org/personal-technology/passkeys-future.

Second, set up multi-factor authentication when available as added security that goes beyond your username and password to verify that it’s you using your account or de-

See AARP, page 12



Place a bid to support Maine Music Society!

Online AUCTION

November 1-12

Preview October 31



Start your holiday shopping early with this fun and easy online event

Scan the QR code or look for the auction link at mainemusicsociety.org

Congratulations

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



Noah G.
University of
Maine Orono

Fiona H.
University of
New Hampshire

Lauren L.
Merrimack
College

Hawa O.
Simmons
University

Chloe T.
University of
Maine Augusta



Milestones

FEDERAL CREDIT UNION

MilestonesFCU.com

Auburn employee receives Leadership & Service Award

AUBURN, ME – During a city council meeting held Monday at Auburn City Hall, Mayor Jeffrey Harmon presented the 2025 “John Jenkins Hearts & Hands Leadership & Service Award” to longtime city employee and Auburn resident Rita Beaudry.

This distinguished community service award

is named in honor of Auburn Mayor John Jenkins, who passed away in 2020. Each year, the award recognizes an Auburn resident, group, or organization for their significant impact on the quality of life in our great city. Like Mayor Jenkins, recipients of this notable award demonstrate one or more of the following qualities:

- Significant and meaningful service to the community
- Exceptional commitment to volunteerism
- Unselfish leadership and collaboration
- Creativity, cooperation, and hard work in service to others
- Inspiration to others as a role model, especially youth, and
- Exemplary leadership in civic activities

Beaudry, who serves as the city’s Grant Manager, is a lifelong member of the community and, like John Jenkins, her love for Auburn is deep and true. At the meeting, she was warmly celebrated by the mayor and city council, city staff, family members, friends and community members.

“Rita lives [the values of John Jenkins] every day,” said Mayor Jeff Harmon upon presenting the award to Beaudry. “She is deeply concerned about our city and the people of our city, especially the youth. Rita has worked tirelessly for years to promote the PAL Center, from its inception to today. Without Rita, it never would have happened.”

Ann Parker, Jenkins’ long-time partner, could not attend the presentation, but sent her warm regards, which were read by Mayor Harmon. “My sincere congratulations,” said Parker. “Like John, you are not afraid to get your hands dirty and dig in when a project needs attention, and you put your entire heart into whatever the task may be. Think of the countless people and businesses you have helped with your grant writing and your years dedicated to our fine city. You are leaving your legacy for future generations to appreciate. John is applauding you from above, and I applaud you this evening.”



“It’s hard to believe that it has been five years,” added Parker, speaking of the passing of Jenkins’ passing. “Thanks to this award and people like you, John’s Legacy lives on through others. I am so pleased for you and am sending you a big ‘John Jenkins Bear Hug!’”

“In many ways, Rita Beaudry is the heart of Auburn,” said City Manager Phil Crowell. “She has raised her family here, worked here, and given herself fully to this community every single day. For decades, she has been a loyal city employee, often the first to arrive and the last to leave Auburn Hall. But her service goes

far beyond the walls of this building. Rita has spent her life working to make Auburn a better place for all of us—always with loyalty, dedication, and an endless supply of heart.”

Most recently, Beaudry has worked to bring the beautiful new Auburn PAL Center to life. “The PAL Center is an incredible reality, thanks in no small part to Rita’s energy, her leadership, and her unshakable belief in what this community can achieve together,” added Crowell.

The City of Auburn warmly congratulates Rita Beaudry, recipient of the 2025 John Jenkins Hearts & Hands Leadership & Service Award.



THE Maine Music Society

Of Stars EARTH & Sea

2025 - 2026 SEASON

2025 - 2026 SEASON UNDERWRITERS

Hardy Wolf & Downing • Sun Journal

ARTISTIC DIRECTOR

Dr. Richard Nickerson



30th ANNIVERSARY

Battle of the BLENDS

Saturday, Nov. 1 • 7:00pm

FRANCO CENTER • LEWISTON

This perpetual audience favorite will feature five spectacular groups raising their voices in exuberant renditions of jazz, barbershop, rock’n’roll, spiritual and Renaissance vocal music. Join us for this ever-popular a cappella experience.

EVENT SPONSORS:



PLATZ ASSOCIATES



Schooner Estates

EVENT SUPPORTER: Norman, Hanson & DeTroy

For tickets call 207-333-3386 or visit mainemusicsociety.org

\$3,400 Donated to The Store Next Door



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



MILESTONES

FEDERAL CREDIT UNION

MilestonesFCU.com

Water that just works.



GOODWIN

WELL & WATER INC.



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

207.224.7861

goodwinwellandwater.com

October Special Section: Domestic Violence Awareness Month

Safe Voices Maple Amber Brew launches with Olive Pit Brewing

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:
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 safe-

voices.org/donate WEAR purple on the national Wear Purple Day for DV awareness on Oct. 23.

Safe Voices helpline available 24/7

What to expect when you call Safe Voices' 24-hour helpline:

- Helpline calls are confidential.

- Calls are answered by our answering service, who will ask your name, the best number to reach you, and if it is safe to leave a message at that number. They will then dispatch that call to one of our advocates.

- IMPORTANT: Our advocates will call back from a blocked number. This is for their safety and yours. They will introduce themselves by confirming they are speaking with the person who called and

saying "Hi, this is [Name] from Safe Voices. Is now a good time to talk?"

- Every call is different and is shaped by the unique needs and desired outcomes of the caller.

- Anyone who is affected by domestic abuse, sex trafficking, or sexual exploitation and lives in or is connected to Androscoggin, Franklin, or Oxford Counties can use our helpline.

- The Safe Voices Helpline is here 24 hours a day, every day.

If you are experiencing domestic abuse, sex trafficking, or sexual exploitation, you can call us.

If you are supporting a family member, friend, or colleague who is experiencing one of these situations, you can call us. If you aren't sure if what you're experiencing is domestic abuse, sex trafficking, or exploitation, but you need to talk through your concerns, you can call us.

1-800-559-2927.

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

Safe Voices, Hannaford Charitable foundation stock food pantry

Small but mighty, the food pantry at our Farmington Resource Center recently got a re-stock! This pantry was created with help from the Hannaford Charitable Foundation, which helped us purchase all the shelving and initial batch of supplies to get it going. Now that it's up and running, it is restocked with help from donors who give money and volunteers and community members who organize food and supply drives for us!

Want to know more about how to run a supply drive? Visit: <https://safe-voices.org/get-involved/volunteers-interns/>.



Evergreen

Credit Union

egcu.org/sun

Fixed-rate

Credit Card

Lock in with

rates as low as

8.99%

APR¹

Evergreen

SUNSELECT

E

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.

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, sup-



port, 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.

October declared Domestic Violence Awareness Month

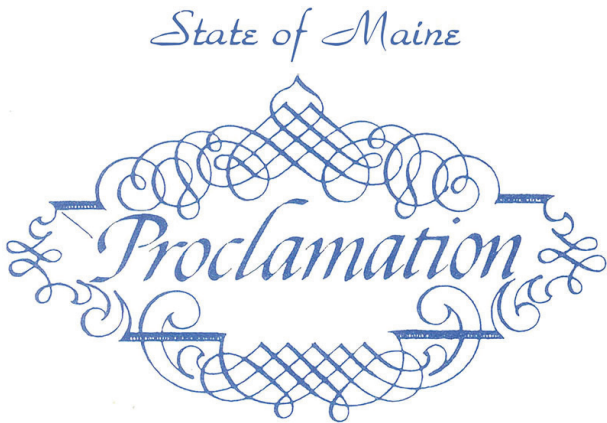
Proclamation by Maine Governor, Janet Mills

WHEREAS, domestic abuse and violence is a serious injustice and public health crisis that affects people and families of all races, ages, genders, sexual orientations and income levels; and

WHEREAS, each year nearly half of all homicides in Maine are related to domestic abuse and violence; and

WHEREAS, support and help are available 24/7/365 to anyone affected by domestic abuse, through the programs of the Maine Coalition to End Domestic Violence and the statewide domestic violence helpline; and

WHEREAS, domestic abuse and violence is entirely preventable, and all Mainers have opportunities to intervene and change the ways we and



our communities understand and act on the issue of domestic abuse and violence; and

WHEREAS, community leaders are uniquely positioned to make a broad and lasting impact by enacting policies and practices that support survivors and their children, and hold abusive people to account;

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor

of the State of Maine, do hereby proclaim October 2025 as Domestic Violence Awareness Month throughout the State of Maine, and I urge all citizens to recognize this observance.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this eleventh day of September Two Thousand Twenty-Five.

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!

REDEFINING YOGA

889 Roosevelt Trail • Windham

YOGA • TAI CHI • PILATES
WELLNESS PRACTICES

Our Studio is one of teaching...
Exploring the physical, psychological,
emotional, energetic and spiritual journey.

Call today for more information
about our classes or visit
redefiningyogaandpilates.com

office (207) 892-0964 cell (207) 319.0102

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.

Free The Andro works to restore Androscoggin River

BRUNSWICK, ME – The Working Group driving the statewide effort to open water flows for fish passage between the Androscoggin River and the ocean after more than a century of neglect and blockage at the Brunswick–Topsham dam today announced the appointment of key new members, formation of the group’s non-profit status, and launch of public brand.

“Today’s Androscoggin River is broken and needs to be and can be fixed to benefit Mainers and the marine environment that we all love,” said Charles “Chip” Spies, Founder of Free The Andro (FTA), which is supported by individuals, conservation groups, river towns, and others.

In the wake of recent wins to restore fish passage on the Kennebec River, Yarmouth’s Royal River, Camden’s Megunticook, Freeport’s Frost Gully Brook, and many others, FTA is a voice for the Androscoggin’s migratory fish including river herring, shad, sturgeon, and Atlantic salmon that historically used Maine’s third largest river to access inland spawning grounds. Fish populations in the Androscoggin -- and the wildlife and commercial fishing operations that depend on them -- have collapsed due to man-made obstructions blocking migratory fish moving to and from the Gulf of Maine.

“We must use the 2029 expiration of the Brunswick-Topsham Dam federal license to assure that any license renewal is dependent upon the ability of abundant, sustainable populations of native, migratory fish to access the upper reaches of the Androscoggin,” said Spies.

New Working Group Members



New members of the FTA Working Group are:

Richard A. Estabrook is a member of the Maine bar and brings experience from Pine Tree Legal Assistance, private practice, and Chief Advocate of Maine’s Office of Advocacy. He currently serves as clerk of the State Claims Commission.

Jym St. Pierre specializes in navigating complex regulatory processes including federal licensing and brings extensive experience working with federal, state, and tribal agencies on restoration projects.

Bina Skordas, Senior Project Manager and Climate & Watershed Solutions Lead at FB Environmental, brings experience in water resource management and environmental permitting.

These individuals join current Working Group members: Jeff Bush, Vice Chair and Advocacy Chair, TU Maine Council, and FTA’s Treasurer; Vlad Douhovnikoff, Associate Professor at Bowdoin College and FTA’s Director of Research; Andrew Fisk, Northeast Regional Director for American Rivers; Ray Minchak, President of Merrymeeting Bay Trout Unlimited; Chuck Verrill, President of Maine Rivers and the FTA’s Director of Legal and Regulatory Affairs; Tom Walek, FTA Communications Director; Gene McKenna, Treasurer, Merrymeeting Bay Trout Unlimited; John Lichter, Professor Emeritus, Bowdoin College; and Steve Heinz, Maine TU Council

FERC Coordinator.

“We welcome these new Working Group members and the high level of passion and commitment all of our team brings to the mission of the FTA and the future health of the Androscoggin River,” Spies said.

Maine Non-Profit

With initial support from American Rivers, Maine Rivers, and Merrymeeting Bay Trout Unlimited, FTA was unveiled in early 2025 with a mission to create a voice for the survival of migratory fish that use the Androscoggin River to access spawning grounds by raising community awareness and taking action to improve migratory fish passage as a critical means of returning the river to a functional ecosystem.

Also earlier this year, the towns of Brunswick and Topsham each voted unanimously to commit to actions supporting improved fish passage at the Brunswick-Topsham dam as part of the federal relicensing. The Androscoggin River forms the border between the two towns and the dam spans the river between the two towns.

FTA announced that it is seeking structure as a Maine Not-for-Profit corporation. The new structure will give FTA stronger intervenor standing in the Brunswick-Topsham federal dam relicensing process and make it easier for individuals and groups to join and support FTA’s critical efforts.

New FTA Brand

FTA also has unveiled its new logo (see top of press release) to better engage and involve all members of the public and others in the effort to fix the Androscoggin River.

The Brunswick-Topsham dam with its active hydro-power facility is

See **Free the Andro**, page 14

Major milestone reached for robotic surgery at CMH



LEWISTON, ME – Central Maine Healthcare recently completed its 2,000th surgery using the da Vinci Surgical System, a milestone that reflects CMH’s commitment to delivering advanced, patient-centered care.

The da Vinci Surgical System is a state-of-the-art robotic platform that allows surgeons to perform minimally invasive procedures with enhanced precision, flexibility and control. The system translates a surgeon’s hand movements into smaller, more exact movements of tiny instruments inside the body, while providing a high-definition, 3D view of the surgical site.

Since its introduction at Central Maine Healthcare, the da Vinci system has been used in a wide range of specialties, including urology, weight loss and general surgery. Recently, the technology has been used for OB-GYN procedures.

Patients benefit from smaller incisions, reduced pain, shorter hospital stays and quicker recoveries compared to traditional open surgery.

“The growth of the robotic surgery program at CMMC speaks volumes



to the dedication that we have from administration to anesthesia to nursing staff and physicians across multiple specialties to advance patient care with technology,” said Blair Baldwin, MD, bariatric surgeon at CMMC. “Being able to provide this service to patients across multiple specialties allows us to perform minimally invasive surgery with increased complexity to help patients spend less time in the hospital and recover quicker.

“We have an outstanding team of nurses, surgical technicians, and sterile processing staff who all come together to make these numbers possible.”

Investing in the da Vinci is one of many steps CMH has taken to ensure patients have access to the latest technology that reduces the chance of post-surgical complications and allows for faster recovery.

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

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.

Midcoast Symphony Orchestra opens 36th season

TOPSHAM, ME – Aaron Copland’s “Fanfare for the Common Man,” Beethoven’s “Eroica” Symphony, and Lee Hoiby’s dramatic musical setting of Martin Luther King, Jr.’s “I Have a Dream” speech are the highlights of the Midcoast Symphony Orchestra’s 36th season-opener, a concert entitled “Heroes: Common and Uncommon.” The program also includes Giuseppe Verdi’s powerful overture to “I Vespri Siciliani.” Led by long-time musical director Rohan Smith, the orchestra welcomes the return of Philip Lima as guest baritone soloist to sing the “I Have a Dream” piece, as well as several spirituals. In addition to his appearance with MSO in 2023, Lima has appeared as soloist with over seventy orchestras, choral societies, and concert series across the United States, and in leading operatic roles in Germany and for regional American opera companies.

The concert takes place on Saturday, October 25 at 7pm in the Franco Center in Lewiston, and Sunday, October 26 at 2:30pm in the Orion Performing Arts Center in Topsham. Tickets are \$27 in advance and \$30 at the door. They can be reserved at midcoastsymphony.org or by calling the box office at (207) 481-0790. In keeping with the MSO’s commitment to serving the community’s youth, admission is free to anyone 25 and under. Season tickets, which include admission to all four concerts in the 2025/26 season plus one guest ticket,

are also on sale for \$80.

As part of its ongoing educational and outreach series “More with Midcoast,” the MSO will host an intermission performance at the Saturday evening Franco Center concert by members of the Kennebec Valley Youth Symphony, a non-profit organization offering a professional-style orchestral experience to intermediate and advanced student musicians in central Maine and beyond. On Sunday at 1:30pm before the Orion Arts Center performance, there will be a pre concert presentation entitled “Spirituals in the Concert Hall: A Brief History,” providing a brief overview of how spirituals became a concert hall staple, with audio illustrations from 1916 to the present day.

AARP
Continued from page 7

vice.

Third, turn on automatic software updates to keep your devices up-to-date and secure.

And finally, know

that it’s no longer safe to click on links from emails, texts, and online ads. Instead, type web addresses into your browser to ensure you aren’t sent to a copycat site and stick to sites you know and trust.

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.

Waterville Opera House announces 2026 season

WATERVILLE, ME – The Waterville Opera House (WOH) is excited to announce its 2026 theatrical season. The Opera House, a division of Waterville Creates, produces four community theatrical shows every year—two straight plays and two musicals. While the 2026 season follows this model, there are a few twists in the second half of the year.

The season begins in January with the riotous two-act comedy *The Nerd*, by Larry Shue. In April, WOH will produce the fairy tale-themed musical comedy *Once Upon a Mattress*. Auditions for *The Nerd* will be announced soon at watervillecreates.org.

“I’m thrilled with the 2026 theatrical offerings that the Waterville Opera House will bring to our patrons with the help of our insanely talented community volunteers,” said Michelle Sweet, WOH’s executive director. “*The Nerd* is an uproarious, laugh-a-minute delight sure to have the audience in stitches. Our spring musical, *Once Upon a Mattress*, draws its characters from Hans Christian Andersen’s ‘The Princess and the Pea’ and is one of the most popular plays in community theatres worldwide.”

In August, the Opera House is excited to produce the world premiere of a brand new work, *Unabashedly*, by Mike Teverbaugh, presented as part of the American Association of Community Theatre’s NewPlayFest. WOH is one of only six theatres in the country to receive this prestigious honor.

“Theatres rarely have a chance to work hand-in-glove with a show’s playwright during the rehearsal process,” Debra Susi, who will direct *Unabashedly*, said last year upon the initial announcement. “This award provides the Waterville Opera House with the rare opportunity for all creatives—designers, directors, and most importantly our talented Central Maine

actors—to work directly with the playwright and play a significant role in the premiere of an award-winning play. It is a unique and exciting experience for our theatre community.”

“I’m deeply honored that the Waterville Opera House has been selected as one of only six theatres nationwide to be part of the American Association of Community Theatres 2026 NewPlayFest, putting a well-deserved national spotlight on our top-notch theatrical productions,” Sweet added.

Another unusual twist for this year’s season announcement: due to contractual obligations we are yet unable to reveal the title of the November musical, which will run for three weeks. Patrons can expect a full announcement later in 2026 (and in the meantime can speculate to their hearts’ content).

In the meantime, enjoy a glance at what 2026 has in store:

January 30–February 8: *The Nerd* by Larry Shue

Willum Cubbert has often told his friends about the debt he owes to Rick Steadman, a fellow ex-GI whom he has never met but who saved his life after he was seriously wounded in Vietnam. He has written to Rick to say that, as long as he is alive, “you will have somebody on Earth who will do anything for you” —so Willum is delighted when Rick shows up unexpectedly on the night of his birthday party. But his delight soon fades as it becomes apparent that Rick is a hopeless “nerd”—a bumbling oaf with no social sense, little intelligence, and less tact. *The Nerd* is presented by arrangement with Broadway Licensing LLC, servicing The Dramatists Play Service Collection.

April 24–May 3: *Once Upon a Mattress*

Many moons ago in a far-off place, Queen Aggravain decreed no couples could marry until her son, Prince Dauntless, found a bride. Princesses came from far and wide to win the hand of the prince, but none could pass the impossible tests given to them by the Queen. That is, until the “shy” swamp princess, Winnifred the Woebegone, showed up. Carried on a wave of wonderful songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the classic tale “The Princess and the Pea” provides some side-splitting shenanigans.

August 28–September 6: *Unabashedly* by Mike Teverbaugh—a world premiere presented as part of the American Association of Community Theatre’s NewPlayFest

An ancient myth states that we are each connected to our One by a red thread, which stretches, bends and twists but never breaks, eventually drawing us together. Dave, a young editor at a major city newspaper, feels someone tugging at his thread. But Helen, a new beat reporter, is a non-believer. Will the thread hold, and even if it does, what if you don’t like this One once you’ve reeled them in?

November 13–29: A family-friendly winter musical, title to be announced

“Our final production of the year is a family-friendly, winter-themed musical that I trust our community will love,” Sweet said. “It’s top secret for now due to licensing restrictions but stay tuned for this exciting announcement later in the season.”

Season Passes are now on sale at operahouse.org. Audiences can enjoy a 20% discount off their purchase when they reserve tickets to all four productions in one transaction. Visit watervillecreates.org/operahouse/woh-2026-season to learn more.

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

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



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

207-344-5212

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

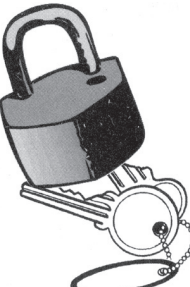
OMC

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 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

Calendar

Send your submissions to the Editor. More online.

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 20
AUBURN – Auburn Public Library: Unlocking the Myths of Grief to be taking place on Monday, October 20th from 5:30-6:30 PM.

Oct 21
AUBURN – Auburn Public Library: Fall Slow Flow Yoga to be taking place on Tuesday October 21st, 2025 from 4:30 to 5:30 PM.

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 Merry-meeting Bay Chapter of Trout Unlimited.

Members and the public are invited to attend the free Merrymeeting Bay monthly meeting of this national cold-water conservation organization as we gather sportspeople and conservationists on Tuesday, October 21, 2025 at

Sea Dog Brewing, 1 Bowdoin Mill Island, Topsham. Social hour begins at 6:00 pm, the presentation starts at 7:00 pm. The event is free; dinner and drinks can be purchased.

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

Oct 25
BUXTON – Try our delicious Haddock Supper Buffet - Saturday, October 25, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

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

Oct 25
WESTBROOK – Saturday, October 25th 2025, 5 to 7pm Spaghetti with homemade sauce, meatballs, tossed salad, Italian bread, dessert, coffee, tea, water. Live Dinner Music provided by Side by Side Trio. \$10 per person, \$25 family of 4, children under 5 eat free.

Prides Corner Community Church 235 Pride Street, Westbrook ME.

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

Oct 30-Nov 9
LEWISTON – Community Little Theatre Presents the Musical ‘A NEW HOME’ A musical production that tells the rich and complex history of Lewiston. Adapted from “Lewiston: A New Home” that was first performed in September 1995. The seven performances of “A New Home” will be held on October 30 - November 9 at the Lewiston Middle School Auditorium, 75 Central Avenue in Lewiston. For more information or to purchase tickets online, visit LACLT.com.

Nov 15
LEWISTON – Prince of Peace Parish Christmas Craft Fair Saturday, from 9-3. Looking for crafters/artists at Holy Family Church Hall 607 Sabattus St., Lewiston. Prices for tables/spaces range from \$25-\$40! Contact Angela at adobson@une.edu.

Nov 15
PORTLAND – The FLUKES benefit concert for St. Elizabeth’s Essentials Pantry 4:00pm - 5:30pm at Trinity Episcopal Church Forest Ave. Portland. Suggested Donation \$10, children under 12 free.

The FLUKES, an ensemble of enthusiastic ukulele musicians along with singer/songwriter Eileen Rose, and special guest The Grateful Hearts present a family friendly concert to benefit St. Elizabeth’s Essentials Pantry, a low-barrier pantry serving non-food essentials to all those in need, including new Mainers and Mainers whose families have been here for generations.

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

FLAGSHIP CINEMAS
Premium



*Premium entertainment
at affordable prices!*

VISIT ONE OF OUR FIVE MAINE LOCATIONS!

AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

CLASSIFIED ADS

\$25 PER WEEK

Free the Andro
Continued from page 11

well documented as a significant obstacle to both upstream and downstream fish passage. The just-beginning relicensing process of this dam by the Federal Energy Regulatory Commission (FERC) creates a once-in-a-lifetime opportunity to work with all parties involved to assure that unfettered fish passage is restored to the Lower Androscoggin River to the benefit of fish, wildlife of every kind, commercial and recreational fishers, and everyone who cares about healthy, abundant rivers in our beautiful state.

The citizens of Maine and the residents of the Androscoggin River towns have a real opportunity to reverse the 150-years of damage to the river and its fresh and saltwater fish populations caused by the current Brunswick-Topsham dam and those that came before. When the current license was issued in 1979, Maine US Senator Ed Muskie’s Clean Water Act was just seven years old and the badly polluted Androscoggin’s ability to ever support a thriving migratory fish population was in question. In the decades that followed, Maine has dramatically improved the river’s health to the point where today FTA is focusing on restoring vital and abundant fish populations.

Migratory Fish Runs Gone

The Androscoggin River at Brunswick Falls – located immediately upriver from the current Frank J. Wood Bridge on Route 201 linking Brunswick and Topsham -- has been fully or partially blocked by dams since the early 1800s. The current dam was opened in 1983 and includes a fish passage ladder hoped to enable substantial upriver fish movement. However, despite sonar readings and other observations below the dam that show as many as 10,000 shad in a holding pattern, only 14 passed the fishway in 2023 and only 91 in 2024. Similarly, as

many as 180,000 river herring pass the dam each year, but habitat analysis and historical records show that this number could easily approach 4 million fish if migration barriers are removed. An increase of that magnitude has been seen on other rivers in Maine when fish passage is significantly improved. But for now, migratory fish runs on the Androscoggin are essentially gone.

On February 9, 1979, FERC issued a license for operation of the Brunswick Hydroelectric Project (FERC Docket No. 2284; “the Project”). That license expires on February 28, 2029, and FERC is now considering issuing a new license pursuant to the Federal Power Act, as requested by the current licensee Brookfield White Pine Hydro LLC (BWPH), a subsidiary of Brookfield Renewable. Any new license, if granted, is expected to run for 30-50 years. The current relicensing process is the only realistic opportunity to require fish passage improvement at this site for generations.

Goodwill
Continued from page 3

workplace where everyone can thrive.

“Goodwill NNE is proud to take part in this year’s National Disability Employment Awareness Month,” said President & CEO Tripp Harrison. “We want to spread the important message that we value all perspectives, including those of individuals with disabilities.”

Employers and employees in all industries can learn more about how to participate in National Disability Employment Awareness Month and ways they can promote its messages—during October and throughout the year—by visiting dol.gov/NDE-AM.

Grief
Continued from page 1

For more information about this and other programs offered at the Auburn Public Library, visit their website at www.auburnpubliclibrary.org or call the Reference Desk at 207-333-6640, ext. 4.

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

‘A New Home’ and the Benjamin Bates legacy

LEWISTON, ME – Justin Morin and Janelle Raven, the two lead actors in the upcoming Community Little Theatre musical production “A New Home,” were spotted recently strolling the campus at Bates College.

“A New Home” is a musical production that tells the rich and complex history of Lewiston. Adapted from “Lewiston: A New Home,” which was first performed in September 1995 for the Lewiston Bicentennial, this production brings to life the stories of Lewiston’s Indigenous, Irish, Franco-American, and African immigrant communities, whose contributions have shaped the city’s identity and culture. In the thirty years since the original production, major events – both good and tragic - have occurred in Lewiston and are now represented in the musical’s revival, including a heartfelt tribute to the 18 lives that were lost in the tragic events of October 25, 2023.

One of the true-life characters in the show is Benjamin Bates, for whom Bates College is named. Bates founded Bates Manufacturing in 1850, which quickly became one of the



Justin Morin and Janelle Raven, who play the lead roles in the upcoming production of the musical “A New Home” are pictured here on the Bates College campus. Based on the history of Lewiston, the show will be held October – November 9 at the Lewiston Middle School Auditorium.

largest employers in Maine and the largest in Lewiston for many years. Bates also oversaw the creation of the first canal in the city.

The seven performances of “A New Home” will be held on October 30 - November 9 (no performance October 31) at the Lewiston Middle School Auditorium, 75 Central Avenue in Lewiston. For

more information or to purchase tickets online, visit LACLT.com.

A New Home is being presented by the Isabella J. Gendron Foundation. Thanks to a grant from the Maine Arts Commission, the November 2 and 8 performances will feature ASL interpretation to ensure accessibility for all audience members.

Skelton Taintor & Abbott welcomes associate attorney

LEWISTON, ME – Skelton Taintor & Abbott is pleased to welcome Brianne M. Bailey to the firm as an Associate. Brianne will be practicing in the firm’s real estate and corporate law practice areas.

Brianne earned her Bachelor of Science in Economics and Political Science from the University of Southern Maine, graduating with a perfect 4.0 GPA. She earned her Juris Doctor, cum laude, from the University of Maine School of Law, where she served as Case Note and Comment Editor for the Ocean and Coastal Law Journal and was a Dean’s List student each semester. She also successfully completed the Business and Transactional Law Certificate with distinction.

While in law school, Brianne gained experience as a Summer Associate at a Bangor law firm, where she worked on a variety of transactional matters, drafting deeds, LLC agreements, and corporate filings. She also served as a Legal Extern with the IRS Office of Chief Counsel in Boston, where she prepared research memoranda and drafted motions and answers for senior attorneys. Prior to law school, Brianne served as Town Clerk,

Treasurer, Tax Collector, Registrar, and Election Warden for the Town of Hebron, gaining valuable municipal and administrative experience.

Firm President, Sarah Mitchell, stated, “We are thrilled to welcome Brianne to Skelton Taintor & Abbott. Her strong academic achievements and practical experience in real estate and corporate law make her an excellent addition to our team. We look forward to the energy and dedication she will bring to serving our clients.”

Skelton Taintor & Abbott is a full-service trial and general practice law firm representing clients throughout Maine. With the addition of Attorney Bailey,

the firm consists of 14 attorneys practicing in virtually all fields of law and in both federal and state courts.

Best
Source
for Arts,
Music and
Theater!

Your
Hometown
Paper.

Evergreen
Credit Union

egcu.org/sun

Fixed-rate
Credit Card

Lock in with
rates as low as
8.99%
APR¹

Evergreen
SUNSELECT

E

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.

ADRIANE HERMAN
ARTIST TALK

Surfing the Surfeit: From Wreckage to Reclamation

HOSTED BY UNITY ENVIRONMENTAL UNIVERSITY

UNITY
ENVIRONMENTAL
UNIVERSITY

THURSDAY,
OCTOBER 23
5:00 PM

FREEPORT
HALL
70 Farm View Dr Suite 200,
New Gloucester, ME 04260