

USM Dept. of Theatre in Gorham premiere of A Monster Calls

GORHAM, ME – The University of Southern Maine Department of Theatre proudly presents the Maine premiere of A Monster Calls at Russell Hall on the USM Gorham campus October 24th-November 2nd.

Conor has been having nightmares. Or rather, THE nightmare. It jolts him awake every night seven minutes after midnight ever since his mother got sick. Tonight, Conor wakes up to a different nightmare. The ancient Yew Tree in his yard has come to life and demands to be heard. This monster informs Conor that he will tell him three stories, one a night, and all true. After that, Conor must tell his. Conor should be scared. Instead, he is angry. He is angry that his father is gone. He is angry that his grandmother keeps coming to the house and bossing him around. But most of all, he is angry that no one is giving him a choice. A Monster Calls is a stunning spectacle that reckons with love, loss and the stories we tell to make sense of the unimaginable.

Director Rachel Price Cooper says the story, which centers around a 13-year old boy losing his



L-R: Casen Ripple, Martina Smyth, Ellie Backman, Amara Beganny as the Monster Ensemble; Jesse Murphy as the Monster, Luca Enriquez Capalbo as Conor. Kat Moraros Photography

mother to cancer, is deceptively simple. “Death is the great equalizer. We know that ultimately we’re going to lose people we love and we just don’t like to talk about it.” With expert lighting, projections, sound and costume design from USM faculty and students, Conor’s reality is infiltrated by a magical world that ultimately enables him to face what’s happening to his mother. Audiences will experience the Monster’s 16-foot Yew tree, constructed by Technical Director Andrew Johns and Jesse Murphy, who also plays the Monster. Costume and set design from USM Theatre’s Kevin Hutchins blend the real and

magical worlds together in stunning detail.

For Price Cooper, this project is a personal one. A Monster Calls began as an idea from her cousin, British writer Siobhan Dowd. When Dowd passed away, author Patrick Ness transformed her ideas into the book that later became the 2016 movie by the same name starring Liam Neeson. The Old Vic Theatre brought it to life on the stage in 2018. USM Theatre’s production is the Maine premiere.

Show Info
A Monster Calls
October 24-November 2, 2025
Based on the novel
See *Monster*, page 8

October Special Section
Domestic Violence Awareness
Month pages 9-10

Town of Gorham releases Nov. 4 voting information

GORHAM, ME – A State Referendum and the Town’s Annual Municipal Election will take place on Tuesday, November 4, 2025 in which voters will have an opportunity to vote on People’s Veto Referenda, Direct Initiatives of Legislation (i.e. Citizen Initiatives) Bond Issues, other referenda proposed by the Legislature, and Constitutional Amendments, as well as appointments to the Gorham Town Council and Gorham School Committee. Poll places open at 7am and close at 8pm.

The State will have two referendum questions on the ballot, which can be viewed the Town’s website.

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

You can request an absentee ballot by visiting the Town’s website. Your

ballot will be mailed to you once we receive them in early October.

FAQs – Visit the Town of Gorham’s website for more information, including:

Voter registration and locations

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

To view a map of voting wards.

For ballot information

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

Absentee Voting
Absentee ballot requests are now available. You can request an absentee ballot by calling the Clerks office or by visiting the Town’s website. Ballots will be mailed out the first week of October once the Town Clerk’s Office receives them.

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

To be counted, absentee ballots must be returned to the Town Clerk’s Office by 8pm on Election Day - November 4, 2025 by you or an immediate family member.

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

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

Write a “Legacy Letter” with
Gorham’s BML

GORHAM, ME – A legacy letter, also called an “ethical will,” is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. Writing one is a rewarding experience that creates an enduring gift for your family, friends and loved ones. This workshop is designed to introduce the concept of leg-

acy letters and to help you craft your own legacy letter. It includes discussion and brief writing exercises. Jay will offer advice to help you complete your legacy letter, share it with loved ones and preserve it for future generations.

Jay Sherwin has practiced law, given away money for five charitable foundations and served as a hospital chaplain. Drawing

on all those experiences, Jay created the Life Reflections Project to educate people about legacy letters and ethical wills; he now teaches classes and workshops on legacy writing and helps people create their own legacy documents. You can read more on Jay’s website at www.jaysherwin.com.

October 24, 1:30 pm - 3:00 pm at Baxter Memorial Library.

Community invited to bean
supper in Gorham

GORHAM, ME – Public Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday,

Nov 1, 4:00-5:30pm
Eat in or take out. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese,

biscuits, hot dogs and dessert. \$12 adults, \$6 under 12 Follow us on Facebook for updates: facebook.com/whiterock-communityclub.

Clothes galore at Gorham’s
Mission of Hope Clothes Closet

GORHAM, ME – The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o’clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have dis-

played them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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Newsmakers, Names & Faces

\$750K for dairy farms to boost long-term success

MAINE – Dairy farmers across the Northeast can now apply for the Dairy Farm Improvement & Modernization Grant through the Northeast Dairy Business Innovation Center (NE-DBIC). With a total of \$750,000 in funding, this grant will support a wide range of projects aimed at improving farm viability, milk quality, worker conditions, economic sustainability, and climate resilience.

Grants will range from \$15,000 to \$100,000 with a 25% in-kind and/or cash match.

This grant will fund projects that help dairy farmers improve their operations for long-term success. Projects that take a systems-level approach and that show collaboration with experts or technical service providers will be most competitive. Projects that only replace old equipment without broader improvements to farm systems are not eligible.

Projects may focus on:

- Feed and nutrition management
- Animal health and comfort



- Milking systems
- Labor efficiency
- Animal management
- New and young farmer engagement
- Farm transition
- Cooperative milk production

Or other areas that benefit dairy operations

Dairy farmers across the Northeast are eligible to apply. Producer associations and technical assistance providers applying on behalf of groups of farmers are also eligible, as are milk buyers/processors focusing on on-farm milk production or transfer.

Grants are available to applicants in all 11 Northeast states served by

NE-DBIC: Connecticut, Delaware, Maine, Massachusetts, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

Applications are open from October 14 to December 4, 2025 at 2pm. Access the full request for applications here: <https://nedairyinnovation.com/grants/farm-improvement-modernization/>

The NE-DBIC's investment and project strategy promotes innovation and resiliency for regional production of dairy products across an 11-state Northeast region. Hosted by the Vermont Agency of Agriculture, Food and Markets, the NE-DBIC is funded through the USDA-AMS.

For more information on NE-DBIC, visit: <https://nedairyinnovation.com/>.

Appropriations & Tax Committees call for public hearing

AUGUSTA, ME – Republican members of the Maine Legislature's Appropriations and Taxation Committees today called for a November public hearing to consider adopting federal tax changes that benefit workers, seniors, and Maine families.

These federal tax reduction measures—contained in the "Working Families Tax Cut Act" passed by Congress and now in effect for 2025—offer the state an opportunity to decide whether to con-

form Maine's tax code to the new federal provisions.

Provisions of primary concern to Republicans include:

Elimination of state taxes on tips

Elimination of state taxes on overtime

Increasing the Maine standard deduction

NEW \$6,000 deduction for seniors

NEW deduction of car loan interest

"Maine has the fourth highest tax burden in the country, and workers, se-

niors and families are finding it increasing hard to live here," said Committee Republicans. "Congressional Republicans and President Trump have provided Maine with an opportunity to make life a little easier for citizens struggling to pay bills. The public should be given a chance to voice their opinions on how eliminating state taxes on overtime and tips, increasing the standard deduction and allowing car loan interest deductions would impact their daily lives."

Maine Veterans return from Honor Flight

BANGOR, ME – U.S. Senator Susan Collins greeted veterans returning to Bangor International Airport as part of the final Honor Flight of the year in Maine. Accompanied by dozens of local residents and Brigadier General Diane Dunn of the Maine National Guard, Senator Collins welcomed veterans at the jet bridge and joined them in a parade through the terminal, where families and supporters gathered to celebrate their return.

"It is deeply moving to welcome home the heroes whose courage and sacrifice have kept our nation free," said Senator Collins. "Thank you to Matthew Mank and all the volunteers with Honor Flight Maine for giving these veterans the experience of a lifetime and for providing the community a chance to express our gratitude to those who served to ensure that they know how much their sacrifice means to Maine and to our nation."



The trip, organized by Honor Flight Maine, brought 79 veterans to Washington, D.C., to visit the memorials built in their honor. Upon their return, the veterans were met with a large, cheering crowd welcoming them home. For many of these

veterans, this warm welcome was their first opportunity to return home alongside fellow service members to the kind of celebration all veterans deserve, but that some did not experience when they returned from their service.

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Ronald McDonald House holding 25th Hearts & Hands Gala

SCARBOROUGH, ME – Ronald McDonald House Charities of Maine (RMHC Maine) is thrilled to announce the upcoming 25th Annual Hearts & Hands Gala, taking place on Friday, October 24, 2025, at The Landing at Pine Point in Scarborough. This year’s gala promises to be a night to remember, celebrating the charitable spirit of the community and raising crucial funds for families with children receiving medical care far from home.

Presented by Agren Appliance, the Hearts & Hands Gala is RMHC Maine’s premier fundraising event, known for its elegant atmosphere and heartwarming purpose. Attendees will enjoy an unforgettable evening of fine dining, a silent and live auction featuring an array of incredible items and experiences, with live entertainment by Plush. The event will be emceed by WMTW Channel 8 Anchors, Meghan Torjusen and Jon Chrisos and the auctioneers are Coast



Ronald McDonald House Charities® Maine

93.1’s Blake Hayes and Kelly Towle from The Blake Show.

This year’s theme emphasizes The House that Love Built, as RMHC Maine continues to provide a “home away from home” for families facing difficult medical situations. The event will bring together local businesses, community leaders, and supporters to raise funds for RMHC Maine’s critical programs, which include the Ronald McDonald Houses in Portland and Bangor, and the Family Room at Northern Light Eastern Maine Medical Center.

“We are incredibly grateful to our supporters for making this event possible year after year,” said Julie Mulkern, CEO of RMHC Maine. “The Hearts & Hands Gala is

not just a celebration of our work—it’s a celebration of the families we serve and the community that supports them. We are excited for this elegant evening and look forward to the impact it will have on our mission.”

The silent auction opened online to all on Friday, October 17, 2025, allowing anyone to bid on exclusive items, from luxurious vacation packages to unique local experiences. The auction will remain open throughout the evening, with all proceeds benefiting RMHC Maine’s vital programs.

Tickets for the event are sold out, but the silent auction is open to everyone. To participate, visit the auction website at RMHC Maine Hearts and Hands Gala.

Letter to the Editor Vote to protect Gorham’s small-town character

Dear Editor,
My wife and I moved to Gorham just over a year ago. We were thrilled to find a home here because Gorham is truly special. While many towns in the greater Portland area have been reshaped by gentrification and unchecked development, Gorham has held on to the rural, small-town feel that makes Maine such a great place to live.

But the same pressures that have reshaped nearby communities - housing developers, multinational corporations, rising property taxes, and general overdevelopment - are coming for Gorham. Fortunately, we still have a chance to protect the Gorham we know and

love. Unfortunately, the current town council has largely rolled over for special interests, ignoring the voices of local families and small businesses.

Gorham is a wonderful town - but if we want to keep it that way, we need leaders who will listen to the residents, not developers. We need council members who will fight to keep Gorham affordable, livable, and true to its small-town character. That’s why I’m voting for Charlie Hamblen, Sam Purinton, and Seven Siegel in the Town Council election on November 4th.

Charlie Hamblen is a lifelong Gorham resident and has led the fight against a quarry expansion that threatened the health and quality of life of hun-

dreds of people. Sam Purinton, newer to local politics, has clear plans to keep property taxes low by supporting local businesses and directing new housing to existing infrastructure. Seven Siegel, currently on the council, has earned a reputation for listening and responding to residents’ concerns.

All three consistently put residents first, and I trust they will resist overdevelopment, keep property taxes low, and protect Gorham’s small-town character. Gorham is a really nice town - voting for Charlie Hamblen, Sam Purinton, and Seven Siegel will help keep it that way.

Josh Trombley
Gorham, Maine

We want to hear from you!
Please submit your letter to the editor by 5pm on Friday for next weeks edition.
Email: editor@GorhamWeekly.com

Hams to put emergency skills to the test in Gorham area

WINDHAM, ME – For 4 hours, beginning at 8:00 AM on Saturday, October 25th, members of the Wireless Society of Southern Maine Emergency Communications Team (WSSM-ECT), which meets monthly in Windham, will take part in a statewide emergency communications exercise to test their capabilities across Cumberland County and beyond.

The drill, known as the Simulated Emergency Test (SET), is an annual event sponsored by the American Radio Relay League (ARRL), which encourages amateur radio operators across the country to test their emergency communications skills in response to a mock disaster scenario.

This year’s exercise will be part of a larger regional interoperability drill, focusing on testing communications between Amateur Radio and SHARES stations — a priority in building more robust emergency coordination between public and private response agencies.

Participants will exchange formal Requests for Information (RIs) and other traffic across a variety of systems and fre-

quencies, while placing special emphasis on testing local capabilities within Cumberland County. The WSSM-ECT will evaluate VHF simplex, UHF repeater, and PACKET radio coverage, and explore methods for expanding local communications using relay points and portable nodes.

“This year’s SET presents a great opportunity to evaluate how Amateur Radio can integrate with other systems during a disaster scenario,” says Tim Watson, of Saco. Watson is the founder and President of the Wireless Society of Southern Maine, which provides auxiliary communications support to the Cumberland County Emergency Management Agency (CCEMA) and the National Weather Service. “We’re testing the assumptions we’ve made about coverage and resiliency, and working to enhance our toolkit.”

During the SET, amateur radio operators must quickly establish communications between Emergency Operations Centers (EOCs), shelters, and other key sites, and exchange formal messages that may include requests for supplies, medical status reports, or weather updates

— the types of information critical to emergency response when conventional infrastructure fails. Operators use voice, Morse code, and digital modes, across bands ranging from HF to UHF.

“The hams in our club are a dedicated group,” adds Brad Brown, of Waterboro, WSSM’s Secretary. “They take this work seriously. Sure, amateur radio is a fun and rewarding hobby, but many of us stay engaged in drills and support community events so we’re ready when we’re really needed. That’s what it’s all about — being prepared and being of service.”

The 2025 drill will mark the tenth consecutive

year that WSSM-ECT has participated in the Simulated Emergency Test. Following the exercise, the group will conduct a formal assessment to identify successes and areas for improvement.

“There’s always something new to learn,” Watson says. “This year, we’ll be expanding our use of Winlink and PACKET radio, which continue to be powerful tools for transmitting structured messages over RF. We’re always pushing to improve our readiness.”

For more information about amateur radio, or the Wireless Society of Southern Maine, please visit their website at: <http://www.mainehamradio.com>.



Photo by Todd Rodgers, of Standish, who participated in last year’s SET. This shows a portable station that he setup at a shelter site at Gorham Middle School.

Gorham WEEKLY

(207) 558-8488

Info@GorhamWeekly.com

28 State Street, Gorham, ME 04038

Mail: 89 Union Street, Suite 1014, Auburn, ME 04210

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Seniors Not Acting Their Age A Northern Maine Whitewater Weekend

Northern Maine was suffering through a serious drought. The rivers and streams were drying up and the lakes unusually low. The whitewater prospects for Labor Day Weekend were grim. Whitewater enthusiasts were waiting for the verdict on whether or not there would be releases on the dam controlled rivers.

Brookfield Renewable owns the dams on the rivers in northern Maine. The axe fell on the Dead River when the much anticipated 5,000 cubic feet per second (CFS) Labor Day Weekend big water release was cancelled. Finally some good news; Brookfield announced the 600 CFS release on the Canada Falls section of the upper Penobscot River would occur on Saturday as scheduled and there would be a 5,000 CFS release on the Kennebec River on Sunday.

Avid paddlers with the Penobscot Paddle & Chowder Society began organizing for an exciting whitewater weekend. My son, Adam, was coordinating the Canada Falls trip and long-time friend, Kyle Duckworth, was leading a Kennebec Gorge outing the following day. Perhaps my last Class IV whitewater opportunity of the year, I decided to paddle with Adam both days. We were going to navigate a two-person inflatable vessel called a shredder.

Canada Falls is located

in a remote area about 20 miles northeast of Jackman. Actually a 3.5-mile section of the South Branch of the Penobscot River, the rapids on Canada Falls are rated Class III/V by the American Whitewater Association.

Eight kayakers, three canoeists, and Adam and I in the shredder, made the long drive to the put-in a short distance below the dam at Canada Falls Lake on a warm sunny day. The excitement was palpable.

We started out with some steep, narrow twisting rapids, a mere taste of what was to come. When angling hard right in a small canyon, a kayaker got pushed against a wall on the left and flipped. He rolled, but flipped again. This time, he swam. Fellow paddlers quickly rescued him and his boat, but his paddle was lost. Fortunately, another kayaker had a spare breakdown paddle.

Soon after, an intimidating falls called The Slide begins. All of the water tumbles precipitously down a steep shallow incline into a gigantic foam pile followed by a host of turbulent breaking waves. Often the scene of unpleasant swims, everyone had successful descents but some kayakers had to roll.

Several difficult rapids followed. We maneuvered around the many obstacles in Cabin Rapid and plunged down Upper Split Decision, Lower Split

Decision and Megahole. Two canoeists capsized and swam at Upper Split Decision, but were quickly reunited with their boats.

At the takeout, paddling the Kennebec Gorge near West Forks the following day was the primary topic of conversation. Most of the group planned to test their skills on the big volume rapids.

The put-in at Harris Dam on the Kennebec was crowded with rafters when ten of us arrived on a sunny, warm Sunday morning. Many of the rafting companies had originally planned to paddle the high water Dead release so the cancellation resulted in about twice the normal number of rafts on the river.

The contrast between the Kennebec Gorge and Canada Falls is remarkable. Canada Falls is a precipitous, low volume stream whereas the gorge is four miles of almost continuous huge waves followed by nine miles of feisty big water rapids.

After descending a steep crowded stairway, we launched immediately below the dam and quickly separated ourselves from the rafts paddling through a comparatively easy rapid called Taster. The kayakers surfed several waves in Taster including an unpredictable roller called Disappearing Wave.

Then the excitement began in earnest. Trashy holes and choppy breaking waves were successfully navigated in Rock Garden before entering a rapid named after the largest wave on the river, Big Mama. The explosive breaker knocked a canoeist over and he swam. Several members of the group assisted him and his boat safely into an eddy.

Demanding rapids named Alley Way, Z-Turn and Magic Falls followed.

Powerful diagonal waves in Magic Falls flipped the canoeist. Adam and I helped him back into his boat.

The rapids gradually diminished in difficulty as we continued to the takeout in West Forks. The whitewater thrills and spills were over for another Labor Day Weekend and what a weekend it was.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine relates many more exciting escapades on the best whitewater rivers in the state.

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.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



A canoeist reaches the safety of Cathedral Eddy on the Kennebec Gorge



A kayaker paddles Rock Garden Rapid on the Kennebec Gorge



A kayaker stern squirts at the bottom of The Slide on Canada Falls

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Operation Christmas Child local drop-off locations opening soon

MAINE – Volunteers are preparing to collect Operation Christmas Child shoebox gifts during National Collection Week, Nov. 17 – 24. Nearly 5,000 drop-off locations will open across the country in November, and shoebox packers can find their local drop-off locations in Maine.

Since 1993, Operation Christmas Child has been collecting and delivering gift-filled shoeboxes to children including many who are suffering from war, poverty, disease and disaster. Operation Christmas Child hopes to reach another 12 million children in 2025 with the hope of Jesus.

Shoebox packing is fun for individuals, families and groups! Find a step-by-step guide on the How to Pack a Shoebox webpage. The project partners with local churches across the globe to deliver these tangible expressions of God’s love to children in need. Participants can donate \$10 per shoebox gift online through “Follow Your Box” and receive a tracking label to discover its destination.

“Samaritan’s Purse works around the world to help people in need, but it’s not about good works— it’s about the Gospel,” said Franklin Graham, president of Samaritan’s Purse. “Please prayerfully consider packing a shoebox this year with Operation Christmas Child. These simple gifts open the door for us to share the true meaning of Christmas.”

Participants can find the nearest drop-off location and hours of operation as they make plans to drop off their shoebox gifts. The online lookup tool is searchable by City or ZIP code. Signs at each location will identify the drop-off.



Operation Christmas Child, a project of Samaritan’s Purse, seeks to demonstrate God’s love in a tangible way to children in need around the world and, together with the local church worldwide, to

share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 232 million gift-filled shoeboxes to children in more than 170 countries and territories.

October is Sudden Cardiac Arrest Awareness Month

PORTLAND, ME – October is Sudden Cardiac Arrest Awareness Month, designed to inform the public about warning signs, risk factors, and what to do in a cardiac emergency. During this month, the American Red Cross encourages everyone to enroll in a CPR and AED course so they can learn how to help save a life when someone goes into cardiac arrest and minutes matter.

Each year, more than 350,000 people experience out-of-hospital cardiac arrest in the U.S. and about 90% of them die. Cardiac arrest occurs when the heart suddenly stops beating normally because of abnormal electrical activity. Every second counts, so it’s important for people to be trained in knowing how to perform CPR and use an AED. Immediate CPR delivered by a bystander can double or even triple a person’s chance of survival. More than 70% of out-of-hospital cardiac arrests happen in the home.

Visit redcross.org/takeaclass to sign up for online, blended learning or in-person training classes today.

“Sudden cardiac arrest can happen to anyone, anywhere and at any time without warning,” said Stephanie Couturier, regional CEO, American Red Cross. “It’s important to be ready to take action whether that’s calling 911, starting chest compressions or using an AED. Red Cross training can give you the skills and confidence to act in an emergency.”

An AED (automated external defibrillator) is a device that analyzes the heart’s rhythm and, if necessary, advises the rescuer to deliver an electrical shock, known as defibrillation, which can help the heart re-establish an effective rhythm. For each minute that defibrillation is delayed, a person’s chance for survival is reduced by about 10%.

October 16 was World Restart a Heart Day, an international initiative

designed to increase awareness about the importance of knowing what to do in a cardiac emergency and learning Hands-Only CPR. The goal is to save more lives by increasing the rate of bystanders getting involved and giving CPR to someone who needs it.

Last year, more than 6.6 million people turned to the Red Cross for First Aid, CPR and AED and other lifesaving training. Training helps provide the confidence and skills to act when moments matter.

Sometimes people refrain from helping someone who needs CPR because they are afraid that they’ll injure the person or do something wrong. Calling 911 and starting chest compressions is better than doing nothing at all. It can help give the person a better chance of survival.

Download the free Red Cross First Aid app and activate the First Aid Skill for Alexa-enabled devices for instant access to guidance on what to do during an emergency.

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

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Choral music teacher named 2026 Maine Teacher of the Year

POLAND, ME – The Maine Department of Education (DOE) and Educate Maine are excited to announce Bruce Whittier Middle School/Poland Regional High School choral music teacher Julia Edwards as the 2026 Maine Teacher of the Year. On Thursday, October 16, 2025, Edwards celebrated this award with fellow RSU 16 educators and students during a surprise ceremony in the Poland Regional High School gymnasium.

“Congratulations to Julia Edwards on earning this well-deserved recognition as 2026 Maine Teacher of the Year!” Pender Makin, Commissioner of the Maine Department of Education, said. “Her enthusiasm for

music and its ability to serve as a connector across cultures and differences is remarkable, and her gift for extending that love of the arts to her students is admirable. Maine is lucky to have Julia representing and advocating for educators statewide throughout the next year.”

Hundreds of educators across the state were nominated for the 2026 Maine Teacher of the Year process. In May, Edwards was selected as the 2025 Androscoggin County Teacher of the Year, alongside 15 other County Teachers of the Year. In August, Edwards became one of four state finalists before she was ultimately named 2026 Maine Teacher of the

Year.

“Music is at the root of some of the best learning in history. Try to summon up the elementary lessons that have stuck with you, and you’ll often find them attached to rhythm or song. As a community, we find our shared humanity through music. It builds bridges; it spans generations and cultures; and it holds power for positive change,” said Julia Edwards, 2026 Maine Teacher of the Year. “We are fortunate that, in addition to living in a state filled with stellar educators, we can also celebrate Maine’s music programs that serve both their students and communities.”

Edwards is the choral music teacher at RSU

16’s Bruce Whittier Middle School and Poland Regional High School in Poland. She earned her Bachelor of Music degree in Music Education at the University of Massachusetts – Amherst, where she studied oboe and served as a teaching fellow for the Children’s Chorus of Springfield. She returned home to Bridgton after graduating college to teach elementary music in North Conway, New Hampshire for two years before accepting her current position in the fall of 2012.

Edwards’ leadership experience at Poland Regional High School includes coordinating the “Roundtable” grade-level advisory program and serving as coordinator for the all-virtual learning program during the hybrid school year. As an advocate for professional collaboration, she served on the District Professional Learning Committee, where she proposed and co-created RSU 16’s annual district-wide conference. She finds the most joy,

however, in working with her students. Edwards believes that all students deserve access to an excellent music education, regardless of their background, identity, or geographical location. Cultural curiosity and musicianship are at the core of her teaching philosophy, and she has worked to create many intercultural and intergenerational experiences for her students and community.

In addition to her teaching responsibilities, Edwards has served as a guest clinician and manager for district and state festivals in Maine and has presented on pedagogical topics for state, regional, and national conferences. She recently moved into the role of president for the Maine chapter of the American Choral Directors Association, where she is working to expand community singing opportunities throughout the state. As an advocate for cultural curiosity, Edwards has designed a Cultural Context Curricu-

lum, which helps students to develop tools for ethically and enthusiastically exploring the world around them, as well as skills to be better world citizens. She believes music and community are synonymous, and she loves participating in the music community as a listener and performer.

Outside of teaching, Edwards enjoys skiing, cross-stitching, playing concerts with her folk band, “Bold Riley,” and exploring the Maine outdoors with her husband, two children, and rowdy dog, Baxter.

Read this article to learn more about Edwards: A Day with Julia Edwards: Celebrating a 2026 Maine Teacher of the Year Finalist and Beloved Choral Educator.

The Maine Teacher of the Year Program is a year-long process that involves educator portfolio and resume submissions, interviews, oral presentations, and classroom visits made by a selection panel

See Teacher, page 8



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Producer
Jennifer Groover

Director/Music Director
Paul G. Caron

Choreographer
Lacey Moyse

Stage Manager
Brandon Chaloux

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Maine Construction Career Days draws record-breaking crowd

WEST BATH, ME – The National Association of Women in Construction (NAWIC) Maine Chapter #276 and the Associated General Contractors (AGC) of Maine proudly announce the resounding success of the 2025 Maine Construction Career Days, held on October 9th at MidCoast Excavation in West Bath. This annual event, designed to inspire and equip the next generation of construction professionals, attracted a record 1,000 registered students from high schools across the state—surpassing previous years attendance. The group also welcomed over 50 construction career-related exhibitors, showcasing the industry’s vast opportunities.

In a vibrant gathering that bridged education and industry, students engaged directly with leading contractors, suppliers, and trade organizations. Exhibitors highlighted hands-on demonstrations, interactive career simulations, and insights into high-demand roles ranging from skilled trades like carpentry and electrical work to emerging fields in sustainable building and project management. The event underscored the construction sector’s critical need for diverse, skilled talent, with Maine’s construction workforce projected to continue to grow over the next decade amid booming infrastructure projects.

“Events like Maine Construction Career Days are essential for sparking interest in careers that offer stability, growth, and real-world impact,” said Nichole Lemeux, President of NAWIC Maine Chapter #276. “We’re thrilled to see



such overwhelming enthusiasm from kids eager to join an industry that’s not just building structures but also can build their future.”

Kelly Flagg, Executive Director of AGC Maine, added, “We are pleased to see such commitment from the industry—from heavy equipment operators to electricians and welders, this year’s event provided unparalleled exposure to the opportunities that are available in construction. The students who joined us left inspired, informed, and ready to step into roles that will shape Maine for generations. We hope they will

choose to take the next step and apply for our Maine Construction Academy Immersion Programs offered across the state. These programs will provide a deeper dive into construction and provide basic certifications to start their careers.”

Hosted by NAWIC Maine and supported by AGC Maine since 2022, the event has evolved into a cornerstone of workforce development in the region. This year’s record turnout reflects a surge in interest fueled by federal investments in infrastructure and a statewide push for vocational training.

MEMIC announces \$19M policyholder dividend

PORTLAND, ME – The MEMIC Group announced today that its Board of Directors has authorized a \$19 million dividend for more than 17,000 Maine policyholders. Since 1998, MEMIC has returned more than \$389 million in dividends to policyholders across all 16 counties in Maine.

Michael Bourque, President and CEO of The MEMIC Group, shared the news at the 2025 MaineBiz 60 Ideas in 60 Minutes event on October 8 in South Portland, Maine.

“Returning dividends to our policyholders demonstrates why a mutual partnership is such an impactful model for workers’ compensation,” said Bourque. “When businesses invest in safety and partner

with MEMIC to prevent injuries, everyone benefits—employees, employers, and the communities we serve.”

Since MEMIC’s founding in 1993, lost-time injuries in Maine have been reduced by approximately 50%. Safer workplaces have led to lower costs for employers. Maine regulators recently approved a significant reduction in advisory costs—an average decrease of 9.6% for 2025. This continues a multi-year trend of declining statewide rates, with advisory costs falling more than 43% over the past four years. These reductions have translated into premium savings for many employers.

“While policyholders and employees help drive our commitment to safety,

MEMIC must also operate as an efficient, disciplined company. Dividends are the reward for a healthy workers’ compensation system that we are especially proud to underwrite,” Bourque said. “Our aim is to continue making our workforce safer and to see the return on investment benefit the Maine economy.”

This annual dividend is calculated based on MEMIC’s financial performance, claims experience, and the collective success of policyholders in maintaining safe workplaces during the 2022 calendar year. The \$19 million distribution represents an 11% return of premiums paid by eligible policyholders that year and will be distributed next month.

Send all items for
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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
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includes all taxes and fees

Teacher
Continued from page 6

comprised of Maine State Board of Education members, school administrators, Maine DOE staff, legacy Maine Teachers of the Year, and Maine business partners.

“I want to offer a huge congratulations to Julia Edwards for being named the 2026 Maine Teacher of the Year,” said Jason Judd, Ed. D., executive director of Educate Maine. “This recognition honors Julia’s innovative practice, her enthusiasm for the work, and her unique connection to her students. In her classroom, Julia demonstrates every day what it truly means to be a teacher of impact.”

As 2026 Maine Teacher of the Year, Edwards will spend her year of service advocating for students and teachers and speaking about the importance of educa-

tion in preparing Maine’s next generation of leaders for the future. She will also represent Maine in the National Teacher of the Year program.

“Julia is about to have one of the most meaningful years of her life,” said Becky Hallowell, 2025 Maine Teacher of the Year. “Mainers are fortunate to have Julia representing them. She has a gift for reaching out to all to celebrate the joy that music brings to us all. Julia’s natural generosity of spirit indicates that the entire community will be lifted and celebrated while she serves as the 2026 Maine Teacher of the Year.”

“Anyone who has seen Julia in action knows that her classroom is a place filled with laughter, learning, and genuine connection. She is the teacher who every student remembers—the one who believes

in them, challenges them, and helps them discover their confidence,” said Amy Hediger, superintendent of RSU 16. “We could not be more proud that Maine has recognized what our community has long known: Julia Edwards is extraordinary.”

The Maine Teacher of the Year program is administered by Educate Maine, a business-led advocacy organization, in partnership with the Maine DOE, the Maine State Board of Education, and the Maine County and State Teachers of the Year Association. Funding for the program is generously provided by Bangor Savings Bank, Unum, Hannaford Supermarket, Geiger, Maine State Lottery, and the Silvernail family.

For more information about the Maine Teacher of the Year program, visit mainetoy.org.

Monster
Continued from page 1

by Patrick Ness and inspired by an original idea by Siobhan Dowd

Devised by Sally Cookson, Adam Peck and the Company

Directed by Rachel Price Cooper

Russell Hall, USM Gorham Campus

Performances:
Friday, October 24th, 7pm
Saturday, October 25th, 7pm
Sunday, October 26th, 2pm
Wednesday, October 29th, 10am
Thursday, October 30th, 7pm - Pay What You Can Performance

Friday, October 31st, 7pm

Saturday, November 1st, 7pm

Sunday, November 2nd, 2pm - ASL Interpreted Appropriate for grades 5 & up

Content advisory: Contains themes of terminal illness, the loss of a parent, and bullying.

Ticket Info
General Admission: \$18

Senior 65+: \$12
USM Faculty/Staff/Alumni: \$14

USM Students & Non-USM Students: \$8

Group rate: \$8/person - for schools and community groups

Pay-What-You-Can: Thursday, November 7th, 7pm

Tickets available through PortTIX, the official ticketing agent of the USM Department of Theatre. To purchase tickets, or for more information, visit



PortTIX at: <https://porttix.com/whats-on/a-monster-calls-usm/>, call (207)842-0800, or in person at 400 Congress St., Suite A, Portland, ME. For more information on USM’s Department of Theatre events and programs, click here.

Group Reservations
Contact Audience Services & Outreach Co-

ordinator Janice Gardner at (207)780-5289 or janice.gardner@maine.edu.

Those needing special accommodations to participate fully in this program, contact Janice Gardner at (207)780-5289 or janice.gardner@maine.edu. Hearing impaired: call USM’s telex / TDD number (207)780-5646.



L-R: Jesse Murphy as the Monster; Martina Smyth, Ellie Backman, Amara Beganny, Casen Ripple as the Monster Ensemble; Luca Enriquez Capalbo as Conor in center. Kat Moraros Photography



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October Special Section: Domestic Violence Awareness Month

Through These Doors serves Cumberland County

Only one of its kind in the county

Through These Doors began its work in 1977 as Family Crisis Shelter and continues to work together with survivors to offer holistic services, give voice to their experiences, and shape our community's response to the issue of domestic abuse.

Social Change Advocacy

TTD supports individuals experiencing domestic violence, while working to end domestic violence everywhere. We connect with survivors and their supportive networks to strengthen our community as a whole and to create solidarity around the issue of violence against women.

Community Focused

TTD calls on community members, partners, leaders, and ourselves to respond, repair, and prevent the damage caused by violence.

Survivor Centered

TTD engages in meaningful relationships that affirm the whole person, honoring our interdependence with each other and our environment.

Innovative Services

TTD learns from survivors and community members, developing and adapting services to respond to the changing world. We help rather than rescue survivors.

24 Hour Helpline

We can help. Call our free, confidential Helpline at 1-800-537-6066 or 207-874-1973. Trained, experienced advocates are available 24 hours a day by phone for support, information, and safety planning. We are here to listen and support.

Residential Services

TTD's residential services program includes Emergency Shelter for people fleeing abuse and Transitional Housing which provides long-term support and assistance with housing. Emergency shelter can be accessed by calling our 24-hour helpline. Transitional housing is a two-year program that requires an application. Sometimes where you are is just not safe. Please contact TTD for assistance.

Support Groups

Through These Doors offers support and educational groups throughout Cumberland County. These groups are for anyone who has or is currently experiencing abuse in their relationship. We provide a variety of groups and all groups are FREE and CONFIDENTIAL. Talking with others who have been through similar experiences can be empowering and life-changing. Contact us to learn more.

Advocacy Services

Through These Doors operates three outreach offices in Cumberland County, Maine in Portland, Brunswick, and Bridgton. TTD advocates assist with Protection from Abuse orders, help navigate the court systems, assist with safety plans, and provide information and referrals related to the legal system. Navigating these complex systems while trying to stay safe can be overwhelming. Our advocates can help.

Education & Prevention

At Through These Doors, we believe we must join together as community members, partners, students, and leaders to end domestic violence. Our educators and prevention advocates are dedicated to raising awareness about the importance of anti-oppression work and inspiring others to help create a safer community for all. Through These Doors Young Adult Abuse Prevention Program, YAAPP, works with schools and community groups.

Violence Intervention

TTD maintains a Certified Domestic Violence Intervention Program (CDVIP) called 'A Different Choice.' ADC's weekly groups for men who perpetrate domestic violence are facilitated by trained educators using the Duluth Model as its curriculum. TTD's CDVIP is certified by the Maine Department of Corrections.

TTD provides Innovative & Responsive Organization working to End Domestic Violence in Cumberland County Maine.

Through These Doors staff present at national convention



Two of our amazing Through These Doors staff members spoke at the National Association of Social Workers last Tuesday! Jen, TTD Director of Advocacy & Victim Services, and Jenny, TTD Co-Executive Director, presented "Behind the Charge" to a well-attended group of social service professionals. We are so proud of how our staff is engaged with constantly learning from and sharing with our community. Congratulations on a great presentation, Jen and Jenny!

Shine a light on domestic violence with Purple Lights Nights

October is a time to shine a light on domestic violence and acknowledge the importance of taking action against intimate partner violence. Purple Lights Nights, a nationally recognized campaign, encourages community members and leaders to light up the night in purple to stand in solidarity with survivors and raise awareness for Domestic Violence Awareness Month.

Remember to look for the purple lights all throughout Cumberland County this month! Take a picture and tag Through These Doors using #takestepsforsurvivors and #purplelightsnights.

DOMESTIC VIOLENCE ACTION MONTH

OCTOBER 2025

PURPLE LIGHTS NIGHT®

Join us in illuminating our community with purple lights this October for Purple Light Nights, as we stand in solidarity with survivors and raise awareness for domestic violence during Domestic Violence Awareness Month. Don't forget to look for purple lights around town!

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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

Frequently asked questions about domestic violence

Contributed by The National Network to End Domestic Violence (NNEDV)

1. What is domestic violence?

Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse or financial abuse (using money and financial tools to exert control). Some abusers are able to exert complete control over a victim's every action without ever using violence or only using subtle threats of violence. All types of abuse are devastating to victims.

Domestic violence is a pervasive, life-threatening crime that affects millions of individuals across the United States. High-profile cases of domestic violence will attract headlines, but thousands of people experience domestic abuse every day, and they come from all walks of life.

In our annual Domestic Violence Counts Report, the National Network to End Domestic Violence (NNEDV) finds that U.S. domestic violence shelters and programs serve thousands of victims and answer thousands of crisis hotline calls, chats, texts, and emails every day of the year.

Abusive partners make it very difficult for victims to escape relationships. Sadly, many survivors suffer from abuse for decades. It is important for survivors to know that the abuse is not their fault, and that they are not alone. Help is available to those who are experiencing domestic violence..

2. What resources are available for victims?

Survivors have many options, from obtaining a protection order, staying in

a shelter, exploring options through support groups, or making an anonymous call to a local domestic violence shelter or national hotline. There is hope for victims, and they are not alone.

There are hundreds of local shelters across the United States that provide safety, counseling, legal help, and other resources for victims and their children.

Information and support are available for victims of abuse and their friends and family:

Hotlines

If you are in immediate danger and feel comfortable involving law enforcement, please call 911.

The U.S. National Domestic Violence Hotline provides confidential and anonymous support 24/7. Reach out by phone (1-800-799-7233), TTY (1-800-787-3224), chat (TheHotline.org), or text (START to 88788).

Loveisrespect provides teens and young adults confidential and anonymous support. Reach out by phone 1-866-331-9474 and TTY 1-866-331-8453.

WomensLaw.org (a project of NNEDV) provides legal information and resources for victims. Reach out by email through the WomensLaw Email Hotline in English and Spanish.

Information

Technology can be used by victims to increase safety and privacy; it can also be misused by perpetrators to harass, abuse, or harm victims. Find information, including resources and toolkits, related to technology safety at TechSafety.org.

Financial abuse is widespread. Learn more about rebuilding from financial abuse from The Moving Ahead Curriculum.

Find state- and territory-specific legal informa-



tion on WomensLaw.org related to custody, protection orders, divorce, and more.

TIP: Before using online resources, know that your computer or phone may not be safe. Some abusive partners misuse technology to stalk and track a partner's activities on a computer, tablet, or mobile device. (Learn more at TechSafety.org.)

3. Why do victims sometimes return to or stay with abusers?

The question is not "Why doesn't the victim just leave?" The better question is "Why does the abuser choose to abuse?"

The deck is stacked against victims as they navigate safety:

Abusive partners work very hard to keep victims trapped in the relationship. They may try to isolate the victim from friends and family, thereby reducing the people and places where the survivor can go for support.

Through various tactics of financial abuse, abusive partners create financial barriers to safety.

There is a real fear of death or more abuse if they leave, as abusers may perceive this act of independence as a threat to the power and control they've worked to gain, and they may choose to escalate the violence in response.

Through "gaslighting," abusive partners cause victims to feel like they are

responsible for the abuse. Gaslighting is a form of emotional abuse that abusers use to confuse and shift blame onto the victim. This often causes the victim to doubt their sanity and feel like they are responsible for the abuse and, therefore, able to stop it.

Abuse takes an emotional and physical toll over time, which can translate to additional health issues that make leaving more difficult.

Survivors often report that they want the abuse to end, not the relationship. A survivor may stay with or return to an abusive partner because they believe the abuser's promises to change.

4. Do abusers show any potential warning signs?

There is no way to spot an abuser in a crowd, but most abusers share some common characteristics. Some of the subtle warning signs include:

They insist on moving quickly into a relationship.

They can be very charming and may seem "too good to be true."

They insist that you stop participating in your preferred leisure activities or spending time with family and friends.

They are extremely jealous or controlling.

They do not take responsibility for their actions and blame others for everything that goes wrong.

They criticize their partner's appearance and make frequent put-downs.

Their words and actions don't match.

It's important to remember that domestic violence is first and foremost a pattern of power and control. Any one of these behaviors may not be indicative of abuse on its own, until it is considered as part of a pattern of behavior.

5. Is it possible for abusers to change?

Yes, but they must first make the choice to change their behavior. It's not easy for an abusive partner to stop choosing abusive behavior, and it requires a serious commitment to change. Once an abuser has had all of the power in a relationship, it's difficult to transition to a healthy relationship where each partner has equal respect and power.

Sometimes an abusive partner stops one form of the abuse – for example, the physical violence – but continues to employ other forms of abuse, such as emotional, sexual, or financial abuse. It is important to remember that domestic violence includes one or more forms of abuse and is a part of an overall pattern of seeking power and control over the victim.

6. Are men victims of domestic violence?

Yes, men can be victims of domestic abuse. Domestic violence is a pervasive, life-threatening crime that affects millions of individuals across the United States.

According to the Centers for Disease Control and Prevention, more than four in 10 men (44.2% or 52.1 million) in the United States reported contact sexual violence, physical violence, and/or stalking by an intimate partner at some point in their lifetime.

Pervasive stereotypes that men are always the abuser and women are always the victim discriminates against survivors who are men and discourages

them from coming forward with their stories. Survivors of domestic violence who are men are less likely to seek help or report abuse. Many are unaware of services for men, and there is a common misconception that domestic violence programs only serve women.

When we talk about domestic violence, we're not talking about men versus women or women versus men. We're talking about violence versus peace and control versus respect. Domestic violence affects us all, and all of us must be part of the solution.

7. How does the economy affect domestic violence?

A bad economy does not cause domestic violence – and the only person responsible for abuse is an abuser – but economic stressors can worsen certain aspects of domestic violence. The severity and frequency of abuse can increase when factors associated with a bad economy are present. Job loss, housing foreclosures, debt, and other factors contribute to higher stress levels at home, which can lead some people to choose to channel their frustration into violent, controlling behavior against partners or other family members.

As the abuse gets worse, a weak economy also limits options for survivors to seek safety or escape. Additionally, domestic violence shelters and programs may experience funding cuts right when they need more staff and funding to keep up with the demand for their services. Victims may also have a more difficult time finding a job to become financially independent of abusers.

8. What can I do to help?

Everyone can speak out against domestic violence. Use our 10 Tips to Have an Informed Conversation about Domestic Violence to help guide your conversations with friends, colleagues, and loved ones.

Every person can take individual action to create a supportive community for survivors. Get involved in your community – we've got ideas for creative ways to get involved in our Get Involved Toolkit.

Members of the public can donate to local, state-wide, territorial, or national anti-domestic violence programs or victim assistance programs, like NNEDV.

You can call on your public officials to support life-saving domestic violence services and hold perpetrators accountable.

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UMaine Extension offers webinar on native plants

ORONO, ME – University of Maine Cooperative Extension will host a webinar on incorporating native plants into cultivated landscapes from 6 – 7:15 p.m. on Monday, November 3.

“Transitioning to Native Plants in the Landscape or Garden” will feature Cathy Rees, professional gardener, co-founder of Natives Gardens of Blue Hill, and author of “Winterland: Create a Beautiful Garden for Every Season.” Rees will discuss how native plants can meet both ecological and design goals in residential landscapes.

Topics include Maine’s native plant communities, selecting appropriate species for specific sites, and design strategies that reduce long-term maintenance while supporting biodiversity and a clean, professional



Native goldenrod and asters bring beauty and biodiversity to autumn gardens. Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

aesthetic. Participants will gain practical tools for addressing common landscape challenges such as plant failure, overgrowth and site improvement.

The webinar is part of UMaine Extension’s Commercial Horticulture Webinar Series, held on the first Monday of each month. It is intended for landscape professionals, gardeners and nursery owners inter-

ested in sustainable, native plant-based design.

Registration is required; sliding scale fee options are available. Register on the event webpage to attend live or receive the recording link. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

Goodwill celebrating inclusive workplaces this October



MAINE – Each October, Goodwill Northern New England joins a nationwide effort to celebrate the contributions of workers with disabilities and promote inclusive employment.

This year’s theme is “Celebrating Value and Talent,” and we’re proud to be part of it.

The campaign began in 1945 as a weeklong recognition of people with physical disabilities. Today, it includes all people

with disabilities, including those with mental health conditions and other non-obvious disabilities, and spans the entire month of October.

At Goodwill NNE, we believe that everyone deserves the dignity of work. That’s why we’re highlighting several of our incredible employees this month to raise awareness and celebrate the value of inclusive workplaces.

“We want to spread the important message that

we value all perspectives, including those of individuals with disabilities,” said Tripp Harrison, President and CEO of Goodwill NNE.

We’re committed to building a workplace where everyone can thrive. We’re proud to be part of a community that shares that vision.

Want to learn more about how you can support inclusive employment? Visit dol.gov/NDEAM for resources and ideas.

Local author to speak at Gorham’s Baxter Memorial Library

GORHAM, ME – We at Baxter Memorial Library love our community of local authors! Check out this fantastic lineup!

Sheri Aube

October 30, 6:00 pm
Join us for a reading by local author Sheri Aube from her semi-autobiographical book *A Loop of the United States of America*. Sue’s friend Rick in-

ited her on *A LOOP OF THE USA* during the summer of 2005. This captivating non-fiction book is full of humor, philosophy, environmental concerns, and historic impressions.

Support area trails, order MDT shirts & hats for the holidays!

MAINE – Looking for the perfect holiday gift? The Friends of the Mountain Division Trail are offering our popular T-Shirts (\$15) and Hats (\$25) — all sizes are currently in stock!

Order now for the holidays and show your support for the trail that connects our communities.

Free local delivery is available within 30 minutes of Steep Falls, Maine.

Order online or pick one up at REI in Westbrook.

Your purchase helps us continue improving and expanding the Mountain Division Trail for everyone to enjoy — thank you for your support!

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Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME – If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

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

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

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AARP Fraud Watch Aspen Institute Fraud Task Force

Fraud today is largely run by sophisticated, large-scale operations led by transnational crime groups, stealing an estimated \$158 billion from Americans in a single year. This is not just a consumer education issue — it’s a national security threat that demands urgent attention.

That’s why AARP has joined the Aspen Institute Financial Security Program’s National Task Force on Fraud and Scam Prevention. Alongside more than 80 organizations — including financial institutions, technology companies, law enforcement, federal agencies and consumer advocates — we helped launch a proposal for the first ever national fraud strategy that lays out a blueprint for stronger, coordinated action to combat fraud.

This strategy marks a shift from fragmented efforts to a coordinated defense and is a critical step forward with clear pathways for government and industry to work together to establish a whole-of-society response to the fraud threat.

AARP is proud to be part of this effort, and we look forward to working with partners and policymakers to improve collaboration, modernize information sharing and reporting, and enhance law enforcement capabilities in the fight against fraud that harm millions of Americans.

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.

Maine apprenticeship programs continue building talent pipelines

AUGUSTA, ME – Registered apprenticeship is a proven workforce development strategy with a high return on investment - over 90% of apprentices who complete their program are still working with their employer after one year, and apprentice graduates earn an average of \$300,000 more over their lifetime than peers who don’t have the credential. In January 2022, the Maine Department of Labor’s Maine Apprenticeship Program (MAP), through the Governor’s Maine Jobs & Recovery Plan and other federal grants, made \$12.3 million in grant funding available to Maine businesses to expand programs. Through a series of recent grants, totaling over \$6.4 million, the state will be able to build on that success, serving another 2,500 individuals.

“Apprenticeship is a powerful earn-and-learn model for growing the state’s economy and training its workforce for high-wage, in-demand careers,” said Labor Commissioner Laura Fortman. “These funds will enable us to expand apprenticeship and continue to build alternative entry points to skilled professions that deliver lasting value to workers, employers, and Maine’s economy.”

“We could not be happier to have the ability to continue to support apprenticeship within construction, where we know we can have a significant impact on both the individuals entering the workforce and the industry itself,” said Kelly Flagg, Executive Director of AGC Maine. “By strengthening workforce development, AGC Maine aims to create long-term economic opportunities, reduce barriers to employment, and foster skilled labor growth in the region.”

Recent Grants:

In addition to \$420,202 in base formula funding from the U.S. Department of Labor for staffing, the Maine Department of Labor was also awarded a 3-year \$5,000,000 competitive grant to implement the Expanding the Maine Apprenticeship Program (EMAP) initiative, which will enable MAP to further expand its pre-apprenticeship and apprenticeship programs, focusing on the education and infrastructure sectors.

The Maine Apprenticeship Program estimates that 1,970 participants will be served through EMAP. Of these, 570 will enroll in a pre-apprenticeship program and 512 will complete their pre-apprenticeship program. MAP estimates that 1,400 participants will enter a registered apprenticeship program. A portion of these participants will include successful pre-apprentices who choose to enter an apprenticeship upon completion.

The Maine Department of Labor was awarded \$500,000 by the Northern Border Regional Commission (NBRC) to expand registered apprenticeships and pre-apprenticeships in construction and manufacturing across eight counties in Maine’s Northern Border Region.

This initiative will establish at least 15 new programs and enroll 375 apprentices, strengthening workforce development and connecting residents to high-wage, high-skill careers. Funding will support Apprenticeship Technical Representatives to engage employers, register apprentices, and provide technical assistance, advancing Maine’s economic strategy to grow its labor force.

The Associated General Contractors of Maine (AGC Maine) was awarded \$497,961 by the NBRC to expand its Maine Construction Academy Immersion Program, a certified pre-apprenticeship leading to apprenticeships within commercial construction.

This 20-day paid pre-apprenticeship offers certifications, hands-on construction experience, and job placement support. By strengthening workforce development, AGC Maine aims to create long-term economic opportunities, reduce barriers to employment, and foster skilled labor growth in the region. With the grant funds, the program plans to serve 180 individuals.

In 2019, Maine’s Economic Development Strategy 2020-2029 called for adding 75,000 people to Maine’s talent pool over the next ten years, as more people are expected to retire than enter the state’s labor force in the coming decade. Updated last year, Maine’s Economic Development Strategy 2020-2029: The 2024 Reset promotes Registered Apprenticeship as a key education and career pathway to grow Maine’s workforce.

These apprenticeship initiatives also support Governor Mills’ 2024 signed executive order to increase the representation of women in construction careers. Updates on actions taken can be found here.

About Registered Apprenticeship:

The Maine Apprenticeship Program (MAP) assists employers in setting up structured, yet flexible training programs designed to meet the specific workforce development needs of Maine employers through on-the-job learning and related classroom instruction. Registered apprenticeships require at least 2,000 hours of on-the-job training, and a minimum of 144 hours formal coursework for each year of the apprenticeship.

In 2024, a total of 3,639 apprentices were actively working toward industry-recognized skill certifications, and nearly 500 employers were participating.

Among active apprentices in 2024, 758 were female. Of these, 366 (representing 10.1% of all apprentices, up from 6.9% in 2019) pursued training in non-traditional occupations (NTOs) such as machinist, non-destructive tester, pipefitter, electrician, shipfitter, and welder—fields traditionally dominated by men.

429 apprentices (11.8%) identified as Hispanic or as members of BIPOC communities, a significant increase from 4.2% in 2019. The rising participation of women, Hispanic, and BIPOC individuals in apprenticeship programs reflects the success of ongoing efforts to enhance diversity and expand apprenticeship opportunities.

Benefits for Employers:

- Improved recruiting
- More diverse workforce
- Reduced turnover costs
- Connection to training funds
- Program can be customized to meet employers’ needs
- Higher productivity
- Enhanced existing business practices

Benefits for Apprentices:

- Increased skills
- Nationally recognized, portable credential
- Earn a paycheck while training
- Higher wages
- Mentor support
- Job security
- Safer workplace

For more information on registered apprenticeship, visit <https://apprenticeship.maine.gov/>.



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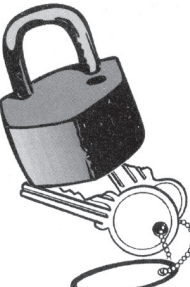
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Oct 23
AUBURN – Thurs., Oct. 23 @7pm, Emma’s Revolution with special guest Women in Harmony. Tix \$25 adv/\$30 at door. FMI auburn.org. First Universalist Church of Auburn at 169 Pleasant Street. Parking; accessible.

Oct 24
GORHAM – Writing a “Legacy Letter”: Sharing Your Values with Loved Ones, October 24, 1:30 pm - 3:00 pm.

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

Calendar

Send your submissions to the Editor. More online.

Lincoln Street Garage, and attendees are asked to stay on sidewalks and check in at the table near the flags for Veterans’ Park.

Oct 24-Nov 2
GORHAM – A Monster Calls based on the novel by Patrick Ness and inspired by an original idea by Siobhan Dowd, Russell Hall, USM Gorham Campus.

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”.

Oct 25-26
BRUNSWICK – Guild Fine Craft Show, \$5 Saturday + Sunday admission, and those under 18 may attend free of charge. SAT 10/25 + SUN 10/26, 10am - 4pm. Fort Andross Mill, 14 Maine Street, Brunswick, ME. For more information, visit shop-maineecraft.com.

Through Oct 26
WEST GARDINER – The Center for Maine Craft is pleased to announce the opening of A New Chapter, a compel-

ling 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.

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 1
GORHAM – Public Bean Supper, White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, Nov 1, 4:00-5:30pm. Eat in or take out. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$12adults, \$6 under 12. Follow us on Facebook for updates: facebook.com/whiterock-communityclub.

Nov 1
MINOT – Minot Corner United Methodist

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Church, Rt. 121 Corner of Minot Avenue and Empire Road, 9 a.m. Until 1 p.m. Homemade Baked Goods, Candy/Fudge Table, Crafts, Old Fashioned Cabot Extra Sharp Cheese, Silent Auction Table with great Christmas Gifts, Home Crafted Items and so much more! Takeout Lunch Available at 9:00 a.m., Eat-in Lunch 11:00 – 12:30 p.m.

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!

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

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.

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GORHAM LITTLE LEAGUE

Field Funding Campaign



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

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
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- Add scoreboards

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