

A Monster Calls on stage tonight in Gorham

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 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 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 Coordinator Janice Gardner at (207)780-5289 or [janice.gardner@maine.edu](mailto: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](mailto:janice.gardner@maine.edu). Hearing impaired: call USM’s telex / TDD number (207)780-5646.

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.

French Language Discussion  
Group meets in Gorham

GORHAM, ME – Join the French Language Discussion Group for some casual conversation en francais!

The Group meets the first Tuesday of every month at Baxter Memorial Library 5:30 pm - 6:30 pm, the second Wednesday

day of the month at Fal-mouth Memorial Library, and the fourth Thursday of the month at Scarborough Public Library.

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

displayed 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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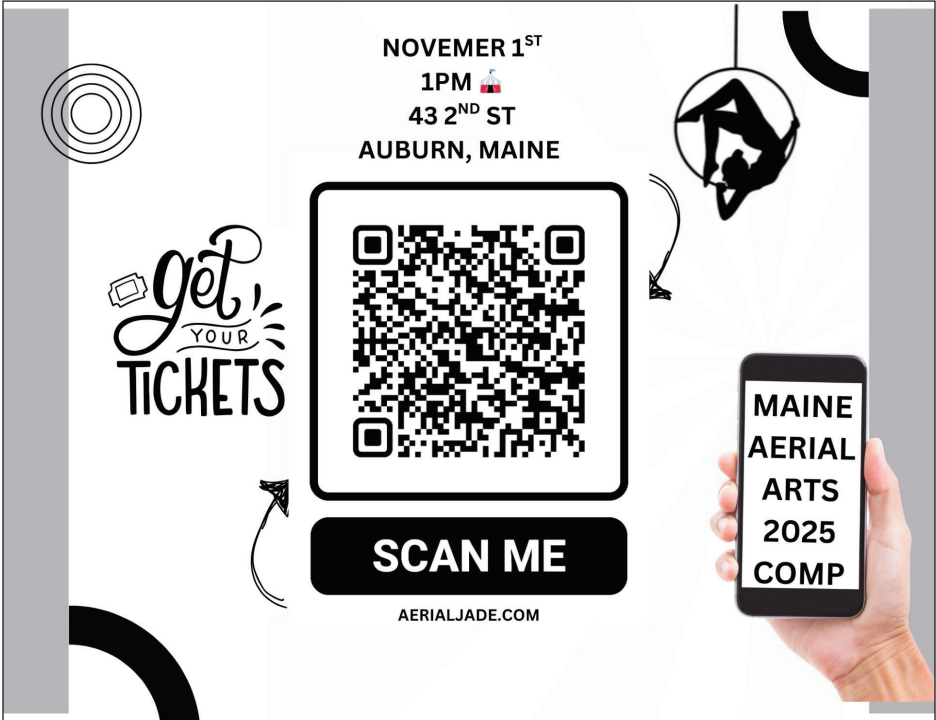
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# Newsmakers, Names & Faces

## Maine’s first nationally recognized aerial arts competition is Saturday



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**MAINE AERIAL ARTS 2025 COMP**

**AUBURN, ME** – Maine Aerial Arts Competition statewide event will be held on Saturday, November 1st at 1 PM, bringing together performers from across Maine to celebrate artistry, athleticism, and community.

This will be the first-ever competition of its kind in Maine, featuring 20 participants across a range of apparatuses including silks, Lyra (aerial hoop), pole, and even

custom apparatus creations. Competitors will be judged by a panel of Maine studio owners and seasoned aerial professionals, and awards will include both cash prizes and opportunities for advancement to national-level competitions.

Beyond the performances, this event represents a milestone for our community: it unites Maine’s aerial arts studios under one roof, showcases the incredible talent in

our state, and provides a platform for athletes of all ages to grow, connect, and inspire.

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## Letter to the Editor AARP: Your vote matters on Nov. 4

Contributed by AARP Maine

Election Day is Tuesday, November 4th, and AARP Maine urges all Mainers to make their voices heard by casting a ballot. While there are no presidential or statewide office races this year, your vote still matters—especially with two important referendum questions on the ballot.

Question 1 addresses future election procedures, including absentee voting and voter ID requirements. This issue

deserves your attention, and we encourage every voter to read the question carefully, research the implications (both intended and unintended), and vote in the way that makes the most sense to them.

AARP is a nonpartisan, nonprofit organization. We do not tell anyone how to vote—but we do believe strongly in the power of the vote. Older voters consistently turn out in high numbers, and we believe that access to voting for older adults is extremely important. We believe that every

registered voter should be able to vote, even if they are in a nursing home or in a remote part of our great state.

AARP Maine offers resources to help you navigate the voting process, including how to register, vote absentee, or cast your ballot in person. Visit [aarp.org/me](http://aarp.org/me) for details. For specific local elections, your town or city clerk is a great resource.

Your vote is your voice. Let’s make it heard on November 4th.

**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](mailto:editor@twincitytimes.com)

## Ocean State Job Lot brings back ‘Buy, Give, Get’ coats for veterans

**NORTH KINGSTOWN, RI** – Ocean State Job Lot (OSJL), the region’s premier discount retail chain with 176 stores across the Northeast and the Mid-Atlantic, is pleased to announce the return of its annual ‘Buy, Give, Get’ coats program, beginning Thursday, October 16th. Now in its 10th year, OSJL has provided nearly 380,000 coats to people in need, including veterans, since 2016.

During OSJL’s ‘Buy, Give, Get’ coat donation program, any customer who buys a warm winter coat at OSJL for \$45.00

(retail value at \$200.00 or more) and gives it back to the store as a donation, will get a \$45.00 Crazy Deal Gift Card for free, to be used for a future purchase online or at any Ocean State Job Lot store.

It’s anticipated that approximately 80,000 winter coats will be available for purchase to be distributed to people in need, including veterans, in partnership with a multi-state network of more than 50 support agencies, organizations, assistance programs, and action groups serving the Northeast and Mid-Atlantic.

Some restrictions apply for the redemption and use of the Crazy Deal Gift Card. Promotion does not apply to Ship-to-Store purchases. Participants must be registered as a Job Lot Insider. Promotion may not be combined with any other discount, offer or promotion, including but not limited to advertised sale items, Crazy Deals®, Insider coupons and Insider Executive Deals. No rainchecks. Merchandise credit and Crazy Deal Gift Cards cannot be used as a form of tender during this promotion. Limited product exclusions apply, including Ocean State Job Lot gift cards, third party gift cards, clearance items, propane tanks and refills, beer and wine, kayaks and live plants and flowers. The offer may not be applied to past purchases. All warranty and return rules apply. To find out more Crazy Deals®, please visit: [www.oceanstatejoblot.com/crazy-deals-faq](http://www.oceanstatejoblot.com/crazy-deals-faq).

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



# Newsmakers, Names & Faces

## Standish stroke survivor: Knowing warning signs can save a life

**PORTLAND, ME** – World Stroke Day was celebrated globally yesterday, October 29. This year the American Stroke Association, a division of the American Heart Association, is highlighting the importance of acting F.A.S.T. and stroke prevention.

Strokes can happen to anyone, at any age. Every 40 seconds, someone in the U.S. has a stroke. Globally, about one in four adults over the age of 25 will have a stroke in their lifetime. Even so, most adults in the U.S. don't know the F.A.S.T. warning signs of a stroke, and that stroke is largely treatable if you call 9-1-1 as soon as you recognize the symptoms.

Ashley Lucas of Standish survived a stroke at age 38. "When I experienced a stroke, it was the most frightening moment of my life," said Lucas. "I was unsure of what was happening and whether I would be all right. To all the women out there, it's crucial to recognize the signs and symptoms of a stroke, as we may encounter more subtle or atypical symptoms. Remember, acting quickly is essential."

Stroke is the fifth-leading cause of death and a leading cause of serious, long-term disability in the U.S.[1], despite stroke being largely preventable, treatable and beatable. Each year, approximately 800,000 people in the U.S. have a stroke. A stroke happens when normal blood flow in the brain is interrupted. When parts of the brain don't get the oxygen-rich blood they need, those cells die. High blood pressure is the leading risk factor for stroke, according to the 2025 Guideline for the Management of High Blood Pressure in Adults[2].

Learn how to spot a stroke F.A.S.T. – If you see Face drooping, Arm weakness or Speech difficulty, it's Time to call 9-1-1.

Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue."

Time to call 9-1-



Standish stroke survivor Ashley Lucas

1: If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

If someone is having a stroke, they must get medical attention right away. Immediate treatment may minimize the long-term effects of a stroke and even prevent death.

A large majority of strokes can be prevented through education and lifestyle changes such as moving more, eating healthily, managing your blood pressure, getting enough sleep and quitting smoking/vaping. Make sure you "Know Your Numbers" – four key personal health numbers help determine risk for stroke: total cholesterol, blood pressure, blood sugar and body mass index. It's also important to learn your family health history and then talk to your doctor about lowering your personal risk for stroke.

Nearly 1 in 4 strokes occur in people who have had a previous stroke, in some instances because they don't know what caused the first stroke. Testing to identify a cause and additional stroke risk factors can help you and your health care professional develop a plan to keep you moving forward after a stroke and prevent another one.

[1] S S Martin; et al Heart Disease and Stroke Statistics—2025 Update: A Report of US and Global Data From the American Heart Association Circulation. 2025;151:e1-e620. DOI: 10.1161/

CIR.0000000000001303  
[1] D W Jones; et al 2025 AHA / ACC / AANP / AAPA / ABC / ACCP / ACPM / AGS / AMA / ASPC / NMA / PCNA / SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Circulation Volume 152, Issue 11, 16 September 2025; Pages e114-e218 <https://doi.org/10.1161/CIR.0000000000001356>.

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## Week full of events at Scarborough Public Library

**SCARBOROUGH, ME** —Thursday, October 30, 6:30pm-7:30pm  
A Virtual Lecture and Discussion with author and peace activist Rivera Sun.

Award-winning author Rivera Sun is a visionary writer whose work aims to awaken and empower readers of all ages. For nearly a decade, her popular Dandelion Trilogy has sold thousands of copies annually. Her acclaimed Ari Ara Series has been enjoyed by readers of all ages, taught in classrooms, and read by peace groups. Her high-quality literature captures the imagination with a blend of utterly compelling stories and social justice themes. This program is online only. To get the link, go to [www.scarboroughlibrary.org](http://www.scarboroughlibrary.org)

Saturday, November 1, 1-2:30pm  
Clothing Swap for Adult Clothes at Scarborough Public Library

Bring your washed, gently used clothing and other apparel items, for adults, at the day and time of the event. Bring the type of thing you would re-gift or bring to a good friend, not everything you are getting rid of. Be selective. Then take whatever you like! Bring a bag! For more details, call Elsa Rowe at 207-396-6279

Monday, November 3, 12:30-2:30pm  
Monday Movie Matinee at Scarborough Public Library: "Pillow Talk"

Taking a break from our usual new releases for a little throwback to the late 1950s, "Pillow Talk" stars Rock Hudson and Doris Day in a delightful romantic comedy. Seating is limited, so please register at [www.tinyurl.com/SPLmovies](http://www.tinyurl.com/SPLmovies) or by calling 883-4723 option 4.

Wednesday, November 5, 6:30-7:30pm  
Virtual Lecture: How Populism Works: Erdo-

gan's Path to Authoritarianism in Turkey  
A Camden Conference 2026 Learning Event. Online only. In collaboration with Baxter Memorial Library, Prince Memorial Library, and Scarborough Public Library. For additional details and to register, please visit <https://princememorial.libcal.com/calendar/16477/Camden-PML>

Thursday, November 6, 6-7pm  
Travis Kennedy, Maine Author Talk at Scarborough Public Library

Direct from Scarborough! The acclaimed author of The Whyte Python World Tour will read from his popular debut novel, talk about the writing experience, and answer audience questions. Books will be available for purchase and signing. Seating is limited, please register at [www.scarboroughlibrary.org](http://www.scarboroughlibrary.org) or by calling 883-4723 option 4.

## Busy Angels' Craft Fair this weekend

**SCARBOROUGH, ME** — On November 1 from 9am-3pm, Busy Angels' Craft Fair

will be held at Scarborough Free Baptist Church, 55 Mussey Rd, Scarborough.

There will be a variety of crafters, baked goods and unique gifts.

## Author Sheri Aube at Gorham's Baxter Memorial Library tonight

**GORHAM, ME** – Join us at Baxter Memorial Library October 30 at 6:00 pm for a reading by local author Sheri Aube from her

semi-autobiographical book A Loop of the United States of America. Sue's friend Rick invited her on A LOOP OF THE USA during the

summer of 2005. This captivating non-fiction book is full of humor, philosophy, environmental concerns, and historic impressions.

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### Sheri Aube

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THURSDAY, OCTOBER 30, 6 PM

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# Gorham WEEKLY

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# Why women must stop putting themselves last

By Dr. Lisa Saul, National Medical Director of Women's Health at UnitedHealthcare

If you've ever scheduled your child's checkup before your own, you're not alone. Women often shoulder the health responsibilities of the entire household — managing pediatric visits, tracking prescriptions for aging parents, and juggling the needs of those around them. But here's the catch: when women consistently put themselves last, they usually put their own health on the back burner.

Making follow-up care easier

This is especially concerning when it comes to cancer. Breast cancer is a leading cause of cancer in the U.S. and colorectal cancer is the second leading cause of cancer deaths among women 18–50. Early detection can be a powerful tool to save lives. Yet too often, financial stress or time pressures prevent women from completing the full care pathway.

One common gap may happen after a screening. If a mammogram or colonoscopy shows something abnormal, the next step is usually a diagnostic test — such as a biopsy or advanced imaging — to help confirm or rule out a diagnosis. These diagnostic tests often come with an out-of-pocket cost, and for many women, that unexpected bill could cause delays or skipped fol-

low-ups.

To help ease that burden, UnitedHealthcare is removing cost barriers for certain diagnostic tests for cancer detection by offering expanded benefits in certain fully insured commercial plans. Starting Jan. 1, 2026, these plans will cover the first diagnostic breast imaging and the first diagnostic colonoscopy at no additional cost to the member when recommended by a network provider.

The hidden health gap

Why does this matter? According to new insurance claims data from nearly 5 million people, when compared to men, women face a 66% higher risk of behavioral health conditions, are 70% more likely to experience fatigue, and have a 55% higher likelihood of being diagnosed with any type of cancer. These trends show what could happen when preventive care takes a back seat and follow-ups get lost in the shuffle.

Health care disparities

Cost is just one barrier some women face. Work schedules, caregiving duties, and even fear can often keep women from completing that next step in care. For many women of color, stigma or past experiences with the healthcare system can add to these challenges. Black women have the highest rates of colorectal cancer

deaths among women and are about 40% more likely to die from breast cancer than white women, even though rates of diagnosis are similar. Hispanic women experience breast cancer at a younger age and are more likely to be diagnosed when the disease is more advanced, making treatment more challenging and outcomes less favorable.

Three steps to help protect your health

Make preventive care a standing appointment. Schedule annual visits and screenings like mammograms (starting at 40) and colorectal cancer tests (starting at 45). Put them on the calendar the same way you would a parent-teacher conference or work meeting — non-negotiable.

Follow your doctor's guidance. If your provider recommends a next step after a screening, don't put it off. Ask your doctor to explain why it's needed and what your options are, so you feel confident moving forward.

Know what's covered. Preventive and diagnostic benefits can differ. Understanding your benefit plan before you need it can help reduce stress, prevent hesitation, and make it easier to get timely care.

The Bottom Line

Women often juggle multiple roles at work, at home, and in their communities. Ignoring conditions that are more prevalent among women, such as fatigue, mental health struggles or necessary follow-up appointments may lead to more serious consequences.

This open enrollment season, make yourself a priority. When you take care of yourself, you're better equipped to care for others.

# Maine health officials remind owners to vaccinate animals

AUGUSTA, ME – The Maine Department of Agriculture, Conservation and Forestry (DACF) is reminding animal owners to talk with their veterinarians about vaccinations for pets and livestock. Vaccination helps protect animals against diseases transmitted by other animals and insects, such as mosquitoes, and plays a crucial role in safeguarding human health.

"While you should always work with your veterinarian to determine what is best for the health of your animals, ensuring your animals are fully vaccinated plays a critical role in preventing numerous diseases," said DACF Assistant State Veterinarian Dr. Rachael Fiske. "Since diseases, such as rabies, affect both animals and people, vaccinating animals helps keep everyone healthy."

Biosecurity Resources for Animal Owners and Veterinarians:

Protecting the health of your pets, livestock, and community starts with strong biosecurity practices. DACF provides tools, guidance, and best practices to help prevent the spread of animal diseases. Visit Maine DACF Biosecurity Resources for practical steps you can take today.

Vaccinations Against Mosquito-Borne Illnesses in Horses

Horses are particularly vulnerable to mosquito-borne illnesses, such as West Nile virus (WNV) and eastern equine encephalitis (EEE), both of which have been detected in the state of Maine. EEE is particularly fatal. Vaccination against these diseases, along with tetanus, is an essential part of equine health care.

Rabies Vaccinations are Essential for Multiple Species

The rabies vaccine is required by Maine law for all dogs and cats, and it is strongly recommended for other animals such as ferrets, horses, and livestock. Rabies is almost always fatal and is carried by wildlife common in Maine, including raccoons, skunks, bats, and foxes. Vaccination is the most effective way to protect pets and livestock, reduce the risk of exposure for people, and safeguard public health. Safe and effective vaccines are readily available through licensed veterinarians.

Other Core Vaccines for Dogs and Cats

Dogs should also be vaccinated against serious diseases such as parvovirus, adenovirus, parainfluenza, and leptospirosis. Like rabies, leptospirosis can affect both animals and people and is carried by wildlife. Cats benefit from vaccines that protect against feline leukemia, panleukopenia, herpes virus, and calicivirus.

Parvovirus deserves special attention, as it most severely affects very young, unvaccinated puppies.

Because parvovirus spreads easily in areas where dogs gather, DACF recommends that dog owners take precautions. Puppies under six months of age, dogs that are not yet fully vaccinated, and adult dogs with immune-compromising conditions should avoid dog parks or other places where dogs of unknown vaccination and health status frequently gather until they are properly protected.

Protecting Rabbits from RHDV2

Domestic rabbits can now be vaccinated against rabbit hemorrhagic disease virus type 2 (RHDV2), an extremely contagious and fatal virus that affects only rabbits and hares. While RHDV2 has not been detected in Maine, the disease has been confirmed in other U.S. states and Canadian provinces. A U.S.-developed vaccine provides an important layer of protection for Maine's rabbits.

Protecting Animal and Human Health Starts with a Vet Visit

A single visit with your veterinarian can help determine which vaccinations are appropriate for your animals and ensure they are up to date. Vaccination is a simple, effective step that protects animal health, human health, and Maine's agricultural and recreational communities.

For more information on animal health and disease prevention in Maine, visit the DACF Animal Health Program webpage: <https://www.maine.gov/dacf/ahw>.

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# Seniors Not Acting Their Age Kayaking to Head of Tide on the Passagassawakeag River

I've been contemplating an exploration of the lower Passagassawakeag River to Head of Tide in Belfast for several years. Known to most as the "Passy," in years past I participated in three downriver races on an upper section of the Passagassawakeag. During my last race, I met the late Skip Pendleton who was helping with race safety. A fellow Chowderhead with the Penobscot Paddle & Chowder Society (PPCS), Skip and I became good friends and frequent paddling companions.

During our paddling adventures, Skip often spoke of volunteer work he was doing building trails along the lower Passy and paddling excursions he had completed in that area. Skip passed away in 2017 and I never had the opportunity to paddle the lower Passy or hike the Belfast trails with him.

Four years ago, my wife, Nancy, and I walked the Belfast Rail Trail along the Passy when I was recuperating from hip surgery. We were gratified to find a memorial to Skip and his wife, Jo, commemorating their efforts to develop the rail trail and a trail network in nearby Head of Tide Nature Preserve.

Recently, two frequent paddling companions reported completion of a six-mile sea kayak outing from the landing in Belfast Harbor to Head of Tide and back. I had postponed that adventure for far too long, so I decided to organize a PPCS trip.

After identifying a warm, sunny day with a moderate sea breeze predicted, I announced a lower Passy paddling excursion. A weekday, only one Chowderhead, Henry

Bodkin, was available to join me.

We met at the bustling Belfast Harbor boat landing on a beautiful, sunny afternoon. A sea breeze from the southwest was stronger than forecast. We navigated solo sea kayaks between a multitude of recreational and commercial vessels moored in the harbor and out into the bay.

The tailwind, coupled with an incoming tide, helped propel us in a northwesterly direction as we traveled under the Route One Bridge and into the mouth of the Passy. This area is replete with stately old homes and sites of past waterfront activity.

The river narrowed as we progressed farther northwest. Cyclists and walkers could be seen on the Belfast Rail Trail high on the west bank.

Both shorelines were largely undeveloped as we proceeded farther upriver. At a major river junction, we accidentally made an erroneous right turn. Ending in a cul-de-sac, we backtracked to the left turn and immediately kayaked under a former railroad bridge that is now part of the Belfast Rail Trail.

Beyond the bridge, the surrounding land is completely undeveloped. We soon passed a trail overlook along the western shoreline that marks the northern boundary of Head of Tide Nature Preserve.

After entering a swampy area, we encountered a sizeable island that divides the increasingly shallow river. We selected the right channel which soon ended in a maze of swamp grass.

Following a return to the island, we pursued

additional exploration in the left passage. A circuitous route led us to head of tide where a fallen tree prevented further navigation. Immediately above head of tide, the summer long drought has resulted in a mere trickle of water where there would normally be a whitewater rapid.

During our return, we stopped to chat with two walkers crossing the rail trail bridge. Interested in replicating our paddling expedition, they inquired about the experience. Our response must have been encouraging because they are planning an attempt in the near future.

When turning southeast at the river junction, we met a man rowing a dory as he escorted several teenage girls swimming upriver. The girls appeared to be having a most excellent adventure. The rower reported his charges were a group of friends enjoying a swim together. He was happily providing safety while using their outing as an opportunity to paddle the river.

The sea breeze had strengthened into a strong headwind when we approached the mouth of the river. We kayaked next to the west shore for shelter from the persistent gale.

During the last leg of the voyage, our close proximity to the coastline led us between dozens of vessels moored next to downtown Belfast. Boats were launching when we arrived at the busy landing completing a PPCS trip that would have undoubtedly met with Skip's enthusiastic approval.

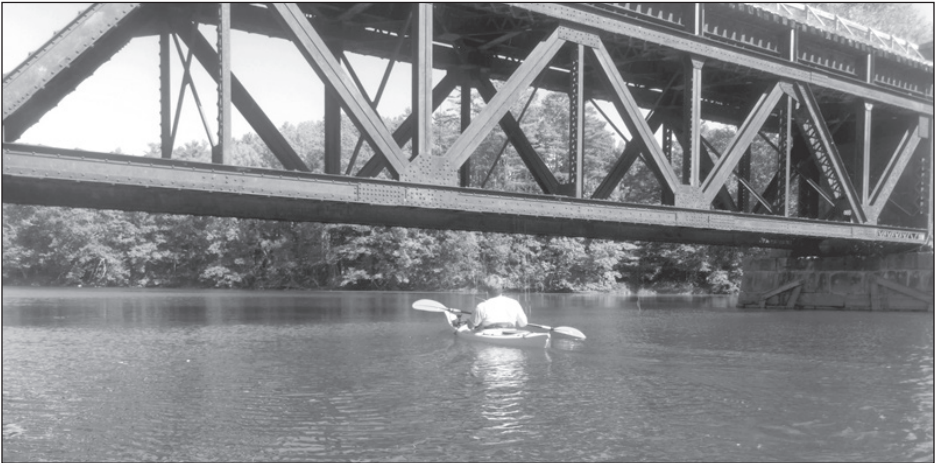
My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates twenty-eight more paddling escapades on Maine riv-

ers, streams, lakes and the ocean.

The author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" will soon be released by North Country Press. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



Henry Bodkin arrives at Head of Tide on the Passagassawakeag River



A kayaker passes under a Belfast Rail Trail bridge



Henry Bodkin enjoys a view on the lower Passagassawakeag River

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# Arts & Entertainment

## North Gorham Public Library welcomes new Story Hour leader

GORHAM, ME – North Gorham Public Library extends a grateful welcome to Claire Steeves, our new Story Hour leader. She got off to a swimming start on September 3rd with the book Rainbow Fish. After, the children got to decorate their own fish.

Claire is a Standish resident, and retired about two years ago. She says she loves reading to children, but can't as often as she'd like because her grandchildren don't live close enough.

Aren't we lucky to know several children (and parents) in the community who love being read to!

Story Hour is held ev-



ery Wednesday from 10:30 to 11:30 in the library. It is geared toward toddlers and preschoolers, and features sing-alongs, reading

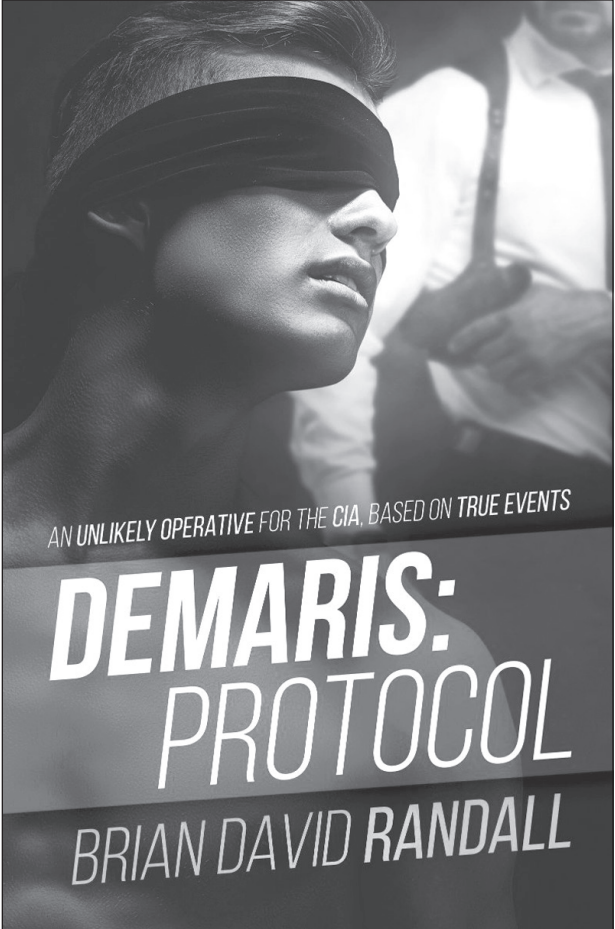
a short story, and making a simple craft. The kids also usually play with the puzzles and toys we have on hand.

## Local author's debut LGBTQ+ spy thriller earns five-star review

PORTLAND, ME – Local author Brian David Randall delivers a dazzling debut LGBTQ+ spy novel in Demaris: Protocol, a book inspired by true events and Randall's personal experiences. Set in the summer of 1992, at the volatile intersection of a U.S. election year, "Don't Ask, Don't Tell," and the black-market sale of Soviet nuclear secrets, this thriller delivers a gripping narrative of secrecy, power, and forbidden desire.

Trey Carter—Southern, evangelical, and deeply closeted—accidentally outs himself at a pool party, and the fallout sends him down a dark path and into the hands of the Central Intelligence Agency. But Trey's skills are in football and gymnastics, not guns and espionage. CIA Special Officer Rick Morgan (a closeted ex-Marine forced into dark ops years earlier) must train Trey for a high-risk mission, resisting deepening feelings that could jeopardize them both. Soviet nuclear engineer Ivan Dimitri is on the verge of selling secrets to the highest bidder, and the CIA is tasked with containing Ivan, activating their protocol to prey on the engineer's secret desire for young men.

Brian David Randall lives in Portland with his husband of more than twenty years and with their German Shepherd. An openly gay graduate of Liberty University, Randall drew on his own experience as a civilian in a CIA dark ops unit when writing Demaris: Protocol, which he says "is not only personal, but also historical as this darker period has



never been told. It's about coercion, secrecy, love and the cost of hiding who you are—not just in life, but in service to your country." Randall is a member of the Maine Writers & Publishers Alliance and is currently working on a follow-up novel. Learn more at demarisprotocol.com or @DemarisProtocol.

PRAISE for Demaris: Protocol:

Demaris: Protocol has already garnered high praise in early reviews, including a five-star review from Reader's Favorite, who said "Brian David Randall did an amazing job by writing Demaris: Protocol and creating Rick and Trey. He made them vulnerable without emasculating them, and he made them strong without making them inhuman."

The novel was also named a Finalist for the International Book Awards and is making a real impact on a variety of readers. Here's what some of these readers have to say:

"If you are looking for an action-packed, well-written suspense book, this is for you. I hope there is a sequel."

"I loved it. Even the parts that made me angry and confused and hurt and upset and raw and breathless...every part was fantastic."

"This book was everything. . . As former military (personnel), this book broke my heart so many different times, but it also slowly put it back together. (I) absolutely devoured this and am excited to see what is next for this debut author."

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## Community colleges recognized as high-quality, non-credit providers

AUGUSTA, ME – Three of Maine’s community colleges are in the first cohort of New England colleges recognized by the New England Commission of Higher Education (NECHE) as providing high-quality non-credit programs.

The eight colleges in the cohort were recognized for their high-quality programming through a rigorous process of campus visits, interviews with students and employers, and data analysis.

“Maine’s community colleges have been providing high-quality, non-credit programs for years and we’re very proud and honored to have these colleges earn this recognition,” said David Daigler, president of the Maine Community College System (MCCS). “This is a rapidly expanding sector in higher education, and we look forward to breaking new ground with NECHE’s support.”

Kennebec Valley Community College, Southern Maine Community College, and York County Community College join Central Connecticut State University, New Britain, Conn.; Great Bay Community College, Portsmouth, N.H.; Massachusetts College of Pharmacy and Health Sciences, Boston, Mass.; New York University School of Professional Studies, New York City, N.Y.; and Per Scholas, Boston, Mass. in the inaugural cohort.

“We know that there are increasing number of students enrolled in non-credit programs. There has also been a growing need for quality assurance in this space. NECHE has taken the bold step to address this need, and we are excited to expand our work into this area,” NECHE Commission Chair Michael Whelan said.

NECHE is a regional institutional accreditor that uses a peer-based evaluation process to ensure accredited schools meet and maintain standards of quality.

MCCS has significantly expanded statewide short-term workforce training programs, which are a mix of credit and non-credit offerings. These short-term programs take less than a year to complete and are generally free for students, and are coordinated by the system’s Harold Alfond Center for the Advancement of Maine’s Workforce. Since 2022, 45,000 people have enrolled in those programs, which are developed in collaboration with industry partners and focus on quickly and efficiently acquiring a particular skill – such as basic construction skills in 10 weeks, a three-week welding course with a weekly \$500 stipend, or culinary boot camps.

“We look forward to expanding these practices, collaborating with our peer colleges, and finding the best practices to serve our students, no matter where they are in their academic journey,” Daigler said.

MCCS is on track to train more than 100,000 short-term workforce training students by 2030, the result of a historic five-year grant from the Harold Alfond Foundation. Graduates of the short-term program are eligible for scholarships toward a degree or certificate program.

## Halloween safety tips for individuals with dementia

Spooky sights, scary sounds, and costumed strangers are staples of Halloween, but these can create unique challenges for individuals living with dementia. With October 31 approaching, the Alzheimer’s Foundation of America (AFA) is offering tips to family caregivers to help loved ones with Alzheimer’s disease and other dementia-related illnesses celebrate Halloween in a safe, dementia-friendly manner.

“The imagery and sounds associated with Halloween—like ghosts, witches, and monsters—can be distressing and confusing for someone living with dementia, which is why caregivers need to be prepared,” said Jennifer Reeder, LCSW, AFA’s Senior Director of Educational & Social Services. “Taking a few proactive steps ahead of October 31 can ensure their loved ones feel safe, secure, and included during the festivities and help keep the ‘Happy’ in ‘Happy Halloween.’”

AFA advises family caregivers to consider the following tips:

Avoid interactive or disturbing decorations. Decorations that speak, scream, or have spooky sound effects as someone passes by can be distressing for those living with dementia. The sights and sounds of noisy decorative figures, as well as decorations with flashing or flickering lights, could cause the individual to wander, even away from their home. Fake skeletons, cobwebs, and witch and monster figures could be upsetting for those living with a cognitive impairment. These things are perceived as real. Utilize more neutral seasonal decorations, such as pumpkins, apples or fall leaves.

Help the person relax. Halloween is full of distractions and stimuli; costumed strangers in the environment and loud noises can all be frightening to someone living with dementia. Playing soothing music, doing a quiet activity such as reading a book together, and calming reassurance are all ways to support your loved one if they become agitated.

Adapt the celebration. Replace candy with fruit or another healthy snack, as too much sugar intake could increase agitation. Reminisce by looking at old family pictures of Halloween events, decorating pumpkins together, or watching a non-threatening program about Halloween if your loved one wants to participate. Focus on what the person can and likes to do now, rather than what they used to enjoy and do.

Don’t leave your loved one alone to pass out candy. Having costumed strangers continually knocking on the door might be frightening and confusing to someone living with a dementia-related illness. It can also be a safety risk. Post a friendly sign if you want trick-or-treaters to bypass your home. If the person wants to participate in giving out candy, have someone there to help them, or plan for the person to go to a relative or friend’s home to meet trick or treaters. Never invite someone into the home unless you are familiar with the person.

Keep the lights on. A dark home gives the impression that no one is inside, thus making it more inviting for burglars or vandals. Have interior and exterior lights lit. If it feels safer, keep candy outside your door for trick-or-treaters with a sign that says, “Please Take One.”

Families who have questions about caring for someone living with Alzheimer’s disease can contact AFA’s Helpline by phone (866-232-8484), text message (646-586-5283), or webchat (www.alzfdn.org) to speak with a licensed social worker. The Helpline is open seven days a week.

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

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**November 8 & 9**

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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**

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# Blood, platelet donations needed now in Gorham

**PORTLAND, ME** – The American Red Cross urges donors to give blood or platelets now to help curb a drop in donor turnout this fall. Donors of all blood types and those giving platelets are asked to book a time to donate at a Red Cross blood donation center or community blood drive to help give hospitals the tools they need to care for patients ahead of the holidays.

To say thank you, all who come to give Oct. 27-Nov. 16, 2025, will get \$20 in e-gift cards to a choice of merchant, plus automatic entry for a chance to win one of three \$5,000 prizes. See RedCrossBlood.org/Harvest.

Don't wait – Sched-



ule a time to give blood or platelets by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

Enhance community health

November is National Diabetes Awareness Month. Understanding our own health is the foundation for helping prevent chronic illness and saving lives. Blood and platelet donations can be a part of that journey. To help empower and educate our blood donors, in November, successful donations will get free A1C testing, commonly used to screen for prediabetes

and diabetes. (One test result in 12-month period; do not fast before donating).

Upcoming blood donation opportunities Nov. 1-16:

Cumberland Brunswick  
11/13/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row  
Gorham  
11/13/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road  
Portland  
11/3/2025: 9 a.m. - 2 p.m., Maine Medical Center - Dana Education Center, 22 Bramhall Street  
11/6/2025: 8 a.m. - 1 p.m., Deering High School, 370 Stevens Ave.

See Blood, page 14

# Gorham's Heather Perry named Maine Superintendent of the Year

**MAINE** – The Maine School Superintendents Association (MSSA) has announced that Gorham School Department Superintendent Heather Perry has been named the 2026 Maine Superintendent of the Year.

Perry is recognized for her visionary leadership, her work to expand student aspirations, and her innovative efforts to address the state's education workforce challenges.

For the past decade, Perry has led the Gorham School District through transformative initiatives that have strengthened student success and post-secondary opportunities. Under her leadership, the district redesigned its alternative education programming and significantly increased student participation in internships, mentorships, and career and technical education (CTE). Through the district's "Aspire Gorham" initiative, she has forged strong partnerships with local businesses and community leaders to help students explore career pathways beginning as early as kindergarten.

"Superintendent Perry's unwavering dedication, visionary leadership, and tireless commitment to students, staff, and the Gorham community exemplify the very best in educational excellence," said Gorham School Committee Chair Nicole Yeo-Fisher. "This well-deserved recognition celebrates her exceptional work and lasting impact on our schools."

In addition to advancing student learning, Perry has been a state and national leader in tackling education workforce challenges. In 2022, she helped launch Maine's first educator apprenticeship program in Gorham—a pioneering model that provides school staff with an opportunity



MSSA President Andrew Dolloff (left) and 2025 Maine Superintendent of the Year Howard Tuttle (right) present Gorham Superintendent Heather Perry (center) with the MSSA 2026 Maine Superintendent of the Year Award. (Image courtesy of MSMA.)

to earn credentials and advance their careers through coursework and on-the-job training. The program's success has inspired similar initiatives across dozens of districts statewide.

"Heather is a truly devoted leader—one who serves as a role model and respected colleague to countless other superintendents," said MSSA Executive Director Eileen King. "Her leadership extends far beyond Maine. Through her service on AASA's Executive Committee and her published work on leadership, she's become a trusted voice for superintendents across the country."

RSU 14 Superintendent and MSSA Action Committee Chair Chris Howell echoed that sentiment, noting that Perry's collaborative work with Southern Maine Community College and the University of Southern Maine has directly benefited districts across the state.

"This recognition is a testament to Heather's dedication to elevating the entire profession and strengthening our educational community," Howell said.

Perry began her ca-

reer as a teacher and principal in the Machias area before serving as superintendent in the Greenville School Department and RSU 3. She earned her Ph.D. in Public Policy from the University of Southern Maine in 2019 and continues to serve on the MSSA Executive Committee. She recently completed a term on the AASA (The School Superintendents Association) Executive Committee.

Perry was presented with the 2026 Maine Superintendent of the Year award during the MSSA Annual Meeting on October 22 at the Augusta Civic Center.

The Maine Department of Education extends heartfelt congratulations to Superintendent Perry on this well-deserved honor and thanks her for her continued leadership, innovation, and service to Maine students, educators, and communities.

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

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# October Special Section: Domestic Violence Awareness Month

## Help survivors heal this Domestic Violence Awareness Month

Contributed by the National Domestic Violence Hotline

October is Domestic Violence Awareness Month (DVAM), a time dedicated to shedding light on the devastating impact of domestic violence and advocating for those affected. As we come together to raise awareness, it's crucial to remember that healing is a long and often challenging journey for domestic violence survivors. Whether you're looking to support a friend, a family member, or your community at large, here are four ways to help survivors heal during this important month and beyond.

### 1. Educate Yourself and Others

Understanding domestic violence complexities is essential. Take the time to educate yourself about the different types of abuse—physical, emotional, sexual, financial, and technology-facilitated. Local resources like local shelters and assistance providers in your community provide valuable information. Share what you learn with your social circles to foster awareness and empathy. The more we know, the better equipped we are to support those in need.

### 2. Listen Without Judgment

Leaving an abusive relationship is a highly personal decision but all survivors benefit from having trusted people during this time. Since those experiencing abuse are often isolated by their abusers, it's imperative to know how to support survivors on the path to safety. One of the most powerful things you can offer a domestic violence survivor is support. Here are some ways to sup-

port a survivor:

Create a safe space for them to share their experiences without fear of judgment or blame.

Let them express their feelings while validating their emotions.

Many victims feel isolated and unheard; your willingness to listen can make a significant difference in their healing journey.

Help them create a safety plan.

### 3. Encourage Professional Support

Domestic violence survivors are often left with emotional scars that outlast the physical effects. Some are at an increased risk of developing post-traumatic stress disorder, substance abuse, or other stress-related mental health issues.

Counseling and support from family and friends can help survivors break the isolation of domestic violence. Healing from domestic violence often requires professional intervention. In counseling sessions, survivors can share their feelings, thoughts, and fears in a safe and confidential environment. Counselors are non-judgmental third-party advisors who listen and assist survivors in working through their traumas.

In addition to coping with their remaining anxiety, trauma specialists can also help survivors relieve stress and find ways to cope.

Encourage your friend or family experiencing domestic violence to seek help from counselors, therapists, or support groups that specialize in trauma and abuse. You can assist by researching local resources, offering to accompany them to appointments, or helping them find online support

communities. Professional guidance can provide victims with the tools they need to rebuild their lives.

### 4. Raise Awareness and Advocate for Change

Remember, it is important to support survivors and victims of domestic violence not just during this awareness month, but every day. Together, we can help their healing journey. Here are some ways you can raise awareness about domestic violence and support survivors:

Participate in local events.

Donate your old electronics or hold a fundraiser in your community to support survivors.

Request print or downloadable materials to share with your networks.

Engage in social media campaigns and conversations using the hashtags #DVAM2025 and #WithSurvivors.

Write to your local representatives about the importance of funding for shelters and support services. By raising awareness and pushing for policy changes, you contribute to a larger movement that seeks to end domestic violence and protect survivors.

Educate yourself and others on domestic violence statistics and issues to better support survivors. By speaking out and taking action we can help create a safer and more supportive society for all.

After learning about the above four ways to help survivors heal, visit our partners, the Domestic Violence Awareness Project (DVAP), for more ways you can support survivors.

This blog is part of a blog series for Domestic Violence Awareness Month (DVAM). Be sure to read part two of the series, Holding Space: Three Ways to Support Domestic Violence Survivors, and other ways you can support survivors during DVAM and beyond.

## Holding space for domestic violence survivors



Contributed by the National Domestic Violence Hotline

The act of holding space for others can be profoundly healing in a chaotic and isolating world. Holding space means being physically, mentally, and emotionally present. This allows others to express themselves without fear of judgment. This act of care can be life-changing for survivors of domestic violence. It is rooted in compassion and understanding, offering a powerful antidote to invisibility and isolation. During Domestic Violence Awareness Month (DVAM), here are three ways to hold space for survivors.

### 1. Listen Without Judgment

During the sharing of a survivor's story, it is essential to create a safe environment where they feel valued and heard. Listening attentively is one of the most powerful ways to hold space. Listen to their words and emotions instead of interrupting or offering unsolicited advice. By listening without judgment, survivors can feel understood and less alone in their struggles. Here are some ways to be attentive without

judgment:

Reflect on what you hear to show you're engaged

Ask open-ended questions

Validate the other person's experience

Be present when victims of violence or sexual assault are ready to open up

### 2. Validate Their Feelings

As a result of domestic violence, survivors may experience shame, confusion, and fear. It is vital to validate the survivor's feelings without diminishing them. It is okay to acknowledge and validate the survivor's feelings while at the same time letting them know they have made or are about to make the right decision for them. Often, all they need is a listening and trusting friend.

Using phrases like "It's okay to feel this way" or "What you're feeling is completely understandable" affirms survivors' feelings. By validating their feelings, you reinforce that their experiences are real and deserving of attention and care.

### 3. Respect Their Boundaries

Providing space means respecting survi-

vors' boundaries. Trauma is a complex thing, and not everyone is ready to talk about it. Let them lead the conversation and be sensitive to their needs. Respect their boundaries if they prefer silence or need time to gather their thoughts. By respecting their boundaries, you show them that you value their comfort and autonomy, fostering a sense of security.

Help is available.

Survivors have unique journeys to safety, so there is no right way to hold space or support them. In case you have concerns, our advocates are available by phone, chat, or text 24 hours a day. In addition to helping you identify the stage of change the survivor is in, they can connect you with resources that can assist at the moment. Together, we can build a world free of violence in all relationships.

This blog is part of a blog series for Domestic Violence Awareness Month (DVAM). Be sure to read part one of the series, Four Ways to Help Survivors or Victims Heal this Domestic Violence Awareness Month, or part three of the series, , and other ways you can support survivors during DVAM and beyond.

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## Retreats & conferences at River Bend Farm

SACO, ME – River Bend Farm is a place for groups to live, learn, and grow together. Bring your group to our river-front campus to experience community living, eat delicious food, and explore rural Maine as you create meaningful retreats, conferences, multi-day events, and overnight programs.

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Our expert educational and programming guides are available to partner with your group to create a one-of-a-kind experience or we are happy to provide the idyllic setting for your prearranged program.

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tion, see <https://theecologyschool.org/retreats-conferences>.  
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(207) 283-9951.

## Gorham Woman’s Club celebrates 100 years of volunteering

GORHAM, ME – Gorham Woman’s Club is celebrating their 100 years of civic volunteering in Gorham as well as Cumberland County.

They have been giving Gorham High School scholarships since 1931 as well as helping with local food pantries and local animal shelters, donating books to both Gorham libraries,



sponsoring the Gorham Art show for over 20 years, and helping the local Veteran’s home in Scarborough.

Please join in this momentous celebration No-

vember 15th from 1-4pm at the Gorham Historical Barn on route 25 in Gorham, Maine.

Light refreshments served.

## 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.

## Fall enrollment up at Maine’s Community Colleges

AUGUSTA, ME – Fall enrollment is up three percent at Maine’s community colleges, marking another historic high enrollment for the seven colleges.

“This sustained enrollment growth is critical at a time when Maine’s economy needs more skilled employees in a range of industries that we specifically target for high-quality, low-cost instruction – from construction to computer science. This ongoing demand is a sign that we are executing on our mission of providing an education that works for Mainers looking to find meaningful work and a better life,” said David Daigler, president of the Maine Community College System (MCCS).

Significant initiatives at Maine’s community colleges in recent years have played a large role in continuing the system’s role as the state’s premiere workforce training partner.

Recent changes include new transfer agreements with the University of Maine System and six independent Maine colleges aimed at making the four-year college pathway more affordable and seamless; Free Community College scholarships that cover 100% of tuition for the high school graduating classes of 2020-2025; expanded instruction hours and new remote learning options; new certificate and degree programs to meet market demands; and academic initiatives that increase student success and improve

Fall Enrollment up 3% at Maine’s Community Colleges			
	Fall Enrollment		
	2024	2025	% Change
Central Maine Community College	3,011	3,248	+7.9%
Eastern Maine Community College	2,120	2,111	-0.4%
Kennebec Valley Community College	1,663	1,629	-2.0%
Northern Maine Community College	663	596	-10.1%
Southern Maine Community College	6,095	6,451	+5.8%
Washington County Community College	631	571	-9.5%
York County Community College	1,183	1,227	+3.7%
MCCS Total	15,366	15,833	+3.0%

Excludes Early College. All data as of October 15.

the student experience. At the same time, the colleges serve as vibrant community centers with new housing options, new sports teams, and additional student events and activities.

As of October 15, fall enrollment was 15,833 students, up 3% from 15,366 students on the same date last year. Tuition and fees for a full-time in-state student are \$4,156 a year, the lowest in New England.

Starting this year, MCCS has changed the way it reports fall enrollment to exclude Early College students, who are high school students taking community college courses at their high school or at a college campus. The new reporting method aligns MCCS with the University of Maine System, which began excluding Early College students from its enrollment reports several years ago. The change also ensures transparency in the makeup of Maine’s community college student body.

Using the new model, fall enrollment at Maine’s community colleges has increased 20% since fall 2019 (the last pre-COVID

fall class) and increased 13% since 2017.

Although official fall enrollment figures only capture degree-seeking students, MCCS has also significantly expanded short-term workforce training programs that take less than a year to complete and are generally free for students. These short-term programs are coordinated by the system’s Harold Alfond Center for the Advancement of Maine’s Workforce. Since 2022, 45,000 people have enrolled in those programs, which focus on quickly and efficiently acquiring a particular skill – such as basic construction skills in 10 weeks, a three-week welding course with a weekly \$500 stipend, or a compact nine-month option for a medical assisting program.

MCCS is on track to train more than 100,000 students in short-term workforce training programs by 2030, the result of a historic five-year grant from the Harold Alfond Foundation. Graduates of the short-term program are eligible for scholarships toward a degree or certificate program.

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# Foundation awards \$1.2M to meet critical needs across Maine

**PORTLAND, ME** – The John T. Gorman Foundation has awarded 77 grants totaling \$1.2 million to support nonprofits providing food, shelter, and other essential services to Mainers in need. Distributed through the Foundation’s 2025 Direct Services Grant Program, the funding will reach all 16 counties in the state.

“As conditions shift at both the state and national levels, many Mainers – and the nonprofits serving them – are facing growing uncertainty and need,” said Nicole Witherbee, President & CEO of the John T. Gorman Foundation. “At this critical moment, the Foundation is grateful for the tireless work of these organizations and proud to support their efforts to provide people across Maine with access to food, housing, and other essentials.”

This year, approximately half of the Foundation’s Direct Services Grants are supporting efforts to address food insecurity and housing instability among Mainers experiencing poverty. Other major areas of funding include transportation, physical and oral health, and household and hygiene needs.

The John T. Gorman Foundation is a private foundation based in Portland, Maine, with a mission to make Maine a more equitable place where all children and families can thrive. This focus reflects the recognition of our founder Tom Gorman that his personal success and achievement were largely derived from the support provided to him by his family and community, as well as his desire to provide those with fewer advantages opportunities to succeed.

Grantees and grant amounts are below. Summaries of each grants are available on our website.

- Androscoggin Head Start and Childcare dba Promise Early Education Center, Lewiston, \$5,000
- Area Interfaith Outreach, Rockland, \$15,000
- Aroostook County Action Program, Presque Isle, \$20,000
- Ascentria Community Services, Auburn, \$10,000
- Augusta Food Bank, Augusta, \$10,000
- Augusta Teen Center of The Boys and Girls Club, Augusta, \$15,000
- Bangor Housing, Bangor, \$30,000
- Belfast Soup Kitchen, Belfast, \$10,000
- Bethel Area District Exchange and Food Pantry, Bethel, \$10,000
- Burlington Food Pantry, Burlington, \$10,000
- Catholic Charities Maine, Portland, \$20,000
- Central Maine Area Agency on Aging, Augusta, \$25,000
- Coastal Rivers Conservation Trust/Twin Villages Foodbank Farm, Alna, \$15,000
- commonspace -- formerly Amistad, Portland, \$20,000
- Community Care, Bangor, \$30,000
- Community Dental, Portland, \$20,000
- Eastern Area Agency on Aging, Brewer, \$20,000
- First Congregational Church of Waterville, Maine/Waterville Area Essentials Closet, Waterville, \$10,000
- Footprints Food Pantry, Kittery, \$15,000
- Franklin County Children’s Task Force, Farmington, \$15,000
- Friends in Action, Ellsworth, \$10,000
- H.O.M.E. Inc., Orland, \$15,000
- Harrison Food Bank, Harrison, \$10,000
- Healthy Acadia, Ellsworth, \$15,000
- Healthy Island Project, Stonington, \$20,000
- Heart of Maine Resource Center, Dexter, \$10,000
- Androscoggin Head Start and Childcare dba Promise Early Education Center, Lewiston, \$5,000
- Area Interfaith Outreach, Rockland, \$15,000
- Aroostook County Action Program, Presque Isle, \$20,000
- Ascentria Community Services, Auburn, \$10,000
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- Augusta Teen Center of The Boys and Girls Club, Augusta, \$15,000
- Bangor Housing, Bangor, \$30,000
- Belfast Soup Kitchen, Belfast, \$10,000
- Bethel Area District Exchange and Food Pantry, Bethel, \$10,000
- Burlington Food Pantry, Burlington, \$10,000
- Catholic Charities Maine, Portland, \$20,000
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- H.O.M.E. Inc., Orland, \$15,000
- Harrison Food Bank, Harrison, \$10,000
- Healthy Acadia, Ellsworth, \$15,000
- Healthy Island Project, Stonington, \$20,000
- Heart of Maine Resource Center, Dexter, \$10,000
- Hope Acts, Portland, \$20,000
- Hope And Justice Project Inc, Presque Isle, \$10,000
- Jefferson Area Community Food Pantry, Jefferson, \$5,000
- Jewish Community Alliance of Southern Maine, Portland, \$20,000
- Knox County Gleaners, Union, \$10,000
- Knox County Homeless Coalition, Rockland, \$20,000
- Lewiston-Auburn Area Housing Development Corporation, Lewiston, \$10,000
- Loaves and Fishes Food Pantry, Ellsworth, \$15,000
- Locker Project, Portland, \$15,000
- Lubec Community Outreach Center, Lubec, \$10,000
- Machias Area Food Pantry, Machias, \$20,000
- Maine Association for New Americans, Portland, \$20,000
- Maine Coast Fishermen’s Association, Brunswick, \$20,000
- Maine Highlands Senior Center, Dover Foxcroft, \$10,000
- Maine Mobile Health Program Inc, Augusta, \$15,000
- Maine Multicultural Center, Brewer, \$10,000
- Maine Needs, Portland, \$10,000
- Mainly Teeth dba Mainly Smiles, Portland, \$20,000
- Midcoast Community Alliance, Bath, \$15,000
- Mid-Maine Homeless Shelter, Waterville, \$25,000
- Moving Forward for Maine Reentry Sisters Corporation, Portland, \$10,000
- MSAD 54, Skowhegan, \$15,000
- New Beginnings, Lewiston, \$20,000
- New England Arab American Organization, Portland, \$20,000
- Northern Lighthouse Inc, Presque Isle, \$25,000
- Oasis Free Clinics, Brunswick, \$20,000
- Oxford Hills Community Gardens - Foot-hills Foodworks, Norway, \$15,000
- Penobscot Community Health Care, Bangor, \$20,000
- Penquis C.A.P., Inc., Bangor, \$20,000
- Piscataquis Regional Food Center, Dover Foxcroft, \$25,000
- Portland Recovery Community Center, Portland, \$10,000
- Rangeley Health and Wellness, Rangeley, \$20,000
- River Valley Healthy Communities Coalition, Rumford, \$10,000
- Rumford Group Homes, Rumford, \$20,000
- Rural Community Action Ministry, Leeds, \$20,000
- Sacopee Valley Health Center, Porter, \$20,000
- Safe Voices, Auburn, \$20,000
- Sanford Backpack Program, Sanford, \$15,000
- Seeds of Hope Neighborhood Center, Biddeford, \$20,000
- Shalom House, Portland, \$15,000
- St. Martin de Porres Residence, Lewiston, \$15,000
- The Drop-in Center, Auburn, \$5,000
- Through These Doors (formerly Family Crisis Services), Portland, \$15,000
- Trinity Jubilee Center, Lewiston, \$10,000
- Unitarian Universalist Association, Sanford, \$10,000
- United Way of Aroostook, Presque Isle, \$15,000
- Unity Barn Raisers, Unity, \$15,000
- Veggies to Table, Newcastle, \$20,000
- Waldoboro Food Pantry, Waldoboro, \$10,000
- Winthrop Food Pantry, Winthrop, \$15,000
- Women for Healthy Rural Living, Milbridge, \$5,000.





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## Brown trout in Maine: Where they are, how they got here

**BRUNSWICK, ME** – Brown trout are a prized target for Maine anglers. But where are they in Maine and how did they get here in the first place? These questions and more will be answered at the November gathering of the Merrymeeting Bay Chapter of Trout Unlimited.

Members and the public are invited to attend the free MMBTU monthly meeting of this national cold-water conservation organization as we gather sportspeople and conservationists on Tuesday, November 18, 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.

At the November MMBTU meeting veteran fisheries biologist Neal Hagstrom will look at the many kinds of brown trout across the US and reveal where to find them in Maine waters. Neal is a retired Senior Fisheries Biologist who was a cold-water stream biologist for Connecticut DEEP Inland Fisheries for 32 years. He served as biologist for the Farmington River trout fishery and its successful Survivor Brown Trout Program. Prior to that worked as a Fish Biologist for Imperial Irrigation System in Southern California.

MMBTU monthly membership meetings are held at Sea Dog on the third Tuesday of each month, September through May. Upcoming meetings are 16 December and 20 January.

No admission fee. Open to members and non-members alike. Please join us.



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**Through Oct 30**  
LEWISTON – The City of Lewiston’s Early Voting Polling Place will be open through Oct 30. Any registered voter who would like to vote early is welcome to come to City Hall and vote their ballots before election day. The hours are 9am - 4pm. For the convenience of the voters, there are 14 voting booths set up in the City Council Chambers, located on the first floor of City Hall. Voters with questions are welcome to contact the City Clerk’s Office at 513-3124.

**Through 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 30-Nov 9**  
LEWISTON – Community Little Theatre Presents the Musical ‘A NEW HOME’ A musical production that tells the rich and complex history of Lewis-

# Calendar

Send your submissions to the Editor. More online.

ton. Adapted from “Lewis-ton: 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 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 2**  
LEWISTON – The Greater Androscoggin Humane Society (GAHS) is holding its annual Pause For Pets Craft & Vendor Fair on Sunday, November 2 at the Lewiston Armory from 10:00 AM to 3:00 PM.

**Nov 3**  
AUBURN, ME – The Stanton Bird Club will be hosting the first in its 2025-26 lecture series with featured speaker, Mackenzie (Kenzie) Roeder, State Songbird Biologist with the Maine Department of Inland Fisheries and Wildlife. Entitled “Conserving Maine’s Swallows: A Call to Action for Aerial Insectivores”, the talk will focus on the work Kenzie is doing to support declining bird populations. 4-6pm at the Auburn Public Library. The public is welcome. The lecture series is free of charge.

**Nov 8**  
BRUNSWICK – The UUCB Concerts for a Cause series presents the renowned singer-songwriter, Fred Small, on Saturday, November 8th at 7:30PM at the Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick

to raise money for Oasis Free Clinics and the Immigrant Legal Advocacy Project.

**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-Farming-ton.

**Nov 15**  
AUBURN – Harvest Supper from 4:30 to 6:00 pm. at West Auburn Congregational Church - 811 West Auburn Road, Auburn Maine 04210. Meal: Turkey, Ham, Potato, Sweet Potato, Squash, Carrots, Corn, Peas, Rolls, Beverage & Dessert. Price: \$5.00 for 4 to 14, Free under 3, and \$13.00 for adults.

**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 Es-

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sentials 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.

**Nov 18**  
BRUNSWICK – Brown trout are a prized target for Maine anglers. But where are they in Maine and how did they get here in the first place? These questions and more will be answered at the November gathering of the Merrymeeting Bay Chapter of Trout Unlimited.

November 18, 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.

**Blood**  
*Continued from page 8*  
  
Scarborough  
11/4/2025: 12 p.m. - 5 p.m., Saint Maximilian Church, 150 Black Point Rd.  
  
South Portland  
11/15/2025: 9 a.m. - 1:30 p.m., South Portland Community Center, 21 Nelson Road.  
  
Westbrook  
11/14/2025: 8 a.m. - 1 p.m., Westbrook High School, 125 Stroudwater Street.  
  
Yarmouth  
11/7/2025: 11:30 a.m. - 4 p.m., American Legion Post 91, 196 Main St.

\$50K

\$40K

\$30K

\$20K



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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
- Acquire tarps and field maintenance equipment
- Add scoreboards

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