

Lewiston shooting victims' fund scandal brought to light by LePage

Paul LePage is expressing deep concern and standing with Lewiston shooting victims' families over concerns that donated funds intended for victims and their families ended up instead in the hands of politically aligned organizations. Survivors and family members say they were not informed that donations intended for victims would be reallocated to other groups, some of which have no direct connection to providing victim support or services.

Family members and survivors including a shooting survivor, a woman present at the shooting, and even the sister of a man killed by the shooter have come forward to express concern.

"Ann and I were pleased to help raise over \$474,000 for victims and their families involved in the Lewiston shooting. We were overwhelmed at the time by the outpouring of support for people in my hometown. Now, I am incredibly concerned money intended for these victims and their families may have been



diverted elsewhere," said Paul LePage. "It's about broken trust. Victims, families, and Mainers believed every dollar would help victims heal. Instead, we're finding out funds were diverted with little transparency. I continue to stand with the victims and families who are suffering from this shooting" added LePage.

"I am torn between gratitude for the support, then angered when I was facing a \$93,000 outstanding hospital bill that was denied by insurance," said Jennifer Zanca who was

shot in her arm. "When I found out the MCF distributed twice as much to each non profit, than I received as someone with substantial injuries, this opened my eyes to the inequities."

"We never knew part of the fund wasn't going directly to victims and survivors. It feels like betrayal", said Destiny Johnson who was personally present at Schemengees during the shooting. "Some of the families still haven't financially recovered and yet donated money was given out to other people," added

See LePage, page 14

October Special Section Domestic Violence Awareness Month pages 9-10

CLT musical 'A New Home' opens this weekend

LEWISTON, ME – The long-awaited production of the Community Little Theatre musical "A New Home" will open this weekend at the Lewiston Middle School Auditorium.

"A New Home" tells the rich and complex history of Lewiston, bringing to life the stories of Lewiston's Indigenous, Irish, Franco-American, and African immigrant communities, whose contributions have shaped the city's identity and culture. Adapted from "Lewiston: A New Home," which was first performed in September 1995 for the Lewiston Bicentennial, the sold-out performances of "Lewiston: A New Home" received wide acclaim for the show's musical score and the heartwarming authenticity of its stories. An original cast album was released in December 1995, and the show was performed again to sold-out audiences in 1996. In the thirty years since the original production, major events – both good and tragic - have occurred in Lewiston and are now represented in the musical's revival, includes a heartfelt tribute to the 18 lives that were lost in the tragic events of October 25, 2023.

The show includes new music and lyrics written by the director Dr. Paul G. Caron, who was the composer, lyricist, and musical director for the "Lewiston: A New Home" production in 1995, which was written by Michael Rosenthal, Richard Martin, and Lynne Geiger. Most of the songs from that original show are also included in the current production,



"A New Home" cast members (from left) Clover Pross, Ellie Pfohl, and Casey Waters are pictured here rehearsing a scene set in 1955 at the old Peck's department in downtown Lewiston. The scene is titled "He's Arrived" because it's Christmas time and a very special guest is about to arrive!

which will be supported by a 26-piece orchestra. Caron's production team leaders includes Dr. Colin Britt, arranger, composer, and conductor; Jennifer McClure Groover, producer; Brandon Chaloux, stage manager; Lacey Moyse, choreographer; Jane Mitchell, costumer; and Sarah Chaloux, script supervisor.

The lead roles of Donovan and Madeleine are played by CLT favorites Justin Morin and Janelle Raven. The diverse cast, ranging in age from teens to 70, consists of veteran CLT performers as well as a number of newcomers. The remaining cast members, several of whom play multiple roles, are Ashleigh St. Pierre, Brian Pfohl, Joseph Daniels, Duane Glover, Gregory Judd, Casey Waters, Clover Pross, Karianna Merrill, Bee Tyler, Roger Philippon, Daphne Cifelli, Maddie Blais, Glenn Atkins, Eden Bauer, Rebekah Moya, Brandon

Hopper, River Charlett, Nexus Marcoux, Ellie Pfohl, Elijah Middleton, Paul Lemay, Hann Paulsen, Amanda Grenier, Kathleen Grenier, Lynn Thibault McLain, Sharon Patrick, Anita Charles, Brandon and Kelsey Sukeforth.

The seven performances of "A New Home" will be held on October 30, November 1, 6, 7, and 8 at 7:30 p.m. and at 2:00 p.m. on November 2 and 9 (no performance on October 31). All performances will be at the Lewiston Middle School Auditorium, 75 Central Avenue in Lewiston. For more information or to purchase tickets online, visit LACLT.com.

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

Vendor spots open at LA Metro Chamber's most festive event!

MAINE – On Thursday, December 11, 2025, LA Metro Chamber is hosting our annual Holiday Marketplace: Shop Small and Support Local – and we'd love for you to join us as a vendor.

This special holiday event transforms our Chamber Breakfast into a bustling marketplace, where guests shop local, discover unique offerings, and support fellow businesses. It's the perfect time to showcase:

Your products and services
Gift cards

Subscriptions or memberships

Holiday specials
Vendor spaces are member-exclusive and limited, so don't wait to secure your spot!

As a vendor, you'll receive:

A 6ft vendor table (or bring your own setup)

Recognition in event materials and during the program

Direct access to local-loving attendees excited to shop small (Wi-Fi available for mobile payments)

The chance to high-

light your products, gift cards, memberships, and holiday offers

Event Details:
Date: Thursday, December 11, 2025

Location: Hilton Garden Inn Auburn Riverwatch, 14 Great Falls Plaza, Auburn

Vendor Setup: 6:20 AM (early setup may be available the night before)

Guest Arrival: 7:00 AM | Wrap-Up: 9:00 AM

We look forward to celebrating the season and showcasing your business at the Marketplace!

Regain strength, balance and confidence.

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

Visit stmarysmaine.com to learn more.



Professional & Reliable Cleaning Services



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

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

CLEAN BOOKS LLC

BOOKKEEPING
SERVICES

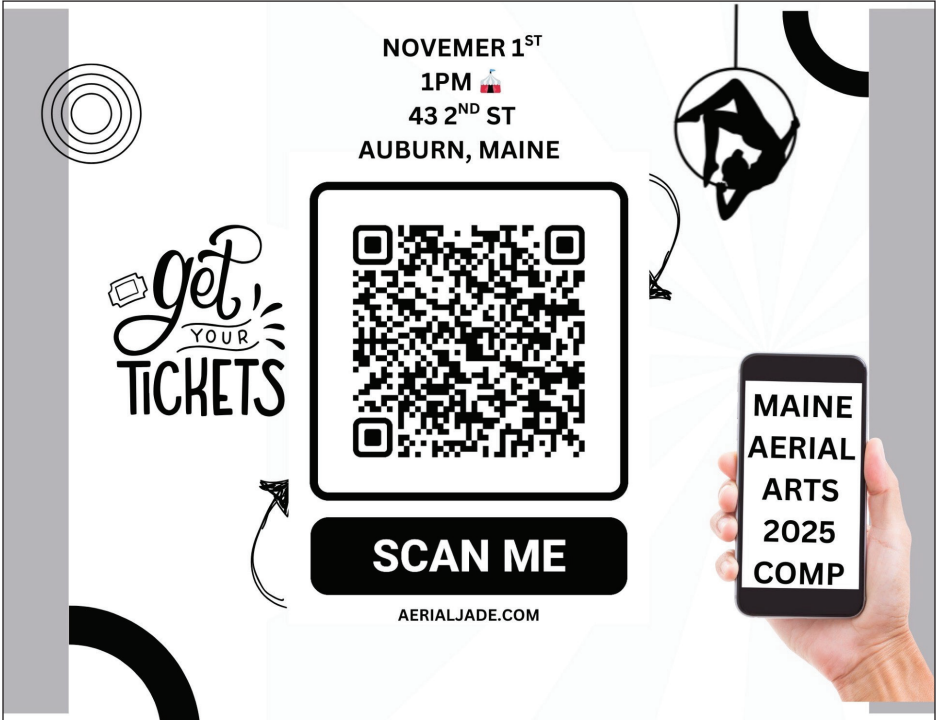
207-370-9292

cleanbooksmaine@gmail.com

www.cleanbooksmaine.com

Newsmakers, Names & Faces

Maine’s first nationally recognized aerial arts competition is Saturday



NOVEMBER 1ST
1PM
43 2ND ST
AUBURN, MAINE

Get YOUR TICKETS

SCAN ME

AERIALJADE.COM

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.

Best Source for Arts, Music and Theater!

Your Hometown Paper.

Jason Hodsdon Masonry

We install stainless steel liners

215-3557
North Monmouth 
Jasonhodsdonmasonry@gmail.com



Injured on the job?

We should talk.

(207) 333-5103

Help@BilodeauLaw.me
BILODEAULAW.ME

BILODEAU LAW

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 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

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.

allworx



Save \$\$ on your business phone!

Call today for a demonstration!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us



Buck Buchanan
A+, MCP Certified Technician

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

News-makers, Names & Faces

Pause For Pets Craft & Vendor Fair in Lewiston

SeniorsPlus seeks new members for Advisory Council

LEWISTON, ME – The Greater Androscoggin Humane Society (GAHS) is holding its annual Pause For Pets Craft & Vendor Fair on Sunday, November 2 at the Lewiston Armory. This year’s fair, running from 10:00 AM to 3:00 PM, holds extra special significance as it will honor the memory of one of its co-founders.

The Pause For Pets Craft & Vendor Fair was established in 2012 by sisters Lauren Odiorne and Shannon Martin of Lewiston as a creative way to raise funds for the GAHS. Both women went on to volunteer and eventually join the staff of the shelter, cementing their dedication to animal welfare.

This year’s fair will serve as heartfelt tribute to Lauren, who sadly passed away in July. Her absence will be deeply felt by the community members and the vendors who had come to expect her welcoming demeanor and warm smile. The GAHS family is working hard, hoping to make Lauren proud by honoring her memory with special touches, including purple accents and a photo tribute - purple being her favorite color.

The popular annual fair will feature more than 60 local crafters and vendors, offering a wide variety of unique goods perfect for early holiday shopping. Admission is free for all attendees, who will receive a complimentary door prize ticket upon entry.

This event will also feature raffles and a 50/50



drawing, with all proceeds directly benefiting the pets at the GAHS and in the community. Attendees

are encouraged to bring physical donations from the GAHS wish list. Staff and volunteers will be on hand to discuss volunteer and foster opportunities with community members. The entire GAHS family of staff, volunteers, and supporters looks forward to a successful fair in memory of a truly beloved member of our animal-loving community.

LEWISTON, ME – SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, seeks dedicated individuals to join its Advisory Council.

The Advisory Council, a requirement under the Older Americans Act, provides valuable advice on issues concerning older adults and Older Americans Act programs. Council members play a crucial role in advocating for the interests of older people, identifying service gaps, and influencing policies and programs that affect older people.

The SeniorsPlus Advisory Council meets five times a year (in person or

via Zoom if preferred) and offers opportunities to engage with local, state, and federal elected officials, make community presentations, and testify at public hearings.

If you’re interested in joining our Advisory Council and making a difference in the lives of older adults in your community, please get in touch with Laure Johnson, Community Services Director, at ljohnson@seniorsplus.org or by calling 207 795-4010.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties.

The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 19,000 individuals and fields 160,000 phone inquiries.

Zara, Inc.

Fashion News

Tias Prom Project

Dedicated to providing dresses & confidence to young women

The Tatiana Morrell Foundation was created to honor the incredible spirit of Tatiana Morrell – a young woman whose light, kindness, and heart continue to inspire us every day. One of the ways we carry her legacy forward is through something truly special: collecting prom dresses for students who may not have the means to purchase one. Tatiana believed deeply in making others feel seen, valued, and beautiful – and this mission reflects that love.

Through every dress given, every smile shared, and every moment of confidence created – Tatiana’s spirit lives on. Thank you for being part of this journey with us. 🌟



The Story Behind Our Mission:
To better understand our mission, you must understand our reasoning:
Tia lived with a heart led by kindness and intuition. When she noticed a new student struggling, she stepped in to make a difference—providing her with a beautiful dress and arranging for her mother to do her hair and makeup. That simple act of love gave the girl who never imagined attending such an event, the night of her life.

Tia believed every young woman should feel confident, radiant, and celebrated during life’s special moments. In her honor, we are dedicated to continuing that mission—ensuring that no girl misses out on the magic of prom, homecoming, or a school dance because of financial hardship.

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

Follow us on Facebook: Tias Prom Closet Project



PAUSE FOR PETS

Craft & Vendor Fair

TO BENEFIT THE GREATER ANDROSCOGGIN HUMANE SOCIETY

Come shop with local crafters & vendors offering a wide variety of products and gift items!

We will be collecting donations of cleaning supplies, pet food, litter and other items for the shelter.

Sunday Nov. 2

10am -3pm

Lewiston Memorial Armory
65 Central Ave, Lewiston

50/50 and RAFFLES on sale to benefit GAHS.

TWIN CITY TIMES

TWIN CITY PUBLISHING, INC

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

Info@TwinCityTimes.com
(207) 795-5017

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

FREE e-subscriptions at www.TwinCityTimes.com

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

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

Press Releases
All submissions, including photos, must be emailed to editor@twincitytimes.com.

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

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>.

Jason Hodsdon Masonry

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

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com



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

ROOTED

hair studio



Courtney

Michael

Accepting New Clients

214 Minot Avenue ~ Auburn ~ 689-3035



Jay's

Lawn & Garden

207-713-6090

Delivery Available

Also offering
residential & commercial
lawn mowing services

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

1294 Sabattus Street
Lewiston

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

Seniors Not Acting Their Age 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.

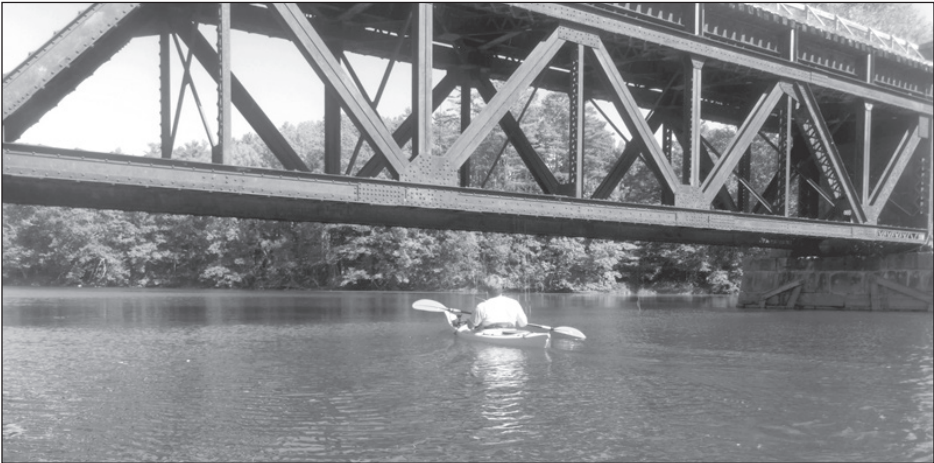
My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates twenty-eight more paddling escapades on Maine riv-

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 or he can be reached at 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

STAPLES COWORKING

A NEW SPACE
TO BREAK OLD RULES

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

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

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

100% Financed Garages!



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

AMERICAN BUILDERS
Custom Building & Remodeling



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

Arts & Entertainment

First lecture in series held by Stanton Bird Club meeting

AUBURN, ME – On November 3rd, 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. She is currently planning and coordinating several new statewide initiatives focused on aerial insectivores including Bank, Barn, Cliff, and Tree Swallows as well as Purple Martins and Chimney Swifts, with an emphasis on building partnerships with landowners and communities to support these declining species.

She has more than a decade of experience studying bird ecology and population demographics,



with a focus on Species of Greatest Conservation Need. Much of her past work has centered on tidal marsh sparrows in Maine’s saltmarshes, complemented by research in forests and farmlands across the Northeast.

The talk will be held on Monday, November 3rd from 4-6pm at the Auburn Public Library. The public is welcome. The lecture se-

ries is free of charge.

The Stanton Bird Club, a leader in environmental awareness, owns and manages the Thorncrag Nature Sanctuary in Lewiston as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. More information about other activities of the Club can be found at www.StantonBirdClub.org and on its Facebook page.

UUCB Concerts for a Cause presents Fred Small



BRUNSWICK, ME – The UUCB Concerts for a Cause series presents the renowned singer-songwriter, Fred Small, on Saturday, November 8th at 7:30 pm at the Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick to raise money for Oasis Free Clinics and the Immigrant Legal Advocacy Project.

Fred Small is a singer, songwriter, and song leader whose music inspires, heals, and empowers. He sings powerful ballads of hope in hard times. His songs illuminate the goodness and courage of all kinds of people.

A Unitarian Universalist parish minister for nearly two decades, Fred is also a singer-songwriter and environmental lawyer. In 2015 he left parish ministry to devote his energies

to organizing for environmental, racial, and social justice. Currently he is the Minister for Climate Justice at the Arlington Street Church in Boston and is once again doing concerts for his many fans.

Named by Pete Seeger as one of America’s best songwriters, Fred Small “sings songs of conscience in the tradition of Woody Guthrie, Phil Ochs, and Tom Paxton. When you hear Fred’s message of love, unity, and respect for others and the environment, you will be lifted and moved by his words and music.

Fred’s inclusive lullaby of unconditional love, “Everything Possible,” has become a standard of LGBT choruses worldwide and is now a celebrated children’s picture book. His anthem “Peace Is” is sung in worship, in

schools, and on the streets. Fred’s classic “The Heart of the Appaloosa” celebrates the enduring spirit of the Nez Perce.

“The Heart of the Appaloosa” was elected to the All-Time Bluegrass Hit Parade by WAMU Radio in Washington, DC, and UU Mass Action presented him with the Ruth Rowan Award for his musical contributions to social justice movements. Fred has released seven albums and two songbooks. He has performed at prestigious folk festivals throughout the United States as well as in Japan, Australia, England, and Canada.

Tickets are \$20 in advance, \$25 at the door, and \$10 for students/children. Available at the church office (729-8515), Gulf of Maine Books, or online at <http://ticket-stripe.fredsmall.com>.

New Historical Fiction Book Group invites readers to join

LEWISTON, ME – Join the Androscoggin Historical Society, Auburn Public Library, and Lewiston Public Library as we partner to explore fiction with a historical twist. We will be meeting on the last Monday of each month from 5:30 – 6:30pm to discuss a historical fiction novel. Our next meeting will take place on November 24th @ 5:30pm, at the Lewiston Public Library, located at 200 Lisbon St., Lewiston, ME 04240. The meeting will take place on

the 2nd floor in the IDEA Lab.

We will be reading *Women of the Dawn*, by Bunny McBride.

“Tells the stories of four remarkable Wabanaki Indian women who lived in northeast America during the four centuries that devastated their traditional world.” Participants will be expected to obtain a copy of the book independently. You may place a hold on Minerva using your library card or contact either the Auburn Public Library

or the Lewiston Public Library for assistance with how to borrow a copy of this month’s selection.

Locations of future gatherings will rotate between the Androscoggin Historical Society, Auburn Public Library, and Lewiston Public Library. Future readings to be determined by those who come.

Free to attend. No registration required at this time. No food provided, but feel free to bring your own. Recommended for ages 18+.

STEPHEN KING'S MISERY

A THRILLING PLAY
BY WILLIAM GOLDMAN

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

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

Oct 24-Nov 9

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

THIS WEEKEND!

ThePublicTheatre.org | 782-3200

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

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

the PUBLIC THEATRE
31 Maple Street, Lewiston

Halloween safety tips for individuals with dementia

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.

For tickets or info call 783-0958 or visit LACLT.com
 Tickets: \$25 adults • \$22 seniors/students • \$17 children
 includes all taxes and fees

‘A New Home’ director addresses L-A Rotary Club



“A New Home” director Paul G. Caron, second from right, spoke about this upcoming musical at a recent L-A Rotary Club luncheon meeting. Present at the meeting were Rotarians Roger and Joseph Philippon, who both participated in the 1995 production of “Lewiston: A New Home” and are also part of the cast/crew of the current production. Caron wrote the music for the original show, from which “A New Home” is adapted. Pictured from left are Joseph Philippon, Club President Peter Arsenault, Caron, and Roger Philippon.

LEWISTON, ME – Dr. Paul G. Caron, the director, lyricist, and composer for the musical “A New Home,” which opens this weekend, spoke recently to the Lewiston-Auburn Rotary Club. This Community Little Theatre production tells the rich and complex history of the city of Lewiston. The show is adapted from “Lewiston: A New Home” that was first performed in September 1995. Performances of “A New Home” will be held on October 30, November 1, 6, 7, and 8 at 7:30 p.m. and at 2:00 p.m. on November 2 and 9 at the Lewiston Middle School Auditorium at 75 Central Avenue in Lewiston. For more information or to purchase tickets online, visit LACLT.com. The Lewiston-Auburn Rotary Club founded in 1917, meets every Thursday at noon at the Village Inn Restaurant in Auburn. lewistonauburnrotary.org/.

Renee Knox joins Fontaine Family Team

MAINE – Fontaine Family – The Real Estate Leader® is proud to welcome Renee Knox to its award-winning Auburn team!

Renee grew up in Rumford, Maine, where she continues to reside today. A graduate of Mountain Valley High School, she went on to earn her Associate’s Degree in Business Administration from Southern Maine Community College. Renee currently works at United Insurance in Rumford as a Commercial Lines Account Assistant, where she has honed her skills in customer service, communication, and problem-solving.

Before entering the insurance field, Renee worked in a mental health group home as a residential service worker—an experience that gave her a deep appreciation for the unique challenges people face and the importance of empathy and gratitude in everyday life.

Renee’s path to real estate is also a deeply personal one. After the loss



of her father last year, she, along with her mother and brother, took over the family business to continue his legacy in their community. It was her father’s encouragement and belief in her dreams that inspired Renee to pursue a career in real estate.

When she’s not helping clients achieve their

real estate goals, Renee enjoys going to the gym, hiking, cooking, attending concerts, and exploring new adventures around Maine.

For real estate opportunities with Renee Knox, she can be contacted by phone at (207) 357-3947 or email renee@fontaine-team.com.

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

Water that just works.



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

207.224.7861 goodwinwellandwater.com

2025 - 2026 SEASON UNDERWRITERS
Hardy Wolf & Downing • Sun Journal

ARTISTIC DIRECTOR
Dr. Richard Nickerson

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

EVENT SPONSORS:

EVENT SUPPORTER: Norman, Hanson & DeTroy

Saturday, Nov. 1 • 7:00pm
FRANCO CENTER • LEWISTON

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

Place a bid to support Maine Music Society!

Online AUCTION
November 1-12
Preview October 31

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

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

October Special Section: Domestic Violence Awareness Month

Community support needed for Safe Voices' Feed-a-Family

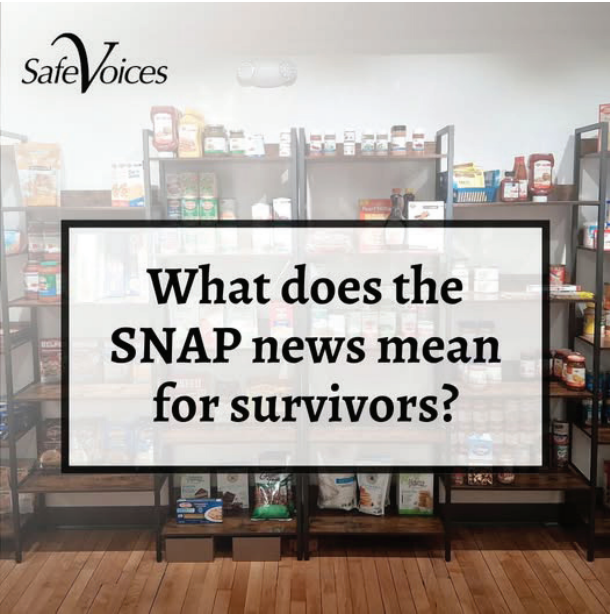
The good news is: We at Safe Voices have matched every survivor family signed up for Feed-a-Family with a donor!

The not-so-good news is: We expect need for this program will increase. Here's why:

The first thing we do when we begin working with a survivor is something we call "safety planning." That's where we look at the immediate dangers they're in from their abuser, and we plan ways to lessen the danger or put protections in place. Immediate safety planning can include all kinds of things, from always carrying a flashlight with you to filing a Protection From Abuse order to fleeing your home and entering a secure shelter.

Then there are the longer-term safety and recovery plans. Those plans are centered around how to keep the abuser away and how to ensure the survivor can remain safe and independent. That's where financial safety planning comes in.

One small part of that stage is sometimes applying for SNAP benefits, especially as survivors may be shifting from being a two-income household to



a one-income household as they leave their abuser. It is one tool within of an array of tools that can help a survivor remain safe and independent and actually become more safe and more independent over time.

Next month, survivors we work with who receive SNAP will not get their SNAP payments due to the government shut-down. What does that mean for them, us, and you?

It means Feed-a-Family just became a WHOLE lot more important. It means our Food Pantry just became absolutely essential. It means Safe Voices needs to fill an even larger gap than we were filling

yesterday.

You can help by donating money, donating shelf-stable groceries from our Wishlist to stock our food pantry, or signing up for Feed-a-Family so we can sign more survivors up. We expect that some who didn't think they'd need the Feed-a-Family program might feel differently today.

Links to each are below. Thank you for your support.

Donate: www.safevoices.org/donate

Food Pantry Wishlist: <https://a.co/5r1I38C>

Feed-a-Family donor signup: <https://form.jotform.com/250273745441152>.

How your donation helps survivors of domestic violence



So you donate to Safe Voices... what happens next?

1. Funds are allocated: Your gift is directed toward our advocacy services like courtroom support, our shelter facilities, or other resources survivors need.

2. Helpline is answered: Helpline (1-800-559-2927) is the first place many survivors reach us for help. 24-hours a day, advocates help with safety planning, emotional support, resources, and more.

3. Safe Voices provides ongoing advocacy: For ongoing advocacy, a survivor is connected with a civil or legal advocate to help guide them through unfamiliar processes like Protection Orders.



4. Safe Voices provides emergency shelter: Survivors who are in extreme danger may enter one of our confidential or secure shelters, depending on what they need.

5. Survivors experience safety and support as they work toward independence: With their advocate, survivors work toward a life of safety and independence, free from the abuse and exploitation they experienced.

6. We track our impact: We track the number of survivors we serve, abusers who participate in intervention classes, and more to ensure your donation is making a real difference.

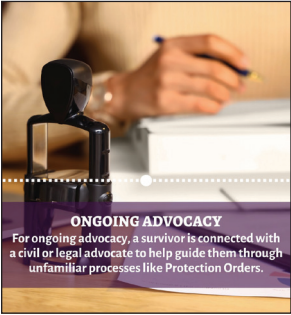
7. We share updates with you! Through quarter-



ly newsletters, our social media, and annual letters, we keep supporters up to date about our work and how we're showing up for survivors.

8. We serve survivors, year over year. The annual support of our donors allows us to meet the needs of Maine survivors. Every day.

Ready to donate? Visit www.safevoices.org/donate.



Safe Voices helpline available 24/7

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

- Helpline calls are confidential.

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

- IMPORTANT: Our advocates will call back from a blocked number. This is for their safety and yours. They will introduce themselves by confirming they are speaking with the person who called and saying "Hi, this is [Name] from Safe Voices. Is now a good time to talk?"

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

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



helpline.

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

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

sex trafficking, or exploitation, but you need to talk through your concerns, you can call us.

1-800-559-2927.

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

Evergreen

Credit Union

egcu.org/sun

Fixed-rate

Credit Card

Lock in with

rates as low as

8.99%

APR¹

Evergreen

SUNSELECT

E

QR Code

Scan to apply or call 207-221-5000

★ Trustpilot

Rated 4.8 Stars

as of 10/1/25

1

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

October Special Section: Domestic Violence Awareness Month

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.

REDEFINING YOGA

889 Roosevelt Trail • Windham

YOGA • TAI CHI • PILATES
WELLNESS PRACTICES

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

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

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

Caring for your needs since 1970

Finley Funeral Home

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

Bragdon-Finley Funeral Home

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

www.finleyfuneralhome.com

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

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

Rinck Advertising CEO advocates for women’s health

LEWISTON, ME – Laura Rinck, CEO and Co-Founder of Rinck Advertising announced a groundbreaking new employee wellness benefit that gives every Rinck employee access to an annual DXA bone-density scan on demand — regardless of age or gender.

The initiative, part of Laura Rinck’s broader advocacy for women’s health and preventive care, builds a unique call to action, “Demand the Scan,” the necessity for earlier, equitable access to osteoporosis screening and education.

Rinck, a CEO and patient advocate, was diagnosed with severe osteoporosis in her fifties when a routine DXA scan revealed her bones resembled those of a 90-year-old woman. That experience transformed her perspective on leadership, health equity, and the need for earlier intervention.

“Women build bone until around age 35 — then the loss begins, speeding up as women enter perimenopause,” said Rinck. “By the time most women qualify for a bone-density scan at age 65, decades of loss may have already occurred. Waiting until you’re 65 — or until you fracture a bone — is unacceptable to me. My own mother shattered her hip when she fell on ice in her workplace’s employee parking lot leading to a forced early retirement. While this may be my family history, it does not need to be my future. I am on a mission to raise awareness on this silent disease.”

A Silent Epidemic with a Massive Economic Cost

Osteoporosis affects an estimated 10 million Americans, and another 44 million have low bone density that puts them at risk for fracture.¹

One in two women



over 50 will break a bone due to osteoporosis — more than will experience a heart attack, stroke, or breast cancer combined.²

Eighty percent of hip fractures occur in women, and a single hip fracture can increase mortality risk by up to 24% within a year.³

The annual economic cost of osteoporosis-related fractures exceeds \$57 billion in the United States and is projected to reach \$95 billion by 2040.⁴

“Beyond the human impact, this is a business issue,” Rinck added. “Every fracture means lost time, talent, and experience. Early detection protects not just individuals — it protects organizations.”

From Personal Mission to Company Policy

Rinck’s Demand the Scan advocacy campaign urges women — and men — to take control of their bone health through early, voluntary DXA scans. The test is quick (about 15 minutes), painless, and typically costs around \$150 for those whose insurance won’t cover it.

In alignment with her advocacy, Rinck’s agency, Rinck Advertising, will now offer an annual DXA scan to every employee — at no cost — regardless of age or gender.

“At Rinck, we believe what gets measured gets managed,” said Rinck. “We track creative performance and campaign results down to the data point — now we’re applying that same precision to wellness. A

DXA scan gives people the data to stay strong for life.”

Rinck’s Broader Advocacy

Rinck’s advocacy challenges the outdated notion that vulnerability and leadership can’t coexist. Her message is resonating across industries: women leaders must speak openly about health, aging, and prevention to change outcomes for the next generation.

“Strong bones build strong leaders — and strong leaders build strong companies,” said Rinck. “It’s time to normalize conversations about women’s health in the workplace, from menopause to bone density. Because when we take care of our foundation, we are strong from within.”

¹ Bone Health & Osteoporosis Foundation, 2024.

² National Institutes of Health, Office on Women’s Health, 2023.

³ U.S. Department of Health and Human Services, 2024.

⁴ American Journal of Managed Care, “Economic Burden of Osteoporosis in the U.S.,” 2023.

⁵ International Osteoporosis Foundation, “Osteoporosis and the Workplace,” 2022.

Rumford Eagles member raises funds for treatment

RUMFORD, ME – Dorie Oakes of Rumford, on behalf of the Rumford Eagles, recently led the effort to raise \$10,000 for the Bennett Breast Care Center in remembrance of her sister who passed away from breast cancer.

Dorie organized several fundraisers to accomplish this, including selling pink ribbons, holding bake sales and other activities.

“I would like to thank Dorie for her generous contribution,” said Stephany Jacques, president of Rumford Hospital. “The fight against breast cancer is very personal for her, and that is evident in



her tireless efforts to raise these funds. Dorie and the Rumford Eagles are an invaluable part of the River Valley community.”

Central Maine Healthcare offers a full

spectrum of services to help screen, diagnose and treat breast cancer. Services include prevention, diagnosis, treatment, breast cancer surgery and reconstruction, as well as education.

NSB Contributes \$1.5K to MaineHealth’s Community Health

BRUNSWICK, ME – Through quality evidence-based medical wellness programming, community outreach, and genuine caring, MaineHealth’s Community Health Brunswick (formerly known as the Mid Coast Hospital Center for Community Health & Wellness) has helped thousands of residents learn how to prevent and manage chronic diseases, improve their daily life, and enhance their general well-being.

The center serves as the hospital’s hub for health and wellness, offering a state-of-the-art space on 329 Maine Street in Brunswick for patients and those in need to find classes and resources covering topics such as CardioPulmonary rehabilitation, medical exercise, nutrition and weight loss, mental health, Parkinson’s Disease, tobacco cessation, and more. The center also hosts multiple ongoing free education and demonstration series which focus



on healthy lifestyle options including “Food for Health,” “Cooking with a Doc,” and “Health Within Reach.”

“It really is amazing when you look at the list of classes and events promoting positive and healthy steps in the lives of community members. Plus, the exercise programs for walking, running, and swimming help increase physical activity to improve the quality of life for participants,” said Dan Walsh, President and CEO of Norway Savings Bank.

The center has drawn donations and support from many local businesses inspired by its impact, including Norway Savings Bank, which donated \$1,800 this month and has made contributions to the center for decades.

The most recent donation is a sponsorship for the 32nd Annual Golf Fore! Health Tournament

at Brunswick Golf Club on Wednesday, September 3. The annual event brings together healthcare leaders, golf enthusiasts, community members, and businesses for a day of friendly competition with all proceeds supporting the center.

“NSB has been a Leadership Sponsor for over 20 years and has been an important part of the center’s success and impact in our region. The continued partnership and generosity of Norway Savings is greatly appreciated by the entire Mid Coast family,” said Constance Jones-Morris, Senior Director of Philanthropy for Mid Coast Hospital.

For further details about the tournament on September 3 or to register, call (207) 373-6064 or visit www.midcoasthealth.com/golf. For more information about the center, including ways to offer additional assistance, visit www.mainehealth.org/mid-coast-hospital/community-health.

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

GRIDIRON Restaurant

LEWISTON, MAINE

SCAN HERE!



The Place where every hour is happy.

OPEN DAILY 11AM-9PM

DINE IN - TAKE OUT

207-777-6353

207-777-6354

1567 Lisbon Street Lewiston, Maine

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



Junction BOWL

ESTD 2019

American pub-style food and drinks.

A 7 Railroad Ave, Ste 102
Gorham, ME 04038

W www.jctbowl.com

P 207.222.7600

We Deliver.



Uber Eats GRUBHUB Postmates DOORDASH

SUBWAY

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

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
- 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
- Mainely Teeth dba Mainely 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.



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

207-344-5212

CAMP FOR SALE

by owner

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



For more information

Call 207-215-3557

\$380,000

Thurston Rd, Cornville

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.

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

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

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

PHOTOGRAPHY



Executive Portraits • Business photographs • Videos

Gray, ME
(207) 657-6372

maine@portraitefx.com
www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

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

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

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

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



RICK OSGOOD
owner

207-782-0525
phone

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

SPACE AVAILABLE

Your ad
HERE!
Call 795-5017

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY
MerCruiser

VOLVO
PENTA

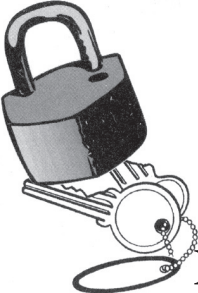
OMC

Perkins

YANMAR
Velvet Drive

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

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychirome.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

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

SHIPPING



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

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

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

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling



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

Quality Work with References Available

PHOTOGRAPHY



LAURA ELAINES
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography

(207) 212-5993
LauraElainesPhotography@gmail.com

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop

207-442-9006

MAINE HOSTING
SOLUTIONS

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

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

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 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

Calendar

Send your submissions to the Editor. More online.

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-Farmington.

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 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.

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.

FLAGSHIP CINEMAS

Premium



Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!

AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

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

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

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

LePage

Continued from page 1

Johnson.
“We trusted this Foundation and now, because they were not forthcoming about how the funds would be distributed, we all discovered our own needs were not prioritized,” said Kelsay Hathaway who lost her brother Maxx in the tragedy. “It feels like our tragedy was just used to take advantage of people and their willingness to help the families in their time of

need.”

Victims and families are pointing to reports which show the Maine Community Foundation (also known as the MCF) established a “Broad Recovery & Organizations Fund” to run parallel to the Victims & Families Fund. Victims are questioning why they diverted \$1.9 million to 29 local groups, some which had no objective connection to direct victim support. One of those groups, Gateway Community Services, has now come under scrutiny for alleged MaineCare Welfare fraud. In addition to concerns of survivors and families, there is concern that first responders, and those who responded to the scene including the employees of funeral homes were not included.

Of the 29 organizations which each received nearly \$70,000, several directed funds toward initiatives that focused on non-citizen immigrants. Some notable examples include: AK Collaborative, Empowered Immigrant Women Unite, New Mainers Public Health Initiative, Somali Bantu Community Association, and United Youth Empowerment Services. Questions surround money being sent to what might be considered by some as politically-connected organizations rather than victims and their families.

“Victims and families should receive a full investigation into what was communicated both to them and donors by the Foundation, why these unconnected groups received cash, and how it was spent. These families deserve answers,” said former Governor Paul LePage.

West Auburn Congregational Church

HARVEST SUPPER

NOVEMBER 15, 2025

4:30 TO 6:00

Price: \$5.00 for 4 to 14, Free under 3, and \$13.00 for adults.

Turkey, Ham, Potato, Sweet Potato, Squash, Carrots, Corn, Peas, Rolls, Beverage & Dessert

811 West Auburn Road, Auburn, Maine 04210

Unicorns, Dragons, and Mermaids, Oh My!

A Mythical Creature Party

Lewiston PUBLIC LIBRARY

Saturday

November 1

12PM - 2PM

Callahan Hall



Children's Room Renovation

FRIENDS OF THE LIBRARY

Classified Ads

CAMPER FOR SALE

Keystone campfire edition travel trailer. New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/ furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

Keystone Sprinter 5th Wheel. 2018, 31 feet, 2 super slides, large refrigerator, like new - hardly used. Full winter cover, super glide included. Asking \$25,500 - please call 207-754-2165

CLEANING

NORTHERN SUPREME CLEANING. Junk removal • Yard cleanup. Everything & anything! Residential & Commercial Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing. *Trust us for a superior cleaning experience!* Call (207) 595-6347 or email Northern supreme cleaning@gmail.com

Commercial Office Cleaning. 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stcoice floorcare.com www.1stchoicefloorcare.com

EDUCATION

Enjoy American History Download free ebooks from Ebooksforstudents.org. Enjoy exciting narratives about World War II, Korea and Vietnam. Read about the Freedom Rides, the discovery of penicillin and how women won the right to vote.

FOR SALE

All-in-one Dell printer and fax machine. \$495. Call 783-8327.

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for

\$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer.

HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

LIVE & CODE IN MAINE

Maine cybersecurity start-up seeks local software engineer
Defendify is looking for a senior full stack engineer to join full-time. Small team/ big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: www.defendify.com/careers.

**CLASSIFIED ADS
\$25 PER WEEK**

REAL ESTATE WANTED

Seeking house , cottage, bungalow, two or three family property, we have sufficient ability to purchase quickly, no commissions. 207-749-1718 or mainebuyers@gmail.com

SEWING, MENDING

CAN MAKE IT FIT Sewing, mending: Shirts, pants, coats, nightgowns, curtains. Most anything that needs fixing. Buttons, T-shirts \$10 for machine sewn, \$20 for hand sewn. Call 929-1038

SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip

includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

May 23-31, 2026 – BILTMORE ESTATE & ASHEVILLE, N.C. - This trip includes 9 days and 8 nights lodging, 8 breakfasts and 6 dinners. You will have a full day at the Biltmore Estate and experience the Biltmore House and Gardens. You will also visit the Antler Village and Winery. You will have a guided tour of Asheville and the magnificent St. Lawrence Basilica. We will experience a drive on the Blue Ridge Parkway (America's Most visited park unit). We also visit the Thomas Wolfe Memorial State Historic Site. These are the highlights of the trip and there is so

much more that we will see. On our way home we stop at the Nasher Museum of Art at Duke University. Price for this trip is \$1,245.00 per person double occupancy. A \$75.00 deposit per person is due upon signing up. The trip includes the bus driver tip and all tour gratuities. Add \$349.00 for single occupancy. Final payment is due 3/16/26.

OCTOBER 18-23, 2026 – SHIP SHEWANA, INDIANA - This trip includes 6 days and 5 nights lodging, 3 breakfasts and 3 dinners. You will have a full day guided tour of Indiana's Amish Country with a tour of an Amish Homestead and an Authentic Amish Dinner. We will experience Cook's Bison Ranch with a scenic Wagon Tour of their majestic ranch while seeing the bison up-close and even feeding them. We will spend time shopping and having lunch at Shipshewana Trading Place which is constantly ranked one of the top five Flea Markets in the Country. We will see the show "Loves Comes Softly" at the Blue Gate Theater. Price for this trip is \$865.00 per person double occupancy. A \$75.00

deposit is due upon signing up. Trip includes bus driver tip and all tour gratuities. Add \$305.00 for single occupancy. Final payment is due 8/11/26.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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

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

Classified Ads UP TO 40 WORDS!

\$25 PER WEEK
EACH ADDITIONAL WORD 25¢

Send payment with completed form to our bookkeeping office:
89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

☐ Visa☐ Master Card

Card #

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

3 digits #

--	--	--

 on back

Exp. date ____/____/____Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____

Winthrop native completes summer research fellowship

CANTON, NY – Sara St. Clair ‘26, a neuroscience major from Winthrop, Maine, spent the summer on campus studying ways to slow or prevent Parkinson’s and other neurodegenerative diseases—a project that felt deeply personal.

“My grandma had Alzheimer’s disease, so I’ve been interested in neurodegenerative diseases ever since,” she says. “I want to understand what causes them and how we might slow or prevent them.”

In particular, she worked with a tiny roundworm called *C. elegans*, a species scientists often use to study human diseases. These worms, Sara says, are genetically modified to produce a human protein called alpha-synuclein, which clumps together in the brains of people with Parkinson’s disease. Using fluorescent imaging and a confocal microscope, she tested whether a compound called mannitol can reduce these protein clumps.

“This experience has helped me better understand what it’s like to work in a research setting and has prepared me for graduate-level work in neuroscience,” Sara says.

Sara, who conduct-

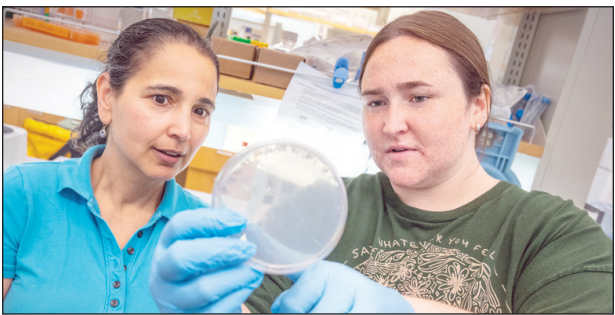
ed her research under the tutelage of Dana Professor of Neuroscience and Professor of Biology and Psychology Ana Estevez and Microscopy Specialist Alana Belkevich, was one of a few dozen St. Lawrence University Fellows this summer.

These Fellows, following a competitive application process, receive a generous stipend and housing through the St. Lawrence University Fellowship program to undertake a research project with a faculty member outside of the regular academic calendar.

The projects aren’t just for fun. They often plant ideas that students go on to pursue in graduate school, and help them see what graduate-level research is really like. The finished projects can even be used to help students get into graduate programs.

Lorelei Lyford ‘26, a geology and anthropology major from Georgia, Vt., says: “Working closely with a faculty member has given me experience that will help me get into graduate programs and has been a great way to network with other professionals.”

Lorelei worked this summer with Professor of



Sara St. Clair ‘26 working with Professor of Biology and Psychology Ana Estevez testing whether mannitol can reduce protein clumps in the brains of people with Parkinson’s disease

Biology and Geology Judith Nagel-Myers to study the morphological changes in taxa found throughout the Eocene from Seymour Island in Antarctica. This, Lorelei says, can help them better understand what happens when an ecosystem changes from a “greenhouse” to an “ice-house” climate.

“These Fellowships are unique opportunities that allow students to do independent research for the first time in their careers, and it’s really valuable for undergraduates in helping them decide what they want to do with their future,” Nagel-Myers says, adding that the projects make students more marketable when they graduate.

“Graduate schools as well as traditional employers love to see that our students can do that kind

of independent research work,” she says.

To do a summer research fellowship, students don’t have to know exactly what they want to study beforehand, and professors will help them home in on something interesting and worthwhile.

“I knew I wanted to do a project with Nagel-Myers, but I didn’t know what to do it on,” Lorelei says. “So she gave some ideas and one of them included working with specimens from Seymour Island in Antarctica which really sparked my interest.”

Students also have time to enjoy the North Country summer and all the unique activities they don’t typically have the time, or the right weather, to do during the academic year. Sara says she had time this summer to see nearby waterfalls and peruse Canton’s local Farmers Market.

Alice Khalil ‘27, another Research Fellow, discovered a passion for cooking, something she

says she never seems to have time for during the busy semesters. “Between trying new recipes on my own and cooking with friends, it’s become both a creative outlet and a wonderful way to bond,” she says, adding that one of her favorite memories this summer was making biryani at a professor’s house with her labmates.

Alice, a neuroscience major and chemistry minor from Baniyas, Syria, worked this summer with Professor of Chemistry Samantha Glazier on a project to develop a better way to detect heart attacks earlier.

When someone has a heart attack, Alice says, their body releases a protein called cardiac troponin I, but current tests used by doctors to diagnose heart attacks aren’t always sensitive enough to catch low levels of this protein, which Alice says can delay treatment and worsen outcomes.

For her research project, Alice worked with Glazier to develop nanoparticles that can stick to troponin and glow under light, allowing even tiny amounts of the protein to be detected quickly and accurately.

“What gets me most excited is that this isn’t just lab work, every improvement we make could mean someone gets diagnosed faster,” Alice says. “The more I work on it, the more I appreciate how this project is a combination of

chemistry and real-world impact.”

Lars Fattering ‘28, a geology and biology major from Traiskirchen, Austria, spent the summer analyzing growth rings of various tree species in the Adirondacks with Associate Professor of Geology Alexander Stewart.

They sought to establish a correlation to historical precipitation and streamflow records in order to reconstruct them for times before people started keeping records of these variables. This, Lars says, will help determine whether observed variabilities in those records are natural, or whether they could be consequences of the climate crisis.

“I am really passionate about using geological records to uncover past environmental conditions to better understand the forces shaping, and threatening, our planet today,” Lars says.

Alongside his Fellowship, Lars worked as a guide for the Outdoor Program, leading day hikes, backpacking trips, and canoe camping excursions. He couldn’t be happier this summer to have researched a project he’s passionate about while also having time to do the outdoorsy activities he loves.

“I have been spending lots of time exploring the North Country in all of its summer glory, which we don’t usually get to see while classes are in session.”



egcu.org/sun

Fixed-rate Credit Card

Lock in with rates as low as **8.99%** APR¹





Scan to apply or call 207-221-5000



Trustpilot
Rated 4.8 Stars
as of 10/1/25

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



Insulate. Be comfortable. Save money.

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



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



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