

Wiscasset Holiday Marketfest  
welcomes the season

WISCASSET, ME – Wiscasset Holiday Marketfest welcomes the winter holidays with three days of seasonal festivities. Truly a shopping destination, Marketfest also invites shoppers and revelers to enjoy family-friendly, affordable or free, and wonderful things-to-do on Friday, Dec. 5 through Sunday, Dec. 7, from 10am to 5pm each day.

Wiscasset Village sets the scene with lighted garlands and wreaths, festive storefronts, and sparkly candy canes at participating doorways. Visitors can shop for the perfect gift with help from on-site shop owners or visit the artisan shop in the old barn behind the historic Nickels-Sortwell House at the corner of Main and Federal St. The grand home's first floor will be decorated in seasonal splendor and open for tours during Marketfest weekend.

Santa arrives on Friday evening with quite a flourish as he's escorted to his workshop by a cavalcade of merry and brightly decorated cars and trucks. After waving to Santa from the parade route, families are invited to Santa's Block Party at Scout Hall, 7 Lincoln St., for cocoa and candy canes, holiday crafts, food truck, and spiked drinks for the adults in tow. There'll be live sheep to pet and ooey-goey s'mores to enjoy, fresh off the fire pit.

Marketfest weekend inspires a hand-made Christmas with a selection of seasonally themed workshops: learn to make greeting cards, gift bows, ornaments for the home, or a Solstice Star for hanging. Home bakers compete in the Christmas Cookie Challenge, and, after the judges are done, on-lookers get to take some home. The Nickels-Sortwell barn, chock full of artisan wares for gift-giving, exhibits wreaths decorated by local businesses, which are given to our neighbors in need of holiday cheer at the end of Marketfest weekend.



Wiscasset Holiday Marketfest is a family-friendly weekend with activities for all! In Wiscasset Village, ME, December 5-7, 10am to 5pm each day. (Wiscasset Holiday Marketfest photo.)



During Wiscasset Holiday Marketfest, Dec. 5-7, the historic Nickels-Sortwell House is festooned for the season and open for tours. In 2024, the Conservatory was a confectionary dreamscape! (Bob Bond photo.)



Hop on board Woodfield Farm's horse and wagon shuttle during Wiscasset Holiday Marketfest for a ride to your destination or a jaunt around the Village. (Bob Bond photo.)

Music, children's shopping at the public library, the lighting of the Town's tree, a free raffle for local dining, horse-drawn wagon rides, ice carving . . . Wiscasset Holiday Marketfest inaugurates the holiday season with warmth, welcome, and lots of good

cheer! For all the details, see the Calendar on [www.WiscassetHolidayMarketfest.com](http://www.WiscassetHolidayMarketfest.com). Wiscasset Holiday Marketfest is a partnership between Wiscasset Creative Alliance and Wiscasset Area Chamber of Commerce.

November Special Section  
National Diabetes Month  
page 9

Wheaton recognizes Gorham's  
Maddie Hatch

NORTON, MA – Senior forward Sarah Healy (Niantic, Conn.) scored with 74 seconds to play in the match to give the Springfield College field hockey team a 3-2 victory over host Wheaton College (Mass.) on October 25 in New England Women's & Men's Athletic Conference play at Nordin Field on the Wheaton campus in Norton, Mass.

The Pride improve to 10-6 overall and 5-3 in league play, while clinching a spot in the NEWMAC Championship Tournament. The Lyons slip to 7-9 and 3-5.

Prior to the match, Wheaton recognized its four seniors in a Senior Day ceremony to honor Rebecca Berman (Avon, Conn.), Maddie Hatch (Gorham, Maine), Riley Levrault (Lakeville, Mass.) and Abby Miller (Andover, Mass.) for their respective contributions to the program.

Despite Springfield owning an 18-8 shot advantage and a healthy 15-5 margin in penalty corners, the Pride led for just two minutes and seven seconds during the match.

In addition to Healy's goal, senior defender Nicolette Morlock (Rexford, N.Y.) tallied three points

with a goal and an assist for the Pride, while first year midfielder Clare Moore (New Preston, Conn.) also scored. First year goalie Sam Orcutt (Forestdale, Mass.) stopped four shots for Springfield.

Sophomore midfielder Kayla Wilonski (Wallington, Conn.) scored a pair of goals to lead the Lyons, while junior keeper Grace Ferguson (Williston, Vt.) registered eight saves.

Junior forward Ava Coppola (Southington, Conn.) was able to gain possession on the lower third of the field for the Pride, before sending the ball to junior forward Hailley Gaydos (Newington, Conn.) at the top of the arc. Gaydos sent a cross into the goalmouth, where Ferguson came off her line to meet the ball, but Healy was able to get there first in stride and slipped a shot past the Wheaton keeper with just 1:14 showing on the fourth quarter clock for her second marker of the season.

Springfield broke into the scoring column first with a goal coming with 10:22 left in the second quarter off their fourth straight penalty corner in a span of just 37 seconds. Morlock sent the insert pass to Moore at the top of the arc, who uncorked a hard

shot into the back of the cage for her seventh marker of the season.

The lead didn't last long as the Lyons matched the goal with their first marker coming just 53 seconds later to knot the contest at 1-1. Wilonski took a feed from sophomore midfielder Kelsey Thompson (North Attleboro, Mass.), before weaving her way within the Pride defense and fired a shot that trickled past Orcutt to even the score with 9:29 remaining in the opening half.

Wheaton took its first lead of the afternoon, scoring just 4:56 into the second half to take a 2-1 edge off a penalty corner opportunity. Levrault sent a cross into the mix in front of the cage, where Wilonski was able to corral the ball and send it past the Springfield keeper for her team-leading ninth goal of the year to give the home team a one-goal margin.

The Pride pulled even with 4:17 to go in the quarter when Morlock converted a penalty stroke into the left corner for her sixth goal of the season.

The Lyons were unable to put together a scoring opportunity in the final minute of play as Springfield came away with the road win.

Gorham citizen bestowed Boston  
Post Cane

GORHAM, ME – On Tuesday, October 28, 2025, Gorham citizen Mary Golden received the Boston Post Cane in an off-site ceremony.

History

In August 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper, forwarded to the Board of Selectmen in

700 towns\* (no cities included) in New England, a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of

the town. The cane would belong to the town and not the man who received it.

The canes were all made by J.F. Fradley and Co., a New York manufacturer, from ebony shipped in seven-foot lengths from the Congo in Africa. They were cut to cane lengths, seasoned for six months,

See Boston Post, page 14

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# News-makers, Names & Faces

## MCF announces \$250K grant to address SNAP food shortages

**PORTLAND & ELLSWORTH, ME** – The Maine Community Foundation (MaineCF) today announced a \$250,000 donation and an effort to mobilize its large network of private donors to address the immediate, emergency need for food facing 170,000 Mainers as federal Supplemental Nutrition Assistance Program (SNAP) funds lapse as of Saturday, Nov. 1.

“No one in Maine wants to see a neighbor – never mind 170,000 Mainers – going without food or going to bed hungry,” said MaineCF President and CEO Deborah Ellwood. “While the only sustainable solution is through public policy, Maine Community Foundation is making a \$250,000 grant to Good Shepherd Food Bank to help keep Maine people from going hungry during this time. We also commit to uplift and spotlight this urgent need with our donors and fundholders.”

MaineCF’s community impact team partnered with Good Shepherd Food Bank to identify how its grant would have a maximum impact.

“Our \$250,000 grant



to the Mainers Feeding Mainers program at the Good Shepherd Food Bank will provide one month worth of nutritious, local food from 90 Maine farms as well as meals for 15,000 families of four,” said Laura Lee, vice president of community impact at MaineCF. “The Mainers Feeding Mainers initiative puts \$2.7 million per year into Maine farms and this \$250,000 grant will support families and communities in all parts of the state.”

In addition to its own grant to Good Shepherd Food Bank, MaineCF also announced an effort to spotlight the best ways to support organizations addressing food insecurity to its large network of donors.

“Maine Community Foundation was able to make these grants today because MaineCF donors and fundholders have sup-

ported the foundation’s Invest in Maine Fund, which addresses critical and emerging needs,” said MaineCF Vice President of Donor Engagement, Becka Yturregui. “We encourage all of our donors and partners to support Good Shepherd Food Bank, give to their local food bank or reach out to us to partner on the most effective ways to help keep our neighbors from going hungry.”

MaineCF is using all of its platforms and relationships to encourage people to call or reach out to Good Shepherd Food Bank by phone 207-782-3554, donate online or support their local food pantry by using the food bank’s online map.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit [www.mainecef.org](http://www.mainecef.org).

## AARP News You Can Use – November 2025

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

The winter holidays will soon be upon us, filled with Thanksgiving turkey, December parties, and holiday gift-giving. And yet, as we savor our pumpkin pie and plan our Black Friday shopping lists, scammers are also looking forward to increased opportunities to cheat us out of our hard-earned money and spoil our holiday cheer.

According to the AARP Fraud Watch Network, the number of scams increases during the November and December holidays. As more people are shopping online or giving to charities, there are more opportunities for scammers. While there are many different types of scams, there are some easy ways to protect ourselves. We can all stop, think, and investigate texts, emails, or offers that just don’t seem right.

Phony package delivery texts are a common type of scam. These texts ask us to click on a provided link to provide more information about our package. AARP recommends never clicking the included link from a random text or email. Scammers are hoping to



gain personal information or trick us into paying fake fees. Instead, we can contact the retailer directly if we are concerned about a package. Using tracking numbers for any packages is another way to monitor the delivery process.

Holiday season is also a time when many of us tend to give more to charities and when fake charities are eager to take our money. AARP suggests never giving personal or banking information over the phone. Take the time to research the charity on sites like [give.org](http://give.org) or [CharityWatch.org](http://CharityWatch.org) with

prepaid gift cards is another good clue that something is amiss.

A good way to stay informed about how to protect ourselves from scammers is to join “Fraud Watch with Pam and Phil”, a free, monthly virtual scam awareness series sponsored by AARP Maine. Each 30-minute program focuses on different topics such as cybersecurity, types of scams, and tips to avoid scammers.

Scammers may be smart or clever, but we can help prevent scams by paying attention, avoiding the temptation of responding to unknown texts or emails, protecting our personal data, researching charities, and staying informed. Remember, “If you can spot a scam, you can help stop a scam.”

Happy Thanksgiving and as always, check out the AARP website for an event near you, including “Fraud Watch with Phil and Pam.”

*Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma’s Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.*

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

## MaineCF scholarships available to adult learners

**PORTLAND & ELLSWORTH, ME** – Adult learners returning to school may be eligible for scholarships from the Maine Community Foundation (MaineCF).

Eligible scholarship recipients will receive a

one or two-year certificate or four-year degree at the end of the program and meet one of the following requirements: be over the age of 25, work full time while enrolled in school, have dependents, be financially independent,

have not received a standard high school diploma or delayed college enrollment.

The application deadline is Saturday, Nov. 15. For complete guidelines and to apply, visit [www.mainecef.org/scholarships](http://www.mainecef.org/scholarships).

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# Newsmakers, Names & Faces

## Children’s author, guide-dog-in-training headline library event

**PORTLAND, ME –** Who can focus on school when their new neighbor is training an adorable puppy to be a guide dog for the blind?

Not Sparrow Robinson, the contagiously exuberant hero of “Sparrow, Always,” the third installment in Maine author Gail Donovan’s series charting a tumultuous ride through 4th grade for a headstrong girl who’s finding out that what makes her special can also get her into trouble.

Donovan will be on hand to celebrate Sparrow at 2 p.m. on Saturday, Nov. 8, at Portland Public Library’s downtown branch. Donovan will read from “Sparrow, Always” and introduce a special guest, Clifford, a real-life adorable puppy, who is in training to be a service dog with Guiding Eyes for the Blind.

Readers first met this irrepressible character in “Sparrow Being Sparrow,” when she takes on the responsibility of finding homes for her neighbor’s seven cats in what Kirkus Reviews called a “warm and welcoming tale of a girl finding her way home.”

Then they watched her care for an injured bird during a snowstorm and power outage, when her parents were away, bringing her new baby brother



into the world, in “Sparrow Spreads Her Wings,” the winner of a 2025 Maine Literary Award from the Maine Writers and Publishers Association.

In the latest story, Sparrow’s emotional outbursts and her inability to focus on what others consider important have put her at odds with some of her peers and garnered the attention of the grown-ups at school.

Will she be able to meet their expectations and be allowed to help a yellow Labrador named Toby get ready to qualify for the next big step in his training?

“The depiction of everyday school drama rings true, while tidbits of information about guide dogs will appeal to canine fans,” writes a Kirkus reviewer. “Animal lovers and youngsters who march to the beat of their own drums will find a kindred spirit here.”

Readers of all ages are welcome to hear the author read from “Sparrow, Always” and visit with Clifford, a 6-month-old yellow Lab, and his puppy raiser, Sherry Baron, from Guid-

ing Eyes, to learn about what it takes to raise a dog with an important job.

All three of Gail Donovan’s books about Sparrow are published by Simon & Schuster, and will be for sale at the event by PRINT: A Bookstore. The event will take place at the downtown branch of the Portland Public Library, at 5 Monument Square in Portland, Maine. The reading will start shortly after 2 p.m., after which the author will sign books, and attendees will have a chance to create a kitty-cat bookmark. The event is family-friendly and free and is best suited for children aged 7-11.

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

## Save the date for Bar Mills Community Church Market Place

**BAR MILLS, ME –** Bar Mills Community Church located at 13 Hermit Thrush Drive in Buxton will be hosting the annual Christmas Marketplace, Saturday, December 6th

9:00 am to 1:00 pm. There will be fresh-greens to decorate your home, a wide variety of baked goods: cookies, breads, pies and candy to satisfy everyone’s taste buds, there will also

be plenty of handcrafted gift ideas for your family, friends and even your pets. Don’t forget to pick up a couple of jars of the best tasting home-made pickles you will ever have.

FMI: visit our website: [www.barmillscommunitychurch.org](http://www.barmillscommunitychurch.org) or visit us on Facebook or contact Judy 929-5555.

We look forward to seeing you there, Saturday, December 6th 9:00 am to 1:00 pm.



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[www.barmillscommunitychurch.org](http://www.barmillscommunitychurch.org)

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## UMaine Extension to offer farm succession planning

**ORONO, ME –** University of Maine Cooperative Extension will offer “Set Your Farm’s Future on the Right Path,” a six-month farm succession planning group, on the second Monday of each month from December 8 through May 11. Participants can choose the in-person option, which meets from 10-11:30 a.m. at Kennebec County Extension Office, 125 State Street, Augusta or the virtual option, which meets online from 7-8:30 p.m.

The group will sup-

port growers and producers at all stages of farming who are navigating the challenges of succession planning. You don’t have to have a succession plan in place to participate. Participants will engage in goal-setting and create individualized timelines with guidance from UMaine Extension’s Farm Coaching Program. The monthly group format allows participants to share experiences and solutions, offering a collaborative space to build clarity and confidence in the succes-

sion planning process.

The program is free, however, registration is required. Visit the event webpage for more details and to register. For more information or to request a reasonable accommodation, contact Leslie Forstadt at 207.581.3487 or [leslie.forstadt@maine.edu](mailto:leslie.forstadt@maine.edu).

The program is supported by the Northeast Extension Risk Management Education program under award no. 2024-70027-42540 from the USDA National Institute of Food and Agriculture.

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

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

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



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

Please join in this momentous celebration

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

Light refreshments served.

## Lakes Region Senior Center invites Gorham seniors to activities

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

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

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

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

## Clothes galore at Gorham’s Mission of Hope Clothes Closet

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

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

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

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

Gorham WEEKLY

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# Seniors Not Acting Their Age Exploring Ovens Mouth

My wife, Nancy, and I recently learned of Ovens Mouth through a hiking group she's affiliated with. They had scheduled a hike on trails in Ovens Mouth Preserve that follow along historic waterways surrounding much of it.

Early English explorers are believed to have named the maritime passage called Ovens Mouth because it resembled an oven. Native Americans used it as a shortcut between the Sheepscot and Damariscotta Rivers. During colonial times one of the regions first shipyards was founded in Ovens Mouth basin and early settlers used it to travel from the Sheepscot River to the Cross River tidal basin.

Nancy was not available for the planned trip and, suffering from an ailing knee, I didn't want to slow the group down. Both intrigued with the fascinating preserve with the unusual name, we decided to proceed with our own hike.

Located in Boothbay, the Ovens Mouth Preserve consists of 5 miles of trails on two peninsulas connected by a pedestrian bridge. Each of the peninsulas, called the East and West Sections, offer loop hikes that follow along scenic bodies of water.

We traveled to the West Section trailhead on Dover Cross Road in Boothbay on a warm sunny day. When we arrived, the



A hiker enjoys a view of Ovens Mouth from an overlook

preserve was apparently busy as there was only one available space remaining in the small parking area. The West Section loop hike is the longer of the two. Our goal, assuming my knee cooperated, was to complete both sections.

Nancy and I trekked north on a wide, nearly flat trail in a sparsely wooded mixed-conifer and hardwood forest. After a short distance, we reached the junction for the loop and turned left. The path narrowed and descended gradually west to an extended tidal cove.

We again turned north and proceeded on a rough hilly trail along the cove to an overlook where we experienced our first

view of remarkable Ovens Mouth. Each day, powerful tidal currents flow in and out of the circuitous, attenuated waterway. The tide was flowing in and strong rip currents could be observed. We met several hikers in this area.

We angled right and climbed steadily to towering wooded cliffs on the northeastern corner of the peninsula. Ice House Cove begins around the bend and extends south where rising tides sustain a salt marsh. We carefully descended steeply south above the cove and crossed an impressive 93-foot pedestrian bridge to the East Section.

In the late-19th Century, a dam was constructed immediately north of where the bridge is located to form a freshwater pond where ice was harvested and stored in an ice house next to the pond. For many years, the ice was shipped by boat to major cities in the northeastern United States until replaced by refrigeration. The dam was subsequently breached but remnants can still be seen at low tide.

Beyond the bridge,

we turned left and hiked the loop clockwise. From the outset, Nancy and I found the eastern loop trail easier and more scenic with heavier traffic than the west.

After hiking north along Ice House Cove for a short distance, we stopped at a picturesque observation point on the northwestern corner of the east peninsula that provides an exceptional view of Ovens Mouth Passage. We lingered on a log bench for a lunch break and to watch an otter swimming in the powerful, swirling tidal current.

Afterwards, we progressed east along Ovens Mouth Passage and then turned south where the channel joins Cross River tidal basin. This section of the trail provides several exceptional views of the basin.

We proceeded past the East Section trailhead and then traveled north along the exceptionally scenic Ice House Cove salt marsh back to the pedestrian bridge. After crossing the bridge, we encountered the most demanding uphill



A pedestrian bridge over Ice House Cove connects trails in Ovens Mouth Preserve



A hiker stops at an Ovens Mouth observation point

hiking of the day. Persisting south, we continued to benefit from outstanding views of the salt marsh. Leaving the marsh behind, the trail gradually diminished in difficulty during our return to the West Section trailhead.

Nancy and I found this to be one of the most fascinating coastal hikes we've experienced. And, my knee survived, barely. Ovens Mouth is so interesting I'm planning a sea kayak trip through the unique waterway soon.

My book, Maine Al Fresco: The Fifty Finest

Outdoor Adventures in Maine narrates numerous exceptional mountain hikes and backpacking trips around the state.

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

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# First Light fuses circus, theatre, dance, lighting, sound

**PORTLAND, ME** – Guided by five virtuosic performers, “First Light”, explores the human condition through themes of ambition, loss, transcendence, and empathy. As characters rise and falter, are lost and found, their physical journey becomes a meditation on perseverance, connection, and acceptance. The production challenges the boundaries of live performance, marrying artistic disciplines to evoke a world that is at once surreal and deeply familiar. The show plays at 7:00 p.m. November 12th through 16th, at Halo at the Point in Portland, Maine.

Harnessing the full potential of The Halo’s iconic lantern installation, “First Light” unveils an original, kinetic environment entirely in-the-round. “First Light” bridges the gap between contemporary circus and its audiences, as daring world class circus artists perform breathtaking feats in real time.

Says Kyle Driggs, 3AM Theatre’s Founder & Producer, “The Halo at the Point is the ideal setting to premier First Light. Bringing bold, interdisciplinary work that blends circus, physical theater, modern dance, and experimental music back to Portland has been a long-awaited venture for 3AM Theatre. Our ‘First Light’ series is all about cross-pollinating these art forms—supporting new creations and attracting audiences who crave innovative, highly-developed performance. Infused with a dream-like essence and contemporary story telling, First Light at The Halo is not to be missed”

**WHAT:** “First Light”  
**WHO:** Kyle Driggs, Book Kennison, Logan Kerr, Dia Seskin, and Leigh Rennels.

**WHEN:** November 12th, 13th, 14th, 15th, and 16th at 7:00 pm



**WHERE:** Halo at the Point, 20 Van Aken Way, Portland, Maine 04102

**HOW MUCH:** \$30 + booking fee

**RUN TIME:** 2 hours

**TICKETS:** First Light

at The Halo

**MORE INFO:** [www.3amtheatre.com](http://www.3amtheatre.com) ; <https://www.instagram.com/3amtheatre/>

**BIOS**

**3AM THEATRE** is a multidisciplinary performance company that explores the twilight hours, a place in time where perceptions shift and dreams blend with reality. The company blends contemporary circus, modern dance, and physical theatre with kinetic sculpture and innovative lighting design to create original works that encompass both visual art and live performance.

**KYLE DRIGGS** (Co-Creator/ producer / performer) Kyle Driggs is a writer, performer, and designer specializing in a unique fusion of juggling, object manipulation, movement, and theatrical persona. A graduate of École Nationale de Cirque de Montréal, he has per-

formed with renowned companies, including Cirque du Soleil’s Par amour on Broadway and The Big Apple Circus. His work explores the intersection of contemporary circus and physical theatre, blending high technical skill with immersive narratives and experimental stage design. In addition to performing, Kyle is also a lighting, rigging, and set designer, bringing a holistic approach to production that unites visual storytelling, spatial composition, and dynamic stagecraft.

**BOOK KENNISON** (Co-Creator/ producer / performer) Book Kennison is a performance artist who uses juggling, movement, sound, and text. With no formal training, he’s achieved great proficiency as a circus performer, writer, and music producer, and he combines his talents into spellbinding, seemingly effortless work. As a writer and musician, he’s created work for companies like Midnight Circus, Circus Flora, and Hideaway Circus, and in his long career on stage he’s appeared with companies as diverse as 7



Fingers and Ringling Bros. and Barnum & Bailey. With an uncompromising commitment to the artist’s life and the pursuit of new ideas and techniques, his career, after more than 20 years, is just beginning.

**LOGAN KERR** (Co-Creator/producer/ performer) Logan Kerr is a New York City-based circus artist specializing in tight wire dance. She began her career with The Bindlestiff Family Cirkus in Brooklyn, where she was introduced to the fusion of traditional and contemporary circus with underground and DIY-variety arts—an influence that continues to shape her creative approach. As a solo artist, Logan has toured across the U.S. with companies such as Circus Bella and Cirque

Us. Beyond performing, Logan is an accomplished musician, having recorded three albums with bandmate Book Kennison. Currently, Logan serves as a producer and co-director of 3AM Theatre alongside Kyle Driggs, where she continues to develop the boundaries of contemporary circus and multidisciplinary performance.

**DIA SESKIN** (Producer/performer) Dia Seskin is a New York City based handbalancer, contortionist and hula hoop artist. With a rich background in gymnastics, dance, and theater, she creates captivating performances that weave a mesmerizing narrative. Drawing inspiration from traditional Mongolian contortion, traditional circus, and flow arts, Dia

performs both locally and internationally. Blending artistry, balance, and strength, she defies gravity with every movement, leaving audiences spellbound.

**LEIGH RENNELS** (Producer/performer) Leigh Rennels is an artists, interpreter, and aerial performer based in Tiohtià:ke (Montreal) Canada. The breath, voice, gaze, and vibrational patterns all with origins in emotional expression are where they place awareness and hope to reverberate into the energy fields of the audience. Movements originating from a sensual awareness, repetition, fatigue, and love fuel their practice and reverberate through the apparatuses and mediums created with.

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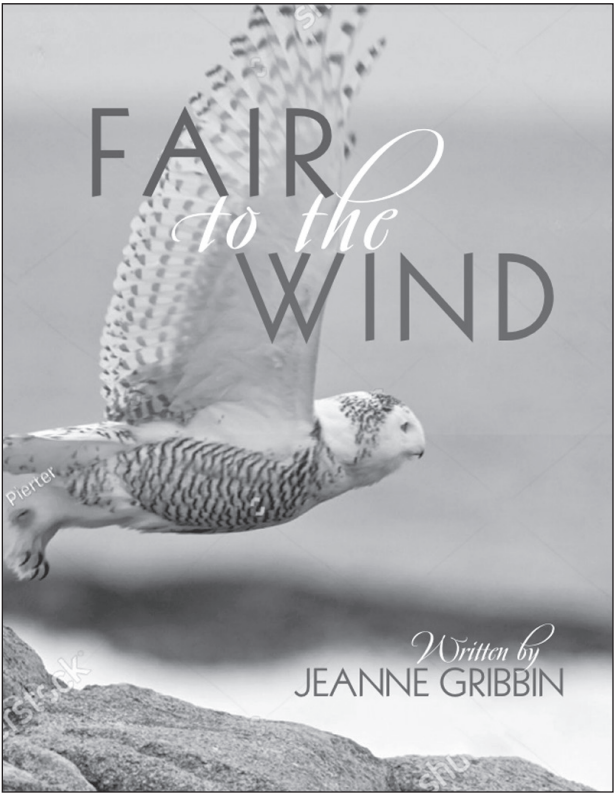
**MAINE** – North End of Casco Bay (Circa 1900). Samantha, the little orphan ruffian from A Place of Herons, is all grown up. She is a poised young woman, coming of age at the turn of the century, and she has been summoned to Wiscasset, Maine to meet her biological mother. Captain Jim’s nephew Patrick is now a charismatic young man. He prepares to take over the family business, finding himself in the same maritime area, earning his U.S. trade license. But Samantha and Paddy do not resemble the children they remember from their last meeting. Their lives criss-cross through the Kennebec and Sheepscot Rivers region of Phippsburg and at the resorts of Popham Beach. When the two rediscover each other, sky-rockets fly!

Fair to the Wind by Jeanne Gribbin.  
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**November 8 & 9**

**Annual Makers Market Christmas Arts & Crafts Show**  
South Portland High School– 637 Highland Ave.  
**November 15 & 16**

**Santas Coming to Town Arts & Craft Show**  
Westbrook National Guard Armory– 120 Stroudwater St., Westbrook  
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**46th Annual Thanksgiving Weekend Christmas in New England Arts and Craft Show**  
Augusta Civic Center– 76 Community Drive, Augusta  
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## Local nonprofit recognized by 100+ Women Who Care

**MAINE** – The Early Math and Language Initiative (EMLI) was selected as the nonprofit recipient at the August gathering of 100+ Women Who Care Southern Maine. EMLI creates and supports evidence-based intervention programs in math and language skills development for families of children in under-resourced communities. Their vision is a world where early, positive academic experiences fuel children’s intrinsic desire to learn, where families of all backgrounds feel empowered to support their child academically, and where socioeconomic status is no longer a barrier to academic success. Through the generosity of members, \$23,000 has been donated to EMLI.

The two runner-up presenters were Emily Loder with the Intercultural Community Center and Audrey Bartholomew with Ambucs Maine Trykers. Each of these nonprofits will receive \$1,000 from 100 Women, plus an additional \$1,000 from Jackson



Deb Bergeron, founder of 100+ Women Who Care Southern Maine and Jay Sonti, Early Math and Language Initiative. Photo credit by Diane Campbell

& MacNichol Law.

As part of the group’s Help Neighbors Initiative, attendees also brought essential donations for the North Berwick Food Pantry.

Founded in November 2014, 100+ Women Who Care Southern Maine is a growing community of women who raise funds for local nonprofits. With 490 members, the group has raised over \$755,500 for a wide variety of causes, including support for veter-

ans, teens, seniors, children with disabilities, domestic abuse survivors, animal welfare, teens, and more.

Members commit to donating \$50 each quarter to a nonprofit selected at each meeting. Three nominated organizations present 5-minute pitches, followed by a 5-minute Q&A, and members vote to determine which nonprofit will receive the pooled donations.

For more details, visit: [www.100womenwhocaresouthernmaine.com](http://www.100womenwhocaresouthernmaine.com).

## AARP releases caregiving prevalence data in Maine

**PORTLAND, ME** – New AARP caregiving data, Caregiving in the U.S. 2025: Caring Across States, finds that 28% of adults in Maine — approximately 324,000 people — are family caregivers, providing largely unpaid and unsupported care to older parents, spouses, and other loved ones.

“When a loved one needs help, family members, friends, and neighbors step up, that’s what we do,” said Noël Bonam, AARP Maine State Director. “But too often, caregivers carry this responsibility alone, often putting their finances, health and jobs at risk. As our state population ages, the demand for care will only grow. With the release of this new data and ahead of the 2026 legislative session, AARP Maine is urging policymakers at every level to act now to help family caregivers save money, time and get the support they need.”

Family caregivers provide \$2.9 billion in unpaid care each year in Maine, helping family members live independently at home and in their communities—where they want to be. Their caregiving responsibilities range from bathing and meal

prep to managing medications, arranging transportation and handling medical tasks, with little or no training.

But the toll on our family caregivers is great—financially, physically, and emotionally.

80% of caregivers pay out of their own pockets to help meet their loved ones’ needs, averaging \$7,200 each year, or 25% of their income.

In Maine, 44% of family caregivers report financial setbacks—taking on debt, draining savings, or struggling to afford basics like food and medicine.

70% of our state’s caregivers are also juggling full- or part-time jobs. Many must reduce work hours or leave the workforce entirely due to caregiving responsibilities, jeopardizing their own long-term financial security.

AARP Maine is fighting for commonsense solutions to save caregivers money and time and provide greater support:

AARP Maine is fighting to support Maine’s family caregivers who help make it possible for older adults and other loved ones to live independently

at home—where they want to be. In 2023, Governor Mills signed a historic budget that includes the creation of a Paid Family and Medical Leave program (PFML), making Maine the 13th state at that time to establish this important measure. AARP Maine strongly supported the legislation to advance PFML in the state.

AARP Maine continues to work with family caregivers, many of whom contact our local office to share their stories and seek additional assistance such as our free Family Caregiver Resource Guide which offers state-specific resources.

With its far-flung population, family caregivers in Maine often struggle to secure the local services they need for their loved ones, and for themselves. Many experience loneliness and depression as a result which is why our office also created a free resource to address social isolation.

And at the federal level, AARP is working to save caregivers money through the Credit for Caring Act, a proposed federal tax credit of up to \$5,000 for working caregivers, and the Lowering Costs

See Caregiving, page 10

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### November Greetings from Baxter Memorial Library!

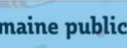




#### What Real Planning Looks Like

Wednesday, November 5th 3pm

In this session, Kaitlyn Cunningham Morse, founder of Maine Aging Partners, shares what "Second Retirement" is really about: facing long-term care with strength, standing on your own terms, and making choices before a crisis makes them for you. You'll see how long-term care actually works in Maine—and leave with the tools and confidence to define your choices instead of being defined by the system.

Who This Is For: Anyone over 75—or caring for someone who is.



Maine Public Proudly Presents:

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Thursday, November 13

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#### How Populism Works: Erdogan's Path to Authoritarianism in Turkey: A Camden Conference Learning Event Online

Wednesday, November 5th 6:30pm

Virtual via Zoom

Scan QR code to register



This talk examines how Turkey's president Erdogan's use of populist discourse and style has helped sustain an authoritarian regime through popular support.

Senem Aslan is professor of politics at Bates College. She recently completed a book manuscript on populism and the politics of emotions in Turkey.

This learning event is offered in collaboration with Camden Conference 2026 and is co-sponsored by Baxter Memorial Library, Prince Memorial Library, and Scarborough Public Library.

#### Book Club!

Thursday, November 6th

*The History of Sound*  
by Ben Shattuck

Thursday, November 20th

*The Bandit Queens*  
by Parini Shroff

Meets at 10:15am in the Schneider Great Room.

No registration necessary.


All are welcome!

#### Author Event:

Renée S. DeCamillis and Carrie Swarthout

Wednesday, November 19th 6pm

Join us for a Book Talk and Suicide Prevention Discussion with local author Renée S. DeCamillis and Carrie Swarthout, Director Of Crisis Services at The Opportunity Alliance. DeCamillis' latest release, *Try Not To Die: By Your Own Hand*, is a charity novel with all profits donated to support suicide prevention.



# DOE internships support next generation of leaders

AUGUSTA, ME – The Maine Department of Education (DOE) is pleased to recognize its nine student interns, working across a variety of Maine DOE offices and teams in the spring and summer of 2025. Many of these interns were selected through the Maine Government Summer Internship Program by the Margaret Chase Smith Policy Institute at the University of Maine. These interns contribute to daily operations and projects at the Maine DOE, gaining valuable professional experience, expanding their knowledge base and skillsets, and building meaningful connections.

Brooklynne Blockler of Dexter, Maine is a rising junior at Thomas College. She is majoring in Communications with a concentration in Public Relations and Marketing. As the summer Maine DOE Communications Intern, Blockler will create content for the Maine DOE Newsroom and assist with updates to the Maine DOE website. Blockler says she is excited to expand her knowledge in the communications field and gain experience working at the government level. In her free time, Blockler enjoys traveling, spending time outdoors, and being with her family.

Ellyson Bourgoine of York, Maine is a rising senior at the University of Maine. She is studying Management and Finance with a minor in Legal Studies. As the summer Maine DOE Operations and Events Intern, Bourgoine will support a variety of tasks, including assisting with the hiring process, performance management reporting, and coordinating events. Bourgoine says she is looking forward to learning more about the field of human resources and gain-

ing a deeper understanding of how organizations function. In her free time, Bourgoine enjoys staying active, going on walks, and taking yoga classes.

Vagni Das is a rising senior at Yarmouth High School. She is working as a Maine DOE Extended Learning Opportunities (ELO) Intern through the end of June. Das was born in India and has lived in Maine for seven years and in America for 15 years. Das says in school, she especially likes learning about history and science. Apart from her regular courses, she also likes doing theater, Model UN, and debate. In her free time, Das enjoys watching movies and singing.

Olivia Haralson is a graduating senior at Brunswick High School. She is working as a Maine DOE Extended Learning Opportunities (ELO) Intern through the end of June. Haralson will be attending New York University in the fall to major in Film and Television. Haralson says she has enjoyed writing articles through the Maine DOE about ELO programs at high schools statewide. In her free time, Haralson likes filmmaking, thrifting, and writing.

Adam Hendrix of Mercer, Maine is a rising senior at the University of Maine at Farmington. He is studying Mathematics and Computer Science. As the summer Maine DOE Assistant Financial Analyst Intern, Hendrix will work to automate and optimize the computer-based tasks that those in Education in the Unorganized Territory (EUT) have been performing manually. Hendrix says he is excited to apply his skills to real-world systems that are actively used. In his free time, Hendrix enjoys playing competitive fighting games.

Naomi Lopez of Los

Angeles, California is a rising senior at Bowdoin College. She is majoring in Environmental Studies and Psychology. As the summer Maine DOE Green Schools and Climate Literacy Intern, Lopez will support efforts to advance Maine's Climate Literacy Plan and Green Schools Initiative. Her work will include planning the Green Schools Symposium, creating a professional learning credential for climate education, and more. Lopez says she is particularly excited to help organize the Green Schools Symposium and connect with Maine's vibrant community of environmental advocates, educators, and students. In her free time, Lopez enjoys watching baseball, trying new ice cream flavors, and exploring scenic spots along Maine's coast.

Robin Park of Blue Bell, Pennsylvania is a rising sophomore at Bowdoin College. She is a prospective Government and Legal Studies major. As the Maine DOE Bowdoin Public Service Intern, Park will work on outreach for the Seal of Bilitracy. Park says she looks forward to collaborating with students, educators, parents, and administrators to increase awareness about and adoption of the Seal throughout the State of Maine. She says she is excited to see how much she can accomplish over the next few months. In her free time, Park enjoys exploring downtown Portland for cozy bookstores and vintage shops.

Emma Sirois of Farmingdale, Maine is a rising junior at the University of Maine. She is studying Parks, Recreation, and Tourism. As a summer Learning Through Technology—Data and Media Assistant Intern, Sirois will work with the Maine

See DOE, page 14

## Do you need a lawyer, but can't afford one?


Contributed by Donald Fontaine

MAINE – A lot of people find themselves needing a lawyer, but not able to pay them. In fact, more than 75% of the lower income people statewide who need to go to court have this problem. They can't get a legal aid


lawyer to go with them. For example, one legal aid program, Disability Rights of Maine, last year, did a great job going to legal hearings for 698 clients. DRM charged \$0.00. But it had to turn away many others. The 698 who got an attorney were only 30% of those who sought help.

70% were turned away. But, if you have a problem, don't give up. Pine Tree Legal Assistance helps people in your situation. And, it has offices all around the state. Portland, Bangor, Lewiston, Augusta, Machias, Presque Isle. One of these is probably near you. Try them.

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# November Special Section: National Diabetes Month

## American Diabetes Association marks 85 years of advancements



**ARLINGTON, VA** – In August, the American Diabetes Association® (ADA) celebrates 85 years of dedicated work toward its vision of a future free from diabetes and all its burdens. Since the organization’s creation in 1940, the ADA has been a part of extraordinary advancements in diabetes research, knowledge, treatment, and care.

Milestone moments include:

1949: The first ADA Camp opens, becoming a place where children with diabetes can enjoy the fun of camp while staying safe and learning independent diabetes management. ADA camps now serve nearly 3,300 children and families across the nation each year.

1952: The ADA Research Program is founded to accelerate innovations in diabetes care. Over the years, the program has put hundreds of millions of dollars toward vital research.

1984: The first National Standards for Diabetes Self-Management Education and Support (DSMES) were published, establishing a framework for high-quality diabetes education. Today, the ADA has the largest number of recognized DSMES programs available to people living with diabetes.

1989: The ADA begins publishing the yearly

Standards of Care in Diabetes, giving health care professionals a reliable, up-to-date resource on the best practices for diabetes care.

1991: Thanks to the ADA’s state-level leadership, the first Diabetes Cost Reduction Act (DCRA) passes. Today, DCRAs exist in 46 states.

1996: The ADA launches diabetes.org, bringing diabetes resources and education into the internet age.

1999: The ADA begins the Safe at School® campaign to help create safer conditions for school students living with diabetes.

2012: The ADA launches Power Up, an educational and fun-filled environment focused on diabetes education, nutrition, physical activity, and obesity prevention for youth at high risk for developing type 2 diabetes. This evolved into what is now known as Project Power.

2013: The ADA launches the Pathway to Stop Diabetes® program, creating additional funding and networks for diabetes researchers.

2018: The ADA and the American Heart Association® launch Know Diabetes by Heart™ to help reduce the risk and incidences of cardiovascular disease in people living with diabetes.

2020: The ADA helps

found the Focus on Diabetes® program to ensure more people living with diabetes understand and manage the diabetes-related risks to their vision.

2022: The ADA unveils the Amputation Prevention Alliance to help reduce the epidemic of diabetes-related amputations in at-risk populations.

2023: After years of the ADA leading the fight for affordable insulin, Medicare puts a \$35 monthly price cap on insulin.

2024: The ADA forms the Obesity Association™, a division of the ADA, to help change the conversation on obesity and reduce its prevalence. Today, the ADA is developing trusted, evidence-based Standards of Care in Overweight and Obesity to improve care for people living with overweight and obesity.

“There has been tremendous progress made in the fight to end diabetes. Every new research finding, every advancement in treatment, every policy win—it all matters in the lives of those living with diabetes. We look forward to building on the advancements of the last 85 years as the ADA remains steadfast in our mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes,” said Charles “Chuck” Henderson, the ADA’s chief executive officer.

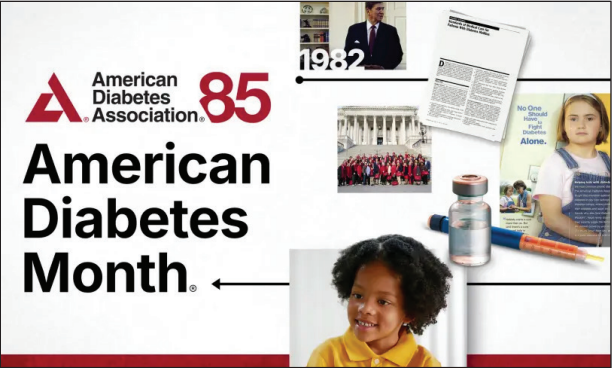
## November is American Diabetes Month: It all matters

Contributed by the American Diabetes Association

**ARLINGTON, VA** – November is American Diabetes Month®, a time to raise awareness about diabetes and join together in the work for a cure. Diabetes is one of the fastest growing chronic diseases in the world. Nearly one in two Americans has diabetes or prediabetes.

2025 marks the 85th year of the American Diabetes Association® (ADA), and while there have been extraordinary advancements in diabetes knowledge, treatment, and care, there remains more to be done to prevent and cure diabetes and to improve the lives of all people affected by the disease.

“Looking back at the progress made over the last 85 years, you can see how every learning, every policy shift, every moment spent in pursuit of a cure helped get to where we are today. It all mattered—and it still does as we continue toward a future free from diabetes and all its burdens,” said Charles



“Chuck” Henderson, the ADA’s chief executive officer.

This November, the ADA will be taking to screens both big and small, encouraging everyone to gather hope and join the fight to end diabetes in whatever way they can. A public service announcement will run ahead of big holiday blockbusters at AMC, Cinemark, and Regal cinemas, as well as regional and smaller theaters across the country.

Throughout the month on the ADA’s social media channels, people will find inspirational stories, opportunities for community, resources, and encouragement in the fight.

Whether it’s donating, sharing your story and spreading awareness about diabetes, or joining an event in person, every contribution keeps the momentum going.

Contributed by the American Diabetes Association



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AARP Maine  
announces winner  
of Andrus Award

Area businesses recognized for supporting  
energy efficiency

**PORTLAND, ME** – Maine announced today that Orono resident Linda Dougherty is the winner of the 2025 Andrus Award named in honor of AARP’s founder Dr. Ethel Percy Andrus. The Andrus Award celebrates and honors those who make a difference in the lives of others, and it is the most prestigious and visible award AARP presents each year.

Linda Dougherty’s extraordinary public service actively embodies Dr. Andrus’ motto “To Serve, Not to Be Served.”

Noël Bonam, AARP Maine State Director, stated, “The AARP Maine Andrus Award acts as a symbol that every single person can make a difference, and that each person can bring about positive social change. We are deeply proud to be presenting this year’s award to Linda Dougherty, whose record of achievement, service and commitment provides an excellent example of the power of giving back to others.”

Linda Dougherty is the lead volunteer for many of AARP Maine’s programs in Greater Bangor, hosting meaningful community events, providing welcoming opportunities for local residents and volunteers, inspiring others to volunteer, and raising awareness about the everyday challenges of older Mainers. Linda also serves as an AARP volunteer advocate at the State House, testifying before legislative committees and speaking up for Mainers everywhere.

“In giving older Mainers a voice at the State House, Linda has become a significant part of our community and a key leader on critical advocacy advancements as well as local initiatives in Maine,” said Bonam. “She sets herself apart with her generous spirit and dedication to help others above all else.”

Born in Danbury, Connecticut, Linda’s

family moved when she was a child to North Berwick where her father had grown up. She holds a B.S. in Animal Veterinary Sciences and raised two children, Allyson and Sean, with her college sweetheart, Michael. She has held a variety of enjoyable positions such as working for ten years with the Bangor L.L. Bean outlet, five years managing five McDonald’s restaurants and working part-time at local plant nurseries and catering establishments. Linda says she is a gardener by summer and a quilter by winter, two of her favorite hobbies.

Linda volunteers in a variety of capacities in addition to her work with AARP Maine. She devotes time to the Orono Health Association, which includes the Orono community giving garden, the town thrift shop, the Orono food cupboard and the Orono school backpack weekend food program. She also volunteers at the Rogers Farm run by the Cooperative Extension, growing and harvesting food for four local food cupboards. In addition, Linda works at the polls each Election Day and assists with absentee voting in local nursing homes and assisted living facilities. For ten years, she served as a volunteer EMT for the town of Orono.

“I volunteer because I love giving,” she says. “It sure beats receiving, and I feel it pulls communities together making us all feel safer and happier.”

AARP has long valued the spirit of volunteerism and the important contributions AARP volunteers make to their communities, neighbors and the programs they serve. We welcome new volunteers to serve in a variety of roles with AARP Maine and hope you will visit our website or call our office at 1-866-554-5380 if you would like to join our volunteer team.

**AUGUSTA, ME** – Efficiency Maine recognized contractors and vendors who have made outstanding contributions to inspire Maine homeowners and businesses to invest in energy efficiency. Their activities include selling, installing, and servicing high-efficiency lighting, insulation, heating and cooling systems, refrigeration equipment, electric vehicles (EVs), and other upgrades that are promoted through the quasi-state agency’s programs. Efficiency Maine also honored the Town of Winthrop, Maine, with its Philip C. Hastings Award for significant contributions to Maine’s economy and environment through exemplary efforts in the field of energy efficiency. The event took place at the Harraseeket Inn in Freeport, Maine.

More than 160 electricians, plumbers, heating system installers, insulation technicians, distributors, manufacturers, business owners, electric vehicle dealers, and other stakeholders, gathered for the recognition and to review results from Efficiency Maine’s programs last year and plans for the year ahead. “Beneficial electrification,” which is achieved when consumers reduce their energy bills by switching from fossil fuels to high-efficiency electric alternatives, such as heat pumps, was a featured topic. In his keynote address, Patrick Woodcock, president and CEO of the Maine State Chamber of Commerce, also commended Maine’s business community for successfully promoting energy efficiency to Maine’s homes and businesses and helping them to lower their energy costs.

Independent contractors play a critical role in assisting Maine consumers to install energy upgrades. With the help of Efficiency Maine’s rebates and educational materials, home energy upgrades are delivered by Residential Registered Vendors while energy improvements at commercial and industrial facilities are provided by Efficiency

Maine’s Qualified Partners. Efficiency Maine’s EV program is supported by 85 participating car dealerships throughout the state, three of which also were recognized as the top sellers of battery electric vehicles and plug-in hybrid electric vehicles.

Efficiency Maine presented 27 contractors, vendors, and dealerships with awards for outstanding performance in selling and servicing energy-efficiency measures using financial incentives offered by the statewide energy efficiency administrator. These companies are among the more than 800 trade allies listed on the organization’s website that meet Efficiency Maine’s requirements to access available incentives.

For outstanding contributions in the category of Residential Programs in 2025, the Trust recognized:

Dave’s World, Inc., multiple locations

Evergreen Home Performance, LLC, multiple locations

F.W. Webb Company, multiple locations

Free Energy Maine, multiple locations

The Granite Group, multiple locations

The Home Depot, multiple locations

Mattra, Inc., Lewiston

Northeast Heat Pumps, Brunswick

Rheem Manufacturing Company, multiple locations

Riser Heat Pumps, Gray

Taco Comfort Solutions, Cranston (Rhode Island)

Valley Home Services, Inc., multiple locations

For outstanding contributions in the category of Commercial Programs in 2025, the Trust recognized:

Dave’s Heat Pumps, Winthrop

Do It All Dragon, Van Buren

EcoHeat Maine, Norway

F.W. Webb Company, multiple locations

Gilman Electrical Supply Co., Ellsworth

J.H. McPartland & Sons, Houlton

Johnstone Supply, multiple locations

Mechanical Services, Portland

Oberon Initiatives, Sanford

Logix, LLC, Belfast

Sundog Solar, Searsport

Wesco Electrical Supply, Bangor

For outstanding contributions in the category of Electric Vehicle Program in 2025, the Trust recognized:

Charlie’s Auto Group, Augusta

Lee Toyota Topsham, Topsham

Rowe Ford Hyundai, Westbrook

“Last year Maine’s vendors and contractors blew away every previous record for the number of heat pumps installed,” said Michael Stoddard, executive director of Efficiency Maine. “More than 11,700 homes received new heat pumps that now serve as their primary heating system, while an additional 7,600 heat pumps were installed in commercial buildings. We are making significant progress toward transitioning Maine’s heating and cooling market to high-efficiency heat pumps.”

“Maine has built a reputation as a national energy efficiency leader because of the hard work of hundreds of Maine businesses to implement innovative business models, integrate cutting-edge technology, and build a trained and durable workforce,” said Patrick Woodcock, president and CEO of the Maine State Chamber of Commerce. “I applaud Efficiency Maine Trust for their continued efforts to manage statewide programs that lower energy costs and for recognizing the incredible accomplishments of Maine energy businesses in delivering energy solutions for Maine households and businesses.”

The annual Philip C. Hastings Award was presented to the Town of Winthrop, Maine. The Award recognizes an individual or organization for significant contributions to Maine’s economy and environment through exemplary efforts

in the field of energy efficiency. The Hastings Award is named after the original director of state energy conservation programs when they were administered by the Maine Public Utilities Commission and celebrates his legacy by memorializing his extraordinary commitment to and leadership of energy efficiency programs.

The Town of Winthrop used American Rescue Plan Act grant funding administered by Efficiency Maine to complete six high-efficiency heating, ventilation, and air conditioning projects in its buildings since 2024. These projects benefited their fire department, police department, ambulance building, public works building, transfer station office, and town offices. The Town of Winthrop has two additional efficiency projects underway; a lighting project in the transfer station and a heating and cooling project in the recreation center.

“It’s hard to imagine the Town of Winthrop having the financial wherewithal to invest in energy-efficient heat pumps and lighting without its partnership with Efficiency Maine,” said Anthony Wilson, town manager of Winthrop. “There are always worthy and competing interests within a municipal budget. Leveraging the incentives that Efficiency Maine offers helps municipal managers and elected officials realize the value of investing in energy-efficient infrastructure. We’re proud to contribute to the resiliency of our community and state and we greatly appreciate our partnership with the dedicated team at Efficiency Maine.”

“The Town of Winthrop is leading by example by installing new and efficient equipment throughout their public buildings,” said Stoddard. “These projects not only improve the inside environment and comfort of the town’s buildings for all who work in and visit them, they illustrate that the town is committed to saving taxpayer money.”



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**Caregiving**  
*Continued from page 7*

for Caregivers Act, which would expand flexible spending and health savings account uses.

This National Family Caregivers Month, AARP Maine encourages everyone to show support for caregivers and to join the growing movement of Americans raising their voices for change. Join AARP’s I Am A Caregiver move-

ment and tell lawmakers it’s time to support those who care.

To access free caregiver tools and local resource guides, visit:

AARP’s state-by-state Family Caregiver Resource Guides to help family caregivers access key programs, services, and agencies right in their community.

AARP’s online Caregiving Hub with tools and information available in English and Spanish.

AARP and United Way Worldwide’s 211 program connects family caregivers to essential local services for themselves and their loved ones via the 211 helpline.

AARP’s official caregiving Facebook group serves as a place for family caregivers nationwide to connect, share practical tips, offer support, and discuss their shared experiences.



Baker Newman Noyes announces 10 senior promotions in Maine

\$20.5M for economic development projects across Maine

**MAINE** – Baker Newman Noyes (BNN), a nationally recognized top 100 accounting and advisory firm, is excited to announce 10 senior-level promotions in its Portland, ME office, and an additional four promotions for experienced staff.

“Each of the individuals recognized below have excelled as they support BNN, their colleagues, and our valued clients,” said President & Chief Financial Officer Darren Hurlburt. “In a shifting industry and business landscape, these professionals have consistently delivered excellent service to our clients while also growing their careers and skills and serving their communities. We are looking forward to great things from each of them as they continue to grow in the years ahead.”

Trey Binette, MBA, was promoted to manager in the advisory practice. He earned a bachelor’s degree in accounting from the University of Southern Maine, and a master’s degree in business administration from Husson University. Binette joined the firm in 2024. He specializes in guiding organizations through seamless technology selections, implementations and business process improvements.

Scott Boies, CPA, MBA, of Topsham, Maine, has been promoted to manager in the assurance practice. He earned his bachelor’s degree, summa cum laude, in accounting and a master’s degree in business administration from Thomas College. Boies joined the firm in 2019. He specializes in providing auditing and assurance services to commercial clients and employee benefit plans.

Anne Cushman, CPA, of Bryant Pond, Maine, has been promoted to manager in the assurance practice.

She earned a bachelor’s degree, summa cum laude, in business administration, with a concentration in accounting and business analytics, from the University of North Carolina Wilmington, and a master of accountancy from Saint Joseph’s College. Cushman joined the firm in 2019. She specializes in providing audit and assurance services to commercial clients and employee benefit plans.

Heather Goan, EA, of Brunswick, Maine, has been promoted manager in the tax practice. Since joining BNN in 2020, Goan has specialized in tax planning and preparation for high-net-worth individuals, trusts, and estates, as well as pass-through entities and some corporations. She earned a bachelor’s degree in accounting from the University of Maine.

Ashley Haskell, of Stonington, Maine, has been promoted to manager in the firm’s tax practice. Ashley specializes in tax planning and compliance for closely held businesses, partnerships, S corporations, and high-net-worth individuals. Haskell earned a bachelor’s degree in business administration from the University of Southern Maine.

Wendy Koons, of Standish, Maine, has been promoted to accounting manager in the finance department. She earned her bachelor’s degree from the University of Scranton.

Chris Lowell, CPA, has been promoted to senior manager in the tax practice. Lowell specializes in corporate income tax compliance and advisory services. He helps clients navigate accounting for income taxes (ASC 740), federal and state income tax return obligations, and tax planning strategies. He earned a bachelor’s degree in business administration

and a master’s degree in accounting from the University of Massachusetts Amherst.

Laura Miles, CPA, of West Springfield, Mass., has been promoted to manager in the assurance practice. Miles specializes in providing audit services to nonprofit organizations and commercial/retail businesses. She joined the firm in 2020 after earning a bachelor’s degree in accounting, summa cum laude, from the University of Massachusetts Amherst’s Isenberg School of Management.

Dylan Wetmore, CPA, MBA, of Freeport, Maine, has been promoted to senior manager in the tax practice. He joined the firm’s private client services group in 2017, specializing in high-net-worth individuals, investment partnerships, stock option transactions, and qualified small business stock transactions. Wetmore earned a master’s degree in business administration and a bachelor’s in accounting from Husson University.

Meredith Wicks, CPA, of Bangor, Maine, has been promoted to manager in the assurance practice. She provides audit services to healthcare and nonprofit organizations. She has been with the firm since 2017. Wicks earned a bachelor’s degree in accounting from the University of Maine.

The following employees in the Portland office were also promoted: Rose Cannon been promoted to senior in the tax practice; Sydney Caron has been promoted to senior people operations generalist in the HR department; Nathan Crouch has been promoted to senior in the transaction advisory practice; and Kirsten Lebreux has been promoted to supervising senior in the tax practice.

**WASHINGTON, D.C.** – U.S. Senators Susan Collins, Chair of the Senate Appropriations Committee, and Angus King announced that 29 Maine organizations will receive a total of \$20,588,173 to support important development projects. The funding comes from the Northern Border Regional Commission’s (NBRC) Fiscal Year 2025 Catalyst Program and will support projects aimed at strengthening economic opportunity in communities across 13 Maine counties.

“The NBRC has long helped provide rural regions with the economic tools they need to prosper,” said Senators Collins and King. “This funding will help improve water infrastructure and roadways in communities across our state while strengthening our workforce and creating economic opportunities for Mainers.”

The recipients of the Catalyst Program funding are as follows:

Boothbay Region Water District - \$1,000,000  
City of Gardiner - \$1,000,000

Mount Desert Island Hospital - \$1,000,000  
Presque Isle Utilities District - \$1,000,000  
Town of Waldoboro - \$1,000,000  
Regional Medical Center at Lubec - \$800,000  
Cherryfield Town Square - \$500,000  
Eastern Maine Development Corporation - \$500,000  
Friends of the Mountain - \$500,000  
Main Street Skowhegan - \$500,000  
Maine Department of Labor - \$500,000  
Maine Outdoor Brands - \$500,000  
Paris Utility District - \$500,000  
The Harry E. Davis Partnership for Children’s Oral Health - \$499,613  
Associated General Contractors of Maine - \$497,961  
Town of Thomaston - \$497,640  
Maine Community College System - \$497,537  
Town of Beals - \$482,236  
Arnold Trail Snowmobile Network - \$403,409  
GrowSmart Maine - \$388,700  
Rangeley Lakes

Chamber of Commerce - \$303,150  
Midcoast Council of Governments - \$300,000  
Bangor Children’s Home d.b.a. Hilltop School - \$227,735  
Island Institute - \$181,712  
Town of North Haven - \$100,000  
The recipients of the Timber for Transit Program funding are as follows:  
Town of Island Falls - \$2,808,000  
City of Presque Isle - \$2,500,000  
University of Maine, Orono Campus - \$1,000,000  
Inland Woods and Trails - \$600,480  
The NBRC was established by Congress in 2008, with Senator Collins’ and King’s support, to fund a broad range of development projects in Maine, New Hampshire, Vermont, and New York aimed at alleviating economic distress and encouraging private sector job creation. In 2023, Senator Collins introduced and Senator King co-sponsored a bill to reauthorize and strengthen the NBRC.

Volunteers clean up Mountain Division Trail in Gorham

**GORHAM, ME** – Thank you to the seven amazing volunteers who came out to help clean up the Mountain Division Trail on September 12th! Together, we tackled the entire section from Wescott Road in Gorham to the Standish line, giving

it a well-deserved refresh. Volunteers spent the day cutting back branches, leaf blowing, and filling potholes, making the trail safer and more enjoyable for everyone who visits. The trail is looking fantastic thanks to your hard work, teamwork, and dedication. A special thank you goes out to the Gorham Conservation Commission for supplying tools and supporting this effort. Community involvement like this keeps the trail thriving – thank you all for being part of it!

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# 2025 Smart Growth Awards celebrate Maine projects

**MAINE** – The Maine Smart Growth Awards celebrate the people, projects, plans, and policies that use smart growth principles to transform land use. Will this project or plan make a difference in people’s lives? Is an existing space transformed to create a “third place” for people to gather outside of home and work? Are we creating communities where people feel safe, feel they belong, and can thrive?

This year, we celebrate three projects and one plan that foster distinctive, attractive communities with a strong sense of place, strengthen and direct development towards existing communities, and benefit from mixed land use and compact building design.

GrowSmart Maine’s eighth annual Maine Smart Growth Awards recognize the diverse activities that contribute to smart growth and serve as real-life illustrations of the benefits it can bring. A video recognizing this year’s four winners was presented at the GrowSmart Maine Summit 2025 on October 16th.

This year’s judges were C.J. Opperthaus-er, Executive Director of Friends of Congress Square Park; Sarah Haggerty, Conservation Biologist/GIS Manager at Maine Audubon; Heather Spalding, Deputy Director and Senior Policy Director at MOFGA; and Tyler Norod, President and Director of the Westbrook Development Corporation. The award video was produced by GrowSmart Board member Mehuman Ernst, whose hard work on this project is deeply appreciated. Thank you to all who had a hand in this year’s Maine Smart Growth Awards.

“We are pleased to present this year’s Maine Smart Growth Awards,” said Nancy Smith, CEO of GrowSmart Maine. “These recipients stood out in an incredibly competitive pool of nominations which underscores the abundance of plans, projects, policies, and practitioners around Maine that have centered smart growth outcomes as a guiding star. Congratulations to the award winners and keep up the great work!”

The 2025 winners

are:

**Exemplary Smart Growth Project**  
75 Bacon Street Remediation  
My Place Teen Center

At the heart of downtown Biddeford, a once-abandoned church has been reborn as a place of hope, safety, and opportunity. My Place Teen Center, known for transforming young lives in Westbrook, has opened its second location at 75 Bacon Street—repurposing the historic St. Andre’s Church into a vibrant “third place” for youth.

This 17,000-square-foot building, once crumbling and empty, now welcomes teens ages 10 to 18 with food, mentoring, and enrichment programs—all free of charge. The Center feeds kids, nurtures emotional resiliency, teaches life and job skills, and offers a sense of belonging in a safe, welcoming space.

The project embodies smart growth principles by reinvesting in existing downtown infrastructure, preserving historic architecture, and creating a community anchor in a

walkable neighborhood. Rather than building new and sprawling outward, My Place Teen Center revitalized an iconic structure, keeping its cultural roots alive while transforming it into a 21st-century hub.

This work is transformational: where there were broken pews and pigeons, there are now custom-built tables crafted from reclaimed wood, laughter over shared meals, and programs that help launch kids toward higher education and a chance to thrive. Cross-sector partnerships with city leaders, contractors, and community members made this 4.5 million dollar renovation possible, demonstrating the power of collaboration to meet today’s needs while honoring the past.

My Place Teen Center in Biddeford is more than a building. It is a model of smart growth in action—revitalizing place, supporting people, and strengthening community for generations to come.

**Outstanding Smart Growth Project**  
The Levee Reveler

On the banks of the Saco River in Biddeford, a once-forgotten industrial peninsula has been transformed into a thriving destination. This is The Levee—a bold redevelopment that reimagines historic mill buildings and underutilized land into a vibrant, mixed-use space.

Led by Reveler Development, The Levee blends housing, dining, retail, and cultural spaces into one cohesive neighborhood. Lofts on the Levee converted the historic Saco-Lowell Mill into 90 modern apartments, while The Foundry—a former warehouse—has been reborn as a riverside hub for arts, culture, and entrepreneurship. With support from the EPA’s Brownfields program, contaminated sites were cleaned and restored, turning challenges into opportunities.

This project reflects smart growth in action: compact design, adaptive reuse, and walkable connections to Biddeford’s RiverWalk, downtown, and the Saco Transportation Center, Amtrak, and local transit. The Levee provides a mix of market-rate and workforce housing, easing pressure on surrounding open space and reducing sprawl. With condos, townhomes, and apartments, it offers diverse housing options for a wide range of residents.

Where once there were vacant, polluted buildings, there are now vibrant streetscapes, so-



lar-powered rooftops, and community spaces that honor Biddeford’s industrial history while embracing its future. The project fosters connection—to the river, to the city, and to one another.

By weaving together housing, jobs, culture, and sustainability, The Levee has become more than redevelopment. It is a model of smart growth—revitalizing land, re-energizing community, and reshaping Biddeford’s identity for generations to come.

**Outstanding Smart Growth Plan**  
Municipal Bond for Housing  
City of Rockland

In Rockland, city leaders are proving what bold, local action can do to address Maine’s housing crisis. With strong community support, Rockland passed a municipal housing bond—an investment in infrastructure that clears the way for new homes where they’re needed most.

This initiative is about more than funding. It represents a transformational shift in how small cities can embrace smart growth while investing in housing. By directing resources toward infill development and higher-density housing in walkable downtown neighborhoods, Rockland is discouraging sprawl, protecting open space, and creating vibrant places where people can live, work, and connect.

The bond focuses on utilities, roads, and other public infrastructure—critical investments that will open the doors to pocket neighborhoods, mixed-use nodes, and more downtown housing along its thriving Main Street. This means residents can walk to shops, schools, jobs, parks, and the waterfront—reducing reliance on cars and lowering emissions.

What makes Rockland’s approach so powerful is how it was built. City Councilors laid out the challenges with transparency, listened closely and responded to residents, shared data openly, and earned community trust. When it came time to vote, the people of Rockland affirmed this vision with confidence.

Rockland’s housing bond is a model for towns across Maine. It shows that with leadership, planning, and public engagement, communities don’t have to wait for outside solutions. They can take bold steps now—investing in housing, protecting open space, and shaping a more sustainable, inclusive future.

**Outstanding Smart Growth Project**  
Grassroots Advocacy  
Mainers for Smarter Transportation

Mainers for Smarter Transportation began with a simple idea: Maine’s future cannot be built on more highways. When the Maine Turnpike Authority proposed the Gorham Connector—a five-mile, \$331 million expansion that actually disconnected communities—neighbors, farmers, and community leaders came together. They asked: do we really want more sprawl, more pollution, and more car dependency? The answer was no.

More than seventy-five people met weekly. They wrote a white paper. They lobbied town councils. And they won key votes in Westbrook and Scarborough—effectively halting the project.

Their vision aligns with smart growth. Stop the sprawl. Invest in places already developed and in effective transit. Make housing more diverse and affordable. Strengthen walkable neighborhoods where schools, jobs, and shops are nearby. Preserve open space instead of carving up the historic Smiling Hill Farm. Free up resources for transit, biking, sidewalks, and affordable housing. Instead of millions for pavement.

And the climate benefits are clear: fewer emissions, greater carbon sinks, and less reliance on cars.

Mainers for Smarter Transportation proved that everyday people can change the course of state and local policy. They shifted the debate—from endless expansion to smarter, more resilient choices.

The lesson is simple. When we prioritize people over pavement, we build healthier, fairer, more vibrant communities. This is the future of Maine’s transportation. And it starts with saying no to sprawl—and yes to smart growth.

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

**Nov 6**  
SCARBOROUGH – Travis Kennedy, Maine Author Talk at Scarborough Public Library 6-7pm. Direct from Scarborough! The acclaimed author of The Whyte Python World Tour will read from his popular debut novel, talk about the writing experience, and answer audience questions. Books will be available for purchase and signing. Seating is limited, please register at [www.scarboroughlibrary.org](http://www.scarboroughlibrary.org) or by calling 883-4723 option 4.

**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 8**  
BRUNSWICK – Brunswick’s annual Early Bird Sale hosted by the Brunswick Downtown Association returns on November 8th. Many businesses around Brunswick will open at 6:00 AM, welcoming shoppers to get out early and take advantage of great deals on their holiday shopping. The BDA will be hosting a scavenger hunt throughout downtown as well as a gift wrapping studio in Senter Place (124 Maine Street) from 7:00 to 11:00 AM.

**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](mailto:adobson@une.edu).

**Nov 15**  
LEWISTON – The ladies of Mu Chapter of Delta Kappa Gamma International are holding their annual Teddy Bear Fair on Saturday, November 15 from 9:00 to 2:00 at the Lewiston High School gym.

**DOE**  
*Continued from page 8*

Learning Technology Initiative team and help to organize information about how schools are using technology. Sirois says she is excited for the opportunity to step into state work, learn about impactful projects, and gain experience that she can take into her future career. She says she is also looking forward to meeting new people on the Maine DOE team. In her free time, Sirois enjoys traveling to beautiful places in Maine and capturing moments with her digital and film cameras.

Molly Taub of Brunswick, Maine is a rising senior at the University of Pittsburgh. She is studying Political Science. As a summer Learning Through Technology—Data and Media Assistant Intern, Taub will work on various projects aimed at assisting schools with technology use and implementation. Taub says she is excited about the opportunity to learn how new forms of technology, such as artificial intelligence, are changing the curriculum in Maine. In her free time, Taub enjoys taking her two golden retrievers swimming in Maquoit Bay.

The Maine DOE is proud to support and mentor the next generation of leaders through these internship experiences. With their diverse backgrounds, strong work ethic, and dedication to education, these interns are already making valuable contributions that will continue throughout the summer and beyond.

# Calendar

Send your submissions to the Editor. More online.

ister at [www.scarboroughlibrary.org](http://www.scarboroughlibrary.org) or by calling 883-4723 option 4.

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**DOE**  
*Continued from page 8*

Learning Technology Initiative team and help to organize information about how schools are using technology. Sirois says she is excited for the opportunity to step into state work, learn about impactful projects, and gain experience that she can take into her future career. She says she is also looking forward to meeting new people on the Maine DOE team. In her free time, Sirois enjoys traveling to beautiful places in Maine and capturing moments with her digital and film cameras.

Molly Taub of Brunswick, Maine is a rising senior at the University of Pittsburgh. She is studying Political Science. As a summer Learning Through Technology—Data and Media Assistant Intern, Taub will work on various projects aimed at assisting schools with technology use and implementation. Taub says she is excited about the opportunity to learn how new forms of technology, such as artificial intelligence, are changing the curriculum in Maine. In her free time, Taub enjoys taking her two golden retrievers swimming in Maquoit Bay.

The Maine DOE is proud to support and mentor the next generation of leaders through these internship experiences. With their diverse backgrounds, strong work ethic, and dedication to education, these interns are already making valuable contributions that will continue throughout the summer and beyond.

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tor the next generation of leaders through these internship experiences. With their diverse backgrounds, strong work ethic, and dedication to education, these interns are already making valuable contributions that will continue throughout the summer and beyond.

**Boston Post**  
*Continued from page 1*

turned on lathes to the right thickness, coated and polished. They had a 14-carat gold head two inches long, decorated by hand, and a ferruled tip. The head was engraved with the inscription, ---Presented by the Boston Post to the oldest citizen of (name of town)-- - “To Be Transmitted.” The Board of Selectmen were to be the trustees of the cane and keep it always in the hands of the oldest citizen. Apparently no Connecticut towns were included, and only two towns in Vermont are known to have canes.

In 1924, Mr. Grozier died, and the Boston Post was taken over by his son, Richard. At one time, the Boston Post was considered the nation’s leading standard-sized newspaper in circulation. Competition from other newspapers, radio and television contributed to the Post’s decline and it went out of business in 1957.

The custom of the Boston Post Cane took hold in those towns bestowed the honor of receiving a cane, including the Town of Gorham. As years went by, some of the canes were lost, stolen, taken out of town and not returned to the Selectmen or destroyed by accident. Fortunately, the Town of Gorham has retained its cane, which has been on display at the Gorham Municipal Center for many years.

In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

\$50K

\$40K

\$30K

\$20K



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- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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