

Central Maine Healthcare welcomes new pediatrician

LEWISTON, ME – Central Maine Healthcare recently welcomed a new provider. Ambia Ahmed, MD, will be practicing at Central Maine Pediatrics at CMMC in Lewiston.

Dr. Ahmed is well suited to treat central Maine’s immigrant population, as she speaks fluent Somali, Arabic and English.

She has extensive experience both here in Maine and overseas. She attended Nile College in Khartoum, Sudan, where she received both a Bachelor of Medicine and Bachelor of Surgery, before completing an internship in Riyadh, Saudi Arabia. Dr. Ahmed was a general practitioner at Family Care Hospital in Riyadh. Later, she moved to the U.S. and was employed by the MaineHealth Institute for Research.

“We are thrilled for Dr. Ahmed to join Central Maine Pediatrics,” said Rebecca Brakeley, MD, chief of Women’s and Children’s Health at Central Maine Healthcare. “She has extensive experience practicing internationally and being a standout pediatric



resident at Maine Medical Center for the last three years. Her clinical excellence, warmth and ability to connect with patients across three languages will be an outstanding addition to our diverse community.”

Dr. Ahmed said she is dedicated to showing exceptional compassion for

her patients and providing quality care. “As a pediatrician, I’m committed to delivering compassionate care for each child who comes to Central Maine Pediatrics and supporting families to ensure lifelong health,” she said.

Central Maine Pediatrics provides care for newborns through 21 years of age. Our providers deliver preventive care, routine physicals and manage acute and chronic pediatric diseases.

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!

November Special Section National Diabetes Month page 9

Auburn Public Skate to benefit New Beginnings on Nov. 16

AUBURN, ME – Ready to hit the ice while raising money for a great cause?

People of all ages and abilities are encouraged to gather at Norway Savings Bank Arena on Sunday, November 16, for a special public skate that will support a local organization dedicated to providing for many in need.

The event will be held from 3:50 p.m. to 4:50 p.m. at the arena, located on 985 Turner Street in Auburn. Admission is \$5, with \$5 skate rentals for adults and children available.

Half of the proceeds will be given to New Beginnings in Lewiston. For



over 40 years, the organization has provided homeless youth with safety, counseling, and an understanding of their value and worth and, in the process, positively changed the direction of thousands. New Beginnings operates a 24-hour youth shelter named Marian’s Place on 491 Main Street, offers additional supportive housing, and sponsors a street outreach team to help youth from throughout Maine find safety. The staff provides a warm welcome to youth (ages 10-21), en-

couragement for family mediation, and case management. The organization also helps develop life skills through education and employment support and provides prevention services to curb the risk of homelessness.

Public skates are held several times each year at Norway Savings Bank Arena with a community organization benefitting from each event.

If you are not able to attend the public skate but would still like to support or learn more about the meaningful, transformative work of New Beginnings, visit www.newbeginmaine.org.

Sabattus looks to restart Senior Citizens group

SABATTUS, ME – There is an effort underway in Sabattus to find local senior citizens interested in restarting a Senior Citizens group.

The former primary school is an option for a location to hold meetings and activities. If anyone knows of any contacts with the former group,

or knows of anyone interested, please email Jon at jmsab23@aol.com to have the names added to the list of those willing to join in.

Teddy Bear Fair supports scholarships for local students

LEWISTON, ME – 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. The ladies of Mu are all educators, active and retired, from the Lewiston/Auburn and surrounding area schools. Money generated by our annual fair goes toward scholarships; one goes to a graduating

senior from one of the high schools in the Twin Cities or surrounding communities, who plans to go into education; the other goes to a DKG member who is working on renewing their certification or an advanced degree.

The ladies will be selling baked goods such as cookies, cakes, pies, bread and an assortment of candies and pastries; used books and DVDs. Our White Elephant ta-

ble always boasts lots of treasures for your home. We have garden harvest items such as jellies, jams, salsas and pickles. We have gently loved stuffed animals; crafts including knitted scarves, hats & mittens, as well as kitchen towels, dishcloths and bowl cozies; and we have hand made Christmas and Thanksgiving decorations. We will also have a raffle table with wide assortment

See Fair, 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.

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 or 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.”

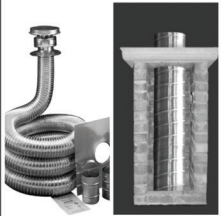
Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma’s Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.

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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.

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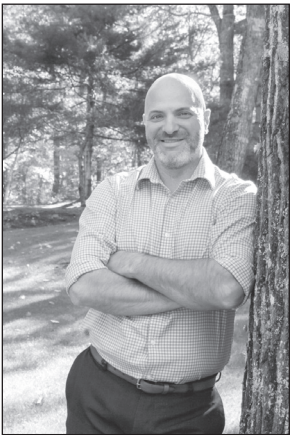
Mark Michaud joins Fontaine Family Team

AUBURN, ME – Fontaine Family - The Real Estate Leader is proud to announce Mark Michaud as the newest addition to their growing Auburn team.

Mark grew up in Monmouth and currently resides in Augusta. He attended Monmouth Academy and later earned his bachelor's degree in applied science and business management from the University of Maine at Augusta.

Before joining Fontaine Family – The Real Estate Leader®, Mark worked as a Realtor® for four years in the greater central Maine area. In addition to his experience in real estate, he has an extensive history in business management and as an entrepreneur, having operated his own small construction company. His 20+ years of experience in customer relations have shaped his commitment to providing exceptional client service built on trust, transparency, and results.

When he's not helping clients achieve their real estate goals, Mark



enjoys spending time outdoors in all seasons—whether hiking, skiing, or relaxing with his family. He and his wife, Katie, have been together for over ten years and are proud parents to their young son, Van, and two loyal Labs. Mark also enjoys cooking, reading, home improvement projects, and staying active through exercise.

Mark will be working with both buyers and sellers, continuing Fontaine Family's tradition of delivering world-class service and local expertise.

For real estate opportunities with Mark Michaud, he can be contacted by phone at (207) 458-6309 or email mark@fontaineteam.com

Fontaine Family – The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family-Owned Business of the Year, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area year after year, recognized by Real Trends as America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top ½ of 1% of Realtors outperforming 99.9% of the nation's Realtors.

The Fontaine Family Team serves 8 counties – Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset – in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit FontaineTeam.com, download their free home search mobile app "Fontaine Family Real Estate" or call (207)784-3800 or (207)289-3830.

Goodwill achieves milestone, helps 10,000 people to stability

GORHAM, ME – Goodwill Northern New England (Goodwill NNE) is proud to announce a significant milestone in its mission to support people on their path to stability. Through dedicated programs and community partnerships, Goodwill NNE has helped over 10,000 people achieve stability, an achievement that reflects the organization's commitment to providing support and services to any person achieve their own personal stability.

"When we set this big goal back in 2017, we knew we had to transform our work," said Trendy Stanchfield, Senior VP of Mission Services at Goodwill NNE. "Through innovation, collaboration, and a focus on workforce development, we created a model that truly supports the people we serve. We're grateful for our partners who believed in our vision and helped bring it to life."

This milestone is a testament to the hard work of Goodwill NNE staff, the resilience of program participants, and the support of the broader community. From employment services and job training to



career support and placement, Goodwill NNE's workforce development programs have empowered thousands to overcome barriers and build sustainable futures. Since 2017 we've learned that overcoming these top 5 barriers, Employment, Education, Housing, Transportation, and Food, was the key to helping us achieve the greatest movement toward our goal of helping provide the tools to helping others to personal stability.

"We are so proud of the work and the difference we're making in people's lives every day, but we didn't do it alone. We reached this milestone two years early because of our staff, partners, and community," said Tripp Harri-

son, President and CEO of Goodwill NNE. "Together, we've empowered 10,000 people to achieve personal stability, an incredible milestone that reflects the strength of our mission and the power of community collaboration."

Goodwill NNE remains committed to expanding its impact and continuing to serve people across Northern New England. This milestone is not just a number; it represents 10,000 stories of hope, perseverance, and transformation.

To learn more about Goodwill Northern New England or how to get involved, visit <https://goodwillnne.org/about/>.

Brunswick's annual Early Bird Sale returns Nov. 8th

BRUNSWICK, ME – 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. While the event

lasts all day, deals will be the best in the morning, so be sure to get out early, have fun, and support local businesses.

Participating Businesses Include:

Cool As A Moose Waterfront Flea Market
The Mix
Island Treasure Toys
Pura Vida Day Spa
Reverie Coffee House
Maggie, LLC
Keith Field Goldsmith
Midcoast Comics

Pejepscot History Center
Social Goose
Hatch on Maine
Lil Jam Cookies
The Animal House - Brunswick

Gelato Fiasco
Mare Brook Farm
Wilbur's of Maine

Chocolate Confections
Marathon Sports

For more information and to see updates on participating businesses, please visit brunswick-downtown.org/event/brunswick-early-bird-sale/.

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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

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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 or he can be reached at 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 ; <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 band-mate 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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Arts & Entertainment

Fryeburg Academy presents 42nd Street

FRYEBURG, ME – Fryeburg Academy presents the 2025 All School Musical - 42nd Street! One of show business’s most classic and beloved tales, 42nd Street tells the story of Peggy Sawyer, a talented young performer with stars in her eyes who gets her big break on Broadway.

Peggy arrives in New York City from her hometown of Allentown, Pennsylvania, armed with her tap shoes and big dreams. Peggy’s talent catches the eye of legendary Broadway director Julian Marsh, who

gives her a spot in the chorus of Pretty Lady, his newest show. Pretty Lady stars Dorothy Brock, the classic Broadway diva, who takes an instant dislike to the new girl in the cast. When Dorothy is injured during the show’s previews, Pretty Lady looks like it will have to close, unless a new girl talented enough to lead the show can be found — someone like Peggy Sawyer! Peggy’s rise from showgirl to star is the stuff of show business dreams. 42nd Street is full of crowd-pleasing tap dances, popular musi-

cal theatre standards, and show-stopping ensemble production numbers.

42ND Street will be showing November 13th - 16th. All showtimes are at 7pm except for the 16th which will be a matinee showing at 2pm. Tickets are \$15 for adults, \$10 for seniors and \$5 for students.

Purchase tickets online at www.fryeburg-academy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

MCP, MCPKids! invite you to Disney’s “Frozen Jr.”

MONMOUTH, ME – Monmouth Community Players and MCPKids!, alongside MCPKids! Sponsors Textech Industries, MTAB Painting, Mills Family Monmouth Lights, and Community Credit Union and MCP Marquis Season Sponsor Great Falls Federal Credit Union and Season Sponsors Winthrop Area Federal Credit Union and Readfield Insurance Agency, wish to invite you to their upcoming production of Disney’s “Frozen Jr”. The play, under the direction of Mary Melquist, will run December 12-14, 2025 at historic Cumston Hall in Monmouth. Other production staff include Katie Coan as Assistant Director, Amy Griswold as Producer, Emily Kalafarski as Stage Manager, Julie Sanborn as Choreographer, Clair Siggins as Set Designer and Keith Merick as Sound Operator..

Do you want to build a snowman? The inspiring 60-minute musical, designed for young performers, is based on the 2013 Disney film Frozen and the 2018 Broadway production of the same name. You’ll



The cast of MCPKids! “Frozen Jr.”

love this fanciful and heartwarming stage adaptation of the top-grossing animated film of all time! Join Anna, Elsa, and all of your favorite characters as they embark on an epic, ice-filled journey of self-discovery, camaraderie, and the real meaning of true love. Adapted for young performers, this musical includes favorite Frozen songs such as “Love Is an Open Door,” “Do You Want to Build a Snowman?,” and “Let It Go,” as well as wonderful new songs from the Broadway production. With its empowering message of love and understanding, Frozen JR. is sure to melt your heart!

The cast of “Frozen Jr.” includes: Arabella D, Dorothy G, Luke G. of Auburn; Edith B, and Beau B. of Augusta; Alex D, Callie D, Vivian K, Polly L, and Carsyn S. of Farmingdale;

Connor C and Christopher C. of Gardiner; Ramsay P. and Jackie S. of Hallowell; Iris R. of Jay; Arya I. and Drea L of Leeds; Mia B, Bella L, and Elizabella P. of Lewiston; Maddox G. of Litchfield; Abby B, Gwen B, and Calla J. of Manchester; Audrey B, Hannah H, Alice H, Grace M, and Ella M. of Monmouth; Gabe L. of New Gloucester; Silas C. and Mackinley K. of Readfield; Bianca B. and Deacon C. of Sabattus; Josh C. of Waterville; Audrey T. of Wayne; Kate B, Iris L-H, and Addy R. of West Gardiner; and Kerri-gan D, Lauren D, Lydia G, Delilah L, and Molly P. of Winthrop.

Tickets are \$10 for adults and \$5 for students. Showtimes are 7:00 pm on December 12th, 2pm on December 13th and 14th. On December 13th, the production of the show

See **Frozen Jr.**, page 14

Send all items for
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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.

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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CLT musical ‘A New Home’ continues this weekend



LEWISTON, ME – The final performances of the Community Little Theatre musical production “A New Home” will be held this weekend at the Lewiston Middle School Auditorium. A musical production that 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. It celebrates shared memories, honors cultural diversity, and reflects on the triumphs and tragedies that define this community. Performances of “A New Home” will start at 7:30 p.m. on Thursday, Friday, and Saturday evenings, with the final performance on Sunday starting at 3:00 p.m. Tickets are



“A New Home” cast members Lynn Thibault McLain and Glenn Atkins portray two Lewiston residents having an animated conversation on a busy Lisbon Street in the early 1900’s. Final performances of this show based on the history of Lewiston will be held this weekend at the Lewiston Middle School Auditorium. Tickets available at lactl.com or at the door.

\$25 for adults, \$22 for seniors/students, and \$17 for children aged 13 and under. Tickets are available online at lactl.com or may be purchased at the door.

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.

Rinck Advertising builds public health campaigns to drive action

LEWISTON, ME – Rinck Advertising is being recognized on the national stage for its results-driven approach to public health outreach. The agency’s recent award wins and upcoming presentation at the American Public Health Association (APHA) Annual Meeting demonstrate growing change in how communities receive and respond to health information and an eagerness to share best practices to help more people.

On November 4, Laura Rinck, Co-Founder and CEO, presented to public health leaders at APHA’s annual meeting in Washington, D.C. Her session, titled Driving Behavior Change Through Influencer Marketing in Public Health, detailed strategies that make communications actionable, measurable, and grounded in empathy.

Rinck Advertising is hoping to help shape how public health communications evolve nationwide, driven by their experience in driving public health campaigns in Maine and Vermont and a simple belief: public health communications should do more than raise awareness; they should make a difference in a person’s life. “Public health communications must do more than educate. They need to help real people take real steps toward help,” said Rinck. “Trust is earned when people feel understood. Our job is to remove barriers, listen to communities, and support decisions that protect health and save lives.”

Rinck works closely with state agencies, health-care organizations, and nonprofits to ensure campaigns feel human. That work starts with listening to real communities, understanding what gets in the way of seeking support, and partnering with trusted messengers who



share relatable stories. This includes working with influencers on social media to share authentic stories that can sometimes resonate stronger than traditional brand-to-public audience outreach. Across issues like tobacco and nicotine cessation, mental health awareness, and suicide prevention, Rinck designs outreach that meets people where they are and helps them take the next step.

Rinck’s approach has been backed up by measurable outcomes and industry acknowledgment. In 2025, Rinck earned top honors for its public health campaigns, highlighted by a PRSA Silver Anvil win and multiple awards from the Davey Awards, Hermes Creative Awards, PRClub Bell Ringer Awards, and Maine Public Relations Council Golden Arrow Awards programs. Campaigns like Here to Help Maine and Filter Out the Noise, Sipping Point, and Don’t Get Side Effected were recognized for their creativity and for the powerful connections they

made with people seeking support in uncertain times. These awards honor the agency’s skill in sparking meaningful conversations, clarifying complex or sensitive topics, and inspiring choices that protect health and save lives.

“Every decision we make begins with one question: does this message bring someone closer to help? If the answer isn’t a clear yes, we keep refining the work,” said Nikki Jarvais, SVP, Group Account Director.

Rinck will continue building on this momentum by advancing behavioral change practices that address public health and sharing these practices with state agencies throughout the United States.

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

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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.

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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
Mattrra, 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.

Maine leader addresses workplace injustice

BRUNSWICK, ME – Drawing on personal experiences, clear evidence, and her previous achievements in public health, Dr Gabriela Alcalde outlines the deep impact of workplace injustice against women of color and explains how to undo this damage in her new book, “What Your Comfort Costs Us: How Women of Color Reimagine Leadership to Transform Workplace Culture.”

This work builds on and moves beyond existing literature centering the experiences of women of color by identifying oppressive workplace patterns, addressing the need for structural and systemic change in workplace cultures, and articulating ways for transformative leadership to thrive. What Your Comfort Costs Us delivers engaging and accessible personal stories, lessons, and recommendations. Each chapter foregrounds stories highlighting a theme and connecting lessons for a healthier, more inclusive, supportive work environment.

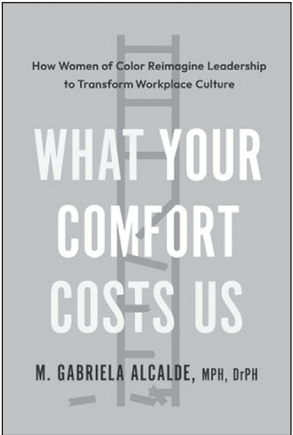
Dr. Alcalde has hosted several events locally, online, and throughout the US. Further events will be scheduled on a rolling basis, and up-to-date information and registration can be found on her website:

<https://www.mgcalcalde.com/>

Born in Lima, Peru, Dr. Alcalde is a creative, anti-supremacist leader with experience in the philanthropic, academic, governmental, nonprofit, and grassroots sectors. She writes and speaks locally, nationally, and internationally about shifting the philanthropic and nonprofit sectors, culture change, racial justice, and leadership of women of color. She earned a bachelor’s degree in psychology from the



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University of Louisville, a master’s in public health from Boston University, and a doctorate in global public health from the University of North Carolina, Chapel Hill. What Your Comfort Costs Us is her first book.

PRAISE for What Your Comfort Costs Us:

“With unflinching detail, (Dr. Alcalde) outlines examples of recurring challenges within organizational hierarchies using firsthand accounts from women of color, providing a rare platform for a cohort whose voices have only recently been elevated within the mainstream discourse to tell their own stories.” —Marcus F. Walton, President & CEO, Grantmakers for Effective Organizations

“Not only does this book challenge us to critically examine traditional organizational structures and workplace culture, but invites us to reimagine them, and to entertain new concepts of power

and leadership that are not tied to capitalism, white supremacy, and patriarchy.” —Estrella Dawson, Personal and Executive Coach, emotional intelligence trainer

“Gabriela opened her heart to deliver a deeply personal and reflective journey through the experiences and challenges of women of color in leadership. By learning about Gabriela and other women leaders’ experiences, men can help dismantle harmful structures that perpetuate inequality and restrict true freedom for all. Once you see the injustices Gabriela and other women of color have and are experiencing, you can’t unsee them.” —Efraín Gutiérrez, co-founder, Freedom Dreams in Philanthropy.

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NIH funds MaineHealth research aimed at saving newborn lives

PORTLAND, ME – The National Institute on Minority Health and Health Disparities has awarded MaineHealth a four-year, \$2.8 million grant to further develop technology designed to improve neonatal resuscitation skills among rural clinicians.

Rural delivery teams often lack regular opportunities to practice critical resuscitation skills due to low birth volumes in their communities and the high cost of traditional simulation training. As a result, newborns born at rural hospitals who require resuscitation are at four times the risk of birth asphyxia, a preventable cause of death and severe brain damage in infants, than those born at a major urban hospital. Dr. Mary Ottolini, the George W. Hallet, MD, Chair of Pediatrics at MaineHealth Barbara Bush Children’s Hospital (MHBCH), along with co-investigators Dr. Michael Ferguson, Dr. Leah Mallory, Dr Allison Zanno and Dr. Misty Melendi, developed HoloBaby™ as a lower-cost way of training rural delivery teams to resuscitate newborns.

“The first 15 to 20 minutes of a baby’s life can determine its next 60 years,” Dr. Ottolini said. “Our team at the MaineHealth Barbara Bush Children’s Hospital wants to



ensure children, starting at birth, have an opportunity for a high quality of life no matter their zip code.”

Using seed money from MaineHealth Innovation and Northeastern University’s Roux Institute, Dr. Ottolini and MHBCH co-investigators worked with a team at The Interactive Commons at Case Western Reserve University to develop HoloBaby™.

Providers training with HoloBaby™ wear augmented reality glasses that overlay realistic visual and auditory clinical cues onto a low-cost manikin. They can hear sounds such as the baby’s grunting, crying or struggling to breathe – as well as its heartbeat and see vitals signs and the EKG tracing on a holographic monitor that is synchronized with HoloBaby’s appearance. The mixed-reality technology responds to the care team’s interventions in real time. Healthcare providers are able to rehearse high-stakes scenarios using real equipment in their own delivery rooms. Coaches can work with them remotely using telemedicine tools.

With this funding from the NIH, MaineHealth hopes to build on early studies at its rural

hospitals that showed improved adherence to Neonatal Resuscitation Program guidelines and enhanced teamwork. Previous NIH infrastructure grants establishing the Northern New England Clinical and Translational Research Network and the Center of Biomedical Research Excellence in Acute Care Research and Rural Disparities allowed MaineHealth to conduct those pilot studies supporting this grant application.

This grant also will support efforts to make the HoloBaby™ compatible with more operating systems and allow research into whether artificial intelligence can improve HoloBaby™’s assessment of how care teams are performing.

“Reducing health disparities in our rural communities is critical to MaineHealth’s vision of working together so our communities are the healthiest in America,” said MaineHealth Vice President of Research Jessica Chertow. “We are incredibly grateful to Maine’s Congressional delegation for championing the research funding needed to improve rural patient care now and in the future.”

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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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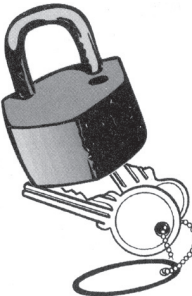
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Through Nov 9
LEWISTON – Community Little Theatre Presents the Musical ‘A NEW HOME’ A musical production that tells the rich and complex history of Lewiston. Adapted from “Lewiston: A New Home” that was first performed in September 1995. The seven 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 LA-CLT.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 or by calling 883-4723 option 4.

Calendar

Send your submissions to the Editor. More online.

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 | Uni-

versity 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
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.

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 16
AUBURN – Ready to hit the ice while raising money for a great cause? People of all ages and abilities are encouraged to gather at Norway Savings Bank Arena on Sunday, November 16, for a special public skate that will support a local organization dedicated to providing for many in need. The event will be held from 3:50 p.m. to 4:50 p.m. at the arena, located on 985 Turner Street in Auburn. Admission is \$5, with \$5 skate rentals for adults and children available.

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.

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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.

Frozen Jr.
Continued from page 6
will additionally provide ASL interpretation of the performance. For more information, or to reserve tickets for this show, please visit www.monmouthcommunityplayers.org, or call 207-370-9566.

Disney’s Frozen Jr. is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTishows.com. For more information about licensing Frozen JR. or other Disney shows, please visit www.DisneyMusicals.com.

Fair
Continued from page 1
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National wellness grant brings health resources to Maine students

GREENE, ME – Only 1 in 4 children in the U.S. gets the recommended amount of daily physical activity, and approximately 1 in 3 are considered overweight or obese[1]. With physical inactivity and mental health challenges on the rise among youth, schools like Greene Central School are taking action to create healthier learning environments.

To help address those growing needs, the American Heart Association, a global force changing the future of health of all, recently awarded a \$2,499 grant to Greene Central School through its Kids Heart Challenge™ and American Heart Challenge™ programs. Grants support projects that help increase physical activity, improve mental well-being or provide tools for emergency preparedness. The funding allowed the school to purchase pickleball equipment for its

physical education (PE) class.

“Pickleball is an inclusive, low-impact sport suitable for students of all skill levels. Regular play improves cardiovascular health, coordination, and overall physical fitness while also fostering teamwork, communication, and sportsmanship,” said Derik Jordan, the school’s PE teacher. “Introducing pickleball in our PE classes can inspire students to stay active beyond school, potentially engaging families and the broader community in a fun and accessible way”

Kids Heart Challenge and American Heart Challenge are rooted in proven science and reach millions of students each year. Participants and their families learn how to eat smart, manage stress, avoid tobacco and vaping, recognize the signs of heart attack and stroke and more. They’re also introduced to Hands-Only CPR, a lifesaving skill that children as young as nine

can learn and administer in the event of witnessing a sudden cardiac arrest.

“Every child should have the opportunity to grow up strong, healthy and ready to thrive,” said Ashley Ricker, school engagement director with the American Heart Association, Maine. “These grants help make that vision a reality by supporting school initiatives that teach healthy habits early and empower students with lifesaving skills. By instilling a culture of health in youth today, we’re building a healthier future for everyone.”

To be eligible for a school wellness grant, schools must be registered for the Kids Heart Challenge or American Heart Challenge and complete the program. The next opportunity to apply will open later this school year. Schools can register now for the 2025–26 school year by visiting heart.org/getstarted.

New CMH clinic focuses on cardiovascular disease prevention

LEWISTON, ME – Central Maine Healthcare recently celebrated the opening of a new clinic that will focus on prevention of cardiovascular disease. What was once the Medication Management Clinic is now the Central Maine Heart and Vascular Institute (CMHVI) Prevention and Sub-Specialty Clinic.

“CMHVI’s main mission is to decrease the risk of heart and vascular disease here in the Lewiston-Auburn area,” said Michael Berlowitz, MD, chief medical officer at Central Maine Healthcare. “One of the mainstays of decreasing risk is prevention, so this clinic is all about controlling the risk factors associated with cardiovascular disease.”

Dr. Berlowitz said the clinic is dedicated to hypertension, hyperlipidemia and other cardiovascular subspecialties. The clinics are designed for people looking to manage their blood pressure, cholesterol as well as help with diet and lifestyle. Clinic services will continue to manage anticoagulation and provide medication management.

The CMHVI Pre-



Erika Tremblay, a patient of the Prevention and Sub-Specialty Clinic, cuts the ribbon to help celebrate the clinic’s opening.



vention and Sub-Specialty Clinic is located at 10 High Street on the CMMC campus which was the site of a ribbon cutting to celebrate its opening.

CMHVI brings skilled medical specialists and innovative treatments to the people of central Maine and beyond, including rural areas whose residents previously had limited access to high-quality care. We provide a wide array of services ranging from conservative medical care and rehabilitation to surgery

for common, and sometimes complex, heart and vascular conditions. We also focus heavily on educating our community and preventing disease before it develops.

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Madison Dutil joins Fontaine Family Team

MAINE – Fontaine Family - The Real Estate Leader is proud to announce Madison Dutil as the newest addition to their growing Auburn team.

Madison grew up in Turner, Maine, and continues to reside there today. Madison is a graduate of Leavitt Area High School and is currently continuing her education by pursuing her associate’s degree in Applied Science at Central Maine Community College.

Madison’s strong work ethic was shaped early, beginning her professional journey at T.J.Maxx at the age of 16. She went on to work at both Aroma Joes and Terry and Maxines as a waitress. These customer-focused roles allowed her to tune into her passion for interacting with people, building relationships, and helping others—skills she now brings to her work in real estate. Currently, Madison balances her role at Starbucks alongside her growing real estate career with Fontaine Family.

Coming from a close-knit family of four (plus two beloved dogs), Madison draws inspiration from her family’s dedication and drive. Her sister recently graduated from the University of Maine at Augusta with her RN and is continuing her education in PA school. Her father owns his own appraisal



business, which her mother joined after 17 years in public education. Her mother also contributes to a home school program, continuing her passion for teaching.

Outside of work, Madison enjoys staying active by frequenting the local gym and embracing the Maine outdoors. She has a lifelong love for sports, having played competitive soccer and softball through high school. In the winter months, she can often be found skiing or ice skating.

Madison is excited to start this new chapter in real estate and help people find the perfect place to call home. Building relationships and helping others achieve their goals has always been important to Madison. She will be assisting both buyers and sellers in achieving their real estate goals throughout Central Maine.

For real estate opportunities with Madison Dutil, she can be contacted by

phone at (207) 713-0913 or email madison@fontaine-team.com

Fontaine Family – The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family-Owned Business of the Year, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area year after year, recognized by Real Trends as America’s Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top ½ of 1% of Realtors outperforming 99.9% of the nation’s Realtors.

The Fontaine Family Team serves 8 counties – Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset – in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit FontaineTeam.com, download their free home search mobile app “Fontaine Family Real Estate” or call (207)784-3800 or (207)289-3830.

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