The Dirigo Speaker Series

— FOR CURIOUS MINDS —

HOSTED BY FRYEBURG ACADEMY

JOIN US

Introducing The Dirigo Speaker Series - bringing accomplished voices to Fryeburg, Maine for lively, engaging talks that inform, challenge, and entertain. The series features four speakers from fields such as journalism, athletics, literature, media, and public life, offering fresh perspective on ideas, experiences, and issues shaping the world today.

Designed for an audience that values substance and intelligent conversation, membership in this series provides access to compelling, articulate speakers. This is a not-for-profit series hosted by Fryeburg Academy.

Membership is for the full season, and includes four Thursdays from September through June. We will gather at Fryeburg Academy's Leura Hill Eastman Performing Arts Center. Each Thursday evening will begin with a cocktail hour at 6PM (cash bar) followed by a one hour presentation at 7PM and then Q&A. This is the inaugural year of what we hope will be an engaging, enlightening and elevating annual series.

Membership for the season is $200 per person. Tickets are not available for individual speakers, but you are able to transfer your ticket for a specific night if you are not able to make one of the nights.

Become a Member Today.

MEET THIS SEASON'S SPEAKERS

Matt Light

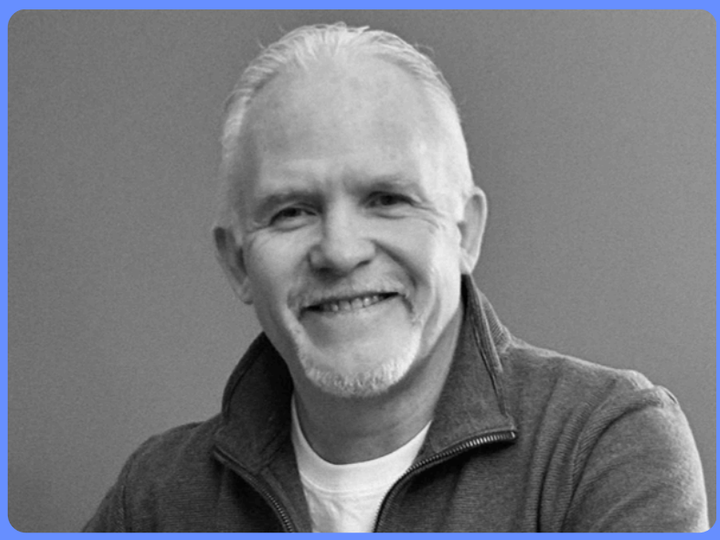
Thurs. Sept. 24, 2026

Matt Light is more than a three-time Super Bowl champion—he's a proven leader who knows what it takes to build winning teams on and off the field. Drafted by the New England Patriots in 2001, Light spent his entire 11-year NFL career protecting Tom Brady's blindside, helping lead the franchise to five AFC Championships, nine division titles, and three Super Bowl victories. A cornerstone of one of the greatest dynasties in sports history, he was later honored as a member of the Patriots' 50th Anniversary Team.

But Light's impact extends far beyond football. Raised in a rural Ohio farming community, he developed a deep appreciation for hard work, resilience, and the outdoors—values that continue to shape his message today. A Purdue University standout and Hall of Fame inductee, Light also pursued elite business education at Wharton, Kellogg, and Harvard, equipping him with insights into leadership, teamwork, and performance at the highest levels.

Driven by a passion for giving back, Light co-founded the Light Foundation, which has transformed the lives of thousands of young people through outdoor leadership programs focused on accountability, discipline, and personal growth. His work has earned national recognition, including the President's Volunteer Service Award.

Today, Light is an entrepreneur, farmer, and business owner, bringing real-world perspective to leadership, culture, and personal development. Whether he's sharing lessons from the Patriots locker room, the boardroom, or the outdoors, Matt Light delivers an authentic, high-energy message that inspires audiences to lead with purpose, overcome adversity, and perform at their best.



Casey Sherman

Thurs. Oct. 29, 2026

Casey Sherman, a Fryeburg Academy alumnus, has recently been named the #1 rated true crime author in the US and is considered one of the best storytellers in America. Casey is a dynamic writer and speaker known for transforming some of the most gripping real-life events into unforgettable stories. A *New York Times*, *Wall Street Journal*, *Boston Globe*, and *USA Today* bestselling author, Sherman has written more than 20 books that have captivated readers across the country and around the world.

His work has not only topped bestseller lists but also made its way to the big screen. *The Finest Hours* and *Patriots Day* were both adapted into major motion pictures, bringing his storytelling to an even wider audience. His recent books include *Helltown*, currently being developed as a limited television series, and *A Murder in Hollywood*, a 2024 *USA Today* bestseller. He also co-authored *The Last Days of John Lennon* with James Patterson, which spent months on the *New York Times* bestseller list. Other notable works include "12: The Inside Story of Tom Brady's Fight for Redemption," "The Ice Bucket Challenge: Pete Frates and the Fight Against ALS", and "Hunting Whitey: The Inside Story of The Capture & Killing of America's Most Wanted Crime Boss."

Beyond the page, Sherman is a familiar voice and face in national media, with more than 200 television and radio appearances, and contributions to *TIME*, *Esquire*, *The Washington Post*, and *The Daily Beast*. Whether writing, producing, or presenting, he is known for his ability to uncover the human stories behind headline-making events.

As a speaker, Sherman goes far beyond a traditional author talk. He takes audiences inside his investigative process, sharing untold details, surprising twists, and the real people at the heart of his work. His presentations explore themes of resilience, justice, and the power of storytelling—leaving audiences not only informed, but deeply engaged and inspired.

Scott Carney

Thurs. Mar. 25, 2027

Scott Carney is an investigative journalist, anthropologist, and New York Times bestselling author who lives at the intersection of human performance, resilience, and truth. Known for exposing health fads and challenging conventional wisdom, Carney has built a career questioning the limits of the human body—and the people who claim to push them.

His journey took a dramatic turn when he set out to debunk extreme wellness figure Wim Hof, only to discover that Hof's methods actually worked. That experience led Carney to immerse himself in radical environmental training—enduring ice baths and even climbing Mt. Kilimanjaro shirtless—and ultimately to write the bestseller *What Doesn't Kill Us*.

But Carney doesn't deal in blind belief. His work has also uncovered the dangers of pushing too far, including investigating deaths and misconduct tied to extreme practices. This unique perspective gives him rare credibility: he understands both the power and the pitfalls of performance optimization.

Today, Carney speaks to organizations and audiences around the world about how to build resilience without losing balance. His message is both practical and provocative—showing how to harness stress, reconnect with natural human capabilities, and avoid the traps of modern "optimization culture."

Audiences leave his talks with more than inspiration—they gain actionable tools to perform better, think clearer, and push boundaries intelligently.

Lyn St. James

Thurs. June. 3, 2027

Lyn St. James, Co-Founder/President of Women in Motorsports North America, is a legendary race car driver, author, mentor, and motivational speaker.

Named one of the "Top 100 Female Athletes of the 20th Century" by *Sports Illustrated*, Lyn St. James has set 21 national and international speed records and was a seven-time competitor in the world's largest sporting event - the Indianapolis 500 - earning Rookie of the Year honors in 1992. Her racing career spans over five decades where she has competed all over the world, including twice at the 24 Hours of LeMans (1989, 91) including victories at the Rolex 24 Hours of Daytona, 12 Hours of Sebring, Watkins Glen, Road America, Nurburgring, and others.

Most recently Lyn was recipient of the Simeone Museum Foundation "Spirit of Competition" award and inducted into the National Motorsports Press Association Hall of Fame, and is an inductee into the Automotive Hall of Fame, the Sebring Hall of Fame, the Florida Sports Hall of Fame, was the 2022 Amelia Island Concours Honoree, is the recipient of the prestigious "Spirit of Ford" award, the "Guiding Woman in Sports Award", the "Office Depot Visionary Sportswoman of the Year" and was named on *Automotive News* list of the Top 100 Women in the Automotive Industry. She is in demand as a motivational speaker on motorsports, leadership, and finding your passion.

She has authored two books: "*Lyn St. James, An Incredible Journey" and "Oh By the Way"* and is a former President of the Women's Sports Foundation, founded by Billie Jean King. Lyn is passionate about mentoring drivers in the sport of auto racing as well as women in the automotive and motorsports fields.

Become a Member Today!

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