



TWIN CITY TIMES

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Out & About with Rachel Morin The Androscoggin River



The spring runoff at the Great Falls

Story and photos by Rachel Morin

This is the first April in so many years I have not gone down to the Androscoggin Falls to take pictures of the Androscoggin River pouring wildly and furiously over the rocks.

It's a glorious sight to behold and always a sizeable crowd is assembled, cameras clicking away. Children, dogs and the roaring sound of the water add excitement and wonder at the sound of the water rushing by.

The Mighty Androscoggin, 178 miles long, originates in New Hampshire and twists and turns

through Maine on its way, to join the Kennebec River at Merrymeeting Bay before it empties into the Gulf of Maine on the Atlantic Ocean.

The river has meant a lot to us Mainers and we take great pleasure in all it has to offer. It has public boat launches and is a great resource for canoeing, kayaking and fishing. It has biking, walking and hiking with river walks and multi-use trails. But it is just the sight and sound of it that draws some of us.

We are proud of our Auburn River Walk that passes through the heart of the old mill district

of the Twin Cities of Auburn and Lewiston. The 1.6 mile paved and gravel path offers many scenic views of the Androscoggin River, the powerhouse that fueled the historic mill industry.

A section of the trail crosses the Androscoggin River on a trestle built by the Grand Trunk Railroad in 1909.

Follow the path and one can read the historical markers and learn the history of Lewiston/Auburn and the river. The segment is paved in bricks and offers benches for viewing wildlife.

Taking the right fork from Bonney Park carries you across the Androscoggin River on a 425-foot converted railroad bridge. Viewing the river, you can appreciate the local efforts to clean up this waterway, once known as the most polluted in the state.

As a young wife, I remember the heavy smell of river — especially on hot summer days — crossing the

See River, page 9

Seasoned healthcare leader joins Central Maine Healthcare

A seasoned healthcare professional with leadership experience at multiple hospitals on the East Coast has joined Central Maine Medical Center as president.

Steven G. Littleton, FACHE, who most recently served as chief integration and operating officer for Lancaster (PA) General Health, started his new role May 11.

“Steve has more than 35 years of health care experience with progressive leadership and

chief executive roles,” said Jeffrey L. Brickman, FACHE, CEO and President of Central Maine Healthcare. “He brings the talent and energy that a great institution like CMMC so richly deserves. He’s a dynamic leader with a passion for quality, innovation and excellence.”

Prior to his service in Lancaster, Littleton was the regional president of Jefferson Health in Philadelphia. He also served as president, hospitals division and chief



Steven G. Littleton, FACHE operation officer for Hackensack Meridian See CMMC, page 11

Maine Tourism video highlights strength and resilience

The Maine Tourism Association (MTA), the organization that represents all segments of Maine’s largest industry, released a video of members talking about the challenges of the pandemic crisis, what they are doing to survive the current situation, and their optimism about an eventual recovery.

The release of the video, “Voices of Maine Tourism,” coincided

with the start of National Travel and Tourism Week (NTTW), an annual celebration created by Congress in 1983 to underscore the economic power of travel in the U.S.

“I can’t think of another sector that has been hit harder by the shutdown, but the Maine tourism industry has proven its ability to survive recessions, depressions, world wars, and

other global events and emerge stronger than before,” said Maine Tourism Association Chief Executive Officer Tony Cameron. “This is our toughest challenge yet, but in the video, you hear from our members that their outlook for the future remains one of hope and optimism.”

MTA recently held unscripted recording sessions through a telecon-

See Tourism, page 11

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Movie Listings Every Week! Only in TCT. See page 13. www.FlagshipCinemas.com

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Amtrak Downeaster temporary service suspension extended

Husson University planning for fall reopening

Spring 2020 Projects

The Northern New England Passenger Rail Authority, in partnership with Pan Am Railways and Amtrak, are expediting the completion of a number of projects along the Downeaster rail corridor during the temporary suspension of Amtrak Downeaster service related to COVID-19.

- Enhanced train equipment and facility cleaning at the Brunswick Layover.
- Surfacing and spot tie replacements.
- Timber replacement on Fore River Bridge.
- Track panel replacements on ballast deck bridges at Common St., James St., and Beach St.
- Completion of new Rockingham Siding and replacement of grade crossings at Swampscott St.
- Major tie replacement project.

Stations: Brunswick, Freeport, Portland, Old Orchard Beach, Saco, Wells, Dover, Durham - UNH, Exeter, Haverhill, Woburn, Boston.

AmtrakDowneaster.com

The Northern New England Passenger Rail Authority (NNEPRA) announced today that the temporary suspension of all Amtrak Downeaster passenger rail service, will remain in effect through May 31, 2020 in alignment with the "Stay Safer at Home" Executive Order recently announced by Maine Governor Mills and others travel restrictions imposed in Boston.

NNEPRA is working in partnership with Amtrak, Pan Am Railways and station communities to prepare for the return of service later this spring. Pan Am Railways has expedited a series of track improvement and maintenance projects along the Downeaster corridor to take place this spring to

avoid construction-related service interruptions later in the year. This includes the replacement of timbers on the Fore River railroad bridge in Portland, ME and 15,000 railroad ties in New Hampshire, as well as other grade crossing and surfacing work.

Train equipment used in the operation of Downeaster service is undergoing enhanced cleaning, and Amtrak has implemented new cleaning and disinfecting protocols nationwide which will be in place on Downeaster trains when service returns. Stations are being updated with signage and other enhancements to promote public health and physical distancing, and the number of passengers

per train will be limited when service returns so riders are able to adhere to CDC physical distancing guidelines. Complete information about the steps Amtrak is taking to protect the health and safety of their passengers and crews is available at Amtrak.com

The public should be advised that railroad tracks are still active. Freight trains will continue to operate, as may some Amtrak trains for mechanical and training purposes. Trespassing on railroad tracks and/or within the railroad right of way is extremely dangerous and against the law.

For additional Amtrak Downeaster information visit: AmtrakDowneaster.com.

Husson University announced today that it is preparing to welcome students back to campus when the fall semester resumes on August 31, 2020 with an optimistic eye toward resuming classroom instruction and campus life.

"Husson will be welcoming students back to our campus in the fall, provided health authorities at the local, state and federal level deem it safe to reopen. Prudent planning is currently underway that will allow us to transition back from remote learning to on-campus operations," said Husson University President Robert A. Clark, PhD. "Our first priority is to protect the health of our campus community, including students, faculty and staff. During the next several months, we will be watching the developments of the coronavirus pandemic closely. We are committed to planning and delivering a safe return to our campus learning environment."

"Students from across the United States and 34 countries are looking forward to returning to campus," said Pamela Kropp-Anderson, dean of student life. "We hope to welcome both new and returning students in the fall. We are all mindful of the importance of safe practices for our whole community."

The final decision about reopening Husson's campus will be made over the summer. The University's plans depend on the continued decline in the number of COVID-19 cases. More information about reopening in the fall will be shared with the University's campus community and the public

as the situation develops.

During the coronavirus epidemic, the University has been working tirelessly to ensure Husson University students receive a quality educational experience. The movement away from classroom instruction to online remote learning has not changed this important priority.

Classroom instruction continues to be valued at Husson University. "Husson has always emphasized small class sizes and individualized, personal attention," said Lynne Coy-Ogan, EdD, senior vice president for academic affairs and provost. "With small class sizes, Husson University won't have to contend with some of the challenges facing other colleges and universities whose classes have more than 50 students in large lecture halls and auditoriums. Our average class size of 19 students makes social distancing more manageable."

As part of the planning process for the fall, Husson University may need to institute a series of temporary contingency plans designed to protect the health of students. These potentially necessary precautions could affect dining services and other activities. Over the summer, classes will continue to be delivered utilizing remote instruction. In addition, all University personnel that remain on campus are being encouraged to maintain social distancing, wash their hands frequently and use hand sanitizer.

When the coronavirus pandemic first began, Husson University put in a series of practices that helped protect the campus community from

disease transmission. As of April 30, 2020, no students, faculty or staff members have contracted COVID-19 while on Husson University's campus. This record is a testament to the careful attention and quick action the University put in place to protect the health of their campus community. It is part of Husson's ongoing commitment to putting the needs of students first.

This student-centric orientation is one of the reasons why Husson continues to be a superior value. The University works hard to keep tuition low. The combination of low tuition and educational excellence help make Husson University an affordable value.

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities,

Husson University has come to represent superior value in higher education. Our Bangor campus provides advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. According to a recent analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

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Newsmakers, Names & Faces

Auburn's Lower Barker Mill license

On April 15, the Federal Energy Regulatory Commission (FERC) issued the Lower Barker Mill License. This was the result of a 6-year effort by the City of Auburn and many dedicated partners, including the Androscoggin Land Trust (ALT), National Park Service, Bates College, Maine Bureau of Parks and Lands, American Whitewater, Trout Unlimited, Atlantic Salmon Federation, many Federal and State fisheries related agencies and others. The following are key changes being made.

Recreation Opportunities: "The recreation potential this brings to Auburn is the 'big win,'" said Eric Cousens, Auburn's Deputy Director of Economic and Community Development. "Auburn's Comprehensive Plan and Strategic Plan place high priority on river access and recreation as a way to attract new residents and visitors and improve the overall quality of life for those who call Auburn their home."

Auburn City Councilor At-Large, Katherine Boss expressed her support, saying, "I am grateful to our dedicated staff for their sustained effort on this project. The benefits of this new license fit firmly with Auburn's commitment to natural resource protection and enjoying our unique outdoor spaces for recreation."

What city officials and staff find most exciting — from a recreational standpoint — is the potential for up to five annual recreation flow releases. Each release will be up to 5 hours long, with flows up to 500 CFS, which a recent

"whitewater flow study" showed most people will find challenging and fun. This will enhance whitewater boating opportunities and open the door for new, creative, adventure-based City events.

Other potential recreation enhancements include improvements to the informal hand-carry boat launch and foot trail leading to the bypassed reach, signage for the boat launch and trail, designated parking, maintenance of the portion of the Barker Mill Trail that serves as a portage route around the project dam, and automated calculation of stream flows using real-time flow data, which will be published to a public website to help inform recreation users of current conditions for boating and fishing.

Minimum flows: Minimum flows will increase from 20 cubic feet per second (CFS) to 113 CFS, or inflows whichever is less in the bypassed reach. This will enhance fishing and recreational

opportunities during the summer months and provide suitable flows for resident and migrating fish that are present at certain times of the year.

Happier, Healthier Fish: Downstream fish passage improvements and upstream eel passage are expected by the summer of 2021, as well as an upstream salmon and alewife passage by 2024. "This is a great improvement, especially for migrating alewives from Taylor Pond," said Cousens. "Although it goes unnoticed by most, there are a few rainy nights in June that eels, sometimes in large numbers, make their way over and around the urban dam from the Sargasso Sea to return to their parents' home rivers and lakes until they are ready to spawn and make the trip back to their birthplace."

Strong Partnerships: "The City's ability to secure these recreational enhancements through the licensing process is a testament to

St. Dom's Announces 2020 valedictorian and salutatorian

Saint Dominic Academy in Auburn is pleased to announce that Skye Rogers has been named as valedictorian and Avery Greco as salutatorian for the Class of 2020.

Rogers is the daughter



Skye Rogers

of Jessica Rogers of Belgrade. She will attend Boston College with biology as her major area of study on a pre-medical track. She has earned significant recognition for her academic excellence throughout her time at St. Dom's, including being awarded the Harvard and Dartmouth Book Awards, Susan B. Anthony Award, and the Bishop Cote Trophy in her junior year. Rogers is an outstanding athlete, having played key roles on the varsity basketball, softball, field hockey, and lacrosse teams. She is a class officer and member of the National Honor Society, student senate, math team, world language

club, and is very active in the community.

Greco is the daughter of Joseph Greco and Amy Wells of Lewiston. She will attend the University of Maine at Orono where she will study

See *St. Doms*, page 16



Avery Greco

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What's Going On

NAMI Maine launches teen peer support text line

Maine's chapter of the National Alliance on Mental Illness (NAMI Maine) is pleased to announce the launch of the Teen Text Support Line, a new mental health program for youth 14 to 20 years of age living in Maine. The Text Line can be reached at (207) 515-8398. The Teen Text Support Line operates from 12 p.m. to 10 p.m. each day and provides adolescents who may need additional mental health support with a safe space to talk with another young person. Staff providing support via the Teen Text Line are between 19 and 23 years of age.

"NAMI Maine is focused on providing mental health support to all Mainers," says NAMI Maine CEO Jenna Mehnert. "We saw the

need to create a mental health peer support teen text line and were able to launch this new resource."

"In this time when routines are changing more than ever, it is important for youths to have some connection to others who can understand some of the struggles and disappointments that we are experiencing," says one Maine eighth grader. According to the 2019 Maine KIDS COUNT Data Book, Maine's youth have the highest rate of diagnosed anxiety in the nation and the country's third highest rate of diagnosed depression among children aged three to seventeen.

The Teen Text Line is not a crisis line. If you believe that you or someone you know could be in crisis, please do not

hesitate to connect with the Maine Crisis Line via phone or text at (888) 568-1112.

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the one in four Mainers who are affected by mental illness.

For more information on the Teen Text Support Line, visit www.namimaine.org/page/teentextline, or contact NAMI Maine's CEO Jenna Mehnert at (207) 907-0303 or jenna@namimaine.org.

For more information on NAMI Maine and its programming, visit www.namimaine.org or contact NAMI Maine's Public Relations Manager, Alicia Hynes, at (800) 464-5767, ext. 2308 or events@namimaine.org.

Crisis Management: Business leaders during COVID-19

COVID-19 has changed, at least temporarily, the world of work for many people as employees hunkered down at home instead of commuting to an office.

As a result, a lot of businesses are finding out just how strong their corporate culture is and how resourceful their employees are when managers aren't hovering nearby, says Shawn Burcham (www.shawnburcham.com), author of *Keeping Score with GRITT: Straight Talk Strategies for Success*, and founder and CEO of PFSbrands, the parent company of Champs Chicken, Cooper's Express and BluTaco.

"One thing my company has always done that I believe is beneficial in times like these is to help employees develop an ownership mentality," Burcham says. "Ownership thinking means taking accountability for the quality and success of your work, and it comes from actively encouraging a culture that promotes trust, communication, objectivity, and gives employees a stake in the outcome."

By necessity, many companies are now communicating by phone or video chats, which means having employees who take responsibility for their actions is more important than ever. Yet at the same time, the business's leaders still have decisions to make and orders to give to those employees.

That means, Burcham says, that it's also more important than ever for a company's leadership – and everyone who reports to them – to band together as one strong team.

"Fortunately, many of the things that make for a good leadership team in the best of times are the same ones that help the company successfully maneuver through more challenging times," he says.

Some of those include:

Promote transparency. Mistakes happen when people don't have the information, they need to do their jobs. When something affects others in the organization, Burcham says, make sure you put it on the "team table" so that everyone can understand what is happening and provide input.

Don't undercut others to make yourself look good. Disagreements can happen anytime people gather to discuss problems and solutions, but it's important to keep things civil. "Attack the issues, not the person," Burcham says. "Work through appropriate channels and be conscious of what your fellow leaders are trying to accomplish."

Make sure meetings are well organized. Everyone has endured meetings that took too long and got off track. Burcham certainly has and at one time he would have labeled himself anti-meeting. "I felt that meetings were a waste of time, because most of the meetings I'd been in were a waste of time," he says. Eventually, Burcham grudgingly accepted that some meetings are necessary, but he says it's important that they have an agenda, a start and end time, no sidebar conversation, and that next steps and accountabilities are created at the meeting's close.

Accept that a decision is a decision. It's all right for people to debate and offer differing opinions during the decision-making process, but once a decision is made everyone needs to support it, Burcham says. "You don't want situations where people continually reopen discussions about decisions that have already been made," he says. "And passive disagreement is not an option."

Know that calm is contagious – relax, look around, make a call. Several years ago, Burcham adopted this mentality and worked to make it part of his personal mis-

sion statement. When faced with situations or conversations that may not be going his way, he mentally takes his brain to this personal mission statement. Burcham says, "I'm naturally a very impatient person and always will be. My personal mission statement has helped me to better control my emotions and it's been a critical model as all of our companies work to navigate through these challenging times."

"In the best of times, successful company growth is dependent on the capabilities of its leaders," Burcham says. "As times grow difficult, how well the business fares also comes down to how well those leaders are able to rise to the occasion."

Shawn Burcham (www.shawnburcham.com), author of *Keeping Score with GRITT: Straight Talk Strategies for Success*, is the founder & CEO of PFSbrands, which he and his wife, Julie, started out of their home in 1998. The company has over 1,500 branded foodservice locations across 40 states and is best known for their Champs Chicken franchise brand which was started in 1999. Prior to starting PFSbrands, Burcham spent five years with a Fortune 100 company, Mid-America Dairymen (now Dairy Farmers of America). He also worked for three years as a Regional Sales Manager for a midwest Chester's Fried chicken distributor.

Maine Music Society postpones June A Gala Farewell concert

It is with a great deal of disappointment that the Maine Music Society (MMS) announces that A Gala Farewell, Artistic Director John Corrie's final concert, has to be postponed once more. The MMS Chorale is hopeful that it will be able to present this performance featuring many wonderful songs from John's past fourteen years on September 27, at 3 p.m. at the Gendron Fran-

co Center in Lewiston.

The MMS season is dependent on the directives from the CDC as well as the comfort level of its singers and patrons in attending such a gathering. MMS will publish an update in August.

For now, the Maine Music Society hopes everyone will stay healthy, looking forward to life beyond the pandemic.

If you have any

questions, please contact the business office at 333-3386 or email at info@mainemusicsociety.org.

Please note that the office is being staffed from home. It may take longer for you to receive a response from phone calls as opposed to receiving one from emails. The Maine Music Society appreciates your patience and understanding.

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Maine State Music Theatre responds to COVID-19 needs



Maine State Music Theatre (MSMT) is responding to meet the needs of the local community during the Covid-19 crisis by sewing fabric face masks.

The theatre is utilizing the skills of its MSMT Costumes division and a network of volunteers to make masks to support the efforts of Mid Coast Hospital, which in turn distributes the masks to family members and partner organizations, including long-term care and independent living communities in the region.

"We are grateful for the outpouring of support that we have received from the com-

munity and very appreciative of MSMT and the many volunteers who are sewing cloth masks on our behalf," said Judith Kelsh, Senior Director of Marketing Communications at Mid Coast Hospital.

MSMT recently announced the cancellation of their 2020 season – for the first time in their history – due to the Covid-19 emergency and limitations on public gatherings through the summer.

"We are all in this together," said MSMT Artistic Director Curt Dale Clark. "We can use this moment of crisis to find a way to support one another. We are proud to

be able to give back to the Midcoast community, which gives so much to us."

Anyone who needs a mask for themselves or a loved one is welcome to pick one up at Mid Coast Hospital's Parkview Campus, located at 329 Maine Street–South Entrance, in Brunswick, between 8 a.m. and 4 p.m., Monday through Friday.

Those interested in joining Maine State Music Theatre's "Masks for the Midcoast" effort can visit www.msmt.org/volunteer-positions. To donate to the theatre's Lifeline Fund, visit www.msmt.org/be-a-lifeline.

Maine AgrAbility webinar focuses on farmer stress, resilience

Maine AgrAbility will offer a free webinar for farmers examining increased stress due to the impacts of COVID-19, and available resources, May 20 from 1 to 2 p.m.

Stress, Resilience, and Resources: Responding to the Impacts of COVID-19 on Farms webinar topics will include how people are managing multiple stressors, how communities are developing support systems, and what information and resources are available for farmers and families during this time. University of Maine Cooperative Extension professor and human development specialist Leslie Forstadt will lead the program.

The webinar is free; registration is required. Register online. For more information or to request a reasonable accommo-

dation, contact Leilani Carlson, (207) 944-1533 or leilani.carlson@maine.edu. Maine AgrAbility is a collaboration

between UMaine Extension and Alpha One, funded by the USDA National Institute of Food and Agriculture.

What's Going On

Hutchinson Center online grant writing certificate program

Registration is open for an online Grant Writing certificate program with Jack Smith through the Hutchinson Center's professional development program. The program runs May 18 through 22. More information is available on the Hutchinson Center website.

Grant Writing course instructor Jack Smith, M.P.A., has taught over 1,500 grant writing programs, including seven at the Hutchinson Center in Belfast. He currently teaches grant writing certificate programs at the University of Southern Maine, Emory University, the University of Georgia and the Austin Center for Nonprofit Studies. The five-day grant writing course is offered from 9 a.m. to 3:30 p.m., with breaks throughout the day. Participants will earn a UMaine certifi-

cate in grant writing, and 3.0 CEUs/30 contact hours are available. At this time, this is the only Grant Writing Certificate Program that will be offered at the Hutchinson Center in 2020. The cost of the program is \$650 and need-based scholarships are available.

Given the economic implications of COVID-19, grant writing is poised to become an even more valuable skill for businesses, organizations, municipalities and individuals. Participants in this intensive program will produce a well-vetted grant proposal. Smith will guide participants step-by-step through the development of a proposal, identifying and evaluating the most appropriate funding sources, researching a problem, and supplying the documentation and statistics necessary for supporting a successful

grant proposal.

This course is the first of two online professional development programs to be offered by the Hutchinson Center. Those participating in these courses will need access to reliable internet. Both courses will be taught synchronously. In-person professional development programs will be available when the UMaine campuses reopen. In the meantime, the Hutchinson Center hopes to offer more online professional development programs on a regular basis.

For information or to request a reasonable accommodation, contact Michelle Patten, michelle.patten@maine.edu; 207.338.8002. For more information about upcoming professional development programs, to register online or apply for a need-based scholarship, go online.

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Arts & Entertainment

Maine Public launches the Maine Museum Portal

Maine Public announces the launch of The Maine Museum Portal, a curated interactive portal to exhibits currently on display at galleries and museums across Maine. The portal consists of an interactive map connecting portal visitors with single exhibits from participating museums. A growing list of over thirty museums are participating including the Abbe Museum in Bar Harbor, the L.C. Bates Museum in Hinckley, the Brick Store Museum in Kennebunk, the Davistown Museum in Liberty, and the Farnsworth Art Museum in Rockland.

“As our collective access to museums here in Maine has temporarily been suspended, we felt it was important to provide our audience

with the opportunity to still see and explore exhibits currently on display across Maine,” said Mark Vogelzang, Maine Public’s President and CEO. “As Maine’s public broadcaster, we are proud to be able to serve Maine in this innovative way. While no substitute for a live experience, the virtual experiences afforded by the participating museums are still memorable and very powerful.”

Maine Public’s Maine Museum Portal is available online at mainepublic.org.

About Maine Public Maine Public is Maine’s premier, independent media resource, dedicated to creating exceptional opportunities for the communities it serves to engage with critical issues, compelling

stories and quality entertainment. Maine Public is renowned for creating award-winning programs, as well as airing content from PBS, NPR, and other independent producers. Formed in 1992, Maine Public is an independently owned and operated nonprofit organization with office and studio locations in Bangor, Lewiston, and Portland, Maine. For more information, visit mainepublic.org.

Send all items for Arts & Entertainment to Editor@TwinCityTimes.com. Deadline is Friday by five.

Maine Field Hockey Association cancellations

The Maine Field Hockey Association is regretfully cancelling the 2020 Maine Field Hockey Festival and McNally Senior All Star Game due to COVID-19

and the state mandated restrictions on public gatherings. The Board of Directors are working on plans to recognize the senior all stars. Visit [Maine Field Hockey Association](http://MaineFieldHockeyAssociation.com) on Facebook, @MaineFHA on Twitter, and MaineFHA on Instagram for future updates.

Email inquiries can be sent to mainefieldhockey@gmail.com.

United Ambulance providers receive gift cards

Nadine Naous and her husband, owners of the On the Way Convenience Store and Mobile Gas Station on Lisbon Street in Lewiston have generously donated 40 gift cards to United Ambulance’s first responders during

the Coronavirus pandemic.

United Education Manager and Paramedic, Dennis Russell stated “...we are so thankful to Nadine and her husband for their donation. Their generosity and kindness are a welcomed comfort

during this trying time. It is amazing how this pandemic has inspired people to help healthcare providers in so many ways. We can’t thank them enough.”

These gift cards can be used at any Mobile Station.

Follow us on facebook!

Don’t miss our weekly giveaways!

MK KITCHEN TO GO MENU

APPETIZERS + SOUP + SALADS

- Blue Cheese Stuffed Baked Dates** / Greens, Bacon Crumbs, Toasted Peanut Brittle, Balsamic Syrup / *g.f.* - 12
- Cheese Board** / Silvery Moon “Manchego”, Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini - 16
- Caramelized Onion Tart** / House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / *Vgt.* - 13
- Sage Roasted Butternut Squash Soup** / Toasted Pepitas - 8
- Gathered Greens** / Grapes, Aged Balsamic & Olive Oil Vinaigrette, Pineland Farm Feta, Toasted Almonds / *g.f.* - 8
- MK Wedge** / Romaine Hearts, Local Apple, Bacon Crumbs, Blue Cheese, Pickled Onion, Buttermilk Dressing / *g.f.* - 9
- Braised Farm Beets** / Fern Hill Farm Fresh Goat Cheese, Candied Walnut Brittle, Beet Vinaigrette, Greens / *g.f.* - 11
- Grilled Romaine Caesar** / Croutons, Shaved Parmesan, House Made Creamy Garlic Dressing / - 9 (*Add Anchovy + 2*)

PASTAS + GRAINS

- Organic Quinoa Bowl** / Broccoli, Carrots, Green Beans, Cranberry, Spinach & Kale, Brussels, Almond / *Vegan g.f.* - 12/20
- Gnocchi Primavera** / Butter Roasted, Hand Made Ricotta Gnocchi, Seasonal Vegetables, Parmesan / *Vgt.* - 12/22
- Rigatoni Bolognese** / Slow Braised Tomato - Beef & Pork Sausage, Smoked Bacon Breadcrumbs, Parmesan / 13/24
- Handmade Ravioli** / Four Cheese Filling, Wilted Spinach Pesto Cream, Almonds, Pineland Farm Feta / *Vgt.* - 12/22
- Gnocchi Mac + Cheese** / Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs / - 12/22
- Butternut Squash Risotto** / Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / *Vgt. g.f.* - 14/26
- Mushroom Risotto** / Roasted Crimini & Shiitake Mushrooms, Butter Parmesan, Truffle Oil / *Vgt. g.f.* - 14/26
- Spaghetti with Braised Lamb Ragù** / Pineland Farm Feta, Chopped Mixed Olives - 24
- Orecchiette Pasta with Chicken & Broccoli** / Garlic Butter, Wilted Kale, Parmesan - 22
(Vegetarian Orecchiette available with Pesto)

ENTREES

- Pan Seared Scallops** / Truffle Roasted Crimini + Shiitake Mushroom Risotto, Green Beans, Beurre Monte / *g.f.* - 18/32*
- Grilled Faroe Island Salmon** / Sage Roasted Butternut Squash Risotto, Fried Brussels, Pomegranate Gastrique / *g.f.* - 27*
- Chicken Under a Brick** / Bone-in Breast, Whipped Potato, Seasonal Vegetables, Lemon Emulsion / *g.f.* - 24
- Slow Braised Boneless Beef Short Rib** / Horseradish Mashed Potato, Seasonal Vegetables, Mushroom Sauce / *g.f.* - 28
- Grilled Filet Mignon** / Herb Roasted Fingerlings, Pearl Onions, Wilted Greens, Foie Gras Butter, Beef Sauce / *g.f.* - 34*
- Spice Rubbed Pork Loin** / Smoked Bacon Elbow Macaroni and Cheese, Cheddar, Fried Brussels Sprouts, BBQ Sauce / - 24
- Pulled Pork Sandwich** / Chipotle BBQ Pulled Pork, Coleslaw, Grilled Brioche Bun, House Fries - 14
- MK Burger** / Cheddar, Bacon Crumbs, Shredded Romaine, Pickled Onion, House Sauce, Brioche Bun, Herb Fries - 15

SIDES

- Fried Brussels Sprouts** / *g.f.* - 9 - **Pan Roasted Vegetables** / *g.f.* - 9

DESSERTS

- Warm Chocolate Cake** / Marshmallow Gelato, Sea Salt Toasted Peanuts / *g.f.* - 10
- Chocolate Mousse** / Belgium Chocolate, Whipped Cream, Candied Walnut Crumbs / *g.f.* - 9
- Tiramisu** / Mascarpone Cream, Coffee Ladyfingers, Chocolate Sauce - 9

We Deliver.

SeniorPlus classes

Staff at SeniorsPlus continue to adapt to new ways of bringing programs to our communities. They will continue to host virtual workshops until it is safe to open up the physical Education Center locations. They hope you will consider joining some of the May programs. The staff is excited to share that they have expanded the May offerings to include more classes, groups, and exercise opportunities. Classes and workshops are free through the pandemic and will be hosted through Zoom. For most programs, participants must have access to a device with a camera. To register, email edcenter@seniorsplus.org or call SeniorsPlus at 795-4010.

Class offerings:

Zoom 101: Using Video Conference Technology to Stay Connected, May 19 or May 26 10 to 10:30 a.m. via Zoom.

Join us for a 30-minute class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued.

Fraud and Scams, Thursday, May 28 from 10 a.m. to 12 p.m., via Zoom.

This workshop will give you the information needed to determine what is real and what a scam is. What does fraud look like? What are the latest scams out there? How do you recognize

fraud? Find out what you can do to protect yourself and where do you go to report things, so others don't become the next victim.

Exercise classes:

Total Strength & Balance, Mondays 11:15 to 12 p.m. or 12:15 to 1 p.m., Wednesdays 11:30 to 12:15 p.m., Fridays 11:30 to 12:10 p.m. or 12:30 to 1:10 p.m., via Facebook. The Instructor is Linn Morin, Certified Trainer. There is no fee for the month of May, simply call and join the group!

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Light weights or soup cans, a basic bouncing ball and for some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are held online until the CDC lifts restrictions. To register or for more information, Call Linn at 523-9055.

Chair Yoga on Zoom, Fridays at 8:45 to 9:45 a.m. via Zoom. There is no fee at this time. You must have a computer, laptop, or tablet; sturdy chair on non-slip surface. The instructor is Mary Bishop, Certified Yoga Instructor.

Join Mary in this Zoom class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability. Class limited to 10 participants.

Groups:

Caregiver Support Groups: Group 3: Thursday, May 29 from 8:30 to 10 a.m. Via Zoom (video or call-in option).

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone versus in-person.

Coping with the New Normal within the COVID-19 Pandemic Support Group, Wednesdays, May 20 and 27, 12:30 to 1:30 p.m. Facilitated by Beacon Hospice Staff via Zoom.

Are you struggling with figuring out purpose at home? Are you looking for information on some of the changes occurring within our society? Do you need some good news and support from others? Join us for a 4-week support group to discuss some of the challenges many of us are feeling emotionally, physically, and spiritually as we wrestle with these changes to our daily lives. Group size limited to 15 people.

2020 Totus Tuus summer program cancelled

After much prayerful consideration and discussion with participating parishes and families, organizers of the 2020 Totus Tuus summer program in Maine have announced it has been cancelled.

"Taking into account the social and re-

lational nature of the program itself, we felt that the program would not be able to adhere to the social distancing protocols currently in place in Maine," said Fr. Seamus Griesbach, director of vocations for the Diocese of Portland and program coordinator for

Totus Tuus.

Totus Tuus is a weeklong program that inspires a true longing for holiness in young people (grades 1-12). Over the last two summers, over 1,000 Maine teens and children have participated in the program. This See *Totus*, page 13

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Pine Tree Legal Assistance provides free, civil legal aid to low-income Mainers. Our offices are closed for now, but we are taking calls:

Monday 12 - 2:30
 Tuesday/Thursday/Friday 9 - 11:30

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Kennebec, Somerset, Knox, Lincoln	207 - 622 - 4731
Androscoggin, Oxford, Franklin	207 - 784 - 1558
Cumberland, York, Sagadahoc	207 - 774 - 8211
Veterans Unit	207 - 400 - 3229
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ANTOJITOS (APPETIZERS)

<p>GOLDEN JET PINEAPPLE - 3.95 on a stick dusted with chile powder, salt & lime</p> <p>FUNDIDO - 8.95 warm cheese dip with cilantro, rajas & your choice of mushrooms or housemade chorizo Served with corn chips</p> <p>MEXICO CITY STYLE CORN ON THE COB - 4.95 basted with chipotle mayo & dusted with cotija cheese</p> <p>FRIED PLANTAINS - 6.95 with chipotle mayo</p> <p>PAPAS FRITAS - 4.95 fried Maine potatoes drizzled with garlic aioli!</p>	<p>LOADED TOT NACHOS - 8.95 fried tater tots topped with crema, melted monterey jack cheese, pickled jalapeños, pico de gallo & scallions</p> <p>FRIED BRUSSEL SPROUTS - 8.95 tossed in a chili-lime vinaigrette with toasted sesame seeds, red onion escabeche & jalapeños</p> <p>YUCCA FRIES - 7.95 golden fried yucca fries served with a chimichurri aioli! and citrus habanero bbq dipping sauces</p> <p>CHICKEN TAQUITOS - 8.95 three corn tortillas filled with rajas, jack cheese & chicken, rolled and fried. Topped with lettuce, crema, cotija, pico de gallo & avocado purée</p>	<p>CORN CHIPS - 1.50 w/ salsa - 3.95 w/ guacamole - 5.95 w/ salsa & guacamole - 8.95</p> <p>CHEESE NACHOS - 5.95 w/ organic black beans - 6.95 w/ choice of chorizo, shredded pork, grilled chicken, steak OR ground beef - 9.95</p> <div style="border: 1px solid black; padding: 5px; font-size: x-small;"> Make your nachos GRANDE by adding guacamole, shredded lettuce, housemade crema, radishes, pickled jalapeños, cilantro & taquerera salsa add 5.95 </div>
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QUESADILLAS

flour tortilla filled with monterey jack cheese & crisped on the griddle. Served with pico de gallo salsa.

CHEESE - 6.95	SEASONED GROUND BEEF - 9.95	CHAR GRILLED CHICKEN - 9.95
CHEESE & BEAN - 7.95	BRAISED MUSHROOMS - 9.95	HOUSEMADE CHORIZO - 9.95
GRILLED STEAK - 11.95	SHREDDED PORK - 9.95	BBQ PULLED PORK - 10.95

Add rajas to any quesadilla (sauteed peppers & onions) - 1.95

★ **FRESH** ★ **LOCAL** ★ **SUSTAINABLE** ★

We source locally grown and raised ingredients whenever possible and cook with sustainable seafood, naturally raised meats and organic black beans.
 †Consuming raw or undercooked eggs or shellfish may increase the risk of food born illness

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River

Continued from page 1

North Bridge and seeing the white gray foam churning below. I so appreciate having the river walk as a place to bring my grandchildren to enjoy nature and admire the falls as their parents did. We skipped stones and fed the ducks.

After crossing the bridge, you will run into Simard-Payne Memorial Park, which serves as a welcoming gateway to the trail and river. The park has several small walking paths that led down to benches along the river and a paved loop encircling the park. At the top of the loop, a short trail leads to a gravel lot for parking and a picnic area. Much of the description of the Auburn River Walk was taken from Traillink.com.

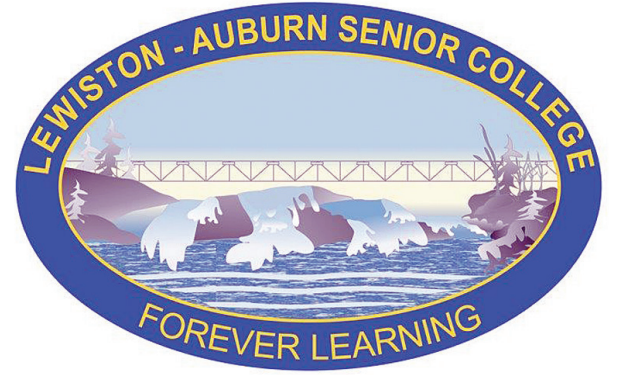
A footnote to how L/A residents feel about the Androscoggin River is the Logo for USM Lewiston Auburn Senior College. An Ad Hoc Committee was appointed to create a logo for the college. The seven member group met several times during the fall of 2012 brainstorming and came up with a

logo making it uniquely Lewiston-Auburn: The Androscoggin River, falling over the rocks connecting (not dividing) Lewiston and Auburn — a landmark that is readily recognized as Lewiston-Auburn. The motto “Forever Learning” depicts the mindset of all Senior College members. Five versions of this Logo were presented to the Board in January 2013 and one version was accepted unanimously.

In the midst of the world-wide pandemic of the Corona Virus, I have adhered to the rule of not going anywhere unless it is of prime importance. It was hard not to go see the Falls in April as I always did. And so, I took solace in reviewing the hundreds of photos I took over the years. I’ve enclosed a few here.



The crowd gathers as it always does.



Lewiston Auburn Senior College Logo was unanimously and enthusiastically approved by the Senior College Board in 2013.



The river is appealing even on cold spring days.



The river can be quiet and still, compared to its polluted history. It has come a long way – scenic and recreational activities thrive.



The river rises high beneath the Longley Bridge.

Online Summer Session Courses Begin May 18

Registration is open through the start of classes.

Lowest tuition/fees in New England!

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www.cmcc.edu/academics/programs/course-listing/

***Summer Session II classes begin July 6**

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Central Maine

COMMUNITY COLLEGE



Food available at Mid Coast Hunger Prevention program



An MCHPP volunteer puts a box of food into a Food Pantry client's car.

Mid Coast Hunger Prevention Program (MCHPP) is operating an outdoor Food Pantry and Soup Kitchen for community members to access food in a safe and distant way during this challenging time. Grab and go meals are provided right outside the front door for any person who needs a freshly prepared meal. This program is no questions asked and open to everyone who wants to stop by; guests walk up one at a time to pick out their meal, ensuring social distancing between everyone.

The Food Pantry program is located in the back parking lot for guests to access during any of our open hours. A drive-thru style of service allows guests to remain in

their vehicles at all times. All you have to do is pull up, give your basic information, and pop your trunk. MCHPP volunteers load groceries straight into vehicles. Volunteers will also safely serve guests who do not have a vehicle. This program allows for a visit every two weeks. Groceries provided often include non-perishable items, bread, meat, produce, and sometimes dairy. Depending on inventory, pet food, baby food, diapers, and feminine hygiene products are available upon request.

These programs are available to anyone in need. MCHPP is located at 12 Tenney Way, Brunswick. The pantry is open during the following times: Tuesday 11 a.m. to 2 p.m. and 4 p.m. to 6

p.m., Wednesday 11 a.m. to 2 p.m., Friday, 11 a.m. to 2 p.m., and Saturday 12 p.m. to 3 p.m. Soup Kitchen Grab and Go Meals available Monday through Friday, 11 a.m. to 12:30 p.m. and Saturday 12 p.m. to 1:30 p.m.

Mid Coast Hunger Prevention Program is a nonprofit organization based in Brunswick and dedicated to the mission of providing hungry people with access to healthy food, working to improve the quality of their lives by partnering with others, and serving them in a manner that recognizes their dignity. For more information about MCHPP's services, hours, and volunteer opportunities, or to make a donation, please visit mchpp.org.

Pine Tree Camp develops innovative opportunities for summer

For the safety and health of campers and staff, Pine Tree Camp has cancelled all traditional camp sessions this summer and replaced those programs with innovative online programming for registered campers and one-of-a-kind Pine Tree Camp Adventure Day Passes for all Maine people with disabilities, providing access to the outdoors on a day pass capacity to a limited number of people at a time.

"Out of this time of uncertainty has come innovation, creativity and strength. We are innovating to improve and expand upon what we do and help the people we serve adapt along with us," said Noel Sullivan, president and CEO of Pine Tree Society.

Six weeks ago, the organization launched Pine Tree Camp to You; providing free access to daily programming that gives participants a chance to connect with others, engage in meaningful activities and get active through Zoom and Facebook Live.

This summer, Pine

Tree Camp to You will expand to provide six, week-long summer sessions for registered campers; including a curated activity box that will be sent to each camper as part of the curriculum designed by the Pine Tree Camp year-round and summer team.

Providing fully accessible opportunities for immersion in the outdoors remains a high priority and, to meet that important need, in July, Pine Tree Camp will offer Pine Tree Camp Adventure Day Passes. These passes will be available to all Maine people with disabilities and provide the opportunity to register to come with their families/caregivers for day use of Pine Tree Camp's fully accessible 285-acre campus. Pine Tree Camp's signature outdoor activities will be available – hiking on accessible nature trails, boating, kayaking, fishing and swimming – all provided in a safe, socially distanced manner supported by experienced staff. Details for reserving day passes will be available in June.

As Pine Tree Camp celebrates its 75th year, this significant milestone is also being recognized virtually through the Bath Savings Paddle for Pine Tree Camp. Registrants are asked to virtually participate on Saturday, June 6. Further details are available at this link, <https://www.pinetreesociety.org/events/paddle-for-pine-tree-camp/>.

Every summer, hundreds of Maine children and adults with disabilities arrive at Pine Tree Camp in Rome and their lives are transformed. Driving down the camp road, campers enter a world that is barrier-free, leaving behind the confines of their disability thanks to the camp's 285-acre, fully accessible campus. Campers actively participate in all the activities for which Maine is famous – kayaking, boating, fishing and hiking – experiencing freedom and independence. Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay. Pine Tree Camp receives no state or federal funding and ninety-nine percent of campers require tuition assistance, which is provided by donors and sponsors. For more information visit www.pinetreesociety.com.

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Beginning 3/24, Tuesday through Thursday mornings from 6-7 a.m. will be reserved exclusively for customers 60+ and individuals identified by the CDC as being at high-risk. We won't be checking IDs, but request that all other customers support these vulnerable shoppers and wait until after 7 a.m. to enter the store.

Our store hours have also temporarily changed to allow for more time to clean, stock shelves and give associates additional time to rest – beginning 3/21, new store hours will be 7 a.m. – 9 p.m.



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



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Tourism

Continued from page 1

ference with over a dozen of its members. This three-minute video is comprised of statements from owners or directors of businesses, including seasonal camps and cottages, hotels, a bus company, a museum, a brewery, a distillery, and a sports team.

In the video's first segment, industry members highlight the challenges brought on by the pandemic, including the loss of both revenue and customers. The second reflects on how resourceful and innovative they have had to become during the current shutdown, including preparing meals to go, providing virtual tours, instituting free shipping, and switching to making hand sanitizer. In the final segment, members express their continued optimism for the future of tourism in Maine.

Cameron continued, "There's no doubt this is an incredibly challenging time for Maine's tourism businesses, but we see National Travel and Tourism Week as an opportunity to remind Maine people and future visitors of the indomitable spirit and resiliency of the tourism industry and our amazing business owners and workers. It's only a matter of time before we all get moving again, and Maine Tourism Association's members will be more ready than ever to welcome travelers."

Celebrated annually the first full week in May, NTTW was created by Congress in 1983 to underscore the economic power of travel in the U.S. The 37th NTTW will spotlight resilience and hope in the face of the coronavirus pandemic with this year's theme: the Spirit of Travel.

Last year, tourism in Maine supported 110,000 jobs, led to earnings of \$2.6 billion, generated over \$9 billion in sales and \$6.2 billion in direct tourism spending, and brought in \$610 million in tax dollars.

The video can be viewed at <https://vimeo.com/415231338>. MTA encourages everyone to post and share this video on websites and social media.

Health, Southern Ocean County Hospital in New Jersey, and Sentara Healthcare in Virginia.

"It's exciting to join Central Maine at a time of growth," said Littleton. "The medical center is not only an incredible community resource, it's consistently at the forefront of high-quality care in the state of Maine."

A fellow of the American College of Healthcare Executives, Littleton served as an officer and chairman of the boards of the New Jersey Hospital Association and the New Jersey Council of Teaching Hospitals. He has served on the boards of numerous community service organizations including Boy

Scouts of America, United Way, Rotary International, American Red Cross, and Big Brothers Big Sisters. He currently serves as an adjunct faculty member of New York University's Robert F. Wagner Graduate School of Public Service and he has been a regular guest lecturer for the Peking University Executive MBA program in Beijing, China. He is a certified youth lacrosse coach and served for ten years as the president of a recreational soccer league.

Littleton earned his Bachelor of Arts in business administration from Gettysburg College, his Master of Health Administration from Milken

Institute School of Public Health at The George Washington University, and his Doctorate in business administration from Walden University.

Central Maine Medical Center located in Lewiston, is a Level II Trauma Center serving Androscoggin County and the surrounding region. CMMC's "Centers of Excellence" include the Central Maine Heart and Vascular Institute, the Central Maine Comprehensive Cancer Center, the Neonatal Intermediate Care Unit, and a Trauma Services Program. CMMC is also the southern Maine base for LifeFlight of Maine, the state's only medical helicopter service. Support-

ed by the latest technologies, CMMC's skilled professionals provide outstanding care delivered with compassion, kindness, and understanding. Learn more at: www.cmmc.org.

Central Maine Healthcare (CMH) is an integrated healthcare delivery system serving 400,000 people living in central, western, and mid-coast Maine. CMH's hospital facilities include Central Maine Medical Center in Lewiston, Bridgton Hospital, and Rumford Hospital. CMH also supports Central Maine Medical Group, a primary and specialty care practice organization. Other system services include the

Central Maine Heart and Vascular Institute, a regional trauma program, LifeFlight of Maine's southern Maine base, the Central Maine Comprehensive Cancer Center, and other high-quality clinical services.

Send all items for Arts & Entertainment to Editor@TwinCityTimes.com. Deadline is Friday by five.

Stop Open Borders & 2020 Democrats Say No to Poverty, Crime, & Tyranny

Wednesday, DATE TBD, 2020

6:00 p.m. Refreshments ~ 6:30-8:30 p.m. Main Program

Many 2020 Democratic Candidates are calling for open borders. This informative program will demonstrate why those policies would harm America—and Maine.

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KEYNOTE SPEAKER
Larry Lockman
4 Term Maine State Representative (R)
District # 137
Co-Founder
Maine First Project

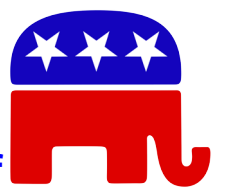


Mark Phillips
National Border Patrol Council, Local 2349
Executive Board
Houlton, Maine
15 years with US Border Patrol / 4 years on Southern Border



Peter Falkenberg Brown
Chairman, Gray Republican Committee
Conservative Writer & Author
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CMMC

Continued from page 1

Health (NJ). Additionally, Littleton has had senior roles at Meridian

Chocolate Church Arts Center continues live stream shows

With events postponed at their theater at 804 Washington Street in Bath, The Chocolate Church Arts Center (CCAC) has been presenting Live from Home, a series of concerts performed by regional musicians in their homes that can be streamed online by audience members via Facebook. The shows will continue at 7:30 p.m. Friday, May 15 with musician and actor Zac Stearn, and at 3 p.m. on Sunday, May 17 with award-winning songwriter, Bosley.

The shows will be streamed via the Chocolate Church Arts Center's Facebook page, and will be free to watch. Audience members will be encouraged to donate to help the organization recover lost revenue due to postponed shows, and to support the performers, many of whom are also facing canceled shows and loss of income. All donations will be split evenly between the CCAC and the performing artist.

Zac Stearn, who is also artistic director of the Schoolhouse Arts Center in Standish, is no stranger to the Chocolate Church Art Center. Most recently, he performed as the lovable but grumpy elf, Crumpet, in the CCAC's production

of Santaland Diaries in December 2019. For his live stream show, however, Stearn will display his musical chops as a piano player and singer and will share songs from his soon to be released all-original album. This material is filled with toe-tapping rhythms and features lyrics by his musical partner, Neil Ruecker.

Bosley is the publishing name and soulful alter-ego of American singer, songwriter and producer Thomas Humphrey Mayer, jr. Bosley, who began his career in Baltimore, was voted Best Band 2014 by Baltimore Magazine, and has appeared alongside Sharon Jones and the Dapkins, Galactic, Easy Star All-Stars, Dr. Dog, and many other contemporary rock and soul acts. His music has been featured in series on HBO, Netflix, MTV, Comedy Central and in several feature films.

Bosley's debut album Honey Pig (2011) showcased the singer's talent for pop songwriting and a stylistic range from early James Brown to Tom Waits style jazz ballads, all channeled through Mayer's dynamic and powerful voice. In support of this album, and adopting a 1970's Soul Revue format, Bos-

ley began touring with an immaculately dressed nine-piece band complete with a horn section and choreographed backup singers.

In 2015, Mayer embraced sobriety and further dedicated himself to his music career, a period that resulted in the deeply personal and hysterically fun follow up album, The Dirty Dogs Radio Show. Bosley's third album, Unreal Fire, released in 2019, dances between the old and the new taking the vintage sounds of Stax and Motown and combining them with contemporary pop appeal.

Bosley currently lives in Berlin, Germany, where he is writing, recording and performing regularly. New singles are planned for release in 2020 and his fourth album, WAVES is currently in production.

Tickets are not necessary for the Live from Home concerts. Audience members may simply go to the Chocolate Church Arts Center's Facebook page at the time of the show, and they will be directed on how to watch. The Chocolate Church Arts Center will continue to announce upcoming Live from Home performers in the next few weeks.



Zac Stearn



Bosley




Zac Stearn



Bosley

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Calendar

Send your submissions to the Editor. More online.

Ongoing, Wednesdays

Lewiston outdoor market (weather permitting) from 10 to 11 a.m. at 91 College Street, Lewiston. Neighbors who help set up the market wear gloves and masks. The market is set up to allow safe social distancing. Customers will have their temperature taken upon arrival and be given a box to fill if they are safe. If they are running a temperature, they will be sent home quickly with a box

of food.

Ongoing, Tuesdays and Thursdays

Online Story Time with Baxter Memorial Library's Ms. Heidi at 9:30 a.m.

Ongoing, Tuesday through Fridays

Afternoon Chapters with Baxter Memorial Library's Mr. Jeff at 2 p.m., throughout April. Join Mr. Jeff on Facebook Live as he reads Frindle, Holes, The Wild Robot, and the Miraculous Journey of Edward

Tulane.

Friday, May 15

Live from Home Concert series featuring Zac Stearn live streaming on Chocolate Church's Facebook page at 7:30 p.m. Tickets are not necessary, donations welcome. Visit <https://www.chocolatechurcharts.org> for more information.

Sunday, May 17

Live from Home Concert series featuring Bosley live streaming on Chocolate Church's Facebook page at 3 p.m. Tickets are not necessary, donations welcome. Visit <https://www.chocolatechurcharts.org> for more information.

Tuesday, May 19

SeniorPlus class: Zoom 101: Using Video Conference Technology to Stay Connected 10 to 10:30 a.m. via Zoom.

Wednesday, May 20

SeniorPlus class: Coping with the New Normal within the COVID-19 Pandemic Support Group, 12:30 to 1:30 p.m. Facilitated by Beacon Hospice Staff via Zoom.

Tuesday, May 26

SeniorPlus class: Zoom 101: Using Video Conference Technology to Stay Connected 10 to 10:30 a.m. via Zoom.

Wednesday, May 27

SeniorPlus class:

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via Zoom.

Thursday, May 28

SeniorPlus class: Fraud and Scams 10 a.m. to 12 p.m., via Zoom.

Totus

Continued from page 7

summer, ten parishes were set to host the program in Fort Kent, Caribou, Bangor, Jay, Waterville, Lewiston, Windham, Brunswick, Saco, and Sanford.

"The heart of the Totus Tuus program is relationships: our relationship with God and our relationships with one another," said Fr. Griesbach. "The teams of college students and seminarians witness a joyful and active faith to the children and teens they meet over the summer in a way that simply can't be carried out online or at a distance."

Due to the uncertainty regarding the viability of summer programs this year, registrations had been far lower than previous years, making it difficult for organizers to move forward without risking a serious financial shortfall.

Fr. Griesbach is happy to report, however, that the program will be back, stronger than ever, in 2021.

"Totus Tuus is not going anywhere. We will be back next summer with two great teams of teachers ready to share the Catholic faith with Maine's youth once again!"

For any families who have already registered their children online, fees will be refunded in full in the coming days. Any questions or concerns regarding reimbursement may be sent to vocations@portlanddiocese.org.

Online professional development programs

Registration is open for two new online professional development programs through the University of Maine Hutchinson Center. The Online Grant Writing certificate program with Jack Smith runs May 18 through 22 and Online Public Speaking with Tom Dowd is June 3 and June 10. More information about both of these programs is available on the Hutchinson Center website.

Grant Writing course instructor Jack Smith, M.P.A., has taught over 1,500 grant writing programs, including seven at the Hutchinson Center in Belfast. He currently teaches grant writing certificate programs at University of Southern Maine, Emory University, University of Georgia and Austin Center for Nonprofit Studies. The five-day grant writing course is offered from 9 a.m. to 3:30 p.m., with breaks throughout the day. Participants will earn a UMaine certificate in grant writing, and 3.0 CEUs/30 contact hours are available. At this time, this is the only Grant Writing Certificate Program that will be offered at the Hutchinson Center in 2020. The cost of the program is \$650 and need-based scholarships are available.

Given the economic implications of COVID-19, grant writing is poised to become an even more valuable skill for businesses, organizations, municipalities and individuals. Participants in this intensive program will produce a

well-vetted grant proposal. Smith will guide participants step-by-step through the development of a proposal, identifying and evaluating the most appropriate funding sources, researching a problem, and supplying the documentation and statistics necessary for supporting a successful grant proposal.

Distinguished Toastmaster Tom Dowd (also known as "Transformation Tom") will lead the two-part online version of Practical Public Speaking for Business and More from 6 p.m. to 9 p.m. In-person versions of this program have been taught at the Hutchinson Center three times previously and several more will be offered in the fall. Dowd is a prize-winning speaker, and an award-winning and Amazon best-selling author, trainer and coach. As a member of Toastmasters International, Dowd exhibits consistent success in speech competitions and achieved the Distinguished Toastmaster status in 2015. The cost of Public Speaking for Business and More is \$125 and need-based scholarships are available.

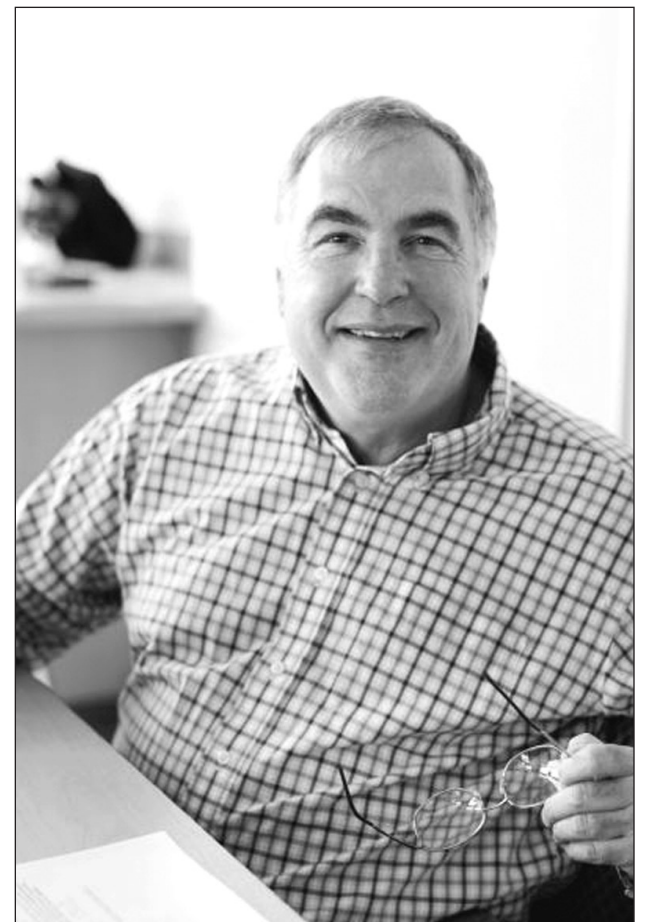
Public Speaking is a useful course for business leaders, clergy, educators, managers, municipal employees, nonprofit workers, researchers and anyone who wants to improve communication skills. Throughout the program, public speaking through online platforms (such as Zoom) will be ad-

ressed. Program participants will learn how to relieve the stress associated with speaking publicly; become skilled in speaking with or without notes; and support their message most efficiently. They'll learn to think quickly, speak logically, engage an audience and use the power of storytelling to increase audience attention.

These courses are the first two online professional development programs to be offered by the Hutchinson Center. Those participating in these courses will need access to reliable internet. Both courses will be taught synchronously. In-person professional development programs will be available when the UMaine campuses reopen. In the meantime, the Hutchinson Center hopes to offer more online professional development programs on a regular basis.

For information or to request a reasonable accommodation, contact Michelle Patten, michelle.patten@maine.edu; 207.338.8002. The Hutchinson Center, an outreach center of the University of Maine, is committed to offering high-quality professional development programs to the greater midcoast Maine community. For more information about upcoming professional development programs, to register online, or apply for a need-based scholarship, go online.

The Hutchinson Center is an outreach center for the University of Maine in Orono,



that serves as an educational and cultural center for the midcoast area. It is named for University of Maine President Emeritus Frederick E. Hutchinson. The mission of the Hutchinson Center is to broaden access to University of Maine academic and non-degree programs and services, lifelong learning opportunities, and professional and career development experiences using innovative approaches that increase synergy among University of Maine System entities, University of Maine departments and divisions, and that engage a wider Maine community.

The University of Maine, founded in Orono in 1865, is the state's land grant and sea grant university. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic

development, and community institutions in the Northeast and attracts students from Maine and 49 other states, and 67 countries. It currently enrolls 11,240 total undergraduate and graduate students who can directly participate in groundbreaking research working with world-class scholars. The University of Maine offers 35 doctoral programs and master's degrees in 85 fields; more than 90 undergraduate majors and academic programs; and one of the oldest and most prestigious honors programs in the U.S. The university promotes environmental stewardship, with substantial efforts campuswide aimed at conserving energy, recycling and adhering to green building standards in new construction. For more information about UMaine, visit umaine.edu.

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a visit to "Michigan's Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMS-BURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207-345-9569.

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Mill

Continued from page 3

the exceptional competency of Auburn's City staff and the dedication of many community partners," said Dana Little, Board President for the Androscoggin Land Trust. "Through ALT's 30 years of conservation work, we have learned that connecting people to the natural spaces around us is a critical component of developing a healthy community and sustainable environment for tomorrow. ALT's work in downtown Auburn and Lewiston has focused on connecting people to the River, and the Little Androscoggin, together with the Barker Mill Trail, has proven to be a valuable asset for local paddlers, walkers, and fishermen alike. The recreational opportunities realized through this work will help to ensure that future generations can explore and play in the great outdoors, without regard to their economic status or ability to travel. This project truly serves the people of the Twin Cities and we are proud to have played a small role in supporting the City's efforts."

Cousens applauded ALT's contributions, adding, "The efforts and con-

nections from ALTs work were invaluable in this process. The monitoring, commenting, meetings, studies, and discussions — combined with the support of our City Council — have paid dividends for recreation and fisheries in Auburn and the Androscoggin River Watershed."

Next Steps: The license requires KEI Power Management, Inc. (lessee of the dam) to develop a recreation plan that includes: conceptual drawings and descriptions of the proposed improvements; a schedule for maintaining the Barker Mill Trail where it parallels the project impoundment to below the dam; a schedule for providing flow data; and a provision to monitor and report recreational use in the project area. Plan details will be developed in collaboration with City of Auburn, the Androscoggin Land Trust, and the hydro facility owner. In the months to come, city staff will also start building and promoting exciting new events around the water releases.

For more information on the Barker Mill Dam license renewal, visit www.auburnmaine.gov/pages/government/rivers-hydropower.

Auburn continues to wait for reopening

Last week, Governor Mills announced a "Rural Reopening Plan" focusing on 12 Maine counties where community transmission has not yet been detected. This two-stage reopening plan effects retail stores, restaurants, remote camps, and campgrounds, which will be allowed to open with safety precautions mandated by the state.

Androscoggin County, however, is not among the counties effected by the Plan.

"We understand that it is disappointing for Auburn businesses that this reopening plan does not include

Androscoggin County," said Auburn Mayor Jason Levesque. "We're disappointed, too. These hard-working people are anxious to get back to the business of serving our community, not to mention getting our local economy moving again."

The City of Auburn reminds local business owners that city staff stand ready to assist in any way possible, from helping restaurants create/expand outdoor seating areas; to understanding and following city protocols and safety guidelines for reopening and social distancing.

"The Council and

I believe in the people of Auburn; in their resilience, their tenacity, and their determination to come back from this stronger, better, and more connected than ever," said Levesque. "And we have confidence in city staff to provide the guidance, encouragement and tools to help make that possible."

The City of Auburn has established a COVID-19 "Recovery Team," comprised of staff members tasked with helping to move the community toward recovery. The team is developing a plan that will provide a framework based on deliber-

ate, community-wide strategies and coordination of resources. The plan will establish short-term, intermediate, and long-term solutions and steps, and is intended to accelerate a city-wide, post-emergency return to normalcy. It will provide an outline for city government, staff and community partners who are directly involved with recovery support.

Local businesses are encouraged to connect with Auburn's Economic and Community Development team in the days and weeks ahead. ECD contact information can be found at www.auburnmaine.gov.

St. Doms

Continued from page 3

chemical engineering. Greco has received the Rensselaer Medal, Bausch & Lomb Honorary Science Award, and the Bishop Cote Trophy. She has been a successful athlete as a member of the varsity field hockey and tennis teams, and also served as a class officer and student ambassador. Greco is a member of the National Honor Society, student senate, math team, foreign language

club, Key Club, and is also very active in the community. In addition, Greco is a eucharistic minister during school Masses. Last month, she was also named a winner of the 2020 Lila Grace Sullivan Amirault Scholarship, established by the Catholic Foundation of Maine.

Plans and information regarding the 2020 graduation exercises at Saint Dominic Academy will be released when finalized.



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