

Edward Little class of 2020 top ten



Edward Little class of 2020 top ten

Edward Little congratulates all graduates of 2020 and highlights the top ten in order from first in class to tenth

in class: Storm Jipson, valedictorian, Caroline Hammond, salutatorian, Emma Stoner, Ryan Laferriere, Kegan

Rodrigue, Jordan McKinnon-Cote, Benjamin Hallett, Alexis Jellison, Annabelle Pendelton, Rebecca Raby.

Maine Justice Foundation announces new executive director

"After a national search, the Board of the Maine Justice Foundation has unanimously and enthusiastically selected Michelle Giard Draeger to serve as our new executive director," announced Foundation President William S. Harwood. "She has the skills and abilities essential to leading the Foundation into the future and advancing our mission of ensuring access to justice to Mainers who are vulnerable and hurt by poverty."

Ms. Draeger succeeds Diana C. Scully, who has served as the Foundation's executive director since May 2013 and announced last fall that she planned to retire at the end of May 2020.

Ms. Draeger began her new position on May 18, 2020. A native of Lewiston, Ms. Draeger graduated from the University of Maine, School of Law in 1999. She began her legal career as a staff attorney at Pine Tree Legal Services, focusing on cases involving domestic violence. From 2001-2003, she was an associate in the litigation practice of Friedman Gaythwaite Wolf & Leavitt in Portland.

Ms. Draeger joined the U.S. Securities and

See Justice, page 11

Meservier and Associates to open new office in Auburn

Meservier and Associates, one of Maine's top real estate agent teams, announces the opening of a new, independent company and a new office location in Auburn at 220 Main Street.

Sue Meservier, the owner, has been an Auburn based real estate broker since 1987. She sees this as the perfect opportunity to expand her 15-agent team with her own company and in a new modern and state of the art office. Formerly associated with another real estate firm, the new office will provide the needed space for the company to expand and add more agents. It will specifically provide collaborative and solitary work environments to support agent growth and success.

Sue Meservier and Meservier and Associates are well known throughout Androscoggin County for over 30 years of top sales results in residential real estate achieving top of the market sales positions for many years. Most important, Sue Meservier



and Meservier and Associates is well known for their exemplary standard of service, proven real estate expertise, and attentive personal care of their clients' needs.

"I am absolutely thrilled to open this new, independent real estate brokerage office. This is the realization of a personal dream and has been a long time coming. I see excellent growth opportunities in the future," said Meservier.

"We have an excellent group of real estate professionals on the team and together we are poised to help buyers and sellers achieve their real estate goals," Meservier and Associates Top Producer, Tony Poulin com-

mented.

The team will be joined at the location by one of the top-rated mortgage brokers in the state, Harbor One Mortgage. "We will truly be one-stop shopping providing expert real estate services to the community of Androscoggin county," said Meservier.

"The building at 220 Main Street, Auburn will undergo immediate renovations. We expect to fully occupy the location within 3 months," said Meservier. Temporary office space will be located at 79 Main Street in Auburn.

More information about Meservier and Associates is available at www.meservier.com.

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Governor's Address: Rising to meet an even greater challenge—distance learning amid COVID-19

I am the daughter of a Maine public school teacher, so I know firsthand how important the work of Maine teachers is and the many challenges they have to overcome every day. Right now, our teachers and students are rising to meet an even greater challenge - adapting to distance learning amid this dangerous COVID-19 pandemic.

I want to thank all Maine teachers for their continued devotion to our students even as, in many cases, you care for your own children at home. We will get through this. In the meantime, you continue to guide your students through a very uncertain time and in-

spire them and set them on the path to a bright future.

While you do that important work, it is our responsibility to ensure that you, and all of our students, have what you need to stay connected during these difficult times.

Internet access is a necessity, not a luxury now and yet too many families lack access to high-speed internet, especially in some rural areas of our state.

Universal connectivity is more important than ever before during this pandemic as teachers try to stay connected to their students across Maine.

So, I am proud to announce that we have used federal funding and



Governor Janet Mills

donations to secure internet access and provide internet devices to facilitate at home learning for 100 percent of the Maine children who said that they needed it.

The Department of Education conducted surveys of all public schools and private schools who serve public school students to understand the connectivity needs of students statewide—21,845 students said they lacked connectivity. That's a lot

of kids. Based on data from the 75 percent of schools that responded, about 2/3 of them said they needed a wireless service contract and about a third said they just needed a device, you know a hotspot or something.

So, to meet that need, our Administration has acquired service contracts for all those students through three different service providers, nearly all of which are for WiFi-enabled Galaxy Tablets that can be used as learning tools and hotspots or hotspots only.

Through one service provider, the Department of Education was also able to order MiFi, a wireless router that acts as a mobile WiFi hotspot. And, to fulfill the device

only needs, the Maine Department of Education ordered (more than) 7,400 laptops.

The Department of Education is continuing to survey schools to determine further connectivity needs and they are reaching out to both higher education institutions and adult education programs to determine their students' connectivity needs.

As we work on returning to in-classroom instruction when it is safe to do so, these new devices will allow Maine students to stay engaged remotely with their school no matter where they live, regardless of their zip code or their family circumstances.

I want to thank the many generous donors

and Maine's Congressional Delegation for their advocacy and support which made this possible.

To all Maine students, I know this school year has been very difficult, but I am proud of the way you have pushed through to continue your education. We will need your skills to create a brighter future for everyone in our state.

And to Maine's teachers, please know that we deeply appreciate all you do for our children and for the State of Maine. I hope that these devices and these service contracts provide some measure of relief amid a challenging situation to you and your students.

NRCM statement regarding CMP corridor

The Natural Resources Council of Maine recently issued the following statement from Clean Energy Staff Attorney Sue Ely in response to the decision by the Maine Department of Environmental Protection (DEP) to issue a final permit for the controversial Central Maine Power (CMP) transmission line.

"[The] DEP permit fails to address the fact that CMP's proposed transmission corridor would result in no real reduction in global carbon pollution while inflicting enormous harm on Maine's North Woods and the local communities and Mainers who depend on it for their livelihoods. This project

remains a bad deal for Maine. The best path forward for Maine people is to focus on the creation of hundreds of real, local clean energy projects that create thousands of long-lasting jobs here at home, not a destructive transmission corridor with no climate benefits designed primarily to deliver billions in profits to CMP's shareholders and Hydro-Quebec."

CMP and Hydro-Quebec have already spent an astounding \$9 million on an extensive political campaign to try and defend their flagging power corridor proposal. CMP's deeply unpopular proposal is widely opposed by Maine people. According to a 2019 poll, 65 percent of Main-

ers oppose the project. Twenty-five towns have already voted to oppose or rescind their support for the project, as have the Androscoggin and Franklin County Commissioners, two of the state's largest unions, and the Sportsman's Alliance of Maine.

The U.S. Army Corps of Engineers and U.S. Department of Energy are still reviewing the CMP corridor for applicable permits.

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

Stamps feature garden from Maine Botanical Gardens

American Gardens stamps new release features a garden from the Coastal Maine Botanical Gardens, the largest botanical garden in New England. This release is posted to usps.com.



American Gardens stamp sheet

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Newsmakers, Names & Faces

New staff members at CMCC

Central Maine Community College President Scott E. Knapp has announced two new staff appointments at the college.

Mary Lafontaine has been appointed dean of human resources effective June 1. Since 2004, Lafontaine has been with the Maine Department of Labor (MDOL), first as manager of the Lewiston CareerCenter and then as regional director of all CareerCenters in Southern Maine. Prior to joining MDOL, she served as human resources manager for Allen Edmonds and PowerTel Technologies. Lafontaine has served as president of the Central Maine Society for Human Resource Development; board chair of the Lewiston-Auburn Metropolitan Chamber of Commerce;

and as a member of the Auburn City Council. In 2018 she was named HR Leader of the Year by the Maine Council for Human Resources. A graduate of the University of Wisconsin, Lafontaine also has a master's degree from the University of Southern Maine.

Maureen Aube has been appointed associate dean of finance and general services, also effective June 1. A Lewiston native and graduate of St. Dominic Regional High School, Aube earned a bachelor's degree in public administration with a minor in business management from the University of Maine at Augusta. She was employed for over 20 years by the Lewiston-Auburn Metropolitan Chamber of Commerce, where for



Mary Lafontaine



Maureen Aube

the last several years she served as vice president and chief financial officer. Prior to her association with the Chamber, Aube worked for the City of Auburn, where she currently resides.

Letter to Editor COVID-19 Lockdown

By locking down the state and severely restricting the civil liberties of Mainers, the burden is on Governor Mills and local officials to prove a compelling state interest for the significant burden this is placing on families, churches, hospitals, medical offices and businesses. Small and family owned businesses in Maine are not allowed to exercise their rights to freely assemble and are suffering significant financial damage and emotional hardship under the thumb of government dictate. Let's look at the data and see if these draconian lockdown measures meet the

test of "compelling state interest".

In Maine we have approximately 1.3 million citizens. At the time of writing this, 65 deaths attributed to COVID-19 have been reported this year. That equals 5 deaths per 100,000 citizens since January 1, 2020. In contrast, 81 flu deaths were reported for the 2017-2018 flu season in Maine. That equals 6.23 flu deaths per 100,000 citizens. More Mainers succumbed to the seasonal flu recently than COVID-19. Furthermore, the rate of COVID-19 hospitalizations and deaths have been flat or declining for

over 4 weeks.

The good news is, Maine is healthy. We have flattened the curve. Per capita COVID-19 deaths are lower than recent flu statistics. Time for all Mainers to open their businesses, medical clinics, and churches. Time for elected officials to justify any further restrictions of your constitutional rights. Show us your data, prove the compelling state interest. I am not interested in erroneous projections, what-if models, and fear mongering. We're taking our rights back. Open for business.

Best Regards, David Sawicki, Lovell, Maine.

Guest column Plenty of ways to lend a hand around Lewiston

By Sen. Nate Libby

The coronavirus pandemic is affecting people across the state and in Lewiston in many different ways. It can be easy to get stuck focusing on the bad news, and all the things we can't do right now. But while we're still practicing physical and social distancing, there are plenty of ways we can be active and lend a hand. Seeking out ways to volunteer or donate not only helps our community, but can also give us a useful outlet for any anxious energy we have. For ideas of how to help, and for examples of local people stepping up, we just need to look around.

To help honor our veterans in time for Memorial Day, the Lewiston-Auburn Veterans Council is looking

for volunteers to place American flags on local graves. If you're interested in helping, volun-

teers are asked to meet at St. Peter's Cemetery in Lewiston at 10 a.m. See Libby, page 16

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MAY 2020

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Please complete the Google Form (link provided) to put your child on the list for Fall 2020.

Respective schools will coordinate scheduling appointments to complete registration forms and provide necessary documentation once able.

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DEADLINE

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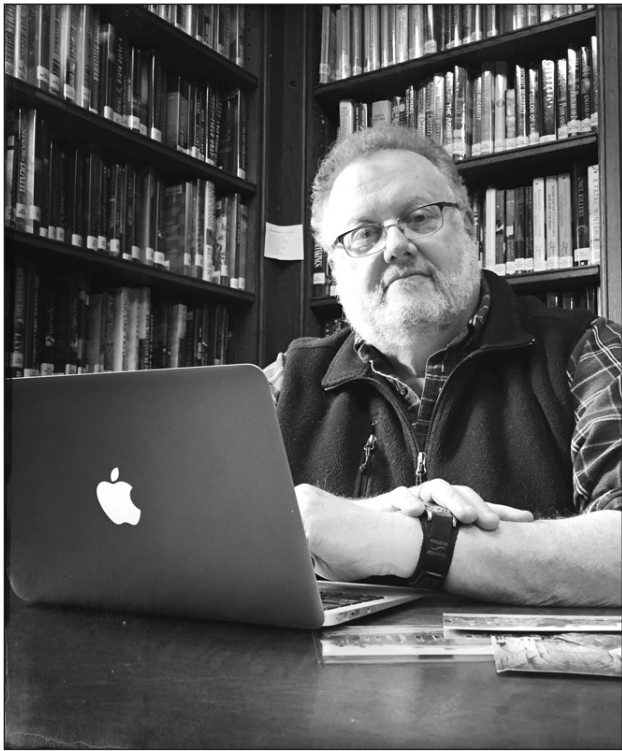
What's Going On

Bailey Library to host Earl Brechlin

The Bailey Library in Winthrop will virtually host author and registered Maine guide Earl Brechlin on Tuesday, May 26 at 6:30 p.m. The event is the fourth in a 10-part series celebrating Maine's bicentennial that will explore outdoor recreation in Maine and is sponsored by Kennebec Savings Bank.

The public is invited to attend via Zoom by visiting baileylibrary.org/athome and navigating to the "Virtual Events" tab. Attending is free and open to all, but attendees will need a high-speed internet connection, and a device capable of running the Zoom software or app. For help attending, email director Richard Fortin at rfortin@baileylibrary.org.

Brechlin will give a slideshow presentation about Maine's iconic landscapes, and the search for meaning and



renewal in the Maine wilderness. Brechlin explores Maine from Kittery to Eastport, from Fort Kent to Monhegan, focusing on the natural wonders, quirky characters, remarkable inventors, and haunting ghosts and legends. Whether it's Moxie Nerve Food, the North American Wife Carrying Competition, alleged UFO abductions along the Allagash, or Katahdin's role in creating "Bambi," Brechlin celebrates all that makes the state unique.

Brechlin's newest book "Return to Moose River" was released by Down East Books and includes more than a dozen essays chronicling adventures across Maine. In 2019 the book won the John Cole Award for Maine-themed Nonfiction at the annual Maine Literary Awards. Brech-

lin is also the author of more than a dozen books on all things Maine and New England, including hiking, paddling and antique postcards. A former Maine Journalist of the Year, he worked for nearly 40 years in the state's newspaper industry and was the founding editor of the Mount Desert Islander. He is a regular columnist for Islandport Magazine, and his work has appeared in the Boston Globe, Newsweek, and The New York Times among others.

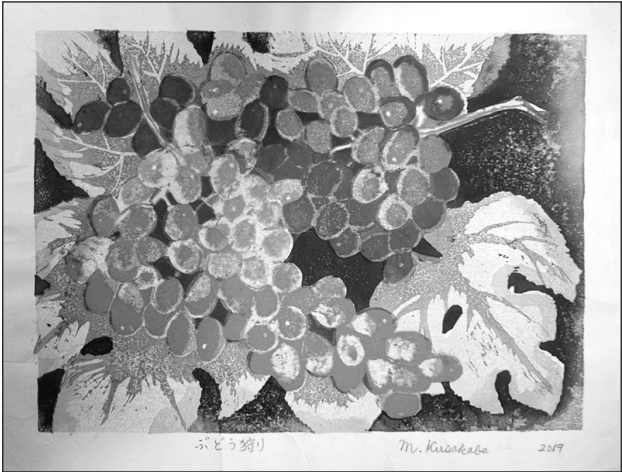
A graduate of the University of Maine Forestry School, Brechlin's family roots include Maine author Ruth Moore and lighthouse heroine Abbie Burgess. For several years, he operated a small independent bookstore in Bar Harbor featuring Maine authors and illustrators.



Maine-Japan printmaking exchange celebrates five years

Common Street Arts in Waterville will host a collection of prints by artists from Maine and Aomori, Japan now through July 18 at the Hathaway Creative Center in downtown Waterville. The traveling exhibition is part of MAPS (Maine-Aomori Printmaking Society), a cultural exchange program sharing art and artists between Maine and Aomori. The MAPS initiative is celebrating five years of collaborative exhibitions and artist exchanges. MAPS will be on view virtually through Common Street Arts' social media channels including Facebook and Instagram. Common Street Arts will provide associated virtual programming through its Afterschool Art Club Facebook series and provide additional video content to share the exhibition with viewers. There will also be opportunities to purchase prints through the Maine Aomori Printmaking Society.

Since 2015, curators Jeff Badger and Jiro Ono have coordinated the exchange of ten prints each year from artists in Maine and Aomori. The prints have been exhibited in Maine and Japan and now the collection numbers over a hundred works. The prints exchanged in 2019-2020 will be exhibited at Common Street Arts in Waterville from May 18 through July 18. The same collection was shown at the Aomori Arts Pavilion in Japan during the Citizen Culture Days in October 2019. "We're thrilled to be partnering with MAPS and look forward to showcasing this beautiful collection of prints. It's a wonderful



Michiko Kusakabe, *Grape Hunting*, 2019, Woodblock print

partnership and we are so pleased to be able to serve as a virtual venue," says Patricia King, Vice President of Waterville Creates.

The official relationship between Maine and Aomori has been in place for over 20 years, but the fascinating connection between the two states goes back to the wreck of a ship from Bath off the Japanese coast in 1889, resulting in a daring rescue of American sailors by Japanese villagers. In addition to MAPS, Friends of Aomori — the all-volunteer non-profit that supports the partnership — also supports high-school exchange programs, educational workshops and events, and economic development opportunities. "The MAPS print collection has grown into a beautiful representation of the diversity and excellence in printmaking that can be found in both Maine and Aomori. Our goal is to exhibit this dynamic and growing collection all over the State of Maine. We are proud to partner with Common Street Arts to share the work with the people of Waterville and neighboring communities," says Badger.

The MAPS 2020 collection features work

by: Lydia Badger, Stephen Burt, Susan Groce, David Harmon, Mary Hart, Emiko Kamada, Hitoshi Kikuchi, Osamu Kitamura, Michiko Kusakabe, Tadashi Saito, Hiroshi Takehana, Kiyohiro Toriyabe, Raegan Russell, Allison Derby Hildreth, Pilar Nadal, Noriyuki Ota, Lisa Pixley, Deloris A. White, David Wolfe, Tamiko Yamaya, and Tuya Yasuta.

MAPS is presented by Friends of Aomori and made possible by the generous support of the Rines-Thomson fund of the Maine Community Foundation and Ocean House Gallery and Frame.

Waterville Creates! connects artists, organizations, and the public with arts and cultural events and programs happening in our community. Supporting and promoting arts education, exhibitions, theatre, film, music, and dance that is accessible to all, Waterville Creates! is leading the effort to make Waterville an exciting cultural destination and a thriving, vibrant community. For more information about the ongoing community capital campaign for the Paul J. Schupf Art Center visit www.downtownartscenter.org.

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Theater at Monmouth postpones 2020 (R)evolutionary season



For the first time in the theater's history, Theater at Monmouth will not produce a Summer Repertory Season. After months of planning for the 51st Season, the theater will remain dark for the foreseeable future. While TAM had been preparing patrons, artists, and staff for the inevitable, having paused ticket sales in early March, they were surprised by Governor Mill's announcement of the Four-Stage Plan to re-open Maine on April 28.

"We surveyed our patrons early on and had an idea of what they would and wouldn't do in response to the continued spread of the coronavirus and what guidance they would be looking for from state and national officials before making a decision to come to the theater again," said Dawn McAndrews, TAM's Producing Artistic director. "On April 28, we expected that the Governor would announce an extension of the Stay Healthy at Home mandate and were hoping for guidance on how best to move forward during the pandemic. Governor Mill's announcement confirmed that arts organizations and particularly theaters would not be opening for some time. We recognize that many patrons will be disappointed by the news but due to the continued threat of COVID-19, we've decided to postpone the 2020 season."

TAM's Board President, Ryan Dumais, agreed, "Since early-March, the Board of Trustees has been monitoring developments surrounding COVID-19. It had been our hope that the situation would improve more quickly and that we might be able to go ahead with our 51st season of classic theater here in Monmouth. Unfortunately, things have not turned out that way. After nearly two months of meeting, planning, and strategizing, the Board came reluctantly to the conclusion that it has no alternative but to forego production of our 51st

season in the summer of 2020, and to move that season instead to the summer of 2021."

Before the Governor's announcement of the four-stage plan to re-open the State, it was already clear that it would be extraordinarily difficult to go ahead with TAM's summer season in a way that protected the health and well-being of audience and company members. Any lingering hopes that somehow, someday, the season might happen were dashed with the announcement of plans for reopening the State. Unfortunately, under that plan, theaters will be among the last classes of establishments to re-open. Closing, though not easy, was the right and responsible decision for the well-being of company members and audience.

Theater at Monmouth previously cancelled its spring Page to Stage Education Tour PACHANGA! Latinx Stories for Kids in consultation with school administrators. This annual tour brings adaptations of classic literature to elementary and middle school students throughout Maine and into New Hampshire. McAndrews continued, "We looked for ways to bring this production to students through video or live streaming but with actors and director coming from New York City, it would have been impossible to guarantee the safety of artists and our community."

Theaters across the country have shuttered, and many artists find themselves suddenly unemployed. It is essential that Maine's only Classical Repertory Theater

does not collapse. By making the difficult choice to postpone productions this summer, TAM hopes to ensure that it will survive until next year and thrive in the summers to come.

TAM's 2020 (R)evolutionary Season was scheduled to begin public performances on June 27 and conclude August 27. The season was programmed to celebrate Maine's Bicentennial, the 100th Anniversary of Women's Suffrage, and the Election Year. Summer Repertory plays included Shakespeare's Cymbeline directed by Eddie DeHais and Julius Caesar directed by Bill van Horn; the Maine premiere of Mat Smart's The Agitators directed by Josiah Davis; a World Premier of Callie Kimball's Sofonisba directed by Dawn McAndrews; Edward Albee's Seascape directed by Kate Bergstrom. The Family Show, Aesop's Guide to Friendship adapted by Dawn McAndrews and directed by Ian Kramer, annually reaches young people and the young at heart.

TAM currently plans to produce the plays of the (R)evolutionary Season in 2021. Thanks to an outstanding group of artists, technicians, and administrators, the summer was on its way to being one the theater's strongest yet; and they look forward to coming back stronger than ever in 2021.

"We believe that arts are essential during times like these but until there is a vaccine and universal testing, it seems impossible to bring people together in the intimate space of any theater and ensure the safety of all.

What's Going On

Live from Home concert series featuring Connor Garvey

Know that this is not a curtain call. This is only an intermission. And we will be back for the next act."

Find TAM on <http://twitter.com/TAMonmouth>, <http://www.facebook.com/TAMonmouth>, <https://www.instagram.com/theateratmonmouth>, <http://theateratmonmouth.org/>.

Theater at Monmouth, founded in 1970, was named the Shakespearean Theater of Maine in 1975. The theatre's mission is to present innovative approaches to Shakespeare and other classic plays through professional productions that enrich the lives of people throughout Maine. Since its founding, TAM has produced expertly crafted, engaging productions in its three-month Summer Repertory Season entertaining audiences from 36 states and through Education Tours annually reaching more than 15,000 students.



Connor Garvey

In the midst of postponed shows at their theater, The Chocolate Church Arts Center will present Live from Home, a series of concerts performed by regional musicians at home that can be streamed online by audience members via Facebook.

Connor Garvey will perform on May 22 at 7:30 p.m. Tickets are not necessary for the Live from Home concerts. Au-

dience 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.

The Chocolate Church Arts Center will continue to announce upcoming Live from Home performers here on our website and Facebook.

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Arts & Entertainment

Court Street improvements study public meeting



Court street in Auburn with the skyline of Lewiston visible in the background

The Androscoggin Transportation Resource Center (ATRC) and the City of Auburn will be hosting the third and final Court Street Improvements Study public meeting via Zoom Webinar on Thursday May 21 at 6 p.m. To attend the public meeting please register ahead of time for the webinar at this link [https://us02web.](https://us02web.zoom.us/join/join?from=addon)

[zoom.us/webinar/register/WN_9vDkbS-BRQ2WUol-OVAvhCg](https://us02web.zoom.us/webinar/register/WN_9vDkbS-BRQ2WUol-OVAvhCg). The meeting will be to review the Draft Final Report (PDF), found at <http://www.avcog.org/DocumentCenter/View/4308/Court-Street-Draft-Final-Report-4-17-2020-PDF?bidId=>, and getting feedback from community members.

You will be able to provide feedback during the meeting, but if you are unable to attend or would prefer to send your comments ahead of time via email, you can contact George Peterson at gpeterson@avcog.org. For more information, visit <http://www.avcog.org/1122/Court-Street-Improvements-Study>.

Lewiston seeking youth council applicants for 2020-2021

The City of Lewiston is seeking members for the 2020 – 2021 Lewiston Youth Advisory Council (LYAC) year of service, which will run from July 2020 through July 2021. Applications may be submitted online at www.lewistonmaine.gov/applyforlyac, and the deadline for submission is May 22. Copies of the application can also be printed from the web link and mailed to Lewiston City Administrator's Office, 27 Pine Street, Lewiston, ME 04240.

To be considered for membership on the LYAC, an applicant must be in grade 9-12 (or will be in the fall) at either Lewiston High School or St. Dominic Academy or a Lewiston resident at the time of application. Homeschooled students who reside in Lewiston are also welcomed to apply for membership. Current members may also re-apply for another year of service.

The Council was first established by the Lewiston City Council in October of 2001, the original group began meeting in 2002, and it has since received local, state, and national recognition. The LYAC enables youth to work to-

wards goals to empower youth community-wide, as well as undertake initiatives/projects that enhance the community. The youth council also serves as a liaison between youth and the City.

The current LYAC has utilized their tenure to highlight Lewiston's many positive offerings, held a Bullyproof Lewiston community forum, and filmed several social distancing videos for social media regarding the COVID-19 public health emergency.

LYAC's 18-year legacy has focused on a myriad of topics from Lewiston's image, promoting it as a food/dining destination point, diversity, park revitalization, recycling, homelessness, college going, U Booze U Looze underage drinking/driving, posting 1,400 uplifting messages on Lewiston High School lockers, the city's All-America city distinction, arts and culture, posting homes/businesses to aid emergency responders, noise pollution, siting an 1891 E. Howard timepiece as a multi-level presence at City Hall, and much more.

When applications for the 2020-2021 year

are received, a Selection Committee will review all submitted LYAC applications, conduct interviews, and appoint up to fifteen youth. The committee will make its selection by the last Friday in June, and selected youth will be subsequently notified and then officially appointed during a July 2020 Lewiston City Council meeting. Orientation will occur in August of 2020. Community Relations Coordinator Dottie Perham-Whittier serves as the group's Advisor, and City Councilors Zachary Pettengill and Luke Jensen serve as Council Liaisons.

For more information on the Lewiston Youth Advisory Council, interested individuals may visit www.lewistonmaine.gov/lyac Inquiries/questions: 207-513-3018 or dottie@lewistonmaine.gov.

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

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Farm fresh: How nutritious are our crops?

When COVID-19 forced Americans to eat more meals at home, the opportunity was there at least hypothetically to switch to a healthier diet, giving the body's immune system a much-needed boost at a time when fighting off disease is critical.

Unfortunately, many crops grown on American farms aren't as healthy and nutrient-rich as they could and should be, says Steve Groff (www.stevegroff.com) author of the upcoming book, *The Future-Proof Farm*, and founder of Cover Crop Coaching, which educates farmers and farm advisors about effective cover crop use.

Cover crops are plants that are grown not to eat, but to improve the soil. Better soil produces more nutrient-dense crops, Groff says, which in turn can provide that help to the immune system.

“Historically, farmers have not had an incentive to grow nutrient-dense food with a larger amount of vitamins and minerals,” he says. “Farmers are paid based on the quantity of their yield, not the quality. From their perspective, why enrich the soil the crops are grown in if that doesn’t lead to a greater yield? But when the soil is enriched with healthy minerals, so are

the crops.”

Change is in the air, though, and there are reasons more farmers should start focusing their attention and efforts on nutrient-dense crops, Groff says. Those include:

1) The evolving public attitude. The attitude of indifference toward food quality has been changing as evidenced by the existence of such businesses as Sweetgreen, the restaurant chain that specializes in salads; the Row 7 Seed Company, which specializes in organic seeds; and numerous other ventures that have taken the pulse of the public in recent years. "Individual farmers who see what's coming have been joining that trend toward better nutrition," Groff says.

2) The limits of vitamin supplements. It's true that consumers can turn to vitamin supplements to make up for what's lacking in their food, bolstering their immune system that way. But people also want to enjoy the taste of a good meal when they are getting their vitamins and minerals, which a pill doesn't provide, Groff says. "Taste is also linked to the quality of the soil," he says.

3) Food companies are getting on board. Some food corporations are already turning to farmers who can provide the more nutritious food

that those companies want to sell to their customers, Groff says. General Mills in particular has taken an interest in working to improve the likelihood of healthy crop yields. The company has invested more than \$5.5 million in initiatives to improve soil health.

"I feel strongly that people need to be responsible and boost their immune systems with nutritious foods as a strategic way to stay healthier," Groff says. "And everyone seems to agree with the multivitamin makers who say that our food is not as nutritious as it once was. But the solution needs to directly address that deficiency in our food. It all starts with regenerating the soil. It will produce more nutritious food when we allow it to do its job."

Steve Groff (www.stevegroff.com), a life-long farmer, is the founder of Cover Crop Coaching, which educates farmers and farm advisors about effective cover crop use. He also does international regenerative agriculture consulting and is the author of the upcoming book *The Future-Proof Farm*. He has conducted well over 150 webinars and online training sessions, and has consulted for private companies, as well as for the USDA and several universities.

iLookOut for child abuse

As children and families face added challenges and increased isolation as a result of the COVID-19 pandemic, there is growing awareness of the need to be prepared to identify children who are at risk for maltreatment.

The current situation also underscores the importance of the safety net of mandated reporters who are obligated by law to report when they have reasonable suspicion that child abuse has occurred. A collaboration between Maine's Office of Child and Family Services and Penn State's Center for the Protection of Children has positioned Maine to be at the forefront of preparing those who work with infants, toddlers and preschoolers to protect vulnerable children.

iLookOut for Child Abuse is a free, online, interactive training program that uses a video-based storyline to teach people the signs and symptoms of child maltreatment, and what to do when they are concerned about a child.

iLookOut has already been shown to increase knowledge and change attitudes about child abuse and its reporting. An ongoing study

in Maine, sponsored by the National Institutes of Health, is evaluating iLookOut's ability to improve the actual quality of reporting.

“iLookout provides a unique opportunity to gain knowledge and expand upon that knowledge with gamification and badging, all while positively affecting the quality and quantity of mandated reporting calls to child welfare,” said Pamela Prevost, evaluation and registry manager at Maine Roads to Quality.

iLookOut was first introduced in Maine two and a-half years ago to select childcare facilities. As of April 15, it is available to all early childhood professionals in the state. A preliminary version of iLookOut was first launched in Pennsylvania in 2014 and is soon to be updated to the version in Maine that has undergone extensive evaluation.

“Thousands of Pennsylvania’s early childhood professionals have chosen iLookOut for their mandated reporter training,” said Marnie Aylesworth, executive director of The Pennsylvania Key. “As a state-approved and evidence-based training program, iLookOut uses an

innovative approach to build consistent practices for recognizing and reporting abuse.”

Because a variety of factors related to the COVID-19 pandemic are placing children at greater risk for maltreatment, early childhood professionals throughout Maine need to know that iLook-Out is now available to them online, free of charge. It is endorsed by organizations including Maine Roads to Quality, the Family Childcare Association of Maine and Maine's Department of Health and Human Services.

“What stands out about iLookOut is their research demonstrating the effectiveness of this training, the innovative gamification it includes, and the confidence this training gives to childcare providers in complex reporting circumstances,” said Kimberlee Belcher-Badal, executive director of National Workforce Registry Alliance.

Editors: Dr. Benjamin Levi, pediatrician at Penn State Children's Hospital and professor of pediatrics and humanities at Penn State College of Medicine, is available for interviews about iLookOut for Child Abuse.

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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

Out & About with Rachel Morin

Home project



This is the cottage near Willard Beach that Liz purchased as her first home (Photo by Elizabeth Morin).

As I write this article, we are in the month of May. We are nearly halfway through 2020! We are in the midst of the biggest pandemic, Covid-19, the world has known. We are in quarantine and who knows for how long? We have time on our hands and are adhering to Gov. Janet Mills wise advice, “Stay home.”

And so, daughter Liz and I, who have shared many projects over the years, decided one day last month, after eyeing her garage, that it was the day to tackle the garage and bring it back to its original pristine condition.

Out into the drive-

way went everything from the garage. Stuff lined neatly, up and down its length—neatly? No, helter-skelter, well, you get the idea. The car had been moved to the street to clear the driveway for the contents of the garage.

We cleaned the interior of the garage and swept it clean. We felt great about it! We then returned 40 percent of what was in the driveway to the garage. Yes, we deemed only 40 percent worth keeping!

These items were placed in specific areas, keeping like things together, such as garden tools, rakes, shovels, winter equipment, sum-

mer equipment, wheelbarrow, lawnmower, leaf bags, etc.

A bicycle that hadn’t been ridden in a year or two, was given space while Liz postponed the decision to keep it or give it away.

Her worktable, which is regularly used, held items for spring planting neatly arranged, and ready for her “I can’t wait to start my planting!”

Gone to Goodwill were surplus luggage, flowerpots, lawn chair, boxes of floor tile, ceiling lights, and finally, items destined for the dump, were hauled away. We felt great and were proud of ourselves.

We kept returning to the garage to enjoy our results.

This led me to think of a similar project Liz and I had done years ago on the first house she had owned. It was a cottage near Willard Beach, in South Portland that she had found on her own when she decided, after college and with a new job, she wanted to establish a permanent residence and be on her own.

It was lovely. The entire family went for a look-see. We looked at it from the street and saw a small one car garage at the end of a driveway next to a large front lawn. A closed-in, wrap-around porch was on two sides of the cottage. One side welcomed us into her tiny, but well laid out kitchen, with an adjoining dining room.

Completing the first floor were two large rooms, connecting each other. One was a library with built in shelving and two matching sofas on

either side of the room, left by the previous owner. The other was a large living room with a staircase leading to two small bedrooms and a small bathroom on the second floor. The living room opened onto the front porch and a door to the outside yard.

The basement was the last to be seen in the house—there was a furnace room, a large laundry room with washer/dryer and two rooms for extra storage.

The house had a large front lawn and an even bigger back yard with a deck and a small shed for storage. It was perfect for her. We were enchanted and loved it. And to think she found this on her own!

Liz bought the house and made it her own, moving in with her collection of books and music, college memories, clothes accumulated over years, furniture, old and new, plants, stuff left at my house—well,

Thursday, May 21, 2020

you can see where this is going. She filled every room, the extra rooms in the basement, the extra bedroom, the shed, and oh yes, what we called the double-living room. The house wasn’t cluttered or messy; it was just full.

And after 10 years of Liz living there, Liz felt cramped. Was it time for a new house? A bigger space? “Of course not.” I advised. “You just need to make some changes to accommodate your lifestyle. Less stuff and you will be happier.”

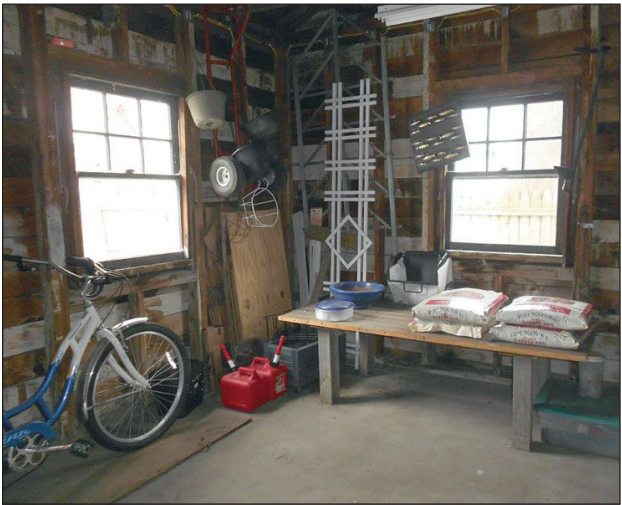
I offered my help to get it all sorted out. We picked a date and I returned two weeks later, the night before the Big Change. We went to bed early with plans for a big breakfast.

It was 3 a.m. that night and I still hadn’t fallen asleep. I was restless and eager to get started. I thought I heard Liz tossing in bed across the hall. “Are you awake, Liz?” I whispered. “Yes, I am” she replied in a wide-awake voice.

“Well, let’s get up. No sense lying awake here. Let’s go for breakfast.” And so off we went to Becky’s on the Portland waterfront, joining the early morning fishermen before they left for their morning catch.

“I am overwhelmed as to where to start.” Liz confided over coffee and the bountiful breakfast. “We will start in the basement” I readily

See Home, page 11



The interior of Liz’s garage after the cleanup. Her spring planting bags are on her work table (Photo by Rachel Morin).

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three corn tortillas filled with rajas, jack cheese & chicken, rolled and fried. Topped with lettuce, crema, cotija, pico de gallo & avocado purée

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Justice

Continued from page 1

Exchange Commission’s Division of Enforcement in 2004, first serving in Washington, D.C., for two years, and then in the Commission’s Boston office for six years as a Senior Enforcement Counsel. From 2012-2013, she served as an Assistant United States Attorney for the District of Maine and from 2013-2016, she was Manager of Compliance, Legal Affairs, Privacy and Program Integrity at Martin’s Point Health Care.

Since 2016, Ms. Draeger has served on the Board of Trustees of the Falmouth Land Trust and has also served as vice president and chair of the Development Committee. Ms. Draeger was a member of the inaugural class of the New Girls Network and later served on the boards of the Maine Women’s Fund and the Maine Humanities Council.

According to H. Lowell Brown, chair of the Search Committee and the Foundation’s president-elect, “We are very impressed with Michelle’s commitment to service, her collegial management style, her effective courtroom presence, and her calm and practical focus on mission.”

Michelle Draeger added, “It is the honor of my legal career to serve the Maine Justice Foundation in this capacity and support its mission of safeguarding access to justice for low-income and vulnerable Mainers.”

In 1983, leaders of the Maine State Bar Association and the University of Maine, School of Law created the Maine Bar Foundation, which is today’s Maine Justice Foundation. The Foundation is dedicated to ensuring access to civil justice for poor and vulnerable Mainers by providing grants to support civil legal aid and other law-related program initiatives, education and services, as well as charitable investment opportunities for individuals, families and organizations.

Send all items for Arts & Entertainment to Editor@Twin City-Times.com. Deadline is Friday by five.

Home

Continued from page 8

answered, explaining, “We will find items in the house that need to be stored and we will already have prepared a space in the basement for these items. We will bring these items promptly to the basement.

We went back to the house with a plan. First, clearing out stuff through the cellar bulkhead for items going to the dump. Next, we prepared a seasonal room for things to be stored—play and seasonal costumes for her niece and nephews plus their board games, Christmas and seasonal decorations

and out of season clothing and footwear.

The second room would have all her craft work and paint supplies. The large laundry area would be divided into workspaces for future projects. As it was, a table was set up for folding laundry and a shelf held all the detergent bottles, brushes, and cleaning solutions. Brooms, brushes, rags and dustpans were lined up, along with waste baskets for future cleanup jobs.

On Day Two, we started on the second floor with the bedrooms, closets and bathroom. This was in the day before Kon Mari and we went through everything systematically, what to

keep, what to give away or what clearly was on its last legs.

This section was the hardest and took longest to complete as it held all her clothes (dressy, casual, office, recreational, seasonal), shoes, purses, scarfs, hair appliances, jewelry, cosmetics, lotions, accessories (seasonal and other occasions), plus a collection of tote bags and luggage and so much more. Many bags were brought to Goodwill and I even ended up with a few sweaters.

On Day Three, we breezed through the kitchen and dining room fairly easily. We made a new arrangement of kitchen appliances,

cookbooks and spices making it more organized and easier to work from.

The library showed many books being donated to schools and churches for their fundraising Fairs. The living room had magazines removed and some throw pillows going bye-bye.

The garage and back shed were saved for another day.

We like giving each other the gift of time and sharing this big work project together made the work go much faster. We really enjoyed the work going so smoothly and were so pleased with the final outcome and congratulated each other on a job well done.

Each day we started our day early with the fishermen—a big breakfast at Becky’s. This way, we did not have to stop for lunch. We worked right through the day and ended with an early supper, tired but pleased with our accomplishments and mapping out our plan for the next day. We have since tackled many big projects for family and for each other, in just this way. As the Shakers say, “Many hands make light work.”

Send all items for Arts & Entertainment to Editor@Twin City-Times.com. Deadline is Friday by five.

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

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



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Tri for a Cure goes virtual for 2020

Since the day after the 2019 Tri for a Cure, Maine Cancer Foundation (MCF) has been excitedly working towards plans for July 19, 2020 is “lucky” year 13 for an event that has come to be MCF’s largest fundraiser and which represents a celebration of women who have taken on a personal goal to swim, bike, and run while supporting a cause that is close to them.

After reviewing the public health considerations for reopening Maine as announced by Governor Mills on April 28 and communicating with the Maine Center for Disease Control and Prevention (Maine CDC), Maine Cancer Foundation has made the decision to change the 2020 Tri for a Cure scheduled for July 19 to a virtual event, taking place throughout the month of August.

While the logistical plans are shifting, the importance of Tri for a Cure remains. As is the case with a cancer battle, sometimes you must improvise, adapt, and overcome. MCF’s approach to this important fundraising event is no different. No one knows exactly what the coming months will look like here in Maine, but MCF knows that training and fundraising challenges

have arisen because of COVID-19. They also understand that everyone is dealing with a very fluid situation in terms of event/gathering restrictions, and that it is likely that MCF’s venue would continue to have limitations in the fall (particularly if students are back on campus). That makes postponing the event difficult.

For these reasons, and to honor the commitment while ensuring the safety of our participants, volunteers, sponsors, and community, MCF has made changes both to the logistics of the event and the fundraising requirements. They will continue to encourage fundraising, but no one will be penalized for falling short of the new minimum. They have also opened registration for more women to join the event. More information on the logistics of the virtual event can be found on the website (www.triforacure.org) and MCF will continue to send updates as they gear up for their first-ever virtual Tri for a Cure!

MCF’s motto has been “Cancer Tries. We TRI Harder!” and that will not change this year. While it is unfortunate that they will be unable to proceed in the manner that participants have come to expect, they are

excited about the opportunities that a virtual event offers. Most importantly, they will continue to stand up to cancer. While the everyone has all been at home, staying away from the gyms, the tracks, and the pools, cancer has not been canceled and is not practicing social distancing. It is critical to the people of Maine that everyone keep TRI-ing and don’t let COVID-19 keep you from helping our fellow Mainers. Cancer patients still need access to care and there still needs to be support screening and prevention programs to protect everyone from the harmful effects of cancer.

This year will look a little different, but the spirit of Tri for a Cure will persist, working together to ensure a better tomorrow for Maine.

Maine Cancer Foundation is dedicated to reducing cancer incidence and mortality rates in Maine. 100% of funds raised by the Foundation are used to benefit the people of Maine. MCF leads a state-wide effort to advance the most promising and effective cancer-fighting efforts available to the people of Maine through a combination of grant-based financial support and coalition building. Learn more at <https://mainecancer.org>.

Baxter Academy recognized with national award

Baxter Academy for Technology and Science was one of ten schools in the nation to be honored during National Charter Schools Week by the National Alliance for Public Charter Schools. The Above and Beyond Award recognizes Baxter for its emergency ventilator project, which is a finalist in the CoVent-19 Challenge, a competition judged by a panel of anesthesiology physicians at Massachusetts General Hospital and aimed at identifying an innovative ventilator to assist in meeting the global demands of the COVID-19 pandemic. Baxter’s design is one of seven finalists out of more than 200 entries from around the world, and it is the only high school to advance among teams from universities and professional engineering collaborations.

Baxter Academy is a project-based STEM high school with an emphasis on solving real-world problems. When the school moved to remote learning in March, engineering teacher Jonathan Amory identified that he and his students might be able to help overcome a projected severe shortage of ventilators in Maine. Working separately from bedrooms and kitchen tables, the team of students and alumni de-

veloped a mechanically robust ventilator from readily available parts. Three weeks later, when the ventilator was tested at the University of New England’s Interprofessional Simulation and Innovation Center, lab director Dawne- Marie Dunbar said, “What was very exciting was the data that we got from the patient simulator very much mimicked what we would see if it was on a real ventilator. To take parts that are readily available and basically put them together with three tools and to come up with a prototype that worked as well as it did on our patient simulator, we were fascinated.” The ventilator costs only about \$1,500 to produce.


Teacher Jonathan Amory is now leading his team of students to refine their design for the finals of the Co-Vent-19 Challenge, which culminates June 21. Whatever happens in the competition, as far as Amory is concerned, the lesson for his students is in the work: “They see that they can put their skills to use right away, that when there’s a crisis or a challenge that comes up, they can rise to the occasion and implement the skills that they’ve learned so far. They see themselves being relevant to finding solutions

to the problem.”

The Above and Beyond Award was earned by schools that took the extra step to serve not only their own students, but also the broader community—during the coronavirus pandemic, despite all the challenges that came with transitioning to online learning. “When schools nationwide transitioned to distance learning, it became clear to us that charter schools were setting a model for the rest of the nation on what it looked like to step up and care for their communities in the face of a global pandemic,” said Nina Rees, president and CEO of the National Alliance for Public Charter Schools. “There are many public schools that served their students well in the face of COVID-19, but the exceptional work of our Above and Beyond Award winners embodies compassion and caring for people outside their school community who also needed help. Their work is a model of servant leadership for the rest of the nation.”

Baxter Academy is a public charter school with students who attend school in Portland daily, commuting from 54 Maine towns. National Charter Schools Week celebrates charter school achievements May 10 through May 16, 2020.

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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 22

The Live from Home concert series featuring Connor Garvey at 7:30 p.m. via The Chocolate Church Arts Center Facebook page.

Tuesday, May 26

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

Tuesday, May 26

The Bailey Library in Winthrop will virtually host author and registered Maine guide Earl Brechlin at 6:30 p.m. The public is invit-

ed to attend via Zoom. For help attending, email director Richard Fortin at rfortin@baileylibrary.org.

Wednesday, May 27

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.

Thursday, May 28

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

Friday, May 29

Concerts for a Cause to present Kathy Haley and Phil House

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salist Church of Auburn. For more information, call (207) 783-0461 or visit www.auburnuu.org.

Maine CDC urges precautions against tickborne diseases

The Maine Center for Disease Control and Prevention (Maine CDC) urges Maine people to take precautions against ticks during May, Lyme Disease Awareness Month.

This year's Lyme Disease Awareness Month theme is "Tick Tock," which reminds Mainers to slow down and take time to practice tick and tickborne disease prevention. Deer ticks, which can carry the germs that cause tickborne diseases such as Lyme, anaplasmosis, and babesiosis, are most commonly found in wooded, leafy, and shrubby areas, meaning most Mainers are at risk every day. Individuals and families spending more time outdoors, particularly during the COVID-19 pandemic, should take steps to limit their exposure to ticks.

Ticks are already active in Maine. The following four strategies help to prevent exposure to ticks and the diseases they carry: Use caution in areas where ticks may be found; use an EPA-approved repellent such as: DEET, picaridin, IR3535, and oil of lemon eucalyptus; wear light-colored clothing that covers the arms and legs and tuck pants into socks; perform tick checks daily and after any outdoor activity.

Health care providers reported at least 2,150 confirmed and probable Lyme disease cases to Maine CDC in 2019. The most commonly reported symptom was an erythema migrans or "bullseye" rash. Other common

symptoms include arthritis, fatigue, chills, fever, headache, and swollen lymph nodes.

Maine CDC continues to help educate Mainers on ticks and tickborne diseases. Some of these activities include:

Educational Videos: Maine CDC has short videos on multiple tickborne disease topics. These include tick identification, how to perform a tick check, tickborne diseases, repellents, and how to choose a residential pesticide applicator. All videos can be viewed through Maine CDC's YouTube Channel at: www.youtube.com/MainePublicHealth.

Traditional and Social Media Messaging: Check out the CDC's Facebook (www.facebook.com/MaineCDC) and Twitter (twitter.com/MEPublicHealth) profiles. We will post information about ticks and tickborne diseases throughout the month. Find informational materials on the Maine CDC website (www.maine.gov/lyme/month).

Virtual Education: With in-person instruction suspended for the 2019-2020 school year, Maine CDC's 3rd through 8th grade tick education is now virtual. Video presentations, games, and activity books are available at: www.maine.gov/dhhs/schoolcurricula.

For more information, visit www.maine.gov/lyme.

The Maine Tracking Network (MTN) offers a variety of Lyme disease, anaplasmosis, and babesiosis data in

the "Data Portal" at data.mainepublichealth.gov/tracking. It includes: Near real-time tickborne disease data for 2020, and preliminary data for 2019; tickborne disease data at the town-level from 2014 to 2018; the MTN will publish 2019 data early this summer; tickborne disease data by county, gender, and age for 2001-2018; tick submission data from 1989-2013, through a collaboration with the Maine Medical Center Research Institute's Vectorborne Disease Laboratory.

Tick identification and testing is available through the Tick Lab at the University of Maine Cooperative Extension. More information can be found at ticks.umaine.edu. Tick identification is available for free. Tick testing is available for \$15 with a three-day turnaround time. The tick testing service is available only to Maine residents. This testing service is for surveillance purposes only. Contact your health care provider for concerns about tickborne illnesses.

Tick testing data are available as tables, reports, and maps, and include real-time updates. These data can be found at <https://extension.umaine.edu/ticks/maine-tick-data/>.

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

Hannaford plans to hire approximately 2,000 associates

Hannaford Supermarkets recently announced plans to hire approximately 2,000 associates at stores throughout its five-state territory, including Maine, New Hampshire, Vermont, New York and Massachusetts.

The hiring effort is designed to support stores, existing associates and customers during a period of increased demand related to the global health pandemic, as well as providing additional capacity for Hannaford To Go curbside pickup service.

"We are actively growing the Hannaford

team and expediting our efforts to hire and train new associates. Expanding our team will allow us to better serve our customers while continuing to maintain a safe and healthy environment for our shoppers and associates," said Hannaford Supermarkets Director of Talent Development Scott LeClair. "Hannaford is an exciting place to work filled with a lot of opportunity. As a company, we welcome diversity, encourage career growth and celebrate teamwork. Our stores are a place where you can really make a difference right now."

Hannaford has hired

more than 2,200 store associates since mid-March. As part of this largescale hiring effort, Hannaford is working with major employers in the hospitality, tourism and retail industries to connect furloughed workers with open positions within its stores.

Available positions vary by store with an emphasis on front end, grocery stockers and Hannaford To Go. Full and part-time opportunities are available, as well as temporary positions. Interested applicants can visit Hannaford.com/Careers for more information and to complete an online application.

Maine plastics manufacturer creates new product line

Thermoformed Plastics New England (TPNE) has designed a new face shield called FaceShield Plus™. The new face shield allows for a high-quality band with replaceable face shields. The idea to reduce waste and bring costs down came to TPNE general manager Paul Tyson while working with Robert Stoddard, his operations manager. Tyson noted that many of the 3D printed headbands would break over time. After talking with his staff Tyson said it was clear that the rapid development of a new product was necessary. Tyson said, "We were looking for a longer-term solution that was less expensive and more efficient and we found it in the design and execution using injection molding

for Faceshields Plus™.

The injection-molded headband is produced using white polypropylene and is fastened with a white silicone adjustable strap. Each headband comes with 20 replacement shields. Tyson added, "We have been able to bring costs down on this product because the user retains the headband and silicone strap. What would usually cost three to four dollars per use can be brought down as low as 65 cents a use. There are obvious benefits to the environment by not continually discarding the headbands and swapping out the face shields."

TPNE has been a leader in Maine donating more than sixteen-thousand face shields since the Covid19 crisis erupted. This latest product

line will address the still persistent need for product and will make it affordable across multiple situations.

TPNE was started by Paul Tyson in 2003. TPNE is proud to support companies in a wide range of industries particularly medical, telecommunications, automotive, and electronic. Our customers are located throughout the country and overseas.

Send all items for Names and Faces to the Editor. Deadline is Friday by five.

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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 WILLIAMSBURG & 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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Lewiston Wellness Shelter welcoming new guests

The Lewiston Wellness Shelter starting welcoming more guests last week after learning all test results received have been negative for COVID-19.

A former shelter guest was confirmed positive for the virus on May 3 after having been discharged from the shelter on April 30. Community Concepts' staff immediately followed Maine Center for Disease Control and Prevention (CDC) protocols to contain any potential spread of the virus, including temporarily suspending any new guests from entering the shelter.

Working with the Maine CDC, staff quickly identified and isolated those individuals who had close contact with the person who tested positive. Those individuals were tested and transported to a quarantine shelter in the Portland area which is operated by Preble Street Resource Center. All test results received for that group of individuals has been negative for the virus and

all remain asymptomatic in quarantine.

"Thanks to the quick and decisive actions of our staff, as well as support from the Maine CDC and local health providers, any risk of exposure to our guests, staff and the greater community is very low," said Shawn Yardley, CEO of Community Concepts.

Shelter guests have their temperature taken twice daily, are provided masks to wear in the building, as well as encouraged to practice safe social distancing and to frequently wash their hands or use hand sanitizer. Guests who show signs of illness are directed to get tested at one of the local hospitals and are not allowed into the shelter. They are also given information about where they can safely self-isolate at the quarantine shelter operated by Preble Street while they await test results.

"Anyone in our community can be exposed to the virus. Fortunately, the twice daily

health screenings at the shelter determined an individual was at-risk and was directed to get testing. Without that knowledge and support, this person would have been at much greater risk, not only to themselves, but to the community," said Lewiston Mayor Mark Cayer.

In addition to meeting basic needs, shelter guests are also able to access basic health assessments, case management and workforce development services. The 60-bed shelter will be open until June 30. "We are meeting our mission and addressing a critical public health need, providing a safe place for those with no permanent home to shelter in place during this pandemic. We will continue to work with our community partners to reassess the need for this facility as we get closer to June 30," noted Yardley.

For more information on bed availability and referrals, contact the shelter directly at (207) 513-3059.

Libby

Continued from page 3

Saturday, May 23. Please remember to wear a mask or face covering, to help prevent the spread of the virus. For more information, contact Jerry DeWitt at 926-3240 or jdewitt@tcmhs.or.

School staff all over the state and right here in Lewiston are stepping up to help make sure kids get the meals they need and would otherwise be served at school. The sad truth is that for so many kids in our state, the only healthy meal they get during the day is at school. Almost 20 percent of children in Androscoggin County struggle to get three balanced meals each day. No child should ever go hungry. The work our school cafeteria workers, teachers, ed techs and school bus drivers are doing is invaluable, especially during this crisis.

Another critical resource in the L/A area is the 24-hour helpline offered by Safe Voices, a local organization that helps people suffering from domestic violence. Right now, Safe Voices is looking for volunteers

willing to be trained on their helpline. Helpline volunteers are there to listen to and support individuals affected by domestic violence. The helpline is often the first point of contact a victim or survivor has with services. All volunteers go through a 50-hour training program that gives them the skills they need to support and help callers. Training is free, and offered online via Zoom. This is a big undertaking, but the work that helpline volunteers do saves lives. The first session of summer training is scheduled for Monday, June 1, 4 to 8 p.m. To learn more, check out Safe Voices' Facebook page at <https://www.facebook.com/nts/1898202390311498/>.

Many other non-profit and charity groups are in great need of extra support. Because of this pandemic, they've had to cancel fundraising events and seen donations drop off. I've heard stories of people donating some or all of their federal stimulus checks to their favorite charitable groups. I know that's not an option for everyone—for many families in Lewiston, that extra \$1,200 is sorely needed to help pay rent or put food on

Thursday, May 21, 2020

the table. But at times like these, it's critical for those of us who are lucky enough to be on stable financial footing to give how we can. If you're considering donating, keeping your money as local as possible can have the biggest impact. The Lewiston Auburn Chamber of Commerce website has a great list of nonprofits and charitable groups that help people right here in our city.

For other ideas on how to lend a helping hand, or where to get help, you can also check out MaineHelps.org, a website put together by the Mills Administration. This site is a fast way to find a variety of ways to give back, whether that's donating to a local charity, volunteering to share your time or expertise, or supporting local businesses.

Here in Maine, we've always been good at looking out for our neighbors. We have each other's backs, through thick and thin. I have every confidence that we'll get through this crisis, too, the same way we always have—together.

Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21 which comprises the City of Lewiston.

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