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At CMMC

New cancer center planned for September

By Nathan Tsukroff of PortraitEFX

Maine has wonderful doctors and great hospitals to treat almost any illness.

What it doesn't have is an institute for cancer treatment in the center of the state. But that will start to change in early September.

The Dempsey Center in Lewiston, founded in 2008 by Patrick Dempsey as a way to give back to the community where he grew up, is committed to making life better for people managing the impact of cancer. However, it doesn't provide the services of doctors for treating cancer.

That's what a planned cancer center, or institute, at Central Maine Medical Center (CMMC) will provide for much of Maine, according to Dr. Sean McGarr, a gastroenterology doctor at the hospital. With a planned groundbreaking in early September, the cancer center will bring together cancer doctors – oncologists – from throughout the area to provide comprehensive cancer services. “We have a won-



Dr. Lisa Rutstein, a surgical oncologist, reviews the results from a recent procedure with Dr. Sean McGarr, on the gastroenterology team at Central Maine Medical Center in Lewiston. (Photo by Nathan Tsukroff, PortraitEFX)

derful Dempsey Center” which provides research, social support, and help for patients to navigate through the current healthcare system as they seek treatment for cancer, Dr. McGarr said, but, “It's not a cancer

center; it's not a cancer institution.”

CMMC's cancer center will have “a multi-disciplinary cancer institution,” where multiple healthcare providers who specialize in cancer can be found in

one place, Dr. McGarr said.

Maine is a very large state with only one other cancer center,

Maine General Medical Center's Harold Alfond Center for Cancer Care in Augusta.

Dr. McGarr, who was a Director of Gastrointestinal Oncology at Maine General before coming to CMMC, looks to make the CMMC center a partner with doctors throughout central Maine, providing continuing care for patients close to their homes after their initial cancer treatments.

“Our mission has been to make it accessible,” he said. “A lot of our patients don't live right around the block. To come from sites that are on the coast, or sites that are up in the mountains, to come to one place . . . the goal, I think would be to see all your doctors and limit the travel to make it as efficient of a visit as you possibly can get.”

With a multi-disciplinary team, “You have radiologists looking at the film, you have oncologists that have read the biopsies, you have the

surgeons that are meeting with you and talking about the options . . . those folks that specialize in cancer care, all in one spot,” Dr. McGarr said.

“We've come together in an area that is more centrally-located,” Dr. McGarr said. “We're becoming more accessible by having the right doctors, the right cancer folks in one institution,” so patients don't have to travel from town to town find the doctors they need for their treatments. Keeping all the doctors “under one roof, working together” makes for a more cohesive team with better communication, he said. “It's better for the patient!”

Dr. McGarr said he came to CMMC about 18 months ago because he liked the fact that CMMC was growing under its new leadership and was bringing in the doctors and the physicians that his patients needed from a gastroenterology standpoint. He

See CMMC, page 16

Separated by the pandemic part 2: From the caregiver's side



Jamie Lefebvre of Lewiston spends time with her son, Landon, at a small part next to her apartment building on Beacon Street. She is careful to stay socially distanced to avoid bringing any illnesses to patients at the Beacon Hospice, where she works as an aide. (Photo by Nathan Tsukroff, PortraitEFX)

The following story is the second of many interviews being done by Nathan Tsukroff of PortraitEFX to capture the effects of this pandemic on the people of Maine.

Jamie Lefebvre of Lewiston, an aide at Beacon Hospice Care on Beacon Drive in Augusta, has not been able to touch her 11-year-old son for about two months, due to the Covid-19 crisis. And he has been staying overnight at the house where his father, Chris Nagy, lives, although the divorced couple shares joint custody.

The closest she has been able to get was several weeks ago when she donned trashbags and her mask to hug him for

See Pandemic, page 8

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MaineCF awards COVID-19 fund grants

Nonprofit organizations that serve Maine people most affected by the coronavirus pandemic have been awarded \$1.2 million from the Maine Community Foundation's COVID-19 Emergency Response Fund and a fund for food security.

The 130 grantees include community and statewide organizations providing basic support such as food, shelter, childcare, mental health and domestic violence services. Recipients are determined proactively based on needs around the state; there is no application process.

"Maine's demographics and economic makeup place many residents in extremely vulnerable positions during this pandemic," said Steve Rowe, MaineCF president and CEO. "The

generosity of our donors has allowed the Maine Community Foundation to expeditiously support community-based organizations on the front lines of the crisis. Our latest round of grants provides resources to food pantries and homeless shelters as well as other social service organizations across the state."

The COVID-19 fund began with a \$500,000 transfer from an unrestricted MaineCF fund and has grown substantially due to transfers from donors with advised funds at the community foundation and contributions from individuals, foundations and corporations.

A complete list of COVID-19 Fund grantees is available on the foundation's website,

www.maincf.org.

In addition to the \$1.2 million issued from the funds for COVID-19 relief and food insecurity, donor giving through MaineCF has increased threefold compared to this period last year: Donors with advised funds at the community foundation have stepped up by making more than \$6 million grants since mid-March.

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

Brunswick Outdoor Arts Festival cancelled

The Brunswick Outdoor Arts Show, scheduled for August 15, 2020 in Downtown Brunswick, has been officially canceled.

It is with great sadness that the Brunswick Downtown Association has cancelled its 2020 Brunswick Outdoor Arts Festival in response to the coronavirus pandemic. Held every August in downtown Brunswick since 2006, the show features over 100-juried artists on the sidewalks, and dozens of demonstrating artisans and musicians on the Brunswick Town Mall.

The BDA Events Committee came to the decision after Governor Janet Mills cautioned

that the State mandates on large gatherings will remain in effect until September.

"The Brunswick Outdoor Arts Festival is a signature event for the BDA and is highly anticipated by our community and the participating artists and performers. However, the safety and health of our community, volunteers, and supporters must take precedent during these times. We look forward to seeing everyone next year!" says Debora King, BDA Executive Director.

"We were looking forward to our 2020 event. With a large number of returning artists, we were on track for a hugely successful festival."

says Keith Garovoy, BDA board member and Co-Chair of the Brunswick Outdoor Arts Festival Committee. "We hope everyone stays safe and happy and we look forward to Brunswick Outdoor Arts Festival in August 2021!"

Although the live festival is cancelled, the BDA will be listing all artists and Featured Supporting Artists with photos, links, and contact information, on the Brunswick Outdoor Arts Festival website. This may also include music by local bands, dance performances, and other entertainment. Visit the festival page in July for more details <https://www.brunswickoutdoorartsfest.com/>.

Maine State Bar Association names new Chair



His legal career began as a law clerk for the global D.C.-based intellectual property firm, Finnegan Henderson. He was also an examining attorney for the US Trademark Office and has worked for several Maine law firms. In 2011, Andy opened his own law practice in Waldoboro, where he served clients in Maine, nationally and internationally, until 2019 when he joined Skelton Taintor & Abbott.

He served as president of the Lincoln County Bar Association 2011-2019. He also volunteers his time with Lawyers for the Arts and Lawyers for the Elderly. He received his B.A. degree from Miami University in Oxford, Ohio and Juris Doctorate from The Antioch Law School in Washington, D.C.

Since 1853, Skelton Taintor & Abbott has provided a full range of high-quality legal services to the individuals, companies, and municipalities of Maine. The firm's main office is located in Auburn and in January 2019, a mid-coast office was opened in Waldoboro. For more information, visit www.STA-Law.com or call (207) 784-3200.

Skelton Taintor & Abbott is pleased to announce that the Maine State Bar Association, Board of Governors has appointed Attorney Andrew Zulieve as leader of the groups Intellectual Property Section for 2020.

Mr. Zulieve's practice at Skelton Taintor & Abbott covers all non-patent areas of intellectual property law, trademarks and brand protection, copyrights, design rights, trade secrets, licensing, rights of publicity, domain name and social media disputes, unfair compe-

titition, business law and litigation in all courts. Zulieve has significant experience advising companies on how best to acquire, develop, and use intellectual property to maximize revenue and business leverage.

Practicing law for more than thirty years, Mr. Zulieve is sensitive and dedicated to his client's needs. He understands that effective representation is achieved through a strict adherence to detail and thorough preparation combined with the highest standards of ethics and fairness.

Workshop on raising pigs for home use

University of Maine Cooperative Extension will offer a free online workshop about raising pigs for small-scale use from noon to 2 p.m. on June 16.

Topics will include appropriate housing, health and nutri-

tion; swine breeds, and expected meat yields. UMaine Extension professor Donna Coffin and Extension livestock specialist Colt Knight will lead the workshop.

The workshop is free; registration is re-

quired online. For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 942-7396 or donna.coffin@maine.edu. More information also is available on the program webpage.

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Newsmakers, Names & Faces

Guest column

Striking the right balance

by Sen. Ned Claxton

When COVID-19 first appeared in Maine, folks from around our state quickly took action. We learned to practice social distancing, closed schools and businesses, and those of us who were able to, began working from home. Our efforts were largely successful. To date, only four of Maine's 16 counties experienced confirmed community spread of the virus, and compared with other parts of the country, we've experienced far fewer cases and deaths. Thanks to our quick action, we're now beginning to re-open Maine's economy, while continuing to prioritize health and safety. Doing this is not an easy task, however. There's a difficult balance that must be struck between identifying "high-risk" activities that we're not quite ready to resume, and the things that we can start doing safely once again, especially those necessary to get the economy going again. Unfortunately, between the rapid pace in which decisions must be made, and the ever-changing status of the virus, there has been some decision-making that has led to harmful, unintended consequences.

For example, just five days before restaurants were scheduled to reopen for dine-in service in Androscoggin, Cumberland and York counties on June 1, Gov. Janet Mills announced that they would only be allowed to provide service to customers seated outside. Although I know that this last-minute decision was made with public safety in mind and with the best available data, restaurant owners and their employees were left high

and dry.

For some time, these folks had been preparing to go ahead and open their doors on June 1, since there had been no official change to that part of the reopening plan as it was first announced. Now, they had to tell employees that they couldn't come to work and had to re-file for unemployment. They had also wasted money on food and other items needed to reopen, and spent countless hours preparing to make all the accommodations that were necessary to do business. These owners and employees want to make dining out a safe activity and are more than willing to follow all the necessary guidelines. To make this decision just five days before the planned reopening, and with no notice that such a change was being considered, was a disservice to hardworking men and women across Maine. The Legislature was not consulted on the matter.

This latest issue is compounded by the fact

that reopening guidelines have been set on a county-by-county basis, an issue my colleague Rep. Amy Arata, R-New Gloucester, and I raised in a recent letter sent to Gov. Mills. The problem is that demographics can vary drastically within the same county. For example, New Gloucester and Portland are very different places, yet they are both in Cumberland County. Auburn and Poland are different too, but both are in Androscoggin County. The collection of data on a county-wide basis, instead of a town-by-town basis, has severely limited our options in using these guidelines. Rep. Arata and I requested that Gov. Mills begin to lift some of these restrictions that make sense in cities, but just don't make sense in our more rural towns. With this still unchanged, rural towns in these three counties will be forced to wait, along with our cities, to reopen indoor dining-in restaurants.

As a physician,

Poland Spring Preservation Society opening for 2020

Poland Spring Preservation Society (PSPS) has opened its buildings for the 2020 season. This will be the 44th year that PSPS will be inviting visitors into the Maine State Building (1893), built in Chicago, Illinois, for the Worlds Fair and the All Souls Chapel (1912) to learn about the amazing history of Poland Spring. PSPS is located at 37 Preservation Way, Poland Spring, Maine. Hours are Thursday through Saturday, 9 a.m. to 4 p.m. and Sunday, noon to 3 p.m. Call (207) 998-4142 or visit PolandSpringPS.org for more information.



my priority is keeping folks safe and healthy during the pandemic. I also know that Mainers are smart. We've already demonstrated our ability to practice social distancing, good hygiene and wearing face coverings when we're in crowded places. As we continue to navigate these uncharted waters,

we all need to have a say about how we approach these new challenges. We can't wait for a vaccine to help reopen businesses. We also can't go back to our old lives all at once. We must work together to strike the right balance. I hope we can do that from here on.

If I can be of assistance to you, please

don't hesitate to contact me. You can email me at Ned.Claxton@legislature.maine.gov, or call my office at 287-1515. And please, be well and take care of one another.

Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland

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What's Going On

Lodging groups offer tourism re-open plan

A group of hotel owners have asked Gov. Janet Mills and her administration to work with them to salvage what is left of the 2020 tourist season. "Work With ME" launched last Monday with supporters urging Gov. Mills to eliminate the 14-day quarantine and replace it with responsible solutions to keeping residents and visitors to Maine safe.

"We have been actively trying to convey the extreme harm that the 14-day quarantine requirement has and will continue to have on our economy from the moment it was announced by Governor Mills," said Eben Salvatore, Director of Operations at Bar Harbor Resorts. "We knew immediately it was going to have a devastating effect on us and our entire state. Unfortunately, everyone got to see just how much trouble we are in over Memorial Day weekend. The few restaurants that tried to operate in Bar Harbor for the Holiday weekend have reported losses between 70-95% over last year. The pain is now real. Further delays are digging a hole for our associates and business that may be impossible to recover from."

The group of owners represents properties serving 18 municipalities, with 38 hotels and employing 3,175 people. Several of the hotels associated with the "Work With Me" group have been safely operating in

Maine since the start of the COVID19 pandemic.

"There is no question that we have the procedures and protocols to take extra measures to keep people safe," said Connie Russell, General Manager at the Samoset Resort in Rockport. "We have implemented very thorough and effective safety protocols designed to keep our employees, customers, and the communities we operate in as safe as possible. The mandate of a 14-day quarantine for every out-of-state visitor is not workable and is helping to destroy Maine's economy. Having a responsible plan allowing for common sense actions to be taken to ensure safety is a very achievable goal, but time is not on our side. We have to act now. We call on Governor Mills to work with us and lift the quarantine immediately."

A plan was presented to the Mills Administration in late April by some members of the group through Hospitality Maine. While it was received positively, no action has been taken to implement or discuss it further. Meanwhile, in addition to the tens of thousands of hospitality jobs at risk, the empty hotels all across Maine are having a crippling effect on the financial health of local communities.

An updated plan has been developed and includes strict adherence to many state guidelines.

Like the state's plan, a phased-in approach to opening is recommended, with initial strict requirements for social distancing, limiting group gatherings, and no breakfast buffets at hotels where it is normally offered.

"No visitors means no retail customers shopping, no families dining out, or taking part in so many other activities that rely on visitors to remain viable. Even the price of lobster is plummeting because nobody is buying and there is nobody here to eat it," said Salvatore.

Overall, Maine's hospitality sector had a statewide economic contribution, including multiplier effects, of an estimated \$6.9 billion in output, 79,000 full- and part-time jobs, and \$2.2 billion in labor income, according to a study released last fall.

"There is a balance between keeping our population healthy and keeping our economy healthy," said Russell. "The tourism industry cares about the people of this state as much as anyone. Our industry consulted National CDC guidelines and prepared plans to safely and responsibly operate our hotels, motels and lodging establishments with safety measures that exceed requirements. We are prepared to protect our guests and our employees and do our part to preserve Maine's

See **Lodging**, page 13

Calls to reconvene the Maine Legislature

Maine Policy Institute sent a letter to the Maine Legislature urging the presiding officers to call a special session for the purpose of directing the state's immediate economic response to the COVID-19 pandemic. The letter includes an agenda and emergency legislation for lawmakers to consider upon their return.

"Maine people deserve a voice in the state's response to this pandemic," CEO Matthew Gagnon said. "Businesses are closing permanently and jobs are being lost forever due to the governor's heavy-handed approach. It's time to restore regular order in Augusta by reconvening the people's representatives to conduct the people's work."

The presiding officers of the Maine Legislature – House Speaker Sara Gideon and Senate President Troy Jackson – have already requested the governor establish a task force for handling Maine's economic response to the coronavirus. Governor Mills denied that request, making it incumbent upon the presiding officers to take matters into their own hands.

The emergency legislation Maine Policy Institute recommends lawmakers consider includes making permanent the medical licensing and telehealth rules suspended by Governor Mills during the pandemic, repealing Maine's certificate of need law and enacting Rep. Kathleen Dillingham's propos-

al to reform emergency executive power, among others. The letter also includes recommendations on how to spend the federal funding made available to Maine under the CARES Act.

"It is irresponsible to hold onto CARES Act funding with the hope of Congress relaxing rules on how states can spend it," Gagnon said. "Instead, we should focus on providing immediate relief to struggling Maine families and business owners whose lives have been upended by the pandemic and our state government's misguided response to it."

The full letter sent to Maine lawmakers can be read at <https://mainepolicy.org/reconvenethelegislature/>.

Hannoush Jewelers reopens store at Maine Mall

Hannoush Jewelers, a family-owned and -operated company for nearly four decades, announced that it has reopened its store in the Maine Mall.

"Our customers' health is among our top priorities, as is their peace of mind," said store manager Stephen Krauss. "We want shoppers to take comfort in the fact that we are doing our part to keep them safe.

All our employees will be donning face masks, and our already stringent cleaning regimens have been heightened."

The opening comes after a state mandated closure of all non-essential retail establishments throughout Maine. During this time, online and telephone ordering systems were instituted, conveniences that will remain available.

"We've missed our

customers and welcome the chance to see familiar and new faces," said Krauss. "Still, we understand that some may be apprehensive about shopping in-person. We are happy to answer questions and take orders over the phone. We'll also continue our online ordering system."

Online orders may be placed around the clock by visiting hannoush.com.

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FOOD4VETS program

FOOD4VETS a program funded by The New England Patriot's organization is hosting major food distribution sites in Maine (and New England) for Veterans and their families who may be food insecure. This is a multi-organization collaboration with the New England Patriots partnering with 222cares and the VET Center in Lewiston to deliver boxes of food to the Lewiston and Brunswick areas.

The American Legion Field-Allen Post has asked to expand this coverage to include the Rt 302 corridor with

the addition of sites in Windham and Bridgton. Plans are to have the sites up for distribution on Wednesday, June 17 at the WVC, Post 148, Windham from 10 a.m. until 1 p.m. and at Post 67 in Bridgton in the afternoon from 2 p.m. to 5 p.m. The WVC is on an extension road in the Back of the Hannaford's Complex in North Windham. A box of food will be provided to each family member registered. For two individuals in the family, there will be two boxes, etc.

Families in which the veteran has passed away may still register

provided they have the DD214 as proof of service. Vets or their families needing this support must register for food on the website at 222cares.org and present a DD214 or proof of service at the time of food pick-up. Pass this info on to any and all veterans in need of this support.

VA Contact information: Jerry Short, Veteran Outreach Program Specialist/MVC Tech-Tel: 207-623-8411x3479 or Email: gerald.short@va.gov. Post 148 Contact information: Dave Tanguay, Adjutant, 207 892 1306 or dtanguay46@aol.com.

Anti-vaping campaign has Maine teens texting to quit

A new anti-vaping campaign from the Maine Center for Disease Control and Prevention (Maine CDC) helps young people understand the risks of vaping and offers texting to support youth who want to quit.

Governor Mills directed Maine CDC to launch the campaign in response to the increase in e-cigarette use reported by state high school and middle school students. The trend mirrors a national increase in vaping by youth during recent years.

The campaign, which launched in April and will continue at least through the end of 2020, reaches teens in Maine through television, Hulu, Instagram, Snapchat, TikTok, YouTube, and the website VapeFree-Maine.com. The website and digital campaign ads have a text-to-quit feature, allowing young people to send a free, anonymous text message to campaign partner Truth Initiative, a national nonprofit public health organization. From April to mid-May, 117 individuals had reached out for help from the program.

Truth Initiative texts back daily inspirational and educational messages based on the user's age, vaping frequency, and readiness to quit. Texters can also receive instant support through the text message service.

Many young people are still learning how using e-cigarettes, or "vaping," affects their health. Almost all these products contain nicotine. Kids try it a few times, often get addicted, and then have trouble stopping.

This campaign tackles the issue from both ends, building awareness to prevent youth from starting vaping and offering age appropriate support to those who want to quit.

The 2019 Maine Integrated Youth Health Survey found that 28.7 percent of Maine high school students reported currently using e-cigarettes (at least one time in the past 30 days), an increase from 15.3 percent in 2017. Maine's high school results align with the most recent data from the National Youth Tobacco Survey, which show that 27.5 percent of high school students throughout the United States reported having used e-cigarettes within the past 30 days.

The biennial Maine survey also showed an increase in high school students who reported ever having used an e-cigarette product, from 33.2 percent in 2017 to 45 percent in 2019.

E-cigarette use was also up among Maine middle school students.

The new campaign follows Governor Mills signing into law in May 2019 a bill that bans use of e-cigarettes on school property and in the wake of her direction to Maine CDC to work with the Maine Office of the Attorney General to pursue increased compliance checks on e-cigarette purchases at retailers throughout Maine to prevent sales to youth. Maine also bans all online sales of e-cigarette products and licenses tobacco product sellers to ensure oversight.

For more information Visit Vape-FreeMaine.com. Youth who want to quit: text "MAINE" to 88709. Parents with questions about youth vaping, contact the Maine Vaping Quit Support Line at 1-844-9NO-VAPE or email NOVAPE@TheQuitLink.com.

Maine business leaders share 'Work-from-Home' strategies

The Maine State Chamber of Commerce and Educate Maine hosted a free webinar last Thursday focused on maintaining business continuity in the new work-from-home model and the economic opportunity remote work presents for Maine. Panelists Matt McGrath, president and CEO of Systems Engineering, and Laurie Mitchell, assistant vice president of Global Wellbeing and Health Management forUnum, shared what is working well for their companies to keep employees engaged while working remotely, strategies for safely returning to the workplace, and the future of the work from home model. Nate Wildes, executive director of Live + Work in Maine, discussed how Maine can use remote work opportunities as one way to attract people to live and work in Maine, and how this can benefit Maine's economy.

Both McGrath and Mitchell emphasized that, for employers with

employees working from home during the pandemic, frequent communication and contact with their employees is key to keeping them engaged. Making sure employees have the tools they need to succeed while working remotely is important to their success, and the success and continuity of any business, as is mutual employer/employee trust and accountability. With many employees beginning to return to the workplace, employer flexibility is important to support the needs and various challenges of employees, such as child, elder care, and the health of employees or close family members who may be at higher risk due to COVID-19.

Soliciting feedback from employees through surveys and direct communication helps to understand their needs and considerations in determining returning. Many employees indicate they are more productive at home and cite fewer distractions, better idea generation, and a better work/life balance, while

staying connected with the workplace virtually.

For organizations whose employees are returning to the workplace, communicating new safety policies, measures and protocols is key to a successful return and the comfort level of those who are returning.

Wildes outlined the economic benefits of attracting remote workers to Maine. Maine's quality of life and lower cost of living make Maine an attractive place to live and work for many who work remotely. Maine employers are still experiencing a need for more talent and better-matched talent. Attracting more workers to Maine can help address these challenges, and there are economic benefits to growing the workforce, as well as its diversity, regardless of whether incomes come from an employer in Maine or outside of the state. Live + Work in Maine is organizing informative resources for prospective remote workers, including mapping co-working

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Seniors Not Acting Their Age Tumultuous Times on the Machias River

Forget the St. John, Allagash or Moose Rivers. As far as I'm concerned, the Machias River is the best canoe trip in Maine. A free-flowing river with a large watershed, it begins in the lakes region of northern Washington County and then tumbles for eighty miles to the sea in the coastal community of Machias.



A solo canoeist uses an onside draw to finish Little Falls on the Machias River

Meaning "bad little falls" in Passamaquoddy, the Machias has virtually everything for the adventurous paddler. Narrow, scenic whitewater streams connect five medium to small lakes in the upper reaches of the river. A few miles after leaving the last downriver lake, First Machias, it joins the West Branch and becomes a more substantial body of water. Beginning with Long Falls between Third and

Second Machias Lakes, there are at least eight Class III rapids, some become more difficult in high water. Depending on water levels and paddling skills, a few may need to be portaged. Most consider spectacular Class V Holmes Falls to be a mandatory carry.

Numerous access points on the Machias offer a very unique feature for a canoe camping river, allowing for a multitude of tripping options

from single day adventures to week-long journeys. While paddling the entire river is always my first preference, a favorite shorter version is a thirty-mile sector from Third Machias Lake to the top of Holmes Falls.

My tumultuous affair with the Machias began in the late 1970s when my wife Nancy and I completed an overnight trip from Third Machias Lake to Airline See River, page 11



A tandem canoe team completes a difficult descent of Carrick Rips on the Machias River



A solo canoeist executes a cross draw to avoid an obstruction on the Machias River



A solo canoeist completes a tricky move on Little Falls on the Machias River

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HHRC launches Bicentennial Vision 2020 project

Members of the public are invited to submit their ideas for Maine's black and brown heroes over the last 200 years in an exciting new project, Vision 2020, launched by the Holocaust and Human Rights Center of Maine (HHRC). The goal is to highlight the contributions of black and brown heroes as part of Maine's bicentennial celebration. The HHRC and the Vision 2020 Committee are now accepting online nominations for current and past black and brown heroes through an online portal at hhrcmaine.org/vision2020.

"Maine students, our children and grandchildren and the public deserve a telling of Maine history that is truthful and representative," said Adelaide Solomon-Jordan, an HHRC board member, teacher and member of the Vision 2020 committee. "All too often black and brown voices and contributions go unrecognized and swept aside. As we celebrate Maine's Bicentennial, we have a chance to acknowledge and move forward into the next 200 years with more accurate and diverse perspectives on who and what makes Maine so special."

The Vision 2020 Project is designed to celebrate the role of Black and Brown heroes in Maine. The Project will include a visual arts exhibit at the Holocaust and Human Rights Center of Maine next winter and educational programs for Maine students and the general public highlighting the contributions of black and brown people in Maine historically and today.

"Vision 2020 gives way to honor the underrepresented voices of black and brown leaders and pillars of our community who left an indelible imprint and shaped Maine's history," said Tam Huynh, Vice President of the HHRC Board of Directors and a member of the Vision 2020 Committee.

Nominations for black and brown heroes from members of the public will be accepted until July 15 and a public call for artists will follow. The Vision 2020 Project's exhibits and educational programs are scheduled to open in March of 2021.

"This is a chance to give students and the broader public a more holistic and honest portrayal of Maine's history and its people — especially its first peoples,"

said Clarissa Sabattis, Maliseet Tribal Chief and member of the Vision 2020 committee. "Maine has a colorful and rich history that too often goes untold. Having a better understanding of our past will help us build a better future."

"We want Maine children, including all children of color, to see themselves represented in the telling of Maine's heroes," said Lelia De-Andrade, Vision 2020 Committee member and Vice-President of Community Impact at Maine Community Foundation. "Acknowledgement and understanding are the first steps in dismantling white supremacy and institutional racism to build a more just and inclusive society."

Members of the Vision 2020 Committee include Jerome Bennett, Lelia De-Andrade, Tam Huynh, Marcia Minter, Darren Ranco, Clarissa Sabattis, Lisa Sockabasin, Adelaide Solomon-Jordan, Rachel Talbot Ross and Jenna Vendil.

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

Silver and Gold Anniversary Mass to be live-streamed



Like so many other traditional gatherings, the annual Silver and Gold Anniversary Mass will go virtual in 2020.

The Mass, which serves as a celebration of milestone anniversaries and the goodness and blessings of Christian marriage, will be held on Sunday, June 28, at 10 a.m. Bishop Robert Deeley will celebrate the Mass which will be live-streamed from the Cathedral of the Immaculate Conception in Portland on www.portlanddiocese.org/online-Mass and www.facebook.com/Portland-Cathedral.

Due to the restrictions on the size of large

group gatherings, the annual Mass will not be an in-person event but is being offered for live-stream participation only.

Couples who are celebrating major milestone anniversaries of 25 years, 40 years, and 50 or more years in 2020 may register, but all are encouraged to participate. Registration is open at www.portlanddiocese.org/olff/silver-gold-mass.

The live-streamed Mass does provide the opportunity to explore new ways to honor those celebrating anniversaries as each couple may register to be included in the downloadable commemorative program

and submit a picture of themselves from their wedding day or present day for inclusion in a special slideshow.

"Marriage is about beginning and new life," said Bishop Deeley. "The Mass celebrates marriage, not only in its beginning but in its permanence. We will mark these milestone anniversaries which speak to us of the enduring power and strength of married love. What a worthy celebration."

Last year's Mass was held at St. Joseph Church in Biddeford, with over 60 couples participating nearly 2,400 years of marriage combined.

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- 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

Thank you Gorham and surrounding communities for supporting the Ocean Gardens Restaurant and Tavern family during these pandemic times. It means a lot to all of us.

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We are now offering the following desserts: cheesecake with strawberries, Mile High Peanut Butter Explosion Cake, Shain's of Maine Sea Dog Biscuits, and Wicked Whoopie Pies.



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Pandemic

Continued from page 1

a few minutes.

Landon stayed overnight, socially separated, this past Mother's Day at Lefebvre's apartment on Beacon Street, then returned to overnights with his father.

"Pretty much, after work, I typically go to his father's (house), they live in the neighborhood, and we just walk," Lefebvre said. Her father helps with homeschooling for Landon, and she helps with homework as he needs.

They recently worked on a project for his school science fair. He had to "take an invention that you can buy, and then upgrade it," she said. Landon took rubber gloves and added different pads to wash dishes and keep them germ free from Covid-19. "It was



Landon gets a hug from his father, Chris Nagy. (Photo by Nathan Tsukroff, PortraitEFX)

really good!" she said.

Landon presented his project remotely. Part of the assignment was to

make the presentation as a famous person, so he chose Gordon Ramsey, and "had a lot of fun" with the presentation.

Lefebvre has continued working full time during the Covid-19 crisis. As an aide, she helps patients with showers and other personal care like hair and nails.

"Right now, they haven't seen their family in pretty much two months. And so, I am pretty much that person for them," she said. She helps patients with walks outdoors and helps them to send cards home to their families.

"It's been really emotionally hard, work-

ing," Lefebvre said. "My job is different" with the Covid-19 restrictions, she said, adding that she feels that as a hospice aide now, she is trying to get them to hang on until the doors open to families again.

For the hospice patients, when they are in their final 24 hours, only two family members are allowed to visit the patient, while the other family members "have to Zoom," while their loved one is dying, she explained.

Lefebvre said she has great respect for the other hospice workers and has been following social-distancing guidelines to ensure she does not bring Covid-19 into the facility where she works. Workers are screened daily as they enter the building to care for patients.

There are patients on hospice who "are potential people who could graduate" from hospice care, Lefebvre said. A patient may decline and be provided with hospice care, then get better and no longer need that care. She said she is very aware of the need to avoid infecting any of the patients, especially for this reason.

Lefebvre said of the patients, "We give them quality, not necessarily quantity. We want their days left to be happy."

Lefebvre has been a healthcare aide for 10 years, and said she finds her work very fulfill-

ing. "I think they give me more than I give them, honestly. I think they have taught me great things to carry out through life."

Being socially distanced during the Covid-19 crisis has changed her view of everyday life. "I've always appreciated things, small things, but now I'll never take for granted a hug

we could live life." Kids are playing outside all the time now, she said, which is "a very positive situation."

"I can't wait for things to be back a little bit more normal, for me to actually kiss my son and hug my son," she said. "He's a very loving kid, so it's been truly heartbreaking" not being able to touch him.



Lefebvre chats with her son, Landon, on a sunny afternoon as they spend time in a small part beside her apartment building. (Photo by Nathan Tsukroff, PortraitEFX)



A sign and painted rocks placed at the bus stop across the street from the main entrance to Central Maine Medical Center in Lewiston to honor the frontline workers at the hospital. (Photo by Nathan Tsukroff, PortraitEFX)

from family, my friends, and number one, my son!" she said.

"I think it's very true that we take things for granted, and I hope that for some, it opens our eyes to how simple

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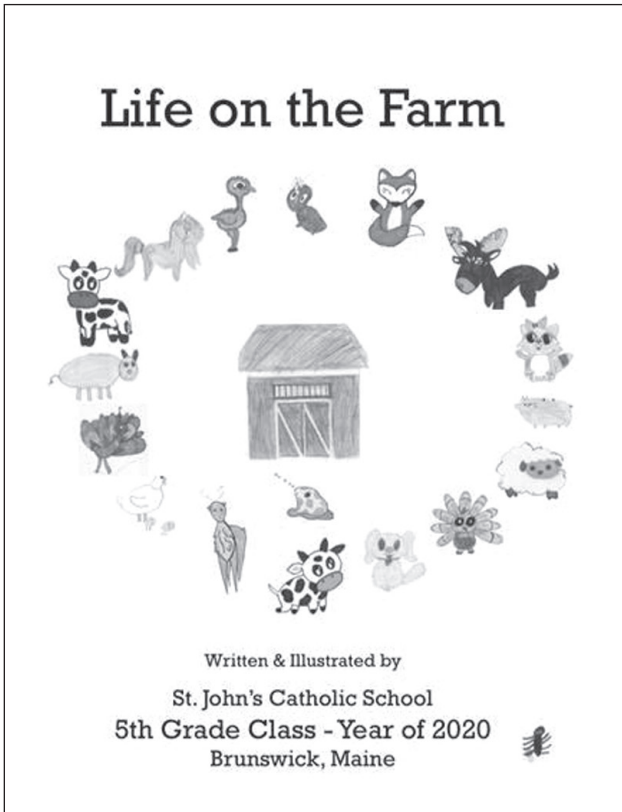
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Fifth graders publish inspiring book



make the year meaningful for the class, I found the Samantha Smith Challenge.”

The program challenges students and teachers to learn about a social issue and come up with a way to educate and share the issue with the world.

“The social issue the students chose to research and share about is mental and physical disabilities,” said Jones. “We then wanted to find a way to convey acceptance and love to all of God’s children.”

The students decided to write a book. They developed characters, formulated a plot, and drew illustrations, creat-

See Book, page 13

A love of writing, imagination, and commitment led a class of fifth graders at St. John’s Catholic School in Brunswick to publish a book.

“I have been blessed with a fifth grade English class full of drive, determination, intelligence, creativity, compassion, and integrity,” said Tiffany Jones, the fifth-grade teacher. “Wanting to



23rd MIFF announces program and schedule



A still from the film “White Riot” (North American Premiere).

The Maine Film Center (MFC) announces the release of the complete lineup for the 23rd annual Maine International Film Festival (MIFF), which will offer programming this July 7 through 16 at the Skowhegan Drive-In Theatre, as well as having a selection of titles available online. Among the Drive-In’s programming highlights are the festival’s Opening, Closing, and Centerpiece films, and a showcase of Maine-made short films.

Premieres and special events comprise this year’s festival program. Opening Night, July 7, is the Northeastern premiere of “Heroic Losers”, a comedic, suspenseful heist film starring Ricardo Darin in which a group of “losers” find a way to get

back at those who stole from them. The Centerpiece film is the World Premiere of “American Thief”, an explosive, original and timely thriller set against 2016 election night. In the Closing Night’s “The Last Shift”, a midwestern white working-class lifer, played by Oscar nominee Richard Jenkins, discovers uncomfortable truths about himself and the culture and world he’s rarely questioned when he starts training his replacement, Jevon, a bright, aspiring young black man.

“We usually present about 60 features each year at MIFF,” said Programming Director Ken Eisen. “This year, with our slimmer program, I am thrilled to be able to share some of the absolute best of the best that

we usually show: 10 carloads of films that our audiences can truly discover — almost all are major premieres — for themselves.”

“We’re proud to present a stellar program of films that might otherwise never be screened in Maine — especially this year,” said Executive Director Mike Perreault, “not only under the stars at the Skowhegan Drive-In Theatre, but also online for fans of MIFF from home and from away. I hope that our audiences will be inspired by these incredible films.”

One of the Maine Film Center’s core missions is to educate by exhibiting films that advance knowledge and understanding of U.S. and world culture. Toward that end, MFC reaffirms and pledges to be unceasing in its determination and commitment to exhibit and otherwise support films that depict and express black lives. This year’s MIFF is dedicated to the lives of all people of color lost to racism, both systemic and individual. In an effort to support training, development, production, funding, and distribution for black filmmakers at a time when this work is more important and challenging than ever, MFC will provide the opportunity for patrons to donate to a charity empowering black filmmakers to tell their stories.

Individual tickets and passes are now available to purchase online at MIFF.org. MIFF is a project of the Maine Film Center, and is made

See MIFF, page 13

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River

Continued from page 6

Rapids just below Route 9. Lacking wetsuits, we paddled in jeans which were desperately discarded for dry replacements the moment we were off the river. In the ensuing forty years, I've completed about thirty trips on the Machias having recruited a multitude of victims; some have remained friends.

During a trip in April 1984, a protracted swim on Long Falls resulted in a badly damaged canoe and a night tenting in the snow. The following spring, my brother-in-law and I became seriously hypothermic after swimming Third Wigwam Pitch in a snowstorm. In order to avoid the 1986 trip, he broke his ankle. He once remarked, "I do the Machias River with Ron every other year. It takes me two years to recover." In April 1989, the late Terry Tzovarrus and I began an expedition at the outlet of Fifth Machias Lake in heavy rain. With the exception of one sunny morning, it rained the entire trip. We were thoroughly water-logged when finishing in the village of Machias several days later. Occasionally, the weather cooperates on the Machias resulting in some of my finest outdoor experiences.

Hope springs eternal. When my friend Rick Farnsworth invited me to join him and two companions on an early May Machias trip, I enthusiastically signed on. Monitoring water levels, watching weather forecasts, and determining road access became the subject of multiple e-mails. The Maine Bureau of Public Lands confirmed roads to the upper lakes region were passable, so our initial plan was a three day trip from Fifth Lake to Airline Rapids. Another obstacle this year was planning adequate measures to prevent spread of the coronavirus. Using masks, planned separation, and sanitizing, we were able to address that challenging dilemma. A concession to my aging arthritic knees, I would be paddling an expedition kayak for the first time.

Plans changed when running our shuttle as a private landowner had gated access to Fifth Machias Lake. Quickly adapting, we completed a shuttle for an excursion

from Third Lake to Holmes Falls.

The weather cooperated from the outset with sunny skies and the rarest of all-weather phenomena, a tailwind. Water levels were excellent navigating through Class II rapids between Third and Second Lakes. River wide strainers required carrying a short section of Long Falls. Afterwards, the gusty tailwind propelled us through Second and First Lakes to a campsite at the outlet of First Lake.

Up early the following morning, more sunshine greeted us. After some flat-water paddling, consequential Car-

rick Rips was scouted and successfully negotiated. More entertaining whitewater preceded rollicking descents of Airline Rapids and Little Falls where we stopped at the most picturesque campsite on the river.

Although light rain fell during the night, skies were clearing by morning. The exhilarating culmination of our final day was paddling the Wigwams, four challenging rapids in a two-mile sector. Good weather, perfect water levels, and no blackflies, it doesn't get any better than that on the Machias.

If I'm still taking air, I'll return next year.



A tandem canoe team paddles a Class II rapid on the Machias River

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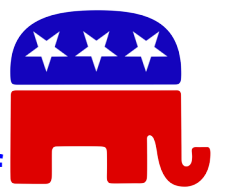


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Executive Board
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UMF announces online Longfellow Young Writers workshop

University of Maine at Farmington and the Bachelor of Fine Arts Program in Creative Writing are pleased to announce a special online edition of the Longfellow Young Writers Workshop this summer, July 27 through 31.

For ten years, the Longfellow Young Writers workshop has nurtured young writers from Maine and around the country. Students work with supportive faculty from the BFA program in Creative Writing to hone their craft, challenge their assumptions and broaden their literary landscape. This year the tradition continues online with a series of writing courses around the special theme of nature and resilience.

Faculty include: Éireann Lorsung, NEA fellow and multigenre writer; Gretchen Legler, two-time Pushcart Prize

winner and essayist; Amy Neswald, screenwriter and New American Fiction Prize winner; and Shana Youngdahl, poet and young adult author whose debut novel was noted as a Best Book of 2019 for Teens by the New York Public Library.

In addition, to live zoom conferencing and daily classes with faculty, students will have access to a variety of online instructor-created and curated resources to foster creative community, support literary development, and give them a taste of Farmington's exceptional BFA program in Creative Writing.

This program is designed for high school students entering their sophomore through senior years and is limited to 16 participants who are ready to connect with a staff of experienced authors and virtually meet

peers serious about writing.

Registration is first-come, first serve. More information, application and link to a payment page are available at www2.umf.maine.edu/creativewriting/longfellow/.

The cost of the program is \$250, and UMF is pleased to offer two scholarships to female Maine residents in collaboration with the Maine Writers and Publishers Alliance at the Ilgenfritz Scholarship Fund. To be considered for a scholarship, a double-spaced creative writing sample no more than five pages and 500-word statement of need should be emailed to shana.youngdahl@maine.edu. Word documents and PDF attachments only.

The scholarship deadline is June 15, 2020.

Webinar on school, community gardens accessibility

Maine AgrAbility and the Maine CITE Coordinating Center will host a free webinar on accessibility for school and community gardens from 1 to 2 p.m., EDT, June 16.

Webinar topics will focus on planning community and school gar-

dens for users of all ages and abilities, including the use of adaptive garden tools.

The webinar is free; registration is required. Information on registration and accommodation requests are on the Maine AgrAbility website.

Maine AgrAbility,

a collaborative project of University of Maine Cooperative Extension and Alpha One, is dedicated to helping farmers, fishermen and forest workers work safely and more productively. For more information contact 207.944.1533, leilani.carlson@maine.edu.

Margaret E. Matthews, M.D. is closing her physical medical office in Auburn as of July 31, 2020.

Telemedicine visits will continue until office patients can transition to new providers.

Contact 795-6970 for more information.

In person visits continue for patients in facility care.



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Beautiful Blackbird Children's Book Festival

Indigo Arts Alliance, an organization committed to cultivating the artistic development of artists of African descent, launches the Beautiful Blackbird Children's Book Festival—in homes across the state of Maine. The event was created to honor legendary children's author and illustrator Ashley Bryan whose award-winning picture book Beautiful Blackbird is a celebration of Blackness. Indigo, in partnership with I'm Your Neighbor Books and the Diverse BookFinder, will use the festival to celebrate children's books and their creators from across the African diaspora.

Unable to engage with readers in person, the Beautiful Blackbird Children's Book Festival is bringing the festival to homes by providing book read alouds, creator interviews, dance instruction, art projects, and more by video over a nine-week period this summer on BeautifulBlackbird.com. 750 children served by Portland Housing Authority and Portland Parks and Recreation will get books and activities delivered directly to them ensuring

book access and engagement at home during the summer months.

“The Beautiful Blackbird Children's Book Festival is one of several Indigo programs that bring real, actionable change to Maine's arts and culture sector. It is our commitment to raise readers who see themselves reflected in the literature they consume and to cultivate artists who understand the necessity of that representation,” said Marcia Minter, Indigo's co-founder.

This year's featured picture books and creators include Ashley Bryan, the author, and illustrator of Beautiful Blackbird; Daniel Minter, the illustrator of Going Down Home with Daddy; Francie Latour, the author of Auntie Luce's Talking Paintings; Lesa Cline-Ransome and James E. Ransome, the creators of Overground Railroad; Kelly Starling Lyons, the author of Sing a Song; Munir D. Mohammed, the illustrator of Wher-ever I Go; and Samara Cole Doyon, the author of Magnificent Home-spun Brown. The festival also features Omar Mo-

hamed, the co-creator of the graphic novel When Stars are Scattered. These books represent the modern and historically African American experience, but also the experience of recent immigrants from Ethiopia, Somalia, and Haiti.

“We are proud to have retooled and redesigned this festival so we could bring it directly to families and children,” said Indigo co-founder Marcia Minter. “It honors diversity, respects all cultures, and builds a strong sense of community for all of us. We're looking forward to seeing how it grows!”

Indigo Arts Alliance's purpose is to build global connections by bringing together artists from diverse backgrounds of the African Diaspora to engage in their creative process with an opportunity to serve as both mentors and mentees. An integral aspect of the Indigo vision is to provide Maine based artists of African descent access to a broader range of practicing Black artists and artists of color from around the world. To learn more, go to indigoartsalliance.me.

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Thursday, June 11

Librarian Grab Bag – Discovery Time, for ages 18mons-5yrs: Join the library staff on Facebook at 9:30 a.m. for Discovery Time. You never know which Youth Services staff member will be performing. You could get a Musical Mr. Jeff, an Artistic Ms. Dani, a Movement Moment Deb, a Yogi Ms. Heidi, or an Artistic Ms. Becky. Tune in and collect them all!

Afternoon Chapters with Mr. Jeff Mr. Jeff is now reading us “The Wild Robot”. Tune in at 2 p.m. Tuesday through Friday on Facebook to hear this fun book that has been described as a cross between “Wall-E” and “Hatchet”. The publisher recommends this book for grades three through seven.

Friday, June 12

Afternoon Chapters with Mr. Jeff Mr. Jeff is now reading us “The Wild Robot”. Tune in at 2 p.m. Tuesday through Friday on Facebook to hear this fun book that has been described as a cross between “Wall-E” and “Hatchet”. The publisher recommends this book for grades three through seven.

Monday, June 15

The Bookworm in Gorham reopens. Hours are Monday through Saturday 10 a.m. to 2 p.m., with additional evening hours on Tuesday and Thursday from 5 p.m. to 7 p.m.

Tuesday, June 16

Maine AgrAbility and the Maine CITE Coordinating Center will host a free accessibility for school and community gardens from 1 to 2 p.m. The webinar is free; registration is required. Information on registration and accommodation requests are on the Maine AgrAbility website. For more information contact 207.944.1533, leilani.carlson@maine.edu.

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University of Maine Cooperative Extension will offer a free online workshop about raising pigs for small-scale use

Calendar

Send your submissions to the Editor. More online.

from noon to 2 p.m. The workshop is free; registration is required online. For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 942-7396 or donna.coffin@maine.edu.

Wednesday, June 17

Nature Walk and Scavenger Hunt: It is the perfect time of year to take a walk on one of Gorham’s many beautiful trails! Mr. Jeff has created a fun-filled scavenger hunt for you to take along on your walk. Can you find everything on the list? Print it off at home or have it downloaded onto an adult’s device. (All Ages). Link will be added on library website at 10 a.m.

Thursday, June 18

Librarian Grab Bag – Discovery Time, for ages 18mons-5yrs: Join the library staff on Facebook at 9:30 a.m. for Discovery Time. You never know which Youth Services staff member will be performing. You could get a Musical Mr. Jeff, an Artistic Ms. Dani, a Movement Moment Deb, a Yogi Ms. Heidi, or an Artistic Ms. Becky. Tune in and collect them all!

Grand Central Wine Bar reopens for outdoor seating. Visit <https://www.grandcentralwinebar.com/> for more information.

Friday, June 19

Baby Yoga: Baxter Memorial Library Youth Services Librarian (and certified children’s yoga teacher) Heidi Whelan will lead this supportive community yoga class for babies and their caregivers from 9:30 to 10 a.m. This class will focus on nurturing the baby/caregiver bond through gentle massage, stretching, and singing. Restorative poses will be included for the caregiver. Recommended for babies 6 weeks old to new walkers. A registration form for the Zoom link to this session will be posted on the website at least a week before the event.

Monday, June 22

Stuffed Animal Portraits: Bring your favorite stuffy to the art table! Join Ms.Dani on Facebook to learn how to paint your favorite stuffy’s portrait using paint and lots of love! Suggested

supplies to gather before the program are paints, brushes and/or cotton swabs, water and paper. If you do not have paint, use markers or pudding. No paper? No worries. Grab a paper bag or wrapping paper. This is a great family activity for all ages. Parents you can paint too.

Thursday, June 25

UMaine Extension offers webinar on ticks from 1 to 2:30 p.m. led by Griffin Dill and Dr. Beatrice Szantyr. For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 262-7726 or donna.coffin@maine.edu.

Sunday, June 28

Annual Silver and Gold Anniversary Mass at 10 a.m., live-streamed from the Cathedral of the Immaculate Conception in Portland on www.portlanddiocese.org/online-Mass and www.facebook.com/Portland-Cathedral. Couples who are celebrating major milestone anniversaries of 25 years, 40 years, and 50 or more years in 2020 may register, but all are encouraged to participate. Registration is open at www.portlanddiocese.org/olff/silver-gold-mass.

Work

Continued from page 5

spaces and internet quality across the state.

“The business leaders who participated in [the] webinar emphasized that agility and resilience are key to their success now more than ever,” said Megan Diver, Senior Government Relations Specialist at the Maine State Chamber of Commerce. “The best practices and strategies presenters shared are crucial to the wellbeing of Maine businesses and their employees during the pandemic and a valuable resource for all employers, whether in a time of crisis or not. We greatly appreciate the insights of today’s panelists.”

“The commitment of Maine employers to the success and safety of their employees is extraordinary,” said Jason Judd, Executive Director

of Educate Maine. “Also impressive is the optimism employers shared. They are making the best of this crisis by leveraging the opportunities it has offered, which include the potential to attract additional remote workers to Maine.”

A recording of the webinar can be found at <https://www.mainechamber.org/webinar07.html>.

Lodging

Continued from page 4

economy. We’re quickly running out of time. We’re asking Governor Mills to immediately end the fourteen-day quarantine and allow us the chance to provide responsible commerce.”

Currently, Gov. Mills’ plan calls for a 14-day quarantine for any out-of-state visitors entering Maine, with no set timetable for its expiration. The result has been a whirlwind of cancellations from potential visitors, lost revenues, and widespread anxiety about the future of the industry in Maine.

“We understand that lifting the quarantine doesn’t put us back to normal, but we ask the governor to place some confidence in the Maine people and give us the opportunity to go back to work. Look at the facts that some of our hotels have operated safely here in Maine and New England during the pandemic with no staff getting sick,” said Salvatore. “Ultimately, the recommendations come down to doing your job. But if we are going to get anywhere, we need to start today with lifting the quarantine. We must do what we can to put Maine back on the map, before businesses close for good.”

The group has set up a website, www.WorkWithMaine.com, with information about the plan to re-open safely, a place for businesses or individuals to sign up and add their voices to the coalition, and updates.

“Our request is to immediately drop the quarantine, but our plan starts when the administration acts,” said Russell. “We were asked to act responsibly to flatten the curve. Mainers did so, and the curve has been flattened. There are no outbreaks in hotels nationwide. A recent

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NPR study listed staying in a hotel as a low risk. We can continue to act responsibly, and safely open our doors, so our economic health is also preserved.

More details can be found at www.WorkWithMaine.com.

Book

Continued from page 10

ing a fable using animals and their characteristics to deliver their point.

“The students laid out the plot in storyboards showing their animals with what many call disabilities,” said Jones. “After stringing individual stories together, they added the ‘glue’ of transitions and color.”

In the story, each animal finds a way to fit in while appreciating differences in others.

“Once they got started, there was no stopping them,” said Jones. “So, I needed to figure out how to get this published.”

Just Write Books, a publishing house in Topsham, quickly jumped aboard. Nancy Randolph, a publishing consultant and writing coach, agreed to help the students on their quest. But just as the project picked up speed, the COVID-19 pandemic slowed it down.

“As our entire world shifted to schooling and working from home, I didn’t want to overwhelm the class and asked if they would like to pause the work,” said Jones. “I was met with a resounding, ‘No, Mrs. Jones, this book has to get made!’”

The class overcame the challenge utilizing Zoom and Google Docs. Randolph helped the students with editing, illustrating, and collaboration.

In recent weeks, the book, *Life on the Farm*, was finally completed. Producing and

publishing a book is an experience that provides countless lessons. The conditions under which these students fulfilled their shared goal offered a few more.

“These students have learned the lessons of resilience, perseverance, and creativity under stressful situations,” said Jones. “Those lessons should serve them well in their future days.”

Life on the Farm will soon go to print and will be available for purchase in local bookstores, at the school, and online. The students even hope to hold a book signing in the parking lot when the books are ready later this summer. The moral found in bold towards the end of the book states “It is best to fit in with those who stand out.” Mission accomplished for the authors themselves.

MIFF

Continued from page 10

possible by presenting sponsors Waterville Creates!, Colby College, and the Cynthia C. and Seth W. Lawry Family Foundation.

The Maine Film Center (MFC) brings world-class independent film to Central Maine through Railroad Square Cinema, the only Sundance Art House Project cinema in Maine and the annual Maine International Film Festival, a 10-day celebration that attracts filmmakers and film aficionados from around the world, and by delivering impactful, accessible film exhibitions and education programs. MFC firmly believes that art and culture have the power to enrich lives, strengthen community bonds, and serve as an economic engine. MFC is a division of Waterville Creates! For more information visit <http://www.MaineFilmCenter.org>.

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CMMC

Continued from page one

is a Maine native from Orrington, and did his undergraduate studies at the University of Maine in Orono, followed by medical school at Western University of Health Sciences in Pomona, CA, and an internal medicine residency at Johns Hopkins University/Sinai Hospital in Baltimore, MD.

The cancer center will not take patients away from other practices or hospitals in Maine, Dr. McGarr said. "There's a different patient population, there's a different need. Unfortunately, we're seeing only more pancreatic cancer. In Maine there's a problem with alcohol, tobacco, obesity (which) unfortunately lends itself to a higher risk of cancer."

Cancer patients often travel to Boston for treatment, Dr. McGarr said, and the long hours of travel along with the lack of easy follow-up care make that a difficult choice for patients. "As you get older, driving to Portland's like driving to Boston! If you come from a couple of hours north . . . Boston becomes further and further away."

"We're bringing the talent and bringing these physicians into Lewiston. It's the second-biggest city in the state, and it certainly should have a cancer center," he said.

Dr. McGarr said it makes sense to open a cancer center in Lewiston. "I think patients are demanding it. I think patients are the ones kind of dictating how health-care is going to go in the state of Maine. And I think that's wonderful! There should be options for patients. And patients should be able to go to whom they want to see for a physician and know that that physician has some colleagues that they work with," and the technology and facilities that help them provide the needed services.

Along with Dr. McGarr, Dr. Lisa Rutstein, a surgical oncologist, is spearheading the drive for this new cancer center. Dr. Rutstein joined Central Maine Health-care in Lewiston in early 2018, bringing more than 15 years of experience with a chief area of interest in the treatment of stomach, intestinal, gallbladder, pancreas and liver cancers, as well as breast and skin malignancy.



Dr. Lisa Rutstein and Dr. Sean McGarr in the Gastroenterology Department of Central Maine Medical Center in Lewiston. (Photo by Nathan Tsukroff, PortraitEFX)

The cancer center will be located on Main Street, Lewiston, at the main entrance to the CMMC complex. It will have multi-disciplinary clinics for cancer, according to Dr. Rutstein.

In the middle and northern parts of Maine, there has not been a lot of development of the surgical subspecialties of oncology, Dr. Rutstein said, noting that CMMC has been hiring doctors from throughout Maine and elsewhere that are trained in oncology.

Dr. Rutstein does surgical oncology and works often with Dr. McGarr on upper GI tract issues, along with liver and pancreatic diseases, she said. CMMC has recently brought on a new ob-gyn surgeon, a colorectal surgeon, and a neurologic-oncologic surgeon.

"The idea of the new building is that we can all be practicing together. So, if I'm seeing someone with pancreas cancer, (Dr. McGarr) can come in," and meet the patient to do all the diagnostics, she said. "And then we have everybody in the same place and can see the patient at the same time. The advan-

tage of that is, number one, it cuts down on the number of times the patient has to travel, and number two, it is efficient and cost-effective care because you are only charging the patient for one facility fee."

Among the doctors who will be at the new cancer center are Dr. Nicholette L. Erickson, and Dr. Daniel C. Rausch, both hematology-oncology specialists, and Dr. Hector M. Tarraza, an ob-gyn specialist who is the new chief of the oncology institute at Central Maine Health-care.

Having the cancer center in Lewiston means patients in northern and central Maine needing ob-gyn oncology care won't have to travel three or four hours to find care in the southern part of the state, Dr. Rutstein said, and they will have coordinated care closer to their homes.

Dr. McGarr said it's important for patients to be able to get care without having to travel from town to town to see doctors as needed.

CMMC is building a network of providers and facilities that will

provide patients and their primary care providers (PCP) with easy access to care and follow-up for cancer treatment, he said.

Dr. Rutstein said that when she first arrived at CMMC, she created an oncology center to provide patients and doctors with a single phone number to call if they have a concern about cancer, a diagnosis of cancer, or a recurrence of cancer. The doctor can say, "I think my patient has cancer," and can call that central number. At that point, the patient is entered into the system, is assigned a personal assistant to help them navigate through the process of care, and then the oncology team determines what the patient needs. "And that's the goal, rather than this fragmented approach, which is so frustrating for doctors."

The cancer center, or institute, will be where "we will see, manage, (and) treat people with cancer," Dr. Rutstein said. The Dempsey Center will provide the social care and holistic support around the institute.

In Maine, cancer services have mainly been developed in the southern part of the state, but looking at the prevalence of cancer in Maine, "it's in the middle and northern part of the state," Dr. Rutstein said. It can be hard for patients to reach existing services in the southern area of the state, she said.

There is now a strong surgical leader for Maine in Dr. Scott R. Johnson, who under-

Thursday, June 11, 2020

stands how to provide regional care to patients in an effective manner, Dr. Rutstein said. Johnson is a 20-year liver transplant surgeon who was a program director at Beth Israel. He "works with everybody, without bias," and has recruited a number of excellent doctors to the CMMC team, she said.

Dr. Johnson is "very much in favor of working with everybody" in rural Maine, Dr. Rutstein said, and is now working with a lot of strong private groups in the state. "We're developing health programs with them, and that's under (Dr. Johnson's) leadership."

CMMC has a philosophy of working with everyone in Maine, Dr. McGarr said, which provides better and more sensible care for patients, since they can continue to get care at a smaller local hospital near them.

"The most important part of that relationship" between CMMC and other medical practices and hospitals "is making sure that their patient care is integrated with" that of CMMC, Dr. Rutstein said. The willingness to partner with other practices and doctors is key to a positive and successful experience for the patient. Other hospitals and doctors will be integrated "virtually" with the CMMC system to share patient information and treatment plans.

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