

A personal journey to helping others



Dr. Philip McLean, a Doctor of Chiropractic at the Maximized Living Family Chiropractic Center on Lisbon Street in Lewison, zips a patient into the soft hyperbaric chamber at his practice. The chamber is used for hyperbaric oxygen therapy that increases the amount of oxygen in the blood stream to help the body heal faster from a variety of illnesses and injuries. He used this therapy himself to help overcome the symptoms of a Lyme disease infection from about 10 years ago. (Tsukroff photo)

By Nathan Tsukroff

LEWISTON – Dr. Philip McLean, a Doctor of Chiropractic at the Maximized Living Family Chiropractic Center on Lisbon Street in Lewison, was stricken with Lyme disease about 10 years ago.

“I had done the traditional treatment with doxycycline antibiotic, and it appeared to help and I felt great for about a year and a half. And then it came back . . . tired, fatigue, brain fog, muscle aches,” he said.

“So I did some more research and I found that the hyperbaric oxygen therapy could be helpful,” McLean said. He purchased what is referred to as a soft hyperbaric chamber and used it “five days a week for about two months” until the symptoms disappeared.

Now McLean helps others by pro-

viding the same hyperbaric oxygen therapy for those suffering with various symptoms from a variety of illnesses.

“We even have patients with fibromyalgia, chronic fatigue,” and shingles, he said. Anyone who had chickenpox may develop shingles, a painful rash that may appear as a strip of blisters on the body. There are various established treatments for these illnesses, and patients have seen greater improvement in those treatments with the addition of HBO therapy.

“One of the things about HBOT, hyperbaric oxygen therapy, is that it doesn’t necessarily treat anything . . . it helps the body heal everything better,” McLean said. “We don’t use it as a direct treatment. But by oxygenating the tissues, it enhances the healing process of your body, so that’s mainly how it’s used.”

During HBOT, patients are placed

into a pressurized chamber to feed them a concentrated flow of oxygen, sometimes using a facemask. This increases the amount of available oxygen in the patient to facilitate healing.

So-called soft chambers provide an increase of 1.3 times regular atmospheric pressure, while hard chambers allow for up to five times the regular atmospheric pressure. Swimming under water, divers will experience an increase of one atmosphere for every 30 feet of depth, so the pressure in a soft chamber is equivalent to diving to the bottom of a deep swimming pool.

The increased pressure pushes more oxygen into the blood, which helps to improve oxygen delivery to cells that are not getting enough oxygen, referred to as hypoxic tissue. Having a series of treatments

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Dr. Shah visits vaccine site



Chief Medical Officer, John Alexander and Jennifer Jordan, system director for medical specialties, both of Central Maine Healthcare, show Nirav D. Shah, director of the Maine Center for Disease Control and Prevention, around the high-volume vaccination site at the Auburn Mall recently. (Photo courtesy of CMH)

AUBURN - The new regional high-volume COVID-19 vaccination site launched by Central Maine Healthcare at the Auburn Mall had a special visitor a couple of weeks ago - Nirav D. Shah, MD, JD, director of the Maine Center for Disease Control and Prevention.

“Clinics like the one at the Auburn Mall help ensure that we are continually making progress on vaccinating Mainers quickly and safely,” Dr. Shah said. “Sites like this also mean Maine will be ready to ramp up vaccinations when the federal government is able to increase weekly allotments of vaccine to the State.”

Dr. Shah toured the facility with Central Maine Healthcare’s chief medical officer and met with volunteers from partner organizations and health system team members running the clinic.

“We were delighted to have Dr. Shah visit today and see our site in operation. The Maine CDC – and Dr. Shah in particular – has been incredibly supportive throughout the pandemic,” said Central Maine Healthcare Chief Medical Officer John Alexander, MD, MHCM, FACEP. “The phenomenal collaboration we have with the State and all our partners is making a huge difference for our communities.”

Dr. Shah visited the site on its third

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Newsmakers, Names & Faces

Local students graduate, on deans' lists

Emmanuel College Fall 2020 Dean's List

BOSTON, MA - In honor of their outstanding academic achievement, Emmanuel College in Boston has named more than 900 students to the Dean's List for the Fall 2020 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester. Local students receiving the honor include:

- Megan Steele of Auburn
Kyle King of Gorham
Grace Pepin of Lewiston
Carlos Monsen of Gorham
Emma Callahan of Gorham
Connor Donnelly of Gorham
Sophia Jones of Auburn
Rebecca Raby of Auburn
Grace Terry of Gorham
Emmanuel College is a co-educational, residential institution with a 17-

acre campus in the heart of Boston's educational, scientific, cultural and medical communities.

Lehigh University Dean's List

BETHLEHEM, PA - Students at Lehigh University attained Dean's List in Fall 2020. This status is granted to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses.

Nathan Osgood of Lewiston.

For more than 150 years, Lehigh University (lehigh.edu) has combined outstanding academic and learning opportunities with leadership in fostering innovative research. The institution is among the nation's most selective, highly ranked private research universities. Lehigh's five colleges - College of Arts and Sciences, College of Business, College of Education, College of Health, and the P.C. Rossin College of Engineering and Applied Science - provides

opportunities to 7,000+ students to discover and grow in an academically rigorous environment along with a supportive, engaged campus community

Colgate Dean's Award

HAMILTON, NY (03/19/2021)-- Students who receive a term grade point average of 3.6 or higher while completing at least three courses for a conventional letter grade during the fall 2020 semester earn the Dean's Award with Distinction at Colgate College in New York..

Barbara Roundy of Lewiston, ME, is a graduate of Lewiston High School, and is a Biology major at Colgate.

Colgate is a leading American university for students who want classes with rigor, faculty with passion, and confidence in knowing they will learn how to thrive in work and life. Colgate offers 56 majors and supports 25 Division I athletic teams on a campus of about 3,000 stu-

dents in central New York.

Degrees from WGU SALT LAKE CITY

- The following local residents have earned a degree from Western Governors University (WGU). The online, nonprofit university has graduated over 218,000 students from across the country since its inception in 1997.

Donna Elcewicz of Auburn, Maine received a Bachelor of Science, Nursing.

Drew Dillingham of Auburn, Maine received a MBA, Healthcare Management.

Heather Upchurch of Lewiston, Maine received a Master of Science, Curriculum and Instruction.

WGU has recognized 14,146 undergraduate and 15,640 graduate degree recipients, who have completed their degrees since July 2, 2020. Their areas of study include business, K-12 education, information technology, and health professions, including nursing. The average time to graduation for those earning a bachelor's degree was 2 years, 3 months, while the average time to degree for graduate programs was 1 year, 4 months. The average age for those who graduated is 37 years old. The following local students have earned an Award of Excellence at

Western Governors University. The award is given to students who perform at a superior level in their coursework.

Kira Sorumeito of Auburn, Maine has earned an Award of Excellence at Western Governors University Teachers College.

Allison Kelly of Lewiston, Maine has earned an Award of Excellence at Western Governors University College of Business. Established in 1997 by 19 U.S. governors with a mission to expand access to high-quality, affordable higher education, online, nonprofit WGU now serves more than 131,000 students nationwide and has more than 218,000 graduates in all 50 states.

SUNY Morrisville

Dean's List

MORRISVILLE, NY - SUNY Morrisville recently announced those students who were named to the Dean's List for the Fall 2020 semester. To be named to the Dean's List, a student must achieve a 3.0 to 3.99 grade-point average for the semester and complete 12 credit hours.

Kayla Delano of Wiscasset, ME, majoring in Animal Science - Equine Science & Management

Finneas Goodwin of Auburn, ME, majoring in Wood Products Technology

Keltan Tanguay of

Gorham, ME, majoring in Dairy Management - BT

SUNY Morrisville's curricula are enriched with applied learning and pave the way for opportunity at both the Morrisville and Norwich campuses. An action-oriented, interactive learning lab, the college is a national leader in technology and has been lauded for its exemplary, innovative and effective community service programs.

The college was ranked among the Best Regional Colleges in the North by U.S. News and World Report Best Colleges 2021 issue and was also recognized in the Top Public Schools, Regional Colleges North in the 2021 Best Colleges rankings.

Simmons U. Dean's List

BOSTON - Jordyn

Rubin, Lewiston resident, was named to the 2020 fall semester dean's list at Simmons University in Boston.

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women and graduate programs open to

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Newsmakers, Names & Faces

Guest Column

Back-to-Basics budget is necessary

By Sen. Ned Claxton

On Tuesday, March 30, the Legislature gathered at the Augusta Civic Center to vote on a new biennial budget proposal, among other things.

While we normally wouldn't vote on the budget until June, the circumstances we find ourselves in today, with the pandemic and all its consequences, led us to act proactively in order to avoid having our negotiations colliding with the end of the fiscal year. By early evening, we had passed a biennial budget that effectively continues funding for our current services for the next two fiscal years.

I know folks might have some questions about how we got there, and I

wanted to use this space to share how this all works.

As we begin to see an end to this pandemic and picture a life after this deadly virus, I believe it's important that we do everything in our power to promote stability for our state and enable our economy to flourish. I believe that passing this budget, a continuation of what two-thirds of the Legislature voted to enact in 2019, was the best way to do that. As we imagine what should be a busy, tourist-filled summer season, passing this budget made a statement that we are ready to help folks recover, to promote some predictability and to continue to move on from what has been an extraordinarily difficult year.

I accept that Mainers

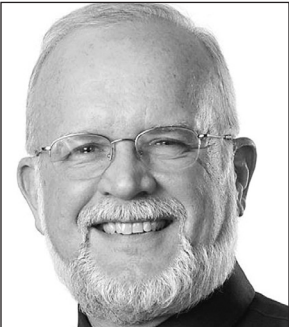
want the parties to work together. More than that, though, they want government to work and to not get in their way. Maine's economy was doing very well before COVID-19, and was doing so with this budget in place. With passage of this bill, schools and towns will know how much money is coming from the state. There will be no guessing in June for our small businesses, or for the residents and tourists who want to experience Maine. In addition, this budget will ensure that steady funding continues to flow to our community and rural hospitals and our health clinics that have been so critical during the pandemic. We can't risk any gap in service to folks who rely on these places, especially now.

There are always unknowns in our future. At this time, there are huge unknowns: What is the importance of the COVID-19 variants? What are our monthly state revenues for this month? How many federal dollars are coming, and with what restrictions? Voting for this continuation budget is what makes sense for our state at this time. No new initiatives are included, and no increase in taxes, just a continuation of what we agreed to in 2019. After the most uncertain year of our lifetimes, this budget will allow us to move forward, knowing that we are giving our state and the people of Maine the best shot we can at a full and speedy recovery. Now, we

can get back to working together on the challenges ahead, without fear of a shutdown.

Passing the biennial budget isn't the end of our work in the Legislature. Throughout the coming weeks, our legislative committees will continue examining proposals and issues that affect our state, and there will be more debates on policy and how federal aid money is spent. While this is happening, there will be no looming threat of a shutdown, and we can really buckle down on our work, doing what is best for Maine.

If you have any questions or comments about the budget or anything else, don't hesitate to contact me. You can send me an email at Ned.Claxton@



Sen. Ned Claxton (D-Androscoggin), Maine District 20, Auburn, Mechanic Falls, Minot, New Gloucester, and Poland (Photo courtesy of Sen. Claxton)

legislature.maine.gov or call my office at 287-1515.
Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland.

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Two 14-year olds create online tutoring platform

From Tutorly-Ed

RANDOLPH TOWNSHIP, NJ – Launched in July 2020 by students from Randolph, NJ, Tutorly Ed is a free online tutoring platform for students.

This program is intended to nurture students’ curiosity, guide them towards their passions, and inspire success.

Kae and Ky Park, co-CEOs of Tutorly Ed, said they work with high school volunteers who are highly accomplished in both core and enrichment subjects as well as volunteering within their community. We have an inclusive culture and strive to create an environment where students can practice life skills such as collaboration, communication and critical thinking.

With Tutorly Ed, the prospective students or their parents can use

our platform to self-select their tutor based on their profiles, email the tutor for more information, and schedule a tutoring session right on our website. Our core subjects include math, science, history, ELA/literature, social studies/history and foreign language. For enrichment subjects, we offer computer science, robotics, beauty & style, culinary arts/cooking, finance and international business, healthcare, law & public safety, music and instruments, and visual & performing arts.

Due to Covid-19, they realized that the need for online learning has skyrocketed, but not everyone can afford it. Considering this, we decided to make Tutorly Ed free of charge. Since Tutorly Ed was created by 14-year-old high school students, we can better understand the students’ needs and relate better with our clients. Our

program is the perfect way to fuel these technological accelerations, rising need for extra support educationally, and ease the harsh transition to a whole new lifestyle.

“We created Tutorly Ed because the Covid-19 pandemic opened our eyes to the great amount of unemployment and struggles newly introduced. It has altered lifestyles, put families in isolation both financially and physically, and essentially has changed everything that used to be familiar to us. However, we decided to embrace this and turn this challenge into a new opportunity. Tutorly Ed is free, and 100% virtual, so it is affordable, accessible year-round regardless of location, and provides service to those in need from the comfort of their homes, helping society beat this pandemic one step at a time,” says Ky, the co-CEO of Tutorly Ed.

Being in quarantine for over a year now, has had a harsh impact upon both students and parents. Schools are beginning to try and return to normal, developing a gap between those that are learning in classrooms in-person vs. those learning in virtual settings. It has become extremely difficult for many students to maintain focus and motivation to retain the information presented to them in class. However, our team of highly accomplished high school tutors can help ease this gap and support all students, whether they are learning virtually or in-person, to reach academic success. As for parents, Covid-19 has newly introduced financial issues within millions of families, further affecting the support they are able to receive, particularly with education and tutoring. This is precisely why our program is free.

We are able to give back to the community and help those who are struggling during these times, both students and parents.

From our launch six months ago to now, we have accumulated an international team of 40+ highly qualified high school tutors. We have received recognition and awards from various organizations and online communities, and even partnered with them to augment the impact upon students and those in need. Along with this, we have received an overwhelming amount of support from numerous loyal customers from all around the world, held hundreds of lessons with students of all ages, and have built a community of acceptance, diversity, and opportunity.

“This platform started out as a vision, a mere idea that we had as young students struggling in

the midst of a pandemic. Come 6 months later, we have been able to meet so many new people and help them through our service. Whether it’s a 30-minute lesson, a simple email from a client, or a message from a student looking to give back, it is the most gratifying feeling knowing what you are doing is helping someone and making a difference in their life, even in the smallest way. It is truly surreal,” says Kae, co-CEO of Tutorly Ed.

Tutorly Ed is a free, online tutoring platform for students, created by students that offers help in both core academic and enrichment subjects. Through one-on-one or group student sessions, we empower and inspire success, guiding students toward their passions and dreams every step of the way.

Contact tutorly.ed@gmail.com and visit the website at tutorly-ed.com

Guest Column

Don’t Succumb to Fear

By Bryan Golden

Fear has an evolutionary foundation. The emotion of fear was intended to keep you safe. Fear triggered the fight or flight reflex. When you felt threatened, you would either run from the danger, or fight it head on.

Fear remains as powerful an emotion today as it was eons ago. Fear is helpful when it prevents you from taking needless risks. However, fear can lead to acting contrary to your self-interests. Fear often leads to procrastination, or following the wrong path.

Debilitating fears include fear of failure, fear of loneliness, fear of rejection, fear of ridicule, fear of criticism,

fear of job loss, and fear of poverty. Ironically, succumbing to fear leads to the very failure you were afraid of.

For example, fear of public speaking can be debilitating. People who succumb to stage fright never speak in front of people. It’s interesting to note that there are a number of notable actors and musicians who had to overcome stage fright in order to pursue their passion. Had they succumbed to their fear, they would never have succeeded.

Fear is created in your mind by conjuring up, and obsessing about worst case scenarios. You create your own mental monster which impedes progress towards your goals. Since you have cre-

ated this fear, you can also vanquish it. Replace your worst-case scenarios with best case outcomes.

Fear can be based on external factors. Such as when you are fearful of the actions other people may take if you don’t comply with their requests or demands. In this situation, you feel compelled to capitulate in order to avoid potential negative consequences. The danger here is doing things you don’t want to do, or shouldn’t be doing. Peer pressure is a classic example of this type of fear.

Succumbing to fear, whether internal, or external, invariably leads to regrets. When you act out of fear, you attract more fear. A classic example is the schoolyard bully who

seeks out victims who are afraid of him, while avoiding those people who will stand up to his aggression.

You avoid things you are afraid of. Think about how great you would feel being free from the shackles of fear. Imagine how much you could accomplish if you weren’t afraid. With a determined mind, you leave fear behind you.

Whatever fears you have can be conquered. Start by identifying your fears; exactly what you are afraid of and why. Once you know what you are dealing with, you can formulate an effective strategy for overcoming your fears.

Fear feeds procrastination. Start doing what you have been afraid to

do. Go wherever you are afraid to go. Any success requires taking risks. Tell yourself you will not act out of fear. You get over stage fright by speaking in front of groups. You get over the fear of saying NO by saying NO where appropriate.

Fear is based on what you think might happen. Instead of fretting over what happens if something doesn’t work, get excited over all the good which will result when something does work. Create for yourself objectives which you must attain.

Don’t permit failure to lead to fear. Just because something didn’t work as planned doesn’t mean it can’t work, or won’t work. Determine

what went wrong, and why. Then go at it again after making adjustments. It took Thomas Edison 10,000 tries before creating a commercially viable electric light bulb. Edison was never deterred by a failed attempt. He kept at it until success was reached.

Act as if you’re not afraid. Your actions create emotions consistent with those emotions. Act with confidence and you will feel confident. Act successful and you will feel successful. Act unafraid and you will feel unafraid.

Golden is the author of “Dare to Live Without Limits.” Contact him at Bryan@columunist.com or visit www.DareToLiveWithoutLimits.com Copyright 2021 Bryan Golden

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Out and About

Easter Sunday in 2020



The first Easter Bunny Liz and I saw hopping down the street in front of her house in Portland on Easter Sunday, Apr. 12, 2020. (Elizabeth Morin photo)

By Rachel Morin

Where was I last Easter?

It was the beginning of the COVID-19 pandemic and Easter Sunday was Apr. 12, 2020. I was visiting my daughter, Elizabeth, in Portland, and it was Easter Sunday morning. We were just settling down with our cups of coffee to watch Sunday Morning with Jane Pauley on CBS, our regular Sunday routine.

When Liz, out of the corner of her eye, caught sight of a big Easter Bunny hopping down the street in front of her house. “Quick!” she hollered, “to the front porch! There’s a giant rabbit hopping down

the street!”

Well, we rushed to open the door, and yes, there he was, an Easter Bunny! He stopped suddenly and looked at us. Then, we all laughed and we asked if we could take his picture. He posed for us and then he went hopping down the street.

Liz and I returned to our coffee and Sunday Morning with Jane Pauley and had a good time talking about our Easter Surprise.

In the afternoon, we went for a drive, and came upon an even bigger Easter Rabbit, this one with the usual big rabbit ears and a fluffier white costume. It was our day for seeing big Easter Bunnies.

Later we took a walk and came upon a delightful surprise. Liz took the picture and called it a “Glimpse of Spring.” The brightly colored purple

crocus gave us thoughts of our spring planting that we were eager to get started on.

That will be another column!



The prettiest and most delightful surprise was the early-blooming crocus we came upon on our afternoon walk. Liz called it a “Glimpse of Spring” and it got us talking about our plans for spring gardening. (Elizabeth Morin photo)



Here is the second Easter Bunny we saw with bigger ears and a fluffier white costume as we drove through a Portland neighborhood. (Elizabeth Morin photo)

Guest Column

A cutesy-wootsy look at pet names and baby talk

By Grammar Guy

Remember that episode of “Seinfeld” where Jerry and Sheila (Jerry’s girlfriend for one episode) call each other “schmoopie”? This schmaltzy, saccharine show of cutesy nicknaming made the rest of the gang sick. Most people remember this episode for the “Soup Nazi” yelling “No soup for you!” I, however, can’t get the baby-talk nicknames out of my mind.

Did you know there’s a term for these pet names? It’s called “hypocorism.” We get the term from the Greek word “hypokorizesthai,” which means “to call by pet names.” In general, the term applies to whenever adults talk like babies, create diminutive nicknames for other words or names, or use another fond term to replace someone’s name. When researching this topic, I found that hypocorisms are all over the place in Australia. Some believe this is because the Aussies are generally welcoming and friendly people, and these sort of fond nicknames flow naturally out of that interpersonal warmth.

Have you ever noticed people adding “-y” to the end of a word to make it sound cuter? That’s a hypocorism. My daughter (who is three) calls her blanket a “blanky.” The “blanky” is fuzzy and “comfy.” Of course, the rest of our family follows suit with this kind of talk because it’s just so darn cute. A “kitten” becomes a “kitty.” “Bird” turns into “birdy.” In the 1920s, the term “chamber pot” gave us the word “potty.” In our family, we’ve gone so far

down the hypocorism rabbit hole that koalas have become “koalies.”

I’m sure you’ve known someone named “John” who goes by “Johnny.” “Deborahs” end up as “Debbys,” “Tims” become “Timmys” and “Jims” are called “Jimmys.” At least, that’s what you call them through elementary school. At some point in middle school, they come back from summer break with a lower voice and they say “I go by Jim now.” These diminutive name versions are a form of hypocorisms.

Think about when you’re talking to someone dear to you. Instead of saying “Agnes” (if Agnes is the focus of your endearment), you say “honey.” Most of the time these types of pet names are reserved for significant others, but sometimes we call our kids “sweetie.” In the “Seinfeld” example, “schmoopie” is about as absurd as it gets, but I’m sure you have a dating or married couple who calls each other “babe.” While “babe” is a far cry from “sugar pie” or “honeybunch,” it counts as a form of hypocorism, or as I like to call it, a precious wittle hypycory.

Curtis Honeycutt is a syndicated humor columnist. He is the author of “Good Grammar is the Life of the Party: Tips for a Wildly Successful Life”. Find more at curtishoneycutt.com.

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

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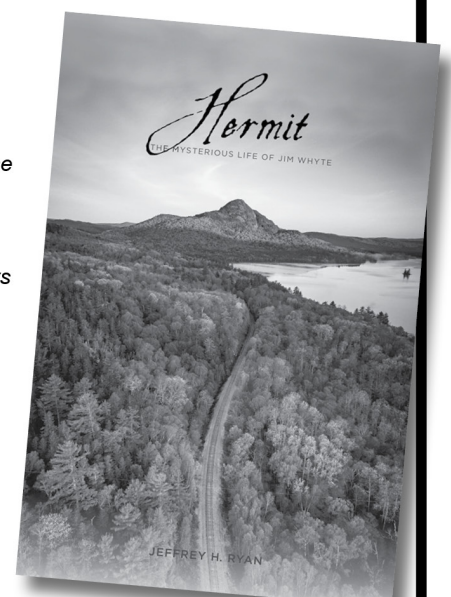
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— George Smith, Bangor Daily News

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SeniorsPlus online classes for April

LEWISTON —SeniorsPlus has announced its Online Education Center classes for April 2021.

Due to the pandemic and current CDC guidelines, all classes are virtual at this time. Classes and workshops are free, unless noted.

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Presenter: Debra Bare-Rogers, Disability Rights Maine

Location: Zoom
Sprint IP Relay: You can make calls with Sprint IP Relay on your smartphone, tablet or computer to type and view messages. This relay service allows the user to make phone calls using text (no voice or hearing required). How does it work? You type what you want to say to the operator, and then the operator relays the message to your caller and types their response back to you.

Sprint Web CapTel: This relay service works a little different; you

can use any telephone and connect via computer/tablet to read captions on the call. Using the telephone allows you to use your own voice.

Join us to learn about these no-cost relay services available to Maine residents.

Fraud & Scams

Date: Thursday, April 15

Time: 6:00-7:30PM
Presenter: SeniorsPlus Staff

Location: Zoom
This workshop will give you the information needed to determine what is real and what is a scam. What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where to go to report things so others don't become the next victim.

Health Care Advance Directive Planning during COVID Times

Date: Friday, April 16
Time: 2:00-4:00PM

Host Organizations: SeniorsPlus, Androscoggin Home Healthcare + Hospice & St. Mary's Regional Medical Center

Location: Zoom - video and audio required

Join us on this year's National Healthcare Decisions Day, April 16, to explore your worries and wishes in relation to healthcare decision making. All from the comfort of your

own home, we will use games, resource sharing, and conversation to explore what matters most to YOU.

There will also be time for us to review the Maine Health Care Advance Directive Form. Resources and the Maine Health Care Advance Directive Form will be provided to you through email.

Budgeting & Paying Down Debt – How to Make it Fun & Easy!

Date: Tuesday, April 20

Time: 1:00-2:30PM
Instructor: Kendra Wheeler, Branch Manager & Amelia Milligan at Bangor Savings Bank

Location: Zoom

Money woes? We've all got them. Learn ways to make paying off debt and sticking with a budget easier and dare we say... fun?! Kendra will go over multiple methods to find which one works best for you. Still lost after the class? Kendra will be available to work with you 1-on-1 for free over Zoom or the phone, for as long as your money woes need.

Happy budgeting! Zoom 101: Using Video Technology to Stay Connected

Date: Tuesday, April 27

Time: 10:00-11:00AM
Instructor: SeniorsPlus Staff

Location: Zoom

Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus and Healthy Living for ME's online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of April 26 (subject to change based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

Join Corinne to create a couple of cute birthday cards for women or girls in your life. All supplies provided except adhesive. All supplies provided except adhesive.

Medicare Made Simple

Date & time: At your convenience

Instructor: SeniorsPlus Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

AT&T - Cyber Aware Webinar

Date & time: At your convenience

Instructor: AT&T Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is perfect for people who are interested in learning statistics, how to recognize scams, and what to do to protect yourself while online.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies

Instructor: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers standing by to answer your tech questions and also to help you sign up for online training sessions.

AARP Safe Driving Course Information

Date & time: At your convenience

Instructor: AARP Staff

Location: Online course

Reach out to us if you need assistance accessing AARP's Safe Driving course. Due to the pandemic, they are offering the program online only at this time. It is a 4-hour class online that once you register you'll have access to log in any day and time to complete it within 60 days of payment.

Writing Your Life Story

Date: Thursdays, May 20 through June 24 (once weekly for 6-weeks)

Time: 10:00-12:00PM

Instructor: Connie Jones, Surprised by Aging

Location: Zoom

We've all got stories!

See Classes, page 11

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UMaine CE classes and webinars this spring



The University of Maine Cooperative Extension will host a webinar on harvesting and cooking fiddleheads on April 14. (Photo courtesy of UMaine CE)

From UMaine

ORONO – The University of Maine Cooperative Extension is offering a variety of classes and webinars this spring.

Tractor safety classes

University of Maine Cooperative Extension will offer farm tractor safety classes online weekly 6–7 p.m. April 14 through May

5. In-person tractor-driving practice will be May 1 and May 8, with a rain date May 15, at two locations — Gorham Public Works, 80 Huston Road, Gorham; and Kennebec Valley Community College, 15 Stanley Road, Hinckley. Applications to participate in the classes are due April 4.

Classes are designed for adults and youth at least 14 years old, and are re-

quired for 14- and 15-year-olds who plan to operate farm equipment for hire on farms other than their own family’s farm. Topics include how to safely handle tractors and farm equipment, avoid hazards and minimize chances of accidents. Certification will be issued after successful completion of the course, including written and driving tests.

The \$20 per person fee includes materials; limited financial assistance is available. Access to a device capable of streaming audio and video is required. Due to limited space, priority will be given to 14- and 15-year-olds. Apply and learn more on the program webpage. For more information or to request a reasonable accommodation, contact Jason Lilley, 207.781.6099; jason.lilley@maine.edu.

Climate & Ag Webinar Series

The Maine Agriculture & Climate Network

(MECAN) at the University of Maine will kick off its virtual Spring 2021 Climate & Ag Webinar Series in April.

Each webinar, which will be held noon–1 p.m. via Zoom, will consist of three short presentations followed by a panel discussion. Speakers will include farmers, outreach professionals and agricultural and climate scientists.

The three-webinar series launches with “The Changing Landscape of Soil Health,” on April 6, followed by “Pasture Management in a Changing Climate” on April 15 and “Climate Change & On-Farm Water Management” on April 29.

To learn more and register, visit the MECAN’s webinars webpage. For more information or to request a reasonable accommodation, contact Sue Erich, erich@maine.edu.

MECAN is a network of scientists, outreach professionals, and stakeholders

coordinated by the University of Maine. Their mission is to increase communication and identify challenges, opportunities and potential solutions regarding climate and Maine agriculture.

Webinar on fiddleheads

Orono, Maine — University of Maine Cooperative Extension and University of New Hampshire Extension will offer a webinar for home gardeners about fiddleheads from 6–7:15 p.m. April 14.

“Fiddleheads: A Spring Tradition” topics include how to properly identify, sustainably harvest and safely cook ostrich fern fiddleheads. UMaine Extension agriculture professional Dave Fuller will lead the presentation.

Registration is required; a sliding scale fee is optional. Register on the event webpage to attend live or receive a link to the recording. This is the first in a six-part spring gardening webinar series offered

every other Wednesday through June for Maine and New Hampshire gardeners. For more information or to request a reasonable accommodation, contact Pamela Hargest, 207.781.6099; extension.gardening@maine.edu.

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine’s land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

COVID-19 Patient Bill of Rights becomes law

From Maine Senate

AUGUSTA – A bill from Maine Senate President Troy Jackson of Allagash and Maine House Speaker Ryan Fecteau of Biddeford to establish a COVID-19 Patient Bill of Rights recently became law without the governor’s signature.

LD 1, “An Act to Establish the COVID-19 Patient Bill of Rights” requires state-regulated health insurance companies to cover

COVID-19 screening, testing and immunization at no cost to the patient. It also prevents health care providers from charging patients any sort of fee related to these types of services.

“As more Mainers become eligible for the COVID-19 vaccine each day, lawmakers must ensure nothing prevents any Mainer who wants to get vaccinated from getting their shot. The COVID-19 Patient Bill of Rights ensures that all

Mainers with state-regulated health insurance will be able to access COVID-19 testing, screening and vaccination at no cost to the patient,” said President Jackson. “In Maine, we are finally beginning to see the light at the end of the tunnel. With this law in effect, we can get through this crisis and begin rebuilding.”

“The immense relief felt by Maine people who have received their first vaccination, now almost 30% of

Mainers, is life-changing. As of today, there is a new provision in Maine law that says COVID-19 vaccinations and testing must be available at no cost to Maine people. I’m proud that the COVID-19 Patient Bill of Rights makes sure nothing prevents Mainers from getting the health care they need to protect themselves, their families and loved ones from this

serious virus,” said Speaker Fecteau. “This bill makes sure cost is not a barrier to any Mainer in our fight against COVID-19.”

Although uninsured Mainers should be able to access testing and vaccination at no cost, the amended proposal includes language to ensure that if an uninsured Mainer is at a testing site that doesn’t have a con-

tract with the Department of Health and Human Services they are made aware of the cost ahead of time, are made aware of alternative sites where they can get tested for free, and are provided with the MaineCare form to get reimbursed for testing if they choose to get tested at a site without a DHHS contract.

The new law takes effect immediately.



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Journey
Continued from page 1

can promote the growth of new blood vessels into the hypoxic tissues. Increased oxygen also enhances the body’s ability to kill certain bacteria.

Hard hyperbaric chambers have been used for decades to treat the “bends”, a condition that occurs when someone moves too quickly from a high-pressure area back to normal atmospheric pressure, such as a deep sea diver returning to the surface in a hurry. The bends are caused by excessive nitrogen or other inert gases in the blood that cause hard bubbles in the blood itself or in soft body tissue. The diver is generally treated at slightly less than three atmospheres of pressure while breathing 100% oxygen, and the pressure is slowly reduced to normal as the body absorbs the inert gasses back into the blood.

People who have suffered a concussion see very quick improvement when using HBOT, Dr. McLean said. “We have some of the hockey teams that send over their kids when they’ve been concussed, and with a treatment or two, they’re back

to normal.” A concussion is a mild traumatic brain injury caused when a person gets a hit or a jolt to the head, perhaps on a hockey rink or in a car accident or a fall. The brain jostles in the head and bangs against the inside of the skull.

There is no specific cure for a concussion, and patients are told to rest and restrict activities to allow the brain to recover. “There is really not much that the medical practice does than wait,” McLean said. The hyperbaric therapy appears to help the body to heal faster, and “We have had people who’ve had a previous concussion, still-lingering effects, have another one . . . and have done extremely well” after a couple of HBO therapy sessions.

Dr. McLean said he had a diabetic patient with a hole through the sole of the foot, and the HBO therapy appeared to accelerate the healing process along with laser surgery.

There are several other hyperbaric chambers in southern Maine, including at St. Mary’s Center for Hyperbaric and Wound Care in Lewiston, at the Maine Medical Center Wound Care and Hyperbaric Medicine in

Portland, at the Integrative Health Center of Maine in Cumberland Foreside, at Portland Chiropractic Neurology in Portland, and at the York Hospital Wound Healing and Hyperbaric Medicine facility in York.

Dr. McLean has been in practice nearly 25 years, using the Activator Method chiropractic technique. This involves a spring-loaded hand-held mechanical instrument, the Activator, which delivers a quick low-force impulse to spinal joints with the goal of restoring motion to the targeted joint. He said this is a more gentle approach for patients with severe arthritis, older patients, or someone with acute symptoms the prevent easy access to the affected part of the body.

Dr. McLean uses the Activator Method for about 60-70% of his patients, and the traditional manipulation for others, depending on their needs. “There’s a time and a place for everything,” he said.

His wife, Amy, works full-time in the practice with him.

Various other illnesses that respond well to HBO therapy include carbon monoxide poisoning, clostridial myositis

and myonecrosis (“gas gangrene”), crush injuries, severe anemia, infections of bone or bone marrow, arterial insufficiencies, delayed radiation injury from radiation treatments, severe burns, and traumatic brain injuries.



An Activator, a spring-loaded hand-held mechanical instrument, is used by Dr. Philip McLean of Maximized Living Family Chiropractic Center on Lisbon Street in Lewison to treat his patients. The device delivers a quick low-force impulse to spinal joints. (Tsukroff photo)



Dr. Philip McLean checks the pressure valve on the soft hyperbaric chamber he uses at his chiropractic practice for hyperbaric oxygen therapy to help improve the wellness of patients with various illnesses and injuries. (Tsukroff photo)

WHEN IT RAINS, WE SHINE

Most of us prefer sunny days to rainy ones, but for close to 80 years, we’ve turned rainy days into millions of megawatt hours of clean, renewable hydropower. In fact, just a half-inch of rainfall in northern Québec can produce enough energy to power every home in Maine for six months! Together with wind and solar, clean hydropower can help Maine take significant strides toward reducing its fossil fuel consumption and the associated greenhouse gases. That should make everyone’s day a lot sunnier!



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The new regional high-volume COVID-19 vaccination site was launched by Central Maine Healthcare, the City of Auburn, the City of Lewiston

In addition to operating the site at the mall, partners are coordinating to ensure that vaccination efforts reach all members of the community. Central Maine Healthcare and leaders from Auburn, Lewiston and the State of Maine are working with Androscoggin County Emergency Management Agency, St. Mary's Health System, Tri-County EMS, the National Guard and the Auburn Mall.



Chief Medical Officer John Alexander, MD, MHCM, FACEP, and Jennifer Jordan, RN, system director for medical specialties, both of Central Maine Healthcare, show Nirav D. Shah, MD, JD, director of the Maine Center for Disease Control and Prevention, around the high-volume vaccination site at the Auburn Mall on Saturday. (Photo courtesy of CMH)

Simpson Earns First ACF scholarship at CMCC

AUBURN - Benjamin Simpson of Turner is the first recipient of a \$500 American Culinary Federation scholarship at Central Maine Community College.

A second-year student, Benjamin is on track to earn his Associate in Applied Science in Culinary Arts in May. With aspirations to work in a bakery, this scholarship allows him relief and the ability to focus on his studies.

“Words aren’t enough to express my gratitude, especially with COVID-19...it felt great being able to help [my family] when the going got rough,” says Benjamin. “This scholarship has been able to help me afford my housing and definitely took a weight off of my shoulders.”

In November of 2020, ACF presented a check for over \$10,000 to establish an endowed

scholarship fund with the Central Maine Community College Education Foundation. This scholarship directly benefits Culinary and Restaurant Management students at CMCC.

"The endowed scholarship through the Maine Chapter of the American Culinary Foundation enables students the chance to overcome barriers, allowing them to pursue their love of cooking and baking," said Austin Perreault, chair of the Culinary Arts and Restaurant Management programs at CMCC. "We feel very thankful for their dedication and support."

Central Maine Community College provides quality, accessible college education and lifelong learning opportunities by offering career and technical education, education for transfer to the baccalaureate level, and services to support economic development and community vitality. www.cmcc.edu.



Benjamin Simpson of Turner was recently awarded the first American Culinary Federation scholarship at Central Maine Community College. The scholarship is in the amount of \$500. (Photo courtesy of CMCC)

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Dean’s List
Continued from page 2

all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts.

President’s List at LIM College
New York, NY - Haley Gideon of Lewiston, Maine was named to the President’s List at LIM College for the Fall 2020 semester. To be placed on the President’s List students must earn a grade point average between 3.8 and 4.0.

Founded in 1939, LIM College educates students for success in the global business of fashion and its many related industries. As a pioneer in experiential education, or “learning by doing,” LIM College fosters a unique connection between re-

al-world experience and academic study in business principles, offering master’s, bachelor’s and associate degree programs.

LIM College is located in Manhattan - the nation’s fashion and business capital - giving students vast opportunities for real-world experience and professional development.

Farmer graduates from UA Little Rock
LITTLE ROCK, AR - Kristina Farmer, of Sanford, ME, graduated from the University of Arkansas at Little Rock during the fall 2020 semester.

Farmer graduated with a Master of Public Administration in Public Administration.

About 735 degrees were awarded for the fall 2020 semester at UA Little Rock.

With about 10,000 students and 100 programs, UA Little Rock offers learning, research, service, social and career opportunities that can only be found at a metropolitan university located in Arkansas’ capital city.

St. Lawrence U. Dean’s List
CANTON, NY - The following students have

been selected for inclusion on St. Lawrence University’s Dean’s List for their academic achievements during the Fall 2020 semester.

Emma Galipeau-Eldridge is a member of the Class of 2021 and is majoring in psychology. Galipeau-Eldridge is from Otisfield and attended Poland Regional High School.

Derek Metivier is a member of the Class of 2023 and is majoring in economics. Metivier is from Lewiston and attended Lewiston High School.

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, New York

U. of Hartford President’s Honors List
WEST HARTFORD, CT - The University of Hartford congratulates the students who have been named to the President’s Honors List for Fall 2020.

The President’s Honors List is made up of an extremely select group of students who earned a grade point average of 3.75 or higher in the semester.

Bethany Welch of Auburn

Spread across seven

dynamic schools and colleges, the University of Hartford has been guiding the purpose and passion of students for over six decades.

Dean’s List at Adelphi U.
GARDEN CITY, NY - Faith Dillon of Gorham, ME, has been named to Adelphi University’s fall 2020 Dean’s List.

Dillon was among a select group of outstanding students recognized by Adelphi’s deans of Arts and Sciences, Education and Health Science, Business, Nursing and Public Health, Social Work and Psychology for superior academic performance. The list comprises full-time students-registered for 12 or more credits-who have completed at least nine graded credits and achieved a GPA of 3.5 or above for the semester. This recognition becomes part of the student’s academic record and is entered into the individual’s transcript.

Adelphi University, New York, is a highly awarded, nationally ranked, powerfully connected doctoral research university dedicated to transforming students’ lives through small classes with world-class faculty,

hands-on learning and innovative ways to support academic and career success.

URI Dean’s List
KINGSTON, RI - The University of Rhode Island is pleased to announce the Fall 2020 Dean’s List. The students represent nearly all of Rhode Island’s cities and towns, all six New England states, New York and New Jersey, and many other states and countries. The following students were named to Dean’s List:

Lily Barden of Gorham

Clay Bassingthwaite of Gorham

Jazmine Fournier of Lewiston

Callie Russell of Gorham

Natalie Russell of Scarborough (04074)

Lydia Valentine of Gorham

To be included on the Dean’s List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average.

As a public Land Grant University in a highly competitive region in the United States, URI carefully monitors and manages its tuition and fee rates to remain one of the most affordable universities in the Northeast for both in-state and out-of-state students. An estimated 90% of undergraduate students receive annual financial aid and institutional support

Degree from Cumberlands
WILLIAMSBURG, KY (03/01/2021)-- University of the Cumberlands wishes to congratulate Danielle Harris of Lewiston, ME, on earning their Doctor of Education in Educational Leadership in fall 2020. Well done, Danielle!

University of the Cumberlands is one of the largest and most affordable private universities in Kentucky. Located in Williamsburg, Kentucky, Cumberlands is an institution of regional distinction.

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

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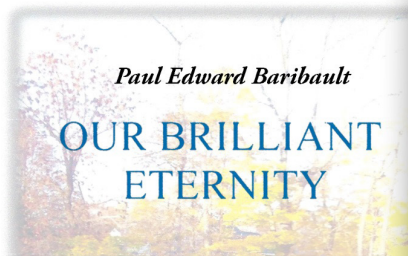
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Letter to the Editor

For The People Act to end dark money



State Representative Bruce Bickford (R-Auburn/District 63)

Dear Editor,

After a year-long lockdown, crippling businesses and keeping families a part, and arguably the most contentious election in history, we are all trying to put 2020 behind us. We continue to make headway to overcome the virus, with vaccine supply and administration increasing. And fortunately, there is a way that we can move past the 2020 election to improve our process and bolster our democracy.

The most critical pieces of one bill making its way through Congress, the For the People Act, would have longstanding implications for the integrity of Maine's election process. In 2020, record funding was pumped in from out of state to try and unseat Senator Susan Collins. Ultimately, Maine and Senator Collins prevailed. However, it is deeply concerning that much of

this money came from undisclosed political groups outside of our state, undermining the true voices and needs of our community.

This legislation seeks to end the influence of dark money in our elections, an incredibly worthwhile feat. It would force political organizations to disclose their donors and add transparency into campaigns. This would not just elevate the voices of the small business owners, veterans, and hardworking Mainers who power our state, but it would also address the foreign interference the U.S. has long endured.

Maine's residents should have confidence that their vote matters in every election, and Senator Collins has the opportunity to lead on this issue in Congress. I hope that she will support the For the People Act as part of her ongoing work to strengthen our democracy.

Sincerely,
State Rep. Bruce Bickford

Letter to the Editor

In support of LD 360

I am writing to ask my local Auburn community, friends, colleagues, neighbors, family, and legislators to support LD 360: *Resolve, To Reduce Barriers to Recovery from Addiction by Expanding Eligibility for Targeted Case Management Services*.

Currently, the rule states that adults with substance use disorder must be pregnant, living with their own minor children, and/or using drugs intravenously in order to qualify for targeted case management services through MaineCare. These stipulations cause severe limitations in access to services that support recovery and safety in Maine, especially at a time when Maine needs to do more.

In 2020, Maine saw a 24% increase in deaths caused by drugs. Already in 2021, we have seen 58 fatal overdoses in January and 45 in February. This shows an increasing pattern of fatal overdoses in Maine compared to already heightened numbers in 2020. This calls for action and change.

Anyone who knows someone affected by substance use disorder knows that it does not discriminate. The limitations of this current rule (pregnant adults, living with their own minor children, and/or using drugs intravenously) only consists of a small portion of the population substance use disorder affects. Removing this set of requirements means that every person with MaineCare benefits and a diagnosis of substance use disorder who is seeking approved treatment services will be eligible for targeted case management.

Nikkita Drake
Auburn resident

Classes

Continued from page 6

Wouldn't it be great if we wrote them down – for ourselves and our families and friends? This informal class will get you on the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all! Class limited to 8 people.

CAREGIVER SUPPORT GROUPS
Caregiver Support Groups

Dates & Times:
Monday, April 12 from 5:30-7:30PM
Thursday, April 29 from 8:00-10:00AM
Location: Zoom or Telephonic

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

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter in September? The goal of the newsletter is to share caregiver specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out. We're happy to add you to our mailing list.

OTHER GROUPS
Coffee & Comfort
Date: Monday, April 5
Time: 3:00-4:30PM
Instructor: Beacon Hospice Staff
Location: Zoom or Telephone

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.

Grieving Between the Lines

Facilitator: Androscoggin Home Healthcare + Hospice Staff
Location: Zoom or Telephone

We are excited to partner with experts at Androscoggin Home Health-

care + Hospice to host a new and exciting group! This book club will focus around bereavement and grief support. We are working on our next group's dates and times. If you're interested in joining this group please reach out to us so we can get you on our list.

Virtual Knitting Group

Dates: Every other Wednesday – April 7 & 21
Time: 5:00-6:00PM
Group Lead: SeniorsPlus Staff
Location: Zoom
Join our knitting group to work on your own project, learn from others, and socialize!

HEALTHY LIVING FOR ME

We have scheduled our 2021 HL4ME virtual workshops! Workshops currently include Tai Chi for Health & Balance, Better Health NOW, Better Health Now with Diabetes toolkit, Better Health Now with Pain toolkit, and our Living Well workshops through Zoom! Below is a short list of upcoming workshops and their schedules. If you are interested in registering for one and don't see a day and time that work for you - reach out! We have other workshops scheduled throughout 2021 and would be happy to get you into a workshop that works best for you and your schedule.

Home for Sale

Pre-sale priced right! Don't let this home get away! Will not last! Beautiful, spacious home with unique architecture and lots of character. The layout has a pleasant flow and rooms have high ceilings. So many options with this home. Very spacious single family - easily converted into a two family - or bring the in-laws and keep your own space.

Renovated large kitchen with new shaker cabinets, under cabinet lighting and recessed lighting. Oversized dining room with large walk-in pantry. New laminate flooring being installed in kitchen, dining room and pantry.

Six bedrooms, master suite, jacuzzi tub, two full bathrooms - one with laundry hook-up. Plenty of closet space.

Side entry. Enter through over-sized enclosed porch. Easily converted to three-season porch. Large front entry mudroom.

Brand new electrical service with new panels. New hardwired smoke and carbon monoxide detector system. New propane high-efficiency Viessmann combi boiler (heat and hot water). Natural gas is in town and headed to Maple street. This new system easily converts to natural gas.

Recently renovated and updated. Photos to come as we are finishing up renovations. Solid foundation. Excellent investment opportunity or turn-key home. Buy now and receive \$3,000 towards closing costs.


ATTN: Real estate agents, brokers, etc. - Open to offers from your clients with negotiable commission. No owner financing.

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Shaker Village book discussion on April 12



Lois Lowry
Author: Like the Willow Tree, The Giver, Number the Stars



Brother Arnold
Shaker and leading Shaker Historian



Live Discussion and Q&A
HISTORICAL FICTION & STORYTELLING TRADITIONS AT SABBATHDAY LAKE SHAKER VILLAGE
Monday, April 12th 6pm Zoom
Register at maineshakers.com

From Maine Shakers Gloucester will present a special live discussion and audience Q&A with Lois Lowry and Brother Arnold Hadd discussing

NEW GLOUCES-TER - Sabbathday Lake Shaker Village in New

Lois’ book “Like the Willow Tree,” an historical fiction set at Sabbathday Lake Shaker Village, on April 12.

The live event will take place via Zoom at 6 p.m. that Monday, and is open for pre-registration at maineshakers.com. The talk is free and open to all age groups and will be live-streamed on Sabbathday Lake Shaker Village’s Facebook page. Optional donations are gladly accepted.

In the book, when their parents fall victim to the influenza epidemic of 1918, 11-year-old Lydia Pierce and her older brother, Daniel, are taken by their uncle to live in the Shaker Community at Sabbathday Lake in New Gloucester, Maine.

Through Lydia’s diary entries, we come to experience Shaker life and to appreciate her grieving, acceptance, and eventual appreciation for the community that was to become her family.

Brother Arnold will speak about children’s life at Shaker Village and how being raised by the Shakers was a common practice at the time. Lydia’s experience was based on both written and oral histories passed from one generation to the next. Brother Arnold will share many of those stories and also share the perspectives of the Shakers that raised these children.

A tale of heartbreak and hope on both sides of the experience, Lowry’s

poignant story of living through the Spanish influenza pandemic sadly seems more resonant than ever before. In the face of COVID-19, readers are sure to draw comfort from Lydia’s journey to find and discover the sense of community that she longed for.

Lois and Brother Arnold will also discuss how Shaker Village functioned through the harrowing Spanish Influenza compared with the modern-day struggles of living through the COVID-19 pandemic. Amidst dozens of unplanned lambs being born on the Shaker farm, staff at home on lock-down, and the primary businesses closed, the Shakers are still finding ways to function as an expanded community.

Two-time Newbery medalist author Lois Lowry researched this era of Shaker history through primary resources in the Shaker Museum & Library archives as well as interviews with Brother Arnold to capture the oral histories. Hers is a fascinating and historically accurate contribution to Shaker storytelling and to the “Dear America” series from Scholastic Books, fictional diaries in the voices of young girls living history. Beloved for her many contributions to children’s literature such as “The Giver,” “Number the Stars,” and “The Willoughbys” which was recently produced for Netflix, Lois’ says her “books have varied in content and style. Yet it seems that all of them deal, essentially, with the same general theme: the importance of human connections.”

Brother Arnold has been a member of the Shaker Community since 1978. His knowledge has shaped his vocation in immeasurable ways, and it has also resulted in his incredibly valuable role at Shaker Village, inspiring all around him to appreciate, honor, and respect Shaker life, and its philosophies, values, mission, and vision. From individuals living around the world to those who work with him every day, people look to him to set the standards and be the guidepost that marks a way forward. In this way, Brother Arnold represents and embodies the living cultural practices and philosophies of a Church that began more than 200 years ago. He has dedicated his life in service to his calling to the Gospel and the Christlife, and he sets the standards for Shaker Village, not by expectation or insistence, but rather by example.

“Like the Willow Tree” is available for purchase through Shaker Village at maineshakers.com/shop and includes a 2020 introduction reflecting on the current COVID-19 pandemic by Lois Lowry.

NEWS CENTER Maine helps with blood drive

From NCM

PORTLAND/BANGOR - Every two seconds someone in the U.S. needs blood. That is why NEWS CENTER Maine was proud to join forces once again with the American Red Cross for a statewide blood drive at the end of March.

The first blood donation was at 9 a.m. with the final donation at 6 p.m. on Wednesday, Mar. 24.

In all, 232 units were collected. A single donation can possibly help save up to 3 lives, so Wednesday’s donors could potentially help save 696 lives. That’s about a 50% increase over last year’s number.

In the four years NEWS CENTER Maine has partnered with The American Red Cross 769 units of blood have been collected—perhaps saving up to 2,307 lives.

Ed Suslovic has donated blood since he was

in high school in the 1970s. After discovering he has a rare form of leukemia, he himself now needs blood transfusions. “Most people have never donated blood before. As I look at my future, I am very thankful that some people are, but boy we need more,” said Suslovic. “There’s no blood factory. The only way to get it is from other, live human beings that care enough to take an hour out of their day and roll up their sleeve.”

There were six donation sites including The Elks Lodge in Portland, The Elks Lodge in Brunswick, Flanagan Community Center in Rockland, Waterville YMCA in Waterville, and Anah Shrine in Bangor.

Blood is critical, especially during this pandemic, and Mainers came out to donate, demonstrating once again that Mainers help Mainers.



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**EVERY TUESDAY
10:30-11:15 a.m.**
LEWISTON – Lewiston Public Library - Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

**1ST AND 3RD
TUESDAYS
11:30 a.m.**
LEWISTON – Lewiston Public Library - Virtual Book Chat. Join LPL staff via Facebook Live for a conversation about what we're reading. Make suggestions, share your thoughts, find resources, and get personalized recommendations from our librarians!

**THURSDAY
Apr. 8
9:30 a.m.**
GORHAM – Baxter Memorial Library. Toddler Discovery Time. Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months-3 yrs)
4-5 p.m.
GORHAM – Eco-maine Outreach & Recycling Committee meeting via an online video conference.
6 p.m.
LEWISTON – City

Calendar

Send your submissions to the Editor. More online.

Council Budget Workshop. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the April 8 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc>. Also, public comment will be possible at publiccomment@lewistonmaine.gov The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**MONDAY
Apr. 12
5:30 p.m.**
LEWISTON – Planning Board Meeting via Zoom video conference. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

**TUESDAY
Apr. 13
9:30 a.m.**
GORHAM – Baxter Memorial Library. Unicorn Yoga. Attention Unicorn Lovers! Pearl the Unicorn (pssst it's actually Ms. Sam the Children's Librarian at Windham Public Library) will be visiting

Youth Services Librarian Ms. Heidi at Baxter Memorial Library. Ms. Heidi will read the book Unicorn Yoga while she and Pearl demonstrate the moves for you! You can find the program on Facebook on or after Apr. 13 at 9:30 a.m.

*Visit the library to pick up a make-your-own unicorn headband kit so that you too can do Unicorn Yoga with Ms. Sam (aka Pearl) and Ms. Heidi!
6 p.m.
AUBURN – Planning Board meeting.

6 p.m.
LEWISTON – City Council Budget Workshop. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the April 8 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc>. Also, public comment will be possible at publiccomment@lewistonmaine.gov The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

6:30 p.m.
GORHAM – Tentative Appointments Committee meeting – to be determined if this is a Zoom session.

6:30-8:30 p.m.
GORHAM – Tentative Town Council budget workshop – to be determined if this is a Zoom session.

**WEDNESDAY
Apr. 14
10 a.m.**
GORHAM – Baxter Memorial Library. STEAM - Suspension Bridge. Join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. In today's activity, we'll learn a bit about basic engineering and use

some of our own creativity to build a suspension bridge.

4:30 p.m.
AUBURN – Lewiston-Auburn Transit Committee (LATC) meeting.

6:30 p.m.
AUBURN – Parks and Recreation Advisory Board meeting.

7 p.m.
GORHAM – School Committee meeting via Zoom.

**THURSDAY
Apr. 15
8 a.m.**
AUBURN – 9-1-1 Committee meeting.

9:30 a.m.
GORHAM – Baxter Memorial Library. Toddler Discovery Time. Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months-3 yrs)

6 p.m.
LEWISTON – City Council Budget Workshop. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the April 8 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc>. Also, public comment will be possible at publiccomment@lewistonmaine.gov The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

6:30 p.m.
GORHAM – Board of Appeals meeting via Zoom.

6:30 p.m.
GORHAM - Tentative Capital Improvement Projects/Economic Development Committee meeting via Zoom.

7 p.m.
AUBURN – Community Forest Subcommittee meeting.

**MONDAY
Apr. 19**
GORHAM - *Municipal Center, Administrative Offices & Library closed in observance of Patriot's Day.*
LEWISTON – *Offices closed.*

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AUBURN – *Offices closed.*

**TUESDAY
Apr. 20
7:30 a.m.**
AUBURN – Auburn Public Library Board of Trustees meeting.

10 a.m.
GORHAM – Baxter Memorial Library. Che-wonki Virtual Tour. Description coming soon . . .

4 p.m.
AUBURN – Auburn Sewer District Trustees meeting.

6 p.m.
AUBURN – Conservation Commission meeting.

6 p.m.
LEWISTON – City Council Meeting. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the April 20th City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at publiccomment@lewistonmaine.gov The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

6:30 p.m.
GORHAM - Tentative Recurring Town Council Workshop via Zoom.

**WEDNESDAY
Apr. 21
8 a.m.**
GORHAM – Gorham Economic Development Corporation meeting via Zoom.

10 a.m.
GORHAM – Baxter Memorial Library. Spring Scavenger Hunt. Join Mr. Jeff on Facebook for a Spring Scavenger Hunt. Enjoy watching Mr. Jeff traversing the trails of Shaw Park looking for spring themed items, including blooming flowers, new leaves on trees, singing birds, and more! Want to try to find all the items on his list for yourself? Contact the library (on or after Apr. 21) to download a digital file to print off at home or save to your device. This is a great school vacation week activity for your family!

4 p.m.
AUBURN – Auburn Water District Trustees meeting.

**THURSDAY
Apr. 22
10 a.m.**
GORHAM – Baxter Memorial Library. Solar Oven. Ms. Deb is excited to celebrate Earth Day with you, and she's even more excited to make solar ovens! You'll learn a bit about the science behind solar energy and then put your knowledge to the test as you use some basic household items (including a recycled pizza box) to cook actual food. Will you bake a potato, warm up a leftover slice of pizza, or try solar s'mores? The possibilities are endless! Join us on Facebook for some fun!

6 p.m.
AUBURN – Comp. Plan Update Committee meeting.

**IN RE: ROSEMARY BELLE
ZEKOVITCH V. MICHAEL TIMOTHY
ZEKOVITCH, JR. NO. 202021-3
IN THE CHANCERY COURT FOR
KNOX COUNTY, TENNESSEE**

In this Cause appearing from the Complaint filed, which is sworn to, that the defendant MICHAEL TIMOTHY ZEKOVITCH, JR., is a non-resident of the State of Tennessee, or whose whereabouts cannot be ascertained upon diligent search and inquiry, so that the ordinary process of law cannot be served upon MICHAEL TIMOTHY ZEKOVITCH, JR., it is ordered that said defendant MICHAEL TIMOTHY ZEKOVITCH, JR., file an answer with the Clerk and Master of the Chancery Court in Knoxville, Tennessee, and with CAROLE COLE, an Attorney whose address is 135 Fox Road, Suite A, Knoxville, TN 37922, within thirty (30) days of the last date of publication. If the Defendant fails to file an answer within the time limit the Plaintiff shall be permitted to file a notice of Default Judgment and serve the Defendant by leaving a copy of said notice with the clerk of this court. This cause will be set for hearing Ex-Parte as to you before Chancellor Christopher D. Heagerty in the Knox County Chancery Court, Part III, 400 W. Main Street, Suite 125 Knoxville, Tennessee 37902. This notice will be published in The Twin City Times Newspaper for four (4) consecutive weeks. This the 8th day of April 2021.

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"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybill.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

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

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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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