

Fund Offers Grants to Public Schools



A selection of 3-D-printed boats crafted by students at the Edmunds School in Edmunds TWP, a Maine EUT (Education in Unorganized Territory) school. (Photo courtesy of Perloff Foundation)

From Maine CF

PORTLAND & ELLSWORTH—The Perloff Family Fund of the Maine Community Foundation will accept applications for four grant programs that benefit public schools in Maine.

One-year Fast Track Grants of up to \$3,000 are available for all areas of pre-K through 12th grade. Applications for the 2021-2022 school year are available through June 30.

STEM4ME grants of up to \$5,000 focus on science, technology, engineering, and math (STEM) and are funded on a rolling basis for up to two years. These grants enable students to create real-world solutions to problems in areas such as renewable energy, ecology, automation, space science, and sustainable food production. Integration with the arts and humanities is encouraged, when possible.

Robotics grants support pre-K through 12th-grade programs that are integrated into the curriculum. All students at a particular grade level are generally expected to participate, including those who fall into special needs categories. Sufficient numbers of laptops should be available for all students to engage in programming.

The Perloff Family Fund also provides special funding on a rolling basis to smaller, rural schools for programs such as the Children's Stage Adventure.

More information and applications are available from the Perloff Family Foundation or by emailing Helen McCain, donor services associate, at hmccain@mainecf.org.

See *Grants*, page 16

A personal journey to helping others

By Nathan Tsukroff



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)

LEWISTON – Dr. Philip McLean, a Doctor of Chiropractic at the Maximized Living Family Chiropractic Center on Lisbon Street in Lewiston, 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 providing 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 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 gasses in the blood that cause hard

See *Journey*, page 8

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Newsmakers, Names & Faces

Guest Column

Home Country

By Slim Randles

“Fling into Spring!” said our high school art teacher, Janice Thomas to herself as she headed out to pick up some groceries. “That’s what I’ll call it. Fling into Spring!”

She ear rumped Woof, her deer pointer (he being half pointer and half corgi) and the herd instinct didn’t work well on deer, so he points them now. His tail didn’t work for a week.)

She took off down to the Soup ‘R’ Market and waved to Annette, who masked up and brought her groceries out to Janice’s car. Yes, even here.

“What do you think of Fling into Spring, Annette?”

“Love it, Janice,” she said. “That’s why I picked it.”

Janice tried to look puzzled through her mask. “You picked it?”

“You know ... for the high school picnic theme this year. I’m helping with the planning. But you must’ve heard about it.”

“No ... I thought it would be a good name for my spring art show ...”

Both women stared at each other’s masks, six feet away.

“In that case,” Janice said, “I could change it,

I guess. If the locals made jewelry we could call it Spring Bling, but that just doesn’t work too well for paintings, does it?”

Annette nodded. “I know. How about ‘A Sprint to Tint.’?”

Janice started the car. “I guess it deserves a bit more thought.”

“I know!” said Annette. “Brush Strokes for Folks!”

Janice nodded, sadly. Sure will be glad when they get a handle on this pandemic.

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Connecting people and ecosystems, April 28



Dr. Heather Leslie will talk about connections among people and coastal ecosystems in a Zoom session hosted by the Bailey Library in Winthrop on Apr. 28. (Photo courtesy of Bailey Library)

versity of Maine’s marine laboratory, Darling Marine Center, and Professor of Marine Sciences. She studies a wide array of marine and environmental science topics, including aquaculture and marine fisheries.

A member of the University of Maine faculty since 2015, Leslie received an A.B. in Biology from Harvard University, a Ph.D. in Zoology from Oregon State University, and conducted postdoctoral research at Princeton University. Before arriving at UMaine, she was on the faculty at Brown University, as the inaugural Peggy and Henry D. Sharpe Assistant Professor. Heather lives by the Damariscotta River in Newcastle, Maine, with her two children and husband, microbial ecologist Jeremy Rich.

The public is invited to attend via Zoom by visiting baileylibrary.org/athome and navigating to the “Virtual Events” tab. For help attending, email director Richard Fortin at rfortin@baileylibrary.org.

From Bailey Library

WINTHROP –The Bailey Library in Winthrop will virtually host marine scientist Dr. Heather Leslie on Wednesday, April 28 at 6:30 p.m.

The event is the fourth part of a yearlong series celebrating Maine women that will run through 2021.

Leslie will give a presentation that focuses on the connections among people and coastal eco-

systems, focusing on how marine scientists use a combination of field experiments and modeling to investigate how climate and changes in economic and regulatory policy influence ecosystems and social interactions.

An international leader in marine conservation science, Leslie conducts research on the ecology, policy, and management of coastal ecosystems. She is the director of the Uni-

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Newsmakers, Names & Faces

Portland seafood company fined for pollution

From Maine DEP

PORTLAND – The Maine Department of Environmental Protection recently fined a Portland seafood processor for polluting the Fore River.

ISF Trading Company, Portland, Cumberland County, Maine. ISF Trading Company (ISF) operates a seafood processing facility in Hobson’s Wharf in Portland, Maine.

ISF agreed to pay a civil monetary penalty of \$11,768.00 to the Treasurer, State of Maine, with \$76,244.00 suspended conditioned on ISF’s compliance with the other terms of an Administrative Consent Agreement.

The DEP issued ISF a Maine Pollutant Discharge Elimination System Permit and Maine Waste Discharge License (collectively, the “permit”) on Nov. 21, 2009,

and renewed the permit on Feb. 6, 2015. for the discharge of seafood processing and cleanup wastewater to the Fore River.

Through site inspections and record reviews between 2014 and 2020, the Department observed that ISF discharged floating solids and caused the discoloration of the receiving waters; discharged wastewater via a broken pipe; discharged process waste-

water from storage totes; processed eels without first obtaining a permit; failed to operate and maintain all necessary treatment and control equipment while discharging seafood processing wastewater; failed to provide a verbal report within twenty-four hours of becoming aware of a broken hydraulic dump screen while continuing to process sea cucumbers; failed to provide a written report

within five days of becoming aware of a broken pipe; failed to calibrate pH meters before use; failed to collect samples that were representative of the facility’s monitored activity; failed to include the harbor water in the measurements of water flow; failed to demonstrate adherence to approved methods; and failed to maintain appropriate logs.

By performing or failing to perform the actions

described, ISF violated the terms and conditions of the permit and 38 M.R.S. §§ 413(1) and 414(5).

In addition to the monetary penalty, the Administrative Consent Agreement terminates the discharge of process and sewer wastewater to the Fore River and directs all process water and sewer discharges to the City of Portland and Portland Water District sewer system.

Students on Husson College Dean’s List

From Husson College

BANGOR – Students from Auburn and Lewiston have been named to the Fall 2020 President’s List at Husson University. Students who make the President’s List must carry at least 12 graded credit hours during the semester and earn a grade point average of 3.80 to 4.0 during the period.

Lillian Gabrielle Bosse of Auburn, ME is a sophomore who is currently enrolled in Husson’s Bachelor of Science in Accounting program.

Tyler Johnathan Morin of Auburn, ME is

a junior who is currently enrolled in Husson’s Bachelor of Science in Exercise Science/Doctor of Physical Therapy program.

Abby B. Roy of Auburn, ME is a senior who is currently enrolled in Husson’s Bachelor of Science in Criminal Justice/Psychology program.

Dayla Strout of Auburn, ME is a junior who is currently enrolled in Husson’s Bachelor of Science in Accounting program.

Deni M. Federico of Lewiston, ME is a senior who is currently enrolled in Husson’s Bachelor of Science in Health-care Studies/Master of

Science in Occupational Therapy program.

Derek J. Foy of Lewiston, ME is a senior who is currently enrolled in Husson’s Bachelor of Science in Business Administration with a concentration in Entrepreneurship and Small Business Management/Master of Business Administration (MBA) program.

Meagan E. Gosselin of Lewiston, ME is a junior who is currently enrolled in Husson’s Bachelor of Science in Psychology program.

Abbie Michelle Howe of Lewiston, ME is a sophomore who is currently enrolled in Hus-

son’s Bachelor of Science in Forensic Science program.

Amanda Lynn Marquis of Lewiston, ME is a senior who is currently enrolled in Husson’s Bachelor of Science in Elementary Education program.

Jenna A. Morin of Lewiston, ME is a first-year student who is currently enrolled in Husson’s Bachelor of Science in Nursing program.

Mason Gene Morin of Lewiston, ME is a senior who is currently enrolled in Husson’s Bachelor of Science in Accounting/Master of Business Administration (MBA) program.

Hana Mougou of Lewiston, ME is a junior who is currently enrolled in Husson’s Bachelor of Science in Psychology program.

Garrett Pousard of Lewiston, ME is a junior who is currently enrolled in Husson’s Bachelor of Science in Business Administration with a concentration in Financial Planning program.

Kaitlyn G. Taylor of Lewiston, ME is a junior who is currently enrolled in Husson’s Bachelor of Science in Criminal Justice/Master of Science in Criminal Justice Administration program.

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Seniors Not Acting Their Age

Three Days in Skiers Paradise



Skiers descend a hill on the South Ellis Trail at Jackson Ski Touring. (Ron Chase photo)

By Ron Chase

For my money, Jackson Ski Touring Center in Jackson, New Hampshire, is the best commercial Nordic ski area in New England. Situated in the southern highlands of the Presidential Range, Jackson has 100 kilometers of trails and encompasses 60 square miles. There is something for every skier from beginner to expert. The trails vary from gentle wooded traverses to difficult mountain descents. World class race courses are included in the network and spectacular mountain vistas can be observed on the higher elevation routes.

There are additional benefits at Jackson. Proximity to the highest mountain range in the northeastern United States provides better snow conditions for a longer period of time than most Nordic ski areas in the region. They also of-

fer exceptional grooming services that optimize the skiing experience and their website includes reliable daily trail reports.

Despite the fact that Jackson is a two hour drive from my home in Topsham, I find myself traveling there several times each winter. My trips to Jackson have been particularly numerous this year given the consistently inferior snow in most of Maine.

With the ski season winding down, my wife Nancy and I decided on an early March three day trip to Jackson. My plan was to ski while she would explore their extensive system of snowshoe trails. An advantage of being old and both semi-retired, we have the flexibility to take impromptu weekday vacations when trails are less crowded. I think that about exhausts the advantages.

One word described the weather during our vis-

it to Jackson, windy. On the day before our arrival, near hurricane level gusts had felled trees and caused widespread power outages. The first indications of the severity of the windstorm were encountered when purchasing ski passes. The lodge had lost power and could only take cash. Since our preference was to begin with the Prospect Farm Trails located five miles north on the south slope of Wildcat Mountain, the attendant provided circuitous directions to the trailhead. A large fallen tree blocked the main route. We experienced higher than average winds every day.

The Jackson trail system is divided into four major sectors: Prospect Farm Trails, East Pasture Network, Village Trails, and the Ellis River Corridor. I like them all, but Prospect Farm is my favorite. Consisting of long routes on scenic lightly traveled

trails, I have two preferences that approximate 15 and 17 kilometers. This day, I chose the longest.

When visiting Jackson, one quickly realizes it attracts many outstanding skiers. Accomplished skate skiers gracefully carve up steep hills while classic skiers glide along well-groomed tracks. An acquaintance from southern New Hampshire recently remarked, "When I ski here, I feel inadequate." Since I'm a mediocre classic skier, I can relate. However, given my age and arthritic infirmities, I'm just glad to be participating. I continue to hope some of that talent will eventually wear off on me.

Surfaces were fast on my ascent to the top of blustery Boggy Brook Trail where the mountain views were exceptional. Following a stimulating descent to Wildcat Valley Trail, a short uphill pitch connected with the undulating Quail Trail. Turning right on UST Trail, I proceeded up a gradual incline to a scenic location where clouds were observed gusting over the summit of snow-covered Mount Washington. After swiftly spiraling downhill to Wildcat Valley Trail, another climb led me to a picturesque traverse on Orchard Trail. When I arrived back at the trailhead, Nancy reported the snowshoeing was excellent.

More wind and exceptional skiing and snowshoeing adventures were on the menu for day two. Following a repeat of the previous day in the morning, we drove to the lodge in Jackson Village. From there, I completed an afternoon ski along the Ellis River on the South Ellis Trail.

Our third day in para-

dise was colder and windier than the previous two. First stop was the Village Trails. I cheated as Nancy dropped me off at the top of Woodchuck Trail. She motored to the lodge to begin snowshoeing Wigglesworth Trail and impressive Flume Path. My descent through superbly groomed Eagle Field and down twisting Yodel Trail to the lodge was intoxicating. The vacation ended with another ski on the Ellis River Corridor culminating with an exhilarating return double poling

much of the slick South Ellis Trail. Lackluster skills don't limit the quality of the goodtime.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase lives in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" is scheduled to be released by North Country Press later in the year. Visit his website at www.ronchaseoutdoors.com or he can be contacted at ronchaseoutdoors@comcast.net.



A Dad skis with his children near Jackson Ski Touring Lodge. (Ron Chase photo)



Skiers begin to snowplow as they approach a hairpin turn at Jackson. (Ron Chase photo)

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Bill to support youth homeless shelters

From Maine Senate

AUGUSTA — Last Thursday, Sen. Nate Libby, D-Lewiston, introduced a bill to help youth homeless shelters better serve people in their care.

LD 1076, “An Act To Support the Operations of Youth Shelters in Maine,” was the subject of a public hearing before the Legislature’s Committee on Health and Human Services.

“There are a variety of reasons why a young person may find themselves homeless and in need of the services Maine’s youth shelters provide. Helping them get back on their feet

and into stable housing is a complex task, and the dedicated workers in our state to help at-risk youth deserve our support,” said Sen. Libby. “This bill is the result of collaboration with three youth shelters in Maine, finding ways to address their most pressing needs, so they can better help with youth in their care.”

LD 1076 would expand the amount of time a minor can spend at an emergency shelter from 30 days to 90 days, which would give shelters more time to find safe and stable housing for the minor. The bill would allow a minor to spend up to 30

days in a shelter without first notifying or receiving permission from the child’s guardian, which would help the minor direct the mediation process between themselves and their family, leading to better outcomes. The bill also increases state funding for homeless youth shelters from \$2 million annually to \$2.5 million annually, which represents a restoration of the funds shelters received prior to 2005.

“Once families are aware that the intended outcome of a shelter stay is a return home and resolution of family conflict, and that child protective reports are rare and only made in

the case of severe abuse and neglect as opposed to family conflict, they are much more likely to give consent for the shelter stay. It will also reduce the number of first-time homeless children who end up in unsafe situations because guardian consent was not obtained in the very short allowable time frame,” said Chris Bicknell, executive director of New Beginnings Inc. in Lewiston.

“LD 1076 will provide critical funding support to help Maine’s youth shelters keep the doors open, lights on, and remain fully staffed. Maine’s youth shelters and the staff that operate them serve as

first responders for some of our most vulnerable youth and young adults in the state,” said Leah McDonald, teen services director for Preble Street in Portland. “The work done by these shelters is life-saving and transformative, but it is getting harder and harder for youth shelters to raise the funds needed to keep the doors open and hire the skilled workers needed to care for youth and young adults. While the operating costs of running a shelter have risen exponentially, the funding sources most shelters rely on have not. LD 1076 will provide a critically needed increase in funding allocation for

these services.”

“Allowing more time and funding for youth shelters in the state would effectively increase the quality of rapport that can be built with youth and their support systems, allowing chronically homeless youth to have the time they need to build the bridges they need to support their transition into housing,” said Hanna Falkie, outreach coordinator for Shaw House in Bangor.

The bill faces further action in committee.

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

New additions to Fontaine Family office

From Fontaine Family

AUBURN – Megan Trundy, Melissa Guimond, and Rachel Grignon recently joined the team at the Auburn location of the Fontaine Family – The Real Estate Leader.

Megan Trundy

Trundy grew up in Poland and attended Edward Little High School in Auburn. She continued her education at Andover College, graduating with an associate degree in legal studies.

She realized her love of helping people while working first as a paralegal and then an admissions representative at Kaplan University. She has been in direct sales the past 10 years and most recently worked as an office administrator for a local law firm in Auburn.

Trundy now lives on a farm in Minot with her husband, Adam, a second-generation farm own-



Melissa Guimond (Photo courtesy of Fontaine Family)

er; two sons, Jacob and Samuel; two dogs; and two cats. In her free time, Megan enjoys outdoor summer activities, traveling with family, kayaking and reading.

Her work experience will help her provide clients with personal attention, while guiding them through the entire real estate process. She can be reached at the Auburn location at (207) 577-7550 or megantrundy@fontaineteam.com.

Melissa Guimond
Guimond grew up in



Rachel Grignon (Photo courtesy of Fontaine Family)

Sabattus and attended Oak Hill High School. She then continued her education at University of the Arts, graduating with a Major in Dance. She instilled her love of teaching at The Dance Center in Auburn as a dance instructor and choreographer. To continue helping others, she also worked as a Massage Therapist at Family Chiropractic Center in Lewiston.

Guimond lives in Sabattus with her four children - two of whom are twins - a dog and five chickens. In her free time,



Megan Trundy (Photo courtesy of Fontaine Family)

she enjoys dancing, biking, running and gardening.

She will be working out of the Auburn location and can be reached at (207) 577-0918 or melissaguimond@fontaineteam.com.

Rachel Grignon

Grignon grew up in Wilton and attended Mount Blue High School in Farmington. She continued her education at University of Maine, completing her studies with a Bachelors in Elementary Education.

She is currently the General Manager of the Orono Trampoline Park

and oversees everything from hiring, HR, event planning and interacting with customers. Through this job, she has developed a passion for serving people in her community and provided the opportunity to open new locations throughout New England for the company.

Grignon lives in Sidney with her husband, who is her childhood best friend, and a dog named Bentley who was born on their wedding day! They bought their first house together in April and will celebrate their fifth wedding anniversary in June.

She looks forward to providing buyers with personal attention, while guiding them through the entire real estate process. She will be working out of the Auburn location and can be reached at (207) 779-6731 or rachel@fontaineteam.com.

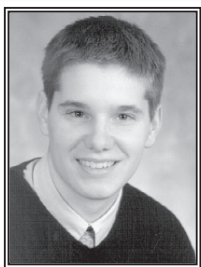
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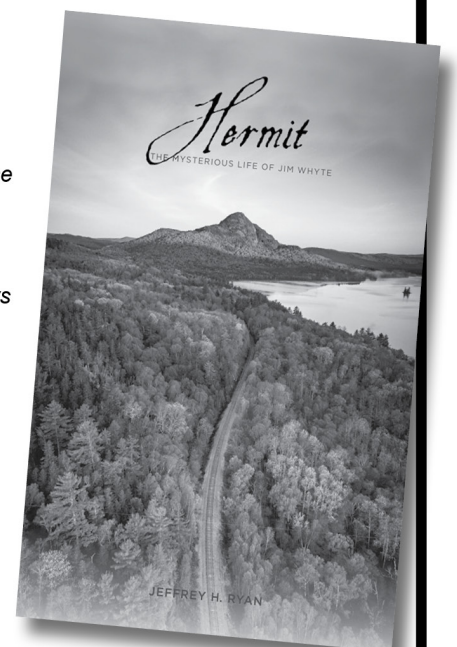
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— George Smith, *Bangor Daily News*

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Arts & Entertainment

Collins, King Announce Support for Performing Arts

From Sen. Collins

WASHINGTON, D.C. – U.S. Senators Susan Collins (R-Maine) and Angus King (I-Maine) announced last week that eleven organizations in Maine have been awarded a total of \$280,000 through the National Endowment for the Arts to enhance performing arts and literature programs.

“Arts and humanities programs help communities exercise their creativity and maximize their learning potential,” said Senators Collins and King

in a joint statement. “This federal funding will help to support organizations throughout Maine that are dedicated to advancing our state’s rich cultural opportunities.”

Bates College in Lewiston received \$40,000 to support artists both teaching and presenting their work at the Bates Dance Festival;

Alice James Books in Farmington received \$30,000 to support the publication and promotion of new books of poetry;

Bowdoin Interna-

tional Music Festival in Brunswick received \$10,000 to support faculty concerts during the festival, a resident teaching program;

Cultural Resources in Rockport received \$20,000 to support the Wabanaki Traditional Arts Mentorship program;

Adam Giannelli, Visiting Assistant Professor of English, Colby College in Waterville, received \$25,000 to support activities that contribute to creative development and artistic growth;

Opera Maine in

Portland received \$10,000 to support a new production of Gaetano Donizetti’s Don Pasquale;

Points North Institute in Camden received \$20,000 to support the annual Camden International Film Festival and associated public programming;

Portland Museum of Art in Portland received \$45,000 to support an exhibition of the work of painter Dave Driskell;

Portland Stage Company in Portland received \$20,000 to support the Clauder Competition

for New England Playwrights;

Skowhegan School of Painting and Sculpture in Madison received \$30,000 to support residencies for emerging artists working primarily in painting and sculpture; and

Watershed Center for the Ceramic Arts in Newcastle received \$30,000 to support mentor and mentee residencies, with a focus on advancing ceramic artists of color.

The National Endowment for the Arts is an independent feder-

al agency established in 1965 whose funding and support give Americans the opportunity to participate in the arts, exercise their imaginations, and develop their creative capacities. Through partnerships with state arts agencies, local leaders, other federal agencies, and the philanthropic sector, the NEA supports arts learning, affirms and celebrates America’s rich and diverse cultural heritage, and extends its work to promote equal access to the arts in every community across America.

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Rousseau Joins Historical Society



Pam Rousseau, a retired science teacher, was recently hired as the administrative assistant at the Androscoggin Historical Society. She will eventually assume the role of docent and guide to the collection. (Photo courtesy of AHS)

From AHS

AUBURN - Pam Rousseau has been hired as the Androscoggin Historical Society’s new administrative assistant.

Rousseau is a retired science teacher who frequently substitutes in the local schools.

She has always been interested in history, preferring the “hands on” approach to learning about historic people and events. She has served as a docent, volunteered at The Norlands in Livermore, and taped an interview with a WWII veteran whose mother was the last teacher at the West Auburn School.

The Androscoggin Historical Society maintains a research library and museum on the third floor of the county building in Auburn. The pandemic has curtailed activities to the extent that the offices are closed to the public until Maine CDC guidelines can be met. This gives Rousseau time to become familiar with the job and the many available resources before assuming the role of docent and guide to the collection.

The Society’s mission is to collect, preserve and disseminate history relating to Androscoggin County and the State of Maine. Under normal conditions, it offers eight to ten programs or lectures each year. The Society also manages the Knight House and the Downing Shoe Shop at the Esplanade in Auburn and owns and operates the West Auburn Schoolhouse, a one-room school built in 1850. Lessons are conducted there by appointment in the style of 1850.

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

St. Dominic's Pre-K students Hop-A-Thon



A group of the pre-k hoppers who participated in the 2021 Spring Hop-a-Thon at Saint Dominic Academy in Lewiston show the check for the \$840 they raised to support Meals on Wheels at SeniorsPlus in Lewiston. (Photo courtesy of Portland Diocese)

From Portland Diocese

LEWISTON - Every spring, the pre-kindergartners at Saint Dominic Academy's Lewiston campus participate in a Hop-a-Thon to raise money for a local charity.

This year, picking the recipient turned out to be a small and easy leap.

"After learning about seniors in our community who struggle with food insecurity, we chose SeniorsPlus' Meals on Wheels program," said Kristine Fox, a pre-kindergarten teacher at St. Dom's. "Our little saints chose this organization in hopes of helping the seniors in need. It is a crisis that is often overlooked and has become even more profound during the pandemic."

After weeks of gathering sponsors and fill-

ing out pledge sheets, the pre-k students got their legs ready for a morning of hopping fun.

"For two minutes, the children hopped, rested, marched, and cheered along to music," said Fox. "Each participant averaged over 100 hops!"

In a matter of minutes, the students raised \$840 for the program.

"This very special event ended with a cheer for our hoppers and a prayer for those we were honoring," said Fox. "We are so grateful for the support of our pre-kindergarten families and friends."

"It's never too early for children to learn about empathy, volunteering, and philanthropy," said Betsy Sawyer-Manter, CEO and President of SeniorsPlus, "and it definitely helps to have boundless energy to

put to good work. Many thanks to all the hoppers!"

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties.

The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 19,000 individuals and fields 200,000 phone inquiries.

Warp + Weft wins awards

From Warp + Weft

AUBURN - Warp + Weft, a full-service branding and marketing agency in Auburn, Maine, recently earned Golden Arrow Awards from the Maine Public Relations Council (MPRC), including a Silver Award and Honorable Mention for recent marketing and public relations work.

The Golden Arrows recognize the "best work of communications, pub-

lic relations and marketing professionals...based in Maine," according to the MPRC, a statewide association of communication professionals.

Warp + Weft earned a Silver Golden Arrow Award, in the "Innovative Use of Social Media" category, which judged any strategic and creative use of Facebook, Twitter, Instagram, YouTube or other social media venue to further a campaign, raise

awareness, and drive engagement.

Warp + Weft took home silver for their work in promoting the L/A Half Marathon on social media by incorporating advertisements, enhanced presence and other strategic tactics on social. The L/A Half Marathon is a local Lewiston-Auburn marathon, half marathon and fun run race around Lake Auburn that takes place in in September. With a much low-

er than normal number of participants signed up with just weeks before the event, the L/A Half needed to raise awareness, increase runner sign up and grow revenue. The efforts of Warp + Weft to realize these goals exceeded the client's expectations.

The Maine Public Relations Council also awarded Warp + Weft an honorable mention award in the "Social Media Campaign" for their work on

a campaign designed for their, client Pine State Pest Solutions, an Auburn-based pest control company. The category judged the performance of a campaign specifically developed and launched using social media channels to raise awareness. Warp + Weft achieved this through social advertisements and supported content on social.

"We are truly honored and humbled to be recognized by the Maine

Public Relations Council," said Warp + Weft Director of Strategy Jennie Malloy. "We are thrilled with the success of these projects and are extremely excited for our clients and their continued growth."

Warp + Weft is a full-service branding agency located on Main Street in Auburn, Maine. Their expertise is in helping ambitious organizations navigate brand strategy, identity, and experience.



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Journey

Continued from page 1

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 pre-vent 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, arterial insufficiencies, severe anemia, infections of bone or bone marrow, 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 Lewiston to treat his patients. The device delivers a quick low-force impulse to spinal joints. (Tsukroff photo)



Dr. Philip McLean, a Doctor of Chiropractic at the Maximized Living Family Chiropractic Center on Lisbon Street in Lewiston, 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)

GORHAM LITTLE LEAGUE

Field Funding Campaign

The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

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Junction Bowl league scores

From Junction Bowl

GORHAM – League scores from Junction Bowl on Railroad Avenue in Gorham.

Scores include the player handicap.

Week 12 Monday Night Strikes

Two Finger Death Punch had a solid night with 2 games and the weekly team series against Pin Me Please with 1 game, 2300-2179.

Two Finger Death Punch

Jon Talbot
166-201-171 - 538
Charlie Pasquerillo
159-177-227 - 563
Substitute
198-228-187 - 613
Scott Smart
194-167-225 - 586

Pin Me Please

Ashley Calvert
187-198-173 - 558
Rick Cormier
205-181-233 - 619
Heather Lavallee
150-178-175 - 503
Brendan Gow
193-148-158 - 499

The (League) Office grabbed 2 games and the weekly team series from Hammond Eggs with 1 game, 2322-2237.

The (League) Office

Sebastian Pettitt
192-221-182 - 595
Aidan Underwood
175-209-165 - 549
Nick Calvert
233-226-179 - 638
Vacant
180-180-180 - 540

Hammond Eggs

Ryan Stuart
225-220-188 - 633
Bobby Brown
180-161-195 - 536
Alex Benner
170-169-202 - 541
Substitute
175-177-175 - 527

Split Happens rolled to 2 games and the weekly team series against Cobra Kai with 1 game, 2432-2310.

Split Happens

Kaitlyn Lemieux
201-200-202 - 603
Erica Jackson
231-175-260 - 666
Elisabeth Maxfield
164-200-+205 - 569
Substitute
158-203-233 - 594

Cobra Kai

Jordan Bretton
208-217-218 - 643
Kenneth Reno
186-161-250 - 597
Eric Bretton
165-157-183 - 505
Romeo Jalbert
199-193-173 - 565

The Gutter Rats had substitutes for all four players, leading the night with 2 games and the weekly team series over Right Lane with 1 game, 2226-2116.

The Gutter Rats

Substitutes
727-725-774 - 2226

Right Lane

Brian Gonneville
158-186-154 - 498
Adam Homan
163-147-182 - 492
Colin McLean
139-154-168 - 461
Bill Haskell
196-192-277 - 665

Thursday Night Dynamite

Strike First rolled against the missing House Balls team to take 2 games and the weekly team series, 2287-2106.

Strike First

Sherry Coyne
186-196-172 - 557
Roni Bretton
215-190-163 - 568
Kenneth Reno
193-254-169 - 616
Substitute
194-169-183 - 546

House Balls

Blind
702-702-702 - 2106
Split Happens took 2 games and the weekly team series from a short-handed Bowler? I Barely Know Her! with 1 game, 2336-2253.

Split Happens

Denise Williams

191-203-195 - 589
Chris Lee
176-171-169 - 516
Matt Lelansky
243-182-210 - 635
Duayne Frank
176-197-223 - 596

Bowler? I Barely Know Her!

Dylann Swisley
194-177-199 - 570
Deanna Boisvert
171-205-196 - 574
Substitute
172-181-243 - 596
Blind
717-171-171 - 513

Sexy Ginger snagged 2 games and the weekly team series from XXX Turkeys with 1 game, 2331-2162.

Sexy Ginger

Shawn McCurdy
200-188-223 - 611
Jacob Bourgeois
165-188-162 - 515
PT
230-197-240 - 667
Substitute
164-183-191 - 538

XXX Turkeys

Jake Ouellette
152-186-194 - 532
Substitute
179-182-168 - 529
Terry Moore
188-186-167 - 541
Ken Foss
176-205-199 - 580

Minds In The Gutter kept their eyes on the pins to take 2 games and the weekly team series from Smelt Camp Swim Team with 1 game, 2314-2291.

Minds In The Gutter

Scott Verrill
193-161-167 - 521
Jay Sutton
198-215-207 - 620
Doug Mercier
208-180-159 - 547
Matt Ferrante
234-199-193 - 626

Smelt Camp Swim Team

Kevin Kassa
190-198-239 - 627
Tonya Kassa
156-188-185 - 529
Brian Waild
213-179-163 - 555
Jenn Leanhart
184-182-214 - 580

OSJL charity distributes PPE to schools

From OSJL

NORTH KINGS-TOWN, RI – Throughout the COVID-19 pandemic, the Ocean State Job Lot Charitable Foundation has leveraged its global supply chain to provide hundreds of thousands of pieces of personal protective equipment (PPE) to first responders, health-care organizations and municipalities.

In continuation of this effort, the Foundation will distribute up to \$3.4 million worth of additional PPE to school systems in the 142 communities where Ocean State Job Lot stores are located across the Northeast. The donations include pallets of PPE including face shields, antibacterial and disinfecting hand wipes, and hand sanitizer, for a total retail value of up to \$24,000 to each community.

“As children begin returning to school in-person, it is critically important that school systems have the health and safety supplies they need to protect their students and staff,” said David Sarlit-

to, Executive Director of the Ocean State Job Lot Charitable Foundation. “At OSJL, we’re deeply committed to philanthropy and community reinvestment, and we hope these donations will help pave the way for a safe and successful return to the classroom for teachers and students alike.”

Since the onset of the COVID-19 pandemic, the OSJL Charitable Foundation has actively invested in providing relief to the communities in which it operates, going as far as supporting the 142 communities in which it has stores with \$25 million in financial and product donations in 2020. Among these donations was the ongoing distribution of \$15 million in PPE to school systems, hospitals and other healthcare facilities, and police and fire departments across New England and the Northeast.

In September, the Foundation distributed premium massage chairs, valued at nearly \$7,000 each, to hospitals throughout the Northeast to provide healthcare workers

with an opportunity to relieve stress. These efforts are in addition to its many ongoing charitable activities, including OSJL’s ‘Mask Fabric for Free’ campaign, which supplied customers with the fabric necessary to create an estimated 1.8 million home-made cloth face masks.

Founded in 1977, Ocean State Job Lot is a growing, privately held discount retail chain with 142 stores in New England, New York, New Jersey, and Pennsylvania.

The Ocean State Job Lot Charitable Foundation has a long history of philanthropic leadership, supporting numerous causes, including feeding the hungry, helping the homeless, assisting veterans and military families, aiding animal rescue, caring for children, advancing healthcare, supporting the arts and promoting learning. Ocean State Job Lot is headquartered at 375 Commerce Park Road in the Quonset Point Business Park, North Kingstown, RI 02852. Phone: (401) 295-2672; Web: OceanStateJobLot.com.

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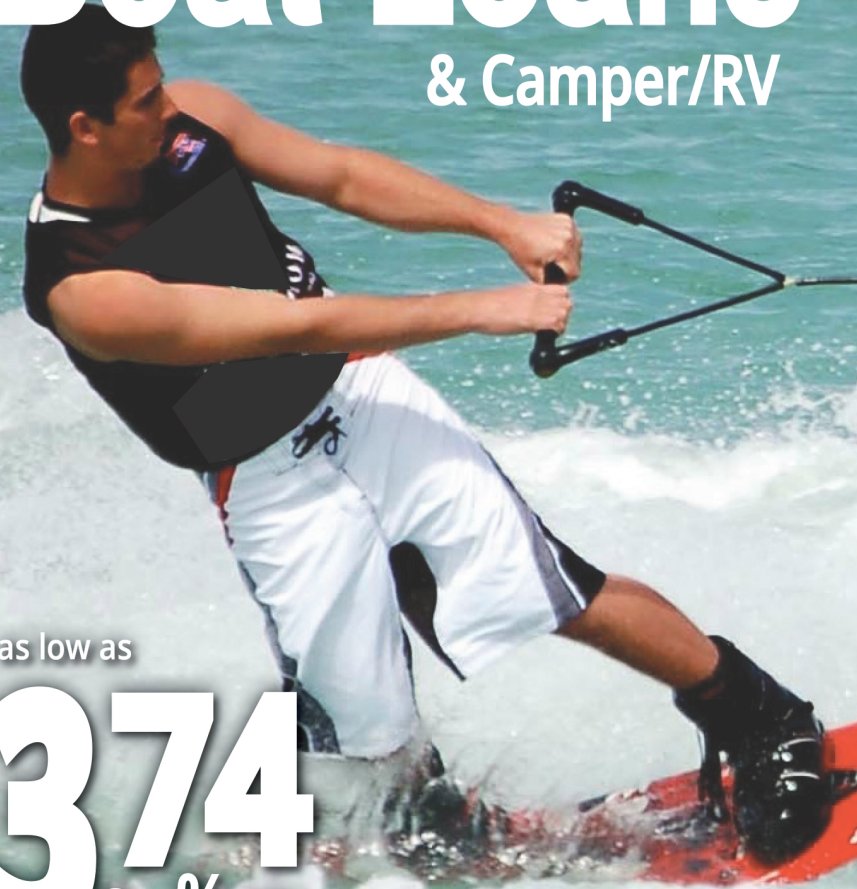
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Haddock supper Apr. 24

From LWC
BUXTON - Living Waters Church on Parker Farm Road in Buxton is providing its next Haddock Supper Buffet at 5 p.m. on

Saturday, Apr. 24. Suggested donation is \$8 for adults, \$4 for children, and \$20 for a family. The church will offer the option of takeout containers for those who do

not want to come inside for seating. Social distancing guidelines are in effect, including wearing of face masks and use of hand sanitizer.

Volunteer for Earth Day Community project

From L-A Optimist Club
LEWISTON-AUBURN - Help celebrate Earth Day by cleaning up your community and winning a free meal at a local restaurant.

hood with family or friends and a trash bag, to clear roadside trash, while enjoying some fresh air and exercise.

Participants include the Longhorn Steak House, Buffalo Wild Wings, Heidi's, IHOP, Roys and the Holy Donut.

If you are willing to volunteer for this cleanup effort, and want to win a meal at one of ten contributing eateries, register your efforts by calling 207-783-5269, or emailing gw-mathews91@gmail.com.

If Earth Day is not a convenient day for your volunteer trash pickup day, Saturday April 24, is your back up date.

Call or email to register to win one of the 26 gift certificates to be given to community volunteers.

The Lewiston-Auburn Optimist Club wants you to join them on Earth Day, Thursday, Apr. 22, to spend at least one hour walking your neighbor-

Contributing restaur-

UMaine Tuition Raffle

From UMaine
ORONO — Four weeks remain to enter for a chance to win a year's worth of in-state tuition at the University of Maine for yourself, a family member or friend, or perhaps a student in need.

regardless of whether they are in-state or out-of-state residents.

ents, friends, and anyone else 18 years of age or older may participate in the raffle and can designate the UMaine student they'd like to receive the prize," said John N. Diamond, the Alumni Association's president.

The deadline for entering is May 3. The winner will be determined on May 7.

No purchase is required to enter the raffle, Diamond explained, though the Alumni Association does invite voluntary donations to support the organization's Student Alumni Ambassadors program and other initiatives. To learn more, visit UMaineTuitionRaffle.com.

The specific amount to be awarded will be the dollar equivalent of 30 credit hours at the university's in-state undergraduate tuition rate, which will soon be set by university trustees. University Credit Union has partnered with the Alumni Association to sponsor this year's raffle.

The UMaine Alumni Association will pay at least \$9,000 to cover the prize recipient's tuition at UMaine in Orono for the 2021-22 academic year. All students planning to attend UMaine in the fall are eligible to receive the prize

"Parents, grandpar-

Boy Scout bottle drop May 1

AUBURN - drop fundraiser from Boy Scout Troop 111 will conduct a bottle

drop fundraiser from 9 a.m.- noon on Saturday, May 1, at the

United Methodist Church on Park Avenue in Auburn.

Marine Corps League meeting April 29

From MCL
LEWISTON - Marine Corps League Central Maine Detachment 810 will host its month-

ly meeting at 6 p.m. on Apr. 29 at the Lewiston Armory, 65 Central Ave., Lewiston.

Chaplains are invited. Anyone interested in Marines Helping Veterans is also invited to attend. Get involved and help us help our veterans.

All Marines, FMF Corpsman and Navy

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Hammond completing AmeriCorps Service

From Maine DACF

AUGUSTA, Maine – Sarah Hammond of Auburn is completing her term with the AmeriCorps Service, despite the numerous challenges brought about by the COVID-19 pandemic.

Hammond is one of 20 members in The Department of Agriculture, Conservation and Forestry's (DACF) Maine Conservation Corps (MCC) who volunteered for a total of over 25,650 hours in the State of Maine, accomplishing MCC's mission to "Accomplish Conservation Initiatives that Inspire People and Enhance Communities."

"On behalf of the people of Maine, I extend our gratitude to this year's class of Maine Conservation Corps members," said Governor Janet Mills. "During one of our state's most challenging times, each of these members gave selflessly of their time and energy to improve

communities across Maine. I wish them the best of luck in all to come."

From engaging volunteers for a new preserve at Frenchman Bay Conservancy in Gouldsboro, to monitoring and analyzing for Maine Healthy Beaches at the southern tip of Maine, and facilitating the Gorham Edible Main Street and Food Forest, MCC Environmental Stewards have found new ways to engage communities in these meaningful projects.

"The contributions of MCC members to conservation in Maine is significant," said DACF Commissioner Amanda Beal. "We are pleased to host this program each year and truly appreciate the dedication and many hours that our MCC members put in to support the needs of Maine communities across the state."

MCC members build new recreational trails and trail structures, and about half of the members were engaged in these projects.

Maine Conservation Corps also completes a wide variety of conservation projects all over the State of Maine. MCC offers two different AmeriCorps service paths, Environmental Stewards and Field Teams.

"As people took to the outdoors in record numbers, the importance of MCC AmeriCorps members and the initiatives they are engaged in has been highlighted as never before," said MCC Director Sara Knowles. "AmeriCorps participants bring inspiration, innovation, and dedication to organizations and communities across the state. The inherent traits of service members were truly amplified this year as they navigated new challenges and uncertainty with grace and flexibility."

"Faced with adversity, I will persevere" is a line from the AmeriCorps pledge that members serving at MCC took seriously in this year of unprecedented challenges.

Guest Column

It's on the tip of my tongue

By Grammar Guy

Do you ever have a hard time coming up with the right word? You get stuck and pause in the middle of a sentence, grasping to remember the name of that type of knife technique where you dice vegetables until they're incredibly small. By the way, the term you're looking for is "brunoise," but you can't quite retrieve it from the place in your brain where that word lives.

We have a few different terms for not remembering the right word. If you can't remember the right word or term, you are experiencing "lethologica." This is when you can't remember the word "brunoise," but for some reason, you can recall "chiffonade" and "julienne." This trips us up almost as much as the hurdler who had her shoelaces tied together, and it makes us feel like we're not the sharpest knives in the drawer, so to speak.

If, on the other hand,

you have a hard time remembering names, you are experiencing "lethonomia." I knew a guy who was horrible with names; he simply referred to someone whose name he couldn't remember as "what's his head." For some reason, I wanted to remember the name of the guy who used to play first base for the Toronto Blue Jays. He wore a batting helmet out in the field. As a member of the Blue Jays, the guy whose name I couldn't remember won World Series rings against the Braves and Phillies in 1992 and 1993, respectively. He was left-handed like me. I could remember all those details, but I couldn't remember his name was "John Olerud." That's lethonomia.

Both words lethologica and lethonomia come from the River Lethe from Greek mythology. Also known as the River of Forgetfulness, the River Lethe was one of the five rivers of the underworld of Hades. As the legend goes,

when a dead person drank from the Lethe, her earthly memories would be erased and she would be reincarnated. There was also a goddess called Lethe, who was the divine representation of oblivion and forgetfulness.

When you become obsessed with trying to remember a specific word, you are experiencing "loganamnesia." I recommend carrying around a small notebook or keeping a running note on your smartphone with thoughts and ideas that come and go throughout the day so you don't forget them later. However, if you can't shake your loganamnesia because the word feels like it's at the tip of your tongue, I recommend a hearty bowl of alphabet soup.

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.

Organic certification available till June 1

From MOFGA

UNITY - The Maine Organic Farmers and Gardeners Association's MOFGA Certification Services (MCS) is accepting applications for organic certification from crop and livestock producers until June 1.

Adult use and medical cannabis producers who are interested in certification can apply to the MOFGA Certified Clean Cannabis program through June 30. Application materials and supporting documents can be downloaded at mofgacertification.org and are also available by

calling 207-568-6030.

Nationwide interest in certified organic products continues to grow. A recent study from the Organic Produce Network showed 12.7% growth in organic produce sales in the northeast region in 2020. "The pandemic has exposed the need for resilient local food systems and at the same time consumers are turning to certified organic products more than ever before," said Chris Grigsby, director of MOFGA Certification Services LLC. "The MOFGA certified organic label represents the local organic choice for consumers in

Maine and the Northeast. We are hopeful that more farms will recognize this extended trend and transition to and seek organic certification each year to meet this demand."

In 2020 there were over 69,000 acres farmed organically in Maine, and MOFGA's organizational goal is to grow that number to 130,000 by 2030 to meet increased consumer demand with organic products grown and produced in Maine.

Interested producers who have questions about transitioning to organic production or the

See **Organic**, page 16

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.

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CMCC a Military Friendly school

From CMCC

AUBURN - Central Maine Community College recently earned the 2021-2022 Military Friendly® School designation.

Institutions earning the Military Friendly® School designation were evaluated using public data sources and responses from a proprietary survey. Over 1,200 schools participated in the 2021-2022 survey with 747 earning the designation.

Methodology, criteria, and weightings were determined by Victory, a consulting agency connecting the military community with civilian opportunities, with input

from the Military Friendly® Advisory Council of independent leaders in the higher education and military recruitment community. Final ratings were determined by combining the institution's survey response set and government/agency public data sources, within a logic-based scoring assessment. We measure the institution's ability to meet thresholds for Student Retention, Graduation, Job Placement, Loan Repayment, Persistence (Degree Advancement or Transfer), and Loan Default rates for all students and, specifically, for student veterans.

"Veterans and active-duty military person-

nel making the transition to college life often face many challenges. CMCC respects the sacrifices they and their families have made, and we work hard to provide a supportive and welcoming environment to them," says John Bowie, school certifying official for veterans at CMCC. "We seek to make the transition to college as seamless as possible for them. We are honored to receive the Military Friendly designation again."

The 2021-2022 Military Friendly® Schools list will be published in the May issue of G.I. Jobs magazine, found at www.militaryfriendly.com.

"Military Friendly® is committed to transpar-

ency and providing consistent data-driven standards in our designation process," said Kayla Lopez, national director of military partnerships for Military Friendly®. "This creates a competitive atmosphere that encourages colleges to consistently evolve and invest in their programs. Schools who achieve designation show true commitment and dedication in their efforts. Our standards assist schools by providing a benchmark that promotes positive educational outcomes, resources, and support services that better the educational landscape and provide opportunity for the Military Community."

For more informa-

tion about Central Maine Community College's student veteran programs, visit <http://www.cmcc.edu/veterans>.

The Military Friendly® Schools list is created each year based on extensive research using public data sources for more than 8,800 schools nationwide, input from student veterans, and responses to the proprietary, data-driven Military Friendly® Schools survey from participating institutions. The survey questions, methodology, criteria, and weighting were developed with the assistance of an independent research firm and an advisory council of educators and employers. The survey is administered

for free and is open to all postsecondary schools that wish to participate. Criteria for consideration can be found at www.militaryfriendly.com.

CMCC 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.

CMCC is an equal opportunity/affirmative action institution and employer. For more information please visit www.cmcc.edu/eec or call the Office of Human Resources at (207) 755-5396.

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Auburn hires urban development specialist



John Blais was recently hired as the City of Auburn's new Urban Development Specialist. (Photo courtesy of City of Auburn)

From City of Auburn

AUBURN – The City of Auburn has added a new member to its "growth, quality and investment" team, selecting John Blais as the city's new Urban Development Specialist.

Blais, a graduate of Unity College and the University of Southern Maine's Muskie School of Public Service, is assigned to the Planning and Permitting Department.

A veteran with extensive experience in government planning and development, Blais worked previously for the State of Maine in the Bureau of General Services/Real Estate Management and Department of Conservation; the Maine Army National Guard as a master planner; and the Kennebec County Soil and Water Conservation District as watershed project director. He also has private sector experience in Maine and California as a project manager/estimator, environmental inspector, and civil manager.

"John brings a great skill set - and lot of great

connections - to our team," said Eric Cousens, Auburn's Director of Planning, Permitting and Code. "He has more than 22 years of experience in 'all things real estate,' not to mention capitol and strategic planning. He has handled public real estate decisions in the 10's of millions of dollars and orchestrated multiple major developments as a former state employee."

Blais' has experience in major development estimating, permitting and zoning, as well as grant, state and federal funding.

"I want to be an asset and help ensure that Auburn maintains a high quality of life," said Blais. "It's the perfect time to help move this city forward, protecting rural land uses and focusing on careful and thoughtful growth downtown, while fostering investment in the community as carefully outlined in Auburn's Strategic Plan."

A resident of Vassalboro, Blais also owns and runs a professional, full-service guide company specializing in freshwater fishing.

Auburn's "growth, quality and investment team" refers to the combined efforts of the city's Planning, Permitting and Code, Economic Development, and Business and Community Development Divisions.

The term comes from Auburn's 2019 Strategic Planning process, during which community leaders, elected officials, and school and city staff worked to build a plan to develop and grow the city, enhance the quality of life of residents, and invest in the future of the city.

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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. 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

Calendar

Send your submissions to the Editor. More online.

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.*

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. Chewonki 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.

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.

FRIDAY Apr. 23

10 a.m.

GORHAM – Baxter Memorial Library. Garden Creature with Ms. Dani. Visit Baxter Memorial Library to pick up supplies to create your own garden creature. Packet includes a container, soil, grass seeds and googly eyes. After the "hair" grows you can style it with scissors into the wildest new creature at your house!

MONDAY Apr. 26

5:30 p.m.

AUBURN – City Council Workshop and Meeting.

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.

5:30-6:30 p.m.

LEWISTON – Finance Committee meeting in City Hall Administrator's Conference Room.

TUESDAY Apr. 27

5:30 p.m.

AUBURN – Agriculture Committee meeting.

6:30 p.m.

GORHAM – Tentative Town Council budget workshop – to be determined if this is a Zoom session.

WEDNESDAY Apr. 28

5:30 p.m.

AUBURN – Auburn Housing Authority Board of Commissioners – annual meeting.

6 p.m.

AUBURN – Com-

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FRIDAY Apr. 30

GORHAM – FY 21-22 Proposed Budget due to Town Council.

MONDAY May 3

5:30 p.m.

AUBURN – City Council workshop and meeting.

7 p.m.

GORHAM – Planning Board meeting, via Zoom.

TUESDAY May 4

5:30 p.m.

AUBURN – Age-Friendly Committee meeting.

6 p.m.

LEWISTON – City Council meeting. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the May 4 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 – Regular Town Council meeting, via Zoom.

WEDNESDAY May 5

4 p.m.

AUBURN – Auburn Farmers' Market.

6 p.m.

AUBURN – School Committee meeting.

THURSDAY May 6

4 p.m.

AUBURN – Cable TV Advisory Board meeting.

5:30 p.m.

AUBURN – Auburn-Lewiston Airport Board meeting.

MONDAY May 10

5:30-6:30 p.m.

LEWISTON – Finance Committee meeting at City Hall Administrator's Conference Room.

5:30 p.m.

LEWISTON – Planning Board meeting via Zoom. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

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

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entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207- 345-9569.

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Grants

Continued from page 1

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, Rockport, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people.

To learn more about the foundation, visit www.mainecef.org.

Organic

Continued from page 11

certification process can connect with a member of MOFGA's farmer programs staff for answers and advice. Additional marketing support for certified organic producers is available through MOFGA via farm profiles, branded packaging and signage, and producer directories to help consumers find local organic products. Jill Agnew of Willow Pond Farm in Sabattus noted that the searchable farm map on MOFGA's website helped

many new customers find her farm stand last March.

Producers interested in certification and individuals looking for local organic producers can find more information at mofga.org.

The Maine Organic Farmers and Gardeners Association is a broad-based community that educates about and advocates for organic agriculture, illuminating its interdependence with a healthy environment, local food production, and thriving communities.

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