

## Out and About Schooner Estates chef an avid bird photographer



Todd Hopkins, Assistant Director Food Service at Schooner Estates in Auburn, is an avid bird photographer throughout the southern Maine area. He recently presented a selection of his photos of the colorful birds in their natural environment to residents at Schooner Estates. (Rachel Morin Photo)

By Rachel Morin

AUBURN - The residents at Schooner Estates Senior Living Community in Auburn, learned early on, that Todd Hopkins, Assistant Director of Food Service, and well-known photographer of birds and wildlife would narrate his presentation on the beautiful birds he photographed on his many trips.

It was welcome news for the pandemic-wearied folks at Schooner Estates! They already knew of Todd's love for birds, animals and all forms of nature. They also knew about his many photography collections.

Bird watchers assembled early to hear accounts of all the birds Todd photographed near the Schooner Campus and beyond. They knew he would be able to give many details on each bird as the photos were viewed.

And as each beautiful brightly colored bird photo rolled by, Todd would

stop and tell us where he took the photo, the time of year, the bird's habitat, food, and interesting details. The many dedicated birders in the audience enjoyed adding a few comments of their own.

It was a happy time, hearing and seeing something different rather than the latest news on the Corona Virus and guidelines on television and the statistics on nation and worldwide happenings and how things were in the world.

I spoke with Todd a few days later to learn more about his fascination with birds, nature, photography, and how it all started.

I knew about his culinary skills already, since, as a chef as he prepared a family dinner for my family a couple years ago. To illustrate how skillful he is at meal preparation, we were given a menu and each person could select what he/she wanted—chicken, fish or beef and turn the menu in a few days ahead of time.

And so we did, chicken, fish or beef a mixture for us eight family members. Everyone enjoyed the delicious meal, cooked to perfection. We were all very impressed.

At the end of the meal, Karen, who was our quiet, friendly and meticulous server, asked if we would like to speak with the Chef. Would we? Could we? We would be thrilled! And so out came Todd and we had a great conversation with him. He was delighted we enjoyed our meals so much.

So imagine my surprise when I heard about his interests in birds and nature as everyone in our family is a bird watcher, nature lover and a fairly good cook on our own.

And so after the excellent Bird photos and very interesting narration. I wanted to connect with him on how he got started, which led to his other special interest, as you might have already suspected: photography! Birdwatching leads to photography. You want to keep the birds with you to enjoy them time and time again.

"My love for photography was



Atlantic Puffins- Taken on Machias Seal Island by photographer Todd Hopkins, the Assistant Director of Food Service at Schooner Estates in Auburn. All photos were shot with a Nikon D500 with a Nikon 200-500 lens. (Todd Hopkins Photo)

born out of love for nature." Todd related and continued that when he was in middle school, friends invited him on a canoe trip with their family down the Allagash River. "It was nature as I had never experienced before and I loved it." The same family brought him to Baxter State Park, Mt. Abram, Sunday River, Sugarloaf and Bigelow Mountain Range, as well as many more trips down the St. John River and the Allagash.

Todd tells me he dabbled with a 4 megapixel Fuji film digital camera that his parents bought him for his 13th birthday. Many of the images he tried to photograph were out of range, or just blurry, or not the way he wanted the image to look.

He knew, by then, he needed a more advanced camera and more education before he was going to be satisfied with the end result. That was expensive. Photography would have to wait.

Todd wrapped up his last class requirement at the University of Southern Maine and completed in Argentina. He knew it would be a primo opportunity to get his older and tech savvy brother, Matt, to negotiate with their parents to buy a digital SLR Nikon camera as an early graduation gift. Matt would pick it up. The parents would be pleased. Todd would have no idea what to expect.

Todd got his early surprise graduation gift, a digital SLR Nikon camera, two

See **Photographer**, page 9

## Lewiston schools registration for Pre-K and Kindergarten

LEWISTON – Registration has been opened for Lewiston Schools for the 2021-22 school year for Pre-K and Kindergarten students.

### Pre-K

Pre-K Registration Information for Lewiston Public Schools.

Must be 4 years of age on or before October 15, 2021

Please complete the Google Form (link provided) to put your child on the PreK List for Fall 2021.

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

REGISTRATION LINK: <https://bit.ly/LewistonKPKReg>

QUESTIONS: [kinderprekreg@lewis-tonpublicschools.org](mailto:kinderprekreg@lewis-tonpublicschools.org)

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For interpretation of this document in other languages, please call (207) 795-4120.

### Kindergarten

Kindergarten Registration Information for Lewiston Public Schools.

Must be 5 years old by October 15, 2021

\*Students currently attending Lewiston Public Schools Pre-K do not need

See **Kindergarten**, page 9

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# Newsmakers, Names & Faces

Guest Column

## Once upon a time

By Grammar Guy

Have you ever heard or uttered a sentence and then thought, “I’ll bet no one’s ever said that before”? For instance, yesterday I was playing with my daughter, Maeve, who is three-and-a-half. She has some stretchy, colorful toys called Monkey Noodles. Maeve has a vivid imagination, but I’ll spare the details of the game she invented only to say the game ended with me exclaiming, “We don’t put Monkey Noodles in our mouths after we bake them in our tummy ovens!” I doubt the same words had ever been put together in the same order in the same sentence before, and I doubt they’ll ever need to be uttered again.

I think about these kinds of sentences all the time. Do you know that there’s a version of this “once-in-a-lifetime” occasion for standalone words? They’re called “nonce” words, or “occasionalisms.” Nonce words are born when one word gets invented and subsequently utilized one time for one occurrence in one work of writing. These a la carte words are served up once and then they’re done forever.

The word “nonce” means “for the once,” or “for one purpose.” Yes, back in the day, regular people knew what “nonce” meant. James Murray, editor of the 1884 “New English Dictionary on Historical Principles” (which, in later editions, changed its title to the Oxford English Dictionary), coined the term “nonce-word.”

Lewis Carroll’s 1871 poem “Jabberwocky” includes several nonsensical words that — up until that point — hadn’t been invented, let alone used. The poem introduces us to one-time terms including “brillig,” “frabjous,” “frumious” and “manxome.” While I wasn’t there when Carroll penned this work, which would later be included in “Through the Looking-Glass,” I doubt he intended these nonce words to exist outside the universe of Alice’s Wonderland.

Irish author James Joyce came up with words constantly in his writing. In “Ulysses” alone, Joyce coined the words “mrkgnao,” “poppysmic,” “ringroundabout” and “yogibogeybox.” While this makes me want to start (and not finish) reading “Ulysses” again, I find it even more interesting that one of

Joyce’s nonce words became a “real” word: quark.

As everyone already knows, quarks are subatomic particles that science people consider one of the building blocks for all matter. Physicist Murry Gell-Mann, who discovered quarks in the early 1960s, referred to these tiny particles as “quorks” until he came across the word “quark” in Joyce’s book “Finnegan’s Wake.” From then on, “quark” stuck.

So, a word to writers: unless you’re ready for them to take on lives of their own, be careful not to throw nonce words around all zoodle-zazzle.

*Curtis Honeycutt is a syndicated humor columnist and treasurer of the National Society of Newspaper Columnists. 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.

## New poet laureate to be selected

From Maine Arts

AUGUSTA - The Maine Arts Commission requests applications to select a new state poet laureate for a five-year term.

Maine’s Poet Laureate position is an appointment designed to promote poetry throughout the state while honoring a Maine poet whose work can inspire an understanding and appreciation of the craft of poetry for the people of our state.

Current Poet Laureate Stuart Kestenbaum completes his five-year term in 2021. Kestenbaum, a resident of Deer Isle, has used his position to share poetry in many different mediums, including his Poems from Here collaboration with Maine Public, which features a new Maine poem each week. Kestenbaum is the author of five collections of poems, most recently How to Start Over (Deerbrook Editions, 2019). He is also the author of the essay collection The View from Here (Brynmorgen Press, 2012).

“We are so grateful to Stu for his wonderful work at Poet Laureate,” said Arts Commission Executive Director, David Greenham. Greenham will facilitate the process for selecting Maine’s next

poet laureate. “We see this as a wonderful opportunity to recognize another member of Maine’s thriving community of poets,” he added.

The poet laureate position was established by Maine statute in 1995. The specific duties are minimal to ensure incumbents have maximum freedom to work on their own projects during their tenure. While the position does not include a stipend, all expenses are paid for appearances and programs, which include, an annual lecture and reading of his or her poetry; participation in the Maine Arts Commission’s administration of the national Poetry Out Loud project; as well as appearances and events to broaden appreciation and understanding of, and participation in, poetry in Maine communities. Each poet laureate brings a different emphasis to the position.

To be considered for this appointment, poets must be full-time Maine residents and have a distinguished body of poetic work. Applicants must submit up to five poems, totaling no more than 10 pages, as well as a one-page statement outlining your vision for your public role as poet laureate and a copy of your resume no

later than June 1, 2021.

Apply at: <https://forms.gle/NCTAQx9kN-WJLNAKr6>.

The Maine Poet Laureate review committee will be Janet Mills, Governor (and poet); Samaa Abdurraqib, Maine Humanities Council; Susan Minot, Author and Poet; Gibson Fay-LeBlanc, Maine Writers and Publishers; and James Ritter, Maine State Library.

Since the inception of the position, Maine’s Poet Laureates have included Kate Barnes (1996-1999), Baron Wormser (2000-2005), Betsy Sholl (2006-2011), Wesley McNair (2011 – 2016), and Stuart Kestenbaum (2016 – 2021).

The Maine Arts Commission supports artists, arts organizations, educators, policy makers, and community developers in advancing the arts in Maine. For more than 50 years the Commission has encouraged and stimulated public interest and participation in the cultural heritage and programs of our state; has worked to expand the state’s cultural resources; and has encouraged and assisted freedom of artistic expression for the well-being of the arts, to meet the needs and aspirations of persons in all parts of the state.

## Collins pushes for China to buy lobster

From Sen. Collins

WASHINGTON, D.C.—At a Commerce Appropriations Subcommittee hearing today, U.S. Senator Susan Collins (R-ME) urged U.S. Trade Representative (USTR) Katherine Tai to support Maine’s lobster industry by pushing China to uphold its promise to purchase more U.S. lobster.

“The Maine lobster industry has been hard hit by the 25 percent retaliatory tariff that China imposed on the U.S. lobster industry in 2018. The Phase One trade agreement between the U.S. and China was a first step toward regaining Chinese market share,” said Senator Collins. “Your predecessor made real progress by securing a commitment from the Chinese to match or exceed their pre-tariff pur-

chase levels. And at first, there really was progress under the agreement. But now that’s not carried through into this year... and currently, the totals are nowhere near the promised purchase levels or the pre-tariff levels.”

Senator Collins asked USTR Tai, “What steps [are you] planning to take to ensure that China lives up to its promise and its purchase agreements that it made in the phase one agreement?”

USTR Tai assured Senator Collins that it is a priority for her office to review China’s progress on fulfilling its agreement on the Phase One Trade Deal and consider enforcement options. She went on to say, “Your raising it with me here today is one of the most powerful ways of showing how much of a priority these promises

and China’s ability to keep them are to us in managing our relationship with China.”

In 2018, China imposed a 25% retaliatory tariff on U.S. lobster. Before the tariff, China was the second-largest importer of U.S. lobster, purchasing \$128 million worth in 2017. During the first month under the new tariffs, however, live lobster exports to China declined by 64 percent. In January 2020, the U.S. and China signed the Phase One Trade Deal, which included a provision Senator Collins secured that boosted Maine’s lobster industry.

Last month, Senator Collins led the Maine Delegation in writing to USTR Tai to highlight the importance of the lobster industry to Maine’s economy and the need to expand access to overseas markets.

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# Newsmakers, Names & Faces

Guest Column

## Creating a more just society



Sen. Nate Libby (D-Lewiston), Maine District 21, the City of Lewiston. (Photo courtesy of Sen. Libby)

By Sen. Libby

Dear Friend,

Two weeks ago, former police officer Derek Chauvin was found guilty on all three charges against him — second degree murder, third degree murder and second degree manslaughter — in the death of George Floyd. Like many of you, I remember the horror I felt when I first saw the footage of Chauvin murder George Floyd in the street, while Chauvin’s fellow officers stood by and watched.

While the trial verdict was certainly welcome news, it is the bare minimum of accountability we need to see. It is only the first step toward justice for George Floyd,

his family, and the community that loves him still. Every person living in America, regardless of skin color, religion, sexual orientation, gender or economic status, must be able to trust that our justice system is there to protect them and their neighbors. That is the America we have promised to ourselves and our children. But we’re not there yet.

I vow to do everything I can, as both a lawmaker and your neighbor, to help create a more just society, where we can all feel safe, respected and honored for who we are. In the Legislature, a big part of this will come from the important work of the Permanent Commission on the Status of Racial, Indigenous and Maine Tribal Populations, which I am proud to support.

If you have any thoughts or concerns to share, or just want to talk things through, I’m here for you. You can always reach me at [nathan.libby@legislature.maine.gov](mailto:nathan.libby@legislature.maine.gov) or 207-287-1515.

**Help preparing taxes**

As I’ve shared previously, the deadline for filing both state and federal taxes was extended to May 17. If you haven’t filed your taxes yet,

CASH Maine may be able to help. Their volunteers stand ready to help working-class Mainers get the maximum possible refund. Since 2003, CASH Maine has saved tax filers more than \$9 million in tax preparation fees and helped clients claim more than \$80 million worth of federal tax refunds.

Visit [cashmaine.org](http://cashmaine.org) to find a location near you, learn about volunteering, and explore information about budgeting, reducing debt, and building savings. Some sites are helping people right up to May 17!

**Free school meals continue**

Back in March, the USDA announced that it would be extending flexibilities in the free school meal program, including offering free school lunches to all students regardless of household income, through September 2021. This week, the USDA announced the program would be extended even further, through the entirety of the 2021-2022 school year. This is great news for students and families across our state. It means more students will be able to get access to healthy meals, and school districts will have flexibility to meet

the current needs of their communities.

**FEMA funeral assistance**

It’s an unfortunate reality that death services can be incredibly expensive. Because of the COVID-19 pandemic, countless families have faced unexpected costs from death care. Thankfully, there is some relief. FEMA has begun providing funds to cover the funeral expenses of families who’ve lost a loved one to COVID-19 in the U.S. Funeral expenses dating back to January 20, 2020, are eligible.

To apply, call the FEMA hotline to begin the application process at 844-684-6333 (TTY: 800-462-7585); the line is open 9 a.m. - 9 p.m., Monday-Friday. You will be given an application number over the phone and instructions on how to submit necessary documentation to FEMA. You will need a death certificate with COVID-19 listed as cause of death, and proof of paid funeral expenses (receipts, contract for services, etc.).

**STEM loan relief**

Good news for Science, Technology, Engineering, and Math (STEM) professionals and soon to graduate students who want to live and work in Maine - applications are now being accepted through May 15 for up to \$60,000 in student loan debt relief for professionals who live in or relocate to Maine and are employed by a Maine-based business in the STEM-related fields of science, technology, engineering, and math (STEM).

Soon-to-be graduates who will work in Maine companies as STEM professionals may also apply.

The Alford Leaders program is funded by the Harold Mond Foundation and administered by the Finance Authority of Maine (FAME). It assists Maine employers in attracting and retaining talented STEM professionals by providing student loan repayment assistance of up to \$60,000 per recipient. Payment of the debt relief award is made directly to a recipient’s student loan servicer. Payments are made once at the end of three years of qualifying residency and employment and again at the end of a subsequent three-year period of qualifying residency and employment.

For the Spring 2021 application cycle, eligible applicants may already be

working as a STEM professional; or have recently graduated with a degree or certificate between May 1, 2020 and December 31, 2020; or be completing their degree or certificate between January 1, 2021 and August 31, 2021. Awards made to graduating students will be finalized once they have begun a STEM position in Maine and, if new to Maine, have relocated to the state.

Applicants are being sought from across the nation, and current Maine residents are eligible and being encouraged to apply. Applicants can learn more and apply by visiting [AlfordLeaders.org](http://AlfordLeaders.org).

**Action for Earth Day**

The world celebrated its 51st Earth Day last month, and local environmentalists got to work. While participating in the community clean-up effort, some also shared some tips on how we can all be more environmentally friendly, such as cutting down on water usage and water waste, turning off lights and switching to more energy-efficient bulbs.

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

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Seniors Not Acting Their Age

Rite of Spring



A paddler celebrates the beginning of spring paddling on the St. George River. (Ron Chase photo)

By Ron Chase

For a small enthusiastic contingent of Mainers, paddling coastal rivers and streams is a clear indication spring has arrived. Each March and April, as snow and ice melts and rain showers replace wintry storms they stow away skis and snowshoes and retrieve their paddles from hibernation.

Many of us older river rats have been replicating the treasured tradition for decades. I began my whitewater journey on the upper St. George River in Searsmont in March 1977. In the years since, friends and I have returned to the St. George, Sheepscot River in Alna, Souadabscook Stream in Hampden, and Ducktrap River in Lincolnville every spring.

Explaining the attraction isn't simple. The water is frigid, air temperatures usually cold, ice frequently an obstacle, and hazards common. Certainly the sense of renewal implicit in the season is a factor. Undoubtedly the challenges are part of

the allure. However, I believe an abiding love for the sport is the primary influence. Regardless, my outdoor club, the Penobscot Paddle and Chowder Society, schedules a wide assortment of spring paddling every year.

This spring, the first scheduled trip was predictably the St. George in late March and I was the leader. Four intrepid paddlers turned out. We were represented by two old-timers who collectively had scores of paddling days on the George. In fact, the trip was appropriately designated the Skip Pendleton Memorial Trip to honor one of our older members who passed away four years ago. Remarkably, Skip started whitewater paddling in his seventies and the George was his favorite river.

A lot has changed since my initial excursion on the St. George. Back then, most paddlers were navigating long tripping canoes with inflated truck tire inner tubes for flotation. Attire often consisted of wool underwear, jeans,

sweaters, and old sneakers. Now, most of us wear dry suits, helmets, and neoprene booties. On our recent trip, two of us were in kayaks while the other two paddled short solo canoes packed tight with airbags. We're warmer and safer now, but I'd rather be young again.

Leaving shuttle vehicles near a bridge on Route 105 in Appleton, our expedition began in the village of Searsmont. After a safety discussion, we launched in a pool above the bridge on Route 173. As we negotiated flat water for the first segment of the five mile voyage, anecdotes about rivers past was the primary topic of conversation. Rounding a bend, the first whitewater was engaged; a long rapid ending near Ghent Road Bridge. No problems were encountered with the twisting route that finishes with an attention getting pitch. Continuous whitewater ensued for about a mile followed by a strong current to a more difficult descent, Magog Chute. Everyone successfully maneuvered

the steep decline and the day culminated with a pleasant paddle through a scenic pasture to the take-out.

A few days later, two of us explored another springtime paddling imperative, Ducktrap River in Lincolnville. Launching from Tanglewood Campground, we immediately confronted three sections of debris in the flat water; two needed to be carried. Then the fun began. A series of challenging ledge drops led to a must catch micro eddy above a Class IV falls, Twitchell Pitch. After setting up safety, we both had successful plunges. The remainder of the trip to the sea consisted of about two miles of stimulating rapids with multiple surfing opportunities.

The next day, thirteen lucky boaters met at Souadabscook Stream in Hampden. An otherwise obscure tributary, the Sou is a very popular Class II, III, and IV whitewater outing. Like the St. George, it's usually one of the earliest to experience ice out. A warm spring day, the water was still frigid.

Cascading through Boy Scout Rapid and Emerson Mill Falls, surfing Great Expectations Rapid, and navigating complex Crawford Falls, we exhaustively embraced the benefits of the Sou. After one canoeist flipped and swam in a short descent, fellow paddlers quickly assisted him back into his boat. A kayaker executed an icy roll in Papermill Rapid avoiding an unpleasant swim. Daunting Great Falls necessitated a decision, portage or paddle. Three successfully paddled while the remainder carried. During some exhilarating surfing at Snowmobile Bridge Rapid, a kayaker missed three

roll attempts before suffering a short swim. Several participants affected an immediate rescue of boat and paddler. Two remaining sectors of whitewater concluded an exceptional day on the river.

Three invigorating days of spring paddling completed, Sheepscot remained. It wouldn't be spring without it.

The author of "The

Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" is scheduled to be released by North Country Press later this year. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



A kayaker plunges down a two stage falls on the upper St. George River. (Ron Chase photo)



A kayaker plummets over Twitchell Pitch on Ducktrap River. (Ron Chase photo)



A canoeist completes a descent of Emerson Mill Falls on Souadabscook Stream. (Ron Chase photo)

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# SeniorsPlus online classes for May

**LEWISTON** —SeniorsPlus has announced its Online Education Center classes for May 2021. Due to the pandemic and current CDC guidelines, all classes are held virtually at this time. Classes and workshops are free, unless noted. Please register by emailing [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org) or calling 795-4010 or 1-800-427-1241. For more information, visit [seniorsplus.org/education-center](http://seniorsplus.org/education-center).

## **Legal Services for the Elderly: An Overview**

**Date:** Wednesday, May 12

**Time:** 11:00-11:45AM

**Presenter:** Andrew Milne, LSE Staff Attorney

**Location:** Zoom

Join Andrew on Zoom to learn all about Legal Services for the Elderly, their services, Helpline, and how they are still here for our community through COVID-19. Learn what they can help you with and who to call for areas outside their specialty, such as estate planning. Andrew will also provide a brief update on courts, evictions, and foreclosures during the pandemic. Since the process has been changing rapidly and is confusing, the information may help orient you to the change.

## **Legal Planning for Aging Adults**

**Date:** Monday, May 17

**Time:** 10:00-11:30AM

**Presenters:** Martha ("Meg") Greene and Will Townshend are estate planning attorneys at Brann & Isaacson in Lewiston. Meg has specialized in estate planning, trust administration and probate for 36 years. Will Townshend recently joined Brann & Isaacson after practicing estate planning in Connecticut, before which he clerked for the U.S. Tax Court.

**Location:** Zoom

Planning for Incapacity: Planning for incapacity is important. Many individuals are living longer than their parents, elder abuse is increasingly common, and Maine has new laws concerning guardianships for disabled family members. It is critical that everyone plan for incapacity by having a durable power of attorney for financial affairs and an advance directive for health care. There are times when a guardianship, or another form of supported decision-making arrangement, may be appropriate due to family issues or the scope of the need for third party supports. Will and Meg will discuss all legal strategies to plan for incapacity for one's self and for family members. Audience participation is encouraged.

Planning to transfer assets on death: Everyone should have a Will when they die. Even so, there are a number of new planning techniques available under Maine law that permit a person to transfer assets on death without a Will, most likely at less expense to a family. There are also a number of strategies for avoiding probate, if that is an objective. Will and Meg will discuss all available strategies, including how each participant can make sure their legal affairs are tied up before death. Audience participation is encouraged.

## **Zoom 101: Using Video Technology to Stay Connected**

**Date:** Monday, May 24

**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 connect-

ed 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.

## **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! 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.

## **Crafting with Corinne**

**Date:** At your convenience

**Time:** At your convenience

**Material Pick-Up:** Last week of April (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

two male theme birthday cards. 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.

## **CAREGIVER SUPPORT GROUPS**

**Caregiver Support Groups**

**Dates & Times:**

**Monday, May 10 from 5:30-7:30PM**

**Thursday, May 27 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, May 3

**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 Healthcare + 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 – May 5 & 19

**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 sched-

See Classes, page 12

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# Arts & Entertainment

## A community read of ‘Dragons in a Bag’

**From Lewiston Library**

LEWISTON - For the month of May, the Lewiston Public Library is inviting all of Lewiston to participate in a city-wide community read program, the Lewiston Read.

The Lewiston Public Library is planning a variety of activities for readers of all ages to engage with the chosen book, Zetta Elliott’s *Dragons in a Bag*.

In addition to reading the book, participants will be encouraged to post selfies reading the book on social media accounts with

the hashtag #TheLewistonRead, join the Mythical Creatures Family Virtual Trivia Night on May 20, watch an interview with Zetta Elliott on the LPLKids Facebook page, and grab a dragon-themed take & make kit for kids at the Library, with more fun surprises in the works.

*Dragons in a Bag* book displays will be up in the public and school libraries and in businesses all over town.

The Lewiston Read program is a partnership between the Lewiston Public Library, Lewiston Pub-

lic Schools, and the City of Lewiston. “The goal is for our community to come together through reading,” LPL Children’s Librarian Sara Turner said.

Copies of the book are available for checkout at the Library, as an ebook or audiobook on statewide cloud Library app for those with a Lewiston library card, and at all Lewiston elementary school libraries.

*Dragons in a Bag* is about a boy named Jaxon, who is sent to spend the day with a mean old lady his mother calls Ma. He finds out she’s not his grand-

mother—but she is a witch, and she needs his help delivering baby dragons to a magical world where they’ll be safe. There are two rules when it comes to the dragons: don’t let them out of the bag, and don’t feed them anything sweet. Before he knows it, Jax and his friends Vikram and Kavita have broken both rules! Will Jax get the baby dragons delivered safe and sound? Or will they be lost in Brooklyn forever?

The author of the book, Zetta Elliott, was born in Canada and moved to the US to pursue her

PhD in American Studies at NYU. Her poetry has been published in several anthologies, and her plays have been staged in New York, Chicago, and Cleveland. She is the author of over twenty books for young readers, including the award-winning picture book *Bird*. Three books published under her own imprint, Rosetta Press, have been named Best Children’s Books of the Year by the Bank Street Center for Children’s Literature. Rosetta Press generates culturally relevant stories that center children

who have been marginalized, misrepresented, and/or rendered invisible in traditional children’s literature. Elliott is an advocate for greater diversity and equity in publishing.

The Lewiston Read is free, open to the public, and no registration is required.

For more information, contact the LPL Children’s Department Desk at 513-3133 or LPLKids@LewistonMaine.gov. Visit the Lewiston Read website page <http://lplonline.org/the-lewiston-read/> for updates and more information.

## LYAC fights food insecurity

**From City of Lewiston**

LEWISTON - After learning more about food insecurity within the Lewiston community, and knowing that 1 in 5 Maine children are food insecure, members of the Lewiston Youth Advisory Council (LYAC) wanted to step up and try to make a difference.

The group recently learned about various local efforts and initiatives to address the need for access to healthy foods, and has met with staff members from the St. Mary’s Nutrition

Center & the Good Food Council of LA. Of particular interest is that the Nutrition Center food pantry, together with community partners, serves approximately 550 families a week.

The dialogue has resulted in LYAC establishing “Community Connections . . . LYAC Fighting Food Insecurity.”

LYAC will be donating & raising funds to purchase foods the Nutrition Center isn’t always able to provide, namely tomatoes, cassava leaves, plantain, bananas, oranges,

and eggs. As such, LYAC will have a table at the Center’s Friday, May 14th, outdoor food distribution center at 208 Bates Street, Lewiston, with a variety of healthy foods for individuals to pick up. Food offerings will be available from 11 am – 2 pm.

If anyone would like to contribute to the food purchasing effort, they may write a check payable to the Lewiston Youth Advisory Council and mail it to: LYAC, c/o City Administrator’s Office, Lewiston City Hall, 27 Pine Street, Lewiston, ME 04240.

LYAC Chair Hope Rubito saod, “Food Insecurity is prominent in Lewiston, in Maine nonetheless. LYAC sees that and we want to contribute in any way possible to help those in need. Lewiston is our community, our home, and seeing our community members struggling with something like access to food is saddening and we’d like to combat that in any way we can.”

Sheri Blumenthal, Manager/Community Programs at the Nutrition Center, said, “We are excited to partner with LYAC on their

Community Connections initiative and grateful for their generosity and willingness to learn and share about food insecurity in our community. Hunger has been a long-standing challenge in our city and across Maine which ranks 12th in the nation for food insecurity, and was greatly compounded by the pandemic. The St. Mary’s Food Pantry, part of the St. Mary’s Nutrition Center, works alongside partners to provide a stable and reliable means for people to supplement their weekly groceries amidst

an increasingly uncertain landscape. We have made a strong commitment to increase the variety of fresh produce we offer regularly and to include more culturally preferred and desired foods. LYAC’s initiative will help us reach this goal.”

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

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# Maine hospitals safe sleep certified

**From Maine DHHS**

AUGUSTA— The Maine Department of Health and Human Services (DHHS) announced last week that all 26 Maine birthing hospitals are now Safe Sleep Certified, making Maine the second state nationally to achieve this milestone that protects babies from sleep-related deaths.

DHHS and the Maine Center for Disease Control and Prevention worked with Maine’s birthing hospitals, those with dedicated maternity and birthing facilities, to increase the number certified through the Cribs for Kids National Safe Sleep Hospital Certification program. This initiative was part of the Department’s Safe Sleep Maine education campaign, launched in April 2019 with the goal of reducing infant deaths due to unsafe sleep conditions.

To become certified, hospitals must develop and maintain a safe sleep policy, train staff on safe sleep guidelines, and educate parents on safe sleep practices prior to discharge. All 26 birthing hospitals in Maine have now achieved at least a bronze-level Safe Sleep certification, and Maine joins Delaware in having

all of its birthing hospitals certified. A complete list of Maine’s Certified Safe Sleep Hospitals and their certification levels is below.

“We’re grateful to Maine’s hospitals for their collaboration in becoming Safe Sleep Certified and join them in recognizing this significant achievement,” said DHHS Commissioner Jeanne Lambrew. “A healthy life starts in childhood, so we appreciate this partnership that provides Maine families with the education and support they need to protect their young children.”

“Maine hospitals are pleased to be involved in this effort to teach parents safe sleep strategies and protect our youngest patients,” said Steven R. Michaud, president of the Maine Hospital Association. “Maine hospitals believe that our role includes educating our patients and their families and we were happy to work with the state on this initiative.”

The Safe Sleep Maine campaign identified birth hospitals as key partners for safe sleep education. DHHS worked with the Perinatal Quality Collaborative for Maine to provide quality improvement support

and education to hospitals including collecting monthly data on safe sleep practices and expanding education for new parents on safe sleep guidelines. Data on infant deaths due to sleep-related causes in 2020 is expected to be finalized in June.

“Evidence suggests that modeling safe sleep in the hospital translates into more babies being put into safe sleep environments at home,” said Kelley Bowden, MS, RN, statewide Maine CDC perinatal outreach education coordinator located at The Barbara Bush Children’s Hospital at Maine Medical Center (BBCH). “Certification provides consistent messaging by hospital teams so that all families know how to keep their baby safe while sleeping, and we appreciate the efforts of nurse managers at each birthing hospital for their efforts in achieving certification.”

“The support of Maine DHHS and CDC in launching this statewide Safe Sleep educational campaign and quality initiative to ensure birthing hospitals in Maine are Safe Sleep Certified has truly enhanced the parallel work Maine-Health and community partners have engaged in

over the past 10 years to decrease the rates of sleep-related deaths,” said Jennifer Hayman, MD, FAAP, BBCH pediatric hospitalist and the Safe Sleep Champion for the Maine Chapter of the American Academy of Pediatrics. “We are extremely grateful to all of the hospital systems and to DHHS for their hard work in addressing this issue.”

“Maine Children’s Trust and our Safe Sleep Coalition partners are thrilled to see our birthing hospitals reach this important milestone to increase safety for Maine’s babies,” said Pam LaHaye, Executive Director of the Maine Children’s Trust. “We so appreciate the leadership and commitment DHHS has shown to further our collective work to be sure every baby sleeps safely.”

Safe Sleep Maine utilized social media and public service announcements modeled on the National Institutes of Health Safe to Sleep Campaign to educate new parents on safe sleep guidelines. The campaign promotes the A, B, Cs of Safe Sleep, which state that babies should be:

ALONE in a crib  
On their BACK for nights and naps  
Placed in a clean, clear CRIB

Cared for in a Drug-Free Home - by aware, not impaired, caregivers.

This effort builds on DHHS’ ongoing safe sleep initiatives, including the Maine CDC sending 12,000 mailings to new parents, distributing cribs to families, and collaborating with Public Health Nurses, Maine Families Home Visiting staff, Women, Infants and Children (WIC) staff, Office of Child and Family Services caseworkers, and other social service agencies to ensure safe sleep education is provided to families with a new baby. These initiatives align with the two central goals of Governor Mills’ Children’s Cabinet, to better support children before they reach school age and better support at-risk youth.

Safe Sleep Hospital Certification is awarded for 5 years, requiring an annual report to maintain certification. More information on the program is available on the Cribs for Kids website.

Maine’s Safe Sleep Certified Hospitals:

**Gold**

Maine Medical Center  
Maine General Medical Center  
Northern Light AR

**Silver**

Bridgton Hospital  
Central Maine Medical Center  
Franklin Memorial Hospital  
Houlton Regional Hospital  
Lincoln Health Miles Memorial Hospital  
Northern Light Mayo Hospital  
Mid Coast Hospital  
Northern Maine Medical Center  
Penobscot Bay Medical Center  
Rumford Community Hospital  
St. Mary’s Regional Medical Center  
Waldo County General Hospital

**Bronze**

Cary Medical Center  
Down East Community Hospital  
Mount Desert Island Hospital  
Redington Fairview General Hospital  
Southern Maine Health Care  
York Hospital

# AFP honors America’s family farms

**From USDA**

WASHINGTON, D.C. - The American Families Plan includes critical tax reform to ensure that the wealthy pay their fair share of taxes in order to finance essential investments in workers and families, including childcare, nutrition, higher education and more.

One of those reforms is a change in the way capital gains are treated in our

tax system so that, for people making over \$1 million, the tax system no longer favors income from wealth over income from work. The plan won’t raise taxes on anyone making less than \$400,000 a year.

Part of this plan to make sure the wealthy pay their fair share is a proposal to close the “stepped-up basis” loophole for wealthy estates so that enormous fortunes do not completely

escape taxation. Under the proposal, unrealized capital gains (those that have never been previously taxed) are taxed at death above \$2 million in gains per couple. But this won’t affect family farms that stay in the family.

Under this proposal, estimates indicate more than 98% of farm estates will not owe any tax at transfer, provided the farm stays in the family. The tax

the remaining less than 2% would owe, would be on their non-farm assets.

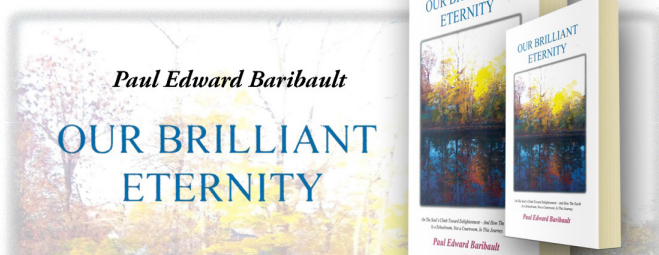
The President recognizes the importance of agriculture and family farms to the American economy and way of life. He also recognizes the risks and economic challenges unique to agriculture, family farms and ranching operations across America. The Biden Administration is committed to American

agriculture, family farms, ranches and the rural way of life. The American Families Plan protects family farms and ranches in two key ways:

No capital gains taxes at death for family farms. This plan includes a special protection for family-owned farms and businesses. It defers any tax liability on family farms as long as the farm remains family-owned and operated. No tax is due if the farm stays in the family. No one should have to sell a family farm they inherit to pay taxes and the President’s tax reform guarantees that.

\$2 million exclusion from increased capital gains for all married couples. This plan also excludes the first \$2 million of gains per couple (\$2.5 million if the farm also includes the family home) from capital gains

See Farms, page 12



**Paul Edward Baribault**

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Photographer

Continued from page 1

lenses, a new hobby and as he likes to say, “Love was born.”

Todd tells me that was in 2009. He has been growing in photography ever since. He recounts his activities since 2009. “I have shot weddings, portraits, interior design, landscapes, seascapes, birds, wildlife and more. I have continued to educate myself through youtube, books, magazines, and working with mentors and other talented working professional photographers.”

Todd says the goal has always been to get to a point where he could afford a lens long enough to be able to get even closer to wildlife and birds, his main interest.

This is what he does, especially before and after work. He travels the same routes and has learned the territory of many different birds. “But, you never really know what might pop up one day in one of my regular spots,” he said. He has been pleasantly surprised many times!

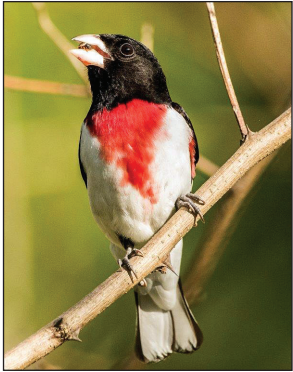
Send all items for What’s Going On to the Editor. Deadline is Friday by five.



Green Heron. This photo was shot at the confluence of Bobbin Mill Stream and the Androscoggin River, right near Schooner Estates in Auburn. Photographer Todd Hopkins is the Assistant Director of Food Service at the facility. (Todd Hopkins Photo)



Eastern Bluebird- This photo was taken at the intersection of Stetson and the River Road in Auburn by Photographer Todd Hopkins. the Assistant Director of Food Service at the facility.. (Todd Hopkins Photo)



Rose-breasted Grosbeak- This photo was taken just across the street from Schooner Estates in the woods. Photographer Todd Hopkins is the Assistant Director of Food Service at the facility. (Todd Hopkins Photo)

Kindergarten

Continued from page 1

to participate in the K registration process.

Please complete the Google Form (link provided) to put your child on the list for Fall 2021.

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

REGISTRATION LINK: <https://bit.ly/LewistonKPKReg>

QUESTIONS: [kinderprekreg@lewistonpublicschools.org](mailto:kinderprekreg@lewistonpublicschools.org)

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Certificate of Appreciation



Central Maine Det. #810 Marine Corps League members present a Certificate of Appreciation to Conrad Davis for Publicly and Proudly displaying the United States Flag. From left to right: Toby Blais, Jr Vice Commandant; Conrad Davis of Davis Landscape Company; Charlie Paul, Commandant Central Maine MCL; and Joyce Richmond, Veterans Affairs & Event Coordinator. (Photo courtesy of #810 MCL)

Auburn flags for veterans

From City of Auburn



AUBURN - Each year, in preparation for Memorial Day, Auburn Public Works crews and local Veterans groups work together to place American flags at the graves of veterans buried in Auburn cemeteries.

If you know of a Veteran’s grave site in Auburn that does not have a US Veteran grave marker/flag holder, please contact Public Works Deputy Director Scott Holland at 333-6670

X2155 or [sholland@auburnmaine.gov](mailto:sholland@auburnmaine.gov); PW will be sure to place a marker as soon as possible.

We also have grave markers available if you wish to place it yourself. During normal business hours, visit Public Works at 296 Gracelawn Road.

Markers will also be available at Central Fire Station located at 550 Minot Avenue evenings and weekends. If fire personnel are on a call, there may be a delay waiting for their return.




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# USDA to provide critical nutrition assistance

From USDA

WASHINGTON, D.C. – The U.S. Department of Agriculture (USDA) last week announced a new effort funded by the American Rescue Plan to provide adequate nutrition to more than 30 million children over the summer by expanding Pandemic Electronic Benefit Transfer (P-EBT) benefits.

Summer months are difficult for low-income children because they lack access to school meals that fill a nutrition gap during the school year. When school is out of session, summer feeding programs—considered a lifeline for some families—reach just a small fraction, typically less than 20%, of the number served during the school year. This summer, USDA will offer P-EBT benefits to all low-income children of all ages, helping families put food on the table during the COVID-19 pandemic.

“The expansion of P-EBT benefits over the summer is a first-of-its-kind, game-changing intervention to reduce child hunger in the United States,” said Agriculture Secretary Tom Vilsack. “By providing low-income families with a simple benefit over the summer months, USDA is using an evidenced-based solution to drive down hunger and ensure no child has to miss a meal.”

P-EBT was established in March 2020 to provide food dollars to families to make up for meals missed when schools have closed due to COVID-19. The program was set to expire on September 30, 2021, but through the American Rescue Plan Act, benefits are now available for the duration of the pandemic, including during the summer months.

P-EBT builds on lessons learned from USDA’s

Summer EBT pilots, which began in 2011 and have proven successful at reducing severe food insecurity as well as improving the quality of children’s diets. Recent research by the Brookings Institute confirms P-EBT also has a measurable impact on food insecurity, decreasing food hardship faced by low-income children by 30% in the week following benefit issuance.

Children are eligible for this temporary nutrition benefit – loaded onto an EBT card that can then be used to purchase food – if they are eligible to receive free or reduced-price meals during the school year or if they are under age six and live in a SNAP household. Families of eligible children typically receive \$6.82 per child, per weekday, or roughly \$375 per child over the summer months.

“Help is here for financially stressed families

trying to put food on the table,” said Stacy Dean, deputy undersecretary for USDA’s Food, Nutrition, and Consumer Services. “Our nutrition assistance programs are powerful tools that are critical to America reaching a full and equitable recovery from the pandemic.”

Some 29 million adults and as many as 12 million children haven’t always had enough to eat throughout this pandemic. Further, food insecurity has disproportionate impacts on communities of color, with more than 1 in 5 Black and Latino adults living in food insecure households compared to 1 in 9 adults overall. However, recent data from the Census Bureau shows food insecurity among adults has fallen from 14 percent to 9 percent from December 2020 to April 2021.

The announcement today comes in addition to a variety of actions taken re-

cently by USDA to strengthen food security, drive down hunger, and put a greater emphasis on the importance of nutrition. Just recently, USDA maximized economic relief for struggling families by taking administrative action on SNAP emergency allotments by targeting an additional \$1 billion per month to roughly 25 million people. The Biden-Harris Administration’s American Rescue Plan Act provides over \$12 billion in new nutrition assistance to address hardship caused by the pandemic, including:

Extending a 15 percent increase in SNAP benefits—providing over \$1.1 billion per month in additional benefits for about 41 million participants—through September 2021;

Adding \$1.1 billion in new funding for territories that operate nutrition assistance block grants—home to nearly 3 million Ameri-

cans—to support those hard-hit by the pandemic;

To help reopen schools safely in the fall and address child food insecurity, USDA issued a broad range of flexibilities that will allow schools and childcare institutions to serve healthy meals for free to all kids in the 2021-2022 school year;

Funding meals for young adults experiencing homelessness through Child and Adult Care Food Program (CACFP) emergency shelters;

Providing nearly \$900 million for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), including a temporary increase in fruit and vegetable vouchers to \$35 per month and an historic investment in innovation and outreach to better serve more than 6.2 million people that use WIC to support a healthy start for infants and young children.

# Teaching young people to pay it forward

From CRCofWM

NORWAY - When Deb Skinner of South Paris told her three visiting grandchildren that she was sew-

ing some “comfort items” for cancer patients, they asked if they could help her.

So, she taught Hannah, Lukas and Lilley how to make the small pillows

that fit under a breast cancer patient’s arm after surgery, and the ‘port protectors’ that wrap around a seatbelt and ease pressure on the area of the chest where many

cancer patients receive their chemotherapy treatments. According to Lukas, “my great grandmother had cancer.”

“We keep a good supply of these comfort items on hand at our Center, as they are essential items that patients are apt to use daily during the period they are undergoing cancer treatment. All of the items are new, and handmade by many volunteers throughout Maine,” said Diane Madden, Executive Director of the Cancer Resource Center of Maine in Norway. I am glad Hannah, Lukas and Lilley could come in to see our Center and learn how their good work will have such a huge impact on others.”

And, according to Grandma Deb, “if you teach a child how good it makes you feel by ‘paying it forward,’ they will be less likely to be looking for “feel



Deb Skinner, left, of South Paris and her grandchildren, Lilley Oliveira, Hannah Cook, and Lukas Oliviera, present “comfort items” for cancer patients to Diane Madden, executive director of the Cancer Resource Center of Western Maine. (Photo courtesy of CRCofWM)

good” activities that may lead to bad decisions.”

The Cancer Resource Center of Western Maine is a 501c3 non-profit organization embracing anyone affected by cancer in a community that offers hope and caring through support, education, and concepts in healthy living. They offer free pro-

grams, complementary therapies, weekly virtual classes, travel assistance, support groups and comfort items - because no one should face cancer alone.

CRCofWM is located at 199 Main St, Norway. For more information, visit their website: [www.crcofwm.org](http://www.crcofwm.org); find them on Facebook; or call 890-0329.

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# Virtual Hike for Hospice



Androscoggin Home Healthcare’s first virtual Hike for Hospice Androscoggin will take place May 10-21. (Photo courtesy of Androscoggin)

**From Androscoggin**

LEWISTON - Androscoggin Home Healthcare + Hospice (Androscoggin) is launching their first virtual Hike for Hospice Androscoggin. Online registration is now open for this virtual fundraising event that takes place May 10-21. Participants can engage at their own pace and choose their own outdoor activity from walking or running to hiking or biking. In addition, registered participants can take part in a special family bereavement walk with their children at the Auburn/Lewiston YMCA Outdoor Learning and Education Center at 167 Stetson Road, Auburn during the event. A special StoryWalk featuring the book “Tear Soup” by Chuck DeKlyen and Pat Schwiebert will be on display to help foster

communication between parents and children about loss and grief.

Each year, Androscoggin cares for thousands of Mainers at the end of their lives – in patients’ homes and at the Androscoggin Hospice House, in Auburn. Proceeds from the event will ensure hospice care for all. Hike participant and Androscoggin Nurse Practitioner, Jackie Fournier said, “Fundraising helps Androscoggin keep on the cutting edge of innovation while providing compassionate care for all of those that we serve. We all have the opportunity to give back in some way.”

Register at [androscoggin.org/events/hike](http://androscoggin.org/events/hike). The cost is \$25 per person and free for ages 12 years and under. The first 200 registrants will receive an event t-shirt, swag bag filled with surprises and a special

children’s activity. Participants can create their own personal fundraising page will have a chance to win Yeti products, Sea Bags, or a 2 Night Stay at Wolfe’s Neck Farm “Wicked Easy” Camping Experience by LL Bean.

FMI: Contact Rachel Bishop, Events and Sponsorship Coordinator at 207-777-7740 or Rachel.Bishop@androscoggin.org.

Androscoggin Home Healthcare and Hospice is the largest, non-profit independent home health and hospice organization in the state. They focus on health – not illness – by making each individual’s quality of life the best it can be. They have been recognized as one of the Best Places to Work in Maine since 2006. To learn more about Androscoggin, please visit [www.androscoggin.org](http://www.androscoggin.org)

# Dunkin’ donates \$3,000 to YMCA



Local Dunkin’ franchisee Mike Connor, far right, presents a donation of \$3,000 to YMCA of Auburn-Lewiston CEO Steve Wallace, left, Lewiston Mayor Mark Cayer, YMCA Senior Program Director Chris Shea, YMCA Chief Human Resources and Risk Officer Mary Murphy. (Photo courtesy of Dunkin’)

**From Dunkin’**

LEWISTON - Local Dunkin’ franchisee Mike Connor recently made a donation of \$3,000 to the YMCA of Auburn-Lewiston during a grand opening event at the Dunkin’ at 1896 Lisbon Road in Lewiston.

The store has digital drive-thru and lobby menu boards, a mobile order drive-thru lane, Dunkin’s innovative tap system for cold teas and coffees, front counter bakery cases, and high-volume coffee brewers.

The store replaced a Dunkin’ at a nearby Mobil station.

Formerly called Dunkin’ Donuts, the national chain of franchise stores rebranded with the new name in January 2019.

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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.

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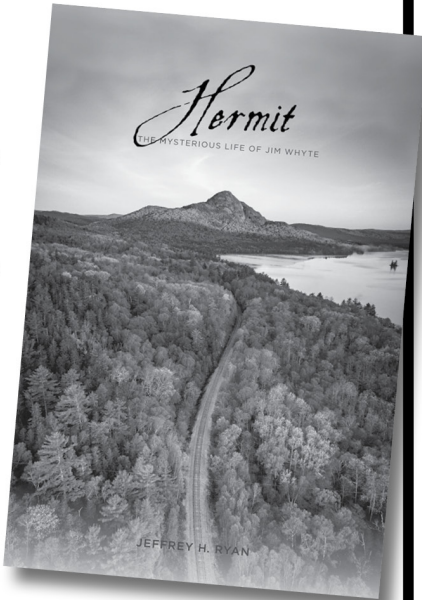
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— Bill Bushnell, Bushnell on Books

“I can tell you it will not take you many days to read, because you won’t be able to put it down. I wasn’t surprised when Hermit was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio.”  
— George Smith, Bangor Daily News

Shop Local! Available at The Bookworm and other Maine bookstores or at [JeffRyanAuthor.com](http://JeffRyanAuthor.com).





# Proposed bill would amend election laws

From ME Senate

AUGUSTA — Last week, Sen. Louie Luchini (D-Ellsworth) introduced LD 1363, “An Act To Amend the Laws Governing Elections.”

The legislation from the Secretary of State and sponsored by Sen. Luchini proposes a variety of updates to Maine’s election laws, including guidelines for use of ballot drop boxes and clearer procedures for curing defects in absentee ballots. The bill received public hearing before the Legislature’s Veterans and Legal Affairs Committee.

“The Secretary of

State and Maine’s municipal clerks put in an incredible effort to make Maine’s 2020 elections a success during the COVID-19 pandemic. It was an incredible task to keep both poll workers and voters safe, and make sure everyone was able to cast their ballot,” said Sen. Luchini. “This legislation takes a lot of the commonsense updates we adopted last year — including absentee ballot drop boxes and online ballot tracking — and makes them permanent, to make voting as accessible as possible for all eligible Mainers.”

LD 1363 is a depart-

ment bill from the Secretary of State. It codifies the innovative changes the state implemented during the COVID-19 pandemic to make sure Maine people could still safely vote in elections and to ensure election clerks could efficiently process ballots. Those changes include but are not limited to procedures for using secure absentee ballot drop boxes, procedures for dealing with and curing defects on absentee ballots, and allowing 16-year-old Mainers who have pre-registered to vote to serve as election clerks.

The bill faces further action in committee.

Farms

Continued from page 7

tax and heirs continue to get step up in basis on those first \$2 million in gains. If an heir decides to sell the family farm, the first \$2 million in gains is tax free.

How the President’s Capital Gains Reforms Affect Family Farms:

A married couple with \$900,000 of farm gains and \$200,000 of non-farm gains passes the farm onto their children. No capital gains taxes are owed, even if they sell the farm because the \$1.1 million in gains are below the \$2 million per-couple exemption.

A married couple with \$3.0 million of farm gains and \$250,000 of non-farm housing gains passes the farm onto their children. No taxes due as long as the children keep the family farm.

Classes

Continued from page 5

ules. 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.

**Living Well with Diabetes through Zoom**

**Date:** Thursdays, May 4 through June 8

**Time:** 9:00-11:30AM

**Location:** Zoom

**Cost:** FREE

This workshop is designed for people who are living with diabetes, are pre-diabetic, or supporting someone managing diabetes. The workshop offers strategies for dealing with its symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; meal planning; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Participants will receive all workshop materials in the mail prior to the start of the workshop.

**Better Health Now with Pain Toolkit**

**Date:** Thursdays, May 6 through June 10

**Time:** 9:00-10:00AM OR 11:00-12:00PM

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Better Health Now with Pain is a self-guided, evidence-based program. The program is designed to help individuals deal with chronic conditions with a focus on pain management. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; appropriate use of medications, communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Participants of the workshop will work individually prior to 1-1 facilitator or small

Thursday, May 6, 2021

group weekly check-ins. Participants will receive the toolkit materials in the mail prior to starting the workshop.

**Better Health Now with Diabetes Toolkit**

**Date:** Tuesdays, May 11 through June 15

**Time:** 9:00-10:00AM, 11:00-12:00PM, OR 1:00-2:00PM

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Better Health Now with Diabetes is a self-guided, evidence-based program. The program is designed to help participants deal with chronic conditions with a focus on diabetes management. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the toolkit materials in the mail prior to starting the workshop.

**Tai Chi for Health & Balance through Zoom**

**Date:** Tuesday/Thursdays, July 27 through September 30

**Time:** 10:00-11:00AM

**Location:** Zoom (video & audio required)

**Cost:** \$20.00 per person

Other: Tai Chi Participation Waiver is required before recurring Zoom meeting is provided.

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one’s ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.



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



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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**  
**May 6**  
**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 p.m.**  
AUBURN – Cable TV Advisory Board meeting.  
**5:30 p.m.**  
AUBURN – Auburn-Lewiston Airport Board meeting.

**FRIDAY**  
**May 7**  
**9 a.m.-6 p.m.**  
GORHAM – Baxter Memorial Library. Book Sale in Shaw Gym - The Friends of Baxter Memorial Library Book Sale.

**SATURDAY**  
**May 8**  
**9 a.m.-1 p.m.**  
GORHAM – Baxter Memorial Library. Book Sale in Shaw Gym - The

# Calendar

Send your submissions to the Editor. More online.

Friends of Baxter Memorial Library Book Sale.

**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.

**TUESDAY**  
**May 11**  
**9:30 a.m.**  
GORHAM – Baxter Memorial Library. Preschool Discovery Time – If you love picture books, watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).  
**6 p.m.**  
AUBURN – Planning Board Meeting.  
**6:30 p.m.**  
GORHAM – Town Council Budget workshop with School Committee, via Zoom.

**WEDNESDAY**  
**May 12**  
**10 a.m.**  
GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity – Wind Chimes. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. Bring some peaceful sounds to your backyard with these homemade wind chimes. We'll repurpose (upcycle).

**4 p.m.**  
AUBURN – Auburn Farmers' Market.  
**6 p.m.**  
AUBURN – School Committee meeting.  
**6:30 p.m.**  
AUBURN – Parks and Recreation Advisory Board meeting.  
**7 p.m.**  
GORHAM – School Committee meeting, via Zoom.

**THURSDAY**  
**May 13**  
**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).  
**6-7 p.m.**  
GORHAM - Friends of Baxter Memorial Library Annual Meeting. The Friends of Baxter Memorial Library invite all members to their Annual Meeting on the lawn next to the library. Social distancing and masks are requested.

**MONDAY**  
**May 17**  
**5:30 p.m.**  
AUBURN – City Council workshop and meeting.

**TUESDAY**  
**May 18**  
**7:30 a.m.**  
AUBURN – Auburn Public Library Board of Trustees meeting.  
**8 a.m.**  
GORHAM – Ordinance Committee meeting, via Zoom.  
**9:30 a.m.**  
GORHAM – Baxter Memorial Library. Pre-

school Discovery Time – If you love picture books, watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

**4 p.m.**  
AUBURN – Auburn Sewer District Trustees meeting.  
**6 p.m.**  
LEWISTON – City Council meeting. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the May 18 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at [publiccomment@lewistonmaine.gov](mailto:publiccomment@lewistonmaine.gov) The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**6 p.m.**  
AUBURN – Conservation Commission meeting.  
**6:30 p.m.**  
GORHAM – Tentative recurring Town Council Workshop, via Zoom.  
**WEDNESDAY**  
**May 19**

**8 a.m.**  
GORHAM – Gorham Economic Development Corporation meeting, via Zoom.  
**10 a.m.**  
GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity – Homemade Granola. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.

**4 p.m.**  
AUBURN – Auburn Farmers' Market  
**4 p.m.**  
AUBURN – Auburn Water District Trustees meeting.

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**THURSDAY**  
**May 20**  
**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).  
**4-5 p.m.**  
GORHAM – Eco-maine Executive Committee meeting, via online video conference.

**6:30 p.m.**  
GORHAM – Tentative Capital Improvement Projects/Economic Development Committee meeting, via Zoom.  
**6:30 p.m.**  
GORHAM – Board of Appeals meeting, via Zoom.  
**7 p.m.**  
AUBURN – Community Forest Subcommittee meeting.

**MONDAY**  
**May 24**  
**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 infor-

mation for this meeting will be available on the website on the Friday before the meeting date.

**TUESDAY**  
**May 25**  
**9:30 a.m.**  
GORHAM – Baxter Memorial Library. Preschool Discovery Time – If you love picture books, watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

**5:30 p.m.**  
AUBURN – Agriculture Committee meeting.

**WEDNESDAY**  
**May 26**  
**7:30 a.m.**  
AUBURN – Auburn Housing Authority Board of Commissioners meeting.

**10 a.m.**  
GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity - Building a Simple Shelter. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.  
**4 p.m.**  
AUBURN – Auburn Farmers' Market.  
**6 p.m.**  
AUBURN – Complete Streets Committee meeting.

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# CMCC makes transfer agreements with SNHU

**From CMCC**

AUBURN – Central Maine Community College has partnered with Southern New Hampshire University on over a dozen articulation agreements, allowing CMCC graduates to seamlessly transfer into an online baccalaureate degree program at SNHU. Through the agreements, CMCC graduates who

earn an associate degree in business administration and management, business administration and management transfer, graphic communications, medical assistant, physical fitness specialist, criminal justice, human services, and nursing will be able to transfer up to 90 credits to be applied to a bachelor’s degree program at SNHU, the largest nonprofit provider of online

higher education in the country.

“We’re excited to have these new articulation agreements with SNHU, continuing our long-standing relationship with one of the nation’s leading online degree institutions,” says Liz Oken, CMCC’s director of placement and transfer services. “These transfer agreements link CMCC’s associate

degree programs to SNHU bachelor’s degree programs. In some cases, students can take additional CMCC courses beyond the associate’s degree to maximize their transfer credits while decreasing the overall cost of their bachelor’s degree.”

Under the terms of the agreement, CMCC alumni, employees, and immediate family members – spouses,

domestic partners, children, siblings, and parents - will receive a 10 percent tuition reduction at SNHU. SNHU will also waive application fees and will cover the cost to order a student’s official transcripts, making the transfer to SNHU as seamless as possible.

“At SNHU, we partner with a number of community colleges across the country

to help students seamlessly transfer their credits, and we’re proud to partner with Central Maine Community College,” said Jennifer Batchelor, interim senior vice president of global campus, SNHU. “Our hope is that these new degree pathways will help hundreds of Central Maine Community College graduates on the path to their bachelor’s degree.”

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