

## Lewiston Mayor Carl Sheline Sworn In

LEWISTON, Maine – January 3, 2022 -- Carl Sheline officially became mayor of Lewiston Monday during an inauguration ceremony at the Gendron Franco Center. Lewiston City Clerk Kathy Montejó swore in Sheline who won the city's mayoral race on Nov. 2 with 60 percent of the vote.

In a speech, Sheline announced his first order of business as mayor--the creation of an ad hoc Economic Development Committee. The committee will bring together people with a diverse background of both industry and community with a connection to economic development in Lewiston. The group will plan to meet monthly to conduct a comprehensive assessment of the economic challenges and opportunities for the city.

"The economic development committee will work to increase economic investment and activity, improve the perception of Lewiston, and develop ongoing community and municipal engagement," said Sheline. I'm excited to begin the necessary work to make our community an economic powerhouse once again."

Sheline will co-chair the Economic Development Committee with Mark Lee, principal and CEO at architectural and engineering firm Harriman. For nearly a decade, Sheline has been an engaged member of the Lewiston business community. In 2016, he founded Munka Coworking in downtown Lewiston, and recently served as office manager for a large multi-site health-care office in Maine.

Sheline, 42, has served on numerous boards for local and state organizations, including the LA Metro Chamber of Commerce, The Young Professionals of Lewiston Auburn Association (now Uplift L-A), the Maine Music Society, Central Maine Community College Foundation, USM-LAC Community Advisory, and Make-A-Wish Maine.

The invitation-only inauguration was streamed online for the public. Lewiston City Council members and Lewiston School Committee members also took their oath of office during the ceremony.

Lewiston's mayoral term runs for two years. Sheline replaces Mark Cayer who did not run for re-election.

## Out and About with Rachel Morin New Pastor joins High Street Congregational Church



Rev. Deborah Rogers Duval is the new Pastor at the High Street Congregational Church in Auburn and stands at the Church's welcoming sign. (Submitted Photo)

A few weeks ago, Don Miville, my friend from USM Lewiston Auburn Senior College, emailed me with exciting news. We have a new Pastor at my church. I wonder if you would be interested in meeting with her?

Don is a prominent and very active member of the High Street Congregational Church in Auburn. I could "feel" his excitement and I was thrilled with his invitation. "Yes, yes, I am very interested and thank you for the invitation!" I emailed back promptly.

Rev. Deborah Rogers Duval is the new Pastor of the High Street Congregational Church in Auburn! She was born in Boston to parents, Richard and Marjorie Rogers. Her father died five years ago and her mother lives on her own in the family home in Boston. The Pastor has two brothers, Rick and Scott, who live in Massachusetts.

Rev. Duval is married to Duncan Duval, a retired Framingham Firefighter. Duncan was an active FF and an EMTI for 32 years. They have three children, Jasmine Laffin in Framingham, Jessica Towne in Lincolnville, Maine, and Cameron Duval in Jamaica Plain, MA. The Duvals are the proud grandparents of five grandchildren, Derek, Piper, Tripp, Scotia and Felix.

Rev. Duval is busily learning the dif-

ferent activities and programs at the church, but she is especially enjoying meeting and chatting with the parishioners and their children at the social events held in the parish hall.

I would be meeting with her soon. Don suggested we meet at The Food Pantry as it would be an opportunity for me to see her working with the church volunteers and greeting their clients, about 65 families, who come weekly to pick up boxes of food that they had personally ordered.

Food Pantry Day came, cold and wet. The Pastor and I met outside just before the Food Pantry opened in the back parking lot. Before the Pandemic hit, clients were served inside the church. Rev. Duval had been working outside helping with the food boxes. My first impression was a down to earth woman, friendly and outgoing, suitably attired in raingear and wearing big mittens.

We exchanged names and in a warm and welcoming manner, her mittens encircled my bare hands briefly. Oh my, the mittens were very damp as she had been working outside. We shared a good laugh on that encounter. I liked her immediately!

Debbie requested right away that I call her by her first name. She prefers the friendly informality and the warm feeling it gives. I noticed the parishioners are very comfortable and natural in calling Debbie by her first name. It is clear the parishioners enjoy a special friendship and Debbie is well loved as their Pastor.

The volunteers gathered around Debbie and she led the group in prayer before The Pantry opened.

Debbie was at the Front Table of The Pantry dispensing the numbered boxes which had been filled with a list of food items and sometimes soap and cleaning material had been added to the list by the families. She greeted each family with friendly remarks, as by now, she had become familiar and knew them.

I stood aside and observed how Debbie has a warm, friendly and down to earth manner, greeting each family as they approached the table. She knows them and is comfortable with them. She inquires how a family member is doing, or if a family problem has been resolved. The families look forward to this exchange and are enjoying it and add to the conversation as well.

The Pantry Session is over and the workers gather with Debbie in the parish hall, relax and talk over the morning's work. Everyone is pleased with another great gathering with the client families. They have become friends as they meet weekly and have a comfortable and friendly rapport with all of them.

Dave and Mary MacMahon are always excited with how the children love poring over Mary's Bookmobile and taking a few books to carry home. Mary is known as The Book Lady and reported that the number of children's books she has solicited and received has topped over 20,000 books in the past seven years of the Pantry's existence.

Dave says how grateful he is The Pantry receives large donations from The Good Shepherd Food Bank in Auburn and Hannaford's in Lewiston and Auburn on a regular basis.

Debbie and I also had a chance to sit in her office and get to know each other which we really wanted to do. She told me how she was very drawn to the Church's Food Pantry. She wants to grow and expand on what they are doing for the folks in the community.

Debbie's plan with the parishioners is to sponsor a Community Meal every few months once the Covid numbers begin to diminish. That sounded great to me. She continued, saying they have been reading a series of books focused on anti-racism that has been thought-provoking and enlightening. They are reviewing what they may do with that as well.

We covered her educational background, a graduate of Natick High School, she has a Business Degree from Emmanuel College, Boston and an MDiv from Andover Newton Theological School. Her Clinical Pastoral Education was at Hebrew Senior-Life in Boston.

Debbie's Field Education was at both Worcester United UCC and Worcester Fellowship (an outdoor church for the homeless) in Worcester. She served two years at Fourth Presbyterian Church in South Boston.

We talked about a few of Debbie's personal interests-- physical fitness being the top one. Debbie works out almost every day and is a member of a CrossFit gym in Augusta. "Wow", I thought to myself, "Debbie is really active." (I struggle to get a walk in twice a day.)

Debbie says how she loves being outdoors, running and hiking and especially enjoys the Family Time she has with her close family at their camp in Weld. You can tell: Family is her top love and interest.

We were getting to the end of our conversation. We had really enjoyed our time together. We reflected she had been ordained a year ago, but the Ministry was not her first career, but her second one. Debbie's first career was in Property Management which she held for 30 years prior to becoming an ordained minister.

This is very interesting. Perhaps a second column will show how this career change came about.

How exciting to embark on a second career which Debbie is clearly well suited for. Debbie has forged new friendships with her parishioners and has goals in mind for the Church Family.

I am happy to welcome Debbie and

See Pastor, page 9

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# Newsmakers, Names & Faces

## MaineHealth Reminds Community: ED, Walk-In Centers and Clinics Do Not Perform Confirmatory COVID-19 Tests

PORTLAND, Maine – January 5, 2022 -- MaineHealth is reminding community members who test positive for COVID-19 with at-home tests that they should isolate at home and notify their primary care provider. MaineHealth emergency departments, urgent care and walk-in clinics do not perform confirmatory COVID-19 tests. “At-home antigen tests are reliable if they’re positive and you have symptoms,” said Dora Anne Mills, M.D., MaineHealth Chief Health Improvement Officer. “There is no need to have a confirmatory PCR test before you begin following CDC guidelines for isolation.” Emergency Departments, Walk-in clinics and urgent care centers should be used for medically appropriate needs. The only time anyone who has tested positive should leave isolation is to seek necessary or emergency medical care. Community members who have tested positive at home should contact their primary care providers to determine if follow-up care is necessary. Anyone showing any of these signs should seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Community members who need a COVID-19 test should visit <https://www.maine.gov/covid19/testing> to see a list of COVID testing centers. The CDC also has published helpful guidance on how to treat mild COVID illness at home.

## No Tobacco ‘22: Lung Association Tips to Begin Your Journey to a Tobacco-Free 2022

Augusta, ME -- January 4, 2022 -- Along with hitting the gym more often and starting a diet, quitting smoking tops many New Year’s resolution lists. Quitting tobacco isn’t easy, but 50 million ex-smokers in the United States are proof that it’s achievable. Tobacco use remains the nation’s leading cause of preventable death and disease and is a serious public health threat. Nationally, nearly 40 million Americans smoke. According to the Lung Association’s State of Tobacco Control report in Maine, the adult smoking rate is 17.6% and high school tobacco use rate is 33%. To encourage people to quit smoking, vaping and using all tobacco products in 2022, the American Lung Association is promoting “No Tobacco ‘22.” To help people quit, the organization is sharing tips and resources through social media and Lung.org.

“More than 70% of smokers want to quit smoking and 40% will make an attempt this year, but only between 4 and 7% can quit without support. Smokers and tobacco users who want to quit should make a plan to be successful such as setting quit date, understanding smoking triggers, talking to a doctor about quit smoking medications and finding support through family, friends and cessation programs,” said Jennifer Folkenroth, National Senior Director, Tobacco Programs, the American Lung Association.

The American Lung Association offers five tips to help Americans who are ready to commit to No Tobacco ‘22:

It’s never too late to quit. While it’s best to quit as early as possible, quitting tobacco use at any age will enhance the length and quality of your life. You’ll also save money and avoid the hassle of going outside in the cold to smoke or vape. You can even inspire those around you to quit.

Learn from past experiences. Most people who smoke, chew or vape have tried to quit before and sometimes people get discouraged thinking about previous attempts. Instead, treat those experiences as steps on the road to future success. Think about what helped you during those tries and what you’ll do differently in your next quit attempt.

You don’t have to quit alone. Enrolling in a proven-effective cessation counseling program such as the Lung Association’s Freedom From Smoking Program can increase your chances of successfully quitting and staying quit by 50%. In addition to enrolling in a program, enlisting friends and family to support you along your quit journey will help ease the process.

Talk to a doctor about quit smoking medications. Talking to a doctor about including cessation medication into your tobacco treatment plan can double your chances of quitting successfully. There are seven FDA-approved medications that are proven to help you quit. Just make sure to follow the directions and use them for the full duration they are prescribed.

Quit. Don’t Switch. E-cigarettes are tobacco products, and the Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine. Make sure your tobacco treatment plan includes the two components proven to work- behavioral counseling plus FDA-approved cessation medication.

The American Lung Association offers resources to help adults and teens to quit all tobacco products:

Lung Helpline: Not sure where to start? Call the Lung Association’s free Lung Helpline and Tobacco Quitline at 1-800-LUNGUSA, which is staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists. They can answer all your questions and connect you with the resources that are right for your quit journey.

Freedom From Smoking® helps individuals create their own unique quit plan, as well as tips and techniques to stay successful in the long run. Freedom From Smoking can be accessed online, at a group clinic and through a self-guided workbook. Those looking to quit smoking are encouraged to use the method that works best for their learning style, schedule and unique quit tobacco use plan.

Not-On-Tobacco® (N-O-T) is a teen smoking/chewing/vaping cessation program for teens who want to quit. The 10-session program provides the tools, information, and support for teens to end their addiction to tobacco.

Vape-Free Schools Initiative: The Vape-Free Schools Initiative provides school administrators and educators with training to offer an alternative-to-suspension program for students found vaping, smoking or chewing on school property, and a voluntary vaping/tobacco cessation program for youth wanting to quit for good. Learn more at [Lung.org/vape-free-schools](https://Lung.org/vape-free-schools).

For more information about quitting smoking and vaping for No Tobacco ‘22, visit the American Lung Association website at [Lung.org](https://Lung.org) or call the free Lung Helpline at 1-800-LUNGUSA (1-800-586-4872). To speak with a local lung health expert, contact Jennifer Solomon at 516.680.8927 or [Jennifer.Solomon@Lung.org](mailto:Jennifer.Solomon@Lung.org).

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# Newsmakers, Names & Faces

## Central Maine Medical Center named “High Performing Hospital” for Maternity

LEWISTON, Maine – Dec. 30, 2021 – Central Maine Medical Center is being recognized as High Performing in Maternity Care by U.S. News & World Report. This is the first time U.S. News has published a list of Best Hospitals for Maternity.

CMMC earned a “High Performing” rating in Best Hospitals for Maternity. “High Performing” is the highest rating U.S. News awards for that type of care.

“It is very gratifying to be recognized in this way by a national news organization,” said Steven G. Littleton, DBA, FACHE, president and CEO of Central Maine Healthcare. “It’s a reflection of the commitment to professionalism and excellence of our team members on CMMC’s maternity ward have – something they share with all Central Maine Healthcare team members. It is such an honor for the rest of the world to know they can place their trust in us for the highest level of care possible when they are welcoming new lives into their world.”

To be recognized among the Best Hospitals for Maternity, hospitals needed to excel on multiple quality metrics that matter to expectant families, including complication rates, C-sections, whether births were scheduled too early in pregnancy and how successfully each hospital supported breastfeeding. Only one-third of the hospitals evaluated by U.S. News for maternity care earned a “High Performing” rating.

“All families deserve to be informed on how hospitals perform on key indicators of quality, which is why U.S. News has compiled and published a trove of maternal health data from hospitals across the country,” said Ben Harder, managing editor and chief of health analysis at U.S. News & World Report. “The hospitals we’ve recognized as High Performing meet a high standard in caring for patients with uncomplicated pregnancies.”

Unique to the U.S. News site, participating hospital profiles are a one-stop shop and include a variety of relevant offerings for parents-to-be including key measures of safety, alongside services and amenities, like private rooms, valet parking and availability of child birthing classes.

The evaluation looks at hospital data relating to only uncomplicated pregnancies, not high-risk pregnancies. Participating hospitals responded to a survey from the U.S. News health analysis team in Spring 2021 which reflects data from 2019. Participation was voluntary. U.S. News anticipates updating Best Hospitals for Maternity in Summer 2022, to coincide with the release of the 2022-23 Best Hospitals for Procedures & Conditions ratings.

# Androscoggin Valley Soil and Water Conservation District January Event Schedule

**Winter Erosion & Sedimentation Control -- January 13, 2022 -- 8am-12pm -- \$45**  
48 Pettengill Park Road, Auburn

Here in Maine, cold weather can hinder adequate erosion and sedimentation control for up to half the year, so knowing appropriate treatments and practices for maintaining water quality through proper winter controls can be key to a successful project.

This program will explore the options available for performing soil disturbance in the winter as well as highlighting the regulations that contractors need to comply with in the winter.

This class qualifies for 4 hours of Continuing Education Credit for individuals Certified in Erosion Control Practices by Maine DEP.

**Wildlife Tracking -- Saturday Jan 22 -- 9am-12pm -- \$10 person | \$20 family**  
303 South River Road, Greene ME

We know they’re out there, but do we really know what animals are doing when we’re not around? Join Assistant Wildlife Biologist Josh Matijas of the Maine Department of Inland Fisheries & Wildlife for a walk and learn how to identify tracks in the field. Learn to distinguish behavior and habitat, look at scat, and track patterns to uncover the story of our local wildlife. Adults, children, and families all welcome!

This is an outdoor event. Please dress appropriately for being out in conditions for the allotted time. It is a moderate walk on uneven terrain with a few small hills.

**SpringhasSpawned: Getting your Garden Ready for Mushroom Cultivation --Saturday, Jan 29<sup>th</sup> --10am-12pm -- \$25 / person**  
254 Goddard Road (USDA Service Center), Lewiston ME

Every gardener in America should be growing mushrooms! If upgrading your garden this year sounds fun, join Louis Giller for an informative presentation. He will cover:

- Why should you garden with mushrooms, including culinary and ecological benefits
- Basic fungal biology
- Growing techniques, tools and materials needed as well as the appropriate mushroom species to use
- Best times to prepare, plant, and expect harvests
- How to keep the garden healthy throughout the season

Presenter Louis Giller has spent about 12 years growing, foraging, and most importantly eating mushrooms. His mycological journey began at the University of Denver where he studied environmental science and conducted oyster mushroom research inspired by MycoCelebrity Paul Stamets. He joined North Spore over 5 years ago where he primarily works on customer service, education, and community outreach.

# Take-Out Bean Supper at First Congregational Church Held Jan. 22

Take-out Bean Supper at The First Congregational Church of Gray will be held on Saturday January 22, 2022 - Pick up time is 4:30 to 5:30. Please park at the Parish House, 5 Brown Street, Gray, and enter the Parish House by the front door.

You MUST order in ADVANCE! Call Carol 650-9093 and let her know your name, phone number, how many meals you want and choice of pie.

CUT OFF FOR RESERVATIONS WILL BE 50 DINNERS OR WEDNESDAY, JANUARY 22 AT 2:00 P.M., WHICHEVER COMES FIRST!

Meals are single sized and are \$10.00 each. Please pay at time of pickup.

The Menu includes: Baked Pea Beans, 2 red Hot Dogs, Coleslaw, Biscuit, and choice of Apple or Blueberry Pie.

Face Masks and Social distancing required! Remember you MUST order in advance and thank you!

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

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# The Teacher of the Year Journey Starts With Your Nomination!



MAINE - Nominations are now open for the 2022 County Teachers of the Year and 2023 Teacher of the Year. Members of the public are encouraged to nominate educators who demonstrate a commitment to excellence and who in-

spire the achievement of all students.

“Our educators have continued to inspire, educate and care for their students during dynamic and difficult times,” said Commissioner of Education Pender Makin. “We encour-

age education colleagues, students, and community members to nominate an educator who exemplifies the committed heroes in our classrooms and schools.”

**Nominations can be made through a nomination form on the Maine Teacher of the Year Website now through 5:00 pm on Feb. 4, 2022.** Nominations will be accepted from students, parents, caregivers, community members, school administrators, colleagues, college faculty members, and associations/organizations (self-nominations and nominations from family members are not accepted).

**To be considered for**

**the County and Maine Teacher of the Year award, a person must:**

Be employed by a Maine public school including PK-12, Career and Technical Education sites and centers, and/or Adult Education Programs

Hold the appropriate professional certification for their position

Be actively teaching students at least 50% of full-time at the time of nomination and during the year of recognition

Have been teaching for a minimum of five

years – three of which are in Maine

Remain teaching in the County for which they are selected during year of recognition

Maine’s County and State Teachers of the Year serve as advocates for teachers, students, and public education in Maine. They serve as advisors to the Department of Education and state-level education stakeholders across Maine. Additionally, County and State Teachers of the Year join a cohort of teacher leaders that actively work together for the betterment of education in Maine. They also receive on-going professional

learning and participate in many state and county leadership opportunities.

The 2022 County Teachers of the Year will be announced in May. The 2023 Maine Teacher of the Year will be selected from the 16 county honorees. The field will be narrowed to eight semi-finalists, and then three state finalists before the Maine Teacher of the Year is announced by Maine’s Education Commissioner at a school assembly in the fall. Each year, State and County Teachers of the Year are honored at the annual Teacher of the Year Gala also held in the fall.

# Maine DHHS Releases Child Welfare Annual Report, Responds to Ombudsman 2021 Report

AUGUSTA—The Maine Department of Health and Human Services (DHHS) today released its Child Welfare Annual Report and its formal response to the Maine Child Welfare Ombudsman’s report for fiscal year 2021.

The Child Welfare Annual Report reviews the Office of Child and Family Services’ (OCFS) activities in calendar year 2021 and progress toward improve-

ment initiatives identified in a comprehensive evaluation of Maine’s child welfare system completed in 2019. Highlights include: the launch of Family First that uses Federal funds to support at-risk families to prevent neglect and abuse; the near completion of the overhaul of the antiquated Maine Child Welfare Information System; current data on system performance; and progress

on recommendations from intensive reviews made in the wake of the tragic child deaths in 2021.

The Department additionally released its formal response to the Ombudsman’s report, which includes an assessment of 84 out of nearly 12,000 child welfare cases handled by OCFS in fiscal year 2021. The Department’s formal response to the report is online.

“Together, these reports provide valuable insights into Maine’s child welfare system and further opportunities to improve the health and safety of Maine children,” said DHHS Commissioner Jeanne Lambrew. “We especially thank the Ombudsman for acknowledging the pressures Maine families and our frontline staff have faced over the last year, particularly those resulting from the COVID-19 pandemic which has placed unprecedented stress on our systems and supports.”

“Our partnership with the Ombudsman this year has helped to inform improvements as we work together toward a stronger child welfare system,” said OCFS Director Todd Landry. “While 2021 brought many challenges, strong collaboration among dedicated stakeholders, including the Ombudsman, will help to keep Maine children and families safe in 2022 and into the future.”

Since 2019, DHHS

has focused on supporting child protective staff by increasing their pay, enhancing training, and securing funding for more than 70 new staff positions to improve caseload and workload. In addition, the number of resource (foster) families caring for Maine children has increased by nearly 30 percent.

In partnership with stakeholders, who have independently and comprehensively evaluated Maine’s child welfare system, DHHS also adopted in 2019 a Child & Family Services Strategic Plan to improve policies and practices to ensure child safety. This work continued during the COVID-19 pandemic, although the pandemic affected both the systems that care for families as well as the families themselves, contributing to the tragic child deaths that DHHS announced in 2021. The Department is implementing the original plan as well as recommendations from nationally-recognized experts at Casey Family Programs to improve child

safety and wellbeing.

DHHS is also implementing its Federal Family First Prevention Services Act plan following approval in September 2021 from the federal government, which will expand prevention services to help keep children and families healthy and safe and prevent the need for children to come into the care and custody of the State. Maine, the first New England state to gain approval to implement Family First, will receive approximately \$2.4 million in additional federal funding annually. Recognizing that substance use disorders harm children and families, and that the pandemic has induced mental health challenges, the Department has also expanded its support through programs like Maine-MOM and StrengthenME.

The Department will continue to collaborate with the Legislature and other stakeholders to further improve the child welfare system to best serve Maine children and families.

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# UMaine, UNH Extensions Offer Webinars



## UMaine Extension Offers Updates for Agricultural Industry Jan. 19

University of Maine Cooperative Extension will offer two online research updates specific to the agricultural industry from 7–8 p.m. on Jan. 19.

“Integrated Pest Management — Controlling Pests in Potatoes” will be presented by Paul Horne, entomologist, potato IPM expert and owner-director of IPM Technologies Pty Ltd., Victoria, Australia; followed by “Potato Early Dying Research Update and Disease Management” with Khalil Al-Mughrabi, a plant pathologist and specialist with the Department of Agriculture,

Aquaculture and Fisheries at the Government of New Brunswick, Canada.

The cost is \$5; registration is required to receive the link. Register on the event webpage. Eligible participants can earn one pesticide recertification credit and one CCA credit. For more information or to request a reasonable accommodation, contact 207.554.4373 or stevenj@maine.edu.

## UMaine, UNH Extensions Offer Hydroponics for Home Gardeners Jan. 24

University of Maine Cooperative Extension and University of New Hampshire Cooperative Extension will offer a webinar for home gardeners

about hydroponic gardening from 6–7:15 p.m. on Jan 24.

“Hydroponics at Home” will explain how to build a working hydroponic system for year-round indoor gardening with a few simple tools and materials. Jonathan Ebba, UNH Extension field specialist, will lead the workshop.

Registration is required; a sliding scale program fee is optional. Register on the event webpage to attend live or receive a link to the recording. This is the fourth in a six-part winter gardening webinar series offered monthly through March for Maine and New Hampshire gardeners. For more information or to request a rea-

sonable accommodation, contact Pamela Hargest, 207.781.6099; extension.gardening@maine.edu.

## UMaine Extension Offers Webinar on Winter Care of Equines

University of Maine Cooperative Extension is offering an online workshop about best practices for winter care of equines from noon–2 p.m. on Feb.

1.

Workshop topics include winter health issues and options for fresh water, as well as mud management around the farmstead. Donna Coffin, UMaine Extension professor, and Dr. Beth McAvoy, consulting veterinarian and chief financial officer of Foxcroft Large Animal Veterinary Associates in

Dover-Foxcroft, will lead the workshop.

The fee is on a sliding scale, up to \$10; registration is required to receive the link. Register on the event webpage. For more information or to request a reasonable accommodation, contact Becky Gray, 207.781.6099; extension.agcumberland@maine.edu.



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## Author Talk with Robin Lynn Behl

POSTPONED

New Date: Thursday, February 17th  
5:30 PM  
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# Arts & Entertainment

## Community Little Theatre Begins 82<sup>nd</sup> Season with Music of the Beatles



Abbey Road? Actually, pictured here crossing Main Street in Auburn are cast members of the upcoming CLT production of the musical *Let It Be*, which will kick off the theatre’s 82<sup>nd</sup> season in January. Left to right are Glenn Atkins, Maria Groover, Julia Groover, Graci Gillen, Jude Leaver, Britny Anderson, Amelie Lourdeau, Cade Parker, Lorraine Giasson, and Jim McKinley.

“After our two successful fundraising productions (*Love Letters* and *All Together Now!*) in the fall, we are delighted to begin our official main stage season with *Let It Be*, which will open January 13th,” said Roger Philippon, co-executive director at the theater. “Live theater is back on the CLT stage!”

Developed for the stage by Spencer Liff, *Let It Be* is a musical with a story by E.B. Lee and musical arrangements by David Abbinanti. Set during the turbulent decade of the 1960s, the show follows the journey of two families, the Martins and the Joneses. Bill Martin is at odds with his three daughters as they all grieve the passing of their wife/mother and learn how to be a new family unit: Loretta rebels, Rita begins a romance with the Jones’ son Jude, and Lucy has completely stopped speaking.

When Jude is drafted, the Jones family is torn apart and struggles in the wake of their loss. As the two fractured families increasingly lean on each other, in the end they begin to find peace and rediscover love.

*Let It Be* features such iconic songs as “Hey Jude,” “I Want to Hold Your Hand,” “Help!” “Yesterday,” “A Hard Day’s Night,” “All You Need Is Love,” “Twist and Shout,” and many more!

Jennifer Groover is directing *Let It Be*, assisted by music director Steven Barter, choreographer Eileen Messina, stage manager Paul Menezes, and producer John Blanchette.

The show will be performed at 7:30 p.m. on January 13, 14, 15, 20, 21 and 22; and at 2 p.m. on January 16 and 23. Call 207-783-0958 or visit [LA-CLT.com](http://LA-CLT.com) for tickets and information. All tickets for *Let It Be* are general

admission to allow patrons to sit where they want and sales are limited to allow for social distancing. Audience members will have to show proof of vaccination or a negative (within 48 hours) Covid-19 test and will be required to wear a mask in the theater.

Starting April 7, CLT will present *DISASTER!*, a jukebox musical comedy that delivers earthquakes, tidal waves, infernos, and unforgettable ‘70s hits like “Knock on Wood,” “Hooked on A Feeling,” “Sky High,” “I Am Woman” and “Hot Stuff.” Created by Seth Rudetsky and written by Rudetsky and Jack Plotnick, the songs of the ‘70s take center stage in this comedic homage to the famous disaster films of that decade.

The timeless comedy classic *You Can’t Take It With You* will be performed from June 16-26. Written by George S. Kaufman and Moss Hart, this play premiered on Broadway in 1936 and played for 838 performances. It won the 1937 Pulitzer Prize for Drama and was adapted for the screen in 1938, winning the Academy Award for Best Pic-

ture and Best Director. This madcap, idealistic play reinforces the idea that you can only live life to the fullest by doing whatever makes you happy.

CLT will close out the season starting August 7 with *School of Rock*, a musical with songs by Andrew Lloyd Webber, lyrics by Glenn Slater and a book by Julian Fellowes. Based on the 2003 cult film and with a rocking new score from Webber, *School of Rock* follows slacker Dewey Finn as he turns a class of straight-A students into “an ear-popping, riff-scorching, all-conquering” rock band! As they prepare for the Battle of the Bands, can Dewey make them embrace the empowering message of rock?

L/A Community Little Theatre is located at 30 Academy Street in Auburn. A volunteer, non-profit organization, CLT has produced live theatre since 1940 with the goal to provide affordable and quality entertainment in the performing arts as well as education, training, and experience in theatre for area youth. For more information, visit [www.laclt.com](http://www.laclt.com).

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## Three Islandport Press Books Win Northern Lights Book Awards

Yarmouth, Maine -- January 3, 2022 —Three Islandport Press children’s books, featuring subjects ranging from a clam chowder competition to adventure-seeking woodland creatures to allegorical tales of the sea, have been recognized for excellence by the 2021 Northern Light Book Awards.

The annual awards, announced in December, recognize “children’s literature of exceptional merit.” The winners in 2021, included: Best Food Book, *The Chowder Rules!*, written by Anna Crowley Redding and illustrated by Vita Lane; Best Illustrator, *The Old Main-er and the Sea*, written by Jean Flahive and illustrated by Marie Dieumegard; and Best Author/Illustrator, *Hector Fox and the Giant Quest* by Astrid Sheckels. Co-winners were chosen in each category.

“The style of the illustration and the spirit of each book varies widely, but the common thread they share is the remarkable talent of the five creators, the timelessness of each story and the art,” said Dean L. Lunt, founder and editor-in-chief of Islandport Press. “We are thrilled for Anna, Vita, Jean, Mari, and Astrid to be recognized with these awards, which are well-deserved.”

Earlier this year, *Chowder Rules!* was also recognized as a Lupine Award Honor Book.

The national Northern Lights Books Awards, which stems from an organization called Northern Dawn Awards, considers children’s books to be an art form and says it strives to honor books that excel in aesthetic and literary qualities and will leave a lasting impression.

“The idea behind the Northern Lights Book Awards came about when our first granddaughter was born,” wrote co-founder Kathleen Jacobs, “we spent hours looking for quality picture books to read to them and wanted to find a way to honor those who write, illustrate, and publish exceptional books. After all, picture books are often the first portal into great literature and art, but more importantly, the right books can get children excited about reading.”

*Islandport Press is a dynamic, award-winning publisher dedicated to stories rooted in the essence and sensibilities of New England. For more information, please call 207-846-3344, visit [www.islandportpress.com](http://www.islandportpress.com), or e-mail [info@islandportpress.com](mailto:info@islandportpress.com).*

## An Update from the Public Theatre

As The Public Theatre’s season continues to unfold, we remain committed to doing everything possible to keep our audiences safe and excited by what they see onstage. Unfortunately, the challenges of the pandemic continue to confront our community.

Given the current transmission rates in Maine, the expected “post-holiday surge”, and our upcoming rehearsal and production dates for BE HERE NOW, (actors would be arriving from NYC to begin rehearsals January 3rd) we have decided to reschedule our January production of BE HERE NOW to June 17-26, 2022.

At this time, we believe it is wiser to be “flexible” rather than to “push through”.

We are hopeful that over the next few weeks Maine’s COVID numbers will decrease, booster rates will rise, more science about Omicron will become available, and we will produce the rest of our season as scheduled.

On the positive side, at least we know for certain that the weather in June will be nicer than the weather in January.

If you are a current ticket holder to BE HERE NOW, we will be moving your tickets to the new dates in June and contacting you shortly. Subscribers will find these changes reflected in their confirmation packets.

In the meantime, If you have any questions feel free to email or call us at 782-3200.

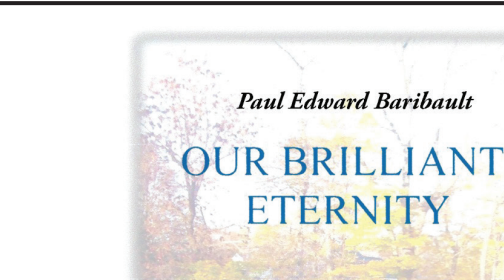


# BE HERE NOW

by Deborah Zoe Laufer

June 17-26

Streaming June 21-26



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## Maine DOE and MCCS Partner to Offer Free College Courses for Adult Education Students

MAINE - Maine adults seeking to pursue college have a new option to jumpstart their education with support from their local Maine adult education program. A new partnership between the Maine Community College System (MCCS) and the Maine Department of Education (DOE) will offer tuition-free college courses to Maine’s adult education students.

Maine adult education programs have supported adult students in their transition to college and career through the Maine College and Career Access program for almost twenty years. This new opportunity expands upon that idea by allowing adult education students to take a college course with the full support of their adult education program mentors so they can develop the habits, skills, and confidence to succeed in college.

“Maine’s adult education programs have assisted thousands of Maine adults in making a successful transition to college,” said Maine Education Commissioner Pender Makin. “This new partnership with the Maine community college system takes it to the next level by giving students the chance to try a college course with the support they need. We are excited to see the impact it makes for our adult education students.”

Adult education programs will work with adult students to select a course at the community college that is appropriate for their college and career goals, and then, support the student as they complete the course. The goal is that they will continue their education once the course is completed.

“This is an opportunity for us to encourage and connect with adult students throughout Maine,” said MCCS President Dave Daigler. “The hope is that students can choose courses that align with their individual career goals and that we can help provide that motivation and support to continue on once they complete their adult education program.”

Tuition and fees for the courses are being generously provided by the Maine Community College System while the Maine Department of Education’s Office of Adult Education will provide textbooks and course materials for students.

Adult students interested in this program will need to be enrolled in a Maine Adult Education program to take advantage of the opportunity. Adults (with or without a high school diploma) who would like help achieving their educational and career goals can contact their local adult education program for next steps.

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**Pastor**  
*Continued from page 1*  
her husband Duncan to Auburn and look forward to seeing and hearing more about Debbie’s and the parishioners’ plans for the High Street Congregational Church.



Rev. Deborah Rogers Duval and her husband, Duncan Duvall, on one of their many hiking trips. They both enjoy the outdoors and hike as often as their schedule permits. (Submitted Photo)



Rev. Deborah Rogers Duval’s Ordination picture taken directly after her Ordination in December, 2020 at Wellesley Village Church UCC, Wellesley, MA. It was her home church. All are Family members pictured. Front row, L to R, Greg and Jessica Towne with children Felix and Scotia Towne, Rev. Deborah Rogers Duval and her husband, Duncan Duval, Tim and Jasmine Laffin with children Tripp and Piper Laffin. Back Row, L to R, Alexa Cohen, Derek Duval, Marjorie Rogers, Cameron Duval, Emma Chinman. (Submitted Photo)



Mary MacMahon checks her supply of Children’s Books, a very popular booth at The Food Pantry. The children love to pore over the books and select a few to bring home. Mary has solicited and received over 20,000 children’s books during her seven year tenure as The Book Lady.



Dave and Mary MacMahon with Pastor Deborah Rogers Duval.



Rev. Duval always showed a personal and friendly interest in the families as they picked up their boxes. She had gotten to know them and checked in with them on how they were doing at home. She would ask how a child was doing or if a problem at home had been resolved.



The Food Pantry Volunteers gather for a brief discussion on the success of a good morning’s work despite the occasional rain drops. Front Row, L to R Bonnie Miville, Barbara Cloutier, Rev. Deborah Rogers Duval, Wilma Labrie, Ed Cormier, Dave Griffiths. Back Row, L to R, Donald Miville, John Crouch, Lee Kendall, Bill Lelansky, and partially hidden, Leroy Brown.



Client Families arrive during the early morning to check what is available in the open boxes. It is cold and wet, but no rain is falling and The Food Pantry will soon open.

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# Seniors Not Acting Their Age

## Icy Exploits on Puzzle Mountain



An icy overlook on Puzzle Mountain provides phenomenal views of Old Speck and the Baldpate Mountains (Ron Chase photo)

By Ron Chase

The mid-December drive from my home in Topsham to Grafton Notch in western Maine was typical for early winter. The terrain in the coastal plain was dry. Entering the foothills, a shallow layer of snow blanketed wooded areas. Snow was more prevalent after passing Bethel and motoring north on Route 26 towards Puzzle Mountain.

While progressing, I speculated about what would be the appropriate footgear for my hike. Packed in the car were three different types of boots, including a pair specifically for winter mountaineering. Beginning in November, I always carry micro spikes and snowshoes are stored in the cargo carrier on the roof. I considered myself ready for any hiking eventuality. Still, I wasn't prepared for what was encountered at Puzzle Mountain Trailhead; the entire parking lot was covered with a thick layer of hard ice. Alas, I hadn't brought full crampons or ice skates. Given my inventory of footwear alternatives, winter boots and micro spikes were the best choice available.

Since it was a Penobscot Paddle & Chowder Society club hike, four retired Chowderheads joined

me for the outing. Initially, the trail was in better condition than the parking lot. A thin carpet of snow and patchy ice coated the path as we hiked gradually uphill in a predominantly hardwood forest. Following a couple of easy stream crossings, the ice and snow diminished to a dry surface concealed by a plethora of fallen leaves.

Angling left, the trail steepened and turned to switchbacks as we progressed up a confined route in a conifer forest. A unique granite formation called Split Rock marked the beginning of a series of serpentine ledge ascents. Although quite manageable under normal circumstances, an abundance of ice rendered them too treacherous to surmount even with micro spikes. To continue, we were forced to tediously bushwhack around the precarious impediments.

Shortly after, we arrived at an overlook on a northwest facing cliff that provided a stunning panorama of northern Grafton Notch. The views of Old Speck and the Baldpate Mountains were phenomenal but so was the extent of icing. The overlook was inundated with ice and obviously hazardous. We took the obligatory photos,

but everyone stayed safely away from the rim of the escarpment.

Recurrent icing was endured as Chowderheads proceeded steadily up the boulder strewn pathway. Every turn presented a new challenge. Sometimes we left the trail thrashing through brush on the side. A common technique was to grasp onto trees and pull ourselves up while adopting the moniker "tree huggers." Careful placement of our micro spikes was essential to ensure a firm grip. Full crampons would have been preferable.

After ascending 2.6 miles to the Woodsum Spur Trail junction, we stopped for rest and reassessment. It seemed probable that ice would continue to be a hindrance for the remaining half mile to the summit. There was some discussion about turning back, however, the consensus was to continue while agreeing it was an option if conditions worsened.

The circuitous path was increasingly precipitous and constricted as we persevered upwards. After turning easterly and climbing over and around a succession of icy boulders, we emerged at the base of a steep lengthy slide. Most of it was dominated by ice,

but an attenuated dry route allowed for safe passage to the top.

Pervasive ice persisted when Chowderheads entered stunted vegetation and proceeded steadily higher towards the summit. While only a short distance remained, our progress was painfully slow negotiating through a maze of ice. Fortunately, the final scramble up a rocky bluff to the barren mountaintop was partially dry.

The climb had taken over three hours, far longer than normal. We found a location sheltered from the wind to savor the spectacular views while enjoying lunch. The primary topic of conversation was the reality that we still had to return. There was some discussion about attempting the longer Woodsum Loop itinerary gambling there would be less ice. Clearly an unknown, the risk was deemed too great.

While descending is almost always more perilous, we had the advantage of knowing the safest routes around the worst sections. Taking our time and carefully plotting strategies at each problematic location, five seniors not acting their ages completed the entire trek without a solitary fall. The memorable 6.4 mile undertaking had taken over six hours, two more than anticipated.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. His latest book, MAINE AL FRESCO: The Fifty Finest Outdoor Adventures in Maine, is now available for pre-order: Maine Al Fresco (northcountrypress.com) Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



A narrow stretch of bare rock allows climbers to ascend a steep slide on Puzzle Mountain (Ron Chase photo)



Hikers negotiate through a maze of ice as they near the summit of Puzzle Mountain (Ron Chase photo)

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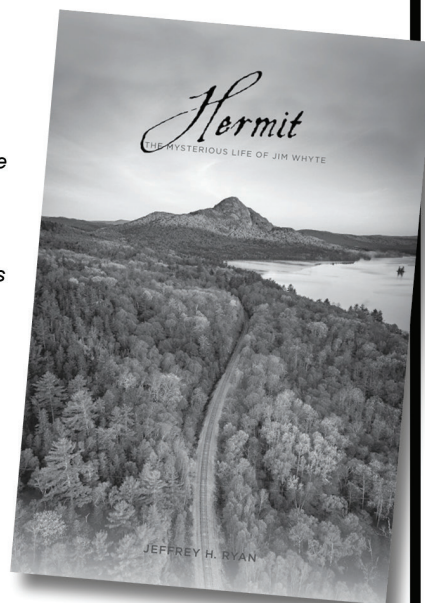
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— George Smith, Bangor Daily News

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**Jan. 17**  
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**Jan. 18**  
GORHAM – 8am Ordinance Committee Meeting Conference Room A

**Jan. 18**  
GORHAM – 6:30pm Tentative Recurring Town Council Workshop Council Chambers

**Jan. 19**  
GORHAM – 8am Gorham Economic Development Corporation Meeting Conference Room A

# Calendar

Send your submissions to the Editor. More online.

**Jan. 20**  
GORHAM – 6:30pm Tentative Recurring CIP Meeting TBD

**Jan. 20**  
GORHAM – 6:30pm Tentative Board of Appeals Meeting Council Chambers

**Jan. 24**  
GORHAM – 5:30pm Finance Committee Meeting Town Manager's Office

**Feb. 1**  
GORHAM – 6:30pm Regular Town Council Meeting Council Chambers

**Feb. 7**  
GORHAM – 7pm Planning Board Meeting Council Chambers

**Feb. 9**  
GORHAM – 7pm School Committee Meeting Council Chambers

**Feb. 15**  
GORHAM – 8am Ordinance Committee Meeting Conference Room A

**Feb. 16**  
GORHAM – 8am Gorham Economic Development Corporation Meeting Conference Room A

**Feb. 17**  
GORHAM – 6:30pm Tentative Recurring CIP Meeting TBD

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# ATA Freight Forecast Shows Freight Recovering from Pandemic-Induced Dip

Arlington, Virginia – January, 4, 2022 -- Today, the American Trucking Associations released its annual look at the future of the freight economy – U.S. Freight Transportation Forecast 2021 to 2032 – showing a strong rebound and continued growth for freight demand this year and into the future.

“With a focus on the supply chain this year, it is key we understand that among the many stressors on the system, the simple growth in freight demand and the economy is a significant factor,” said ATA Chief Economist Bob Costello. “After falling 6.8% in 2020, freight volumes are set to surge 7.4% this year, and we will see continued growth in freight demand across all modes for the foreseeable future.”

Some key findings of this year’s Forecast:

- Total freight tonnage will grow from an estimated 15.1 billion tons in 2021 to 19.3 billion tons in 2032 – a 28% increase.
- While truck’s share of the freight tonnage will slowly decline from 72.2% in 2021 to 71% in 2032, overall volumes will grow across all segments of the industry: truckload, less-than-truckload and private carrier. Truck tonnage should grow from 10.23 billion tons this year to 13.7 billion tons in 2032.
- The total revenue derived from primary freight shipments in the U.S. will increase from an estimated \$1.083 trillion in 2021 to \$1.627 trillion in 2032.
- “Trucking is continuously looking forward, and Freight Forecast is a tremendous tool for industry leaders and policymakers to see what the future holds for the transportation sector,” said ATA President and CEO Chris Spear. “Forecast is an indispensable resource for anyone interested in understanding not just the trucking industry, but the entire freight economy.”
- U.S. Freight Transportation Forecast 2021 to 2032 is available for purchase at [www.atabusinesssolutions.com](http://www.atabusinesssolutions.com).

*American Trucking Associations is the largest national trade association for the trucking industry. Through a federation of 50 affiliated state trucking associations and industry-related conferences and councils, ATA is the voice of the industry. America depends on most to move our nation’s freight. Follow ATA on Twitter, Facebook, or at Trucking Moves America Forward.*

# Activities at the Lewiston Public Library

## ARTVAN ARTBAGS!!!

ArtBags are back!

Pick up one of these fun art kits in the Lewiston Public Library Children’s Department or via LPL To Go.

207-513-3133  
or [LPLKids@LewistonMaine.gov](mailto:LPLKids@LewistonMaine.gov)



Lewiston, ME -- January 04, 2022

**Thursdays in January: MAINE’S WINTER ANIMALS**

For further information, contact: Sara Turner, (207) 513-3004 ext. 3503

Join Ms. Alexis and their animal friends this month on the Lewiston Public Library YouTube channel and LPL Kids Facebook page, as they explore the strategies different Maine animals use to live through the winter.

Hibernators premiers Thursday, Jan. 13th at 6:30 PM

Semi-Hibernators premiers Thursday, Jan. 20th at 6:30 PM

Awake All Winter premiers Thursday, Jan. 27th at 6:30 PM.

Additional free coloring pages and a suggested booklist will be available in the Children’s Department, currently open by appointment only, and through LPL To Go door pickup.

While people retreat indoors to stay warm through the cold winter months, wild animals get no such luxury. On January 13, Beatrice Bat and Wallace Woodchuck stop by to tell us about animals who hibernate, or enter an extended sleep-like period, for the entire winter. The next week, Barnaby Bear and Bianca Beaver emerge from their dens to discuss animals who only semi-hibernate, those who may sleep for extended periods but wake up on warmer days to eat. A week later, Fabian Fox and Milo Moose will tell us about animals who stay awake all winter, and show us how to identify the tracks they may leave behind.

**January 2022: STARRY NIGHT BOOK BOX**

For further information, contact: Ivy Moser, 513-3004, ext. 3504

Starry Night Book Box! Starting in January 2022, the Lewiston Public Library Children’s Department is offering book boxes; each box contains:

- Two books on the theme of stars, space, astronomy, and constellations

See Library, page 16

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# Hospitals Welcome 2022 New Year’s Day Babies



Pictured here with her parents, Destinie Brown and Alex Whitney of Auburn, Grace-Glow weighed in at 6lbs, 12 oz. and measured 19.69 inches long. She was the first baby born at St. Mary’s Health System Sunday at 12:36 a.m.

**LEWISTON, Maine – January 1, 2021** – St. Mary’s Health System is overjoyed to announce the New Year’s Day arrival

of Grace-Glow Star Whitney, born this morning at St. Mary’s at 12:36 a.m. Pictured here with her parents, Destinie Brown and

Alex Whitney of Auburn, Grace-Glow weighed in at 6lbs, 12 oz. and measured 19.69 inches long.

“Grace Glow is a gift to the world and a dream come true, and she entered the world right on New Year’s Day!” says Grace-Glow’s excited and happy mother, Destinie Brown.

Jaxson Cole entered the world at 3:57 a.m. Sunday, the first baby born at Central Maine Medical Center in 2022. He is the son of Abby Conary and John Cole, a stay-at-home mom and a delivery worker for FedEx who live in Lewiston.

“He’s a feisty little boy and he likes to eat,” Conary said. Jaxson, who weighed 7 pounds, 6 ounces and measured 19 ¾ inches, is his mother’s third child and his father’s fifth. His siblings – 3-year-old Echo, 5-year-old Alice, 6-year-old John Jr. and 8-year-old Sara – were excited to meet him in person. They were



Jaxson Cole is first baby born at Central Maine Medical in 2022. The son of Abby Conary and John Cole of Lewiston, he was born Sunday at 3:57 a.m.

said – the parents had been calm ever since Conary’s water broke as she was getting ready for bed on New Year’s Day.

“I was cool and collected the whole labor for her. As soon as Jaxson’s out, I know the whole routine,” said Cole, describing the difference from the birth of his eldest daughter. “My first child, I almost passed out. So definitely a growing experience from there.”

Cole was excited to care for a young baby again and the snuggles that come with that.

“It’s a good warm feeling,” he said. “It makes you feel content with everything that’s going on around you.”

## Library

Continued from page 14

- An art project
- Worksheets featuring fun math/coloring activities
- Stickers and a starry bookmark!

Book Boxes are free and will need to be picked up at Lewiston Public Library in the Children’s Department or via LPL To Go (we cannot mail boxes). One per family. Appropriate for ages 7-12. Please see a staff member in the Children’s Department,

or call or email: 207-513-3133 or [LPLKids@LewistonMaine.gov](mailto:LPLKids@LewistonMaine.gov) to reserve your book box.

### January 2022: ART-VAN ARTBAGS

For further information, contact: Ivy Moser, 513-3004, ext. 3504

Thanks to a generous grant from the Lewiston Auburn Children’s Foundation, we are so excited to be able to welcome back ArtVan ArtBags to the Lewiston Public Library Children’s Department!

These fun “art projects in a bag” are offered

by the amazing ArtVan organization and created to promote creative expression and engagement, to diminish stress, and provide release for expressions of emotions. The ArtBags will be available for pick up starting in January 2022. We will have a limited number and will hand them out on a first-come, first-serve basis. You can pick up your very own ArtVan ArtBag when you visit the Children’s Department, or you can get one via LPL To Go. For more information, please call

“obsessed” after seeing the newborn boy over video-conferencing, Conary said.

While Jaxon was getting used to the world outside the womb – “He’s like, ‘Leave me alone,’” Conary

207-513-3133 or email us at [lplkids@lewistonmaine.gov](mailto:lplkids@lewistonmaine.gov)

*Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. For more information, contact them at 513-3133 or [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov).*

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