

## Lewiston Mayor Sheline Urges COVID Precautions



Lewiston, ME (January 10, 2022) -- Mayor Carl L. Sheline held a press conference on January 10, 2022 proclaiming "Get

Fully Vaccinated, Get Your Booster, and Wear a Mask Awareness Day" in the City of Lewiston.

He was joined at the podium by Dr. John Alexander from Central Maine Medical Center; Dr. Douglas Smith from St. Mary's Regional Medical Center; Abdikhdar Shire from AK Health and Social Services; Stephanie Gelinas, Ward 7 Councilor and Executive Director of Sandcastle Clinical and Educational Services; Shanna Cox, President & CEO of the LA Metro Chamber of Commerce; Councilors Linda Scott & Scott Harriman; and Dr. Edward Walworth of the Lewiston Area Public Health Committee.

Mayor Sheline noted, "Lewiston's vaccination rate is 67% which is below the State of Maine's vaccination rate of 70.5%.

We can do better as a city, and we need to do better to alleviate the strain on our hospitals, schools, and our local economy. COVID-19 vaccines are safe and effective. They are also free and readily available." A link to vaccine resources: <https://www.maine.gov/covid19/vaccines>

Several others spoke and echoed the importance of protecting neighbors, students, businesses, and the local economy. It was also noted that COVID-19 is a public health issue and that it takes a village to combat its impact.

Mayor Sheline also recognized the two local hospitals, Central Maine Medical Center and St. Mary's Regional Medical Center, for their outstanding care and compassion to our community.

## CMMC's Trauma Program Partners with Healthy Living for ME



Lewiston, ME -- Healthy Living for ME is pleased to formally welcome Central Maine Medical Center's (CMMC) Trauma Program as the organization's newest community provider.

As a community provider, CMMC's Trauma Program partners with Healthy Living for ME to bring chronic disease and falls prevention programs to the local community. Offered for free or at a low cost, these evidence-based workshops help Mainers improve their overall quality of life and reduce trauma-related injuries. CMMC's Trauma Program has already been working with Healthy Living for ME to provide certain programming, but a newly formalized arrangement will allow them to expand their offerings and make a greater impact in the community.

"We are so pleased to strengthen our partnership with Healthy Living for ME and increase our reach through becoming part of their statewide network. As a community provider through the network, we'll be able to help more Mainers as we expand our programming that is aimed at decreasing traumas related to falls and chronic disease," said June Turcotte, Injury Prevention Coordinator of the CMMC Trauma Program.

"Our partnerships help us reach all corners of the state with programming and resources, and we're very glad to have CMMC's Trauma Program join us as a formal partner in the Healthy Living for ME network. We're excited to see the positive impact this partnership will have on Mainers' health and wellness," said Maija Dyke, Business Manager of Healthy Living for ME.

To learn more about Healthy Living for ME and our resources and programs, visit [www.healthylivingforme.org](http://www.healthylivingforme.org), call 1-800-620-6036, or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org).

If your organization is interested in partnering with Healthy Living for ME, or if you're an individual interested in volunteering with Healthy Living for ME, contact [info@healthylivingforme.org](mailto:info@healthylivingforme.org).

*Healthy Living for ME is a statewide network of local organizations, health systems and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.*

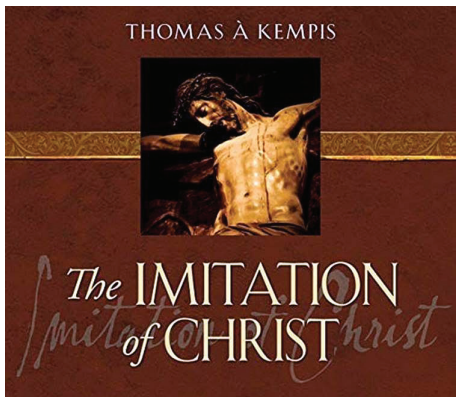
## All Maine Catholics Invited to Join Fr. Daniel Greenleaf for Virtual or In-Person "Imitation of Christ" Series

Lewiston, ME (January 13, 2022) -- As part of the Prince of Peace Parish initiative "Reading the Catholic Classics Together," Fr. Daniel Greenleaf, pastor of the Lewiston parish, will lead Maine Catholics through The Imitation of Christ starting on Monday, January 17.

The sessions will be offered in person at the hall of Holy Family Church, located on 607 Sabattus Street in Lewiston, and virtually via Microsoft Teams on Monday evenings from 6:30 p.m. to 7:30 p.m. from January 17 through February 28. For more information or to register, visit [www.princeofpeace.me/imitation-of-christ](http://www.princeofpeace.me/imitation-of-christ).

"Having it online allows elderly who do not want to go out at night to participate. Young families with children at home do not need a babysitter, and those who are fearful of COVID-19 do not miss out," said Fr. Greenleaf. "Those who want to be in person have that option, too."

The Imitation of Christ by Thomas à Kempis is a Christian devotional book first composed in Latin in the 15th century. It is a handbook for spiritual life arising from the Devotio Moderna movement, of which Kempis was a member, and regarded as a devotional and religious classic. Apart from



the Bible, no book has been translated into more languages. The text is divided into four books, which provide detailed spiritual instructions: "Helpful Counsels of the Spiritual Life", "Directives for the Interior Life", "On Interior Consolation," and "On the Blessed Sacrament." The approach taken in the book is characterized by its emphasis on the interior life and withdrawal from the world and places a high level of emphasis on the devotion to the Eucharist as a key element of spiritual life.

The "Reading the Catholic Classics Together" initiative at Prince of Peace Parish has been on overwhelming success since

its inception in September. It leads parishioners and community members through classic Catholic spiritual texts, page by page and chapter by chapter.

"Each week, the bulletin provides a summary of the readings and questions for reflection and on Mondays, those interested gather to discuss the week's assignment. A link to the parish Microsoft Teams account is provided for those who cannot gather but would still like to participate," said Fr. Greenleaf.

Materials are also be available each week on the Prince of Peace website ([www.princeofpeace.me](http://www.princeofpeace.me)). From the very first book, Fr. Greenleaf knew there was great interest.

"I ordered 500 books for people who wanted physical copies to read from. At \$5 per book to cover cost, they were gone before the last Mass of the weekend even began," said Fr. Greenleaf.

Organizers hope that as the pages read and insightful experiences add up, so will the number of participants.

"Today, with everyone's busy schedule, we want to offer different kinds of opportunities to engage people," said Fr. Greenleaf. "The response has been wonderful, and I hope the success continues."

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# Newsmakers, Names & Faces

## “Miracle” Slimming Scams Weigh Down New Year’s Resolutions

Many consumers are looking to lose a few ‘pandemic pounds’ or a little extra holiday weight. Better Business Bureau is ringing in 2022 with tips to help people avoid falling prey to overstated weight loss advertisements and scams. The desire to get in shape or lose weight fast creates a risk of being deceived by products that do not work as advertised, come with a host of unwanted side effects, or cause weight gain instead.

Any time you see miracle claims for weight loss be very skeptical. There is no such thing as a ‘secret ingredient’ or ‘breakthrough formula’ that can result in weight loss virtually overnight.

The Federal Trade Commission (FTC) warns consumers of dozens of false weight loss claims. Many consumers end up purchasing and using products such as body wraps, topical creams, dietary supplements, skin patches, and even earrings promising to “melt,” “flush,” “burn,” or “dissolve” away unwanted fat.

Promotions advertising “miraculous” weight loss products and promising immediate results should be viewed as potential scams. These products, if delivered as promised, are often ineffective in delivering their promised results, or worse, can have potentially dangerous side effects.

Fraudulent weight loss products are often advertised alongside images of celebrities and fake endorsements. Additionally, deceptive free trial offers are very common, as investigated in the 2018 BBB study, “Subscription Traps and Deceptive Free Trials Scam Millions with Misleading Ads and Fake Celebrity Endorsements.” The study reported that consumers filed nearly 37,000 complaints and BBB ScamTracker reports related to deceptive free trial offers and fake celebrity endorsements since 2015, with an average loss per victim of \$186.

Many consumer complaints described weight loss programs as difficult to cancel, even if the product doesn’t work as claimed in the ads.

Some consumers say they believed they were making a one-time purchase but then received recurring charges to their credit cards for more of the product. When they contacted customer service, they were informed that they had signed up for a subscription, which was only disclosed in the fine print of the terms and conditions of their original purchase.

In other, similar complaints, consumers described being notified of an additional shipment of the weight loss product that they did not order. When they tried to contact the company to cancel, the company claimed the item had already shipped, and the consumer struggled to receive a refund for the shipped product.

Many consumers also filed complaints after being unable to reach the weight loss goals stated in advertising for the product.

To help avoid weight loss scams, BBB recommends the following:

Always be wary of advertisements and customer endorsements promising “miracle” results or immediate weight loss. According to the Center for Disease Control and Prevention, evidence suggests gradual loss of 1-2 pounds per week is a healthy goal and is more successful for achieving long-term weight loss. Ask your doctor what an achievable weight loss goal for you would be.

Determine your fitness goals. It’s hard work to lose weight. Find a program you can stick with, preferably one that you enjoy. Does a weight loss plan require special foods? Can you cancel if you move or find that the program doesn’t meet your needs or is more expensive than anticipated?

Avoid products that claim to help lose weight without diet or exercise. Be especially skeptical of claims that you don’t have to give up favorite foods or reduce the amount you consume. Doctors, dieticians and other experts agree that losing weight takes work. Pass up any product that promises miraculous results without any effort.

Check a product’s ingredients with the FDA. Be suspicious of taking special pills, powders or herbs. Some products have been recalled for containing ingredients with potentially dangerous effects. Check the list of public notifications from the FDA regarding potentially harmful weight loss products. In Canada, check with Health Canada for guidelines.

Be wary of a lack of ingredient list. Some companies have been accused of not advertising certain ingredients that can come with harmful side effects or mix adversely with prescription drugs.

Read all terms and conditions for any weight loss product. Before clicking check out or purchase, make sure the cart only includes the items you wish to purchase, and does not include signing up for a subscription, unless this is an option you want. Be cautious of any contract that takes payment from your credit card until you cancel.

When participating in online forums and chat rooms focused on weight loss and fitness topics, be wary of individuals pushing products they claim will help quickly reach goals.

Research the company with BBB.org before purchasing. Read reviews about the company to see if there are any complaints alleging that it’s a scam.

Be wary of free trial offers, and before signing up, understand all the terms and conditions. These deals can become “subscription traps” that hook consumers into expensive shipments of products they did not agree to buy.

Report the deceptive ads. Be suspicious of ridiculously positive testimonials on the company website. Testimonials become an easy marketing tool and are easily faked. These are often accompanied with glorious before and after pictures. Call your BBB to report suspicious, confusing or misleading ads to BBB Ad Truth or report a scam with BBB ScamTracker.

Consumers can also report the ad to the Federal Trade Commission (FTC) by calling 877-FTC-Help.

You can also report fake ads to the FBI’s Internet Crime Complaint Center.

Check BBB ScamTracker to research and report scams. To find BBB Business Profiles of businesses or charities, go to BBB.org.

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## Health Committee R Questions Mills Admin’s Position on COVID+ Health Care Workers

Press Release by Rep. Joshua Morris

Augusta, ME (January 11, 2022) – Rep. Joshua Morris today questioned the Mills administration’s recent statement that no COVID-positive workers are in Maine health care facilities given last night’s reporting indicating the opposite.

Morris today pointed out the contradiction and asked for an updated explanation from Mills.

“It’s time for the Mills administration to be more transparent about this issue. It’s not good health care policy for my constituents to be receiving conflicting information. They’re understandably concerned about COVID-positive staffers working at health care facilities, and it’s clear that the Mills administration’s explanation of the issue was not accurate. The Legislature should convene hearings on this topic so we can hear the real story from the Mills administration.”


Last Friday, Morris wrote Governor Mills a letter requesting more information about a December 27 communication with Maine’s health care facilities that made it clear COVID positive staff could work with patients. During subsequent press coverage of Morris’ letter on last Friday evening’s NewsCenter newscast, David Guildford reported the following:

“As of this evening, I spoke with a spokesperson from the Maine CDC who told me they have not received word from any hospital statewide who has declared this crisis level. That’s the threshold for allowing workers who test positive who are fully boosted to come back to work. they said that’s a last ditch effort that they hope to never see in the state.”

However, that statement directly contradicts last night’s reporting by WGME that St. Mary’s in Lewiston is allowing COVID positive staff to work with patients.


Rep. Morris (R-Turner) represents House District 75 and is the lead Republican on the Legislature’s Health Coverage, Insurance and Financial Services Committee. He also serves on the Legislature’s Labor and Housing Committee.

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# Newsmakers, Names & Faces

## Androscoggin Home Healthcare + Hospice Announces the Acquisition Of Care & Comfort

Lewiston, ME – Androscoggin Home Healthcare + Hospice, Maine’s largest, independent, non-profit home healthcare organization is proud to announce the acquisition of Care & Comfort, a home and behavioral healthcare company that has been serving Maine since 1991. The combination of the two organizations, effective February 1, 2022, is designed to provide individuals and

their families in all sixteen of Maine’s counties with access to an expanded network of professional caregivers and healthcare services. Patients, clients and families served will not experience any change in caregivers or services.

“As I prepared for the future of the company I started 31 years ago, my highest priority was to find a successor who, through their deeds, demonstrated the same compassion

I have for employees and clients,” said Susan Giguere, who founded Care & Comfort in 1991.

Care & Comfort provides home and behavioral healthcare services to patients and clients in thirteen Maine counties. The company has offices in Bangor, Waterville, Presque Isle, Wilton, and Dover-Foxcroft and 300 employees. All Care & Comfort staff will be invited to join the Andro-

scoggin Home Healthcare & Hospice family of nearly 500 employees, and all service lines will be maintained. Care & Comfort’s President & CEO, Mike Stair, will continue on in an executive capacity at Androscoggin, working alongside Androscoggin’s President & CEO, Ken Albert.

Androscoggin Home Healthcare & Hospice has been serving the home health and hospice needs

of Mainers since 1966 with a family of nearly 500 employees in nine counties. Through this acquisition, Androscoggin takes the next step in carrying out its mission in more Maine communities.

“While we were exploring options to take our good work to a broader community, we focused on how best to accomplish our goal without compromising our values and mission. I have long been

impressed with the quality of staff and services offered by Care & Comfort,” said Kenneth Albert, R.N., Esq., President and CEO of Androscoggin. “In acquiring the company, we found the right combination of quality care, compassionate employer, and a well-run business. This is a wonderful opportunity to grow Androscoggin’s position within Maine’s healthcare delivery network.”

## Tri-Town Optimist Club Announces RSU 16 Student of the Month



Principal Jessica Madsen (L) with Hailey Caron (R).

The Mechanic Falls, Minot and Poland Tri-Town Optimist Club is proud to announce its RSU 16 Student of the Month recipient for January, Hailey Caron. Hailey, a sixth grader from Elm Street

School, is described by her teacher as a diligent, hardworking student who exemplifies the Optimist creed. Committed to growing as a student, she takes on challenging tasks, seeks feedback and makes mod-

## CMP Grants \$50,000 For Statewide Technology Literacy

The Covid 19 pandemic significantly highlighted the need for technology literacy across Maine. Maine Literacy Volunteer programs understood the significant inequalities that caused people with limited understanding of technology and limited access to technology devices such as computers, tablets and smart phones to struggle in a new virtual world. Many Literacy Volunteer programs had to severely limit tutors meeting face to face, which impacted learner’s goals of learning to read, getting a high school diploma, getting a driver’s license, learning English for the first time, or getting a job.

To address this dilemma, Literacy Volunteers of Kennebec (also known as Literacy Volunteers of Greater Augusta) initiated a Technology Access Program which provided tutors and learners with tablets and internet connectivity, so our learners could be more informed about technology in addition to meeting their learning goals.

One of our tutors, recognized the importance of this program, working with his own learner over zoom on the tablet and encour-

aged our program to apply to Central Maine Power (CMP) where he is employed, to help sustain this project and take steps to address the need statewide.

CMP clearly recognized the importance of giving back to the community by meeting one of the most relevant and prevailing needs in Maine of increasing digital/technology literacy. We are very pleased to announce that CMP awarded Literacy Volunteers of Kennebec (also known as Literacy Volunteers of Greater Augusta) \$50,000.00 to expand technology literacy in Maine.

See the video at <https://vimeo.com/656729303/cfc-b1c84fa> which explains the significance of this award!

Literacy Volunteers of Kennebec will be administering the CMP grant and will distribute funds to eight Literacy Volunteer Affiliate Programs across Maine to increase access to technolo-

gy and develop skills in technology for those with limited literacy and those who are new immigrants in need of English language skills in addition to technology literacy.

These funds are to be used for activities such as providing technology equipment (tablets, iPads, laptops) and/or providing technology instruction to learners at no cost. Technology equipment may be provided as a loan, for on-site use, or granting to learners, as best determined by the Literacy Volunteer Affiliate.

We thank CMP for this forward-thinking action that will significantly help to reduce the inequalities of access to technology that many Mainers experience.

Maine Literacy Volunteer Statewide Program contact information is available through 211 or through the National Literacy Directory free hotline: 1-877-389-6874

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Deadline is Friday by five.

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# AARP Maine Releases 2022 Legislative Agenda

Portland, ME (January 11, 2022) -- With the 130th second regular legislative session now underway, AARP Maine announces its 2022 legislative agenda which includes a focus on health care, high-speed internet expansion, fair and affordable utility rates, telehealth, and increasing opportunities for older Mainers to age in place.

“On behalf of our more than 200,000 members statewide, AARP Maine looks forward to working with legislative leaders from both sides of the aisle as well as Governor Mills in 2022,” said Noël Bonam, AARP Maine

State Director. “We know that this is a critical time for Maine people and Maine’s economy as we continue to feel the impacts of COVID-19. It is critical that elected leaders work together to address important issues that affect Mainers 50-plus and their families.”

The COVID-19 pandemic has highlighted the importance of staying connected and AARP Maine will continue to support investments in high-speed internet throughout the state. Maine continues to be one of the lowest ranking states when it comes to ensuring residents have access to affordable high-speed internet. We must make it easi-

er for doctors to meet with their patients, students to engage with their teachers, and for families and communities to stay connected.

When it comes to utility costs, as incomes fluctuate, expenditures on utilities become a larger portion of the household budget for those 50 and older. AARP Maine will continue to work to ensure that providers of electricity, gas, landline, wireless, and broadband offer services customers can depend on and that the implementation of any climate change policies and costs are fair and equitable.

Another focus for AARP Maine in 2022 is

the lowering of prescription drug costs which can directly impact older Mainers’ ability to maintain their health and safeguard their ability to live independently. AARP Maine will support efforts to protect Mainers from price gouging. Further work will focus on broadening access to telehealth services, the importance of which COVID-19 has only magnified. AARP supports increased transparency in the prescription drug development and pricing process, particularly in cases of drug manufacturers that benefit from taxpayer-funded research.

Concerning the coronavirus, AARP is advocat-

ing for the federal and state governments to improve the current vaccine infrastructure, enhance transparency and expand the ways that individuals can receive a vaccine. Steps must be taken to reduce disparities in access to the vaccine, including improving outreach.

COVID-19 has disproportionately impacted older Mainers living in long-term care facilities. We will continue to advocate for investments in programs that allow older Mainers to stay at home or in their community as they age, and to ensure high quality care in Maine’s long-term care facilities.

“AARP Maine and all of our member advocates look forward to productively engaging in the 130th legislative session to ensure that Maine continues to be a place where people 50+ want to live, work, retire and thrive,” Bonam said. “Despite the necessity of another virtual legislative session this year, AARP Maine trusts that all Mainers will be given ample opportunity to make their voices heard in Augusta through virtual options.”

For more information about AARP Maine, visit [www.aarp.org/me](http://www.aarp.org/me) and follow us on Facebook, Twitter and Instagram @aarp-maine

## ACS CAN: Vaccine Legislation Jeopardizes the Safety of Mainers with Cancer and other Chronic Illnesses

Press Release from the American Cancer Society Cancer Action Network, Inc

Augusta, ME (January 10, 2022) – On January 11, 2022, the Health and Human Services Committee of the Maine legislature held a public hearing on LD 867 “An Act To Prohibit Mandatory COVID-19 Vaccinations for 5 Years To Allow for Safety Testing and Investi-

gations into Reproductive Harm”. The American Cancer Society Cancer Action Network (ACS CAN) joined other public health groups in opposition of this legislation which would undermine public health. By prohibiting vaccine requirements, this legislation could place the health of cancer patients at greater risk.

Lawmakers head from public health experts,

as well as Dr. Peter Bridgman from Yarmouth, ME, who is an ACS CAN advocate and retired physician currently under treatment for Multiple Myeloma. Bridgman shared his recent COVID diagnosis in light of his cancer treatment.

“Evidence to-date shows that patients with multiple myeloma have been severely impacted by COVID-19: diagnosis has been delayed and sur-

vival has been reduced. Multiple myeloma patients have been more frequently infected with COVID-19 and have higher mortality rates than patients who do not have multiple myeloma and have visited hospitals,” said Dr. Bridgman.

“I recently recovered from a mild COVID-10 infection and credit the vaccine with allowing my body to fight off more serious symptoms. I am sure many cancer patients in the State of Maine are similarly immunosuppressed and have grave concerns about their ability to fight off a COVID-19 infection. It’s imperative that as many people as possible who are in contact with cancer patients have strong immunity to the virus so they cannot pass on an infection to the vulnerable cancer patients,” he continued.

“Thousands of Mainers with chronic illnesses and their families are concerned about the action being sought in LD 867,” said Hilary Schneider,

Maine director of government relations for ACS CAN. “Vaccine requirements help protect immunocompromised patients, including kids, and blocking businesses and organizations as well as cities and towns from enacting these policies jeopardizes the health of patients and silences their voices.”

“As a public health organization dedicated to improving the lives of cancer patients and survivors, the health and safety of the patients we serve is our top priority. We oppose efforts like these that undermine evidence-based, public health policies and endanger those with chronic illnesses,” continued Schneider.

“The continued threat of COVID-19 to Mainers with chronic illnesses and their families is real and abundant. Many patients with chronic illness, including those who have had a cancer diagnosis, also face a greater risk of complications or death

from COVID-19. That’s one reason why it’s critical for as many people to be vaccinated as possible,” continued Schneider.

Dr. Bridgman further urged lawmakers to oppose LD 867.

“For the good of all Mainers, including cancer patients like myself and survivors, I stand with ACS CAN in urging the Legislature to reject any proposal that undermines vaccine requirements,” said Dr. Bridgman. “We urge policymakers who care about the health of Mainers to support proven public health strategies, including vaccine requirements and the right of local elected officials to enact similar protective policies for their constituents.”

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

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# In-Person Instruction at Maine’s Community Colleges May Be Affected by Covid-19

**AUGUSTA, ME (January 13, 2022)** – In light of the post-holiday surge of COVID-19 infections in Maine, the presidents of Maine’s seven community colleges are deciding locally whether to delay the start of in-person classes for the spring semester.

College presidents have the flexibility to adjust the spring semester based on local circumstances, according to David Daigler, president of the Maine Community College System (MCCS). Delaying in-person instruction is an effective way to minimize face-to-face contact while infection rates are higher and helps protect the health of students, faculty and staff.

“Each president needs to decide, based on their local and regional conditions, whether it’s appropriate to take this step to protect the health of their college community and ensure sufficient staffing to operate smoothly,” Daigler said.

As of Thursday, Southern Maine Community College (SMCC) is the only community college in the system to delay in-person instruction, by one week. Instead, SMCC in-person classes will be held remotely for the first week of the spring semester, which begins Tuesday, January 18. The affected classes are currently scheduled to return to in-person instruction on Monday, January 24.

All Maine community college students attending class in-person or going on campus must be vaccinated and boosted under the system’s COVID safety protocols. Students who are fully remote and are never inside a campus facility do not need proof of vaccination.

## Maine CASA to Hold Online Training on March 8-11, 2022

Interested in advocating for the best interests of a Maine child? The Maine Court Appointed Special Advocates (CASA) program is holding its spring training for volunteer advocates on March 8-11, 2022. This four-day, online training is free and is designed to prepare attendees for certification as volunteer guardians ad litem in the Maine District Courts.

Maine CASAs are community volunteers who are appointed to serve as guardians ad litem (GALs) for children who are involved in child protection cases. The foundation of the CASA’s work is learning about the case and then advising the court what the CASA believes is in the child’s best interest.

CASAs come from a wide variety of professional and personal backgrounds and are guided throughout the process by CASA program staff. CASAs bring their own unique perspectives to their work as volunteers.

If you are willing to advocate for a child’s best interests, we encourage you to apply to become a CASA volunteer. Those interested in the training must complete an application and, if invited to participate, must also complete criminal and child protection services background checks.

Are you ready to advocate for a child’s best interests? If so, we hope you can join us for our March 8-11, 2022 online training. For more information about becoming a volunteer, please contact Maine CASA Legal Services Advisor Darren Defoe at 213-2864 or by e-mail at [darren.defoe@courts.maine.gov](mailto:darren.defoe@courts.maine.gov)

## Maine Emergency Management Agency (MEMA) Urges Caution During Extreme Cold Temperatures

**Augusta, ME (January 10, 2022)** -- The Maine Emergency Management Agency (MEMA) is urging residents and visitors to use caution during extreme cold temperatures. The National Weather Service in Gray forecasted temperatures below zero this past week with wind chills between 15-30 below zero.

“With extreme cold temperatures coming to Maine this week, I encourage Maine people to take every precaution to stay warm and to check on friends, family and neighbors to ensure they are safe,” said Governor Janet Mills. “For those who are concerned about their ability to stay warm, support is available by calling 2-1-1, with warming centers now opening in communities across the state. Please be safe and stay warm.”

MEMA recommends that Maine people are sure that alternate heat sources are in proper working condition, properly installed, and that the user follows the manufacturers guidelines. Keep heaters at least 3 feet away from anything that can catch fire. Never use your oven to heat your home because it can be a fire hazard. For further tips or resources on heating during the winter months, visit this Winter Heating Guide produced by the Governors Energy Office at <https://www.maine.gov/energy/winter-heating-resources>

Warming Centers are also opening in several Maine counties. Please visit MEMA’s website to find a location near you: <https://www.maine.gov/mema/response-recovery/mass-care>

You may also dial 211 or visit their website for a list of locations. Please be aware that Warming Centers are following COVID-19 health and safety guidelines to protect those utilizing their facilities.

When exposed to extremely cold temperatures and high winds, the body loses heat faster than it can generate heat, which leads to health emergencies like hypothermia and frostbite. Hypothermia can affect anyone, but the most frequent victims include those who are elderly with inadequate clothing, food, or heat sources; very young in cold bedrooms; outside for too long such as the homeless, lost hikers, and hunters; people with substance use disorders; chronically ill who can’t regulate body temperature.

Frostbite occurs when the skin is exposed to frigid temperatures, causing the tissues to freeze. It most often impacts the nose, ears, cheeks, chin, fingers, and toes, and causes a loss of feeling and color. Its mild form, called frostnip, causes the skin to turn bright red and creates an ache.

When severe, the loss of color and numbness of frostbite can become permanent. In the worst cases, amputation is sometimes necessary. Although frostbite can impact anyone, those with bad circulation have the highest risk.

It is also important to not leave children or pets in cars and not leave pets out overnight.

The State Emergency Operations Center remains in partial operation while responding to resource needs of the county emergency management agencies related to COVID-19 as well as any cold weather events.

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



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# Arts & Entertainment

## A Food for Thought Presentation that will Truly Touch Your Heart

Lewiston/Auburn Senior College is delighted to offer another amazing Food for Thought by Rabbi Sruli Dresdner, spiritual leader of Temple Shalom in Auburn, Maine and Rebbetzin (Rabbi's Wife) Lisa Mayer. They are internationally known for their remarkable music and storytelling, and they are both children of Holocaust Survivors. Their

presentation last year was light hearted and fun. Now they are back with one that is deeply moving and powerful.

The Ninety-Three Precious Souls is an intense and interactive musical program that opens up the secrets of Jewish faith, prayer and martyrdom. It is a true yet incredible story of 93 pious girls who faced

Nazi horror and shame. Their deep faith in God, their unshakeable belief in prayer, and finally, the strength they drew from each other gave them the power to perform the ultimate sacrifice.

With transcendent songs and an unforgettable story, you will share in their prayers, you will feel their grief, and you will be trans-

ported by their courage.

So, join us on Sunday January 23, 2022 at 5:00 PM on Zoom. It's free and open to the public.

To attend, email us at laseniorcollege@gmail.com by noon on Jan. 22. and mention the "Precious Souls" program. We will send you an email with the link on the morning of the event



## Greg Boardman Trio to Open Concert for The Mallett Brothers at the Gendron Franco Center



The Mallett Brothers will headline a concert at the Gendron Franco Center with the Greg Boardman Trio as the opening act at 7 p.m. Friday, Feb. 4. Tickets can be purchased at 207-689-2000 or online at francocenter.org. Proof of full vaccination or negative COVID-19 test results will be required. Dennis Welch photo.

Lewiston, ME — perform in person at the The Mallett Brothers will Gendron Franco Center on Friday, Feb. 4. The Greg Boardman Trio will

open the evening with an in-person concert starting at 7 p.m.

Both groups are returning to the Gendron Franco Center for the first time since the pandemic. The Mallett Brothers spent time off-stage during the pandemic doing backyard concerts, putting together a recently released album, and experimenting with different sounds in the studio.

Fans can expect The Mallett Brothers to play from their new album as well as longtime favorites. This Maine band is known for their variety of rock-and-roll, Americana, and country music. Their music is described in a press release as a "musical melting pot that's influenced equally

by the singer/songwriter tradition as by harder rock, classic country and psychedelic sounds."

The Greg Boardman Trio, which includes Greg Boardman, Steve Muise, and Elsie Gawler, will perform some of their own compositions. They are known for their talent in both songwriting and instrumentals including piano, harmonium, guitar, and fiddle. Their style is described as folksy with a touch of rock and includes Celtic and rhythm and blues.

Entertainment will take place in Performance Hall with its cushioned tiered-seating arrangement. Before the show and at intermission patrons will have time to visit the full bar down-

stairs for water, juice, and drinks.

Ticket sales are for reserved seats. Proof of full vaccination status or a negative COVID-19 test will be requested at the door. Antigen Tests conducted within one day; PCR tests conducted within two days.

Doors open at 6 p.m. Tickets are \$28 in advance and are available online or by phone; \$33 at the door. The show is sponsored by Androscoggin Bank; season underwriter is Maple Way Dental Care. For more information, visit [www.francocenter.org](http://www.francocenter.org) or call 207-689-2000. The Gendron Franco Center is at 46 Cedar Street, Lewiston.

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# Maine CDC and Maine Department of Education Revise COVID-19 Guidance for Schools to Support In-Person Learning During Omicron Surge

**Augusta, ME (January 12, 2022)** – The Maine Center for Disease Control and Prevention (Maine CDC) and the Maine Department of Education (DOE) announced today further revisions to the Maine CDC’s Standard Operating Procedure (SOP) for responding to COVID-19 in schools.

Following discussions with school superintendents, the Maine CDC has revised the SOP to state that schools enforcing a universal masking policy may choose to suspend contact tracing in light of the transmissibility of the Omicron variant and its impact on the effectiveness of contact tracing.

The Maine CDC has determined that, because the Omicron variant is far more contagious than prior variants, has a shorter incubation period, and tends to spread in the early part of an infection, it is contributing to higher levels of community transmission, making community exposures more frequent and, consequently, reducing the effectiveness of contact tracing in schools. While the goal of contact tracing is to provide a timely notification to all individuals who may have been exposed to COVID-19, school superintendents have reported that conducting contact tracing in a timely and thorough manner is becoming increasingly difficult, if not impossible, for school personnel given the fast spread of the Omicron variant.

The revised SOP permits schools with universal masking policies to suspend contact tracing if they are not able to conduct it effectively, in order to rededicate limited and tired staff to focus on other COVID-19 mitigation strategies, like detecting and preventing

infected people from being in schools via pooled testing, to help keep kids in the classroom. Schools that have the resources to contact trace effectively are encouraged to continue doing so.

“Keeping kids safely in the classroom is crucial to their education and minimizes disruption to the lives of their parents, who often have to stay home from work or are put in a child care crunch when their kids can’t be in school,” said Governor Mills. “Of course, the best way to protect the health of students and to keep them in the classroom is to get vaccinated, which will help slow the spread of COVID.”

“The rapid spread of the Omicron variant has further burdened Maine’s schools during an already challenging school year in the midst of the COVID-19 pandemic,” said Education Commissioner Pender Makin and Maine CDC Director Nirav D. Shah. “These recommendations allow teachers and school staff to focus their limited resources on educating students in the classroom as safely as possible. Getting vaccinated remains the most important step to protecting our school communities.”

“We are grateful for the ongoing efforts of Maine CDC as they continue to provide schools with the guidance and protocols that will protect the physical and emotional health of staff and students, and preserve the critically important opportunity for in-person learning,” said Maine School Board Association Executive Director Steve Bailey. “As the governance team of their local education systems, including the safety, time and resources of their schools, our school boards have the responsibility to ensure they have

a universal masking policy in place that will both keep students and staff safe and permit school staff to suspend contact tracing for cases of COVID-19 in schools. We stand ready to help them in these efforts.”

“On behalf of school and district leaders across Maine, we welcome today’s guidance, which provides some relief to school staff, especially our nurses, who have continued to exceed safety protocols with extensive and labor intensive contract tracing and notification efforts,” said Maine School Superintendents Association Executive Director Eileen King. “Schools with universal masking policies in place for all indoor school sponsored activities will be able to shift their time and attention to other strategies that ensure the physical and emotional health and safety of staff and students. We thank Dr. Shah and his team for engaging superintendents in discussions about the implementation logistics and implications of Maine’s school prevention and response strategies for COVID-19, and for providing insight and balance to the science that informs community health decisions.”

The change is consistent with those adopted recently by other New England states and builds on other revisions from the Maine CDC that, among other updates, reflect recently updated guidance from the U.S. CDC on quarantine and isolation periods. All of these revisions are designed to support in-person learning, thereby promoting the health and well-being of school students, staff, and their communities.

The change is also specifically targeted to schools that have implemented a universal masking policy. U.S. and Maine

CDCs recommend universal indoor masking by all students, faculty, staff, and visitors in K–12 schools, regardless of vaccination status, across all school-based and school-sponsored activities. Wearing a mask has been proven to mitigate the spread of COVID-19. Local school boards are charged with the responsibility of implementing masking requirements for their school systems. Schools that do not have a universal masking policy should continue contact tracing.

Since the fall of 2020, all Maine pre-K-12 schools have been providing in-person instruction to students. Throughout the pandemic, the Mills Administration has promoted safe, in-person learning, dedicating \$329 million in Coronavirus Relief Funding (CRF) to Maine schools to help them educate Maine students. The Administration has also provided 10,859,586 face coverings, gloves, and other types of personal protective equipment to Maine schools and has supported COVID-19 testing in schools, including launching a pooled testing program. The pooled testing guidance has also been streamlined in light of Omicron, and schools have received 242,500 rapid antigen BinaxNOW tests from the Maine Department of Health and Human Services. The Administration has helped organize vaccine clinics for school staff across Maine and supported more than 500 vaccine clinics for schools and students this past fall.

According to Maine’s Vaccination Dashboard, as of January 12, 2022, 51.5 percent of children ages 5 to 19 were fully vaccinated for COVID-19. Data from the U.S. CDC show that Maine ranks fourth best in the nation in the percent of 5- to 17-year-olds fully vaccinated. As of the end of October, 83 percent of school staff were fully vaccinated.

The updated public health guidance for responding to a positive case of COVID-19 in schools can be viewed online.

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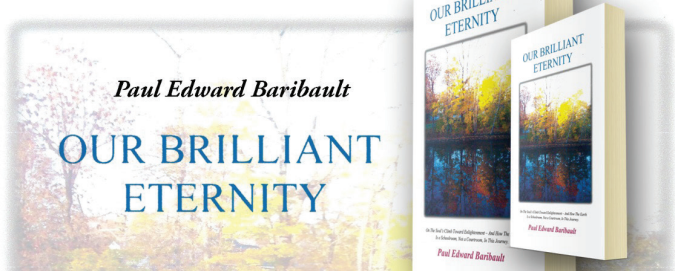
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# Inaugural ‘Play in the Snow’ Event – A Family Ski, Snowboard, and Tubing Night

Lewiston, Maine – For the second year in a row, The Public Theatre in Lewiston has had to make the difficult decision to cancel the beloved, annual Father-Daughter Valentine Ball – to protect the health and safety of our community. But, perhaps this year more than any, our community craves a fun, family event

that will bring us together safely. We are pleased to announce that we have such an event! *PLAY in the Snow*: a skiing, snowboarding and tubing event for the whole family on a special Saturday night with a special, low-cost ticket!

*Play in the Snow* will take place at Lost Valley, in Auburn, on **Saturday, February 12, 2022 from 5 to 9 pm**. The event will include skiing, snowboarding, tubing, raffle baskets (featuring themes for adults and children), a 50/50 raffle, hot chocolate, cookies, and a mountain’s worth of fun!

Lost Valley is typically closed for skiing and snow tubing on Saturday evenings, but The Public

Theatre is renting out the entire mountain to allow for a family night of fun at a bargain price. Just \$25 to ski or snowboard and only \$10 to snow tube. (Standard Lost Valley lift tickets are \$36 and \$46 for a weekend half day or Friday evening; tubing tickets are \$16 per hour.)

*Play in the Snow* will raise much needed funds

to bring live professional theatre to Maine, delighting and inspiring audiences with life-affirming contemporary plays. This event also supports The Public Theatre’s education and outreach programs. Throughout the pandemic, the Theatre has partnered with schools and libraries across Maine to bring the arts—in the form of creative readings, video performances, and live virtual theatre classes—to kids at no cost.

For more information about the event and to purchase tickets, visit [thepublictheatre.org](http://thepublictheatre.org). To inquire about sponsorship opportunities and/or group rates, please contact the Theatre by phone at 207-782-3200

## Woman’s Hospital Association Art Gallery at CMMC



Winter Tree by Tony King

In celebration of the 100th Anniversary of Thorncrag Nature Sanctuary, The Woman’s Hospital Association (WHA) Rotating Art Gallery at Central

Maine Medical Center in Lewiston is displaying the work of acclaimed photographer, Tony King. The exhibit, entitled “Honoring Trees” will be on display

from January 1st - February 28th.

Tony King (1934-2017) was a businessman, author, philanthropist, award-winning photogra-

pher, and conservationist based in Massachusetts and Maine. He cast his thoughtful eye and photographic lens on a wide range of subjects, stating: “I am concerned that our increasingly urbanized society is confused and overstimulated. And I hope that, once in a while, what I’m doing helps someone recognize and better cherish his or her own sacred places...and to reconnect with the great renewing rhythms in nature and in their lives.” As many of us have come to recognize, places such as Thorncrag have been invaluable in providing a place of respite and renewal during the COVID 19 pandemic.

Nature lovers may recognize King’s work as his photographs have been featured in numerous publications. In 1975 he col-

laborated with nationally known nature writer, Hal Borland on the Sierra Club publication, *A Place to Begin*. He has had solo exhibitions at a number of galleries world-wide including the Royal Ontario Museum in Toronto and the Photographers Gallery in London, England. His photographs are included in numerous public collections including the Museum of Modern Art in New York City, the Fogg Museum at Harvard, the Cleveland Museum of Art as well as the Museum of Fine Arts, Boston.

The works on display may be purchased through

the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. As a result of the hospital safety precautions due to the pandemic, the art gallery is only available for viewing for staff, patients, and their designated visitors at this time. Thanks to the Judy and Tony King Foundation, 50% of the sales from this special exhibit benefits patients of CMMC. The keeper of his work, The Foundation, works to inspire community responsibility and stewardship of our backyard spaces of New England.

## Volunteer at The Public Theatre

Looking for a rewarding way to give back to your community and build connections while supporting an organization you care about? **The Public Theatre is currently looking to expand our Board of Directors, committee workers and group of volunteers.** Do you have a love of theatre and a skill you’d like to share with us? Uncertain

about being on a board? We also need volunteers to help us with everything from educational outreach projects and fundraising events to hanging posters, ushering and helping with

mailings. Want to get more involved with The Public Theatre in the new year? For more information or to express your interest, email us at [info@thepublictheatre.org](mailto:info@thepublictheatre.org)

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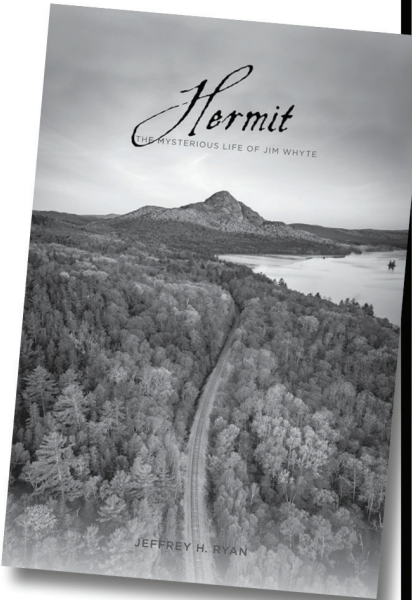
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# Red Cross: National Blood Crisis May Put Patients At Risk

**Portland, Maine (January 11, 2022)** — The American Red Cross is facing a national blood crisis – its worst blood shortage in more than a decade. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to make an appointment now to give in the weeks ahead. In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood prod-

uct distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met. **Pandemic challenges** The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally, the pandemic has contributed to a 62% drop in blood drives at schools and colleges. “Winter weather across the country and the recent surge of COVID-19 cases are compounding the already-dire situation facing the blood supply,” said Dr. Baia Lasky, medical director for the Red Cross.

“Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care.” Over the next six weeks, about 45% of donation appointments remain unfilled in the Northern New England Red Cross Region. Make an appointment to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). The Red Cross and the NFL are partnering this January, during National Blood Donor Month, to urge individuals to give blood or platelets and help tackle the national blood shortage. Those who come to give blood, platelets or plasma in January will

automatically be entered for a chance to win a getaway to Super Bowl LVI in Los Angeles. As an extra thank-you from the Red Cross, those who come to donate will also be automatically entered to win a home theater package and a \$500 e-gift card. Terms apply; visit RedCrossBlood.org/SuperBowl for more information. **Who donations help** Kala Breder knows all too well how dire not having blood available can be. In July 2020, hours after the birth of her son by emergency Cesarean section, Breder developed a complication and began bleeding uncontrollably. As doctors fought to save her life, they exhausted the entire blood supply at the hospital as well as all available blood within a 45-mile radius. Ultimately,

she was flown to another hospital because there wasn’t enough blood locally. Breder credits the 58 different blood products she received with helping save her life. “Without one of those, I probably wouldn’t be here,” she said. “I needed every last unit.” **Volunteers needed** In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections across the country. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process. Blood transportation specialists – another volunteer opportunity – provide a critical link between blood donors and blood recipients by delivering blood to hospitals in communities across the country. To volunteer to support Red Cross blood collections, visit [redcross.org/volunteertoday](https://redcross.org/volunteertoday).

**Blood drive safety** Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive. **Save time during donation** Donors can also save up to 15 minutes at the blood drive by completing a RapidPass®. With RapidPass®, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass®, follow the instructions at [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) or use the Red Cross Blood Donor App. To donate blood, individuals need to bring a blood donor card or driver’s license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements. **Health insights for donors** At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American donors for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease who require trait-negative blood. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.



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## Fema Awards More Than \$14.3 Million to Maine for Covid PPE Expenses

**BOSTON** – The Federal Emergency Management Agency will be granting more than \$14.3 million to the State of Maine to reimburse the costs of purchasing personal protective equipment (PPE) for first responders during the COVID-19 pandemic in 2020 and 2021. The \$14,338,700 in Public Assistance grants will go to the Maine Department of Administrative and Financial Services to reimburse it for purchasing 1,016,960 isolation gowns; 1,695,161 N95 respirators & surgical masks; 526,200 pairs of rubber gloves; 280,000 hooded isolation suits and 542,400 face shields.

The materials were distributed to first responders providing testing services through the Maine Centers for Disease Control and Maine Department of Health and Human Services. They were purchased through a series of contracts: \$1,634,375 - Compqsoft Inc. \$1,550,400 - Venous Technologies Inc. \$2,847,602 - Aramsco, Inc. \$2,909,000 - Lifetherreal LLC \$5,397,323 - Fastenal So far, FEMA has provided nearly \$97 million in Public Assistance grants to Maine to reimburse the state for pandemic-related expenses.



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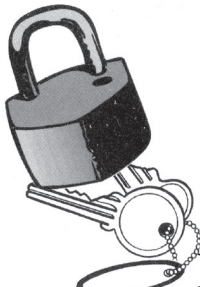
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**Jan. 20**  
GORHAM – 6:30pm  
Tentative Recurring CIP  
Meeting TBD

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

**Jan. 24**  
GORHAM – 5:30pm  
Finance Committee Meet-  
ing Town Manager’s Of-

# Calendar

Send your submissions to the Editor. More online.

**Feb. 1**  
GORHAM – 6:30pm  
Regular Town Council  
Meeting Council Cham-  
bers

**Feb. 7**

**Feb. 9**  
GORHAM – 7pm  
Planning Board Meeting  
Council Chambers

**Feb. 9**  
GORHAM – 7pm  
School Committee Meet-  
ing Council Chambers

**Feb. 15**  
GORHAM – 8am Or-  
dinance Committee Meet-  
ing Conference Room A

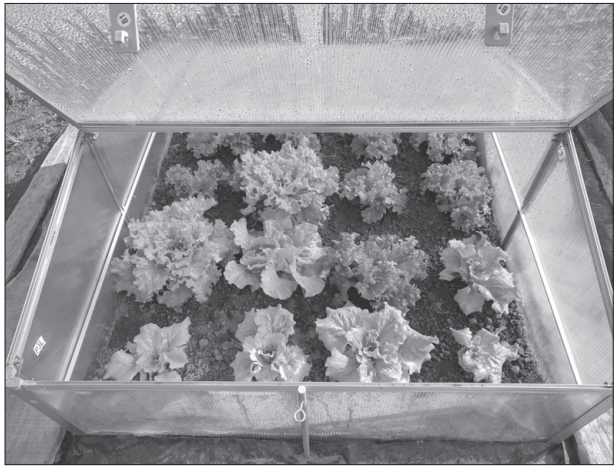
**Feb. 16**  
GORHAM – 8am  
Gorham Economic Devel-  
opment Corporation Meet-  
ing Conference Room A

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

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## UMaine, UNH Extensions Offer Webinars



**UMaine, UNH Ex-  
tensions Offer Hydro-  
ponics for Home Garden-  
ers Jan. 24**

University of Maine  
Cooperative Extension and  
University of New Hamp-  
shire Cooperative Exten-  
sion 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 hydropon-  
ic system for year-round  
indoor gardening with a  
few simple tools and mate-  
rials. Jonathan Ebba, UNH  
Extension field specialist,  
will lead the workshop.

Registration is re-  
quired; a sliding scale pro-  
gram fee is optional. Regis-  
ter 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 re-  
quest a reasonable accom-  
modation, contact Pamela  
Hargest, 207.781.6099; ex-  
tension.gardening@maine.  
edu.

**UMaine Extension  
webinar on winter care of  
equines Feb. 1**

University of Maine  
Cooperative Extension is  
offering an online work-  
shop about best practices  
for winter care of equines  
from noon–2 p.m. on Feb.  
1.

Workshop topics in-  
clude winter health issues  
and options for fresh water,  
as well as mud manage-  
ment around the farmstead.  
Donna Coffin, UMaine Ex-  
tension professor, and Dr.  
Beth McAvoy, consulting  
veterinarian and chief fi-  
nancial officer of Foxcroft  
Large Animal Veterinary  
Associates in Dover-Fox-  
croft, will lead the work-  
shop.

The fee is on a sliding  
scale, up to \$10; registra-  
tion is required to receive  
the link. Register on the  
event webpage. For more  
information or to request  
a reasonable accommoda-  
tion, contact Becky Gray,  
207.781.6099; [extension.  
agcumberland@maine.](mailto:extension.agcumberland@maine.edu)

[edu](http://edu).  
**UMaine, UNH Ex-  
tensions offer ways to ex-  
tend the growing season  
Feb. 7**

Orono, Maine —  
University of Maine Coop-  
erative Extension and Uni-  
versity of New Hampshire  
Cooperative Extension will  
offer a webinar for home  
gardeners about how to  
extend the growing season  
from 6–7:15 p.m. on Feb. 7.

“Extending the Gar-  
dening Season in New  
England” includes sea-  
son-extension strategies  
ranging from targeted  
use of mulches and row  
covers to the use of small  
high tunnels, with in-depth  
guidance for how to build  
and implement these tools  
in home gardens. Frank  
Wertheim, UMaine Exten-  
sion educator, and Becky  
Sideman, UNH Extension  
sustainable horticulture  
specialist, will lead the  
workshop.

Registration is re-  
quired; a sliding scale pro-  
gram fee is optional. Regis-  
ter on the event webpage to  
attend live or receive a link  
to the recording. This is the  
fifth in a six-part winter  
gardening webinar series  
offered monthly through  
March for Maine and New  
Hampshire gardeners. For  
more information or to re-  
quest a reasonable accom-  
modation, contact Pamela



Hargest, 207.781.6099; [ex-  
tension.gardening@maine.  
edu](mailto:extension.gardening@maine.edu).

**UMaine Extension  
offers advanced beekeep-  
ing webinars starting  
Feb. 10**

Portland, Maine —  
University of Maine Co-  
operative Extension will  
offer two advanced bee-  
keeping webinars, two  
sessions each, beginning  
with “Honey Bee Diseas-  
es and Pests” 6–8:30 p.m.  
Feb. 10 and 17. The \$50  
fee includes the required  
textbook. Registration is  
required on the event web-  
page to receive the links.

The next course,  
“Swarming and Swarm  
Management,” will be held  
6–8:30 p.m. March 3 and  
10. The fee is \$35. Regis-  
tration is required on the  
event webpage to receive  
the links.

Both courses will

be taught by EAS-cer-  
tified master beekeeper  
Erin MacGregor Forbes.  
For more information or  
to request a reasonable  
accommodation, contact  
207.781.6099; [rebecca.  
gray@maine.edu](mailto:rebecca.gray@maine.edu).

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## Lewiston Construction Training Program Has Feb. Start



A Construction Training Program student works with a drill inside an Auburn home undergoing renovation in 2019.

**Lewiston, ME** -- People looking to build a foundation for a construction career can start in February with Lewiston Adult Education's Construction Training Program.

Qualified students can earn a Work Ready credential, OSHA 10, RRP certification and learn all about workplace safety, hand and power tools, along with fractions and basic geometry. They will get work experience with local employers with opportunities for good-paying jobs following the completion of training.

To qualify, participants must: pass the CA-



Pete Gagnon, right, of Lewiston Regional Technical Center talks to students in the Construction Training Program in a 2019 photo while LRTC construction teacher and CTP instructor Jason Merritt, left, listens.

SAS test in reading and math, have the ability to work in the United States and successfully complete an eligibility screening. Participants should be able to pass an employer-sponsored drug screening.

Call Lewiston Adult Education at 207-784-2928 for more information.

Community Concepts, Families Forward/Fedcap, Eastern Maine Development Corporation, the Lewiston Career-Center, the city of Lewiston, Goodwill Take 2, the Maine Adult Education Association, Workforce Maine and Strengthen LA are partners in the program.

## Maine Event Comedy Presents Tuck Tucker at the Franco Center

**LEWISTON - JANUARY 8, 2022** - Maine Event Comedy presents the hilarious Tuck Tucker at the Gendron Franco Center on Saturday, Jan. 22 at 7:30pm. The show will also feature Adam Hatch and Crystal Bernard.

Tucker's verbal wit and physical comedy have made him a favorite throughout New England. He's a founding member of Portland's Running with Scissors improv group and was a finalist on HBO's Lucky 21 Comedy Showcase. He's performed at the Hartford Funny Bone, the Rhode Island Comedy Connection and the Comedy Nest in Montreal.

A familiar face on the Bob Marley Comedy Tour, Hatch has also worked with Comedy Central's Justin McKinney and longtime Letterman warm-up act Ed-die Brill. He was a finalist in Portland's Funniest Professional contest and has logged multiple television appearances on "The Nite Show with Danny Cash-man".

A welder by day and comic by night, Bernard has been making audiences laugh throughout Maine for over four years and will be making her Franco Center debut.

The Gendron Franco Center is located at 46 Ce-



dar Street in Lewiston. The show is for ages 18-and-over and will contain adult language and content. Tickets are \$12 in advance, \$15 at

the door, and may be purchased at FrancoCenter.org. FMI: Call/text (207) 513-0742 or email maineevent-comedy@gmail.com.

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