



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

Thursday, April 14, 2022 • FREE

Community Credit Union Hosts Recycle Day Drive-Thru

LEWISTON, ME (March 27, 2022) -- On Saturday, April 16, 2022, Community Credit Union will host a Community Recycle Day Drive-Thru event from 9AM to 12PM to do their part in celebrating Earth Day.

Local community partners are joining forces to offer the community a convenient and FREE way to recycle items such as documents to be shredded, tires for recycling, and new or gently used and clean reusable resources (art supplies, craft materials, school and business supplies, home furnishings, sports equipment, etc.) for the SHAREcenter. No electronic devices will be collected. There will also be a cans + bottle drive on site where 100% of proceeds will go to benefit the SHAREcenter. In 2021, over 3,600 pounds of documents were shredded to help protect local community members against identity theft.

Community Credit Union, SHAREcenter, Stratham Tire and Without A Trace Mobile Shredding are partnering to provide this service to their community. There is no cost for this event and you do not need to be a member of Community Credit Union to participate. Visit www.facebook.com/communitycreditunion for more event details and information.

Emerald City Holds Ribbon Cutting



Emerald City held a ribbon cutting ceremony last week to celebrate their opening on April 9 at their open house in

Lewiston. Pictured (l.) Cody Kline, Megan Taggart holding puppy Ruby, Amanda Matson, Matthew Taggart with his son Gavin

Taggart in front, Michelle Cardinal, Ella Fields, Adam Lockwood. More 420 photos pages 6 - 12.

420 day
Special Section pages 6-12

LRTC Student Chosen for a Once-in-a-Lifetime Opportunity

LEWISTON, ME (April 8, 2022) -- One of Lewiston Regional Technical Center's very own students, Olivia Servidio, has been chosen for a spot at Aspiromat™ Summer Research Internship. This internship is hands-on and a mentored laboratory experience for high school students interested in a career in the fields of science, technology, engineering, or mathematics

(STEM). Participants reside for six weeks on the campus of Vanderbilt University and conduct biomedical research at Vanderbilt University Medical Center in Nashville, TN. Interns are paid a stipend for the time they work in the lab, provided room and board, and given the opportunity to interact with university faculty and administra-

tors. Students in the past have been involved in research ranging from understanding diabetic kidney disease and breast cancer to designing microfluidic devices with engineers. Only 20-25 students, from all over the country who apply, are accepted into the program. Students applying need to

achieve excellent test scores in science and math and are committed to pursuing a career in the STEM field. The right candidate needs to be curious, resourceful, highly engaged, and resilient. Olivia Servidio is a bright and driven student and was nominated by her Medical Science teacher, Pam Abzan to participate in this internship.

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DISASTER!
Continues at CLT

L/A Community Little Theatre in Auburn. Set in the decade of bell-bottoms, platform shoes, and the hustle, **DISASTER!** delivers earthquakes, tidal waves, infernos, and unforgettable 70's hits like "Knock On Wood," "Hooked On A Feeling," "Sky High," "I Am Woman" and "Hot Stuff"

The show will be performed April 14, 15, 16 at 7:30 p.m., with the final performance on April 17 at 2:00 p.m. Call 783-0958 or visit LACLt.com for tickets or more information.

AUBURN, ME (April 8, 2022) -- The hilarious jukebox musical **DISASTER!** continues this weekend at

Newsmakers, Names & Faces

Give Blood during National Minority Health Month

PORTLAND, ME (April 7, 2022) – April is National Minority Health Month — a time to raise awareness about health disparities that disproportionately affect racial and ethnic minority populations. The American Red Cross is reminding blood and platelet donors it's critically important to maintain a stable blood supply this spring to support those with chronic illnesses and other blood needs in the U.S.

Blood transfusions remain one of the most critical treatments for patients like those living with sickle cell disease – the majority of whom are of African and Latin descent – and beta thalassemia major, which disproportionately affects those of Asian descent. Additionally, women who are Black are more likely than women who are white to experience severe postpartum hemorrhage, often requiring blood transfusion. To help ensure

all patients have access to the blood products they count on, donors are urged to make an appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

As a thank-you, those who come to give through April 18 will receive an exclusive Red Cross T-shirt, while supplies last. Those who come to give April 19-May 19 will receive a \$10 e-gift card to a merchant of choice and will be automatically entered to win a new travel trailer camper that sleeps eight, all courtesy of our partners at Suburban Propane. (Terms apply, see rcblood.org/camper.)

Health insights for donors

As a benefit to donors, the Red Cross provides vital health insights to help aid in awareness, prevention, early detection and monitoring for better health outcomes. All presenting blood donors

receive a free mini-health screening with insights on pulse, blood pressure and hemoglobin. Vital signs are recorded in the donor's online profile where they can track and monitor their results via the Red Cross Blood Donor App or at RedCrossBlood.org and share the results with their health care provider.

Additional health details

The Red Cross is testing blood, platelet and plasma donations for COVID-19 antibodies. The test may indicate if the donor's immune system has produced antibodies to this coronavirus after vaccination or past exposure, regardless of whether they developed symptoms.

Plasma from routine blood, platelet and plasma donations that have high levels of COVID-19 antibodies may be used as convalescent plasma to meet potential future needs of COVID-19 patients with weakened immune sys-

tems.

The Red Cross is not testing donors to diagnose infection, referred to as a diagnostic test. To protect the health and safety of Red Cross staff and donors, it is important that individuals who have been asked to quarantine or believe they may be ill with COVID-19 postpone donation until they are symptom free for 10 days and feeling well and healthy.

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. Blood transfusion is an essential treatment for those with sickle cell disease, and blood do-

nations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive antibody testing results and sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

Blood drive safety

Each Red Cross blood drive and donation center follows high 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 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.

Virtual Workshop for Small Business Owners Coming April 27

MAINE, STATE-WIDE (April 7, 2022)— New Ventures Maine will offer an online, tuition-free website development workshop, Grow Your Business Online – Create My Site, on Wednesday, April 27 from 6:00 – 7:30 p.m.

The Create My Site class will cover three main topics:

Design an effective website: bring the best of your brand to your custom-

ers

Create site content: make a great first impression

Create your eCommerce store: prepare, manage, and grow an online store

Tools and guidance for creating a small business website will be provided by Empower by GoDaddy in partnership with New Ventures Maine and are part of the in-depth

course, Grow Your Business Online, designed to provide small business owners the tools, skills and mentorship to build a successful digital presence.

Pre-registration is required and accessible online at bit.ly/GYBO-CreateMySite. For more information and to register, contact Karin Petrin at 768-9468 or karin.petrin@maine.edu. There is no fee for the training.

River Classification Upgrades Will Protect Maine's Clean Water

AUGUSTA, ME (April 4, 2022) – More than 800 miles of rivers and streams in Maine will receive stronger protections from pollution under new standards signed into law on Thursday, March 31st. The water quality upgrades contained in LD 1964 are the result of a review conducted every three years by the Maine Department of Environmental Protection (DEP) under the federal Clean Water Act and state water quality laws. The bill received unanimous, bipartisan support in both the Maine House and Senate.

"Strong federal and state laws are the biggest reasons why Mainers enjoy such clean water," said Nick Bennett, Staff Scientist at the Natural Resources Council of Maine. "These periodic upgrades

of water quality protection and classifications conducted by DEP are among the most important tools to improve and protect Maine's clean water."

Under Maine's water classification program, DEP performs a triennial review of the waters of the state and recommends improved protections for appropriate water bodies. Those recommendations are then forwarded to the Board of Environmental Protection and the Legislature for approval. A higher water quality classification means additional protections from pollution. DEP typically recommends upgrades when water bodies meet the standards of the next highest level of classification, based on lowered levels of pollutants or on new science that shows the

water body meeting a higher level than its existing classification.

"These standards are based on Senator Edmund Muskie's ideas and vision for cleaner water that led to the passage of the Clean Water Act in 1972. Enactment of these new protections during the 50th anniversary of the Clean Water Act is a particularly fitting tribute to Senator Muskie's legacy and his gift of cleaner water for Maine and the nation," continued Bennett.

The water quality upgrades include increased protections for many important rivers and streams, including:

South Branch of Sandy River and its tributaries in Franklin County, which are important spawning

See Water, page 5

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Newsmakers, Names & Faces

CMCC Offering Free Courses

AUBURN, ME (April 1, 2022) – The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is partnering with area employers and service providers to recruit candidates interested in becoming qualified Land Surveyor Technicians.

Information and links to register for the free program are available at <https://cmconnect.cmcc.edu/ICS/Training/>. The first of four free Land Surveyor Technician I Course begins on Thursday, April 21st with three additional sessions to follow in June, July and August.

The Survey Technician I course provides preparatory training for a nationally recognized Land Survey Technician certification. The 15-hour course covers the setup for surveying stations, sequence stationing, data collection, recording observed angles, recording distances, utilizing point coding, and taking survey notes. The course will also cover reading topographical maps, CAD software operations, and following safety guidelines in the field.

Students who successfully complete the course will earn a digital Land Survey Technician micro credential signifying

successful course completion and be empowered to earn a nationally recognized land survey technician certification through Certified Survey Technician (CST). The average starting wage for a Land Surveyor in this region is \$31,400 with tremendous opportunity for employment.

The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is partnering with area employers and service providers to recruit candidates interested in becoming qualified Phlebotomists. Information and links to register for the

free program are available at <https://cmconnect.cmcc.edu/ICS/Training/>. The free Introduction to Phlebotomy is a 13-week training program that runs from April 6 through June 29. Three additional sessions will also be offered beginning June 30th, July 27th, and August 23rd.

Students who successfully complete the course will be eligible to sit for the National Healthcareer Association exam since the course includes the hands-on live stick component. The average starting wage for a Phlebotomist in this region is \$32,400 with tremendous opportunity for advancement.

Programs are funded by Maine Quality Centers (MQC). The course materials and exam fee are also covered. Participants must be at least 18 years of age, possess a high school diploma, GED, or HiSet, and be a U.S. citizen and/or authorized to work in the U.S. Criminal background check and current vaccination records will be required by employers. Additionally, candidates in MQC-funded programs must be a dislocated, unemployed, or underemployed worker, or someone whose job has been adversely affected by COVID-19. Underemployed can be considered as working part-time but

looking for full-time work or working in an occupation below one's skill-set. Candidates are only eligible to participate in one MQC program being offered at any of the seven colleges in the Maine Community College System.

For more information or to register, please contact Central Maine Community College's Center for Workforce & Professional Development at workforcedevelopment@cmcc.edu or 207-755-5280.

Central Maine Community College is an equal opportunity/affirmative action institution and employer.

Informed Literacy In The Digital Age

AUBURN, ME (April 7, 2022) -- In this digital age, people can quickly become overwhelmed with all of the information they receive. There are so many outlets -- whether traditional news or radio, online research via Google or other search engines, or social media (which continues to expand to include new platforms). Which method is reliable? How can one determine the best, most credible sources?

During the month of April, the Auburn Public Library will explore "Informed Literacy in the Digital Age" through programs which take a deeper dive into the ways journalism has evolved and how those changes can affect the community.

This series is made possible by a grant received from the Maine Humanities Council, which "provides support to Maine non-profit organizations for projects that deepen the public's knowledge and appreciation of the vital connections between democracy, the human-

ities, journalism, and an informed community."

Calling Bull: Building Agency to Refute Information

When: Tuesday, April 19, 2022 – 1:30-2:30 p.m.

Where: Online, via Zoom

Contact: Donna Wallace, 333-6640, ext. 4

In this portion of the series, Auburn Public Library has partnered with students in a class from the Digital & Computational Studies Department at Bates College for a special Zoom event. In this class, "Calling Bull: Data Literacy and Information Science," students look at misinformation, and dive deeply into the "who, what, where, when, why and how" of the propaganda. The course culminates into a capstone project wherein students put together a portfolio of three pieces of misinformation and work to correct or debunk the information.

During this community Zoom session with the class, Calling Bull students will share a piece of their portfolio in which

they present a rebuttal in an effort to set the record straight.

Book Discussion: The Filter Bubble: What the Internet is Hiding From You

by Eli Pariser

When: Thursday, April 28, 2022 – 4:00-5:00 p.m.

Where: Conference Room

Contact: Donna Wallace, 333-6640, ext. 4

As part of this series, we will be reading and discussing "The filter bubble: what the internet is hiding from you" by Eli Pariser. This book explores how the personalization on the internet is controlling -- and perhaps even limiting -- the information we consume.

The book discussion will take place on Thursday, April 28, from 4-5 p.m. (Please make sure you are available to participate in the discussion before signing up.)

Registration is re-


quired and may be done by emailing dwallace@auburnpubliclibrary.org. Through grant funding, the copy of the book is for participants to either add to their personal library or share with another.

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New Law Expands Maine's Ecological Reserve System

AUGUSTA, ME (March 31, 2022) – A bill that will expand Maine's network of ecological reserves to protect more habitat for the state's rich array of plants, animals, and other species was signed into law by Governor Janet Mills on Tuesday March 29, 2022.

State-owned ecological reserves cover less than 1% of the state, yet they protect some of Maine's most spectacular and characteristic landscapes, including the Cutler Coast, the Bigelow Range, and part of the Mahoosucs.

LD 736 will allow the Bureau of Parks and Lands (BPL) to acquire additional ecological reserves and demonstrate that the protection of land and biodiversity can be achieved while supporting Maine's nature-based economy and acting on climate change.

"Maine's ecological reserves provide critically important refuges and source areas for native plants and animals in the face of a warming climate and changing land use practices. They also serve as indispensable benchmarks that help us understand how best to manage and conserve Maine's rich variety of habitats—from mountains to working forests to streams and wetlands,"

said Janet McMahon, ecologist and member of the Ecological Reserves Scientific Advisory Committee. "Completing a Maine Ecological Reserve System is an urgent need. LD 736 will help us achieve this goal."

LD 736 received unanimous, bipartisan approval by the Legislature's Agriculture, Conservation, and Forestry Committee. The bill as amended increases the size caps on ecological reserves managed by BPL. It also includes a provision that adds the gathering of materials by members of federally recognized Wabanaki tribes to the list of allowable activities on ecological reserves. The bill makes other modest improvements that reflect new science and conservation needs.

"Maine's Ecological Reserve System was created more than 21 years ago and, in that time, has become a successful network of public and private lands that protects examples of some of the many habitat types and natural features found in Maine," said Melanie Sturm, Forests & Wildlife Director, Natural Resources Council of Maine (NRCM). "Given its record of success and wide-ranging benefits to the environment and Maine

people, the time has come to expand the Ecological Reserve System and protect more of these special places."

"The best way to maintain biodiversity is to keep good examples of all the pieces of the puzzle," said Sally Stockwell, Director of Conservation, Maine Audubon. "Maine's Ecological Reserve System creates a vital network of biologically and geographically diverse lands that over time will protect the natural communities our plants and animals need for breeding, feeding, resting, and raising their young."

Saving all the pieces

The Ecological Reserve System was created by the Maine Legislature in 2000 to maintain effective examples of all the different habitat types found in the state, serve as scientific research sites, protect biodiversity, and provide low-impact recreation opportunities. However, achieving the goal of protecting all of Maine's habitat types was constrained because the original law imposed restrictive caps on the amount of land that could be designated by the Bureau as ecological reserves, according to a special report released by NRCM.

"From the Bigelow

Preserve to Cutler Coast, Maine's Ecological Reserve System includes so many treasured Maine places," said Beth Ahearn, Director of Government Affairs, Maine Conservation Voters. "Maine Conservation Voters is thrilled that LD 736 — legislation that will preserve biodiversity and help meet Maine's bold climate goals by growing our ecological reserve lands — was signed into law by Governor Mills. With this historic action, the goal of protecting all of Maine's habitat types is no longer out of reach."

BPL manages 19 ecological reserves that encompass about 97,000 acres, but the original cap of 100,000 acres was limiting its ability to adequately conserve even more vulnerable habitats. Most of the gaps in the Ecological Reserve System are in southern Maine, where the majority of the state's population could benefit from public land access and development pressures are greatest.

"If there is one thing I have taken away from pandemic life, it's how essential our outdoor spaces really are," said Sarah Sindo of Kingfield, Leadership Team member for NRCM Rising, an NRCM initiative to engage young Mainers

in environmental advocacy. "More and more people have gotten outside over the past two years, and there's an entire new generation falling in love with the wilderness. It's time to guarantee these areas will be protected, and LD 736 will help accomplish that."

Supporting natural climate solutions

As Maine faces growing threats from development, pollution, and climate change, scientists say that it is more important than ever to protect rare, threatened, and endangered species and to ensure ecosystems remain intact. At least one-third of all plant and animal species and their habitats in Maine are affected by climate-related threats.

"Ecological reserves are one of our best tools for addressing the related and ever-increasing threats of climate change and habitat degradation," said Dave Publicover, Assistant Director of Research, Appalachian Mountain Club. "Maine deserves great credit for establishing a reserve system on public lands that can serve as a model for other states. LD 736 is an important step in helping this reserve system reach its full potential as originally envisioned."

"Increasing the limits

of what the Maine Bureau of Parks and Lands can designate as ecological reserves expands the state's capacity to protect critical habitats, including intact watersheds that are critical for Maine's trout and salmon, and respond to climate change," said Jeff Reardon, Maine Brook Trout Project Director, Trout Unlimited.

On average, ecological reserves store 30% more above-ground carbon on a per acre basis than managed forests in Maine. Expanding ecological reserves is a critical step toward meeting the state's climate goals, specifically to conserve 30% of Maine land by 2030 and to focus conservation on high biodiversity areas that support habitat connectivity and ecosystem health.

"Ecological reserves are an important conservation tool that helps protect some of Maine's most special places and habitat types," says Daniel Grenier, Maine Preserves Manager, The Nature Conservancy in Maine. "We appreciate the efforts of Representative Grohoski as the bill sponsor, and of the Maine Bureau of Parks and Lands in spearheading this measure, which provides more flexibility to the state for designating ecological reserves."

Students in Maine Craft Blankets for Families Without Homes

WASHINGTON, DC (March 28, 2022) -- Children in Maine schools are now participating in the Homeless Memorial Blanket Project by creating blankets made in classrooms to be contributed to families without homes.

The project is a nationwide effort to encourage and compile homemade blankets for distribution to unhoused individuals and families.

Photos and videos of children designing and sewing quilt squares for group blankets in three 5th grade classes have

been posted online: <http://www.tinyurl.com/maineschoolkids-blankets>

5th-graders at Wentworth School expressed their enthusiasm for the Homeless Memorial Blanket Project and their deep concern for the blankets' recipients.

"This project is making blankets for people who need it and it's going to be sent to Washington DC," said Benedita Alberto. "I like doing this because it's helping others and I have kind of experienced this before. I am an immigrant and we had to be

in a new place and couldn't work. We would have been homeless but other people helped us."

"I like making this quilt because I get to put my own creativity into something that someone will cherish and love and it will help keep them warm," said Clara Humble.

"The Maine students and I had zoom meetings to chat about homelessness," said Pat LaMarche, founder of the Homeless Memorial Blanket Project. "They were attentive and inquisitive. Kids at 10 or 11 years old understood the

need to change the status quo. They responded with empathy and in the end asked me how they could get more kids like themselves involved."

"That's the attitude that saves the world — one fifth grade math class at a time," said Ms. LaMarche.

The Homeless Memorial Blanket Project is preparing a display of blankets to cover 9,000 square feet of the West Lawn of the US Capitol in Washington, DC on Dec. 21, 2022.

The project has

participants in all 50 states, Puerto Rico, and the District of Columbia. The most active states are currently Pennsylvania, Maine, Massachusetts, and South Carolina.

Each state is being asked to make at least 100 blankets, providing ten for the Capitol Lawn display and donating another 90 or more to outreach programs in their area. Typical blankets dimensions are 35" x 80" and 60" x 80" with a variety of fabrics, fibers, and colors.

The Homeless Memorial Blanket Project is

hosted by the Charles Bruce Foundation (<https://charlesbrucefoundation.com>), which is located in central Pennsylvania. The Dec. 21 display will be an arts installation by this nonprofit 501(c)(3) organization. MORE INFORMATION: Homeless Memorial Blanket Project on Facebook (national group)

To find a state Facebook group, type Homeless Remembrance Blanket and the state's name in Search <https://www.facebook.com/groups/322512689587858>

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Breakin' Strings Bluegrass Band to Play at Franco Center April 16

LEWISTON, ME (March 28, 2022)—It's time for some country music styled with jazz and blues notes, banjos, and harmony vocals to kick off the arrival of spring weather. Breakin' Strings, a Maine-based bluegrass band, will perform at 7 p.m. Saturday, April 16, at the Franco Center. Doors and bar open at 6 p.m.

All members of the band have extensive musical experience, and some have traveled the world playing music. Cliff Ge-

lina, who plays mandolin, guitar, upright bass, and dobro, is also a singer and songwriter. Gelina, along with Corey Bonnevie, formed the band in 2004 when Gelina was only 15 years old. Bonnevie plays guitar, sings lead and harmony, and is a songwriter. Several generations of Bonnevie's family have performed in the Maine bluegrass scene.

Band member Ed Howe is a world-class fiddler. With over 25 years of musical experience, Howe



Breakin' Strings band members Cliff Gelina, Corey Bonnevie, Ed Howe, Hunter Webber, and Brian Durkin will perform on the Franco Center's Heritage Hall stage at 7 p.m. Saturday, April 16. Submitted photo.

has traveled the world playing music. He is also skilled as a sound engineer. Hunter Webber has more than 20 years of performing and his banjo is a driving force for the band. He also plays guitar. Brian Durkin is the newest member of the band and is a bass player. He has toured all over the world and is a singer-songwriter.

Two other members of the band not seen on stage are Sandro Medici, the camera man and multimedia producer; and Luc-

ien Patten, producer and chief engineer. They were the unheard talent in the studio when the band released a new CD this year. The new CD features the band's hard-driving sound with tight harmonies and instrumentation and includes the single "Hangovers and Heartaches."

Advance tickets are \$12 each before fees. Fees will be added to each ticket at time of purchase. Tickets can be purchased online at www.francocenter.org

Collins, King Announce \$31 Million for Weatherization Projects

WASHINGTON, D.C. (April 1, 2022)—U.S. Senators Susan Collins (R-ME) and Angus King (I-ME) announced that Maine will receive a total of \$31,245,144 to help low-income Maine families make energy-efficient improvements and lower their heating and electric bills.

This funding was authorized under the Infrastructure Investment and Jobs Act and provided through the Weatherization Assistance Program (WAP)—the Department of Energy's largest residential energy retrofit program. Senator Collins was part of the core group of 10 Senators who negotiated the text of the bipartisan infrastructure law.

Projects supported by WAP include installing insulation, updating heating and cooling systems, upgrading electrical appliances, and taking other common-sense actions that make homes warmer in the winter and cooler in the summer with less energy usage.

"The Weatherization Assistance Program is a proven, cost-effective way to permanently reduce energy usage and cut low-income Americans' utility

bills for the long-term. Energy efficiency projects also protect the environment, increase energy independence, and create jobs," said Senator Collins. "I have long championed funding for this successful program, and the increased investments provided through the bipartisan infrastructure law will help more Americans make improvements that will allow them to affordably heat their homes."

"Weatherization is an efficient way to reduce heating costs, fight climate change, and help Maine people stay warm during the winter," said Senator King. "For years, the Weatherization Assistance Program has helped low-income Maine homeowners make these important upgrades, and I'm glad to see the Bipartisan Infrastructure Bill making significant investments in the program. This funding will help low-income Maine homeowners cut their energy bills, while also creating important jobs in communities across our state."

"This historic support for weatherization from the Bipartisan Infrastructure Law comes at a critical time, as global markets increase energy

prices. Every dollar invested in energy efficiency helps Maine families save money and reduces our dependence on volatile fossil fuels like oil and natural gas," said Dan Burgess, director of the Governor's Energy Office. "We look forward to working with the U.S. Department of Energy, our Federal delegation, and MaineHousing to help lower energy costs for Maine people."

"We're grateful for the opportunity to access this funding," MaineHousing Director Daniel Brennan said. "It comes at a critical time of rising energy costs and the resulting strain on household finances. We will work closely with our state partners and those in the energy industry to put these funds to good use, furthering our climate goals and easing the energy burden for Mainers."

Since 1976, WAP has served over seven million households and delivered an average of \$372 in annual energy savings for American families. The bipartisan infrastructure law increased funding for WAP to ten times current funding levels, which will expand weatherization services to more homes and create more jobs.

Water

Continued from page 2

streams for Atlantic salmon and brook trout: Class A to AA

West Branch of Penobscot River between Chesuncook and Ripogonus Lakes to its confluence with Ambajejus Lake in Penobscot County, which is one of Maine's most iconic stretches of water, supporting high recreational use, and including an important native brook trout and landlocked salmon habitat: Class A to AA

East and West Branch Penobscot River tributaries within the Katahdin Woods & Waters National Monument in Penobscot County, which are smaller waters

that serve as high-quality sources to the East Branch of the Penobscot and include habitat for salmon, brook trout, and other species: Class A to AA

Orbeton Stream and its tributaries in Franklin County, also important spawning streams for Atlantic salmon and brook trout: Class A to AA

Little Narraguagus River in Hancock County, which is an important habitat for Atlantic salmon: Class A to AA

Learn more about the clean water classification upgrades:

<https://www.nrcm.org/blog/classification-upgrades-protect-maines-clean-water/>

Best Source for Arts, Music and Theater!
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MSMT Offers Sensory-Friendly Performances for Kids

BRUNSWICK, ME (April 8, 2022) – Maine State Music Theatre is committed to helping young audiences experience the magic of theatre by providing Theatre for Young Audiences performances each season. However, a standard theatrical experience may not always be accessible for children with social, cognitive, or physical challenges. The sensory-friendly performance project gives the theatre the opportunity to demonstrate further its commitment to be an inclusive, supportive community providing theatrical

experience for all patrons.

This summer MSMT presents a sensory-friendly 50-minute version of Robin and Clark's Jack and the Beanstalk on Saturday, June 4, from 6-7 PM and Randall Frizado's The Very Fractured Tale of Robin Hood on Saturday, July 16 from 6-7 PM at MSMT's Rehearsal Hall at 22 Elm Street, Brunswick – a performance environment that is safe and accessible for children. Admission is free but space is limited so reservations are required.

To reserve seats, visit msmt.org/sensory-friendly or call 207-

725-8769.

The sensory-friendly performance program is supported by generous gifts from The National Endowment for The Arts, The Onion Foundation, The Anna-Maria Moggio Foundation, The Maine Arts Commission, & The Alfred M. Senter Foundation.

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

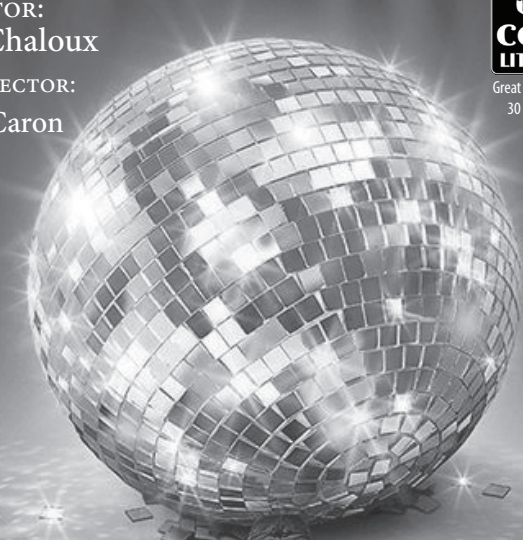
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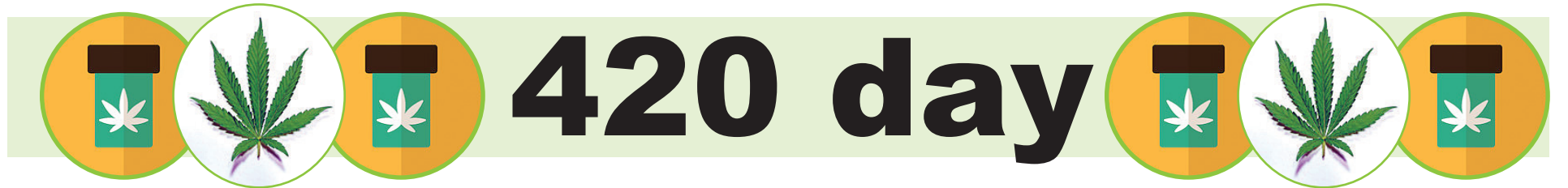
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DISASTER! Is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.mtishows.com



420 day

Marijuana Used as Treatment Option for Glaucoma



Glaucoma is a leading cause of blindness for people over the age of 60, but it can strike at any age. Glaucoma is an umbrella term that refers to a group of eye conditions that damage the optic nerve. Without a fully functional optic nerve, vision is compromised, and the Mayo Clinic notes that glaucoma-re-

lated vision loss cannot be recovered.

Glaucoma is caused by unusually high pressure in the eye. Once glaucoma is diagnosed, lifelong treatment will be necessary to prevent blindness. Prescription prostaglandin analog medication eye drops have been a standard treatment for glaucoma for

more than 20 years. However, a number of treatment options have emerged that may be better for some patients.

- Nitric oxide-donating prostaglandins: Latanoprostene bunod ophthalmic solution was approved by the Food and Drug Administration in 2017 for the reduction of intraocular pressure (IOP) in open-angle glaucoma and ocular hypertension. This type of medication increases drainage of fluid from the eye by two different pathways.

- Rho kinase inhibitors: Netarsudil and netarsudil + latanoprost ophthalmic solutions were approved by the FDA in 2017 and 2019, respectively. These medications have three mechanisms by which they treat glaucoma, including increasing

outflow, decreasing production of aqueous humor in the eye, and decreasing pressure.

- Biodegradable eye implants: These are one-time implants that deliver medicine that reduces eye pressure.

- Hyperosmotic agents: These products rapidly lower IOP by decreasing fluid volume in the eye. Since side effects can be severe, the drugs are not used for long-term treatments but can be effective in acute situations.

- Beta blockers: These drugs modify the nervous system response in the body. When used to treat glaucoma, they cause the body to produce and secrete less aqueous humor, helping to reduce IOP.

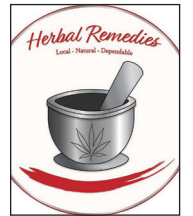
- Laser treatments: Laser treatment called trabeculoplasty is used to

treat some types of glaucoma. The National Eye Institute says laser treatment works by helping the fluid in your eye drain to lower pressure inside the eye. Other surgeries insert drainage tubes.

- Marijuana: The Glaucoma Foundation says marijuana's ability to lower IOP was first discovered in the 1970s. However, some doctors are skeptical about the long-term use of marijuana due to its potential to damage other parts of the body. Research efforts to develop effective THC eyedrops that minimize side effects are underway.

Patients can explore many different options that can effectively treat glaucoma. Ophthalmologists can explain the various options and potential side effects with patients prior to beginning a treatment plan.

What is CBD?



By Herbal Remedies of Maine

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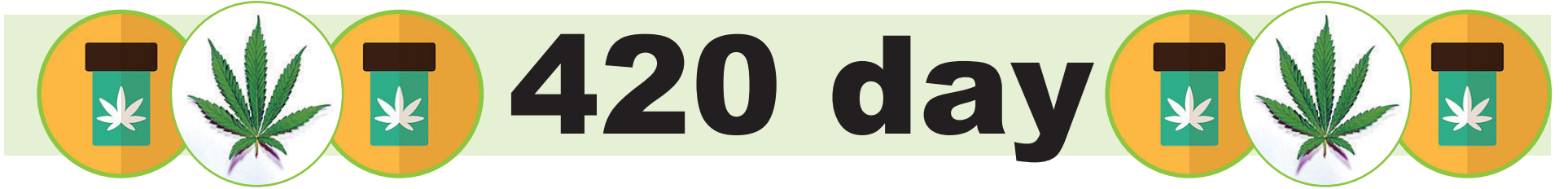
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Bi-Partisan Efforts Improve Medical Program and Protect Patients

Press Release by
NORML

AUGUSTA, ME
(March 30, 2022) -- Two decades after legalizing medical cannabis access, Maine lawmakers continue to work to perfect their program.

Representative Lynn Williams (D- HD 135) says, "Support for the issues around Maine's medical marijuana program crosses many lines: Republicans, Democrats,

Independents, Libertarians and Greens; Downeast, Southern and Northern Maine; rural and urban; twenty-somethings, retirees and all in-between. Medical marijuana is bringing Maine together even among those who have no involvement with it."

Rep. Williams is the author of LD 1928, which streamlines the state's medical access program and further limits the ac-

tions that law enforcement can take against registered medical card-holders, among other actions. The measure also expands patients' access to cannabis by allowing them to utilize telehealth plans and by authorizing registered caregivers to provide plants to qualified patients.

In its most recent work session, LD 1928 was voted Ought to Pass (OTP) by members of the Veterans and Legal Affairs

Committee with strong bi-partisan support. If you are a Mainer, send a message to the committee members thanking them for supporting cannabis legislation.

"Once legislation to create these types of programs has been enacted, it is imperative that lawmakers and regulators continue to perfect and improve these programs so that important patient and consumer issues that were not initially addressed or

arise can ultimately be resolved," said Jax James, NORML's State policy Manager. "We see conversations now taking place to address and resolve issues surrounding workplace testing, equity, expungement and expanded patient access to medicine."

Separate legislation, LD 1957 seeks to end discriminatory hiring practices within the state-licensed cannabis industry.

It does so by removing prohibitions in the law that currently prohibit employers from hiring those with criminal convictions for past drug offenses. LD 1957 recently passed out of committee with a divided report. Another pending bill, LD 1827 allows marijuana stores in Maine deliver marijuana products to adults located anywhere in the state, as long as the store operates solely as a retailer.

Study: Arthritis Patients Reduce Opioid Use After Cannabis Therapy

Press Release by
NORML

PHILADELPHIA, PA (March 24, 2022) -- Patients suffering from arthritic pain reduce their use of prescription opioids and report improvements in their condition following medical cannabis treatment, according

to longitudinal data presented at the annual meeting of the American Academy of Orthopedic Surgeons.

Investigators affiliated with the Rothman Opioid Foundation at Thomas Jefferson University in Philadelphia evaluated opioid consump-

tion patterns in a cohort of 40 patients with chronic arthritis pain during the six-months immediately prior to and immediately following their enrollment in the state's medical cannabis access program.

Consistent with prior studies, patients re-

duced their daily intake of opioids over the course of the trial. On average, subjects' daily morphine milligram equivalents fell by nearly half, from 18.2 to 9.8 MME. Over one-third of the study's subject ceased using prescription opioids altogether.

Separate data pro-

vided by the same team of investigators reported similar results in patients with chronic back pain. That data was previously published in February in the journal Cureus.

"One of the biggest central problems with opioids is both addiction and the need for higher

dosages to achieve the same results," said Dr. Asif Ilyas, the studies' lead researcher. "Based on our current understanding of medical cannabis, you do not need increasing doses to achieve the same results and we're not yet seeing any addictive qualities to it."

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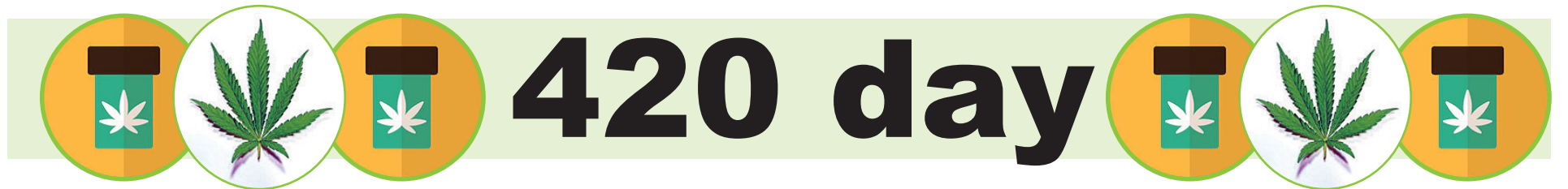
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States Generate Over \$3.7 Billion in Cannabis Sales In 2021

By Kate Zawidzki of The Marijuana Policy Project

WASHINGTON, D.C. (April 6, 2022) — On Wednesday, the Marijuana Policy Project released an updated report on tax revenue generated from state-legal, adult-use cannabis that includes totals for the entirety of 2021.

In 2021 alone, legalization states generated more than \$3.7 billion in cannabis tax revenue from adult-use sales, which is a 34% increase in revenue compared to 2020. As of March 2022, states reported a combined total

of \$11.2 billion in tax revenue from legal, adult-use cannabis sales since 2014 when sales began in Colorado and Washington state.

The tax revenue report includes updated numbers for the entirety of 2021 in each state that has legalized cannabis for adult use. Additionally, the report reviews the state's adult-use cannabis tax structure and population. The full report is available at mpp.org/cannabis-tax-revenue.

“Our report is further evidence that ending cannabis prohibition offers tremendous financial benefits

for state governments. The legalization and regulation of cannabis for adults has generated billions of dollars in tax revenue, funded important services and programs at the state level, and created thousands of jobs across the country. Meanwhile, the states that lag behind continue to waste government resources on enforcing archaic cannabis laws that harm far too many Americans,” said Toi Hutchinson, President and CEO of the Marijuana Policy Project.

In states with legal, adult-use cannabis sales, tax revenues can be allo-

cated for social services and programs. This includes funding education, school construction, early literacy, public libraries, bullying prevention, behavioral health, alcohol and drug treatment, veterans' services, conservation, job training, conviction expungement expenses, and reinvestment in communities that have been disproportionately affected by the war on cannabis, among many others.

Eighteen states have laws that legalize, tax, and regulate cannabis for adults 21 and older. Eight of the laws were approved

in 2020 or 2021, and in six of those states, sales and tax collections have not yet begun. Several other states are building strong momentum to legalize adult-use cannabis in 2022, including Maryland, Missouri, Ohio, Rhode Island, and South Dakota.

2021 State-by-State

Totals:	
Alaska:	\$28,900,231
Arizona:	\$153,824,757
California:	\$1,294,632,799
Colorado:	\$396,157,005
Illinois:	\$424,206,703

Maine:	\$12,362,622
Massachusetts:	\$227,474,842
Michigan:	\$209,912,278
Nevada:	\$159,885,501
Oregon:	\$177,773,944
Washington:	\$630,863,570

Year-by-Year Totals:

2014:	\$68,503,980
2015:	\$264,211,871
2016:	\$530,521,110
2017:	\$723,145,481
2018:	\$1,275,483,830
2019:	\$1,707,204,090
2020:	\$2,766,027,570
2021:	\$3,715,994,252

CBD Oil and Arthritis

Health-conscious consumers have no doubt encountered advertisements for CBD oil at some point in recent memory. Supplement stores, pharmacies and even gyms may promote CBD oil, prompting consumers to wonder just what CBD is and how it may or may not

play a role in the treatment of certain conditions, including arthritis.

According to the Arthritis Foundation®, two kinds of the cannabis sativa plant, hemp and marijuana, produce cannabinoids, which Harvard Medical School notes is the second most prevalent

of the active ingredients of cannabis. People unfamiliar with cannabidiol, or CBD, a type of cannabinoid, may assume it gets users high like marijuana. However, CBD doesn't get users high, as another cannabinoid, a psychoactive part of the marijuana plant known as THC, is

responsible for that effect.

Advocates for CBD often note its potential to alleviate pain associated with arthritis. While animal studies have supported those claims, the Arthritis Foundation notes that such studies do not always translate to humans. In addition, the Arthritis

Foundation notes that, thus far, human studies examining the potential efficacy of CBD in treating arthritis pain have produced mixed results, and the Harvard Medical School notes that more studies are necessary to determine the potential of CBD in treating pain,

including that caused by arthritis.

Laws also vary regarding the legality of CBD, though many places allow some form of CBD. Consumers should first consult with their physicians regarding their conditions and whether or not CBD might help them.



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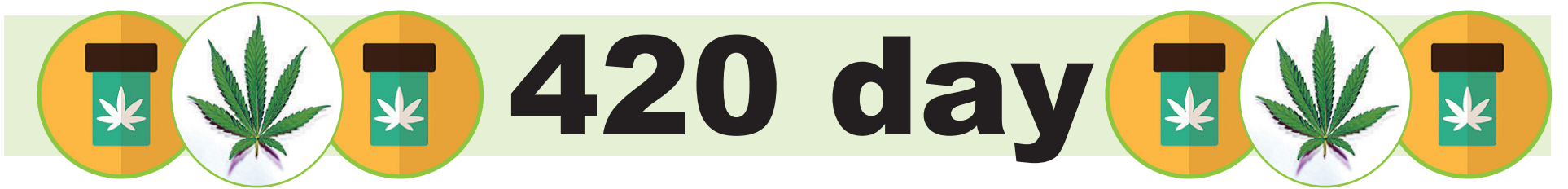
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Partaking in 4/20 Festivities? Plan Ahead for a Safe Ride Home

MAINE STATE-WIDE (April 8, 2022) — On Wednesday, April 20, 2022, there will likely be an increase in marijuana use. With an uncertain history, April 20th (more commonly known as 4/20) has become synonymous with marijuana use and, in some circles, the date is a marijuana “holiday.” To help keep drug-impaired drivers off the roads, the U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA) is working to spread the message that drug-impaired driving of

any kind is dangerous and illegal. NHTSA wants to remind all drivers: If You Feel Different, You Drive Different.

Like drunk driving, drug-impaired driving is illegal nationwide. According to NHTSA, between 2009 and 2018, of those drivers killed in crashes and tested for marijuana, the presence of marijuana had nearly doubled. In 2018, 46% of drivers who were killed in crashes and were tested for drugs, tested positive. This is why it’s so important to spread this lifesaving message: If

You Feel Different, You Drive Different. It doesn’t matter what term is used: If a person is feeling a little high, buzzed, stoned, or wasted, he or she should not get behind the wheel. Think driving while high isn’t dangerous? It has been proven that THC can slow reaction times, impair cognitive performance, and make it more difficult for drivers to keep a steady position in their lane.

“It doesn’t matter what the day is; marijuana impairment is a threat when you’re behind the wheel of a vehicle,” said

the NHTSA. “We are asking our community members to obey the law and to make safe choices when behind the wheel of a vehicle.”

Options to Get Home Safely

Those who plan to use marijuana on 4/20 should have a plan in place and refrain from driving. Here are a few tips to help prepare for a safe night.

If you have used an impairing substance such as marijuana, do not drive. Passengers should never ride with an impaired driver. If you think a driver

may be impaired, do not get in the car.

If you are drug-impaired, pass the keys to a driver who has not used marijuana and can safely drive you to your destination. Like drunk driving, it is essential that drug-impaired drivers refrain from driving a vehicle. It is never okay to drive while impaired by any substance.

Do you have a friend who is about to drive while impaired by drugs? Take the keys away and arrange to get them home safely. Don’t worry about offending someone — they’ll

thank you later.

If available, use your community’s sober ride program.

If you see an impaired driver on the road, contact Local Law Enforcement.

By working together, we can save lives and help keep America’s roadways safe. Please join NHTSA in sharing the lifesaving message, If You Feel Different, You Drive Different. For more information on impaired driving, please visit www.nhtsa.gov/risky-driving/drug-impaired-driving.

Cannabis and Cancer-Related Pain

The National Cancer Institute notes that, while more research is necessary, small studies have indicated the potential benefits of cannabis in helping cancer patients overcome the pain associated with their disease.

According to the NCI, a small study of 21 patients with chronic pain who combined vaporized cannabis with morphine experienced improved pain relief compared to patients who took only morphine. However, combining vaporized

cannabis with oxycodone, a narcotic pain reliever and cough suppressant that is similar to morphine, did not produce significantly greater pain relief. In addition, two small studies indicated that delta-9-THC, the main active cannabinoid

in marijuana, helped to relieve pain as well as nausea and vomiting.

A second study indicated that delta-9-THC given in doses could provide pain relief similar to that provided by codeine, a pain-relieving drug derived

from morphine.

The NCI also cites a study that indicated a cannabis plant extract medicine effectively relieved pain when sprayed under the tongue of advanced cancer patients whose pain was not relieved by strong

opioids alone. That study also indicated that some patients were able to continue to control their cancer-related pain without needing higher doses of the cannabis spray or higher doses of other pain medications they were taking.

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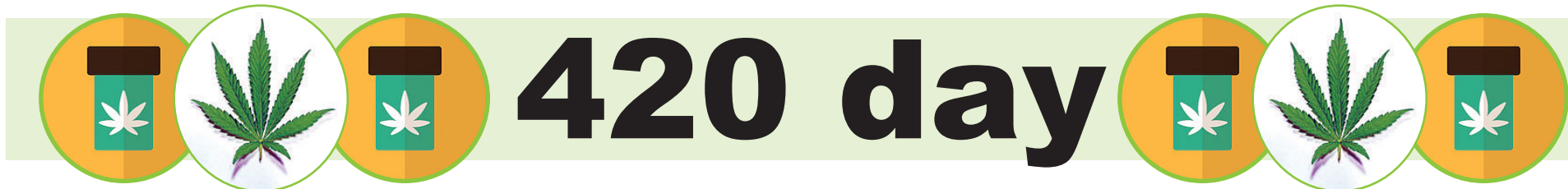
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U.S. House of Representatives Passes Cannabis Legalization Bill

Press Release by The Marijuana Policy Project

WASHINGTON, D.C. (April 1, 2022) —

On Friday, the U.S. House of Representatives voted in favor (220-204) of the Marijuana Opportunity, Reinvestment, and Expungement (MORE) Act, a comprehensive federal cannabis legalization bill that contains strong social equity provisions with an emphasis on restorative justice for communities

most impacted by cannabis prohibition. This marks the second time the chamber has passed the MORE Act.

Statement from Toi Hutchinson, President and CEO of the Marijuana Policy Project:

“The fact that the House has repeatedly passed the MORE Act is indicative of the cannabis policy movement’s evolution and the growing momentum toward comprehensive reform at the

federal level. While this is historic in nature and warrants praise, it is necessary to also recognize that the fight is still far from over.

To this day, people across the country are still experiencing the damaging effects of the war on cannabis, while others are profiting in the industry. Following today’s action in the House, it is now time for the U.S. Senate to follow suit and take up the MORE Act. We at the Marijuana Policy Project

remain committed to ending cannabis prohibition for all and will continue to fight until that becomes our reality.”

About the MORE Act:

Sponsored by House Judiciary Committee Chairman Jerry Nadler (D-NY), the MORE Act would remove cannabis from the Controlled Substances Act; require federal courts to expunge prior cannabis-related convictions and provide for re-

sentencing; provide grants and funding to communities most harmed by the war on cannabis; lift barriers to licensing and employment in the cannabis industry; protect immigrants from being denied citizenship over cannabis; and allow VA physicians to recommend medical cannabis to veterans. In 2020, the House passed the MORE Act, but it did not advance in the Senate.

On the Senate side, Senate Majority Leader

Chuck Schumer (D-NY), Sen. Ron Wyden (D-OR), and Sen. Cory Booker (D-NJ) introduced a draft version of an alternative cannabis legalization bill, the Cannabis Administration and Opportunity (CAO) Act.

According to the latest Gallup poll, 68% of Americans support cannabis legalization. To date, 18 states have legalized cannabis for adults 21 and over, and 37 states have legalized medical cannabis.

What Research Says about Marijuana and Cancer

Attitudes about marijuana are changing. Such changes are reflected in legislation that has legalized marijuana in many areas and, in some instances, unofficially decriminalized possession of small amounts of marijuana in other places.

Shifting attitudes about marijuana, also known as cannabis, may be attributed to various factors, including medical

research. Though research studying the effects of marijuana on recovering cancer patients and their families may be curious about the potential for cannabis to assist in their recoveries.

What is marijuana? Marijuana is a plant that originated in central Asia but is now grown in many parts of the world. According to the National



Cancer Institute, the cannabis plant produces a resin that contains compounds known as “cannabinoids,” which are active chemicals that, when ingested, affect various parts of the human body, including the central nervous system and the immune system. One active cannabinoid is cannabidiol, or CBD, which the NCI notes may relieve pain and inflammation without making users feel the “high”

that other cannabinoids produce.

What are some other potential effects of cannabinoids?


The NCI notes that research has shown that cannabinoids may be able to do more than relieve cancer patients’ pain and inflammation. While additional research is necessary, the NCI says cannabinoids may be able to block cell


See Research, page 12




420 CELEBRATION

4/20 8AM - 8PM






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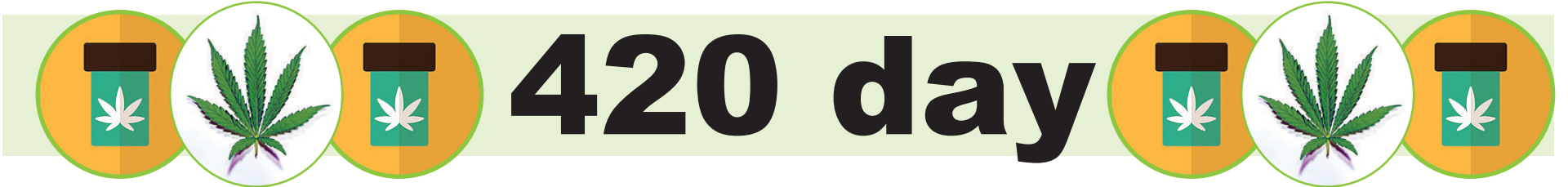



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Study: No Significant Change in Marijuana-Related Treatment Admissions in Legal States

Press Release by **NORML**

FARMINGTON, CT (April 7, 2022) – The enactment of laws legalizing adult-use marijuana possession and sales is not associated with any increase in the proportion of marijuana-related substance use treatment admissions, according to data published in *The American Journal of Addictions*.

A pair of researchers

affiliated with the University of Connecticut and with the Veterans Administration New England Mental Illness, Research, Education, and Clinical Center assessed marijuana-use related admission trends in legal states and in states where marijuana remained criminalized.

Authors determined, “[O]ur findings failed to find evidence that legalization of commercial marijuana was associat-

ed with any significant change in entry into marijuana-related treatment services or that greater numbers of years of marijuana legalization was associated with increased admissions to treatment.”

They concluded, “It appears that, in the future, the proportion of marijuana-related treatment service use may remain unchanged even as more states intend to legalize marijuana use fully or

partially.”

A separate study published in 2021 reported that the enactment of statewide marijuana legalization laws in Colorado and Washington was not associated with any increase in the number of teens or young adults seeking drug abuse treatment for the use of other controlled substances, including opioids, cocaine, or methamphetamine. Data from

2020 reported that the percentage of teens admitted to substance use treatment facilities for cannabis declined significantly in Colorado and Washington following the adoption of adult-use legalization.

Other studies have reported a dramatic and consistent decline in the prevalence of so-called cannabis use disorder over the better part of the past two decades. Self-reported use of marijuana

by young people has also declined both nationally and in legal marijuana states.

Full text of the study, “Admissions to substance use treatment facilities for cannabis use disorder: Does legalization matter,” appears in *The American Journal of Addictions*. Additional information is available from the NORML fact sheet, ‘Marijuana Regulation and Teen Use Rates.’

Study: Older Patients Improve Quality of Life Following Medical Cannabis Treatment

Press Release by **NORML**

TEL AVIV, ISRAEL (February 24, 2022) – The use of medical cannabis products by older patients is associated with improvements in subjects’ quality of life and reductions in their use of concomitant medications, according to data published in the journal *Frontiers in Medicine*.

Israeli researchers assessed the use of federally authorized medical cannabis products over a six-month period in a cohort of approximately 10,000 qualified patients. Subjects in the study averaged 55 years of age and were most likely to be diagnosed with either cancer, pain, or post-traumatic stress. Under Israeli law, physicians can authorize qualified patients to access cannabis flowers and infused products from licensed retail providers.

Patients typically rated cannabis as highly effective in mitigating their symptoms. Among patients with post-traumatic stress, 91 percent reported

cannabis treatment as successful, as did 84 percent of patients with inflammatory bowel disease, and 78 percent of patients with chronic pain.

Consistent with other studies, most subjects reported improvements in their overall quality of life during the trial. While only 13 percent of patients reported “good QOL” prior to treatment initiation, 70 percent reported good QOL at 6 months.

Many subjects also engaged in drug substitution – a finding that is also consistent with prior studies. Among patients who entered the study using opioids, nearly 40 percent ceased consuming them following cannabis treatment. Twenty-five percent of participants who consumed prescription antidepressants and anti-epileptic drugs at the onset of the trial stopped using their prescribed medications, as did 17 percent of patients who possessed prescriptions for anxiolytics.

Authors concluded: “In this prospective study, we describe the charac-

teristics and outcomes of approximately 10,000 patients treated with medical cannabis. Results showed high adherence, high safety with a low incidence of adverse events, and a high rate of effectiveness in the prescribed treatment, as well as a decrease in pain levels, improvement in QOL, and a reduction in the consumption of concomitant medications.”

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

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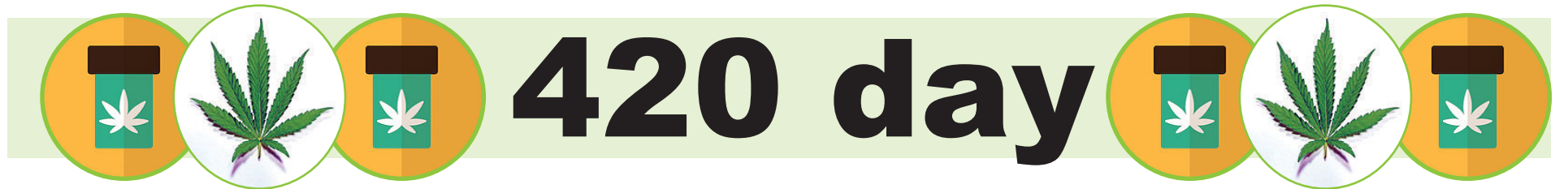
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Research

Continued from page 10

growth. The NCI points to studies in mice and rats that have shown that cannabinoids may inhibit tumor growth by causing cell death, blocking cell growth and blocking the development of blood vessels that

tumors need to grow. Cancer is marked by the uncontrolled division of abnormal cells, so the potential for cannabinoids to block that growth is a significant benefit. In addition, the NCI cites laboratory and animal studies that have

shown that cannabinoids may be able to kill cancer cells while protecting normal cells.

Have cannabinoids been linked to particular cancers?

Studies have shown that cannabinoids may

have an effect on various types of cancer, including breast cancer and liver cancer. The NCI notes that a laboratory study of delta-9-THC, the main active cannabinoid in marijuana, in liver cancer cells indicated that the cannabinoid

damaged or killed the cancer cells. Another laboratory study of CBD in estrogen receptor positive and estrogen receptor negative breast cancer cells showed that CBD caused cancer cell death while having little effect on normal breast

cells. Societal attitudes about marijuana are shifting, and ongoing research regarding its potential benefits in treating cancer may be changing the way the medical community views marijuana as well.

How to Choose CBD for Pets

Before you decide to give medical cannabis to your dog, there are some things you should know about CBD oil. Although CBD oil is generally considered to be as safe as medical marijuana for humans, it is important to not wait for your pet to experience an adverse reaction before you give medical cannabis to dogs. Even if your pet is not currently suffering from cancer or another serious illness, CBD long-term use may cause your pet to have an increase in its health and quality of life. Do not wait for your pet to develop chronic pain or other symptoms before giving CBD oil to your dogs.

Before you give CBD oil to your dog, make sure you check with your local shelter to verify the current status. Some CBD supplements are available for dogs who need them. Depending on which type of CBD supplement is available, CBD might not be included in the current pet medication. If you decide to add CBD supplements to your dog's diet, the same applies. Before you decide to add this essential ingredient to your dog's daily routine, make sure you visit the animal clinic first and check out what is available.

You will be able to see the variety of CBD oils that are available at your veterinary clinic. Many

companies have created CBD oils that are specifically designed to help pets with certain medical conditions such as seizures or cancer. Some products only contain pure CBD oil while others combine several oils. It is up to you, the pet owner, to decide which type of supplement will be most beneficial for your friend.

CBD must reach your pet's body in order for it to function effectively. You need to ensure that the CBD product you choose is high-quality and does not interact with any other medications your pet may be taking. You should not only look for high-quality CBD products but also ensure that

you give your child the correct amount of CBD per dose. Some people believe that you can dilute the oil to get the same results. This is not recommended. This is because CBD's effectiveness is dependent on the strength of the prescription. It is not necessary to have too much, but it can make a big difference.

It is therefore important to take the time to understand how to select the right CBD oil for your pet based on their individual needs. There are no potential health risks associated with CBD. It is only possible problems that may arise depending on the individual. It is important to consult your



veterinarian before you purchase CBD oil.

CBD is similar to THC without the "high" but does not have the same side effects. It can therefore be considered a safe alternative to cannabis THC that may offer

similar benefits. It is important to remember that CBD can be used to treat certain medical conditions such as anxiety and epilepsy. However, your vet should still be consulted before you give it to your pet.

Thai Cooks Replace MSG With Cannabis

Over the years, Thai cooks have replaced MSG in their recipes with cannabis. This is because many Thai chefs live and die by the quality of their food. They are the people who are usually bringing awards to award ceremonies for the best dishes they have ever created. The best kitchens in the world know this and keep the highest standards of cooking.

Thai cuisine is an example of a very unique type of cuisine in the world. It has gained a lot of followers over the years because it incorpo-

rates so many different types of influences from various countries in the world. Its fusion of Asian and American influences makes it one of the most popular cuisines in the world.

A lot of Thai chefs believe that if you cook Thai food, especially in soups and stir-fries, then you shouldn't add any extra vegetables or meats to it. They believe that by leaving these ingredients alone, you will create a dish with very little flavor. However, this isn't true. Many Thai chefs are adding some

amount of these ingredients and creating unique Thai dishes all the time. Sometimes they even replace MSG with cannabis.

Many people do not realize this, but marijuana is very beneficial to the body. Not only does it help to relieve the symptoms of arthritis, it has also been found to help with nausea and other ailments. People who consume cannabis in the form of tea or oil can experience the same kind of relief from the ailments that afflicted them before they started to con-

sume cannabis.

sume cannabis.

This doesn't mean that Thai cuisine is without taste. Far from it. Thai cooking is probably some of the most delicious cuisines in the world. But many people are still choosing to add some amount of MSG to their food, to help enhance the flavor.

Over time, as more cannabis becomes available throughout the world, Thai cooks are going to have to choose between using cannabis or not. They may find that they can still create dishes using great ingredients like

garlic and onions without relying so heavily on cannabis. In the end, it comes down to what you want. Do you want to eat Thai food without the added "magic" of MSG?

Many Thai chefs use cannabis in their cooking. While some dispute this, most Thai chefs use it because it's available and easy to prepare. When it comes right down to it, there are two reasons for this. The first reason why Thai chefs use cannabis in their recipes is that it cuts down on the amount of time that they

have to prepare the dishes. It makes everything more quickly, which allows them to make more for a bigger client base.

The second reason why Thai cooks use cannabis is that it adds a lot of flavor to the dish. If you've ever tasted good cannabis, you know it's got a lot of flavors. This is because cannabis has many different types of oils that add flavor to it. These oils are normally not removed from the plant, but rather used differently to enhance the final product.

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Starting Ap. 7 and every 1st and 3rd Thursday through June

LEWISTON -- 1st & 3rd Thursdays from April-June, 4-6pm at the Lewiston Public Library: TEEN TABLETOP RPGS. Calling all adventurers and explorers! LPL Teen will be hosting a series of one-shot tabletop role-playing games, in person in the teen lounge on the 1st & 3rd Thursdays of the month from 4-6pm, from April-June. Supplies will be provided - just bring yourself and your creative mind! Each drop in session will feature a different one-shot tabletop RPG, run by game master Hallie. No previous RPG experience is required. This program is intended for teens ages 13-19. For more information, contact the Adult & Teen Services department at 207-513-3135 or lplreference@lewistonmaine.gov, or go to lplonline.org/events/teen-tabletop-rpgs/ Apr. 14, 15, 16, 17 Community Little

Calendar

Send your submissions to the Editor. More online.

Theatre (CLT) presents Disaster!, a new musical comedy with hit songs from the 1970s and plot elements reminiscent of disaster cult films. Performances at 7:30 p.m. on April 7, 8, 9, 14, 15, and 16; and at 2:00 p.m. on April 10 and 17. Call 207-783-0958 or visit BOX OFFICE | laclt-1 for tickets and information. Please visit at https://www.laclt.com/covid-19-protocols for information on safety protocols.

Ap. 18 GORHAM -- 6pm Planning Board Meeting Council Chambers

Ap. 19 GORHAM -- 8am Ordinance Committee Meeting Conference Room A

Ap. 19 GORHAM -- 6:30pm Town Council Workshop

Council Chambers Ap. 20 GORHAM -- 8am

Gorham Economic Development Corporation Meeting Conference Room A

Ap. 21 GORHAM -- 4pm Ecomaine Board of Directors Meeting TBD

Ap. 21 GORHAM -- 6:30pm Tentative Recurring Board of Appeals Meeting Council Chambers

Ap. 21 GORHAM -- 6:30pm Tentative Recurring CIP Meeting TBD May 2 7pm Planning Board Meeting Council Chambers

Ap. 23 GRAY -- Dine-In as well as Take-Out Baked Bean Supper is now being offered by the First Congregation Church of Gray. Saturday, April 23, 2022, at

the Parish House, 5 Brown Street. Gray. Take-Out pick up is between 4:30 - 5:00 P.M., Dine In begins at 5:15 P.M. You must make reservations for both Dine-In or Take-Out.

Contact Carol 650-9093 and let her know your name, phone number, how many meals you would like, choice of pie, and whether you will be eating in or taking out. Cut off for Reservations is Wednesday, April 20, 2022 at 2:00 P. M. Meals are single-sized and are \$10.00 each. Please pay at the door. The menu includes: Baked Pea Beans, 2 Red Hot Dogs, Coleslaw, Biscuit, and Apple or Blueberry Pie.

May 3 GORHAM -- 6:30pm Regular Town Council Meeting Council Chambers

May 10 GORHAM -- 6:30pm Town Council FY 2022-23 Budget Workshop with School Department Council Chambers

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Maine Public Launches Season Five of High School Quiz Show



LEWISTON, ME (March 29, 2022,) – Maine Public announces the fifth season of High School Quiz Show Maine, a locally produced television production spearheaded by veteran producer Nick Woodward, pitting four-student teams from Maine high schools against each other in a single elimination, academic bracket competition.

High School Quiz Show Maine will join Maine Public Television's schedule all this Spring, airing on Thursday nights at 8:00 pm with rebroadcasts on Friday afternoons at 2:00 p.m. and Sunday afternoons at 5:00 p.m. The winning team will receive a \$1,000 gift to their school's Project Graduation with the runner-up being awarded a \$500 gift.

New this season is Todd Gutner, the Chief Meteorologist at NEWS CENTER Maine, coming on as the show's host.

Maine Public is also introducing a new element, the Conundrum Question of the Week, that viewers at home can attempt to answer and win support for the Maine school of their choice.

High School Quiz Show Maine is made possible by the generous support of Unital, Safety Insurance, and the Maine Education Association. Complete episode airing times and archived High School Quiz Show Maine matches can be found at mainepublic.org

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

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NASHVILLE SHOW TRIP - JUNE 11-19, 2022 Trip includes 9 days and 8 nights - 14 meals - Grand Ole Opry Show - Nashville Nightlife Dinner Theater - Guided tours of Nashville and Belle Meade Historic Site & Winery. Admission to the Grand Ole Opry behind the Scenes Tour. Price is \$1,025. per person double occupancy with a \$75.00 deposit due upon signing.
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LAND - SEPTEMBER 10 - 18, 2022 Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Visit to Mackinaw City. Visit to Mackinac Island including a guided Carriage Tour. Boat ride through the Soo Locks and free time and sightseeing in Sault Sainte Marie. Admission to Colonial Michillmackinac. Price is \$899.00 per person double occupancy with a \$75.00 deposit due upon signing.

WHITE MOUNTAIN HOTEL AND RESORT - DECEMBER 4 & 5, 2022 -Trip includes 1 night lodging - 3 meals (Grand Sunday Brunch) - 2 different entertainment shows, Austrian Sleigh Ride through Jackson Village, Chocolate Tour, shopping and much more. \$100.00 deposit due upon signing. Total price not available at this time. For questions and detailed information

on these trips, please call: Claire - 207-784-0302 or Cindy- 207- 345-9569.

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Maine Event Comedy Presents Carolyn Plummer

LEWISTON, ME (April 8, 2022)—Maine Event Comedy presents 15-year comedy veteran Carolyn Plummer at the Franco Center at 7:30 p.m. Saturday, April 23. The

show will also feature Brian Plumb and Mark Turcotte.

Plummer pulls material from life's hum-drum, day-to-day monotony – and she does it well. She

pulls from places most of us hide and puts a nail through the heart of whiners, self-loathers, and the self-sorry of the world. Most of all, her twisted perception of our com-

mon existence leaves audiences shaking heads in agreement. She performs throughout New England and was recently part of "Comics Come Home" at TD Garden in Boston.

Plumb's confrontational style has made him a favorite throughout New England and beyond. He's a regular at Comix at Mogan Sun and performed at the Mutiny Radio Comedy Festival in San Francisco. He was a semi-finalist at the Last Comix Standing contest at Foxwoods Casino and has played the Dallas Comedy Festival, Hard Rock Hotel in Las Vegas, and NYC's Greenwich Village Comedy Club.

Turcotte is the founder of Maine Event Comedy and was a finalist in the Funniest Comic on the East Coast Contest at Mogan Sun and a semi-finalist at the World Series of Comedy in Sarasota, Florida. He was also part of the Gotham All-Stars Show in New York City. Turcotte once facilitated a marriage proposal during



a 2015 show in Biddeford, Maine ... the couple is still married.

The Franco Center is located at 46 Cedar 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 online at Franco-Center.org or by phone at 207-689-2000.

For more information, call or text 207-513-0742 or email maineventcomedy@gmail.com.

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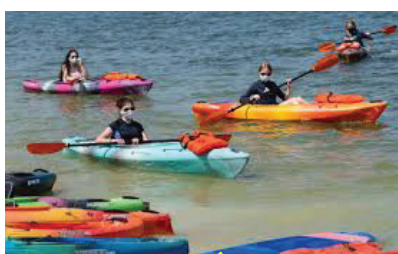


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