



# TWIN CITY TIMES

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FREE • Vol. XXIV, No. 11

Your Hometown Newspaper Since 1999

Thursday, July 14, 2022 • FREE

## SeniorsPlus Presents Danforth with 2022 Award for Volunteerism



Frank Danforth of Auburn is the recipient of the 2022 Margaret Ross Award for volunteerism at SeniorsPlus, Western Maine's designated Area Agency on Aging.

**LEWISTON, ME (July 7, 2022)** -- Frank Danforth of Auburn was honored at the June 27 annual meeting of SeniorsPlus. Danforth was the recipient of the 2022 Margaret Ross Award for his

three years of volunteerism for Meals on Wheels at SeniorsPlus. The award, presented annually, recognizes an individual that has made significant contributions to the agency and the larger community.

SeniorsPlus is the designated Area Agency on Aging focusing on Androscoggin, Franklin, and Oxford counties.

As a Meals on Wheels delivery volunteer, Danforth delivers meals to homebound clients of SeniorsPlus and also checks in on their well-being. Throughout the pandemic, he continued to work, putting his concern and health of others before his own, winning the gratitude of his clients.

"Frank's clients often comment on how they feel cared for by Frank and that he shows real concern for them. They are comforted by his presence every week," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. "With COVID, our volunteer delivery pool dropped dramatically and Frank doubled some of his routes to help us out. Really amazing."

Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. In 2021, SeniorsPlus served more than 10,000 individuals and fielded 185,000 phone inquiries.

## The First Amendment: 21st Century Edition at LPL

**LEWISTON, ME (July 1, 2022)**

-- The First Amendment Museum joins the Lewiston Public Library on Monday, July 18, 2022 for a talk entitled "The First Amendment: 21st Century Edition", featuring Maxwell Nosbisch, Manager of Visitor Experiences at the museum. This free, public program will take place at 5:30pm in Callahan Hall at the Lewiston Public Library with virtual participation options available on Zoom and Facebook.

The First Amendment to the Constitution protects our rights to religion, press, speech, assembly, and petition. In the changing political and cultural climate, it is not always clear what actions and statements are protected and which are considered censorship, hate speech, or illegal gatherings and forms of redress. In his presentation geared towards the general public, Maxwell will guide the audience through the First Amendment and what it means in these modern times followed by an interactive discussion with participants.

The First Amendment Museum, located in Augusta, Maine, is a relatively new, nonpartisan, nonprofit dedicated to promoting the understanding and use of the First Amendment in order to advance democracy so that all may reap the benefits.

Admission is free to all Library events. Registration required for Zoom participation only. This event will also be livestreamed to Facebook. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Monday's lecture is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

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WITH MAXWELL NOSBISCH

Monday  
July 18  
5:30pm

In person & virtual

# Newsmakers, Names & Faces

## American Pickers to Film in Maine



pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with remarkable and exceptional items. They hope to give historically significant objects a new lease on life while learning a thing or two about America's past along the way. The Pickers have

seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

We at American Pickers continue to take the pandemic very seriously and will be following all guidelines and protocols for safe filming outlined by the state and CDC. Nevertheless, we are excited to continue reaching the many collectors in the area to discuss their years of picking and are eager to hear their memorable stories! The American Pick-



ers TV Show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pick-

ers can spend the better part of the day looking through, send us your name, phone number, location, and description of the collection with photos to: americanpickers@cineflix.com or call (646) 493-2184 facebook: @GotAPick

**MAINE, STATE-WIDE (July 8, 2022)** -- The American Pickers are excited to return to Maine! They plan to film episodes of The History Channel hit television series throughout your area

in October 2022. **A M E R I C A N PICKERS** is a documentary series that explores the fascinating world of antique "picking" on The History Channel. The hit show follows skilled

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- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS

HISTORY

cineflix

### Spectrum Generations Offering Class for Caregivers



**AUGUSTA, ME (July 1, 2022)** – Spectrum Generations is offering an evidence-based class, "Savvy Caregiver," via Zoom, Tuesdays 6:30 to 8:30 a.m., from July 19 to Aug. 23.

The non-profit Area Agency on Aging is aware that caregivers or care partners of someone with Alzheimer's face challenges when it comes to attending events. For this reason, Spectrum Generations will offer the class when most

caregivers are available and when the person they are providing support for is still sleeping.

Savvy Caregiver provides the tools and knowledge to be a more effective caregiver for someone with Alzheimer's disease. Caregivers leave the class with a better understanding of the effects of the disease, and how to identify triggers to avoid undesirable behaviors associated with Alzheimer's and related types of dementia. The class is being

implemented to help get the information into the hands of those who want to attend the class from the comfort of their own homes.

Anyone is welcomed and other members of the family are encouraged to attend. Participants will receive coffee and biscuits along with their class materials. Pajamas, hair rollers, pin curls, and bedhead are all welcomed.

To register for Savvy Caregiver, call 1-800-639-1553.

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In her free time, Fran enjoys spending time with her family & friends and her pride & joy is her grandson, Caiden.



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# Newsmakers, Names & Faces

## New EZCard Program in Effect at the Lewiston Solid Waste Facility

**LEWISTON, ME (June 28, 2022)** -- Operational upgrades will be underway at the City of Lewiston Solid Waste Facility, 420 River Road, as of July 5, 2022. A new EZCard program will replace the Epass/driver's license system previously used. An automated scale has also been installed to make the waste disposal process more user friendly and efficient.

An EZCard is issued at no cost for Lewiston residential property owners who are current on all outstanding tax payments and fees. Some individuals who have used the Solid Waste Facility within the last 18 months have already received the EZCard by mail. Tenants of rental property and owners of multi-unit apartment buildings (who pay the City for trash collection services) may purchase the



EZCard for \$25.

By using the new EZCard, current customers may continue to dispose of 1,000 pounds of waste, free of charge. The 1,000 lb. weight disposal allowance can be renewed annually on the EZCard.

Once a user's annual allotted weight has been exceeded, payment will be due on site by debit or credit card. Cash will no longer be accepted at the Solid Waste Facility on or after July 5th. There is a minimum charge of \$7.00 for the first 140 pounds of excess weight. After that, the charge is \$1.00 for every 20 pounds.

For those wishing to acquire an EZCard, they are available at the Lewiston Solid Waste Facility, 420 River Road, and at

Lewiston City Hall – Accounting/Auditing Office (2nd floor), 27 Pine Street. The EZCard uses information contained on a resident's driver's license to establish an account on the new computerized scale management system, and one's license, as well as proof of current Lewiston residency, must be shown when acquiring an EZCard.

To guide residents through the new process for waste disposal, an instructional video and detailed step-by-step instructions may be found at [www.lewistonmaine.gov/ezcard](http://www.lewistonmaine.gov/ezcard). The basic instructions are:

- Step 1: Upon arrival, proceed to traffic signals. Stop for red light, then proceed

when light is green. Ki-ask will be at driver's side window.

- Step 2: Choose "residential" and swipe EZCard. When arm lifts, exit scale.

- Step 3: In drop-off area, attendant must verify dis-

posal materials. Follow directional signs.

- Step 4: Stop at outbound traffic signal. Scan EZCard, and arm will lift if no payment is needed. If 1,000 lb. limit has been exceeded, payment by credit or debit card is required.

Solid Waste Facility staff will be on hand to assist users as they become familiar with the new

scale system. Questions may be directed to 513-3006 or emailed to [pwswf@lewistonmaine.gov](mailto:pwswf@lewistonmaine.gov). During this summer/fall, Phase II upgrades will occur on site with the building of a bypass lane and removal of the previously used non-automated scale. Staff at the facility appreciate residents' patience during this transitional period.



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## SeniorsPlus Announces Living Well for Better Health Workshop

**LEWISTON, ME (July 8, 2022)** — SeniorsPlus, the designated Area Agency on Aging for Androscoggin, Franklin, and Oxford counties, will offer Living Well for Better Health, a workshop for adults who are interested in learning how to better manage their chronic conditions. Living Well for Better Health will be held Tuesday, July 12, running through Tuesday, August 16, from 9 to 11:30

a.m. via Zoom. The workshop is free of charge and is open to anyone residing in Maine. Call 1-800-620-6036 or email [kmills@seniorsplus.org](mailto:kmills@seniorsplus.org) for more information and to register.

Living Well for Better Health is designed for anyone living with one or more chronic health conditions. Participants learn how to set and achieve weekly goals, read food labels, increase physical activity, deal with difficult

emotions, and communicate with healthcare providers.

**What do you think?**  
We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know!  
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## Seniors Not Acting Their Age

# Kayaking with the Sturgeons



Paddlers begin a trip down the Kennebec River in Sydney



Two kayakers watch for Sturgeons while paddling the Kennebec River



Paddlers approach ancient logging booms near Sevenmile Island on the Kennebec River

By Ron Chase

(July 3, 2022) --

When our friends Lori La-Rochelle and Brent Elwell invited us to join them for a kayak paddle on the Kennebec River between Sydney and Chelsea, my wife, Nancy, and I readily accepted. Veterans of previous trips on that delightful section of river, we knew it would be an enjoyable outing.

The lower Kennebec is a special place for us. We grew up along its banks in Gardiner and Randolph.

Much has changed on the Kennebec since we were kids. Back then, the river was a drainage system for municipal sewerage and commercial waste. In the two decades after 1970, wastewater treatment facilities were constructed to clean up the river. On July 1, 1999, the Edwards Dam at the head of tide in Augusta was removed. The river between the former dam and Waterville rebounded. Sturgeon along with other species of fish burgeoned in

numbers and began migrating farther upstream. Fish eating birds, especially eagles, followed.

The Kennebec is a historic body of water. My Wabanaki ancestors were living in several villages along the river when European settlers arrived in the 17th Century. In 1754, Fort Western was built in present day Augusta during the French and Indian Wars. Benedict Arnold began his ill-fated expedition to Quebec at Pittston in 1775. The

river was used to float logs and pulpwood downstream for generations. The log drives ended in the 1970s but remnants of that era remain, particularly the ubiquitous logging booms scattered along the river.

Lori and Brent assembled a small group of friends and family for the excursion. Everyone qualified as a senior but, as usual, I was the ancient mariner. All were experienced kayakers. Unfortunately, Brent was called away.

The Kennebec River between Sydney and Chelsea is predominantly quick water, but there are a couple of short sections of ripples that could be rated easy Class I/II whitewater at some levels. Read about exciting tales of Class IV rapids on the upper Kennebec and whitewater adventures on several other Maine rivers and streams in my book *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*.

Seven of us launched at the boat landing at the end of Recreation Drive in Sydney where there is adequate parking and a quality ramp. We departed paddling a variety of solo kayaks; Nancy and I used our flatwater Casco 120s.

One of the first things to impress paddlers on the Kennebec between Waterville and Augusta is the undeveloped shoreline. Very few buildings or residences can be observed from the

river giving it a wilderness character. Wildlife abounds. During our voyage we enjoyed multiple sightings of eagles, hawks, herons, ospreys, ducks, and other birds. On several occasions we witnessed eagles diving into the water after fish.

However, the most impressive and stimulating sightings were dozens of leaping sturgeons. They were prevalent when we entered the river and continued throughout our ten mile journey. The outwardly primitive fish, many five to seven feet in length, would blast up completely clear of the water, and land with an explosive crash. Some were close enough to splash us when reentering. Despite determined attempts by several in our group, no one was able to capture their stupendous flights on camera.

After a few miles, the river narrowed and a series of archaic logging booms announced our arrival at Sevenmile Island. A rocky beach on the southern end provided an excellent location to stop for lunch and relaxation.

As we approached Augusta, the towering Route 3 Bridge materialized on the horizon high above the river. Beyond, the distinctive dome on the State of Maine capitol building could be observed. Soon after, we passed remnants of Edwards Dam and paddled under the rusted remains of a

no longer operating railroad bridge.

An outgoing tide increased the downstream current and leaping sturgeons were more plentiful as we entered Augusta and passed beneath the Augusta Bridge, oldest of three operating river bridges in the city. Fort Western appeared on the left bank and the buildings of downtown Augusta on the right. Next, we paddled under the lofty Memorial Bridge and soon observed granite structures on the left that were once the Augusta Mental Health Institute and Kennebec Arsenal. Tales of hidden tunnels and chilling stories of secret burials haunt the old buildings.

A short distance downriver and opposite the town of Hallowell, we ended our excursion at the Butternut Park Boat Landing in Chelsea. Sturgeons were still jumping.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at <https://www.northcountrypress.com/maine-al-fresco.html> or in bookstores and through online distributors. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).

## Maine-ly Harmony Barbershop Women's Chorus Performs

AUGUSTA, ME (July 6, 2022) -- Maine-ly Harmony women's barbershop chorus were happy to perform for the veterans at the Maine Veterans Home in Augusta on June 29th. Thanks to the good weather they could perform outside, insuring the welfare of the residents. However

the usual interaction with the veterans following the concert which is enjoyed by everyone was not yet possible. Hopefully future performances will not require Covid-based restrictions.

The chorus members look forward to resuming their performance sched-

ule as the year progresses, including their annual yard sale Friday and Saturday, July 15 and 16, from 9 to 3, at Fred and Linda Davis' Hill Gardens on Rt. 3 where blooms and singing abound, and "Singing Together Again", a blockbuster performance of barbershop music performed

by Maine-ly Harmony and the Nor'easters barbershop men chorus at the South Parish Congregational Church, Saturday, September 17, at 2 p.m.

For more information, contact Lea Davis at 207-622-1273 or Nancie Hugenbruch at [huga-book4@yahoo.com](mailto:huga-book4@yahoo.com)



Photo courtesy of Bob Staples

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# 25th International Film Festival Honors Actor Debra Winger

**WATERVILLE, ME (July 1, 2022)** — The Maine International Film Festival (MIFF) will present its annual MidLife Achievement Award to actor Debra Winger at a special ceremony held at the Waterville Opera House on Friday, July 15, following a special 35mm screening of “A Dangerous Woman,” for which she received a Golden Globe nomination.



Best known as an Academy Award nominee for her work in “An Officer and a Gentleman,” “Terms of Endearment,” and “Shadowlands,” Winger has had a stellar acting career, working in a wide variety of genres with directors including Bernardo Bertolucci, Jonathan Demme, James L.

Brooks, Bob Rafelson, and James Bridges.

“We’re tremendously excited to have Debra join us at the festival this year, and to have the chance to showcase the wide diversity of films that she’s given great performances in,” said MIFF programming director Ken Eisen.

Winger played Diana Prince’s younger sister in the television series “Wonder Woman” before appearing opposite John Travolta in her first major film, “Urban Cowboy,” for which she earned BAFTA and Golden Globe nominations. Winger continued to rise to stardom through-

out the 1980s and early 1990s, winning a National Society of Film Critics Award for Best Actress for “Terms of Endearment” and a second BAFTA nomination for “Shadowlands.”

Other accolades followed, including National Society of Film Critics Award nominations for “Everybody Wins” and “The Sheltering Sky” and a Golden Globe nomination for “A Dangerous Woman,” costarring 2016 MIFF Mid-Life Achievement Award honoree Gabriel Byrne.

After an acting hiatus in the late 1990s, Winger returned to acting, giving acclaimed performances in “Dawn Anna,” “Rachel Getting Married,” “Law &



Order,” and “The Ranch.”

The Mid-Life Achievement Award presentation will be followed by a party in Winger’s honor at Front & Main, 9 Main Street, Waterville. Admission to the party will be limited to ticket purchasers of the screening and festival pass holders.

Winger will be in Waterville for several days of the Festival for screenings of “Mike’s Murder,” “The Lovers,” and “The Sheltering Sky.”

“As we celebrate an incredible MIFF milestone this year – our 25th anniversary – we could not have asked for a more influential and adored special guest than Debra, whose groundbreaking career has made such an impact on American cinema,” said Maine Film Center Executive Director Mike Perreault.

Festival passes are now on sale at [MIFF.org](http://MIFF.org). The complete MIFF program will be announced on June 10, when tickets will also be made available for purchase online.

## Nominations Accepted for Lifetime Achievement Award

**MAINE, STATE-WIDE (July 6, 2022)** — Maine Department of Inland Fisheries and Wildlife is now accepting nominations for the 2022 Annual Lifetime Outdoor Achievement Award. This award, which is presented by Maine Department of Inland Fisheries and Wild-

life, honors individuals who are dedicated to the stewardship and wise use of our natural resources, and who have been or are active in Maine’s rich outdoor traditions.

To be eligible, nominees must have hunted, trapped and fished in Maine for a combined total

of 40 years. For example, to meet that requirement an individual may have fished for 20 years, trapped for 10 years and hunted for 10 years; or could have fished for 30 years and hunted for 10 years. Ideal candidates would also be active in mentoring, teaching, or instructing outdoor

activities.

Nominations should include the nominee’s name, address, phone number, photograph and a few paragraphs about the individual, their experience in the Maine outdoors, and an explanation of why they are a deserving candidate. Please keep in mind that we do not know these candidates so it is important that you tell us about the nominee

with a few paragraphs. The nominators contact information should also be included.

Nominations, which are due by 5 p.m. on August 5, 2022 can be sent by email to Emily MacCabe at [Emily.MacCabe@maine.gov](mailto:Emily.MacCabe@maine.gov) or by mail to 353 Water St, SHS 41, Augusta, Maine 04333. Nomination forms can be downloaded at [mefish-wildlife.com](http://mefish-wildlife.com)

The recipient(s) of this year’s Lifetime Outdoor Achievement Award will be selected by a committee of individuals from the Department and will be recognized at the Sportsman’s Alliance of Maine Annual Banquet this September.

Access the form at <https://www.maine.gov/ifw/docs/LifetimeOutdoorAchievementAward.pdf>

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# Arts & Entertainment

## CLT to Produce Hit Musical “School of Rock”



The cast of CLT’s upcoming production of School of Rock - The Musical. The show will run from August 11-14 and 18-21.

**AUBURN, ME (July 8, 2022)** -- The Lewiston-Auburn Community Little Theatre (CLT) will present School of Rock –

The Musical opening August 11.

Based on the 2003 movie starring Jack Black, School of Rock –

The Musical tells the story of Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substi-

tute teacher at a prestigious prep school. There, Dewey turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band! But can Dewey get them to the “Battle of the Bands” without their parents and the school’s leadership finding out? Along the way, Dewey finds romance, self-worth, a proper job, and, most importantly, he teaches the kids and their parents the beauty of rock!

With music by Andrew Lloyd Webber, the show features 14 new songs in addition to songs from the movie. According to the New York Daily News, this musical “awakens the empowering message of rock!”

Director Paul G. Caron heads up a talented cast of some 30 youth and adult actors, singers, and musicians. Lead roles are played by Brendon Bouchard, Mackenzie Richard, Justin Morin, and Adelyn Bell. Other speaking roles belong to Lena LaRoche, Meghan Rivard, Dashiell Legawiec, Owen Hiltz, Maisy Seaver, Zane Deletetsky, Isana Bell, Daphne Cifelli, Julia Pfohl, Ellie Pfohl, Paige Scala, Violet McDonald, and Evie True. The ensemble includes Josh Caron, Sara Poulin, Tim Cowan, Jeff Fairfield, Mackenzie Finnegan, Gregory Judd, Jude Leav-er, Adrian Morneau, Brian

Pfohl, Anna Sargeant, and Becca Tinkham.

School of Rock will be performed at 7:30 p.m. on August 11, 12, 13, 18, 19 and 20; and at 2:00 p.m. on August 14 and 21. Call 207-783-0958 or visit LA-CLT.com for tickets and information.

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

## SeniorsPlus Announces Summer Office Hours

**LEWISTON, ME (July 1, 2022)** -- Senior-sPlus, the designated Area Agency on Aging for Androscoggin, Franklin, and Oxford counties, announced its summer office hours.

Lewiston Office (8 Falcon Road)

Office hours in Lewiston are 8:30 a.m. to 4:30 p.m. Monday through Friday, except holidays. If you have a specific concern, we encourage you to make an appointment by calling SeniorsPlus at 207-

795-4010. The Caregiver Support Group meets on the second Monday of each month from 5:30 p.m. to 7 p.m., no appointment needed. Most services are free and open to the public.

Wilton Office (284 Main Street)

Office hours in Wilton are available by appointment. Call Senior-sPlus at 207-795-4010 to schedule an appointment for Tuesdays between 8:30 a.m. and 12:30 p.m. and Thursdays 1:30 p.m. through 4:30 p.m. The

Caregiver Support Group meets on the first Thursday of each month from 3 p.m. to 4:15 p.m. and no appointment is needed. Medicare support is available by appointment on the third Thursday of the month between 9 a.m. and noon.

Norway Office (9 Marston Street)

Office hours in Norway are available by appointment. Call Senior-sPlus at 207-795-4010 to schedule an appointment for Tuesdays between 9

a.m. and noon, Thursdays 1 p.m. through 5 p.m., and Fridays 9 a.m. to noon. The Caregiver Support Group meets on the fourth Thursday of each month from 2:30 p.m. to 4 p.m. and no appointment is needed. Medicare support is available by appointment on the fourth Thursday of the month between 9 a.m. and noon.

Since 1972, Senior-sPlus has been improving the lives of older adults and adults with disabilities. As the designated

Area Agency on Aging for Western Maine, Senior-sPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall program goal of Senior-sPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of

SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. Senior-sPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. In 2021, Senior-sPlus served more than 10,000 individuals and fielded 185,000 phone inquiries.

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# Monmouth Community Players Announce *Lightning Thief* Cast



The cast of "The Lightning Thief" - Front: Samantha Melquist, Kathryn Ross, Scotty Venable, Hannah Hanson, Madison Doughty (no longer in cast), Josie French and Valerie Sanborn; Back: Henry Quintal, Amy Griswold, Ken Mansur, Talon Moody and Julie Sanborn; Not pictured: Megan Hopper

**MONMOUTH, ME (July 1, 2022)** -- The Monmouth Community Players, along with Marquis Sponsor, Monmouth Federal Credit Union, welcome you to experience the marriage of Greek Mythology, teen angst, and acceptance of one's differences in *The Lightning Thief* - A Percy Jackson Musical. At the helm of this production are Mary Melquist as Director and Courtney Babidge as Music Director. Rounding out the team are Hannah Hanson as Lighting Designer, Kyle Mansur as crew, Kayla Newmeyer as Props and Sound Mistress, Caroline White as Stage Manager, Dorothy Giroux-Pare as assistant stage manager, Nancy Kenneally as Costumer with assistance from Ann Fairchild, Emily Kalafarski as House Manager and Josie French as Producer.

The action-packed musical adventure, with book by Joe Tracz and music and lyrics by Rob Rokicki, weaves a complex tale around the young protagonist Percy Jackson (Scotty Venable) – a post-modern tween with a loving mother and absentee father, ADHD and dyslexia, few friends and multiple expulsions from school, who has a hard time fitting in and being "normal." After it's revealed to him that "normal is a myth" and he's really a demi-god (half human and half god), he is sent to

Camp Half-Blood, where he spends the summer with other kids like him. Percy then discovers that he is the progeny of his mortal mother and Poseidon (Ken Mansur), and embarks on a visionary "Killer Quest," accompanied by Annabeth (Samantha Melquist), daughter of Athena, and Grover (Kathryn Ross), his BFF and a satyr, to avert a war between the gods by recovering the lightning bolt stolen from Zeus, while battling monsters and other obstacles along the way.

A cast of twelve assumes the guises of 47 characters in an epic slugfest of good versus evil and coming of age conquering adolescent angst, including: Scotty Venable of Minot; Samantha Melquist of Bath; Kathryn Ross of Gardiner; Josie French of Lewiston; Ken Mansur of Auburn; Henry Quintal of Augusta; Amy Griswold of Winthrop; Valerie Sanborn of Gray; Julie Sanborn of Farmington; Talon Moody of Richmond; Hannah Hanson of Waterville; and Megan Hopper of Sidney.

Young audiences familiar with the best-selling books will be delighted to see their favorite characters brought to life on stage with dazzling special effects in this creative family-friendly production of *The Lightning Thief*. If

you're an adult who's new to the kid-centric subject, you will have the opportunity to see what all their enthusiasm is about, while revisiting the growing pains of youth and using your imagination to recap-

ture a childlike sense of fantasy and wonderment. The *Lightning Thief* will play at Oak Hill High School in Wales July 14 - 24, 2022. Performances will be at 7:30pm on 7/14-16, 7/21 and 7/22, and mat-

inee 2pm shows on 7/17, and 7/23-24. Presented through special arrangement by Concord Theatricals. Please be aware that strobing effects will be used in this performance. For more information, or

to purchase tickets, please feel free to email the theater at [mcpboxoffice@gmail.com](mailto:mcpboxoffice@gmail.com), call them at (207)370-9566, or purchase tickets online at [www.monmouthcommunityplayers.org](http://www.monmouthcommunityplayers.org).

## St. Dom's Academy Boys' Hockey Program Annual Golf Tournament Friday, August 12<sup>th</sup>, 2022



Fox Ridge Golf Course in Auburn, Maine  
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If you have any questions or want to volunteer, please contact either:

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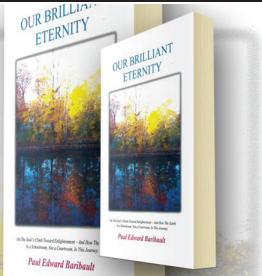
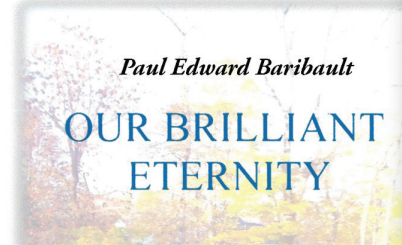
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# Lewiston Careers Offer Many Opportunities - More New Faces!



Faith Thomas

**LEWISTON, ME (July 8, 2022)** -- The City of Lewiston is announcing another group of new employees, again highlighting the many opportunities of municipal hometown careers! Lewiston Public Works and the Lewiston Police Department have many new faces, with bios below and photos attached. A warm welcome is extended to all.

Faith Thomas, PE - Faith Thomas has been hired as a Project Engineer by the Public Works Department. Faith was born and raised in Penobscot County and attended the University of Maine in Orono where she earned a Bachelor's in Civil Engineering in 2015. She has previously worked for private engineering consulting firms in Southern and Central Maine, is a Licensed Professional Engi-

neer in the State of Maine, and resides in Lewiston.

William "Paul" Niehoff - Paul Niehoff has been hired as a Project Engineer by the Public Works Department. His professional career began with a geotechnical engineering consulting firm, then transitioned into public service with both the Cities of Portland and Auburn, and more recently as a Transportation Planner for PACTS, the Greater Portland Area Metropolitan Planning Organization. William also had a one-year stint as Maine's Safe Routes to School Coordinator. He is a Maine native, was raised in Waterville, and moved in increments to South Portland. He has an interest in transportation safety and improving the transportation system for all users, with a focus on the vulnerable user.



Ashley Gamache

John Skelley, PE - John Skelley has been hired as the Assistant City Engineer by the Public Works Department. His professional career has taken him all over Maine, previously working as a civil engineer for the Maine Department of Environmental Protection, Maine Emergency Management Agency, and private engineering consulting firms. He moved to Maine in 2007 to attend the University of Maine in Orono where he earned a Bachelor's in Civil Engineering. John is a Maine Licensed Professional Engineer.

Ashley Gamache - Ashley Gamache has

been hired as the new Asset Management Technician by the Public Works Department. She is completing her Bachelor's Degree in Environmental Geospatial Technologies at Unity College. Originally from Connecticut, she moved to New York to attend Rochester Institute of Technology and moved to Maine in 2021 to enjoy the "rural lifestyle, friendly neighbors, and gorgeous views throughout the state!" She keeps herself busy outside the office completing work for her degree, working as a Student Ambassador for Unity College, and as an Account Representative for TLOA Servicing, LLC. After graduation, Ashley plans to continue her education in Geospatial Technologies.

The Lewiston Police Department (LPD) has welcomed four new officers:

Isaiah Swan grew up in Farmingdale and graduated from Gardiner High in 2016. He was a three-sport student athlete: football, baseball, and wrestling. He continued his education and athletic career by attending Husson University and played for their football team. Isaiah received his Bachelor's Degree in Criminal Justice upon completion of the Maine Criminal Justice Academy in December of 2021. Starting at a young age, a law enforcement career was always a goal of his. He says he is committed to having a long and successful career as a police officer to serve his community.

Joseph Klemanski was born and raised in Lewiston and graduated from St. Dominic's Regional High School in 2009 where he played hockey, soccer, and tennis. Upon completing high school, he took classes at Central Maine Community College towards a criminal justice degree. He also served four years in the US Navy stationed on the USS Boxer in San Diego, California. Upon being honorably discharged from the Navy,



Dalton Wing



Isaiah Swan



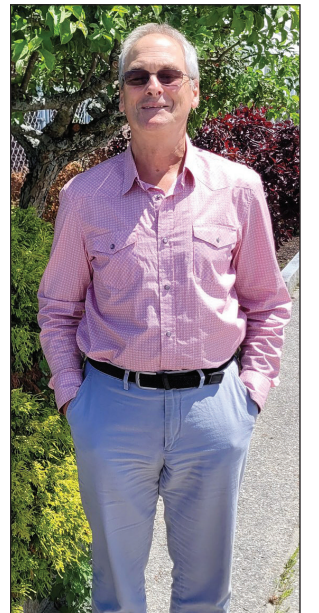
John Skelley



Joseph Klemanski



Ahmed Kaviro



William "Paul" Niehoff

he moved to Denver, Colorado, to continue college at the University of Colorado Denver. Noting that a career in law enforcement has always been a goal of his, he is committed to serve and protect the residents of Lewiston.

Ahmed Kaviro was born at a refugee camp in Kenya and came to the United States in 2004 at age 11. He graduated from Lewiston High School and attended Central Maine Community College for Criminal Justice. He is fluent in two languages, English and Somali. He previously worked at the Androscoggin County Jail for nearly three years and chose law enforcement as his career because of the positive involvement he'd had with those in that field. He says he chose the profession because he likes to interact with the communi-

ty and provide a sense of security when needed. He also chose this career as it provides the opportunity to give back to the community. He hopes to participate in several community service opportunities, be a mentor to youth, and get involved with the schools to teach the importance of education and the danger of drugs. He notes, "Treat everyone with respect regardless of their background."

Dalton Wing was born and raised in Lewiston and graduated from Lewiston High School in 2017. He played baseball and soccer in both high school and college, graduating from Central Maine Community College with an Associate's Degree in Criminal Justice. Dalton enjoys spending his free time with friends, family, and watching sports.



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# MaineCF Grants Strengthen Androscoggin Projects, Nonprofits

**ELLSWORTH & PORTLAND, ME (July 6, 2022)** – More than \$52,000 in Maine Community Foundation (MaineCF) grants will help strengthen nonprofit organizations and projects in Androscoggin County. The seven grants through MaineCF’s Community Building Grant Program include \$52,500 recommended by the Androscoggin County Committee and two additional grants totaling \$15,000 from people with donor-advised funds.

Grant recipients include:

- Center for Wisdom’s Women to provide trauma-informed programming and support at the Lewiston drop-in center and Sophia’s House residential program

- Maine Inside Out, to engage and support at-risk Lewiston middle school students through theater workshops and community support

- New Beginnings, to expand the offerings at the Lewiston drop-in center for homeless teens and young adults.

- The Androscoggin County Fund is a permanent endowment that supports projects

and nonprofit organizations that strengthen communities. Proposals are submitted through MaineCF’s Community Building Grant Program, the foundation’s largest, and are reviewed by a committee of community members. The next proposal deadline is Feb. 15, 2023. The application, guidelines and list of all 2022 grants are at [www.mainecef.org](http://www.mainecef.org).

The Androscoggin County Fund, established in 1999, is built through donations from the community. If you would like more information about the fund or grant

program, please contact Program Officer John Ochira at (207) 412-0837 or [jochira@mainecf.org](mailto:jochira@mainecf.org). The Maine Commu-

nity Foundation brings people and resources together to build a better Maine. MaineCF has offices in Ellsworth and

Portland with additional staff located across the state. To learn more about the foundation, visit [www.mainecef.org](http://www.mainecef.org).



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# Free STEM Course Offered to High School Students at UMaine

**ORONO, ME (July 1, 2022)** — Registration is open for an innovative four-week college STEM research course for qualified high school students (rising 11th–12th grade) offered by the University of Maine, July 18–August 11 in Orono. Sections of this course are offered at the UMaine Hutchinson Center and UMaine Machias on the same dates.

Introduction to Integrated Science and Career Exploration (INT 188) will meet on Tuesdays, Wednesdays and Thursdays from 9 a.m.–1 p.m. High school students will earn three college credits upon completion of the course.

Early College is a partnership between the University of Maine System and the Maine Department of Education, supported by the Legislature. Early College classes are offered tuition free for qualified high school students. Students who pay to attend high school in Maine, including out-of-state and international students, will be charged a reduced Early College rate.

This innovative course with a low student-teacher ratio provides a unique summer opportunity for students in midcoast Maine who are interested in exploring STEM-related careers



and engaging in a research project. Thirty percent of class time will be spent outdoors doing fieldwork, with the remainder spent in the classroom and lab.

INT 188 is designed to introduce high school students to higher education and careers in science, technology, engineering and mathematics. The course includes lecture and laboratory instruction in data collection and analysis, experimental design, measuring

and graphic techniques, scientific writing and evidence-based thinking.

“I know I wouldn’t have made it as far as I did this year if it weren’t for the experience I received in the class. I learned so much about scientific research in a very short period of time,” says Ruth Havener, who took INT 188 in 2021 and recently won a full tuition scholarship to UMaine at the Maine State Science Fair for her research on ex-

tracting microplastics from blue mussels.

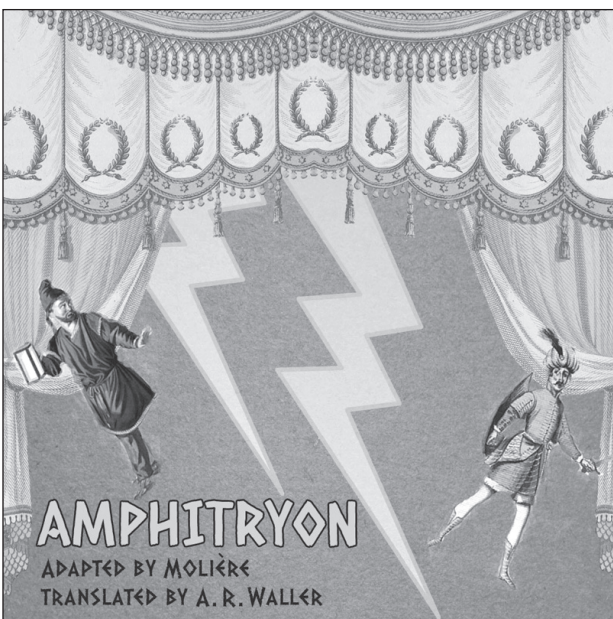
Students will participate in group work, a research project in environmental biology, a career-planning assignment focusing on STEM fields, career exploration experiences and a final research symposium on August 11. In previous years, INT 188 students have used this opportunity to research local environmental issues, such as the impact of the presence of microplastics in the bay.

Instructor Torey Bowser works with early undergraduate students in the Marine Science department at UMaine. Her classes focus on data

literacy and fundamental research skills. Boswer holds a Masters of Marine Biology from the University of Maine’s School of Marine Science. Her research was focused on heavy metal impacts on fish behavior. Outside of teaching, she endeavors to bring together art and science, working with groups on campus to design creative logos for labs, projects and symposiums.

To register, visit [umaine.edu/earlycollege/courses/summer-courses/int188/](http://umaine.edu/earlycollege/courses/summer-courses/int188/). For more information about the course content contact Chris Tremblay, 338.8038; [christopher.james.tremblay@umaine.edu](mailto:christopher.james.tremblay@umaine.edu).

# Beguilement & Identity Theft Run Rampant in *Amphitryon* at TAM



**MONMOUTH, ME (July 8, 2022)** -- Theater at Monmouth opens *Amphitryon*, adapted by Molière, as part of the It’s Greek (and Roman) to ME! Season. *Amphitryon* is an uproarious comedy about seduction, confusion, and stolen identity. Jupiter, the king of the gods, is obsessed with a mortal woman, Alcmena. To woo her, he assumes the bodily form of her husband Amphitryon. When the real Amphitryon returns home victorious from the Theban

War, he finds his conquering hero welcome has been usurped by another...him. The blend of high comedy and slapstick that follows unlocks a Pandora’s box of ideas about love, marriage, and power. Will you allow yourself to be entranced by Jupiter’s charm? Discover the answer Thursday, July 14 at 7:30 PM through Friday, August 19 including matinee and evening performances on both weekdays and weekends.

Though full of she-nanigans slated to cause



raucous laughter, *Amphitryon* also points his arrow at the psychology of the self. Director Carol Ann Tan asks “Who gets to define who a person really is? And is there actually an essential, objective truth to the person you actually are?” With those questions in mind, Tan says the show “wrestles with deeper questions concerning the construction of the self—questions which still feel relevant today, when social media and the like have offered us numerous opportunities to construct and reconstruct our public images.” Tan’s analysis doesn’t stop at humans. She also explores Molière’s interpretation of the Greek gods, saying

“Molière pulls no punches, indicting the gods’ divine senses of superiority and entitlement as equally worthy of mockery.”

*Amphitryon* features Erin Amlicke as Jupiter, Trezure Coles as Alcmena/Polidas, Joey Dolan as Naucrates, Rebecca Ho as Night/Argatiphontidas, Caitlin Ort as Cleanthis, Roberto Perez\* as Sosia, Jamie Saunders as Mercury, and Michael Dix Thomas\* as Amphitryon. Directed by Carol Ann Tan; Set Design by German Cardenas Alaminos, Lighting Design by Jen Fok, Costume Design by Michelle Handley, Sound Design by Rew Tippin, and Fight/Intimacy/ and Movement Direction by Lorraine Slone. Stage Management by Ingrid Pierson\*, Assistant Stage Management by Zane Alcorn\*, Stage Management Intern Sophie Harrington.

\*Members of Actors’

Equity Association, the union of professional actors and stage managers in the United States.

Performance Calendar: PREVIEW 7/14 at 7:30 p.m.; OPENING 7/15 at 7:30 p.m.; additional performance dates 7/23, 8/3, 8/9, at 7:30 p.m., 8/7 at 7:00 p.m., 8/10, 8/14, 8/19 at 1:00 p.m.

Audience Engagement Programs

Post-Performance Discussions. Join us on selected weekend evening performances for Post-Performance Discussions with the cast and creative team. Discuss the critical historical, artistic, and cultural perspectives of the worlds of each individual play. Post-Performance Discussions will take place on the following dates: Saturday July 9, following the performance of *Lysistrata*, Sunday July 24, following the performance of *Antony + Cleopatra*, Sunday July 31, following the performance of *Comedy of Errors*, Sunday, August 7, following the performance of *Amphitryon*, Sunday August 14, following the performance of *Eurydice*.

Tickets, Subscriptions, and Ways to Save. A TAM subscription offers savings and exclusive benefits like priority seating and ticket exchanges.

Gold, Flex, General, or Senior Passes are available for purchase, so whether you want a ticket for each show or five tickets to one show, there’s an option for you. Single tickets for the Summer Repertory and Fall Play are \$37 for adults, \$32 for senior citizens, and \$23 for students (18 and under). Family Show tickets are \$18 for adults, \$13 for children.

Opening Nights are Educator Nights. Educators receive 20% off the general ticket price with a valid photo ID at the Box Office.

Under 30 Rush Tickets. For patrons under 30, \$10 Rush Tickets are available for up to 20 audience members at each performance in the season excluding the Family Show and Special Events. Contact the Box Office by email [boxoffice@theateratmonmouth.org](mailto:boxoffice@theateratmonmouth.org) or by calling 207.933.9999 after 11 a.m. on the day of the show. Requests made before the Box Office is open will not be processed.

For calendar and reservations, please contact the TAM Box Office at 207.933.9999 or visit [www.theateratmonmouth.org](http://www.theateratmonmouth.org).



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# Field Hockey Festival and Senior All-Star Game Held July 16

**SACO, ME (July 8, 2022)** -- The Maine Field Hockey Association's 13th Annual Maine Field Hockey Festival will take place on Saturday, July 16th at Thornton Academy in Saco, Maine.

31 high schools from across Maine will compete in 30-minute

games from 8:00 a.m.-4:45 p.m.!

The highlight of the day will be the McNally Senior All-Star game taking place on Dr. Paul S. Hill Jr. Stadium's turf at noon. Seniors who were named to the 2021 MFHA All-State team will face off representing the north

and south.

Pennsylvania-based Longstreth Sporting Goods will be on-site all day selling tons of field hockey apparel and equipment. Shoppers are asked to supply their own bags.

Concessions will also be available. Admission for spec-

tators is as follows and proceeds will be donated

to Camp Sunshine, <https://www.campsunshine.org/>

\$5 for adults, \$3 for students, \$15 family.



## 2022 McNally Senior All Star Game

for the 2021 senior all-state players

### North Team

<p><b>1</b> Eva Stevens, Mt. Blue High School  <b>2</b> Aleshia Raymond, Foxcroft Academy  <b>3</b> Bayley Casavant, Central High School  <b>4</b> Madison Shorey, Belfast Area High School  <b>5</b> Cecilia Miller, Lewiston High School  <b>6</b> Reagan Seekins, Belfast Area High School  <b>7</b> Lauryn Brown, Orono High School  <b>8</b> Madelyn Arsenaunt, Old Town High School  <b>9</b> Ainsley Carr, Hermon High School</p>	<p><b>10</b> Francesca Caccamo, Messalonskee  <b>11</b> Alaina Lambert, Winslow High School  <b>12</b> Greta Marchildon, Mount Ararat High School  <b>13</b> Lexi Thibodeau, Old Town High School  <b>14</b> Grace Hall, Belfast Area High School  <b>15</b> Gracie Moore, Maine Central Institute  <b>16</b> Autumn Freeman, Mountain Valley  <b>17</b> Leah Pushard, Gardiner Area High School  <b>18</b> Rayna Barnard, Dexter Regional High School</p>
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**North Team Coaches**  
**Class A:** Paula Doughty, Skowhegan Area High School  
**Class B:** Courtney Lanham, Old Town High School  
**Class C:** Nancy Hughes, Maine Central Institute

proceeds benefit  
  
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## CRCofWM Hires Cancer Resource Navigator, Barb Perry

**NORWAY, ME (July 5, 2022)** -- The Cancer Resource Center of Western Maine (CRCofWM) announced that they have hired Barb Perry, RN, Certified Health & Wellness Coach, on a part-time basis, to support cancer patients in Oxford county and surrounding towns with emotional, financial and other basic needs. Perry will team up with Oncology Social Worker, Stephanie LeBlond, LSW, another part-time member of the CRCofWM staff. Both positions are made possible via grant funding.

"We are excited to have Barb join our team," said Diane Madden, executive director of the Center, which was established in 2015 to provide free wellness and supportive resources to individuals and families in western Maine affected by cancer. "Barb's experience as clinician, and most recently in developing a cancer survivor program for MaineHealth, will not only benefit patients and families facing the daily physical, emotional and financial challenges of cancer, but will have a positive impact in advancing the Center's

**Barb Perry, RN, Cancer Resource Navigator**

mission to ensure that no one faces cancer alone."

For over 20 years, Barb worked as a Nurse Practitioner in a number of different settings with various populations. She then assisted in the development and management of Maine's State-wide Tobacco Treatment Training Program for health professionals; which is administered by MaineHealth. She went on to become certified as a Tobacco Treatment Specialist and managed both the inpatient Tobacco Treatment Program at Maine Medical Center and an outpatient clinic at MaineHealth. More recently, Barb managed the Cancer Survivorship Program for MaineHealth and was involved in a variety

of activities to improve comprehensive survivorship care and the overall quality of life for cancer survivors.

As a Certified Health and Wellness Coach, Barb has participated as a wellness provider in the Cancer Resource Center of Western Maine's Live Well Program since fall 2021, providing individual wellness coaching and offering the "Finding Your New Normal" class for patients who are or have recently completed treatment. Barb Perry, RN, Certified Health & Wellness Coach can be reached at 207-890-0205 or [bperry@crcofwm.org](mailto:bperry@crcofwm.org)

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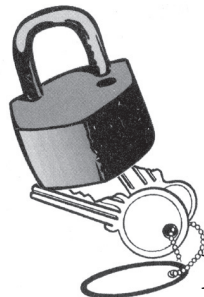
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**May 4 and every Wednesday**  
**GORHAM** – 10:00am Weekly story time has resumed at the North Gorham Public Library! Storytime is open to children & their caregivers. Join us weekly for stories, songs and crafts every Wednesday at 10am. 2 Standish Neck Rd, Gorham ME.

**July 12 – August 16**  
**ZOOM** -- -Living Well for Better Health workshop; Tuesdays July 12th-August 16th 9 am-11:30am Via Zoom. Registration required: contact kmills@seniorsplus.org 207 207 440-2390.

Living Well for Better Health is a free, self-management workshop where participants learn to better manage their chronic conditions so they can live healthier, more active lives.

**July 15**  
**GREENE** -- Denny Breau performs on Friday, July 15th at 2 & 7 PM. The Araxine Wilkins Sawyer Memorial, 371 Sawyer Road, Greene. Free admission! FMI call 946-5311, visit sawyer-foundation.com or www.facebook.com/sawyer.foundation1937

**July 16**  
**WINDHAM** -- 2nd Annual St. Anthony of

# Calendar

Send your submissions to the Editor. More online.

Padua Festival July 16, 2022, at Our Lady of Perpetual Help Church 919 Roosevelt Trail, Windham, Me. 8:00 am - 8:00 pm. A family-focused fun day on July 16th with Italian Foods, Grilled Specialties, Books, Jewelry, Knits, Knights of Columbus Yard Sale, Children's Games and Activities, Christmas in July Shoppe, Dolls, Music, and much, much more. July 15, 2022, a special Mass in honor of St. Anthony at 6:00 pm. with a procession to the St. Anthony the Shrine. Followed by a reception.

**July 16 – August 27**  
**ACROSS MAINE**  
 -- Mozart & Brahms Clarinet Quintets with Guests Mark Simons (clarinet) and Alexander Romanul (violin)

July 16, 7:30 pm Meetinghouse Arts, Freeport \*

July 21, 7:30 pm Union Church, South Bristol \*

July 22, 7:30 pm St. Paul's Union Chapel, Waldoboro \*

July 23, 7:30 pm Ocean View Grange, Tenant's Harbor \*

July 24, 3:00 pm Denmark Arts Center, Denmark, Maine (click link for tickets)

Bach Goldberg Variations arr. for string trio

August 14, 4 pm Surry Arts at the Barn, Surry (click link for tickets)

August 18, 7:30 pm Robinhood Free Meetinghouse, Georgetown (click link for tickets)

August 20, 7:30 pm Ocean View Grange, Tenant's Harbor \*

August 25, 7:30 pm Union Church, South Bristol \*

August 26, 7:30 pm St. Paul's Union Chapel, Waldoboro \*

August 27, 7:30 pm Meetinghouse Arts, Freeport \*

DaPonte String Quartet Foundation. <https://dapontequartet.org/>; Ferdinand "Dino" Liva Phone – (207)751-4486, Email [giamuse@comcast.net](mailto:giamuse@comcast.net)

**July 20 - August 17**  
**FALMOUTH** -- University of Maine Extension staff and volunteers will lead a hands-on, interactive program to teach

youth ages 9 and up how to grow and preserve the garden's harvest. The 4-H Kids Can Can program will be held from 9–11 a.m. on Wednesdays, July 20–Aug. 17.

Each session will begin in Extension's Tidewater Gardens in Falmouth where youth will harvest the fruits and vegetables needed to make jam, pickles, salsa and more. The program then moves to the UMaine Regional Learning Center Demo Kitchen where participants will prepare a batch of preserved foods. Each participant will take home a jar of preserves. Current 4-H enrollment is not required for participation.

The \$5 fee per child covers all classes. Register and find more details on the program page online. For more information or to request a reasonable accommodation, call 207.781.6099 or 800.287.1471 (in Maine).

**July 21**  
**FALMOUTH** -- A Field Day at the University of Maine Cooperative Extension Gardens at Tidewater Farm in Falmouth will be held from 5–6:30 p.m., Thursday, July 21.

The free public event is an opportunity to learn about Tidewater Farm

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and engage with the gardens through hands-on demonstrations led by UMaine Extension staff and Master Gardener Volunteers. Demonstrations begin at 5:30 p.m. focused on pollinator-friendly gardening and vegetable garden succession planting.

No registration is required. For more information or to request a reasonable accommodation, visit the website or contact Pamela Hargest, [pamela.hargest@maine.edu](mailto:pamela.hargest@maine.edu); 207.949.4524.

**July 22**  
**GREENE** -- The Mollycokett Chorus performs on Friday, July 22nd at 2 & 7 PM at the Araxine Wilkins Sawyer Memorial, 371 Sawyer Road, Greene. Free admission! FMI call 946-5311, visit [sawyer-foundation.com](http://sawyer-foundation.com) or [www.facebook.com/sawyer.foundation1937](http://www.facebook.com/sawyer.foundation1937)

**July 23**  
**GRAY** -- First Congregational Church of Gray, Saturday night Bean Supper, on Saturday July 23, 2022, 5:00 P. M. At the Parish House, 5 Brown Street. Handicapped Accessible.

Reservations Required. Accepting only 50 reservations! Contact Carol at 650-9093 and let her know your name, phone number and how many are in your party. Cut off for reservations is July 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, Red Hot Dogs, Biscuits, Variety of Casseroles and Salads, Assortment of Desserts, Cold Drinks and Hot Coffee.

## USM to Host Gathering of Veterans Advocates in Lewiston

**LEWISTON, ME (July 1, 2022)** -- The University of Southern Maine's Lewiston Campus will host a day-long gathering of veterans' advocates from across Maine on Thursday.

The 10th Annual Maine Military & Community Network is scheduled to meet from 7 a.m. to 4

p.m. at the campus located at 51 Westminster Street in Lewiston. The in-person event will also include a virtual link to the University of Maine at Augusta Campus in Bangor.

Gov. Janet Mills is expected to speak at the event, leading off a roster of speakers. Their focus is scheduled to be diversity,

equity and inclusion.

"We are working to help chapters from across the state," said Lorrie Spaulding, who serves as the director of Veterans Services at USM and as the community network's Portland co-chair.

Topics during the day's individual sessions will include homelessness,

mental health and substance abuse, LGBTQ veterans and a discussion by a panel of Native American veterans.

"We are trying to spotlight some of the issues we are all dealing with and increase our cultural competence," said Jerry DeWitt, who serves as the Lewiston co-chair.

## Where Does Your Water Come From? Find Out at APL

**AUBURN, ME (July 7, 2022)** -- Join the Lake Auburn Watershed Protection Commission to learn where your water comes from! This presentation will follow a drop of water through the Lake Auburn Watershed and into the community. This

all age event will cover the different pollutants a drop of water might find, different environments it might cross, and the treatment process so it can become drinkable.

There will be some demonstrations, including

*See Water, page 16*

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### LEWISTON SENIOR CITIZENS TRIPS FOR 2022

**Hobo Train - Meredith, NH - September 21, 2022** - Enjoyable 2 hour ride on the Winnepesaukee Scenic Railroad. While on board, enjoy a turkey dinner from Hart's Turkey Farm with all the fixings. Price is \$85.00 and includes bus, train ride, turkey dinner and bus driver tip. Deadline to sign up is August 12,

2022. Purchase tickets at the Lewiston Senior Citizens' office at 65 Central Avenue.

### Flag Hill Distillery and Winery in Lee, NH - October 11, 2022

Lunch at Warren's Lobster House in Kittery and an afternoon tour and tasting at Flag Hill Winery. Time for shopping after the tour. Price is \$83.00 per person which includes the bus and tip for the driver, lunch, and tour and tasting at the winery. Purchase tickets at the Lewiston Senior Citizens Office at 65 Central Avenue, Lewiston.

### Ogunquit Playhouse for the play "CLUE" - October 16, 2022

Clue is a fast paced hilarious whodunit comedy. After the show we will go to Cracker Barrel in South Portland

for dinner on your own. The price is \$90.00 and includes bus, show and driver tip. Purchase tickets at the Lewiston Senior Citizens' office at 65 Central Avenue.

### Mackinac Island Trip - September 10-18, 2022

Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Guided Carriage Tour in Mackinac Island. Boat ride through the Soo Locks with free time and sight-seeing in Sault Saint Marie, visit to Mackinaw Crossing and "Michigan's Little Bavaria" and much more. A \$75. deposit is due upon signing up. Price is \$899. pp double occupancy. Make checks out to Diamond Tours and mail to Claire Bilodeau.

### White Mountain Hotel & Resort - December 4 - 5, 2022

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includes 1 night lodging - 3 meals including the Grand Sunday Brunch. Two different entertainment shows, Austrian Sleigh Ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch at Polly's Pancake Parlor. A \$100 deposit is due upon signing. Price is \$369. pp double occupancy which includes tips.

For more information about any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207-345-9569.

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# Trinity Jubilee Center's Soup Kitchen Seeking Volunteers

LEWISTON, ME (July 8, 2022) -- Soup Kitchen volunteers needed! The Trinity Jubilee

Center's Soup Kitchen in downtown Lewiston needs help with bagging up food to hand out, wash-

ing dishes, and general cleaning from 9:00-11:00 and 12:30-2:30 most days. It is most helpful if you

can commit to doing the same shift every week. If you're interested please

sign up here: <https://www.trinityjubileecenter.org/volunteer-application/>

Please email [volunteert-jc@gmail.com](mailto:volunteert-jc@gmail.com) with any questions!

## Water

Continued from page 14

showing erosion runoff on different surfaces.

This program will be presented as part of our Adult Summer Reading Program, "Oceans of Possibilities" wherein adults will spend time exploring Maine's waterways. Although an adult program, children ages 8 and up are welcome to attend with

an adult. If time permits, there may be a small, hands-on activity which is geared toward children.

For more information about this or other programs which are part of this summer series or to register for this presentation (requested), visit the Events page of the Auburn Public Library website - [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org), or call the Reference Desk at 207-333-6640, ext. 4. When registering, please indicate how many will be attending.

When: Wednesday, July 20, 2022; 3-4 p.m.  
Where: Auburn Public Library, Androscoggin Community Room  
Contact: Donna Wallace, 333-6640, ext. 4

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