



TWIN CITY TIMES

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Thursday, August 11, 2022 • FREE

CMCC Offering Free Welding Academy

AUBURN, ME (July 27, 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 the welding field. The Welding Academy Program is a free program that provides three consecutive, 40-hour weeks of hands-on training, taught by an industry expert. The program begins Monday, August 15, 2022 and new cohorts begin every 3 weeks. Successful candidates complete 120 hours of in-person course instruction at CMCC in Auburn on brand new state-of-the-art equipment. The curriculum includes safety training, tool and equipment use, how to make different types of welds and how to test the strength of those welds. Types of welds include out of position T welds, groove welds, vertical welds, stick and flux core, oxy cutting, plasma cutting, non-destructive and destructive testing and more.

Support services may be available to eligible candidates through Eastern Maine Development Corporation and/or Community Concepts. Students who successfully complete the course will be

eligible for immediate employment. This program is funded by the Maine Jobs and Recovery Program (MJRP). 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. Additionally, candidates in MJRP-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 skillset.

To register for the program please visit <https://www.bit.ly/CWPDRRegistration> or 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. For more information visit www.cmcc.edu/eec or contact Human Resources at (207) 755-5396.

Balloon Festival Family Fun Day



8:30 am Event begins
9:00am Fun Run, Toddler Trot, and Diaper Dash.
9:30–10:30am Entertainment TBA
Other activities will be announced soon

Fundraiser Set for Home of Nathaniel Hawthorne

RAYMOND, ME (August 2, 2022) – As part of its “Phase 2” Fundraising Campaign, the organization overseeing much-needed repairs of Nathaniel Hawthorne’s Boyhood Home in Raymond is holding a Chicken Bar-B-Q and Annual Meeting at Camp Wohelo, 25 Fire Lane 24 in Raymond, on Sunday, August 28, at 6:30 p.m. The cost is \$15 per person. Those wishing to attend are asked to please register by August 12 by sending email to Hawthorne@maine.rr.com or calling 207-329-0537. Payment will be at the door.

Sponsored by the Hawthorne Community Association, the event will raise much-needed funds to repair structural de-

iciencies in the Hawthorne House’s roof; re-shingle it; re-paint or re-side walls; repair or replace the front steps; repair cracks to the interior walls; and complete landscaping and add fencing. The over-all goal of “Phase 2” of the fundraising campaign is \$75,000.

Following the feast will be the Annual Meeting of the Hawthorne Community Association. Everyone is encouraged to attend the meeting, but only current association members will be able to vote.

For more information or to donate, please call Abel Bates at (207) 318-7131, jbates4@maine.rr.com, or visit <https://www.hawthorneassoc.com>.

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Newsmakers, Names & Faces

Mainers Now Eligible for Free COVID-19 Tests

AUGUSTA, ME (August 1, 2022) — The Mills Administration announced today that Maine people may now reorder free COVID-19 test kits through Project Access COVID Tests (ACT), a partnership between the Maine Department of Health and Human Services (DHHS) and The Rockefeller Foundation that mails at-home tests directly to households throughout the state.

As of Monday, August 1, households in Maine that have already ordered two test kits through Project ACT are eligible to reorder one additional free kit of five rapid tests. The program has remained open for households to receive

COVID-19 test kits since its launch in January 2022.

“Our successful partnership with Project ACT improves access to free, convenient tests for Maine families, helping to limit the spread of COVID-19 and keep Maine communities safe and healthy,” said Health and Human Services Commissioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. “As families prepare for back to school this fall, it is a great time to once again visit AccessCOVIDTests.org and have tests on hand in case children get sick or come into contact with someone with COVID-19.”

Maine was one of

six states that participated in the pilot phase of Project ACT to increase access to testing in vulnerable communities. In February 2022, DHHS made the free tests available to all Maine households, regardless of zip code. Maine went on to become the first of the six pilot states to extend the pilot by ordering additional tests. As of August 1, 2022, Maine households have ordered 334,785 tests through Project ACT. Due to the success of Project ACT in Maine and other states, The Rockefeller Foundation recently announced that the program has been extended nationwide.

Any Maine resident can visit the Project ACT

website, AccessCovid-Tests.org, to place their order. No payment information is required — both the tests and shipping are free to residents — and the tests will be delivered through Amazon approximately one week after ordering. The tests require a quick swab inside each nostril, with results available within minutes. Any individual over the age of two can use the tests. As of July 8, 2022, the shelf-life of these rapid antigen tests has been extended from 6 to 12 months.

Maine residents can also order free tests through the national initiative at COVIDtests.gov. More information about accessing free, rapid, at-home tests can be found

on the COVID-19 Testing in Maine website.

In this phase of the COVID-19 pandemic, DHHS is focused on ensuring access to convenient at-home tests. In partnership with the U.S. Department of Health and Human Services, Maine DHHS distributed 1,044,466 at-home tests to schools in Maine in April and early May 2022. Additionally, DHHS has distributed nearly 120,000 Federally funded tests to child care facilities across the state to help limit the spread of COVID-19 while minimizing job disruptions for parents and employers.

Maine’s expansion of home testing capacity also complements PCR

and rapid tests provided at pharmacies and other sites. DHHS is continuing its partnership with Walgreens which administers BinaxNOW rapid tests at no cost to consumers.

Given this wide availability of testing and low demand at the 12 Swab and Send testing sites that remain in operation, DHHS will end its contracts with providers for Swab and Send testing effective Sept. 30, 2022. PCR testing will remain available at Walgreens locations and other commercial pharmacies. Consumers may be charged a fee.

More information about accessing COVID-19 testing can be found on the COVID-19 Testing in Maine website.

MEMIC Sends Heat Advisory to Policyholders

PORTLAND, ME (August 5, 2022) – The MEMIC Group, specialists in workforce safety, is offering simple steps policyholders and business owners should implement to avoid preventable, heat-related injuries.

With heat advisories issued in many areas of the country where

MEMIC insures businesses and their workers, everyone exposed to excessive heat needs to take precautions.

“Heat is a serious risk for workers at any business, but particularly for those with outdoor exposures, managers and supervisors need to have a heat illness prevention

program in place and, at a minimum, should be prepared to activate it when temperatures and heat index values are forecast to approach dangerous highs,” said Rod Stanley, regional director of Loss Control services for The MEMIC Group.

MEMIC is issuing guidance to its policyhold-

ers to follow OSHA guidelines on heat illness prevention, which should include:

- providing workers with water, rest, and shade;
- allowing new or returning workers to gradually increase workloads in order to acclimatize;
- planning for medical emergencies;
- training their employees on heat-related illness prevention.

In addition to company-specific guidance based on the nature of

the work and where their operations are located, MEMIC’s safety management consultants provide policyholders access to the latest information on outdoor safety in Safety Director, available only to MEMIC policyholders. Tips to insured businesses include:

Plan your day. If you can, avoid strenuous activity during the hottest parts of the day. If possible, secure a shady spot near your activity zone to take breaks in and limit time in

the direct sun.

Wear the right gear. Light colored, breathable fabrics and hats that shade your face and neck help keep you comfortable under the sun’s rays. To prevent eye damage, make sure your pair of sunglasses filters at least 90 percent of ultraviolet (UV) rays.

Apply sunscreen early and often. The benefits of regular sunscreen use are well-documented. Use a broad-spectrum sunscreen (protecting against UV-A and UV-B rays) with an SPF of at least 15. Apply liberally 30 minutes before going outside, and every two hours thereafter.

Stay hydrated. The Center for Disease Control recommends approximately one cup of water every 15 to 20 minutes. Alcohol, caffeine, and sugary drinks are not recommended, as

See MEMIC, page 5



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Newsmakers, Names & Faces

Sen. Collins Secures \$3M for Auburn Police Community Center

WASHINGTON, D.C. (August 5, 2022) --U.S. Senator Susan Collins, a senior member of the powerful Senate Appropriations Committee, announced that she secured \$3 million to build a new Auburn Police Activities League (PAL) Community Center in the draft Fiscal Year 2023 Housing and Urban Development

appropriations bill. As the Ranking Member and lead Republican on the Housing and Urban Development Appropriations Subcommittee, Senator Collins secured funding for this project in the bill, which was officially released by the full Senate Appropriations Committee today and must now be voted upon



by the full Senate and House.

“For nearly a decade, the PAL Center in Auburn has provided children in Auburn with a safe, structured environment to play and learn after school; receive food, clothes,

and school supplies; and build relationships with law enforcement officers who protect the local community,” said Senator Collins. “This funding would allow the center to build on its success and expand its programming

to serve even more children in the surrounding neighborhood. As a senior member of the Appropriations Committee, I will champion this funding as the appropriations process moves forward.”

The funding would be used to build a new Auburn PAL Community Center at 24 Chestnut Street, which would become the hub

for mentored/supervised after-school and summer activities. The current building has far exceeded its total capacity to offer programming. The new, larger building would support an early childhood education and child care program, a health center, a teen center, a gym, and a commercial kitchen and food pantry.

Auburn Savings Hires New Chief Financial Officer & IT Manager



Jon Svor, Auburn Savings IT Manager/Assistant Vice President

AUBURN, MAINE (August 2, 2022)—Auburn Savings is pleased to announce that Michelle Rouleau, CPA, and Jon Svor have joined the community bank’s team in the roles of Chief Financial Officer/Executive Vice

President and IT Manager/Assistant Vice President, respectively. Both Rouleau and Svor join Auburn Savings from MidCoast Federal Credit Union.

A highly motivated and experienced CPA, Rouleau served as Exec-

utive Vice President at MidCoast Federal Credit Union, responsible for overseeing the development of new products, services and department software and programs. She also managed all credit union audits and oversaw facilities management of five branches. In previous professional roles, Rouleau served as Tax Director and Tax Manager at the CPA firms of Ouellette & Associates, P.A. and Albin, Randall & Bennett, CPAs. Rouleau is a certified public accountant with a Master of Science in Taxation from Thomas College in Waterville, Maine.

Svor has more than twenty years of experience designing, managing, and maintaining servers and workstations for a variety of businesses and industries. In his most recent role as Information Technology Manager at MidCoast Federal Credit Union, Svor provided

support for IT and communications infrastructure needs for five branches, including extensive work in privacy and security. For the past sixteen years, Svor has also owned his own IT consulting company, providing computer consulting services to local businesses. Svor is a Microsoft Certified Systems Administrator and holds a degree in Computer Science from the University of Southern Maine.

“Both Michelle and Jon bring a tremendous amount of experience, expertise, and energy to our growing team. I am so pleased to welcome them to Auburn Savings,” said Auburn Savings President & CEO Bill Tracy. Both new hires will bring their past professional experience and skills to their new roles at Auburn Savings.



Michelle Rouleau, Auburn Savings Chief Financial Officer/Executive Vice President

With the addition of Rouleau and Svor, Auburn Savings has also internally promoted two team members: Bob Michaud has been promoted from Vice

President and Lender to Senior Vice President and Senior Lender, and Brian Casey has been promoted from Assistant Vice President to Vice President.

SeniorsPlus Helps with Inflation-Relief Check Eligibility

LEWISTON, ME (August 1, 2022) — SeniorsPlus, Western Maine’s designated Area Agency on Aging, and AARP are collaborating to assist individuals file tax returns in order to qual-

ify for the state of Maine’s \$850 inflation-relief check. Appointments are available Thursdays, August 11 and 18 between 9 a.m. and 12:30 p.m. at the 8 Falcon Road, Lewiston, headquarters of SeniorsPlus. To

be eligible for the state of Maine’s \$850 inflation-relief check, residents must first file a 2021 Maine income tax return by October 31, 2022. Call SeniorsPlus at 207-795-4010 to schedule an appointment.

Please help us in welcoming Fran Gagne to the Champoux Insurance Agency family.

Fran comes to us with over 24 years of knowledge & experience in the insurance industry. Her primary focus is commercial lines, but she also has personal lines experience.

Fran’s clients look to her for her thoroughness and detail-oriented work habits. Fran’s belief is her customers always come first.

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

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Seniors Not Acting Their Age

Kayaking the Lower Cathance River

Guest Column by Ron Chase

The Cathance River in my hometown of Topsham provides a host of recreational opportunities. The upper sector offers easy flatwater paddling. In the middle is one of the finest coastal whitewater creek runs in Maine, rated Class III/IV in difficulty by the American Whitewater Association. Below a waterfall at head of tide, several miles of forested wetlands follow to Merrymeeting Bay. There are hiking trails along its banks and fishing and bird watching are popular activities.

The Cathance has a rich history. Early Native Americans lived in settlements along the river and used it for transportation. Cathance or "Kathanis" probably meant "crooked" in the Abenaki language. As anyone who has paddled the river can attest, the name is appropriate as it roams circuitously throughout its 16.4 mile course. In 1715, European settlers built the first sawmill in Maine at the waterfall at head of tide, and it continued to operate well into the 20th Century. In recent years, the Brunswick-Topsham Land Trust partnered with the Town of Topsham to purchase and create Head of Tide Park next to the waterfall.

In the almost thirty years that my wife, Nancy, and I have lived in Topsham, we had never paddled the lower tidal sector of the Cathance. Both senior citizens, rectifying that omission was overdue. Only a Facebook message was required to convince our retired friends, Diane and John Stokinger, to join us. Since there are boat launch facilities at Head of Tide Park and Maily Waterfront Park downriver in Bowdoinham, they were the obvious locations to begin and end our voyage.

Strong tidal currents are a factor when planning a paddle on lower Cathance. The tide was scheduled to rise for most of the day we chose for our excursion. Unlike prehistoric Native Americans, we had the option of selecting our direction of travel. Riding the tide upriver from Bowdoinham and finishing at Head of Tide Park was preferable. Ending at Head of Tide Park did have a disadvantage; a steep carry was required next to the waterfall.

Head of Tide Park is an outstanding facility. There is adequate parking, covered picnic tables, and a public toilet. Our inspection of the hand-carry boat launch was encouraging; convenient metal stairs led up from the water.

We left a vehicle at the park and drove to Bowdoinham to launch. Flat water kayaks were our boats of choice; however, canoes or sea kayaks would also be suitable.

Maily Waterfront Park is a substantial boat landing with spacious parking and a quality boat ramp. Unlike the narrow forested river we left in Topsham, the river in Bowdoinham is wide and the shore grassy. The Cathance is one of six rivers that merge to form Merrymeeting Bay which is a short distance downriver from Maily Waterfront Park.

The weather was hot and sunny when we embarked traveling southwesterly with a gentle headwind. From the outset, it was apparent the tide was giving us a strong push. After passing under the Route 24 Bridge, signs of civilization quickly diminished. The shoreline was largely undeveloped for the remainder of the trip.

Signs of wildlife were sighted throughout our tour. We saw many species of birds but ospreys were most plentiful. Multitudes of these colorful fish hawks live along the river where their sturdy nests are built high above the water. Their high-pitched screams warned us we were unwell-



A kayaker begins a paddle on the Cathance River in Bowdoinham

come intruders in their domain.

As we progressed, the character of the river changed. It narrowed and the wide grassy areas were gradually replaced by steep forested banks.

After a few miles of easy paddling, we came upon some exposed ledges protruding out into the water that provided the perfect location to stop for lunch. While studying my map, I realized we had completed most of the journey. The tide had propelled us along at a much faster pace than we realized.

Around the bend, we passed under a towering train trestle and soon arrived at the foot of the scenic waterfall at Head of Tide Park. John measured the distance of our excursion to be 4.85 miles on his GPS. The carry up the stairs was easier than anticipated. Our day on the river was a delight we'll repeat.

Read about exciting whitewater exploits on the middle sector of the Cathance in my book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine.

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 or he can be reached at ronchaseoutdoors@comcast.net.

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The river narrows as kayakers progress up the Cathance River



Three kayakers pass under a tall trestle on the Cathance River



Very little water passes over the falls at Head of Tide Park due to the drought

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Maine DHHS Launches 988 Suicide and Crisis Lifeline

AUGUSTA, ME (July 20, 2022)— The Maine Department of Health and Human Services (DHHS) announced today the launch of the 988 Suicide and Crisis Lifeline, a new three-digit dialing code available nationwide as an easy-to-remember connection to help for anyone experiencing a suicidal or mental health crisis.

The 988 Lifeline went live in Maine on Saturday, July 16, as planned, after more than a year of preparation by DHHS and a stakeholder coalition including partners from crisis services, 911, EMS, and law enforcement. The 988 Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors. Individuals can also dial 988 if they are worried about a loved one who may need crisis support.

Nationally, 988 is the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline (1-800-273-TALK). In Maine, calls to the National Suicide Prevention Lifeline have been routed to the existing Maine Crisis Line since 2018. With Saturday's launch of 988, the process remains the same -- only the number is changing. Maine people who call 988 are routed through the Lifeline network based on their area code and connected to a trained crisis specialist at the Maine Crisis Line. Specialists provide therapeutic support and assessment in the moment, and connection to community-based resources such as one of Maine's regional mobile crisis teams. All

988 callers in Maine continue to be served by local providers.

"The 988 Lifeline represents a new, easily accessible front door for Maine's statewide crisis services," said DHHS Commissioner Jeanne Lambrew. "We encourage anyone experiencing a mental health crisis or those with concerns about a loved one to dial 988 for compassionate, expert help and a connection to support in their community."

The Maine Crisis Line is administered by DHHS and managed by The Opportunity Alliance of South Portland.

"The Opportunity Alliance is thrilled to have additional, easy to access support available for Mainers experiencing a mental health crisis," said Joseph Everett, President and CEO of The Opportunity Alliance. "The compassionate and talented staff at The Maine Crisis Line have been answering the calls of Mainers in crisis for six years, and they will continue to provide dedicated, expert care and support to those who need us most."

"The launch of 988 in Maine opens doors to hope and support for the 1 in 4 Mainers who are struggling with a mental health challenge, marking an important step in transforming access to appropriate services within their communities," said Hannah Longley, Senior Clinical Director of Community Programs at NAMI Maine. "As with physical health emergencies, it is our hope that 988 will save lives by providing critical emergency services for mental health and suicidal crises. We look forward to continuing conversations

to further normalize and streamline these services."

As an additional access point to Maine's crisis system, the 988 Lifeline serves as an alternative to dialing 911 for people who are experiencing emotional distress, thoughts of suicide, or a mental health crisis. People in need can receive immediate support from trained mental health specialists, while avoiding unnecessary law enforcement involvement. Currently, Maine Crisis Line staff are able to resolve 83 percent of the of the nearly 10,000 calls a month they receive on average on the phone, with no further intervention necessary.

"Implementing the 988 line in the State of Maine is another reminder that mental health is equally as important as physical health," said Maine EMS Director Sam Hurlley. "Maine EMS continues to work hand-in-hand with colleagues at DHHS and around the state to ensure that all patients receive the right care at the right time, no matter their emergency. As the 988 system continues to evolve, we will see even further alignment with this mission in ensuring that all patients receive the highest quality care from a well-trained expert as safely as possible."

The Maine Crisis Line will continue to answer calls, texts and chats to the current 10-digit number (1-888-568-1112) and calls to the National Suicide Prevention Lifeline number (1-800-273-TALK), as well as answer calls to the 988 Line. Texts and chats to 988 continue to be handled by the national Lifeline support center. Regardless of which number individuals dial, calls are answered

24/7 with free, confidential help and support for non-English speaking and deaf or hard of hearing callers.

In the short term, the launch of 988 is key to expanding Maine's Lifeline call center infrastructure and capacity. Over the longer term, DHHS is working to bolster a crisis response system continuum linking anyone in crisis to community-based providers who can deliver a full range of crisis care services.

The 988 implementation is part of the Department's broader work with partners throughout the state to strengthen the behavioral health system, including support for Maine people struggling with a mental health crisis. With support from the Governor and Legislature, the Department is investing more than \$230 million in state and federal funds over the 2022-23 biennium in the provider workforce and improving access to evidence-based behavioral health services. This includes investing in the state's first Crisis Receiving Center and strengthening mobile crisis and crisis residential services across the state.

MEMIC

Continued from page 2

they dehydrate your body.

Assess regularly. If you can, take the time to rest in the shade for a few minutes every hour and monitor yourself for signs of overexposure and dehydration. If you're feeling dizzy, nauseated, or extremely fatigued, head indoors or into the shade. Muscle pain or spasms may indicate dehydration or low salt levels. Don't ignore these warning signals. Overextending yourself can be a serious health risk.

Here are some of the more serious heat disorders:

Heat rash is the most common problem in hot environments and produces blister-like raised bumps on the skin that may itch or be painful to the touch. Treatment includes limiting time in the heat, keeping the skin dry, and showering promptly after being in the heat.

Heat cramps are painful muscle spasms that occur in the leg, arm, or abdomen. The cramps occur from extended physical activity in a hot environment and are one of the first signs of dehydration. Rest, drink water and electrolyte liquids such as Gatorade, eat salty crackers to increase salt intake, and try chewing on ice chips to cool down.

Heat exhaustion, a

combination of excessive heat and dehydration, can lead to heat stroke if left untreated. Symptoms include headache, nausea, dizziness and/or fainting, weakness, heavy sweating, thirst, moist-clammy skin, and elevated body temperature. People in this condition should be moved to a cool shaded area. Cool them with water or cold compresses to the head, neck, and face. Have them drink water and electrolyte liquids. If they cannot drink or become lethargic, call 911. Make sure someone stays with them until help arrives.

Heat stroke is the most serious, and potentially fatal, heat-related illness. Symptoms include hot dry skin (sweating may or may not be present), red-bluish skin, rapid pulse, confusion, loss of consciousness, seizures/convulsions, very high body temperature. Call 911 immediately. Soak clothing and skin in cool water and use a fan to create air movement. Make sure someone stays with the worker until help arrives.

"Heat-related illness and injuries are serious threats to workers," Stanley said. "But they're also fully preventable. Our guidance to businesses is have a plan, monitor staff frequently, and provide quick treatment if heat stress-related symptoms develop."

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Arts & Entertainment

2nd Annual Fiddlers' Rendezvous In Kennedy Park August 14



J&G Boardman

LEWISTON, ME (July 22, 2022) -- LA Arts presents the second annual Fiddlers' Rendezvous on Sunday, August 14 from 1-4 pm in Kennedy Park, Lewiston. Bring a lawn chair or blanket and enjoy some free, live music in the park from a wonderful lineup of accomplished musicians:

 Melissa Bragdon Caron, a fiddler known for playing and teaching many different styles of music, was classically trained and received a degree in Music

Education at the University of Maine. She has experience teaching string programs and general music at various grade levels in the Maine public schools. Melissa has been a member of the Portland-based bluegrass band "Jerks of Grass" since 2006. She also performs often with the old-time band "Sugar Hill" and recently recorded an album with "Fiddlers Three." Melissa is co-director of the New Hampshire Fiddle Ensemble, a non-profit organization that supports

community by bringing together a large group of acoustic musicians of all ages to learn and perform different styles of music. She runs a successful music camp each September with Ellen Carlson, called Fiddleheads Acoustic Jam Camp.

Ellen Gawler was immersed in the traditional music of Southern Vermont and New England, at contra dances, fiddle contests, and Morris dancing events in her youth. In her formative years, she learned by "sitting in" with influential fiddlers, Rodney Miller and Donna Herbert and played for dances in Western Mass. with the fiddling Caynors. She was fortunate to have studied with the all-Ireland champion fiddler, Seamus Connelly, when he first came to America. She was also deeply inspired when she was quite young, by her neighbors, the MacArthur Family and when she became old enough, played at fairs and other functions with them. At age 18, she followed her fiddling passion to Ireland, playing, learning and collecting traditional tunes in spontaneous situations. Upon moving to Maine, she picked up a love for Maine French and Maritime fiddling from the old timers, Lucien Mathieu, Jerry Robichaud and Ben

Guilmette, playing with them often at house parties and various fiddle events around the state.

In 1977, through Antioch College, she ventured to Shetland for a three-month apprenticeship with master fiddler, Tom Anderson, to learn the Shetland style of fiddling, collect tunes and assist teaching in the upper Islands. She was a long time member of the legendary Maine Country Dance Orchestra, who, for 25 years, played and called for lively monthly dances in the Bowdoinham Town Hall. Ellen has also, on several occasions, toured internationally with the world music group Village Harmony. In 1978, she toured with the group, The Old Grey Goose throughout the northeastern states. She accompanied the Brunswick based dance troupe, Borovcani, providing for them the dance music of Eastern Europe. For nearly 15 years, Ellen performed widely with her childhood friend, Megan MacArthur, and Elisabeth Wolfe in the highly acclaimed folk trio, Trillium, who were best known for their intricate interweaving harmonies. She has been an original member of the acclaimed group Childsplay appearing in concert with them for over 2 decades. Ellen is currently a member of the Celtic



Ellen Gawler



Maisie Newell

group, Ladies of the Lake, now in their 10th year. She also performs with the fun-loving Gawler Family, playing folk music from Maine and beyond, warming the hearts of audiences wherever they go.

Ellen has been a Suzuki teacher since 1983, and has brought many children to music playing maturity through her skillful guidance and fun filled teaching style. She has found the ways in which fiddling and Suzuki meet, to equip young players with the skills they need to be fine fiddlers. In 1992, with her colleague, Betsy Kobayashi, she co-founded the Pineland Suzuki School, now in its 24th year. She has attended Suzuki conferences in the US and Japan and has, for several years, taught fiddling at The New England Suzuki Institute. She is the founding director of the Pineland Fiddlers, an aspiring group of 20

youngsters, ages 8-18 who have recorded on 2 occasions and traveled to Cape Breton, Prince Edward Island, Ireland, and Quebec. In 2009, at the invitation of the US state department, she brought a group of Pineland Fiddlers to Turkmenistan to take part in an international children's festival. In 2010 Ellen was awarded, as a master fiddler and teacher, The Maine Arts Commission Traditional Arts Apprenticeship Grant. She currently spends her time playing for dances and concerts, and teaching at camps, workshops and at home.

Greg Boardman traded his electric guitar for a fiddle upon hearing Dave Swarbrick play with Fairport Convention at the King's Rook, in Ipswich, Massachusetts, back in 1970. Roving out later from his home in central Maine, he soon discovered

See Fiddlers, page 16

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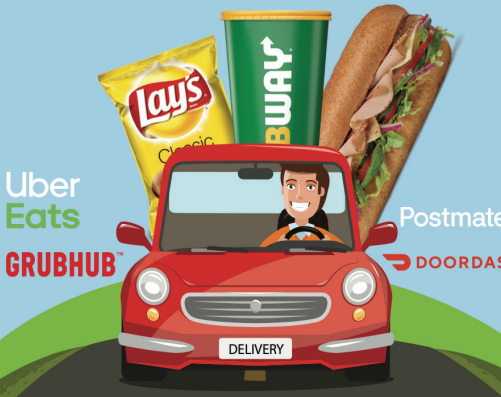
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Special Section
Pages 7-10

Balloon Ride Information



Balloon rides are available for 6 launches throughout the weekend. Morning flights launch at 6 a.m. and evening flights lift off at 6 p.m. All balloon rides are free-flying and go where

the wind takes them. Balloons range in size—from 2 to 10 passengers. Whatever the size of your group, we can find a balloon to fit your needs. At the end of each balloon ride, there will be a champagne toast

to celebrate your adventure.

The earlier you book, the better the selection.

Availability

Friday, August 19, 2022 (morning *limited availability* and evening

launch); Saturday, August 20, 2022 (morning and evening launch); Sunday, August 21, 2022 (morning and evening launch)

Cost

\$225/person. All purchases must be prepaid with either a check or a credit card, we can also send you an invoice via email after you send in your form where you can pay securely online. (see Ride Application).

Passenger Ride Application Form

Hot air balloon rides during the 2022 season are getting full. To confirm there are openings or to be placed on a stand-by list, please email rides@GreatFallsBalloonFestival.org

Ticket Delivery

All tickets will be mailed out prior to Monday, August 15, 2022. If tickets are purchased on or after August 15, 2022, tickets will be available on the day of your flight. Please refer to your email confirmation for time, lo-

cation and pick up information.

If traveling and you have not received your tickets in the mail, replacements will be issued during flight registration per your confirmation email.

Questions?

Contact: Rides@GreatFallsBalloonFestival.org

We hope to see you at the festival and that you will join in on the fun and excitement of taking a hot air balloon ride!

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Directions and Parking

Directions

The main launch site for the festival is Simard-Payne Memorial Park (formerly Railroad Park), off Oxford Street in Lewiston.

From Points North

Take the Maine Turnpike (I-95) to Exit 80, Lewiston. At the light, turn left and follow ME-196 W/Lisbon Street downtown (about 2.5 mi.). At the intersection of Lisbon Street and Main, turn left. At the next light, turn left onto Lincoln Street. Simard-Payne Memorial Park is located off Oxford Street, one block over from Lincoln.

From Points South

Take the Maine Turnpike (I-95) to Exit 75, Auburn. At the light, turn left and follow US-202/ME-4/ME-100/Auburn (Washington Street and Minot Avenue) for about 4.75 mi., to the intersection with Court Street. Turn right onto Court Street. Cross the bridge into Lewiston. Take the first right onto Lincoln Street. Simard-Payne Memorial Park is located off Oxford Street, one block over from Lincoln.

Parking

Ample parking is available in the downtown area and in several lots adjacent to the festival grounds. Many non-profit

organizations will be raising money for their organizations by offering parking for a donation. This parking will be located around the Bates Mill and along Lincoln Street in Lewiston. The City of Lewiston is graciously donating the use of these areas to the non-profit organizations. This does not include the parking lot across from the Franco Center on Oxford St.

Handicap parking is available just over the bridge, inside the main gate to Simard-Payne Memorial Park. The Auburn Municipal Parking Garage also has many handicap spaces.

Beneficiaries



Many nonprofit organizations participate in the festival, giving their time and energy to raise money for their cause. Whether they are volunteering in one of our food booths or taking donations at a parking garage, their dedication

is a tribute to the volunteer spirit that lives within our community. The festival was established to support these types of groups and your support is greatly appreciated.

Organizations that will benefit from the 2022

- festival include ...
- LHS Performing Arts
- Booster Assoc.
- Evening Star Lodge
- Lewiston/Auburn
- Rotary Club
- Liberty Festival
- ELHS Field Hockey
- Cumberland Lodge
- New England Showman's Scholarship Fund
- St. Dominic Academy
- KORA Cycle Corp
- Rabboni Lodge #150
- ELHS Grandstand Club
- Angels Wings
- Age Friendly Committee
- Auburn Wreckers
- Cheering
- Ascentria Care Alliance
- LHS Swim Team
- LHS Softball
- EL Boys Basketball
- Calvary United Methodist Church
- Maine DeMolay
- Rainbow Organization for Girls
- Family for ME
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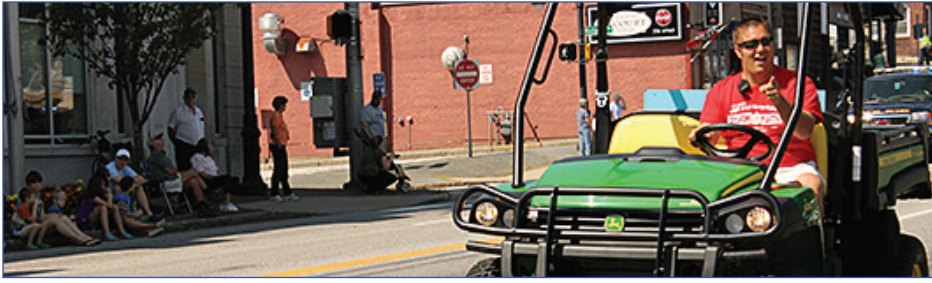
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Get Involved!



Fly your balloon with us!

Are you interested in flying your hot air balloon at The Great Falls Balloon Festival? We are always excited to speak with and welcome new pilots to the festival. Flying at the Great Falls Balloon Festival includes tons of benefits including lodging, food, gift packs, and more.

Want to fly at this year's festival? Fill out this form at <https://greatfallsballoonfestival.org/fly-with-us/> and we will reach out.

Participate in the photo contest!

First, second, and third place will receive a Souvenirs Swag Bag at the 2021 Great Falls Balloon Festival

Volunteer!

Are you interested in volunteering at The Great Falls Balloon Festival? The success of the festival is dependent upon the skills and time of our countless volunteers. We are looking for volunteers in these areas:

- Balloon Crew
- Crowd Support
- Bridge/Gate Support
- Souvenir Booth
- Welcome/Greeter at Entrances
- Pancake Breakfast
- Parade Support
- Family Fun Day
- Committee Member
- Runner/Festival Support
- Logistics
- Balloon Ride Assistant

And much more!
Volunteer Requirements: All volunteers must meet all these requirements:

Volunteer must be

over the age of 16, 18 for balloon crew; Volunteer must not bring children, for their safety; Volunteers who are working one of the gates or crowd control must wear a safety vest which will be provided; Balloon crew members should report to Simard-Payne Memorial Park at 5:30 am for morning launches and 5 pm for evening launches; Potential balloon crew volunteers are asked to please take into consideration that some of the balloon equipment is heavy; All volunteers must be respectful to all guests

Want to get involved in this year's festival?

Fill out this form or email volunteer@greatfallsballoonfestival.org and we will reach out closer to the festival.

Join us at the parade!

Please join us on Saturday, August 20, 2022, at

11 a.m. for the festival parade!

The parade will line up on Elm Street, Auburn, proceeding down Elm Street. It will turn left onto Main Street, right onto Court Street and across the Longley Bridge. It will then turn right onto Lincoln Street, and then a right onto Chestnut Street and disperse on Oxford Street. The parade will last approximately 2 hours.

Sponsor us!

Thank you for your interest in becoming a sponsor of the 28th annual Great Falls Balloon Festival.

In 1992, a group of business people, civic leaders and friends began discussing new ways to celebrate our community, while at the same time providing fundraising opportunities to local non-profits and civic groups. With the help of local businesses, an army

Pages 7-10 www.GreatFallsBalloonFestival.org

of volunteers and the cooperative efforts of the cities of Lewiston and Auburn, the Great Falls Balloon Festival has become more than anyone could have imagined.

The festival now reaches well beyond the great community of Lewiston/Auburn—it enjoys a national reputation as a first-class event and is a destination for many visitors to the state of Maine.

The sight of dozens of hot air balloons in the skies over Lewiston/Auburn is a spectacular experience. With free admission, annual attendance above 100,000, financial impact in excess of \$2,000,000 and hundreds of thousands of dollars raised by participating non-profit groups,



it's easy to see why our community eagerly anticipates the festival.

Like any business or event, cash flow is the most difficult task to manage. Support from local businesses enables continued growth and free attendance for festival visitors. If you are unable to make a cash donation, please consider a contribution of goods or

services. In either case, your generosity is greatly appreciated.

Download our complete sponsorship guide at <https://greatfallsballoonfestival.org/sponsor-us/> for more details about sponsoring the festival.

Thank you for your support! Questions? sponsorship@greatfallsballoonfestival.org

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Guest Guide

The first impression that comes to mind when we see hot air balloons is the free spirit and grace of floating where ever the wind decides to take you. But there is much more to a hot air balloon launch and flight than just riding the wind.

Hot air balloons are considered aircraft and are regulated by the Federal Aviation Administration (FAA) just as fixed-wing aircraft are. Hot air balloon pilots must pass a yearly in-flight certification to maintain his or her license as a commercial pilot. The Great Falls Balloon only invites pilots who have met these qualifications.

The balloons themselves must pass a yearly safety inspection which

includes testing the fabric of the balloon, fuel system, integrity of the basket, burners, and all other related equipment before the balloon receives its annual airworthiness certificate to fly.

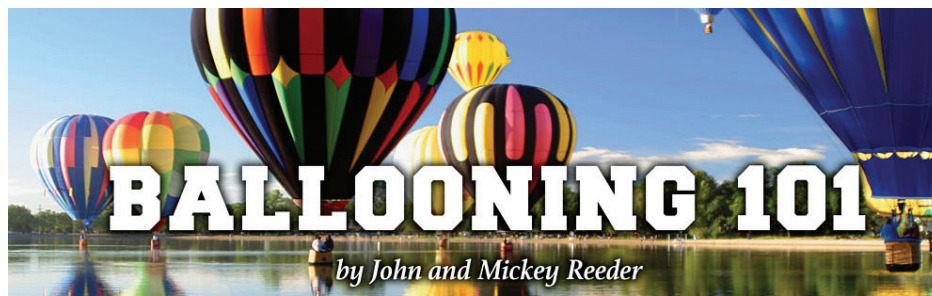
Unlike fixed-wing aircraft, a hot air balloon is dependent upon fair weather. Ideal conditions are calm winds below 8 mph and cool temperatures. Since wind and heat come with the sun, the ideal time for a balloon to fly is early in the morning before the sun gets too high in the sky and in the early evening as the sun begins to descend. The exception to this rule would be winter-time flying when the sun is less intense.

To inflate the bal-

loon, pilots use inflation fans to fill the balloon with outside air. This process is called cold packing. When the balloon is inflated enough the pilot uses his burner to heat the inside air to approximately one hundred degrees warmer than the outside temperature. This is when the balloon takes shape and is ready to fly on a new adventure.

It is the heat inside the balloon that makes the balloon rise. If the outside air temperature is too high, the pilot would need to add more heat to the balloon to compensate. High heat can cause damage to the fabric of the balloon. This is why balloons rarely fly in the heat of the day.

Hot air balloon pi-



lots are always aware of the weather and the function of their equipment. The safety of the people in the basket is a top priority for the pilots always have the final say in whether the conditions are right for them to fly.

The experience that our visitors get at the Great Falls Balloon Festival is rare in the ballooning world. At most festivals, spectators are not allowed in the area where balloons are launching.

However, this up-close-and-personal venue also poses some challenges. Our main launch site is small. Our visiting balloons are huge. Our visitors are smitten. But our pilots and crews need space. A lot of it. They also need to be able to see and hear each other to keep themselves and everyone else on the field safe.

Maintaining a safe environment is a top priority, and it is crucial to the future of the festival.

Below are some things to keep in mind when visiting the festival:

THE BIG 4:

Don't Smoke. Our visiting balloons carry tanks full of propane gas. Due to the obvious fire hazard created by the use of propane gas, as well as the risk of damage to the balloon envelopes, smoking is prohibited.

Don't bring your dog. Or your cat, or bird, or snake. With the exception of service animals, NO PETS of any kind are allowed on festival grounds.

Don't bring your wheels. This includes bikes, skateboards, scooters, roller skates, and unicycles. The level of foot traffic on the walkway around the park is very high, especially at launch time.

Don't drink. No alcohol is allowed on festival grounds.

LAUNCH TIMES AND SITES

Launches are scheduled for 6 am and 6 pm throughout the weekend and are always weather permitting. This includes wind and clouds as well as more obvious conditions like rain and lightning.

In the event of questionable conditions, Our Balloonmeister will wait as long as they can in hopes of a turn for the better. However, a launch decision may be delayed by up to an hour if weather conditions are changing. Ideally, the balloons will launch by 6:45 p.m. This time frame provides a fair ride for our passengers and gets everyone back on the ground before we run out of daylight.

Simard-Payne Memorial Park in Lewiston is our main launch site. Additional launch sites may be added if needed.

SPECIAL SHAPE BALLOONS

Specials fly only in the morning. At our evening launches, the special shape balloons will inflate and stay at the field to glow for the crowd. They are large, complex, and hard to pack up in the dark.

MOONGLOW

This ground-level light show is a crowd favorite! Following the Friday evening launch, some of our visiting balloons will return to the field, inflate and light their burners for a ground-level light show, weather permitting.

ATM

There is an ATM available at Simard-Payne Memorial Park, near the Information/Souvenir Booth.

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Celebration Barn Presents The Lazours



The Lazours (Photo Courtesy of Celebration Barn)

SOUTH PARIS, ME (August 2, 2022) -- On August 13 at 7:30 PM, Celebration Barn presents An Evening with the Lazours, featuring Daniel and Patrick Lazour, two brothers who have garnered acclaim

as songwriters and performers. The Celebration Barn artists-in-residence will share brand new work in this intimate evening of original story-songs.

Brothers Daniel and Patrick Lazour create music and musical theater that draw on a wide range of idioms, from folk music to Americana to contemporary pop. They are recipients of the prestigious 2021 Jonathan Larson Grant. The duo tells stories through music of people who find themselves at the forefront of history.

They will share original songs, including releases from their brand new album, Beth's Homemade Cowboy Breakfast, available on Spotify, iTunes, and more.

The Lazours gained widespread recognition as some of today's most promising voices in musical theater with their show We Live in Cairo. The musical, about six students who participated in the 2011 Egyptian Revolution, was presented at the American Repertory Theater in 2019. The Boston

Globe called We Live in Cairo "a smart, tight musical balancing nuanced relationships and grand, global ideas that could debut on Broadway tomorrow."

Tickets to An Evening with the Lazours on Saturday, August 13 at 7:30 PM are available for \$20 for adults, \$15 for seniors (65+), and \$10 for kids (17 and under). All tickets are general admission. The lobby and concessions open at 7:00 PM. Purchasing tickets in advance is strongly recommended.

All patrons ages five

and up attending a show at Celebration Barn must present proof of full vaccination against Covid-19. Adults are also required to show a matching photo ID. A booster shot, while recommended by the CDC, is not required in order to attend a show at this time. Attendees 4 and under are only required to wear a mask.

To purchase tickets, visit celebrationbarn.com. Celebration Barn Theater is located just off Route 117 at 190 Stock Farm Road in South Paris, Maine.

Tickets Now on Sale for MOFGA's Common Ground Country Fair

UNITY, ME (August 1, 2022)—Tickets are on sale now for the 46th annual Common Ground Country Fair. After two years of virtual fairs, this year the Fair will be in-person at the Maine Organic Farmers and Gardeners Association's (MOFGA) Common Ground Education Center in Unity, ME. The Fair, the premier event of MOFGA, will take place on September 23, 24, and 25, 2022.

MOFGA's annual celebration of rural living will continue to offer something for everyone this year. Recognizing the ongoing reality of COVID, the events and

layout of the Fair have been reworked to reduce congestion and long lines. These improvements will support the incredible educational opportunities, food, and marketplace exhibitors Fairgoers know and love. Some of the 2022 highlights include:

Hundreds of exhibitors and activities centered around sustainable living, from fiber arts to green building.

Live music including David Mallet, Lynn Deeves Trio, El Grande, Caroline Cotter, Hambone, Dave & Fran, Kat Logan and New Shades of Blue are part of the three day line-up.

Children's activities

such as the Garden Parade, hay jump, making corn dolls, shaking cream into butter, making flatbreads and many more.

Organic foods from around Maine.

The Country Store where this year's Fair poster, t-shirts, bags, and more are on sale.

An exciting lineup of keynote speakers including Frances Moore Lappé, author of twenty books including Diet for a Small Planet; Maulian Dana, the first appointed Tribal Ambassador for the Penobscot Nation; and Muhidin Libah, the executive director of Somali Bantu Community in Maine.

MOFGA's Com-

mon Ground Education Center, which doubles as the fairgrounds, includes a sustainably managed woodlot, the Maine Heritage Orchard and organic demonstration gardens. This landscape provides an ideal backdrop for demonstrations on low-impact forestry, organic farming and gardening, livestock management and other aspects of rural living to take place during the three days of the Fair.

"After two long years and a lot of planning, we are looking forward to welcoming everyone back to the fairgrounds and supporting a safe and healthy event. We hope you will im-

merse yourself in the full Common Ground experience and volunteer," says April Boucher, the Fair's director.

Advance tickets for the event are going on sale August 1 - September 21, 2022 at MOFGA's website (<https://www.mofga.org/the-fair/>). Fairgoers will receive their tickets via email, and can download them to a smart phone or print them out to be scanned at the gate. Fairgoers who do not have access to the internet may purchase tickets at the Maine Organic Marketplace in Freeport, ME. Starting on September 22, tickets are full price through the event.

Advance pricing, available until September 21, is as follows: \$15 for adults (18-64); \$12 for elders (65+); \$12 for youth (13-17); free for children (12 and under); and free for persons with disabilities and one attending person. School groups are free on Friday, September 23; and volunteers receive free admission for the day of their four-hour volunteer shift, plus an iconic Common Ground Country Fair T-shirt and other benefits. MOFGA members receive complimentary Fair tickets based on membership level. For information and tips about attending the Fair, visit www.mofga.org.

CMCC Offers Free Basic Life Support Certification Classes

AUBURN, ME (August 3, 2022) – The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is offering free Basic Life Support Certification classes. Each course will run twice, Monday, August 15th and Monday August 22nd from 5:00 – 9:00 PM, and is applicable to students entering any of the several healthcare professions (EMT (Emergency Medical Technician), Nursing, CNA (Certified Nursing Assistant), Residential Care, etc.). Registration is required at <https://www.bit.ly/CWPDRRegistration>.

The 4-four hour course covers one and two-person adult CPR; child and infant CPR; obstructed airway maneuvers for the conscious and unconscious adult, child, and infant; barrier devices, disease transmission and prevention; introduction to the Automated External Defibrillator (AED); legal and ethical considerations; and special resuscitation situations. Students who have been certified in the past and have let their certification lapse by more than thirty days will need to take this full class.

These programs are funded by the Maine Jobs



and Recovery Program (MJRP). Participants are eligible for one training course and 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. COVID vaccine required

for CMCC campus. Additionally, candidates in MJRP-funded programs must be someone whose job has been adversely affected by COVID-19.

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 Com-

munity College is an equal opportunity/affirmative action institution and employer. For more information visit www.cmcc.edu/eec or contact Human Resources at (207) 755-5396.

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

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Sen. Nate Libby Shares New Mental Health Crisis Resource



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Guest Column by Sen. Nate Libby
AUGUSTA, ME (August 2, 2022) -- Everyone knows that when

you have a medical emergency, you dial 911. No matter where you are in the country, dialing this easy-to-remember num-

ber will connect you with a trained dispatcher to get you help, fast.

Now, there is a similar number specifically for those in a mental health crisis. You can now call 988 and be connected with trained counselors who are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, provide support, and connect you with other resources if necessary.

Just like 911, I'm confident 988 will ultimately save lives. Mental health is part of our overall health. By addressing this in a serious way, we're helping people survive and recover.

Researchers Awarded \$600K NSF Grant for Glacier Research

MAINE (July 20, 2022) -- The National Science Foundation (NSF) awarded \$601,729 to Aaron Putnam, associate professor at the School of Earth and Climate Sciences; Brenda Hall, professor at the School of Earth and Climate Sciences and Climate Change Institute; and Katherine Allen, assistant professor at the School of Earth and Climate Sciences, for research looking at how glaciers' seasonal fluctuations may have caused drastic climate changes.

The period of rapid transition from full-glacial conditions to warmer interglacial conditions at the end of the last ice age featured drastic climate changes in the North Atlantic region, the origins of which are still a matter of debate. It is generally thought that these climate changes involved large fluxes of glacial icebergs and meltwater interfering with the circulation of the North Atlantic Ocean. However, the North Atlantic region paradoxically appears to have been at its coldest during periods of increased glacial melt.

One hypothesis, developed by UMaine professor George Denton, suggests that these rapid transitions were highly seasonal in nature, with summertime warming driving glacial melt that formed a freshwater lid over the North Atlantic that could freeze over every winter and lead to dramatic coolings during the winter season. Understanding how winters and summers evolved is therefore important for diagnosing the causes of abrupt climate change — and understanding how the North Atlantic seasonal cycle responds to enhanced summer warming and glacial melt today.

"Glaciers are incredibly sensitive, purely physical monitors of the temperature of the atmosphere. By studying their history imprinted on the landscape



and captured in offshore sediments in the Gulf of Maine, we can gain unique insights into the abrupt climate events that punctuated the last great global warming that ended the ice age" Putnam says.

The team's project, entitled "P2C2: Collaborative Research: The Role of Seasonality in Abrupt Climate Change — a Test by Reconstructing Fluctuations of a Late-Glacial Ice Mass in Eastern North America," will look at whether the summertime warming that caused glaciers to recede and melt into the Atlantic Ocean set in motion a chain of events that led to bitterly cold winters soon after.

To do so, Putnam and his team of researchers will track the retreat of a glacial ice mass that was once in northwestern Maine through geological dating of glacial landforms, called moraines, that formed alongside the receding ice front. Together with collaborator Thomas Lowell from the University of Cincinnati they will employ isotopic methods, known as beryllium-10 surface-exposure dating and radiocarbon dating, to develop a chronology of ice retreat in north-central Maine. They will also use marine geochemistry to understand when and how glacial melt impacted the Gulf of Maine. With this two-pronged approach, the scientists hope to determine whether the ice cap melted and introduced freshwater into the Gulf of Maine during the iconic winter-centric cold snaps of the last termination. If the team's observations align with predictions, it would dovetail with the pattern of surface-freshening previously found in

North Atlantic ocean sediments — and support the seasonality hypothesis of abrupt climate change.

"Microfossils preserved on the seafloor are the key to unlocking ocean history during this pivotal event. Our team will explore land-sea connections by comparing clues from the Gulf of Maine and clues from the land, providing a new view that synthesizes both terrestrial and marine perspectives," Allen says.

Ultimately, in collaboration with climate scientist Joellen Russell at the University of Arizona, the study aims to provide a data-model test of the seasonality hypothesis for abrupt climate change, and to further the understanding of the history of global glacial patterns. The project will provide field-based training and education for emerging scientists. The researchers will also work closely with the Baxter Park Authority on informing the public about the glacial and climatic history of the region and its greater global context by developing a 3D-printed educational landscape model and an informative smartphone app that can be used throughout the park.

"The landscape of Maine tells a fascinating tale of how glacial ice behaved as the last ice age was coming to an end. We hope to work with our colleagues at Baxter State Park to make this remarkable glacial history accessible to the general public," Putnam says.

The award starts Sept. 1, 2022. The full award for the project, including funds awarded to collaborators — Lowell at the University of Cincinnati and Russell at the University of Arizona, totals nearly \$1 million.

MCD e-Learning Team Partners with OUT Maine

HALLOWELL, ME (June 17, 2022) -- MCD Public Health (MCD) has been working with OUT Maine, a Maine nonprofit working to make communities more welcoming, affirming, and inclusive for Maine's lesbian, gay, bisexual, transgender, non-binary, or questioning (LGBTQ+) youth. Since late 2021, the MCD e-Learning team has been helping to convert several of OUT Maine's in-person trainings to online, interactive, and self-paced trainings.

"As a small organization that has exclusively done in-person trainings before the pandemic, we, like many others, had to learn new ways of teaching quickly. MCDPH has expanded our educational program beyond what we previously knew was possible by having the skills and resources to quickly transform our programming into an accessible, self-paced, online learning environment," said August Sender, OUT Maine's train-

ing coordinator.

Additionally, the e-learning option, alongside OUT Maine's in-person and virtual options, creates multiple avenues for a variety of professionals to engage in these learning opportunities.

"These self-paced training modules provide professionals with the basic knowledge, skills, tools, and resources to successfully serve LGBTQ+ youth in all of their intersectional identities," said Marissa White, program assistant at MCD.

The e-learning modules are available on OUT Maine's virtual platform, MaineQueerSpace.org. Current offerings are geared toward adults who work with LGBTQ+ youth in any capacity, as well as school administrators, educators, and other school staff. This summer, the team is rolling out a four-part series designed for mental health professionals, school counselors and nurses, case managers, and other professionals work-

ing with LGBTQ+ youth and families on a one-on-one basis.

"The response to having MaineQueerSpace.org available has been overwhelmingly positive. LGBTQ+ youth are at high-risk for suicide, dropping out of school, depression, anxiety, and substance use. LGBTQ+ youth of color have the highest rates of suicidality compared to any other demographic. Schools, communities, families, and non-school-based professionals can easily incorporate evidence-based practices to help buffer the vulnerabilities these young people face. These learning modules will provide you with the tools to best protect and support LGBTQ+ youth in your community or professional environment," Sender said.

Note: While the statistics, laws, and policies covered in the modules are Maine-specific, much of the training content is relevant for people in other states.

Collins, King Announce \$2M for Maine Ferry Services

WASHINGTON, D.C. (August 5, 2022) — U.S. Senators Susan Collins and Angus King announced today that the State of Maine, Casco Bay Lines, and the Town of Frye Island are eligible to receive a total of \$2,018,936 to support ferry services.

This funding was authorized through the Infrastructure Investment and Jobs Act and provided through the U.S. Department of



Transportation's Ferry Boat Program. Senator Collins was part of the core group of 10 Senators who negotiated the text of the bipartisan infrastructure law. Senators Collins and

King both worked to negotiate and pass this historic legislation, which will deliver billions of dollars to Maine for investments in roads, bridges, broadband, and more.

"Maine's ferries are indispensable to those who live and work in our island communities, providing passenger, freight, and postal services and transporting students to school and people to their

jobs," said Senator Collins. "This funding will help ensure that residents and visitors can continue to access safe and reliable ferry service to Frye Island as well as islands within Casco Bay, and

along Maine's coast."

The funding will be made available as follows: \$1,006,408 for ferry services sponsored by the State of Maine; \$763,575 for Casco Bay Lines; and \$248,953 for the Town of Frye Island ferry service.

Funding for the Ferry Boat Program is generally available to construct ferry boats, ferry terminals, and ferry maintenance facilities.

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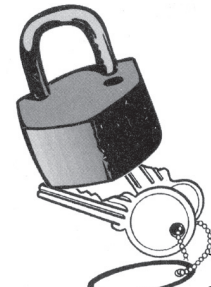
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Calendar

Send your submissions to the Editor. More online.

Wednesdays
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 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).

August 10 - 14
CUMBERLAND -- Thursday, August 11 through Sunday, August 14, 2022, HART adoption center & shelter for cats will be holding their huge annual Yard Sale event at

the Cumberland Fairgrounds. Admission is free and all proceeds will go directly to providing essential care for the hundreds of cats they take in each year.

On Wednesday evening, August 10, 2022, from 5 p.m. – 7 p.m., HART will open the Yard Sale doors early for a Sip & Shop preview event. A \$25 admission fee will allow shoppers exclusive early access to the Yard Sale, and also a complimentary beverage and snacks.

August 11 – 21
AUBURN -- The L/A Community Little Theatre will present the musical School of Rock, with songs by Andrew Lloyd Webber, from August 11-21. General admission ticket prices (including fees) are \$22 for adults, \$19 for seniors and \$14 for students. Tickets can be purchased online at www.laact.com, by calling the Box Office at 783-0958, or at the door.

August 11
LEWISTON -- 9 a.m. - 12:30 p.m. by appointment, SeniorsPlus, 8 Falcon Road, Lewiston

Tax advice: SeniorsPlus will help residents with 2021 Maine income tax filing so that they may be eligible for the next stimulus check of \$850. Call 207-795-4010 to register.

August 12
GREENE -- Erica Brown & the Bluegrass Connection perform on Friday, August 12th at 2 & 7PM at the Sawyer Memorial. 371 Sawyer Rd., Greene. FMI 946-5311 or sawyer-foundation.com

August 13
LEWISTON -- SUMMER CELEBRATION WITH LPL KIDS!, Saturday, August 13 from 11:00AM to 1:00PM

Celebrate summer with LPL Kids! Come join our end of summer reading celebration on Saturday, August 13 from 11:00 Am-1:00 PM and enjoy games and crafts, giveaways and

prizes, mini golf, a frozen sweet treat, and fun photo opportunities with mermaid tails, pirate treasure, shark heads, and giant fish!

This program will take place in Callahan Hall, on the 3rd floor of Lewiston Public Library, and is open to all kids ages 12 and under and their families. No registration required. We hope to see YOU there!! 513-3133; www.LPLonline.org

August 13 – 27
ACROSS MAINE -- DaPonte String Quartet Concerts in August: Thompson "Alleluia", Beethoven Quartet in C Minor, Op. 18 no 4 & Schubert Quartet in A Minor, "Rosamunde" with guest Alexander Romanul, violin

Saturday, August 13, 7:00 pm Tides Institute, Eastport

Sunday, August 14, 4 pm Surry Arts at the Barn, Surry

Thursday, August 18, 7:30 pm Robinhood Free Meetinghouse, Georgetown

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

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

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

Saturday, August 27, 7:30 pm Meetinghouse Arts, Freeport *
<https://dapontequartet.org/>

August 16
LEWISTON -- Outside Hiring Event at the Lewiston CareerCenter, 5 Mollison Way, Lewiston from 10:00am-Noon. Over 35 employers will be present. This free event is opened to all job seekers and will be held rain or shine.

August 18
LEWISTON -- BALLOON BONANZA, 4-5pm, Children's Program Room, third floor, Lewiston Public Library
 Hold on to your hats:

the Balloon Bonanza is in town! Join Ms. Alexis in an experiment with balloon balance using beads and buttons. Create a creature and take it for a ride in your very own helium "hot air" balloon. And all week long, come by the library to make your own spinning 3-D paper balloon. Free, no registration or library card required.

Contact info. 513-3133, LPLKids@lewiston-maine.gov

August 18
LEWISTON -- 9 a.m. - 12:30 p.m. by appointment, SeniorsPlus, 8 Falcon Road, Lewiston

Tax advice: SeniorsPlus will help residents with 2021 Maine income tax filing so that they may be eligible for the next stimulus check of \$850. Call 207-795-4010 to register.

August 18
GREENE -- The Frogtown Mountain Puppeteers present "Everybody Loves Pirates" on Thursday, August 18th at 2PM only for Children's Day at the Sawyer Memorial. 371 Sawyer Rd., Greene. FMI 946-5311. Free Admission!

August 20
TURNER CENTER -- Yard Sale, 8 AM to 1 PM – inside at The Turner Center Universalist Church across from the Gazebo on Rte 117.

August 24
LEWISTON -- Wednesday, August 24, 5:30 to 6:30 p.m. Couture Room, Lewiston Public Library. READ ME BOOK DISCUSSION: "BENEFICENCE," BY MEREDITH HALL. Join us to discuss the fiction selection for this year's Read ME statewide summer reading program. Copies available to borrow. Advance registration required at 513-3135 or lpreference@gmail.com.

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

WHA Rotating Art Gallery for August at CMMC



Trillium – Jeanelle Demers

LEWISTON, ME (August 5, 2022) -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the work of two artists, Jeanelle Demers and Michele Townsend for the month of August.

A well-known local artist from Lewiston-Auburn, Demers has recently branched out from painting pet portraits to experimenting with botanical illustrations. She has found a new love of photographing flowers and plants while traveling to different areas and drawing from those photos. The prints on display are giclee reproductions of ink drawings from her travel sketchbook combined digitally with acrylic underpaintings. She has been enjoying this new endeavor, combining her love of wild things from the nat-

ural world with color and linework. More information and artwork is available through her website www.200faces.com

Having an exhibit for the first time at CMMC, Townsend has been working with pastels for 40 years with a focus on nature and animals. "I enjoy working with my fingers close to the paper and seeing the pastels blend together to complete each piece.

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC. As a result of the hospital safety precautions due to the pandemic, the art gallery is only available for viewing for staff, patients, and their designated visitors at this time.



Lighthouse – Michele Townsend

What do you think?
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SENIORS

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 - Trip 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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Fiddlers

Continued from page 6

a cadre of peer fiddling expeditionaries (including many MFC staffers) and a couple of older generations boasting of some very fine country and traditional musicians. Among these, Cherry Frechette, Otto Soper, Fred Pike, Leo Murphy, Simon St. Pierre, Ben Guillemette and Lucien Matthieu, to mention a few, made a great impact upon his life and music. Dudley Laufman of Canterbury, New Hampshire, whose itinerant musician's license still brings him frequently to Maine, has also been a seminal musical influence, not to mention the very welcome new wave of younger musicians who are infusing our scene with great energy, creativity and feeling. Meantime, he continues to teach bowed strings to elementary school children, produce music events, assist in music for worship, and perform around the state from his family base in Lewiston.

Jessie Boardman fiddles for contra and family dances across New England, and she sometimes sneaks the cello into dance sets. Jessie teaches fiddle to all ages at Maine Fiddle Camp, Sandy Island Suzuki Camp, at workshops, and in her private studio. Dancing her first contra dance as a child to the band Swallowtail in New Hampshire, Jessie later moved to Maine, where she happily resides.



Aiden R.

Alden Robinson has played the fiddle most of his life, mainly Irish tunes and traditional New England dance music. He plays for concerts, dances (contra and square dances), weddings and other events. He also teaches lessons, groups and at Maine Fiddle Camp in the summer. In 2017 he went to Lithuania with his band Riptide on a State Department cultural exchange. He also played with The Press Gang, an Irish trio/quartet (now inactive) that toured in the U.S. and Canada in the 2010s.

Fiddlers' Rendezvous and all LA Arts programs would not be possible without the generous support of community partners including Community Arts Champion sponsors Austin Associates, P.A., Bates College, Baxter Brewing Co., Berman & Simmons, the City of Auburn, the City of Lewiston, DaVinci's Eatery, Dirigo Federal Credit Union, Liberty Mutual, Munka Coworking, Payroll Management, the



Melissa Bragdon Caron

Sun Journal, the Szanton Company, as well as the Bangor Savings Bank Foundation, Maine Arts Commission, the New England Foundation for the Arts**, the Onion Foundation, and the Ladd Foundation.

Since 1973, LA Arts, the arts agency for the cities of Lewiston and Auburn Maine, has pursued a mission to engage and inspire a vibrant community through arts and culture. The agency works with governments, businesses, schools and local arts and cultural organizations to create opportunities for community members across the generations to experience, learn, and participate in the arts. LA Arts organizes arts programs and initiatives, supports the work of local artists and arts organizations, and highlights the essential role the arts play in shaping an economically vital, socially integrated, and forward-looking future for its community. Learn more at www.laarts.org.

School of Rock Opens This Weekend at CLT



Owen Hiltz, left, as "Freddie Hamilton" and Jeff Fairfield as "Mr. Hamilton" rehearse a scene from the Community Little Theatre production of School of Rock - The Musical. The hit musical opens Thursday, August 11.

AUBURN, ME (August 5, 2022) – The Community Little Theatre production of School of Rock - The Musical opens this weekend. Based on the 2003 movie, the show features all the original songs from the movie, 14

new songs from Andrew Lloyd Webber, and a band of some very talented local youth. School of Rock will warm your heart and blow you away in equal measure!

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. Tickets are general admission and may be purchased online at LACLt.com or by calling 783-0958. If space allows, tickets will also be available at the door.

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