



# TWIN CITY TIMES

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Thursday, October 13, 2022 • FREE

## Fontaine Team Collects Cans for Breast Cancer Awareness



**AUBURN, ME (October 6, 2022)** – October is Breast Cancer Awareness Month and Fontaine Family - The Real Estate Leader is participating in Q97.9 Cans for a Cure and and relied on the community's help to fill their moving van.

Community members honored cancer survivors, loved ones, and helped those currently in need by donating cans and bottles in drop off sites in Auburn and Scarborough.

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



## Absentee Ballots Now Available in Lewiston

**LEWISTON, ME (October 4, 2022)** – The State Candidate election will be held on Tuesday, November 8. Absentee ballots for Lewiston voters this election are currently available from the City Clerk's Office. All pending requests for absentee ballots have been filled and 1,457 ballots were mailed on Tuesday.

Registered voters wishing to obtain an absentee ballot may order one via four methods:

- 1) Call the City Clerk's Office at 513-3124
- 2) Submit an application form via the mail or red City Hall drop box; application can be downloaded from the City's website
- 3) In person at the City Clerk's Office, located on the second floor of City Hall; office hours are Monday - Friday, 8:30am - 4:00pm.
- 4) Online from the City's election website

The statewide deadline to request an absentee ballot is 4pm, Thursday, November 3.

The Early Voting Polling Place will once again be open at Lewiston City Hall to allow voters to cast their absentee ballot in person. This site will run from October 13 through November 3, excluding weekends. Hours are 9am – 4pm.

Races on this year's ballot include: Representative to Congress, Governor, State Senator, Representatives to the Legislature, Judge of Probate, Sheriff, District Attorney and County Commissioner.

The City's website contains sample ballots, directions to the polling places and other election information that voters may find useful. The website address is: <https://www.lewistonmaine.gov/117/Elections>

Voters are encouraged to contact the City Clerk's Office at 513-3124 with any questions they may have.

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# Newsmakers, Names & Faces

## Head Outdoors for National Wildlife Refuge Week

**MAINE, STATE-WIDE (October 6, 2022)** – Walk, run or stroll in nature during National Wildlife Refuge Week, October 9-15, 2022. Enjoy great outdoor recreation in the nation’s largest network of public lands dedicated to wildlife conservation, the National Wildlife Refuge System, managed by the U.S. Fish and Wildlife Service. Founded in 1903, national wildlife refuges offer access to a host of popular activities while providing vital habitat for thousands of wildlife species.

“Conserving wildlife habitat and improving recreation access to public lands are key goals of the Biden-Harris administration’s America the Beautiful initiative,” said Service Director Martha Williams. “National Wildlife Refuge

Week is a great time for Americans to take pride in our rich wildlife heritage and discover the recreation and scenic wonders awaiting them at national wildlife refuges.”

America the Beautiful is a decade-long challenge to pursue a locally led and voluntary, nationwide effort to conserve, connect, and restore the lands, waters and wildlife upon which we all depend.

National Wildlife Refuge Week occurs yearly during the second full week of October. The week of celebrations kicked off on Saturday, October 8, with Urban Wildlife Conservation Day. Admission was free on Sunday, October 9 at wildlife refuges that normally charge an entrance fee. Nearly 500 national wildlife refuges and wetland management

districts offer free admission year-round.

This year, the Refuge System is partnering with the Public Lands Alliance to celebrate our commitments to deepening human connections with nature. As part of Refuge Week, the Service is encouraging people to get out in nature for good health and to help wildlife thrive. Over 30, free, self-guided 5K “Walk for the Wild” events around the country will highlight national wildlife refuges.

The Refuge System offers many healthful outdoor activities including fishing, wildlife viewing and wildlife photography while providing vital habitat for thousands of wildlife species, including sandhill cranes, American alligators, bison, and sea turtles. This year’s Refuge Week

theme is: “Find refuge in nature. Join us on our mission to make sure wildlife and humans thrive.”

The Refuge System helps many species recover and thrive:

About 340 California condors fly free today, thanks to efforts by Hopper Mountain National Wildlife Refuge, Bitter Creek National Wildlife Refuge and many committed partners. In 1982, there were just 22 known condors in the wild.

Refuge-led tidal marsh restorations in San Francisco Bay and Willapa Bay in Washington are providing new feeding and rearing areas for salmon and migratory birds, while also protecting nearby communities.

The Refuge System is an unparalleled wildlife conservation network of

568 national wildlife refuges and 38 wetland management districts. There is a national wildlife refuge within an hour’s drive of most major metropolitan areas, almost all offering free admittance year-round. National wildlife refuges provide vital habitat for thousands of species and access to world-class recreation, from fishing, hunting and boating to nature watching, photography and environmental education.

National wildlife refuges contribute \$3.2 billion per year into local economies and support more than 41,000 jobs, according to the Service’s report Banking on Nature. Visits to refuges have doubled in the last 10 years, reaching nearly 65 million visits in 2021. National wildlife refuges also make life bet-

ter by conserving wildlife, protecting against erosion and flooding and purifying our air and water.

More than 101 million Americans – 40 percent of the U.S. population age 16 and older – pursue wildlife-related recreation, including hunting, fishing and wildlife watching.

Learn more about this year’s celebration, including virtual and in-person events by visiting: <https://fws.gov/events>.

The U.S. Fish and Wildlife Service works with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. For more information, visit [www.fws.gov](http://www.fws.gov), or connect with us through any of these social media channels: Facebook, Twitter, YouTube and Flickr.

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## Letter To The Editor

Voters 50+ are likely to tip the scales in the general election this year. That’s according to an AARP voter poll conducted before the primary. With voters 50+ comprising nearly 65% of the state’s likely electorate, it’s clear that candidates should listen to us!

I’m eager to hear what the candidates themselves have to say. Where do they stand on rising

utility costs, paid family medical leave and long-term care reform? What are their plans for access to affordable broadband for all Mainers? You can find out some of the answers to these questions in the October AARP Bulletin which includes a conversation with the gubernatorial candidates.

Our poll indicates that 88% of Maine voters 50+ are extremely motivated to

vote in November. That is nothing but good news. If you have questions about how, when and where to vote, just visit [aarp.org/me-votes](http://aarp.org/me-votes) for straight-forward, non-partisan information.

Where do the candidates stand on the issues you and your family care about?

Carl Bucciantini  
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# Newsmakers, Names & Faces

## What Maine Lawmakers Have Done to Address High Property Taxes

Guest Column by Sen. Ned Claxton

AUGUSTA, ME (October 7, 2022) -- If you're like me, the last few weeks you've been out enjoying the beautiful fall weather and taking every opportunity to get outdoors before another winter sets in. While I always look forward to this season, there is a deadline that comes each fall, too. That deadline is our property tax bill coming due. I know for many folks in Maine, property taxes put a heavy strain on their budgets, especially for our seniors. We have made progress on this issue, however, and I wanted to share just some of what we've done.

When I was first elected to the Senate in 2018, reining in property taxes was a top priority for me and my colleagues. Since then, we have taken multiple steps to do what we could at the state level to address the root causes of those high taxes. We started by restoring the municipal revenue sharing program, which had previously been cut. This program sends a percentage of state funds back to local towns and cities to help them cover the cost of essential services like police and fire departments. In the past four years, we have restored the program to the full 5 percent required by law. This is crucial to eas-

ing the financial strain on municipalities and helping to stabilize property taxes.

Another critical step we've taken was fully funding the cost of public education. In 2004, Maine voters mandated that the state cover 55 percent of the cost of public K-12 schools, but until last year, we had never reached that threshold, leaving towns to pick up the cost in the meantime. Now that we have provided this funding -- and set aside the resources to guarantee it will be there in the long run -- schools have the resources they need to provide a great education for our kids, and it eases the burden on local budgets.

My colleagues and I didn't stop there. We also expanded the Homestead Exemption program, which allows homeowners to take up to \$25,000 off the value of their home before the tax bill is calculated. At the same time, I voted to fully reimburse municipalities for the cost of the program. We also permanently expanded the Property Tax Fairness Credit, a program that helps seniors and working families. The maximum benefit is \$1,000 each year for those under 65 and \$1,500 for those over 65.

There is an additional important property tax program available to Maine seniors. The Prop-

erty Tax Deferral Program allows those over 65 who cannot afford to stay in their homes to do so by covering the cost of their property taxes. The state recoups the costs later on. The 2023 application will be available on Jan. 1.

Finally, I want you to know that if you or a loved one needs help paying to heat your home this winter, there is a program that can help. The Home Energy Assistance Program (HEAP) is a federally funded program administered by local community action agencies. That organization in Androscoggin County is Community Concepts, Inc. To apply or learn more about the

program you can visit their website at [ccmaine.org/fuel-assistance](http://ccmaine.org/fuel-assistance) or call them at 1-800-866-5588.

While I'm proud of what we've been able to accomplish over the past few years, please know that my colleagues and I in Augusta will continue doing everything in our power to stabilize and lower property taxes going forward. In the meantime, please make sure you're taking advantage of all the existing programs that are right for you and your family.

As always, you can send me an email at [Ned.Claxton@legislature.maine.gov](mailto:Ned.Claxton@legislature.maine.gov) or call my office at (207) 287-1515.

## "Un-Delete-Able" in Auburn to Help Navigate Tech Dangers

AUBURN, ME (September 26, 2022)--Saint Dominic Academy in Auburn will host a special conference that aims to help both students and parents around Maine to understand how online activity impacts safety, both on the screen and off of it.

"Un-Delete-Able" will be held on October 21-22 with the Friday presentations aimed for teens and Saturday's gathering focused on adults.

The Friday event will be attended by teens and staff of Catholic and public schools and also lives-

streamed to schools around Maine. It will also be recorded and distributed to parishes in the diocese for later use. Saturday's event for parents and guardians of teens will also be offered in person and recorded for later use by families and adults supporting teens. The events will feature a variety of experts ranging from the Zero Abuse Project to investigators from the Maine State Police Computer Crimes Unit.

The driving force behind "Un-Delete-Able" is Catherine Ann Wilson, a former sex trafficking vic-

tim in Maine who is now a powerful advocate and the founder of Stop Trafficking US (previously Stop Trafficking ME), an organization committed to educating people with the goal of sparing children this trauma.

"We should have about 350 kids in person on Friday, sixth through twelfth grade," said Wilson. "Children, teens, and young adults are sharing sexually explicit materials, and they are being exploited and being groomed."

For the adults on Saturday, topics like the dan-

gers of technology, parental controls, and which apps are used more than others by offenders will take center stage.

"We will encourage the participants to write down questions throughout the day," said Wilson. "The cyber threat environment is changing, and we must adapt and focus on the dangers of sexting, cyber bullying, and other predatory behaviors using technology. This conference will equip educators, parents, and students with critical

knowledge and useful strategies to keep our young people safe both on and off the screen."

The New England Patriots Foundation was so moved by Wilson's passion and the idea for the events that they awarded her a Myra Kraft Community MVP Award, an honor that was accompanied by \$10,000 to help in the production of the conference and in its filming for future use.

"This conference will offer parents and educators

the tools to help keep kids safe," said Wilson. "It is free and open to the public."

To learn more about attending the conference or Stop Trafficking US, visit the organization's website at [www.stoptraffickingus.org](http://www.stoptraffickingus.org). It includes a variety of resources for students and parents, videos, testimonials, contact information for trafficking hotlines, and the opportunity to assist the organization. You can also call (207) 752-4226 or email [catherine@stoptraffickingus.org](mailto:catherine@stoptraffickingus.org).

## North Yarmouth Historical Society to Hold Soup & Cider Day



Kids turn the crank to make apple cider. Photo by Pamela Ames.

NORTH YARMOUTH, ME (October 6, 2022) -- After a two year hiatus, beautiful Skyline Farm, 95 The Lane, is the setting for North Yarmouth Historical Society's

Soup and Cider Day on Sunday, Oct. 16 from 12-3 p.m. The public is invited to come pitch apples into the hopper of the historical society's antique cider press, help turn the crank,

and make plenty of cider for all! The delicious potluck lunch often features homemade soup, chowder, cornbread, rolls, and dessert.

If you would like to contribute one of these items to the lunch or volunteer at the event, please call (207) 846-4379 or email [nyhs1680@gmail.com](mailto:nyhs1680@gmail.com).

Donations to North Yarmouth Historical Society are gratefully accepted. Please dress warmly.

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## Seniors Not Acting Their Age

# Whitewater Exploits on the Magalloway River



Mason Galway runs a Class V rapid on the Magalloway River



A rafting team navigates a rapid on the Magalloway



Ryan Galway and his daughter Krea surf a wave on the Magalloway

### Guest Column by Ron Chase

Twenty-six years ago, my late friend Bill Kaiser recruited me to represent the Appalachian Mountain Club in dam relicensing tests on the Rapid and Magalloway Rivers in western Maine. I was one of perhaps a dozen participants from several regional paddling organizations.

The purpose was to navigate the two rivers in canoes or kayaks for three consecutive days at different release levels and provide feedback on the best volumes for whitewater boating. The dam owner provided food, lodging, and transportation. The participants' responsibilities were to paddle the rivers and

evaluate the releases.

If this sounds like a sweetheart deal for an avid whitewater paddler, it was. There was a minor catch; although a veteran of many Rapid River excursions, I had never heard of the Magalloway River and had no idea what to expect. When I met with the other river testers, the scuttlebutt was the Magalloway was a very stimulating sector of whitewater that began with a difficult Class V.

After an entertaining low volume outing on the Rapid on the first morning, we were transported to the Magalloway for the highest of three levels to be tested, 1500 cubic feet per second (CFS). When our group arrived at the

parking area next to the river, only one participant elected to paddle the Class V section. Everyone else walked to the bottom where a Class III rapid began and watched intently as the solo kayaker completed his run. He had some difficulties tumbling through a couple of nasty holes, but remained in his boat. Several of us believed we saw a better route staying tight right and plummeting over a vertical ledge drop near the bottom. The remainder of the 2.1 mile trip was a succession of easier but exhilarating rapids.

On the following day, the Magalloway test level was 900 CFS. Again, only the one kayaker challenged the Class V. That release

received a high rating from everyone.

On the final day, the release was 1200 CFS. After a careful scout, several of us ran the difficult rapid. Negotiating down the right worked. We all had successful descents. The downriver rapids offered several exceptional surfing waves. The 1200 CFS level received glowing reviews from all of the testers. As a result of our group assessment, the 1200 and 900 CFS levels were selected as the primary releases.

Fast forward to Labor Day weekend 2022, my wife Nancy and I learned several young friends were camping near the Magalloway and paddling the river during a weekend of 1200 CFS releases. My email trolling for a Sunday invite for two senior citizens received a positive response.

We met a large enthusiastic group at the take out in Wilson Mills. The three paddling families were equipped with rafts, canoes, and kayaks. Nancy decided to paddle on a raft and I brought a kayak.

At the put-in, young Mason Galway chose to

attempt the Class V section while the remainder of the crew carried down the trail to the Class III launch. Age 16, seemingly overnight Mason has matured into a solid Class IV boater. He scored a perfect 10 nailing the line on the right.

While Mason played in the waves, the rest of us began embarking one boat at a time from the confined launch area. The first Class III is the most complex of the remaining rapids. The gradient is steep and congested with boulders, ledge drops, and sticky holes requiring precise maneuvering. Rolling is difficult in the shallow descent. One kayaker had flipped and swam the previous day and everyone was on high alert. We aced the tricky extended assortment of river impediments.

The excitement continued as we progressed downriver. The next couple of rapids were similar to the first but easier. Waves at the bottom provided excellent surfing opportunities.

Rounding a bend, we encountered a Class III rapid called Double Wide. Viewed from above,

there is no obvious route through a maze of pour overs and breaking waves. We plunged down a narrow slot on the right, rode the left side of a wave train past a boat flipping hole, and negotiated easier rapids and quick water to the takeout.

After lunch, we did it all over again. Our energetic friends completed yet a third run. We were right twenty-six year ago; 1200 CFS is the best.

Several more Maine whitewater adventures are narrated 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 [www.northcountrypress.com/maine-al-fresco](http://www.northcountrypress.com/maine-al-fresco) 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).*

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# Efficiency Maine Offers \$100 Rebate for Home Weatherization

**AUGUSTA, ME (October 5, 2022)** – Today Efficiency Maine kicked off a special promotion to raise awareness about resources that will help Maine homeowners and tenants stay warm and manage their heating bills during the upcoming winter heating season.

Efficiency Maine announced it has launched a limited-time \$100 “DIY” Winter Prep Rebate, which will reimburse Maine homeowners and tenants up to \$100 toward the purchase of select weatherization and insulation products, including weather stripping, caulk, spray foam sealant, window insulation shrink kits, pipe and duct insulation, duct sealing, tank wrap, and foam board insulation. The promotion covers eligible purchases made from October 1, 2022, to December 31, 2022.

Complete promotion details, a list of eligible products, and a claim form can be found on the Efficiency Maine website at <https://www.efficiency-maine.com/at-home/100-diy-winter-prep-rebate/>.

“Small investments to tighten up your home for the winter months can make a big difference,” said Governor Janet Mills. “This new program from Efficiency Maine will help even more Maine people weatherize their homes this winter to save money and stay warm. I encourage homeowners and renters to take advantage of this incentive over the coming weeks and months.”

“With winter just around the corner, we want to remind Mainers that by weatherizing your house or apartment you can reduce your energy use, increase your comfort, and lower your bills,” said Michael



Stoddard, executive director of the Efficiency Maine Trust. “While it is typical to employ a professional contractor to perform major weatherization projects, this promotion recognizes that there are plenty of smaller, low-cost steps that we can install ourselves with the right materials from the local hardware store.”

The \$100 DIY Winter Prep Rebate is just one of many resources available to Maine people to help manage their energy costs, improve their home’s energy efficiency, and find

heating assistance programs if needed during the upcoming winter season. Other resources include:

Efficiency Maine has produced a downloadable flyer providing a summary of Winter Energy-Saving Tips. The flyer describes useful do-it-yourself heating and weatherization steps and best practices to help homeowners seal their homes against drafts and to use existing heating systems more efficiently. The flyer can be downloaded from the agency’s website here. Efficiency Maine’s Energy & Money Saving

Tips webpage features winter heating-focused tips and a new blog post has been published featuring the information. In addition to these new resources, consumers also can download a more extensive 25-page Energy Efficiency Tips booklet that provides suggestions for all seasons.

The Governor’s Energy Office (GEO) has issued its 2022-2023 winter heating guide, which contains resources for Maine people to help stay warm this winter and find heating assistance if needed. It can be downloaded from the GEO website here: <https://www.maine.gov/energy/winter-heating-resources>.

Homeowners and tenants can find information specific to Efficiency Maine’s weatherization incentives here: <https://www.efficiencymaine.com/home-insulation/>.

Information about

enhanced rebates from Efficiency Maine for low- to moderate-income households can be found here:

For insulation and air sealing supported by the \$25 million allotment of federal funds through the Maine Jobs & Recovery Plan: <https://www.efficiencymaine.com/low-income-energy-assessment-air-sealing-insulation/>

For heat pumps: <https://www.efficiency-maine.com/income-eligible-heat-pump/>

Maine Housing’s Weatherization Program provides grants to low-income homeowners and renters to reduce energy costs by improving home energy efficiency. More information is at <https://www.mainehousing.org/programs-services/Home-Improvement/homeimprovementdetail/weatherization>.

## Healthy Living for ME & Catholic Charities Maine Partner

**MAINE, STATE-WIDE (October 6, 2022)** – Healthy Living for ME is pleased to welcome Catholic Charities Maine as a new partner within the statewide community integrated health network. As a partner in the network, Catholic Charities Maine will be a community provider offering evidence-based workshops to help Mainers manage health conditions and improve their overall wellness. Initially, Catholic Charities Maine will be offering Living Well for Better Health, a workshop designed to help participants deal with chronic conditions.

“Catholic Charities Maine helps people in so many ways, and we are so pleased to have them join the Healthy Living for ME network. Their involve-

ment will help us further increase our reach throughout the state, bringing more free and low-cost workshops to Mainers that help address health concerns and improve people’s ability to live independently in the community,” said Jennifer Fortin, Training & Fidelity Manager of Healthy Living for ME.

“Joining the Healthy Living for ME network increases our ability to provide health- and wellness-related programs in the community. We look forward to launching the workshops through Catholic Charities Maine and helping more Mainers improve their wellness and quality of life,” said Genny Evans, Clinical Supervisor of Catholic Charities Maine.

To learn more about Healthy Living for ME, our

role as the network lead entity for the statewide community integrated health network, and our resources and programs, visit [www.healthylivingforme.org](http://www.healthylivingforme.org), call 1-800-620-6036, or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org).

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

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

## Registration is Open for Totally Trades!

**MAINE, STATE-WIDE (October 4, 2022)**—Registration is now open for Totally Trades! career sessions offered by New Ventures Maine (NVME) online this fall. Seventeen sessions are offered at no cost and are designed to encourage students in grades 8-12 to consider careers in which women are traditionally underrepresented. The 15-minute video sessions focus on high-wage, high-demand nontraditional careers in trade and technical fields and are available for viewing from October 17 to December 23, 2022. New sessions added this spring include Civil Engineering and Truck Driving sessions, among others.

Automotive, Criminal Justice, Carpentry, So-

lar Installation, Firefighting, Software Engineering, and other trade careers are highlighted in the series as well as an ‘Earn While You Learn’ session on internships, apprenticeships and on-the-job training.

“Maine companies are looking for skilled tradeswomen and we want young women to have access to information that can lead them to well-paying and secure jobs in the future,” said Suzanne Senechal-Jandreau, NVME Workforce Development Manager and Totally Trades! organizer.

After sharing videos with students in the spring of this year, one school staff person indicated, “What I enjoyed the most was the accessibility of the videos; they helped to

motivate the kids, and the videos were easy to follow and understand.”

The sessions are free and open to students in grades 8 through 12 who are exploring or considering employment in the featured career sectors. For more information visit the Totally Trades! website at [totallytradesmaine.org](http://totallytradesmaine.org) or contact Suzanne Senechal-Jandreau at 207-768-9635 or [senechal@maine.edu](mailto:senechal@maine.edu).

Funding for Totally Trades! is provided by Maine Career and Technical Education/Maine-DOE (utilizing federal Carl D. Perkins funds) and the Maine Department of Transportation. Additional support and in-kind contributions are provided by businesses and community partners.



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# Arts & Entertainment

## CLT Announces 83<sup>rd</sup> Season Show Lineup



The four shows of CLT's 83rd Season.

**AUBURN, ME (October 3, 2022)** -- The L/A Community Little Theatre (CLT) will open its 83rd season in January with the critically acclaimed comedy *It's Only a Play* by Terrence McNally. Veteran CLT per-

former, director, and choreographer Eileen Messina will direct *It's Only a Play*, which will run January 19-22 and 26-29. Laughs ensue during an opening night party at a luxurious Manhattan home where a pro-

ducer, playwright, director, actors and assorted friends and hangers-on as they nervously wait for the late-night reviews of the opening night of their Broadway play. The show includes adult themes and language. Starting April 20,

CLT will present the musical *Little Women*, directed by Brandon Chaloux. With a book by Allan Knee, lyrics by Mindi Dickstein, and music by Jason Howland, the show is based on Louisa May Alcott's semi-autobiographical two-volume novel. This beloved story of the adventures of the four March sisters is brought to life in this Tony-nominated musical. Performance dates are April 20-23 and 27-30.

*Picasso at the Lapin Agile*, an absurd comedy of historical fiction, will take center stage opening June 15. Directed by long-time actor and director John Blanchette, this play written by comedian Steve Martin has Albert Einstein and Pablo Picasso meeting in a Paris bar in 1904, where they have a spirited debate about the value of genius and talent, all the while interacting with a host of colorful characters. Performance dates are June 15-18 and 22-25.

The Tony-nominated musical *Little Mermaid*, directed by Becca Tinkham, will close CLT's 83rd season in August. Based on the classic Hans Christian Andersen

fairytale and the Disney animated film of the same name, this hit musical is a hauntingly beautiful love about a mermaid who dreams of the world above the sea and gives up her voice to find true love. With music by Alan Menken and lyrics by Howard Ashman and Glenn Slater, *Little Mermaid* will be performed August 10-13 and 17-20.

Subscribers to CLT's 83rd season can enjoy savings of 25 percent and get four shows for the price of three. Priority reserved seating for subscribers is also being restored for the upcoming season. The new season ticket prices are \$66.00 for adults, \$57.00 for seniors, and \$42.00 for students (prices include all fees). Season tickets for new subscribers will go on sale October 1st at [www.laact.com/box-office](http://www.laact.com/box-office).

Individual ticket prices have not increased for the upcoming season. Seating for individual ticket holders will continue to be general admission, and sales will be limited to allow for social distancing.

"While we will kick off our official four-show season in January with *It's*

*Only a Play*, we are very pleased to announce that CLT will host *The Rocky Horror Show* in October in collaboration with "Rocky for Equality," a local theater company dedicated to facilitating social change in our community," notes CLT co-executive director Roger Philippon. The legendary rock 'n roll musical will play on Halloween weekend, October 27-29. Many CLT regulars are involved in the show, headed by director Becca Tinkham, a CLT board member and frequent performer. Tickets and more information are available at [www.rockyforequality.com/](http://www.rockyforequality.com/). The *Rocky Horror Show* is not part of CLT's official season.

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.laact.com](http://www.laact.com), or contact the box office at [boxoffice@laact.com](mailto:boxoffice@laact.com) or 783-0958.

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# The Nation's Most Frequent Disaster: Home Fires

**PORTLAND, ME (October 6, 2022)** — This Fire Prevention Week (October 9-15), the Red Cross Northern New England Region urges everyone to practice their two-minute home fire escape plan and test their smoke alarms to stay safe from the nation's most frequent disaster.

Two minutes is the amount of time that fire experts say you may have to safely escape a home fire before it's too late. These crises account for most of the 60,000-plus disasters that the Red Cross responds to each year across the U.S. — where home fire

responses are 30% higher during cold months than warmer times of year. In the Red Cross Northern New England Region — encompassing New Hampshire, Vermont and Maine — home fire responses are 37% higher during cold months.

“As the threat of home fires increases with colder temperatures, Fire Prevention Week serves as an important reminder to prepare now,” said John Montes, Regional Disaster Program Officer for the Red Cross Northern New England Region. “Practice your two-minute home fire escape drill and test your

smoke alarms monthly to help keep your family safe.”

## HOW TO PRACTICE YOUR TWO-MINUTE DRILL

Practice your plan with everyone in your household; also teach children what a smoke alarm sounds like and what to do in an emergency. Visit [redcross.org/fire](http://redcross.org/fire) for more information, including a printable escape plan and safety tips for cooking and home heating — the leading causes of home fires, according to the National Fire Protection Association, which is sponsoring

Fire Prevention Week with the theme, “Fire Won't Wait. Plan Your Escape.”

Include at least two ways to exit every room in your home in your escape plan.

Select a meeting spot at a safe distance away from your home, such as your neighbor's home or landmark like a specific tree in your front yard, where everyone knows to meet.

Place smoke alarms on each level of your home, including inside and outside bedrooms and sleeping areas. Test alarms monthly and change the batteries at

least once a year, if your model requires it.

Check the manufacturer's date of your smoke alarms. If they're 10 years or older, they likely need to be replaced because components such as batteries can become less reliable. Follow your alarm's manufacturer instructions.

Tailor your escape plan to everyone's needs in your household. If you or a loved one is deaf or hard of hearing, install strobe light and bed-shaker alarms to help alert you to a fire.

**IF YOU NEED HELP**  
If you cannot afford to purchase smoke alarms

or are physically unable to install one, the Red Cross may be able to help. Contact your local Red Cross for help.

## HOME FIRE CAMPAIGN SAVE LIVES

Since October 2014, the Red Cross Home Fire Campaign with community partners has saved at least 1,393 lives. Locally in Maine, Red Cross volunteers and partners have installed 719 alarms and helped make 253 households safer. To learn more about the campaign and how you can get involved, visit [redcross.org/home-fires](http://redcross.org/home-fires)

# Lawlor Among '40 Under 40,' Top Young Dentists in the U.S.

**PORTLAND, ME** — Incisal Edge dental magazine recognizes Dr. Benjamin Lawlor among the 2022 “40 Under 40” top young dentists in the U.S. For a 12th consecutive year, the nation's premier dental publication celebrates brilliant young achievers in dentistry, ages 40 and under, with its signature award.

Among the 2022 Incisal Edge “40 Under 40” recipients, are 40 women and 40 men from 24 states, Dr. Benjamin Lawlor. Fewer than 700 of America's best young dentists have earned this prestigious designation, including the 2022 inductees. View the complete list at: [IncisalEdgeMagazine.com](http://IncisalEdgeMagazine.com).

The magazine, published by Benco Dental since 1997, will celebrate award recipients through a series of profiles in its fall “40 Under 40” editorial coverage. As the centerpiece of the print and digital editions: a photography portfolio created at a cele-

bratory event in Manhattan this spring.

## Quote From Maine Dentistry:

“Dr. Lawlor was raised in Maine and fell in love with dentistry at a young age with inspiration from his local dentist, who often provided he and his six siblings with free dental work along with other great support such as mentorship and odd jobs. His family struggled throughout his childhood, which led Dr. Lawlor to join the military after high school. Through his time in the U.S. Air Force, he was able to obtain the funding needed for college and then went on to dental school to pursue his childhood dream. After graduation, Dr. Lawlor completed over 1,200 hours of continuing education in less than five years, all while practicing dentistry full time, serving with the National Guard, and sitting on various community boards. He has always believed in providing a different dental experience to patients, and during



For a 12th consecutive year, Incisal Edge dental magazine recognizes top young dentists in the U.S., with its signature “40 Under 40” award.

this time developed a clear vision for Maine Dentistry. Receiving this recognition from Incisal Edge is an honor for both Dr. Lawlor and the organization as a whole, reinforcing his vision and dedication to excellence within the dental community.

Following the expansion into Portland and Au-

burn, Maine Dentistry now provides the most comprehensive dental treatment available across Maine and is a leading Invisalign provider. The treatment philosophy, ‘We Do Dental Differently’ can be seen in all aspects of practice, and the ‘No Judgement’ attitude speaks for itself. Each office is structured around

team collaboration and allows for easy dialogue between the doctors and team members to constantly improve the treatment process for patients.

Even through COVID, Maine Dentistry has continued to grow and outpaced all expectations. Dr. Lawlor could not be prouder of his team and of the hard work everyone has done to provide the most advanced and comprehensive dental care in Maine. Looking to the future, he has recently formed a consulting company to assist other dental offices and improve their overall patient care and outcomes. This will allow him to have a positive impact on patient care even outside of Maine Dentistry's offices.”

The “40 Under 40” list includes innovative and passionate young professionals in dentistry across the United States. Hundreds are nominated by industry experts and vetted by an independent panel of judges who select the final honorees. In 2019,

the volume of nominations resulted in an expansion of the awards to two categories, General Dentists and Dental Specialists.

“Reviving the magazine's in-person 40 Under 40 photo session after two years allows us to celebrate the top dentists in the U.S. with an event that matches their dynamic talent, vision and overall excellence,” said Terry J. Barrett, chief marketing officer for the magazine's publisher, Benco Dental. “We're thrilled to host the future of dentistry at a live event that captures the vibrant energy, glamour and style of New York City.”

For additional information, visit: [www.incisaledgemagazine.com](http://www.incisaledgemagazine.com) and view a database of Incisal Edge 40 Under 40 honorees here. Entries for the 2023 Incisal Edge 40 Under 40 competition will be accepted through February 20, 2023. For details, visit: <https://www.incisaledgemagazine.com/contests/>

## SeniorsPlus Announces New Members to Board of Directors

**LEWISTON, ME (August 2, 2022)** -- SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, announces the new officers and the election of three new members to its Board of Directors.

Dennis Gray, the former Vice Chair of the Board of Directors, assumed the role of Chair from outgoing Chair Patricia Vampatella, who will remain in the board. Gray, retired, is the former Executive Director of United Way of Oxford County and has been a member of the Board of Directors of SeniorsPlus since 2016. In addition, Robert Kirchherr of Norway was elected Vice Chair, Annette Na-



Pat Vampatella, outgoing Chair of the Board of Directors of SeniorsPlus, passes the gavel to the new Chair of the Board, Dennis Gray.

deau of Sabattus was elected Treasurer, and Don Berry of Sumner was elected Secretary.

The three new board members are Lee Berry, Cheryl-Ann “CJ” Jerry, and Holly Zielinski. Berry is a retired registered nurse

and resides in Sumner. Jerry lives in Jay and is a reflexologist. A resident of Poland with a healthcare and social services background, Zielinski, now retired, is the former Chief Operating Officer of SeniorsPlus.

## Lewiston Announces Director of Marketing and Communications

**LEWISTON, ME (September 30, 2022)** — The City of Lewiston announced today Angelynne S. Amores as the City's new Director of Marketing and Communications. Amores brings an extensive background in marketing and communications that includes local, state and federal governments, along with private sector and non-profit work.

“Whether you live, work or visit, Lewiston has an abundance of opportunities, and Angelynne has vast experience that will help to showcase all that Lewiston has to offer,” said Mayor Carl Sheline. “I look forward to Angelynne working with City staff to further place Lewiston at the forefront of opportuni-

ties and innovation.”

In her role, Amores will create, implement, and manage marketing initiatives, strategic branding, and oversee website and social media for the City of Lewiston. She will also serve as the primary resource for internal and external city communications.

Her work in government includes the communications offices for the Mayor of Chicago, State of Illinois and Indiana, Indiana Attorney Generals Offices and the U.S. Department of Health and Human Services. Her private sector experience includes national and local Internet providers. She received her Master of Science in Communication from



Northwestern University in Evanston, IL and a bachelor's degree in Journalism from St. Mary-of-the-Woods in Terre Haute, IN.

She, her husband, and dog enjoy spending time with their family, including a new granddaughter, taking in the natural beauty that defines Maine.



# WHA Rotating Art Gallery at CMMC Displays Photography



“Lubec” photograph by Lindsay White



Painting by Anita Poulin

## Ian Factor Exhibition, Resolve & Resilience, Opens in Fryeburg

**FRYEBURG, ME (October 3, 2022)** — The Pace Galleries of Art presents the exhibition opening reception for Ian Factor: Resolve & Resilience on Sunday, October 16th from 2:00-5:00 pm at the Leura Hill Eastman Performing Arts Center. Admission is free.

This show features a collection of emotionally arresting works in oils on canvas and charcoal on paper created over the last decade from Ian’s time living in New York City and Bend, Oregon. It in-

cludes pieces from a series conveying a social and/or political narrative, plus numerous portraits, and selections from his highly-charged Danger series. All works available for purchase.

Following the opening reception, the exhibition will be open to the public on Tuesdays from 10am - 1pm and Thursdays from 1pm - 4pm when Fryeburg Academy is in session. We welcome you at other times by appointment. Please email [box-office@fryeburgacademy.org](mailto:box-office@fryeburgacademy.org), or call 207-544-9066 to schedule a visit at another time. The LHE/PAC is located on the campus of Fryeburg Academy at 18 Bradley Street in Fryeburg, Maine.

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

## City Seeks Public Engagement Regarding Lewiston’s Riverfront

**LEWISTON, ME (October 4, 2022)** – The City of Lewiston announced today an open house regarding the Riverfront Island Master Plan (RIMP) to hear input from the public on the future of Lewiston’s canals, river, mills, businesses, parks, and pedestrian pathways. The area represents approximately 140 acres of Lewiston’s downtown, and public engagement is vital towards future improvements to the City.

The open house was held Wed., Oct. 12, from 5 PM to 7 PM at the Lewiston

Public Library, 200 Lisbon Street, Callahan Hall.

“Lewiston’s riverfront and mill district are vital aspects of our community,” said Mayor Carl L. Sheline. Prior to the open house, Sheline said, “This gathering will be a great opportunity for people to share their perspectives for an enhanced riverfront. Talking and brainstorming together is an important part of the public process and will result in a better outcome.”

The City has partnered with consultants from Halvorson Tighe & Bond to fa-

cilitate the Riverfront Island Master Plan, which includes hearing from residents as to how the river can be utilized as a community asset, attract new development and mix of uses in our historic buildings, improve multi-modal connections, improve downtown accessibility, revitalize and expand open spaces, and start improving our historic canals.

Those unable to attend may visit <https://www.lewiston-riverfront.com> to sign up for updates, notices of future public meetings, and provide feedback.



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# Authors Irene M. Drago, Bob Keyes Discuss Books, History & Art



Irene M. Drago

**BATH, ME (October 5, 2022)**—Award-winning author, Irene M. Drago, and award-winning writer and editor, Bob Keyes, will discuss the histories, romances,

and legends that inspired their latest books, Lavinia Wren and the Sailmakers and The Isolation Artist—Scandal, Deception, and the Last Days of Robert Indiana, at the Mock-

ingbird Bookshop, 74 Front Street, Bath on October 24, 2022, at 6 p.m.

Drago is the author of three historical novels published by Maine Authors Publishing (Thomaston, ME). In 2017 she received a Spirit of Bath Award for her blog “Bath Time” and in 2018 she won the Next Generation Indie Book Award for her debut novel, Daughters of Long Reach. Keyes is the Editorial Director at Colby College. From June 2002 to December 2021, he was an arts writer and editor for the Portland Press Herald/Maine Sunday Telegram. He has received numerous awards for his writing, including the Rabkin Prize for Visual Arts Journalism.

Lavinia Wren and the Sailmakers is an uncommon love story woven into the fabric of Maine’s maritime history. Lavinia reflects the resolute heart of a seafaring family. Orphaned by the Civil War, Vinnie finds a home in Thomaston, Maine, and grows up with a view of the Georges River, bustling shipyards, and the forbidding wall of



Bob Keyes

a prison. In 1865, on the verge of turning thirteen, she meets the son of a shipbuilder, two young sailors, and the raven-haired daughter of a ship carver. For the next sixty years, their lives remain entwined through joy and sorrow. Together these sailmakers pull the thread of love, not war, through history, replenishing our souls.

The Isolation Artist, published by Godine (Boston, MA), is the true story of reclusive, millionaire artist Robert Indiana: his final days, the aftermath,

the deceptive world that surrounded him, and the inner workings of art as very big business. When Robert Indiana, the artist who refused to copyright his iconic LOVE sculpture in 1965, died at his crumbling home, Star of Hope, on Vinalhaven Island in 2018, he left an estate worth millions of dollars. He also left dark rumors, scandal, and quickly mounting lawsuits.

Lavinia Wren and Robert Indiana may seem like an odd pairing, but the art of Drago and Keyes—the art of storytelling—

will connect them at the Mockingbird Bookshop. Following their conversation, Drago and Keyes will take questions from the audience and sign copies of their books, which will be for sale. Light refreshments will be available. The Mockingbird Bookshop is at 74 Front Street, Bath, ME. If any questions, call 389-4084.

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**MENTAL HEALTH AWARENESS THROUGH ART**

The Lewiston Youth Advisory Council is putting out a "call for artists of all ages" to forward them a photograph, sketch, painting, or graphic design (not over 11 x 14 in size) in an effort to educate community members about mental health & to remind viewers that they *matter*.

Submissions may be mailed to the Lewiston Youth Advisory Council at the City Administrator's Office, Lewiston City Hall, 27 Pine Street, Lewiston. A brief video (under 3 minutes) may also be submitted at [dottie@lewistonmaine.gov](mailto:dottie@lewistonmaine.gov). A title; one or two sentences explaining the submitted piece; and contact name, number, and email should accompany each submission.

**Deadline for submissions is October 12th**  
(extended from the 5th)

Please contact the email above for more information.

**LEWISTON Maine**

Artwork submitted will become the property of LYAC, and LYAC has the sole discretion as to whether a submission is accepted for an upcoming Mental Health Awareness Forum display. If a submission is chosen for display, the artist will be contacted for completion of an art release form. Depending on response, LYAC may also develop the submissions as a traveling exhibit at places that would like to display the work, such as perhaps a school.



# Winners of Brunswick's Outdoor Art Festival Announced



Best in Show winner, Linda Mahoney.



**BRUNSWICK, ME** – The Brunswick Downtown Association (BDA) is pleased to announce the winners from the 16th Annual Brunswick Outdoor Arts Festival

held on Saturday, August 20st in downtown Brunswick. Judging the exhibiting artists this year were Matt Barter; Painter and owner of Barter Art House

Gallery in Brunswick, Mark Little; local Artist, and Lauren Agne; a Graphic Artist based in Atlanta. Best in Show: Linda Mahoney Woodblock Prints, Imahoneyprints.

com

1st Place Painting: Nikki Pilgrim Art, [nikkipilgrim.com](http://nikkipilgrim.com)

2nd Place Painting: Holly Brooks, <https://www.hollybrooksart.com/statement>

1st Place Mixed Media: Lonie Laffely Ellis, <https://www.lonieellis.com>

2nd Place Mixed Media: Kathy Angel Lee, <https://kathyangellee.com>

1st Place Photography: Michael James Murray, <https://www.murray-michaeljames.com>

2nd Place Photography: Richard J. Snow, <https://rjsnowphoto.com>

1st Place Fine Craft: Stephanie Crossman, [www.stephaniecrossman.com](http://www.stephaniecrossman.com)

2nd Place Fine Craft: Lucienne Timblin, 12,000 Volts, <https://im-amazing.com>

im-amazing.com

1st Place Graphic/Drawing: Kathleen Buchanan, Grey Seal Press, <http://www.greysealpress.com/>

2nd Place Graphic/Drawing: Angelia Murray Whimsical Watercolors, <https://www.angeliapaints.com>

1st Place Jewelry: Cullen Goodyear, Cullen Jewelry Design, <https://www.cullenjewelrydesign.me>

2nd Place Jewelry: Heather Atwood, H Monique Designs, [hmoniquedesigns.com](http://hmoniquedesigns.com)

Congratulations to all the 2022 Brunswick Outdoor Arts Festival Award Recipients!

“We have so many wonderful sponsors this year and we are so appreciative for their support and what they do for our community!” said Deb King, BDA Executive Director.

Presenting Sponsors: Bowdoin College, Martin’s Point Health Care & Renewal by Andersen. Supporting Sponsors: Ray Labbe & Sons, Inc., Mechanics Savings, JHR Development llc, Ray’s Electric, Five County Credit Union and Media Sponsor: The Times Record!

For more information on the Brunswick Outdoor Arts Festival, call (207) 729-4439 or visit [www.brunswickdowntown.org](http://www.brunswickdowntown.org) for a complete list of artists, entertainers, stage schedules, interactive arts activities and more.

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

# APL Receives PLA Digital Literacy Grant

**AUBURN, ME (September 15, 2022)** — The Auburn Public Library is among over 160 public libraries nationwide awarded funding by the Public Library Association (PLA) to conduct digital literacy workshops using Digitallearn.org resources. The PLA Digital Literacy Workshop Incentive, supported by AT&T, provides support to libraries of all sizes to conduct digital literacy training in their communities and help close the digital divide.

The Auburn Public Library’s mission is simple and direct – to bring “people, resources and ideas together to engage, enlighten and enrich the community.” Within that mission, two goals speak directly to the need for knowledge of technology – the goal of helping customers of all generations to grow and to learn, and the goal of promoting workforce development.

Knowledge of technology continues to be a very important – and necessary – skill for members of any community. Whether applying for resources, seeking a new job, or simply communicating, more and more businesses and organizations are requiring that people complete courses or training, job applications, and/or formal documents online. On a given day at the APL Reference Desk, staff spend a significant amount of time providing some form of technology help, whether on library computers or with a customer’s personal laptop or other device. Customers often ask about whether the library offers formal classes in digital literacy. The receipt of this grant will allow the library to teach the necessary skills for our community members to succeed in a digital environment.

Through the grant funding, to better facili-

tate these workshops, APL will be purchasing a large television monitor in the Computer Lab. This will allow the instructor to better facilitate the workshops and those participating to more clearly see the screen. In addition, the library also plans to purchase tablets for program participants for use with the training.

On receiving this grant, Auburn Public Library Director Mamie Ney said, “We are grateful to have this grant, which allows us to continue our digital and media literacy efforts. We began with an American Library Association grant a few years ago, and we realize now more than ever our work is not done here.”

“The mission of libraries has always been about equitable access to information, literacy, learning, and culture. In the age of COVID-19, this mission has only become vital as libraries have played a crit-

ical role in keeping communities connected and online,” said PLA President Maria McCauley. “A 2020 PLA survey found that about 88% of public libraries provide some form of digital literacy support, but only 42% offer formal classes. Staffing and funding were the top barriers to providing technology training. AT&T’s investment with PLA and public libraries nationwide will boost access to digital literacy skills for the most vulnerable in our communities.”

PLA’s free training site, Digitallearn.org, helps community members build skills and confidence using technology. The Auburn Public Library will help patrons utilize these resources in upcoming workshops that will be conducted in person at the Library – 49 Spring Street, Auburn, Maine – in the 2nd floor Computer Lab. The first workshop is scheduled for Wednesday, September 21,

from 4-5 p.m. and will cover Computer Basics; skills will include navigating the desktop, organizing files and folders, managing the windows of an application, and working within files.

About the Public Library Association

The Public Library Association (PLA) is the largest association dedicated to supporting the unique and evolving needs of public library professionals. Founded in 1944, PLA serves nearly 9,000 members in public libraries large and small in communities across the United States and Canada, with a growing presence around the world. PLA strives to help its members shape the essential institution of public libraries by serving as an indispensable ally for public library leaders. For more information about PLA, contact the PLA office at 1 (800) 545-2433, ext. 5PLA, or [pla@ala.org](mailto:pla@ala.org). About Philanthropy &

*Social Innovation at AT&T*  
We’re committed to advancing education, creating opportunities, strengthening communities, and improving lives. As part of our company wide \$2 billion commitment from 2021–2023 to address the digital divide, we launched AT&T Connected Learning to invest in connectivity and technology, digital literacy, and education solutions. We aim to help today’s learners succeed inside and outside of the classroom. Since 2008, we’ve committed more than \$600 million to programs that help millions of students across all 50 states and around the world, particularly those in underserved communities.

For a listing of all of the planned digital literacy workshops associated with this grant, visit the website ([www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org)) or call Donna at the Reference Desk at 207-333-6640, ext. 4.



# Business Loan Helps Bring Otto Pizza to Auburn



Display of delicious pizza for guests

**AUBURN, ME (September 23, 2022)** -- A ribbon-cutting event helped to celebrate the grand opening of Auburn's newest restaurant, Otto Pizza. The owners recently sat down with City of Auburn staff to close on a business loan used to open the 730 Center Street location. And today, the city – along with some special guests – helped

Greg Ingrao and his team make the grand opening "official."

Ingrao and his partners were pleased to receive assistance from Auburn's revolving loan fund, which helps support businesses hoping to relocate, expand, and grow here. The loan program was established by the Auburn City Council on March 7, 2022,

using funds from the city's American Rescue Plan Act (ARPA) allocation.

"Words cannot express how grateful I feel to be a part of the Auburn business community," said Ingrao, an owner of Otto's Auburn and Gorham locations. "The City of Auburn made it a smooth and easy process to establish our business here and I look forward to building a long-lasting relationship with the city, while my team and I also focus on providing flexible jobs for those in school and within the recovery community."

Auburn Mayor Jason Levesque, who was joined by members of the city council, city staff, representatives of the L-A Metropolitan Chamber of Commerce, local business and community partners, and other community leaders, says he is delighted to help welcome Otto Pizza to Auburn.

"Auburn is excited



Poised to cut the ribbon

to welcome Otto's to our vibrant business community. Their focus on their employees and on community support is not just admirable, but also inspiring," said Levesque. "We wish them many years of resounding success here in our city!"

Otto Pizza's Auburn location is a 90-seat restaurant conveniently located in Auburn Plaza.

The vividly colored and beautifully appointed dining room features historic pictures of Auburn, and in addition to a unique and delicious pizza menu, Otto's also offers a full bar, along with a wide selection of beers. Limited loan funds are available to assist



Auburn Mayor Jason Levesque welcomes Greg and his team to Auburn

qualified Auburn-based businesses.

Loans of \$5,000 - \$150,000 are available, with interest rates as low as prime rate plus 3%.

For more informa-

tion on Auburn's business loan program, contact Zakk Maher, Auburn's Deputy Director of Business & Community Development at [zmaher@auburnmaine.gov](mailto:zmaher@auburnmaine.gov).

# CMMC Nurse Receives DAISY Award



Kailey Norcross, DAISY Award winner, surrounded by members of her family, Shannon Sturgis, who nominated Kailey and other team members.

**LEWISTON, ME (Sept. 22, 2022)** -- Kailey Norcross, a registered nurse at Central Maine Medical Center's Immediate Care Unit, is the recipient of the DAISY

Award.

Norcross was nominated for the award after the daughter of a patient said, "Kailey was outstanding in every way possible, and my mom ab-

solutely adored her. On the days Kailey had my mom as one of her patients, I often found myself with a sense of comfort and relief just knowing that she was in Kailey's care."

"Receiving the DAISY Award is among the highest forms of validation for a nurse," said Steve Littleton, DBA, FACHE, president and CEO of Central Maine Healthcare. "By all accounts, Kailey exemplifies all of Central Maine Healthcare's Service Standards, and our patients and this organization are very fortunate to

have her as a team member."

"We are very proud of Kailey," said Kris Chaisson, BSN, MS, RN, CCRN-K, NEA-BC, chief nursing officer for Central Maine Healthcare. "Kailey is a recent graduate and has truly embraced and role modeled being a professional nurse in the way she cared for this family which is an inspi-

ration for all nurses."

The DAISY AWARD is an international recognition program that rewards and celebrates the extraordinary compassionate, skillful care nurses give daily. Since 1999, the DAISY Foundation has been honoring nurses who provide above-and-beyond compassionate care to patients and families.



## Lewiston Citywide Litter Pick Up Day Saturday, October 15, 2022 - 8 am – Noon

**LEWISTON ME**

Invite your family and friends and pick up litter in your own neighborhood or go anywhere in the City you see a need! We also encourage church or community groups to adopt an area. Thank you for helping us keep Lewiston clean and beautiful!

**REGISTRATION & WAIVER:** Volunteers will use an online form for individuals or groups to register and agree to event waiver, as well as identify location to be cleaned. [www.lewistonmaine.gov/litteroct15](http://www.lewistonmaine.gov/litteroct15)

**SUPPLIES:** Lewiston Public Works staff will be on site at Kennedy Park on event day from 8 am – noon to distribute supplies: bags, gloves, pickers, buckets.

**SAFETY:** A safety procedure flyer will be given out with supplies to encourage safe practices for participation. The safety flyer is also available at [www.lewistonmaine.gov/littersafety1015](http://www.lewistonmaine.gov/littersafety1015) In addition, a safety station pop-up tent will be on site at Kennedy Park.

**UNSAFE ITEMS FOR PICK-UP:** Unsafe items for pick up should be "called into" Public Works Dispatch for same day pick up by trained personnel (207) 513-3000, X3450.

### WHERE TO DISPOSE OF LITTER

- Bags of collected litter may be returned to Kennedy Park for disposal at a drop-off site near park gazebo.
- Public Works will pick up bags of litter at a **specified location** if previously stated on online registration/waiver form **OR** called into Dispatch the morning of the event (207) 513-3000, X3450.
- Residents may put collected bags of litter at curbside with their regular weekly curbside pick-up.

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# Rinck Advertising Hires Maya Johnston, Promotes Lisa Ardia



Maya Johnston

## LEWISTON, ME (September 20, 2022) – Rinck Advertising Hires Maya Johnston as Graphic Designer

Maya Johnston has joined the Creators Department at Rinck Advertising as a Graphic Designer, bringing her vast array of talents to the full-service agency. Maya has several years of experience as an in-house animator, specializing in 2D vector animation and motion design, including animating over 20 logos for various brands and organizations.

Johnston will provide a variety of design solutions including video, animation, photography, typography, and color theory, for print and digital mediums for both in-house and client projects. Having Maya's broad experience and expertise with various types of animation in-house is particularly beneficial for Rinck clients, given the increasing need

for animation services.

"Maya is a very gifted designer, particularly with animation and motion design. With her skillset we've expanded our team's capabilities in some important areas," said Chad Vander Lugt, Executive Creative Director. "Maya's ability to create engaging and creative content, particularly with animation will be a great addition to our clients' social media presence. And, her ability to contribute on our more traditional advertising and design work will help elevate what we can offer our clients. But, perhaps more importantly, she was the right fit for our culture. We felt like she was 'Rinck' from our first meeting with her. In her short time with us, she has already proven that to be the case."

"I am excited to join Rinck and contribute to some fun, impactful work," Johnston stated. "I was attracted to the agen-

cy's in-house team of creatives, not to mention some big-league clients. I'm excited about the potential to learn from such a dynamic creative team and receive mentorship in art direction."

Johnston joins the Creators team at Rinck, a team which is the result of a new and innovative approach to creation and integration across several areas. The Creators at Rinck are an integrated group of professionals spanning several departments within the agency including graphic designers, art directors, content creators, digital developers, and others who collaborate to develop dynamic campaigns on behalf of clients.

Johnston's clients will include Pet Naturals pet supplements and the Intermodal Association of North America, among others. A remote employee, she lives in Baltimore, Maryland, and earned her bachelor's degree in Studio Art with a concentration in graphic design from the University of Maryland in 2019.

## Lisa Ardia Promoted to Associate Director of Media at Rinck Advertising

Lisa Ardia has been promoted to Associate Director of Media at Rinck Advertising in recognition of her continued efforts to expand Rinck's media capabilities and bring exceptional innovative solutions

to clients.

Ardia first joined Rinck in 2012 as a member of the Digital Development department and then made the transition to the media team where she has become the resident expert on all things search marketing. In her role, Ardia creates, analyzes, tracks, and optimizes paid search marketing campaigns for the agency's clients including the Maine CDC, the Vermont Department of Health, Food Science, and MaineGeneral Health, among others.

Ardia holds certifications for Google Ads Search, Display, Video, Measurement, and Creative and is responsible for managing Rinck's Google Partnership, which requires her to complete annual testing to demonstrate proficiency with Google's products. This expertise as a Google Business Partner has very real benefits for Rinck clients who rely on a strategic approach to utilizing Google and its many tools.

This expertise as a Google Business Partner has real benefits for Rinck and its clients. By achieving this Partner status, Ardia has access to early beta testing opportunities and early peeks at new tools prior to release. Achieving and maintaining this partnership status allows Rinck to be at the forefront of algorithmic changes, keeping the agency and clients at the cutting edge

of the ever-evolving media space. In addition, her groundbreaking work on innovative and unique usage of the Google Ads platform has resulted in Rinck client campaigns being featured in several Google case studies. Through her work on campaigns for the Maine CDC, Lisa has tested and developed programs that have gone on to become best-practice for national CDC counter-marketing executions.

"Lisa's knowledge and expertise in all things search marketing are unmatched," said Peter Rinck, CEO. "She is a strategic and straight-forward thinker, always getting to the root of our clients' needs and developing solutions that will achieve their goals. She is unbiased in her approach. She makes us better, makes our client's budgets work smarter and harder, and is such a valued member of our team. We are delighted to recognize her with this promotion."

Additionally, in her new role, Ardia will be managing two of Rinck's media team members, while continuing to offer services directly to clients. One particular kudos Laura Rinck, President, shared in support of this promotion was in regard to Lisa's ambition to not only be a lifelong learner herself, but also to be a mentor and share what she has learned with others. For example,



Lisa Ardia

recently Ardia shared some of her expertise at the National Conference on Tobacco or Health, alongside Nikki Jarvais, SVP, Group Account Director. There they shared insights and strategies for distributing educational and support service messaging via targeted media to at-risk communities. The pair highlighted their approach to finding success in tobacco counter-marketing in Maine and Vermont with audiences from around the nation doing similar work in their own communities.

"I think it's important to always be learning, keeping on top of what's next in our industry and the world around us, and to share what I've learned along the way," said Ardia. "I'm excited to do even more of that in this new role."

Ardia lives with her husband and three dogs in Minot and in her spare time enjoys thrifting, golfing, and supporting local small businesses.

# Passing Legislation that Works for Maine People

Guest Column by Sen. Nate Libby

(August 19, 2022)

-- As I reflect on my final session as your state senator and the work the Legislature was able to accomplish this year, I'm confident that we focused on passing laws that help address the challenges faced by everyday Mainers. From longstanding challenges like access to affordable health care to new

issues like the high cost of heating and electricity, my colleagues and I passed laws that will make a positive impact on the lives of people here in Lewiston and across the state. In Maine, the majority of laws take effect 90 days after the Legislature adjourns, making Aug. 8 the day that many new laws went into effect this year. I'd like to share some information with you about the laws

we passed to make life easier for Mainers this year.

When the price of energy and heating oil spiked in January, many Mainers were left wondering how they would be able to keep the lights on and their homes warm. While these cost increases are mostly due to global factors, the Legislature did as much as we could to ease the burden on Maine people. For shorter-term

solutions, we passed a law to streamline access to existing heating assistance programs and created a tiered credit worth up to \$3,000 to help small businesses like grocery stores and convenience stores that have high energy burdens. We also looked at longer-term solutions by making structural changes, ensuring greater accountability and consumer input during the electric rate-setting process and holding utility companies accountable for failing to prioritize customers. As we near the end of summer and head into autumn, I encourage you to apply as soon as possible for any heating and electricity assistance that you may be eligible for. You can learn more by visiting [mainehousing.org/programs-services/energy](http://mainehousing.org/programs-services/energy).

During my eight years as your state senator, one concern I've heard from you time and again is the high cost of health care and prescription drugs. This year, the Legislature continued building on the progress we made these past few years to help Mainers access quality, affordable care. We passed a law to prohibit a shady dou-

ble-billing practice many insurance companies apply to policyholders who receive assistance paying for their prescriptions. We also passed a law to ensure that patients can access an emergency supply of their prescription medications by allowing pharmacists to dispense small amounts of chronic maintenance drugs as long as the patient has a history of receiving that medication. This can be a literal lifesaver for people like the bill's sponsor, Rep. Amy Roeder, who relies on an inhaler to treat her asthma. We also expanded insurance coverage for state-regulated insurance plans by requiring them to cover fertility treatments, contraceptives and postpartum care. It's critical that Mainers are able to decide if and when to start a family, and that parents and babies are given the care and attention they need to get off to a healthy start.

Also going into effect this month is my law to extend the Historic Property Rehabilitation Tax Credit, an important program that encourages downtown revitalization efforts while

creating affordable housing. With the housing shortage impacting so many communities all across Maine, it's important we use all tools at our disposal to meet this need while preserving the character of our downtowns. Among the other laws going into effect this month are laws that expand property tax relief for totally and permanently disabled veterans; ensure continued funding for Meals on Wheels; improve access to justice for sexual assault and domestic violence survivors; and so much more. I'm incredibly proud of the good work we were able to accomplish this year, and very grateful that you put your trust in me to do it.

As always, please reach out to me if I can help connect you or someone you know with resources, solve an issue with a state agency or otherwise address a challenge you're facing. You can send me an email any time at [Nathan.Libby@legislature.maine.gov](mailto:Nathan.Libby@legislature.maine.gov) or call my office at (207) 287-1515. You can also sign up to receive my regular e-newsletters by visiting [mainesenate.org](http://mainesenate.org).



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# Calendar

Send your submissions to the Editor. More online.

**Tuesdays**  
 LEWISTON – Baby Storytime held on Tuesdays, starting September 6th at 10:15am. Enjoy an interactive storytime with your baby that includes early literacy fun with books, songs, rhymes and body movement. Recommended for children ages 0 – 24 months old and their caregivers. Play and social time immediately follow the program. Siblings are always welcome. Please stay home if you or your child are sick and not feeling well.

Free. 513-3133; www.LPLonline.org

**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.

**September 20 – December**  
 LEWISTON -- 3rd Tuesdays from September-December 2022, 3-5pm at the Lewiston Public Library: MAINE-TRANSNET TEEN TABLETOP TUESDAYS

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop role-playing sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen

space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

For more information, contact the Lewiston Public Library Adult & Teen Services Department at 513-3135 or LPLReference@lewistonmaine.gov. www.LPLonline.org

**October 1 – October 31**

LEWISTON -- TEEN MANGA CONTEST at LPL: Lewiston Public Library's Teen space is holding a manga drawing contest this fall. Submissions to the Teen Manga Contest can be made online via google form or in-person at the library's 2nd floor Reference Desk from October 1, 2022 through October 31, 2022. Art will be displayed in the LPL teen space and shared on library social media for voting from November 9, 2022 through November 23, 2022. Two winners will receive a pack of manga-making supplies as a prize. Contact the Adult & Teen Services Department at lpreference@lewistonmaine.gov or 513-3135 for more information; www.

LPLonline.org

**October 8 – November 13**

BOOTHBAY -- Boothbay Region Art Foundation's 15th annual juried exhibition, Art in Maine, will be held at the foundation gallery Oct. 8 through Nov. 13. Art in Maine's exhibit presents a fresh and selective look at the fine art being created by Maine artists today, showcasing originality in the media of painting, drawing and sculpture. The opening reception is Saturday, Oct. 8 from 5-7 p.m.; over \$1,000 dollars in prizes will be awarded.

The prospectus and other details can be found on the gallery's website: www.boothbayartists.org.

Works will be juried by artist Kathleen Galligan who is represented by Portland Maine's Greenhut Gallery and Littlefield Gallery in Winterport.

**October 13**

LEWISTON -- 12:00 PM – 1:00 PM, Callahan Hall, Lewiston Public Library, or virtual: GREAT FALLS FORUM: SOUL-SEARCHING PHILANTHROPY

This Great Falls Forum panel will discuss how shifts in the world of

philanthropy are impacting policies and practices in Maine-based philanthropies and what this means for the ways philanthropic resources are convened locally. Panelists will provide perspectives on giving based upon the evolutions taking place within their own institutions and provide insights into practices that hold the most promise for tackling Lewiston's most pressing issues.

Free. In person or virtual. Bring your bag lunch. The Zoom link will be posted to the Library website and Facebook prior to the event.

513-3135; www.LPLonline.org

**October 13**

LEWISTON -- Southern Maine Squadron SAFB will be getting together for lunch at noontime October 13 at the Governors Restaurant in Lewiston. The Squadron was formed by a group of veterans that went to Sampson AFB, on the shores of Seneca Lake near Geneva New York for basic training. Sampson was a Naval Training Station 1942-1945 and an Air Force Base 1950-1956. Veterans of all branches and their guests are welcome to join.

FMI call 207-657-4909 Bob Sawyer or email wwmkwr1933@gmail.com

**October 14**  
LEWISTON -- 9 a.m.

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Mini expo offering educational programming and fun. Free admission includes lunch. Registration required; call SeniorsPlus at 207-795-4010 or email educationcenter@seniorsplus.org to register.

**October 15**

AUBURN -- United Methodist Church on Auburn will be having bean suppers each month (most months) the dates are October 15, November 12, January 21, February 18, March 18, April 15, Supper starts at 5 PM. Cost adults \$10; Children \$8, Free ages 5 and under.

**October 15**

BRUNSWICK -- The Nor'Easters men's barber-shop chorus and Maine-ly Harmony women's chorus are repeating their September 17 show in Augusta, "Singing Together Again," at the United Methodist Church, 320 Church Road

in Brunswick on Saturday, October 15, at 2 p.m. If you missed the Augusta production, which brought rave reviews by the audience, here's your chance to enjoy an afternoon of beautiful harmony, with some laughs thrown in. FMI contact Lea Davis 622-1273.

**October 19**  
LEWISTON -- The Ladies of St Anne Sodality of Holy Family Prince of Peace Parish are planning a General Membership Meeting on Oct. 19, 2022 at 6 PM in the Parish Hall. The doors will be opened at 5:30 PM.

A Halloween Bingo will be played after a brief business meeting. Admission is to bring rolls of toilet paper, paper towels and or soap. These items will be donated to the Aids Home.

Refreshments will be served by Flo Marquis. For more information, please contact Anita at 782-4516.

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## SENIORS

### LEWISTON SENIOR CITIZENS TRIPS FOR 2022

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

Trip includes 1 night lodging and 3 meals, including the Grand Sunday Brunch, 2 different entertainment shows, Austrian Sleigh ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch on Sunday at Polly's Pancake Parlor. A \$100 deposit per person is due upon signing. Price is \$369 pp double occupancy.

**Spotlight on San Antonio, Texas - April 2-6, 2023**

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

**Reflections of Italy - October 9 - 18, 2023**

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

**Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023**

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip. For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569.

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# Medicare Seminar To Be Held At Auburn Public Library



**Renata Lahner**  
AUBURN, ME (October 6, 2022) -- Open enrollment for Medicare

begins October 15. Do you know all you need to know to select the right insurance plan for you? If not, you are invited to this no cost seminar on Monday, October 17. At that time, you will hear from an experienced insurance broker who specializes in helping clients with Medicare planning needs. Medicare 101 is meant to

help people navigate the options with Medicare and sign up with social security. This presentation will help you have a better understanding of your medicare options, deadlines and fines that may be imposed if you do not sign up on time. This program is offered by Renata Lahner of The Lahner Group, whose

mission is to provide unbiased Medicare and insurance advice for individuals from all walks of life while simplifying the complexities of the various healthcare options. Renata specializes in helping clients with Medicare, social security, and life insurance needs. The program will take place in person, in the

Androscoggin Community Room. There will be two presentations – one from 11:00 a.m. to 12 noon, and a second from 6:00-7:00 p.m. No registration is required. For more information on this or other upcoming programs offered by the Auburn Public Library, visit our website (auburnpubliclibrary.org)

or call the Reference Desk at 207-333-6640, ext. 4. Presented by Renata Lahner  
When: Monday, October 17, 2022 -- Two Times: 11:00 a.m. or 6:00 p.m.  
Where: Androscoggin Community Room, Auburn Public Library  
Contact: Donna Wallace, 333-6640, ext. 4

# Museum L-A Adds Additional Movement at the Museum Classes

LEWISTON, ME (October 6, 2022) — Museum L-A is pleased to announce the next classes for 'Movement at the Museum.' Movement at the Museum is a series of fun and casual classes offering a wide variety of rhythm and dance practices. Classes take place in the museum's

gallery from 5:00-6:00pm on the final Friday of each month (unless otherwise noted) and no prior experience is needed. Executive Director Rachel Ferrante noted, "This concept was suggested by members of our community and our first three sessions were very well received. We're

thrilled to be continuing the program so that visitors can experience the museum in a different way and try a new form of movement at the same time." The next three evenings in the series are offered to the public free of charge and are sponsored by Emerson Chevrolet.

Friday, October 28: Ballroom Dancing  
This class is designed for dancers who want to better understand how the human skeleton works to produce beautiful and efficient dancing. Based on the Feldenkrais method, Sergei Slusky of Aquarius New Age Playground will teach principles of dynamic alignment and functional movement that applies to all Ballroom, Latin and Swing dancing.

Friday, November 18: Tai Chi  
Joe Harrigan, owner of Great Falls Taiji, will lead the group in an evening of Tai Chi. Using traditional practices, Tai Chi can help develop core strength, improve flexibility, balance and immune function, manage pain and reduce stress.  
Friday, December 16: Afro Beats  
Join Veeva Banga for a high energy evening

of Afro Beats. Afro Beats mixes popular African dance moves and hip hop in an upbeat and unique style that gives you the opportunity to learn a different way to move your body. This will be a beginner-level workshop where we'll be learning fun moves and listening to great music.  
For more information about Museum L-A and its programming and exhibits, visit [www.museumla.org](http://www.museumla.org)

**Meet Children's Author Hudda Ibrahim**  
SAMBUSAS & TEA Saturday October 15th @ 11am  
Callahan Hall BOOK GIVEAWAYS  
Lewiston PUBLIC LIBRARY  
Meet Hudda Ibrahim, author of *Lula Wants to Wear a Badge* and *What Color is my Hijab?* Join us for an afternoon of fun with engaging activities for children, sambusas and tea, and an author talk by Hudda Ibrahim. Hudda will read her books, interact with the kids and share her inspiration behind her books and publishing company, Diverse Voices Press. 50 copies of Hudda's books will be given away first come first serve.

# St. Dom's Students to Join in "Are You Fitter Than a Fifth Grader?"

STANDISH, ME (October 5, 2022)---In the return of a pre-pandemic tradition, the fifth graders at Saint Dominic Academy will hit the road to Standish on Tuesday, October 25, for a day of obstacle courses, fitness games, nutrition trivia, and more. "The exercise science and health and wellness department at Saint Joseph's College organize games and activities for

the St. Dom's students that promote the importance of physical fitness and nutrition," said Bethany Fox, a physical education teacher at St. Dom's. Fox, who is a graduate of Saint Joseph's, collaborated with her alma mater prior to the pandemic to come up with "Are You Fitter Than a Fifth Grader?" "It is such an incredible experience," said Fox. "I've even had quite a few

of my students mention that they wanted to attend college there when they are older. My heart was so happy." The students will participate in the event from 9 a.m. to 11 a.m. "I believe it is a wonderful way to bridge the two Catholic organizations," said Fox. "It fosters a sense of community along with promoting the importance of wellness!"

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