



TWIN CITY TIMES

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CMMC Earns 9th Consecutive "A" Grade

LEWISTON, ME, (November 16, 2022) – Central Maine Medical Center (CMMC) received its ninth consecutive "A" for hospital safety from The Leapfrog Group. This national distinction recognizes CMMC's success with protecting patients from harm and errors in the hospital. CMMC has received "A" grades for Hospital Safety from Leapfrog Group continuously since Fall 2018.

"Safety is the number one consideration in everything we do at Central Maine Healthcare," said Steve Littleton, DBA, FACHE, president and CEO, Central Maine Healthcare. "Getting an "A" grade from the Leapfrog Group nine consecutive times does not happen by accident; it reflects the professionalism and high standards all of our team members practice every day. I could not be prouder of this team for their continued focus on safety that earned them this grade, particularly at this time of unprecedented challenges in the healthcare industry."

The Leapfrog Group, an independent national watchdog organization, assigns an "A," "B," "C," "D," or "F" grade to general hospitals across the country based on more than 30 national performance measures reflecting errors, injuries, accidents and infections, as well as systems hospitals have in place to prevent harm.

"The Healthcare Purchaser Alliance is grateful for CMHC's commitment to quality transparency and for the hard work of ensuring safe protocols are followed in the care of their patients," said Peter Hayes, president and CEO, Healthcare Purchaser Alliance of Maine. "Quality is of utmost importance to the Alliance's membership, and CMMC's achievement is great news for everyone they serve."

The Leapfrog Group has also ranked Bridgton Hospital and Rumford Hospital, both part of the Central Maine Healthcare system, among the "Top Rural Hospitals" in the U.S.

Developed under the guidance of
See CMMC, page 16

\$10,000 Donated to Make-A-Wish Maine, Granting New Wishes



Make-A-Wish Maine was awarded a \$10,000 donation from Champoux Insurance Agency through the 2022 Liberty Mutual® and Safeco Insurance® Make More Happen Awards program. (L-R): Sarah Toomey, Maine Liberty Mutual Senior Territory Manager; Stephanie Davis, Maine Safeco Insurance Senior Territory Manager; Dick Albert, Champoux Insurance Senior Vice President; Diane Champoux, Champoux Insurance President; Nichole Rutherford, Make-A-Wish Maine Director of Development and Kacey LePage, Champoux Insurance Personal Lines Account Executive.

LEWISTON, ME (November 17, 2022) -- Thanks to the communities' support, Lewiston's Champoux Insurance Agency has officially awarded a \$10,000 donation to Make-A-Wish Maine, a local organization dedicated to bringing hope, strength, and joy to children with life-threatening medical conditions. Make-A-Wish Maine serves children in 16 counties and this \$10,000 donation will allow them to grant one wish to a child in their own state who has been diagnosed with a critical illness.

Kacey LePage, Account Executive

for Champoux Insurance Agency, originally received a \$5,000 donation for Make-A-Wish Maine thanks to a submission process with Liberty Mutual® and Safeco Insurance® through their 2022 Make More Happen™ Awards. A story of their local partnership was featured on the official Make More Happen microsite, www.agentgiving.com/Champoux-Insurance-Agency, where Champoux Insurance Agency had the opportunity to raise an additional \$5,000 by conducting a local awareness campaign for the nonprofit. Together with the com-

munity, the goal was met increasing the total donation to \$10,000 for Make-A-Wish Maine!

Throughout 2022, Liberty Mutual® and Safeco Insurance® will select up to 37 independent agents nationwide for a Make More Happen Award and Liberty Mutual® and Safeco Insurance® will donate up to \$370,000 to the nonprofits supported by independent insurance agents. Agencies became eligible for the award by submitting an application and photos demonstrating their commitment to a specific nonprofit.

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Newsmakers, Names & Faces

Kick off the Holiday Season at Brunswick's Tree Lighting



BRUNSWICK, ME (November 17, 2022) – The Brunswick Downtown Association (BDA) is pleased to present its Annual Tree Lighting Ceremony on the Brunswick Town Mall on Saturday, November 26th.

BDA's Annual Tree Lighting Ceremony is a heart-warming way to kick-off the holiday season in downtown Brunswick. The event will feature per-

formances by the Brunswick High School Chorus and the Una Voce Chamber Choir, free cookies and cocoa, an ice carving demonstration, time with Frosty and Mrs. Claus, and a magical visit from Santa when he arrives on a Firetruck! At 5:00 Santa will flip the ceremonial switch and light up Brunswick's Christmas Tree.

Adults and children of all ages are invited to

celebrate the season at this festive community event.

2 to 5 PM: Free hot cocoa and cookies (provided by Sunnybrook Retirement Community), ice carving, and rides in BDA's Polar Express Bus!

2:30 PM: Santa will arrive on a Brunswick Fire Truck. Children are welcome to visit with Santa in the Gazebo until 5 p.m.

3 PM: Una Voce Chamber Choir perfor-

mance

4 PM: Brunswick High School Chorus performance of carols and holiday songs

5 PM: The countdown to the tree lighting begins - Santa will flip the ceremonial switch and light up the Tree!

Event Sponsors: Presenting: Northeast Bank & The Davis Fund; Supporting: Mechanics Savings; Food Sponsor: Sunny-

brook Retirement Community; Christmas Tree Sponsor: Dead River Company.

November 26th is also Small Business Saturday – a day to celebrate and support small businesses and all they do for our community. Let's go #ShopSmall this November 26th and all season long!

More than half of Americans either own or

work for a small business, and small businesses create about two-thirds of new jobs in the U.S. each year. Visit Downtown Brunswick on the BIG day to Shop Small!

The BDA is a 501(c)3, non-profit organization. For more information about the Brunswick Downtown Association, please visit www.brunswickdowntown.org or call 729-4439.

Safe Voices Awarded \$20K To Build Housing for Survivors' Pets

FARMINGTON & LEWISTON, MAINE (November 16, 2022) – Safe Voices has received a \$20,000 Safe Housing grant from national animal welfare nonprofit RedRover to ensure the agency's newest domestic abuse emergency shelter will be pet-friendly. The new shelter, which will begin accepting residents in early 2023, is located in Farmington. It is the only domestic abuse shelter serving this rural and underserved area, and having it equipped to welcome pets makes it much more accessible to survivors.

"Safe Voices knows the power of animals to help people heal, and it's so important to us to ensure that survivors entering our shelter are able

to do so with the pet they know, love, and will bring them comfort," said Safe Voices Director of Shelter & Housing Noelle Coyne. "These animals have often been subject to the abuser's mistreatment, so having a pet friendly shelter is not just good for survivors – it's also safest for pets – and we're so grateful to work with RedRover, because they understand all of that."

Pets and Domestic Violence:

- As many as 71% of pet-owning women entering domestic abuse shelters report their abuser injured, killed, or threatened family pets.

- Up to 48% of domestic abuse victims reported delaying leaving their abusers for fear of



Safe Voices' new domestic abuse emergency shelter in Franklin County will be pet friendly, thanks in part to a \$20,000 grant from RedRover. Credit: Grace Kendall/Safe Voices

what would happen if they had to leave their pets behind.

- Currently, only 15% of domestic abuse shelters nationwide can house pets.

Safe Voices' Androscoggin County shelter became the first pet-friendly domestic abuse shelter in the state of Maine in 2019, thanks in part to another RedRover grant. With this newest \$20,000 grant,

Safe Voices' new location in Franklin County will create four pet-friendly rooms equipped with special pet furnishings, which will have direct access to an outdoor fenced area for playtime and pet relief. The shelter will be able to shelter cats, dogs, fish, small mammals, and "pocket pets" (hamsters, mice, and rats).

RedRover President

and CEO Nicole Forsyth said, "Pets are family and a source of great comfort at a time of crisis. We're thrilled our grant can help Safe Voices provide spaces for survivors and their beloved pets so that they can begin their healing process together."

Since its inception in 2012, RedRover has awarded more than \$3 million in Safe Housing grants across the country.

Safe Voices is a domestic abuse and sex trafficking resource center serving survivors in Androscoggin, Franklin, and Oxford Counties. Last year, the agency worked with over 2,000 unique survivors in these counties to help them safety plan, access shelter, work with legal and civil advocates,

and work through emergent crises as well as the ongoing, long-term effects of domestic abuse and sex trafficking. The agency has been doing this work in Maine since 1977.

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Newsmakers, Names & Faces

Lewiston, Skowhegan-Based Engineer Unit Changes Hands

LEWISTON, ME (November 18, 2022) -- The 136th Engineer Vertical Construction Company (EVCC) held a change of command ceremony on November 6, 2022, in which Capt. Russell Boynton turned over command of the unit to incoming commander Capt. Timothy Kelley.

Boynton has held the position for the last three years and will be transitioning to a staff position with the 240th Regional Training Institute in Bangor, Maine. "I had the

privilege in August 2019 to take command," said Boynton. "No one could anticipate a pandemic and the challenges of training in this environment. The soldiers of this unit adapted and performed exceptionally."

"I know Capt. Kelley is going to do a great job as the incoming commander," said Boynton in his remarks. "I could not think of a better individual to continue the great things that are being accomplished here."

Kelley thanked Boynton for his mentorship and guidance, as well as for maintaining the unit at such a high level of proficiency.

Kelley returns to the 136th after seven years with other units. "I feel like I'm coming home," said Kelley during his remarks to the unit. "I look forward to getting to work with all of you and getting the opportunity to know those of you that I don't already know."

Kelley began his career in the Maine Army National Guard 17 years ago by enlisting as a carpentry and masonry specialist while still attending high school and was assigned to what was then B Company, 133rd Engineer Battalion in Westbrook, Maine (now the 262nd Engineer Company) and later the 136th in Lewiston.

Upon commissioning, Kelley was assigned as a platoon leader with the 185th Engineer Support Company in Caribou, Maine. He was later assigned to the 262nd Engineer Construction Company in Westbrook, Maine as a platoon leader

and executive officer. He served as a detachment officer-in-charge during the 262nd deployment to the Southwest Border in 2020-21, and has most recently been assigned to 133rd Engineer Battalion's headquarters company in Brunswick as a battle captain in the operations section. Kelley, his wife Katrice, and two sons Grayson and Oliver reside in Buxton.

Boynton enlisted into the Maine Army National Guard 20 years ago as a carpentry and masonry specialist and deployed with A Company, 133rd Engineer Battalion, to Mosul, Iraq in 2005 before commissioning 6 years later and being assigned to the 136th in Lewiston, Maine and 262nd Engineer Company in Belfast, Maine as a platoon leader. He was subsequently assigned to the 185th Engineer Support Company in Caribou, Maine as executive officer and 133rd Engineer Battalion in Brunswick as a battle captain prior to his tenure as the 136th commander. Boynton and his wife, Kristina, reside in Portland.

Lewiston Celebrates the Opening of Black Diamond Detailing

LEWISTON, ME (November 16, 2022) -- A ribbon cutting ceremony was held for the opening of Black Diamond Detailing's new location in Lewiston on Tuesday, November 15, 2022. Lewiston Mayor Carl Sheline was joined by Senator Susan Collin's Office Representative Melissa Landry, the Lewiston Chief of Police David St. Pierre, LA Metro Chamber Presi-

dent & CEO Shanna Cox, and members of the public.

Black Diamond Detailing is the first black-owned, Somali-owned automobile detailing company located in Lewiston. After nearly a year in business exclusively as a mobile detailing company, they opened their first brick-and-mortar location at 409 Sabattus St. in Lewiston, with an expansion of services offered.

Black Diamond Detailing are graduates of the 2022 Top Gun program for entrepreneurs, a 12-week program that focuses on the business model, marketing, financials, and human resources. "Throughout Top Gun, these young men worked hard, applied the lessons, and started working with customers. Since Top Gun, their dedication to growing their business

has been evident, and the result of that hard work is what we are here today to celebrate" said LA Metro Chamber President + CEO Shanna Cox.

The company's owners Abdirahman Saeed and Abdinur Mohamed are passionate about providing their customers with the best detailing service possible, no matter where they are, whether at home or at

work, and use only quality materials and tools to ensure vehicles are restored to their former glory. The new location will enable an expansion of services to include exterior detailing on-site.

"We grow as a community when young entrepreneurs choose Lewiston as a place to build a life and a career. This new business also showcases that Lewis-

ton is a place of opportunity for our immigrant community. Our city embraces you and your business wholeheartedly, and I want you to know that as Mayor of Lewiston I am proud to have your business here in this city," remarked Mayor Sheline.

You can learn more and book your cleaning at <https://black-diamond-detailing-100951.square.site/>

Tri-Town Optimist Club Announces Student of the Month



L-R: Principal Kaitlynn Brown, Elliot Colon, Teacher Jacie Welch

(November 17, 2022) -- The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland is proud to announce its RSU 16 Student of

the Month recipient for November, Elliot Colon. Elliot, a sixth grader from Minot Consolidated School, is described by his teacher and principal

as a quiet student leader

who always sees the best in others. His cheerful enthusiasm and commitment to self-improvement both

in and out of school personify the qualities of the Optimist creed, making him an obvious choice

for the award. Elliot is the "total package"- helpful, caring and an all-around great student!

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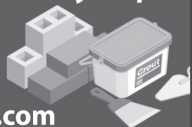
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Letter to the Editor

Can we stop our access to Maine's beaches from being swept away with the tides?

By Sophie Piette, Marine Affairs Undergraduate Student & Intern

(November 2022) -- Everyone who lives on the coast feels a strong pull towards the water – it is why we live here. In Maine, we are lucky enough to have thousands of miles of shoreline that serves as a calming oasis, a natural playground for children, and everything in between. However, private ownership claims have curtailed the tradition of public access to Maine's beaches.

The intertidal zone, which lies between the mean high and low water marks, is home to numerous ecologically and

economically important species and habitats. In Maine, many shorefront owners claim exclusive ownership of intertidal land to the low water mark through posting "No Trespassing" signs or contacting authorities. Prior cases in Maine have held that the public use within the intertidal zone is defined by a 17th century ordinance limiting public activities only to fishing, fowling, and navigation.

Without reexamination of these cases, integral uses of the intertidal zone are limited. Marine biologists cannot continue groundbreaking research into the effects of climate change on the coast. Fishermen cannot harvest shellfish and seaweeds that propel the economy of coastal communities. Chil-

dren cannot explore wildlife that fosters passion for the environment.

Widespread understanding of this issue is integral to the success of this case. Visit the website ourbeaches.me to learn more about the case and other actions that can help. Add your voice to the conversation: write to media outlets, share news stories, and reach out to your elected officials to share your concern.

The potential for the court to expand the public trust may be seen as a revolutionary way of thinking; however, it is simply an adaptation to our growing society. If the judiciary cannot see the importance of these activities being a part of the public right, the prosperity of Maine coastal communities is at risk.

Collins Works to Bring Awareness to Homeless Children, Youth

SUSAN COLLINS
U.S. SENATOR FOR MAINE

WASHINGTON, D.C. (November 17, 2022) – Today, U.S. Senators Susan Collins (R-ME) and Joe Manchin (D-WV) led 14 Senators in introducing a bipartisan resolution to designate November 2022 as National Homeless Children and Youth Awareness Month to bring attention to the children and youth experiencing homelessness across the country. In the United States, more than 1.1 million students experienced homelessness during the 2020-2021 school year, including more than 2,100 students in Maine.

"Growing up is challenging enough without young people having to worry about where they will sleep each night. Without the proper support, these children are at risk of dropping out of school and are in greater danger of exploitation. We must make sure our nation's homeless youth have the same opportunity to succeed as their peers," said Senator Collins, Ranking Member of the Housing Appropriations Subcommittee. "Our bipartisan resolution will help raise awareness about this critical issue and recognize the hard work being done by businesses, organizations, schools, and volunteers to prevent youth homelessness."

"Every child deserves to have a roof over their head and a warm, safe place to sleep at night. Unfortunately, that is not the case for more than 9,500 youth and children in West Virginia and more than 1,100,000 children across the country," said Senator Manchin. "Ending homelessness among children and youth continues to be one of my top priorities, and it is more important than ever that we work together to address this heartbreaking issue. I'm proud to lead my bipartisan colleagues in designating November 2022 as National Homeless Children and Youth Awareness Month to bring attention to this critical issue, and I will continue fighting to address homelessness among children and youth in the Mountain State."

"Children and youth who experience homelessness are among the most vulnerable in our nation, suffering disproportionate negative impacts on their health, development, and education. Yet they remain largely invisible in most communities. Lack of awareness is the single biggest barrier to identifying these children and youth, and providing support to break the cycle of homelessness. We applaud this resolution and hope it helps to galvanize action

across sectors," said Barbara Duffield, Executive Director, SchoolHouse Connection.

"NN4Y applauds this resolution recognizing National Homeless Children and Youth Awareness Month. Youth and child homelessness is a critical issue that requires a new national strategy centered around the needs of our youngest citizens. A multi-system coordinated approach will put the US on the right path to prevent and end child and youth homelessness," said Darla Bardine, Executive Director, National Network for Youth.

Senators Collins and Manchin were joined by Senators Maria Cantwell (D-WA), Mazie Hirono (D-HI), Dianne Feinstein (D-CA), Chris Coons (D-DE), Jack Reed (D-RI), Amy Klobuchar (D-MN), Richard Blumenthal (D-CT), Maggie Hassan (D-NH), Ron Wyden (D-OR), Chris Van Hollen (D-MD), Gary Peters (D-MI) and Lisa Murkowski (R-AK).

This resolution is supported by SchoolHouse Connection, the First Focus Campaign for Children, National Network for Youth, the American Federation of Teachers, the National Alliance to End Homelessness and the National Association of School Psychologists.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to the editor.

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Prepare for Safe Holidays with Free Covid-19 Tests

AUGUSTA, ME (November 17, 2022) — The Maine Department of Health and Human Services (DHHS) is encouraging Maine people to order free, at-home COVID-19 tests as part of their planning for upcoming gatherings and travel to protect relatives and friends and help limit the spread of COVID-19 this holiday season.

Households that order through Project Access COVID Tests (Project ACT) may receive one free kit of five rapid tests mailed to their home address every month. Project ACT, a partnership between DHHS and The Rockefeller Foundation, has mailed 170,897 free, at-home COVID-19 test kits – for a total of 854,485 tests – to Maine households since its launch in January 2022. Testing before visiting family and friends

who are older, immunocompromised, or otherwise vulnerable to COVID-19 provides peace of mind for safe gatherings – and gives people who test positive for this disease an opportunity to get treatment as early as possible when appropriate.

"As we head into the holiday and winter season, we encourage Maine people to add placing an order for free, at-home tests through Project ACT to their to-do list," said Health and Human Services Commissioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. "Testing, along with vaccination and other common-sense precautions, helps keep our families and communities safe during this season of travel and get-togethers. Visit AccessCOVIDTests.org to ensure your family has rapid tests on hand."

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 each Maine household — and the tests will be delivered through Amazon approximately one to two weeks after ordering. The tests require a quick swab inside each nostril, with results available within 15 minutes. The test can be used on any individual older than two.

DHHS remains committed to providing access to convenient at-home tests, as well as continuing its partnership with Walgreens, which administers BinaxNOW rapid tests at no cost to consumers.

More information about accessing free, rapid, at-home tests can be found on the COVID-19 Testing in Maine website.

Horticulture Apprenticeship Training Program Seeks Host Businesses



ORONO, ME (November 15, 2022) — Businesses and organizations interested in hosting a Maine Horticulture Apprenticeship are encouraged to sign up on the University of Maine Cooperative Extension website.

The Maine Horticulture Apprenticeship Training is a three-part, comprehensive curriculum designed to supply learners with a foundational horticulture education suitable for skilled

entry-level positions in the horticulture industry. Developed with input from industry leaders, the program prepares learners with the practical knowledge and skills desired by employers.

There are several benefits to hosting a Maine Horticulture Apprenticeship Trainee, including opportunities to hire an apprentice who has received training on a number of horticulture topics; work with someone who has shown interest in

and dedication to entering the field of horticulture; and support the next generation of the horticulture workforce in Maine.

Suitable Apprenticeship Hosts include landscaping businesses, nurseries (public-facing or wholesale), farms, nonprofits (botanical, community and school gardens, etc.) and groundskeeper positions. Apprenticeship opportunities can be paid or volunteer positions so long as



Attached photo courtesy of UMaine Cooperative Extension

they are in alignment with the Fair Labor Standards.

More information

and the interest list can be found on the program webpage. For questions, call

207.581.3188 or email extension.gardening@maine.edu.

Report: High Rates of New Lung Cancer Cases in Maine

AUGUSTA, ME (November 15, 2022) – The 2022 “State of Lung Cancer” report reveals that Maine ranks 46 in the nation for rate of new lung cancer cases. The American Lung Association’s 5th annual report, released today, highlights the toll of lung cancer in Maine and examines key indicators including new cases, survival, early diagnosis, surgical treatment, lack of treatment and screening rates.

Nationally, the “State of Lung Cancer” report shows continued progress for lung cancer survival. The lung cancer five-year survival rate is now 25% and increased 21% from 2014 to 2018. Here in Maine, the lung cancer survival rate is below the national average at 23.8%. The report also highlights

that people of color who are diagnosed with lung cancer face worse outcomes compared to white Americans, including lower survival rate, less likely to be diagnosed early, less likely to receive surgical treatment and more likely to receive no treatment.

“Lung cancer screening is key to early diagnosis, and early diagnosis saves lives. Unfortunately, here in Maine, we have more people getting lung cancer as compared to other states, and not enough people are getting this lifesaving screening,” said Lance Boucher, Director of Advocacy at the American Lung Association in Maine. “We all can help reduce the burden of lung cancer in Maine. If you are eligible for lung cancer screening, we encourage you to speak

with your doctor about it. If a loved one is eligible, please encourage them to get screened.”

Currently, 14.2 million Americans meet the US Preventive Services Task Force guidelines for screening. Under these guidelines, a person is eligible for lung cancer screening if they are between 50-80 years of age, have a 20 pack-year history (1 pack/day for 20 years, 2 packs/day for 10 years) and are a current smoker, or have quit within the last 15 years. Find out if you are eligible for lung cancer screening at SavedByTheScan.org.

The report found that Maine ranked:

46 in the nation for rate of new lung cancer cases at 70.8 per 100,000. The national rate is 56.7 per 100,000.

25 in the nation for survival at 23.8%. The national rate of people alive five years after a lung cancer diagnosis is 25%.

25 in the nation for early diagnosis at 25.8%. Nationally, only 25.8% of cases are diagnosed at an early stage when the survival rate is much higher.

5 in the nation for lung cancer screening at 11.8%. Lung cancer screening with annual low-dose CT scans for those at high risk can reduce the lung cancer death rate by up to 20%. Nationally, only 5.8% of those at high risk were screened.

8 in the nation for surgery at 23.7%. Lung cancer can often be treated with surgery if it is diagnosed at an early stage and has not spread. Nationally, 20.8% of cases underwent

surgery.

6 in the nation for lack of treatment at 16.9%. Nationally, 20.6% of cases receive no treatment.

“State of Lung Cancer” highlights that Maine must do more to reduce the burden of lung cancer and encourages everyone

to join the effort to end lung cancer. Learn more about the report, and email President Biden to thank him for his leadership on the Cancer Moonshot Initiative and urge him to work to increase lung cancer screening for individuals at high risk at Lung.org/solc.

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Arts & Entertainment

Franco-American Collection Presents Christmas Sing Along

LEWISTON, ME (November 17, 2022) -- The Franco-American Collection at the University of Southern Maine invites you to join us in-person for a French language Christmas sing along! The sing along will take place at 1 p.m. Wednesday, December 14 in Room 170 at USM Lewiston-Auburn College, 51 Westminster St. in Lewiston. In case of inclement weather, we will meet the next day, 12/15 instead. This event will be in-person only. We hope to see you there!

Attendees will be led in singing a selection of French Christmas favorites accompanied by pianist Jeannette Gregoire. Song sheets will be provided so all in attendance can share in the singing.

Refreshments will be served, including tourtiere provided by Franco-American Collection board members Juliana L'Heureux and Ray and Sue Lagueux.

There is no fee for our programs, which are made possible by the Québec Delegation in Boston and Androscoggin Home Health. Interested in learning how to become a sponsor of the Franco-American Collection? Email anna.faherty@maine.edu for more information. Merci!

If you have questions about disability access or need to request disability accommodations (e.g. sign language interpreters, materials in electronic format, etc.), please contact Anna at anna.faherty@maine.edu. Requests should be made as soon as possible to allow sufficient time for the accommodation process.



RSU 4
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SATURDAY, DECEMBER 3rd ~ 9-3


Oak Hill Middle School
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*Interested vendors please contact rsu4pta@rsu4.org


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AUDUBON



Maine Audubon's Backyard Birding Basics
Wednesday, November 30th from 11am to 12pm

Learn how to attract and support birds in your yard throughout the winter from Maine Audubon Staff.

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USDA to Fund Beginning Farmer Training

MAINE, STATE-WIDE (November 17, 2022) — The United States Department of Agriculture (USDA) has announced the Maine Organic Farmers and Gardeners Association (MOFGA) as an awardee of the Beginning Farmer and Rancher Development Program (BFRDP). The grant award, \$906,390 (\$725,112 of federal dollars and \$181,278 in matching funds), will be distributed over three years and support production and financial training through mentorship, peer-to-peer learning, and social connection. MOFGA is sharing this award with the Northeast Organic Farming Association of Vermont (NOFA-VT).

This award is part of a \$24 million investment across 45 organizations and institutions that teach and train beginning farmers and ranchers.

Beginning farmers in Maine and Vermont will benefit from climate farmer forums, a Climate Resilience Planning tool and technical assistance, soil health learning cohorts, the Farm Beginnings business planning course, and the Journey-person Program. Funds from the BFRDP will support farmers who have been in business nine years or less, many of whom are operating small-scale intensive vegetable production (1-10 acres), are selling direct to markets in innovative



ways, and are often isolated in rural areas.

Ryan Dennett, MOFGA's farmer programs di-

rector is excited for the additional funding. "We are thrilled for the USDA to recognize the value of

continuing our highly successful and longstanding Journey-person and Farm Beginnings programs and are excited to work closely with NOFA-VT to build the foundation of a collaborative regional approach to building farmer resilience to climate change and economic instability," says Dennett.

Molly Friedland, a farmer at Little Red Flower Truck LLC says, "The resources MOFGA offers to new farmers are invaluable and unique, and are one of the main reasons I feel confident that my business will succeed and sustain. After being accepted into MOFGA's Journey-person Program, I have gained knowledge, networks and resources

that I would otherwise not have access to as a new farmer."

Farmer training programs are central to MOFGA's work in growing and supporting organic farming and production and realizing its vision of transforming the food system to be healthy and fair for all. The BFRDP award is one important project that aligns with the six farmer support and mentorship programs MOFGA coordinates, including Apprenticeships, Journey-person Program, Farm Beginnings, Shared-Use Farm Equipment Program and Humane Livestock Handling. Learn more about MOFGA's Farmer Programs at mofga.org/farmer-resources.

Red Cross: Keep an Eye on What you Fry this Thanksgiving

PORTLAND, ME (November 17, 2022) -- Thanksgiving is one of the country's top days for cooking fires, and the American Red Cross of Northern New England encourages family chefs to follow simple steps to prepare the holiday feast safely.

"Home fires are a real threat over the holidays and represent most of our disaster responses in New Hampshire, Vermont and Maine,"

said John Montes, Regional Disaster Officer, Red Cross Northern New England Region. "Help keep your family safe by always keeping an eye on what you fry, testing your smoke alarms monthly and practicing your two-minute escape plan with everyone in your household."

COOKING SAFETY TIPS Follow these safety tips and visit redcross.org/fire for more information, including

an escape plan to practice with your family. You can also download the free Red Cross Emergency and First Aid apps by searching "American Red Cross" in app stores.

Never leave cooking food unattended. If you must leave the kitchen, even for a short period of time, turn off the stove.

Move items that can burn away from the stove. This includes dishtowels, bags, boxes,

paper and curtains. Also keep children and pets at least three feet away.

Avoid wearing loose clothing or dangling sleeves while cooking.

When frying food, turn the burner off if you see smoke or if the grease starts to boil. Carefully remove the pan from the burner.

Keep a pan lid or a cookie sheet nearby. Use it to cover the pan if it catches on fire. This will put out the fire. Leave

the pan covered until it is completely cooled.

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. Visit redcross.org/EndHomeFiresNNE or call 1-800-464-6692 (Option 4) to schedule your free installation appointment.

HOME FIRE CAMPAIGN SAVES LIVES Since October

2014, the Red Cross Home Fire Campaign with community partners has saved at least 1,414 lives — including 15 in the Northern New England region — by educating families about fire safety, helping them create escape plans and installing more than 2.4 million free smoke alarms in high-risk neighborhoods across the country. Visit redcross.org/homefires for more information.

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Isa Russell Wins Best in Show at Lego Pinewood Derby

BELGRADE, ME (November 15, 2022) -- More than 60 Cubs and Scouts, some from as far away as Buxton, West Paris, and Bath, rolled into Belgrade's Camp Bomaheen on Saturday, November 12 for the second annual Lego Pinewood Derby. Isa Russell of Lewiston Troop 2019 won Best in Show with her Phoenix Lego Derby Car. She is a Life Scout from Randolph and enjoys the creativity of the Lego project. Gabriel Booker, a Tiger Cub with Augusta Pack 603, was the fastest Lego car in the Camp's Dining Hall. He had plastic lights on the back of his car so other racers would be able to follow

him to the finish line. Camp Director Julie McKenney of Belgrade reviewed the rules at the start of the day with "Have Fun!" being the most important one. "Scouts and their mom or dad built the cars today and then they raced them. Even parents could build a car. It is a great event because the kids love Legos and parents love spending the time with their son and daughter working on the project together." Participating racers are given a kit of blocks and other items to build their cars which have meet specific height, width and length requirements largely in order to fit on the track and not interfere with other

racers. Trays of additional blocks and accessories are provided as well to help feed their imagination. Ryder Johnston of Albion is a Tiger in Cub Scout Pack 445 and built a Star Wars-themed car with his dad Josh Johnston. Ryder's favorite characters in Star Wars are the Storm Troopers. "I like their masks," Ryder said. "It's a lot of fun," Josh said. Adam and his son Finn Theriault who is a Tiger Cub from Pack 349 in Buxton built a Santa Claus car. "Santa knows how to go really fast," Finn said. Adam enjoyed seeing the excitement Finn had in building the car he had imagined.



Isa Russell of Randolph is a Life Scout in Lewiston Troop 2019. Her Phoenix Car was Best in Show.



Assortment of Lego Derby Cars the Scouts built for the race waiting to go down the track

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Rinck Earns International Creative Awards' Best in Show



LEWISTON, ME (November 16, 2022) – Rinck took home top honors in the 18th Annual Davey Awards, which honors the finest creative work from the best small shops, firms, agencies, and companies worldwide. The full-service agency won Best in Show: Integrated Campaign - Promotional & Branding for their work with the Maine Department of Inland Fisheries and Wildlife (MDIFW) “Keeper of the Maine Outdoors” Campaign. Rinck has served as Agency of Record for MDIFW since 2017 and created and launched the Keeper of the Maine Outdoors initiative with a goal of increasing awareness of MDIFW and its mission, as well as educating, informing, and empowering outdoor enthusiasts—such as hikers, bikers, kayakers, canoers, photographers, snowshoers, etc.—to be the best “Keeper” they can be by preserving and being responsible stewards of the Maine wilderness.

The challenge for the 2022 campaign refresh

was to continue to position MDIFW as the experts who educate and engage the public on the steps they can take to protect Maine and its wildlife. While the primary goal was centered around educating outdoor enthusiasts how to enjoy recreation safely and responsibly, there was also a component of educating Maine residents whose lives overlap regularly with wildlife in their own backyard.

“Maine is a primarily rural state, and with that comes an abundance of wildlife,” said Amanda Frost, Vice President, Account Service at Rinck. “During the pandemic we saw an influx of people moving to Maine who weren’t necessarily as familiar with the amount of wildlife encounters one could expect in our state. MDIFW experiences high call volumes from the public concerned about the wildlife in their own backyard among other inquiries, so there was a need for this campaign to educate and inform Mainers, including new Mainers, how to



live with wildlife. That includes avoiding conflicts with animals, being smart about garbage, and keeping wildlife wild, in a way that would make Mainers pay attention to the advice.”

The creative mandatory for the campaign was to utilize the MDIFW Game Wardens and Biologists as the experts people should look to for information, while ensuring they

felt approachable by bringing in a comedic touch.

“With this creative refresh, we focused on natural sounds in Maine: footsteps along a dirt path, animals rustling in the bushes, bears rooting through your trash,” said Rinck Associate Creative Director, Jake MacGillivray. “We had stunning success with all our on-screen talent. Second only to the bear, our real-life officials proved outstanding — capable of deadpanning lines while eating faux cat food or staying dry amidst a deluge from a poorly rigged hose. Client trust reached a high mark on this campaign. We are thrilled to receive this recognition for the effort.”

The campaign came to life in a variety of formats including an engaging website, a “Learn to Be a Keeper” video and audio series that was distributed via paid media including television and radio spots, and an experiential tour that brought brand ambassadors out to share the campaign message to Mainers at various events around the state throughout the summer of 2022. There was also an activity passport for kids. The campaign delivered nearly 6 million impressions and generated over 64,000 clicks to the Keeper web-

site, quiz and newsletter sign-up page.

“This was such a creative and dynamic campaign and we’re really excited to see our work recognized by the Daveys,” said Emily MacCabe, Director, Marketing and Outreach at MDIFW. “The way the Rinck team took the concept and not only came up with a fun idea, but one that really delivered on what we needed it to do was remarkable.”

The 18th Annual Davey Awards received over 2,000 entries from ad agencies, digital agencies, production firms, in-house creative professionals, graphic designers, design firms, and public relations firms. The Daveys are judged and overseen by the Academy of Interactive and Visual Arts (AIVA). AIVA is an invitation-only member-based organization of leading professionals from various disciplines of the visual arts dedicated to embracing progress and evolving the nature of traditional and interactive media. Current membership represents a “Who’s Who” of acclaimed media, advertising, and marketing firms including: Spotify, Nissan, Tinder, Conde Nast, Disney, Microsoft, GE Digital, JP Morgan, PGA Tour, Wired, and many others.

MMS Chamber Singers to Carol at Lewiston’s Tree Lighting



Chamber Singers left to right: Stephen Carnahan, Carol DiBello, Susan & Woody Trask choosing outfits for caroling.

LEWISTON, ME (November 17, 2022) -- The Maine Music Society Chamber Singers will be regaling attendees with joyous Christmas carols at Lewiston’s Tree Lighting on Saturday, December 3, at Dufresne Plaza on Lisbon Street. The tree lighting is at 4:30; singing will be before and after the lighting itself.

With the help of Janet Mitchko of The Public Theatre, the 13-member group will be dressed in outfits reminiscent of Victorian carolers and are

ready to help you create cherished memories as they perform well known

holiday favorites. Come celebrate the magic of the Holiday sea-

son with friends, family and music to warm your soul and lift your spirits.



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Seniors Not Acting Their Age

Whitewater Drama on Little Suncook River



Eggman DeCoster paddles his canoe through a turbulent Class IV rapid on Little Suncook River



Ryan Galway skirts boat flipping holes



A kayaker leaps over Bixby Pond Dam

By Ron Chase
Little Suncook River in south-central New Hampshire is a tiny white-water creek more aptly called a stream or brook. Located in Epsom, the exciting descent flows west from Northwood Lake along Route 4 before entering Suncook River east of Concord.

With the exception of spring runoff and after heavy rain, the diminutive freshet is rarely navigable. However, each fall the New Hampshire Department of Environmental Services releases water from the Northwood Lake Dam. Paddling the release has become a popular fall whitewater tradition. For many years, Ryan Galway has organized and led a Pe-

nobscoot Paddle & Chowder Society Little Suncook River trip during the release.

The rousing three mile excursion begins with a long challenging Class IV rapid immediately below the Northwood Lake Dam. Downriver from the falls, easier whitewater continues to Bixby Pond. At the end of the pond, an approximately eight foot vertical dam must be run or carried. Below, several technical Class III rapids follow to the takeout in the hamlet of Gossville.

Due to the steep gradient, paddlers must constantly be on the alert navigating the many twists and turns in narrow channels. Debris such as trees and branches in the river called

strainers are common hazards. Ducking under low hanging branches is often necessary. The potential dangers are a stimulating part of the attraction for many boaters.

Again this year, Ryan organized a Little Suncook River trip. Nine Chowderheads met in Epsom to take on the whitewater challenge. Although we were unable to confirm the actual volume, everyone agreed it was higher than normal.

After running shuttle, we scouted Bixby Pond Dam and the lengthy intimidating Class IV rapid. With a plan in mind, we launched below the dam. There are two approaches to the first rapid. Since the left was cluttered with debris, everyone elected to

take the circuitous attenuated passage on the right through a densely wooded sector.

Ryan's son, Mason, went first while the rest of us followed. We were well-spaced to avoid colliding with one another in the rapid.

Advancing out of the alders, Mason disappeared over the first pitch. Next in line, my singular focus was negotiating through the many obstacles. I missed my planned route to the right of a wave billowing over a large boulder and log, and rode up on the side instead. High bracing into the foam pile, I slid off. My remaining goal was to avoid several boat flipping holes by running generally right of them. I swiftly passed one after the other. Adjacent to the last one, I kissed the left side of a sharp rock and bounced over some shallow ledges before reuniting with Mason in an eddy. The remainder of our group soon joined us.

While relaxing in the eddy one kayaker remarked, "It's like paddling down a large drainage ditch." Everyone assumed the most demanding impediment of the day was behind us.

Feisty waves and sharp turns continued under a canopy of low hanging trees to Bixby Pond. The short traverse across

the pond was quickly accomplished. Since no one opted to carry around the dam, we lined up to take the leap. A Good Samaritan was standing on the left bank to signal when it was all clear. One paddler after another vanished over the edge. Each time, the helpful observer gave us a thumb's up. My jump went smoothly; plunging into the calm water below and bracing up without flipping.

The excitement quickly recommenced. After negotiating through several tricky Class III descents, we arrived at the top of a rapid that was dangerously blocked by a fallen tree. A kayaker accidentally broached upside down against the tree and exited his boat swimming downriver. The rest of us went into rescue mode.

Ryan boofed over the low end of the tree in his canoe and pursued the swimmer; rescuing him. Three of us went ashore to attempt recovery of the kayak still pinned under the tree. Eggman DeCoster entered the rapid on a safety line while carrying another rope to attach to the kayak. Simultaneously, an empty canoe slammed into the kayak. The collision freed the kayak but the canoe was now wedged under the tree. Our determined companion waded farther out into the turbulent water and attached the rope to the

canoe. We hurriedly pulled them both ashore. Downriver, Ryan recovered the wayward kayak. Trained in swift water rescue, we Chowderheads take care of our own!

The rest of the outing was rather ho-hum.

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 or in bookstores and through online retailers. 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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Sabattus Rec Running Club to Hold Annual Jingle Jog

SABATTUS, ME (November 16, 2022) -- The Sabattus Rec Running Club will once again spread some holiday cheer

around the Village area as members run/walk the local neighborhoods on Saturday, Dec. 17. The 7th Annual Jingle Jog

will start at 10 a.m., from Mixer's Nightclub parking lot on Sabattus Rd. Any and all ages are welcome to join in the fun, and are encouraged to dress in festive colors/apparel. Bells and lights are also encouraged.

The Jingle Jog (or walk) will last about 30 minutes. Participants will then return to Mixer's for light refreshments and to see if Santa stopped by. The event is free.

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November 29

BUXTON -- Had-dock Supper Buffet - Saturday, November 29 2022 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

December 1, 3, 4

DaPonte String Quartet Concerts in November:

Calendar

Send your submissions to the Editor. More online.

Mozart String Duo in B flat Major for Violin & Viola, Dohnanyi Serenade for String Trio, Op. 10 and Beethoven String Trio in C Minor, Op. 9 no 3

Saturday, November 19, 3:00 pm, Meeting-house Arts, Freeport

Sunday, November 20, 3:00 pm, St. Columba's Episcopal Church, Boothbay Harbor

Thursday, December 1, 7:00 pm, Maine Jewish Museum, Portland

Saturday, December 3, 3:00 pm, First Congregational Church of Blue Hill

Sunday, December 4, 3:00 pm, Union Hall, Rockport

December 3

MECHANIC FALLS -- The Ladies Guild of Our Lady of Ransom Church in Mechanic Falls is hosting a Christmas Craft Fair, which will take place on Saturday December 3rd from 9am to 2pm in the

church hall located at 117 Elm St, Mechanic Falls.

There will be various craft vendors, a bake sale and many amazing raffle baskets. A luncheon will be served, and will include a hot dog combo meal as well chili and a chowder. The Christmas spirit will be strong in Mechanic Falls on December 3rd, come and check it out.

December 6

LEWISTON -- Hiring Event on Tuesday, December 6, 2022 from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with over thirty employers all offering

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great job opportunities! The event is free and open to the public. For more information visit: <https://www.mainecareercenter.com/employment/hiring-events/>

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

Health Choice Maine Suing Over Vaccine Mandate

(November 18, 2022) -- Health Choice Maine, the state's premier health freedom advocacy group, has announced it will be filing a lawsuit in Kennebec County Superior Court this week challenging a new rule adopted by Maine EMS that requires COVID-19 and flu vaccines for all first responders. The Board, which is appointed by Governor

Janet Mills, adopted a permanent rule in August 2022.

Health Choice Maine is sounding the alarm over how the vaccine mandate is, exacerbating a grave shortage of first responders and delaying response times across our sparsely populated state. A first responder attached to the case tells a grave story of watching a Mainer die in

his ambulance, because of unacceptable response times that are happening as a direct result of the staffing shortages.

Under the existing mandate, unvaccinated first responders, still on duty, cannot perform life-saving measures and are being compelled to stand aside until their vaccinated counterparts arrive. The group says the policy is not

up-to-date with the latest science, per the CDC and the vaccine manufacturers, that the vaccine does not stop transmission or prevent infection, as was previously claimed. Health Choice Maine's cofounder, Tiffany Kreck, warned that, "Everyone who lives in a rural area, or has family in a rural area of Maine, should be especially concerned. We are

side-lining trained, certified EMTs, many with 15+ years of experience, and in doing so we are creating a self-inflicted crisis in paramedicine in Maine. We now have regions of Maine that are dangerously underserved, and we have reports of response times reaching upwards of 40 minutes in some instances." She continued, "This is bureaucracy at its

worst, and it is destroying lives and putting Maine people at risk needlessly."

Health Choice Maine, a non-profit membership organization focused on restoration, and subsequent protection of medical choice and fully informed consent for all Mainers through advocacy and education. Tax-deductible donations can be made at HealthChoiceMaine.org

\$5M to Expand Broadband in Rural Maine Communities

WASHINGTON, D.C. (November 16, 2022) – U.S. Senators Susan Collins (R-ME) and Angus King (I-ME) announced that the Maine Connectivity Authority will receive a total of \$5,000,000 to support the development of a Five-Year action plan to close the broadband gap in rural Maine. This funding was authorized through the In-

rastructure Investment and Jobs Act and provided through the Broadband Equity, Access, and Deployment (BEAD) Program that was created and funded by the bipartisan infrastructure law.

Senator Collins, the Ranking Member of the Transportation Appropriations Subcommittee, was part of the core group of 10 Senators who ne-

gotiated 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 broadband, roads, bridges, and more.

"Access to high-speed Internet is critical to the vitality of rural communities, which is why I

have long championed expanding access to broadband across Maine," said Senator Collins. "From spurring job creation to supporting telemedicine and education, the Internet unlocks almost endless benefits and possibilities. I co-authored the broadband section of the law to help bridge the digital divide between rural and urban areas, and

I am pleased that this funding will help Maine to take another step forward to extend its high-speed network to ensure that families have a reliable connection to their loved ones, co-workers, schools, and medical services."

"High-speed, affordable broadband access is essential for small businesses, telehealth patients, families, and students across rural and urban Maine," said Senator King. "This investment from the Bipartisan Infrastructure Law will improve internet speeds and bring important new opportunities to communities that need it most. I'm proud to see the continued impact of this bipartisan bill, and will continue working with my colleagues on programs that close the digital divide and help rural Maine thrive."

The BEAD Program is a formula grant program that provides \$42.45 billion to expand high-speed Internet access by funding planning, infrastructure deployment and

adoption programs in all states and territories. The first phase, the Planning Grants, allows states and territories to develop their high-speed Internet deployment plans to make sure all residents of the state are covered before receiving their allocation for capacity building.

The Maine Connectivity Authority will use this grant to close the broadband availability gap and support the development of a Five-Year Action Plan. The following planning and pre-deployment activities will be taken: Research and data collection, including identification of unserved and underserved locations; Publications, outreach, and communications support; Establishing a broadband office that oversees broadband programs and deployment; Mapping of broadband adoption, affordability, equity, access, and deployment activities; and Conducting surveys of unserved and underserved communities to better understand barriers to adoption.



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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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Sen. Collins Named a 2022 Diabetes Champion



Senator Collins with DLC Treasurer Larry Smith and DLC Director of Campaign Communications Erin Callahan.

WASHINGTON, D.C. (November 16, 2022) -- The Diabetes Leadership Council (DLC), a diabetes and health care reform advocacy organization advancing patient-centered policies, announced that Senator Collins is one of its 2022 Diabetes Champions.

The DLC presents the award to the most effective lawmakers based on their public commitment and legislative actions to increase access and affordability for America's patients. Senator Collins was recognized for her efforts to support biomedical research, insulin affordability, and improved Medicare coverage of continuous glucose monitoring (CGM) and other devices that play a crucial role in diabetes care.

"As a Diabetes Caucus Co-chair, Senator Collins continues to drive policies that help the 37 million Americans currently living with diabetes," said Stew-

art Perry, Board Chair, Diabetes Leadership Council. "Whether it's pushing the INSULIN Act or supporting coverage of CGM devices, we are proud to recognize Senator Collins and hope her example inspires her colleagues to prioritize patient-first health policies to help the millions of Americans living with diabetes."

"I have long worked to increase funding for biomedical research, which has produced revolutionary treatment options for those who are affected by this disease. I am also committed to supporting federal policies that will help improve the lives of patients and their families," said Senator Collins. "The Diabetes Leadership Council is a powerful and effective voice for individuals with diabetes. I am honored to receive this recognition, and I will continue to build on the progress we have made to better treat, pre-

vent, and ultimately cure diabetes."

The DLC is a patient advocacy organization comprised of individuals who combine their passion for advocacy with decades of diabetes experience and leadership to advance patients-first policies at the local, state, and national levels. Their members -- all former leaders of national diabetes organizations -- engage policymakers and public and private sector influencers to call attention to the diabetes epidemic that affects 37 million Americans

Senator Collins, the founder and co-chair of the Senate Diabetes Caucus, is a member of the Health Committee. In January of 2023, Senator Collins will become the lead Republican on the powerful Senate Appropriations Committee, which has jurisdiction over all discretionary spending for the federal government.

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A Conversation About Mental Health Awareness

Hosted by the
Lewiston Youth Advisory Council

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Mental Health Professionals and Community Members
 Joining Together to Focus on
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Presentations, Q & A,
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CMMC
Continued from page 1

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