



# TWIN CITY TIMES

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## Auburn Concert Band Invites New Members

**AUBURN, ME (December 30, 2022)** – The Auburn Community Concert Band has announced that rehearsals will resume on Wednesday, January 11th, in preparation for the group’s 2023 summer concert season. This is an ideal opportunity for former high school and college band members to again experience the enjoyment of making music and performing in front of large audiences.

Interested musicians have until January 25th to join the band during this semi-annual “Open Membership” period. The band has a particular need for people playing flute, tuba, and for an additional drum set player.

Membership is open to all wind instrument players and percussionists who can read music, and requires limited conflicts with the group’s weekly schedule of Wednesday evening rehearsals and concerts. Band members must have their own instruments and music stands.

Weekly rehearsals take place every Wednesday evening, from 7:00 - 9:00 p.m. at the High Street Congregational Church, located between High and Pleasant Streets, in Auburn. Starting in late June, the band will resume its annual weekly Wednesday evening concerts at Festival Plaza in downtown Auburn, weather permitting. A different program of music will be performed each week through mid-August, with songs appealing to audiences both young and old.

According to Band Director Milt Si-



mon, it is not unusual for prospective members to feel a bit reluctant about joining the group. “We understand that, for some, it may have been 20 or more years since they last touched their instrument.” Simon stated. “Most people regain their musical skills relatively quickly. It’s like riding a bicycle. Once you have learned, you never forget. You just may have to do some extra

practicing.” Simon added that the opportunity to perform in front of large audiences, numbering 200 to 300 people on a weekly basis, is typically quite appealing to amateur and experienced musicians alike.

This summer will mark the organization’s 42nd anniversary season since being formed by Simon back in 1981. Current concert band members range in age from

their mid teens to early 80’s, and represent over a dozen central Maine towns.

Additional information about the group is posted on the band’s web site: [www.auburncommunityband.com](http://www.auburncommunityband.com).

Interested musicians are asked to email their intentions to Director Simon at [auburncommunityband@gmail.com](mailto:auburncommunityband@gmail.com) prior to attending their first rehearsal.

## New Year, New You 2023 at APL!

**AUBURN, ME (December 29, 2022)** -- **Mindfulness Meditation Series presented by Tisha Bremner of Inner Light Wellness;** Tuesdays – January 10, 17, 24 & 31 – 4:30-5:15 p.m. Online, via Zoom

In this series, participants will be introduced to a variety of techniques that will help clear their minds, calm their emotions, and shift their perspectives during times of challenge. Each session offers tools that can be implemented right away to make positive improvements building

resilience and managing stress. Each topic is discussed in a 45-minute class with an optional Q&A session.

Week 1: Introduction to Mindful Meditation; Week 2: Nurturing Emotions; Week 3: The Power of Gratitude; Week 4: Self-Compassion Matters

This series will be led by Tisha Bremner, Learn more about Tisha at [innerlightwell.com](http://innerlightwell.com).

This program will take place via Zoom, and registration is required. To register, call the Reference Desk at 207-

333-6640, ext. 4. Be sure to provide your email address when registering. Participants will be emailed the Zoom link on the first day of the series, January 10. The link will be the same for all 4 sessions.

**Cooking Healthy on a Budget presented by Healthy Androscoggin;** Wednesday & Thursday – January 18 & 19 – 3:30-5:00 p.m. In person – Androscoggin Community Room

Want to learn how to prepare delicious, healthy foods and stay within your budget? Join this FREE, 2-class series to gain tools, information and recipes to help you sharpen your skills! These engaging classes cover topics to help you shop, cook, and eat healthier foods while staying within your food budget. All participants receive a colorful cookbook with

24 healthy, low-cost recipes and nutrition tips. Each session will include either a food demo, prep, or take-home option!

This series will be led by Becca Schoen, SNAP-Ed Nutrition Educator from Healthy Androscoggin. Becca’s passion is growing food - watching the amazing process of seed to plant - and then transforming it into delicious dishes in the kitchen!

**NOTE:** This is a two-class series, please plan to attend both sessions -- Wednesday, January 18 and Thursday, January 19!

For our planning purposes, registration is required. Please visit the Events page of APL’s website – [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org) – or contact the Reference Desk at 207-333-6640, ext. 4.

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# Newsmakers, Names & Faces

## \$308M for Secured for 180 Maine Projects

WASHINGTON, D.C. (December 22, 2022)—U.S. Senator Susan Collins, a senior member of the Appropriations Committee, announced that she successfully secured more than \$308,690,040 for 180 Maine projects located across the state in the text of the Fiscal Year 2023 Appropriations bills. The omnibus funding package passed the Senate today by a vote of 68-29. It will now be passed by the House before heading to the President's desk to be signed into law.

The requests submitted by Senator Collins will support projects by Maine's state government, municipalities, and non-profits that will promote job creation and economic development, improve infrastructure, support education, expand community resources for Mainers, and protect our environment.

"As a senior member of the Appropriations Committee, I have long championed investments that support Maine's communities and families," said Senator Collins. "I heard from local leaders about how these projects will enhance the wellbeing of Mainers, increase access to higher

education and workforce development programs, and improve the delivery of town services from Aroostook County to York County. These projects will deliver substantial benefits to our state and the people of Maine."

**Androscoggin**  
12 Projects / \$17,950,000

1. Auburn Police Activities League (PAL) Community Center (Auburn)  
Recipient: Auburn PAL

Bill: THUD  
Amount: \$3,000,000  
Project Purpose: To build a new Auburn PAL Community Center for supervised after-school and summer activities. The facility will also support an early childhood education and childcare program, activities for young people and teens, and a kitchen and food pantry.

2. YMCA of Auburn-Lewiston All Weather Community Pavilion (Auburn)  
Recipient: YMCA of Auburn-Lewiston

Bill: THUD  
Amount: \$925,000  
Project Purpose: To construct an all-weather pavilion and multi-use facility

at the YMCA's 95-acre outdoor learning center.

3. B-Street Clinic Community Clinical Services Expansion (Lewiston)  
Recipient: Community Clinical Services, Inc.

Bill: LHHS-Ed  
Amount: \$2,000,000  
Purpose: To support facilities improvement and equipment needs to expand capacity for medical, mental health, and dental care services.

4. City of Lewiston Canal and Riverwalk Trail (Lewiston)  
Recipient: City of Lewiston

Bill: THUD  
Amount: \$979,000  
Project Purpose: To expand Lewiston's riverfront trail that links the new Auburn Village Center and Lewiston's Little Canada neighborhood in accordance with the city's 2012 Riverfront Island Master Plan.

5. Dempsey Center Mobile Units (Lewiston)  
Recipient: Dempsey Centers for Quality Cancer Care

Bill: LHHS-Ed  
Amount: \$725,000  
Purpose: To support the purchase of two mobile units to provide physical and emotional support to

rural Mainers impacted by cancer, including those with limited transportation and low digital access.

6. Lewiston Housing Authority - St. Mary's Intergenerational Center (Lewiston)  
Recipient: Lewiston Housing Authority

Bill: THUD  
Amount: \$4,000,000  
Project Purpose: To support construction of a facility to co-locate senior housing, childcare, health care, and social services in partnership with St. Mary's Hospital.

7. Lisbon Street Fire Sub-Station (Lewiston)  
Recipient: City of Lewiston

Bill: THUD  
Amount: \$1,000,000  
Project Purpose: To build a new fire sub-station on Lisbon Street in Lewiston, which will improve the Fire Department's response time and effectiveness.

8. SeniorsPlus Facility for Older Adults (Lewiston)  
Recipient: SeniorsPlus

Bill: THUD  
Amount: \$1,500,000  
Project Purpose: To construct a facility that would house a new Meals on Wheels Kitchen that

serves Androscoggin, Oxford, and Franklin counties, as well as an Education Center to facilitate classes and support groups.

9. St. Mary's Medical Center Facilities Modernization (Lewiston)  
Recipient: St. Mary's Regional Medical Center

Bill: LHHS-Ed  
Amount: \$945,000  
Purpose: To support equipment and facility renovations, including improving St. Mary's Medical Center's C2 Unit by converting three single patient rooms into negative pressure-capable isolation rooms and installing a new HVAC air handling system.

10. Poland Spring Preservation Society Maine State Building (Poland)  
Recipient: Poland Spring Preservation Society

Bill: Interior  
Amount: \$278,000  
Project Purpose: To install a new roof on the historic Maine State Building.

11. Town of Poland Transfer Station Improvements (Poland)  
Recipient: Town of Poland

Bill: Interior  
Amount: \$598,000  
Project Purpose: To improve the capability and

capacity, safety, and environmental protection at the Poland Transfer Station.

12. Sabattus Central Fire Station (Sabattus)  
Recipient: Sabattus Fire Department

Bill: THUD  
Amount: \$2,000,000  
Project Purpose: To consolidate two fire stations into one at the town office complex. The current stations are old and too small for the needs of the department and its equipment.

**Cumberland**  
21 Projects / \$19,396,000

1. Central Maine Healthcare Hospital Equipment Purchase (Bridgton and Rumford)  
Recipient: Central Maine Healthcare Corporation

Bill: LHHS-Ed  
Amount: \$820,000  
Purpose: To support the purchase of medical equipment and related renovations for the Bridgton (Cumberland County) and Rumford (Oxford County) hospitals.

2. Oasis Free Clinics Expansion (Brunswick)  
Recipient: Oasis Health Network Inc.

Bill: LHHS-Ed  
See Projects, page 5

## One-Month Grace Period for Licensing Pets Expires Jan. 31

LEWISTON, ME (December 29, 2022) -- The Lewiston City Clerk's Department is reminding all Lewiston dog owners that the one-month grace period for licensing their pets will expire Jan. 31. Per state law, a dog's license expires Dec. 31 of each year, and a \$25 state late fine will be added to each license for all dogs licensed after Tuesday, Jan. 31, 2023.

According to the City Clerk's Office, only about seventy percent of the dogs

that were licensed in 2022 have been re-licensed for the new year.

"We do not want our residents to have to pay the \$25 late fine, but it is a state requirement. In Nov., we sent letters to all owners of dogs licensed in 2022 to remind them that the licenses expire Dec. 31 and the late fine is effective Feb. 1," said City Clerk Kathy Montejo.

Dog license fees are \$11 for a male or female dog and \$6 for a spayed or neutered animal, which

means the late fine is more than the cost of the license itself.

"We have over 800 dogs that still need to be re-licensed," said Montejo, "which means that we will be doing a lot of dog licensing during the next month, before the Jan. 31 late fine begins, or many of our residents will have to pay the state-mandated late fee." Per state requirements, the late fine is assessed per dog and not per household.

Many dog owners

may not have re-licensed their pet because they may have misplaced the animal's rabies certificate, which is required to be shown at the time of licensing. Pet owners should contact their veterinarian's office to request a duplicate copy of the rabies certificate if they cannot locate their copy.

As a convenience, dog owners may mail in their license renewal information, and the tag for the new year will be mailed back to the owner. The

dog owner should mail a copy of the rabies certificate, along with the dog's name; the owner's name, address, phone number; and a check payable to the City of Lewiston for the correct amount. Residents may also register their dog's license online at the City's website: [www.lewistonmaine.gov/licenseyourdog](http://www.lewistonmaine.gov/licenseyourdog)

Rabies is a serious problem in the State of Maine. Residents are urged to take the time to protect their pet against

this deadly virus. If an animal is suspected of having rabies, it is quarantined. If during this time, the signs of rabies still appear, the only way to test an animal for rabies is to euthanize the animal. Dog licensing ensures rabies vaccination which protects the health of your pet.

The City Clerk's Department has office hours on Monday - Friday, 8:30 AM - 4:00 PM. Questions can be directed to the City Clerk's Department at 513-3124.



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# Newsmakers, Names & Faces

## \$1B for LIHEAP Signed into Law

WASHINGTON, D.C. (December 30, 2022) – U.S. Senator Susan Collins and Congressman Jared Golden announced that the government funding bill that was signed into law last night included \$1 billion in supplemental appropriations for the Low Income Home Energy Assistance Program (LIHEAP), which provides funding to help low-income households pay their energy bills. In total, the government funding bill

included \$5 billion for LIHEAP, which brings the total FY23 funding to \$6.1 billion.

Maine will receive an estimated \$6.5 million in additional LIHEAP funding, on top of the \$42.5 million the state was allocated in November through prior funding bills. Senator Collins and Congressman Golden led a push to increase funding for LIHEAP during the negotiations over the omnibus appropriations

bill that funded the federal government for fiscal year 2023. The omnibus passed the Senate by a vote of 68-29 and the House by a vote of 225-201.

“This additional funding for LIHEAP comes at a critical time for Maine families,” said Senator Collins and Congressman Golden. “We strongly advocated for this increase for LIHEAP to help compensate for the record high fuel prices that are straining households’

budgets. This much-needed funding will help to ensure that seniors on fixed incomes and other Mainers in need have the resources necessary to keep their homes warm this winter.”

Many Northeast residents have seen a significant increase in their utility bills this winter, with residential electricity prices in some states forecast to rise over 60 percent, propane up 40 percent, and natural gas prices up nearly 30 percent, resulting in higher

home heating bills.

Senator Collins and Congressman Golden already delivered \$1 billion in emergency funding for LIHEAP in the short-term “continuing resolution” (CR) funding package that President Biden signed into law in September.

LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income,

family size, and the availability of resources. Senior citizens and those receiving Social Security Disability or SSI benefits are encouraged to apply as early as possible, but applications will be open to everyone through spring of 2023 — or until the funding is exhausted. More information on how to apply can be found at <https://www.mainehousing.org/programs-services/energy/energydetails/home-energy-assistance-program>

# Maine Home Values Remain Strong

AUGUSTA, ME (December 21, 2022)—Buyers of single-family existing homes across Maine are still encountering a lower-than-normal inventory of homes available for purchase. According to Maine Listings, 1,289 homes changed hands in November, a decline of 28.7 percent from November one year ago.

The median sales price (MSP) for homes sold reached \$325,000—up 8.3 percent from November 2021. The MSP indicates that half of the homes were sold for more and half sold for less.

“While demand remains steady for Maine’s tight for-sale inventory, increased mortgage interest rates, coupled with

the typical holiday slowdown, have impacted the market,” says Madeleine Hill, 2022 President of the Maine Association of REALTORS® and Designated Broker at Roxanne York Real Estate in Harpswell. “For-sale inventory remains historically low with 13 percent fewer homes on the market in November 2022 compared

to last month – and 58 percent fewer homes for sale than pre-pandemic November 2019.”

Nationally, sales are down 35.2 percent in November 2022 compared to November 2021. The National Association of Realtors today also reported that the national MSP reached \$376,700 in November, an increase of

3.2 percent in a year. Sales in the regional Northeast dipped 28.4 percent and the regional MSP of \$394,700 represents a rise of 3.5 percent comparing November 2022 to November 2021.

“REALTORS® continue to educate sellers and buyers about their local market conditions in terms of the availability of

for-sale inventory, housing values, financing costs, and the long-term advantages of home ownership,” adds Hill. “For qualified buyers, home ownership remains a solid financial and quality of life investment. With nearly 1,300 sales, November 2022 was the 7<sup>th</sup> best November in the 22 years of available records.”

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

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# Free Classes in Career, Business, Financial Ed Offered

**MAINE, STATE-WIDE (December 19, 2022)**—New Ventures Maine (NVME) has announced tuition-free online workshops and classes for winter 2023. NVME self-paced and interactive online workshops are designed to help people in Maine gain the skills, knowledge, and confidence to start a business, build a career, and manage money.

The full class schedule with new class offerings for January and beyond is accessible at [bit.ly/NVMEClasses](http://bit.ly/NVMEClasses).

Most winter 2023 classes will be held online. Single- and multi-session workshops are offered, including:

My Next Career

Move (self-paced, online): Assess your skills, interests, and experiences and relate them to career options. Runs January 9 – March 31, 2023. Enroll by March 1. Work at your own pace.

Matched Savings Information Session (interactive, online): Monday, January 9, 4:00 – 5:00 p.m. Learn about matched savings programs that can help you save for a goal by matching your savings with additional funds. Find out how the programs work, check on eligibility, and ask questions.

Making Career Choices (interactive, online): Tuesday, January 10, 10:00 – 11:00 a.m. Ready for a career change but

don't know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered Jan. 17, 2023)

Introduction to Self-Employment (interactive, online): Tuesday, January 10, 12:00 – 1:00 p.m. This class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. (Also offered Jan. 10, 2023)

Money Management Workshops (interactive, online): Wednesdays, January 11 - 25, 6:00 – 7:00

p.m. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three workshops. January 11: Budgeting Basics; January 18: Let's Talk About Credit; January 25: Build Your Savings.

Job Search Workshops (interactive, online): Thursdays, January 12 – 26, 6:00 – 7:00 p.m. Ready for a new job or a career change? Join us for one, two, or all three workshops. January 12: Job Search Strategies; January 19: Resume Strategies; January 26: Interview Strategies.

Tax Readiness for the Self-Employed (interactive, online): Tuesday, January 24, 12:00 – 1:00

p.m. Learn how to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors. (Also offered Feb. 9, 2023)

Changing Jobs: Finding Work That Fits (interactive, online): Tuesdays, January 24 – February 7, 10:00 – 11:30 a.m. Are you considering a job change? This online class for women will help you identify work options and benefits that align with your interests, skills, and values.

Building Confidence (interactive, online): Wednesdays, January 25 – February 8, 6:00 – 7:30 p.m. Whether you are nav-

igating recent changes, looking for a job, starting a business, or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong.

Business Basics (interactive, online): Thursdays, January 26 – February 9, 10:00 – 11:30 a.m. This class covers the basics of a business plan, marketing, and cash planning. It will help you assess the feasibility, desirability, and viability of your business idea and get you started with your plan.

To sign up for any of the above classes, visit [bit.ly/NVMEClasses](http://bit.ly/NVMEClasses) or call 207-621-3440.

## Letter to the Editor

# Gov. Mills stands on the Shoulders of Sen. Smith

To the Editor,  
Governor Mills will be sworn in on Jan 4th. She had a very special role model as a little girl, former US Senator Margaret Chase Smith.

Senator Smith inspired Governor Mills to public duty, to earn her leadership skill set with service, and Smith's role model taught

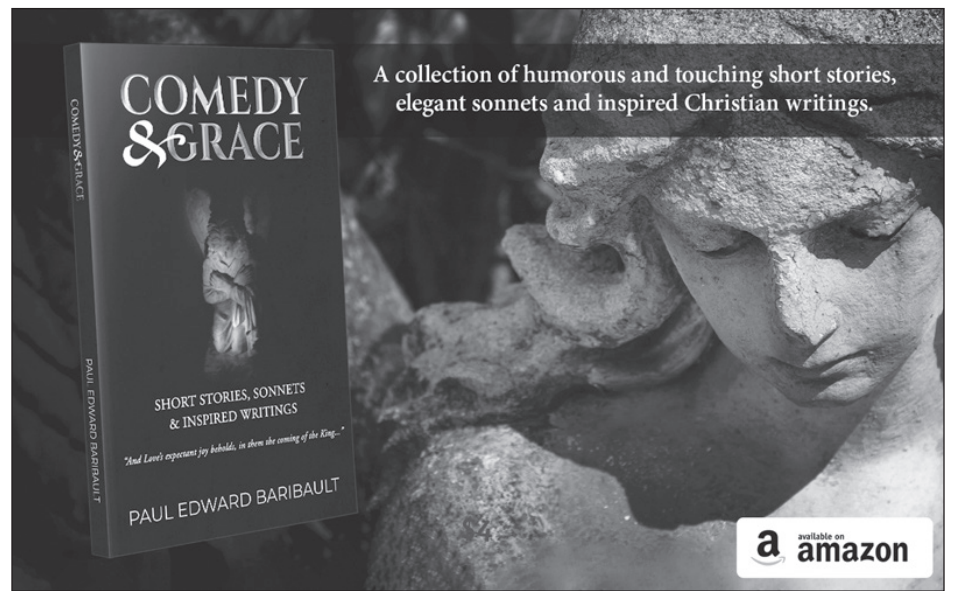
Mills to be a pioneer, a ground breaker. It would be too simplistic to think of Gov Mills' service exclusively while she has been Governor. Her service is so much bigger, longer, and more distinguished than that!

Most people don't remember Senator Smith's votes. We sure can't miss the fruits of her role model

- all these generations later - when Governor Mills is sworn in as Maine's first - successful and reelected - woman Governor. Gov Mills stood on Senator Smith's shoulders, and we get to watch, in real time, as Maine's future women leaders now stand on Gov Mills' shoulders.

Bob Jean  
Lubec, ME

## Lewiston Author Releases Newest Book, *Comedy & Grace*



**LEWISTON, ME (December 30, 2022)** -- 'Comedy & Grace', Lewiston playwright Paul Baribault's sequel to his first work in non-fiction, 'Our Brilliant Eternity', is now available on Amazon. Following on that first book's themes, it further explores the "what if" of things, of our lives here on Earth and what awaits us beyond it.

Through its touching and often comic retellings early in the book, like 'The

Christmas Canteen', 'Invention of the Thin Crust Pizza' and 'Three Corvettes', to outright fables like 'Twins Separated at Birth' and 'Space Odyssey, 2021', it's clear the writer's intent is to warm up his readers with smiles and laughter before the more serious Grace portion of the book begins - with its polished sonnets and the closing Inspired Writings, which the back cover testimonial describes as com-

ing from "the soul-resting whispers of Eternal Mind". One thing throughout is evident: the writer's hope is to entertain, engage and inform us about who we are in Eternity - that we are brothers and sisters on a consciousness and soul-expanding journey, back to our true Home.

In September Mr. Baribault also made his short story debut, in the latest issue of the 'Chicken Soup for the Soul' series titled, "Mysteries and the Unexplainable", with the submission title 'Midnight Rider'.

'Comedy & Grace' is now available on Amazon, and at [www.Ourbrillianteternity.com](http://www.Ourbrillianteternity.com).

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**Projects**

*Continued from page 2*

Amount: \$833,000  
 Purpose: To support facility improvements and equipment for the medical and dental clinic, which provides free services to patients.  
 3. Southern Maine Community College Facility Purchase and Certificate Program (Brunswick)  
 Recipient: Southern Maine Community College  
 Bill: FSGG

Amount: \$1,000,000  
 Project Purpose: To purchase a facility to support Controlled Environment Agriculture and to initiate a certificate program in greenhouse management and horticulture. This programming will help educate Maine businesses, communities, and citizens about ways to foster year-round food and plant growth, including through workforce skills training and industry workshops.

4. University of Maine-Augusta Aviation Maintenance Technician School (Brunswick)

Recipient: University of Maine System  
 Bill: LHHS-Ed  
 Amount: \$400,000

Purpose: To launch a higher education degree program at Brunswick Landing in aviation maintenance where students will learn how to repair and maintain certified air-

craft, expanding the pipeline of aviation professionals to fill in-demand jobs.

5. Cumberland County Public Safety Communications Equipment Upgrade (Cumberland County)

Recipient: Cumberland County  
 Bill: CJS  
 Amount: \$1,000,000  
 Project Purpose: To upgrade and replace public safety communications equipment that is nearing the end of its life.

6. Town of Gorham Feasibility Study for Sewer and Water Distribution System (Gorham)

Recipient: Town of Gorham  
 Bill: Interior  
 Amount: \$240,000

Project Purpose: To fund a feasibility study to connect the Route 22 commercial corridor with sewage and water distribution services to prepare for future development.

7. Maine Turnpike Crossing Water Main Replacement (Gray)

Recipient: Gray Water District  
 Bill: Interior  
 Amount: \$1,416,000

Project Purpose: To replace the 1950s-era water main that runs under the Maine Turnpike.

8. Town of Long Island Mariners Wharf Project (Long Island)

Recipient: Town of Long Island  
 Bill: THUD

Amount: \$477,000  
 Project Purpose: To repair and reinforce a town wharf that has been damaged by severe winter storms and which serves as the embarkation/debarkation point for ferry service to the island.

9. Maine Irish Heritage Center Building Restoration (Portland)

Recipient: Maine Irish Heritage Center  
 Bill: THUD  
 Amount: \$3,000,000

Project Purpose: To fully restore and weatherize the Maine Irish Heritage Center building and prevent further interior damage and deterioration of the exterior structure.

10. Maine Law School Legal Aid Clinic (Portland)

Recipient: University of Maine System  
 Bill: LHHS-Ed  
 Amount: \$17,000

Purpose: To expand Maine Law's public service legal aid clinic to prepare students for professional practice, including by acquiring essential technology items for the clinic.

11. Mobile Life Sciences Education (Portland)

Recipient: Educate Maine  
 Bill: LHHS-Ed  
 Amount: \$1,000,000

Purpose: To acquire and operate a state-of-the-art mobile lab to instruct K-12 students and engage

them in hands-on interactive learning in the life sciences. Funding would also be used for curriculum development and lab equipment.

12. Implementing Smart Home and Telehealth Technologies to Promote Independent Living for People with Disabilities (Scarborough)

Recipient: 3i Housing of Maine  
 Bill: LHHS-Ed  
 Amount: \$509,000

Purpose: To implement user-friendly technology at approximately 45 supportive housing units for individuals with disabilities to help improve residents' independence and quality of life.

13. Scarborough River, ME (Scarborough)

Recipient: Army Corps  
 Bill: E&W  
 Amount: \$2,700,000

Project Purpose: To dredge the Scarborough River to address significant shoaling that has impeded access to the commercial pier, moorings, and boat launches.

14. Direct Support Professionals Workforce Readiness Program (South Portland)

Recipient: Port Resources  
 Bill: LHHS-Ed  
 Amount: \$30,000

Purpose: To fund a health care training program to fill much-needed direct support profes-

sional roles.

15. Electric Vehicle Automotive Certification Expansion (South Portland)

Recipient: Southern Maine Community College (SMCC)  
 Bill: E&W  
 Amount: \$750,000

Project Purpose: To fund the newly implemented electric vehicle repair certification

16. STRIVE World-WIDE (South Portland)

Recipient: Peregrine Corporation  
 Bill: LHHS-Ed  
 Amount: \$300,000

Purpose: To increase educational opportunities designed to teach independent living and employment skills to individuals with intellectual and developmental disabilities.

17. Child Exploitation Prevention (Standish)

Recipient: Stop Trafficking Us  
 Bill: LHHS-Ed  
 Amount: \$300,000

Purpose: To expand trauma programming to improve awareness and prevention of child sexual abuse.

18. St. Joseph's College Front Line Health Care Workforce Training (Standish)

Recipient: Trustees of St. Joseph's College  
 Bill: LHHS-Ed  
 Amount: \$1,165,000

Purpose: To renovate a facility to train nursing

students to enter the home care workforce serving Maine's elderly population.

19. Landslide Vulnerability Assessment of Presumpscot River Corridor, ME (Westbrook)

Recipient: City of Westbrook, ME  
 Bill: DHS  
 Amount: \$996,000

Project Purpose: To study causes of Presumpscot River landslides and develop mitigation strategies for future development planning.

20. Improving Access to Substance Use Disorder Treatment for Adolescent Girls (Windham)

Recipient: Day One  
 Bill: LHHS-Ed  
 Amount: \$443,000

Purpose: To support facility renovations to increase access to substance use disorder treatment for adolescent girls.

21. North Windham Wastewater Treatment Facility (Windham)

Recipient: Town of Windham  
 Bill: Interior  
 Amount: \$2,000,000

Project Purpose: To install a sewer and wastewater treatment system using a Membrane Bio Reactor, which would clean the water to a much higher standard than the existing subsurface waste disposal systems and accommodate business and residential growth.

# Barrett Foundation Gives Grant to Pine Tree Camp

**ROME and BATH, ME (December 28, 2022)** -- Pine Tree Camp's innovative new Dirigo Experience program has received a \$20,000 grant from the Evelyn S. and K.E. Barrett Foundation. The Barrett Foundation funds organizations that benefit children in need, which makes the Dirigo Experience a perfect fit.

Pine Tree Camp is a program of Pine Tree Society which is headquartered

in Bath. "This program fills a real gap in services," said Pine Tree Camp director, Dawn Willard-Robinson. "Most Deaf youth have never had the chance to meet another Deaf person their own age. The Dirigo Experience breaks that cycle by bringing Deaf and hard of hearing young people together at Pine Tree Camp for a life-changing experience."

The immersive pro-

gram consists of a mixture of outdoor activities, team building and facilitated discussions and is designed to help youth build interpersonal skills, learn how to resolve conflict, navigate communication barriers and increase confidence and self-esteem.

"These are all important tools to have as they grow older and navigate life independently as adults," said Joshua Seal, director of Pine Tree So-

ciety's Interpreting Services. "We want to invest in the future by stepping up to help Deaf youth develop a sense of connection and community now."

Thanks to the support of the Barrett Foundation, Pine Tree Camp's Dirigo Experience will be able to provide a combination of in-person and virtual connections all year long for Deaf and hard of hearing youth statewide.

The Dirigo Experi-

ence is designed for ages 11 to 15 and limited to 30 participants. The first session in 2023 will be held Friday, February 17 through Monday, February 20. Registration is required and full scholarships are available. Register at this link: <https://pinetree.camp-intouch.com/ui/forms/application/camper/App>

On January 11th at 7:00pm, parents are invited to join a special Virtual Info Session hosted on Zoom by

Dawn Willard-Robinson and Joshua Seal. Register at this link: [pinetreesociety.org/Dirigozoom](http://pinetreesociety.org/Dirigozoom)  
[www.pinetreesociety.org](http://www.pinetreesociety.org)

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



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# Arts & Entertainment

## Comedy to Open CLT's 83rd Season on January 19th

AUBURN, ME (December 30, 2022) -- Sitcom star and former stage actor James Wicker, as played by veteran CLT actor and director John Blanchette, playfully points during a scene from the upcoming Community Little Theatre (CLT) production of the Terrence McNally comedy "It's Only A Play." The show will be performed at



DNA Photography.

CLT on 30 Academy Street in Auburn at 7:30 p.m. on January 19, 20, 21, 26, 27 and 28; and at 2:00 p.m. on January 22 and 29. Ticket prices (including all fees) are \$22.00 for adults, \$19.00 for seniors, and \$14.00 for students. Tickets are available online at [www.lact.com/box-office](http://www.lact.com/box-office) or by calling 207-783-0958.

L/A Community Little Theater, located at 30 Academy Street in Auburn, has been producing live theater since 1940. A volunteer, non-profit organization, our goal is to provide affordable and quality entertainment in the performing arts as well as education, training, and experience in theater for area youth. [www.lact.com](http://www.lact.com).

## River Comics Entertains with Stand-Up Comedy

AUBURN and LEWISTON, ME (December 29, 2022) – The River Comics Comedy Productions will host three stand-up comedy

shows this week. Obscura Café and Drinkery, The Colisee Club, and Craft Brew Underground are your spots this Thursday, Friday, and Saturday to

get a dose of post-holiday comic relief.

On January 5th host Nick Gordon presents two of the area's most hilarious entertainers, Johnny

Ater and Brendan Eyre, 7pm at Obscura Café and Drinkery. This will be the first comedy show in this new venue, so be sure to show your support.

Then on the 6th host Ian MacDonald brings veteran comics Mike Bunker and Tuck Tucker, and the one and only Karen Morgan to The Colisee Club at 8:30pm. The club over a hockey rink is one of the area's up and coming hot spots and these shows are always jumping. Get there early to enjoy drink specials.

Finally on the 7th special guest host Johnny Ater sets the stage for New York City comics Carla Oakerson and one of the east coast's best up and comers, Mike Keegan, 7pm at Craft Brew Underground. "CBU" is the only weekly Saturday comedy club in the state, and this is sure to be a show that will tickle your funny bone.

Tickets are \$10 and can be found at <https://www.rivercomics.com>



[www.rivercomics.com](http://www.rivercomics.com) or purchased at the door. Obscura Café and Drinkery is located at 108 Lisbon St., Lewiston; Craft Brew Underground is located at 34 Court St., Auburn; The Colisee Club

is located at 190 Birch St., Lewiston.

For more information contact The River Comics Comedy Productions at 207-200-5366 or [therivercomics@gmail.com](mailto:therivercomics@gmail.com).

L/A Community Little Theatre PRESENTS



by Terrence McNally

Director: Eileen Messina • Assistant Director: Mark Hazard  
Producer: Ken Mansur

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# Bangor Savings Bank Foundation Awards 25 Local Grants

**(December 19, 2022)** -- The Bangor Savings Bank Foundation is celebrating its 25-year anniversary and awarding grants totaling over \$200,000 to New England organizations that are helping to make their communities vibrant and strong.

These 25 nonprofit grant recipients are engaged in diverse efforts to foster healthy and vital communities throughout New England, from providing affordable housing to literacy services and educational support for families, to life-changing services for survivors of abuse, to recreational and outdoor opportunities for communities, and more.

The Bangor Savings Bank Foundation was created in 1997 to help fulfill Bangor Savings Bank's commitment to improving communities. Based in Bangor, Maine, the Foundation was originally organized and operated for advancing scientific, literary, education, and other community initiatives. Today, the Foundation continues this stewardship by giving to initiatives that make our communities more prosperous, livable, and vibrant, and has expanded its giving in the areas of economic and workforce development, education, social and civil services, culture and

arts, and health and well-being.

"The Bangor Savings Bank Foundation has kept its steadfast commitment for over 25 years to support the critical work of nonprofits in the region," said Bob Montgomery-Rice, President and CEO of Bangor Savings Bank. "Looking forward, we are eager to learn how each of these organizations further their respective missions to build on the betterment of our communities throughout New England."

The Coast Guard Foundation received a \$25,000 grant (\$12,500 over two years) to provide the Coast Guard Station in Eastport, Maine with a multi-function recreational area for Coast Guard members and the community.

"We are extremely grateful to The Bangor Savings Bank Foundation for their generous support of this project," said Marc Cregan, Coast Guard Foundation Regional Director of Philanthropy for New England. "The addition of a picnic pavilion and outdoor recreation area at the Eastport housing complex will give 25 Coast Guard members a place to relax with their families and each other when they are not on the water serving the citizens of Maine. And the nearby hiking trails that

will be built on the property will allow them to build comradery with the broader community while they enjoy the beauty Downeast Maine has to offer."

Four additional recipients who represent the positive community impact of all the grant recipients are:

\$7,500  
Crisis Center of Central New Hampshire  
Concord, Merrimack County, New Hampshire

The Crisis Center of Central New Hampshire provides services to victims and survivors of domestic violence, sexual violence, elder abuse, stalking, human trafficking, and child abuse. Their services include court advocacy, education and outreach, emergency shelter, housing assistance, and more. This grant will help them modernize their facility to make it more secure and reliable, and to increase programming for their clients.

Friends of River Valley \$10,000; Rumford, Oxford County, Maine

Maine Coast Heritage Trust \$10,000; Machiasport, Washington County, Maine

Step Up Parents \$10,000; Portsmouth, Rockingham County, New Hampshire

Appalachian Mountain Club \$5,500; Green-



**Left to right: Marc Cregan, Regional Director of Philanthropy, Northeast, Coast Guard Foundation; Scott Blake, Chief Information Officer, Bangor Savings Bank; Mindy Rivello, Chief Petty Officer, U.S. Coast Guard; Gavin Robinson, Community Relations Manager, Bangor Savings Bank; Diane Hunnewell, Consumer Banking Relationship Manager, Bangor Savings Bank; Rebecca Perkins, Calais Branch Manager, Bangor Savings Bank; Jaclyn Fish, Director of Marketing and Community Relations, Bangor Savings Bank.**

ville, Piscataquis County, Maine

Bangor Area Homeless Shelter \$15,000; Bangor, Penobscot County, Maine

Bangor Historical Society \$5,500; Bangor, Penobscot County, Maine

Calais Community Hospital \$10,000; Calais, Washington County, Maine

Center Theatre Inc. \$10,000; Dover Foxcroft, Piscataquis, Maine

Community Dental \$5,500; Biddeford, York County, Maine

Down East Family YMCA \$7,500; Ellsworth, Hancock County, Maine

Friends in Action \$5,500; Ellsworth, Han-

cock County, Maine

Habitat for Humanity of Greater Bangor \$7,000; Bangor, Penobscot County, Maine

Habitat for Humanity of Greater Portland \$7,000; Portland, Cumberland County, Maine

Habitat for Humanity of Waldo County \$7,000; Belfast, Waldo County, Maine

Jesup Memorial Library \$5,500; Bar Harbor, Hancock County, Maine

Mad Horse Theatre Company \$6,000; South Portland, Cumberland County, Maine

Marguerite's Place, Inc. \$6,500; Nashua, Hillsborough County, New

Hampshire

Mid Coast Hunger Prevention Program \$7,500; Brunswick, Cumberland County, Maine

Moosehead Marine Museum \$5,500; Greenville, Piscataquis County, Maine

Northeast Hearing & Speech \$7,500; Portland, Cumberland County, Maine

Penobscot Bay YMCA \$10,000; Rockport, Knox County, Maine

Preble Street \$7,500; Portland, Cumberland County, Maine

The Courageous Steps Project \$7,500; Stillwater, Penobscot County, Maine

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# Join the Crafting Circle At LPL

LEWISTON, ME (December 23, 2022) -- Lewiston Public Library will be hosting a crafting circle on the third Wednes-

day of every month starting January 18, 2023, from 4:30- 6:30 pm in the Jeanne Couture Room. This is a free event and no registra-

tion is required.

Have a craft you started that is now collecting dust? Ever admired a craft and wondered if any-

one could teach it to you? Want a second opinion on a template or a crafting kit?

Lewiston Public Library is hosting a crafting circle for people to come and bring

a craft to work on. Come, meet, and learn from like-minded people. Some



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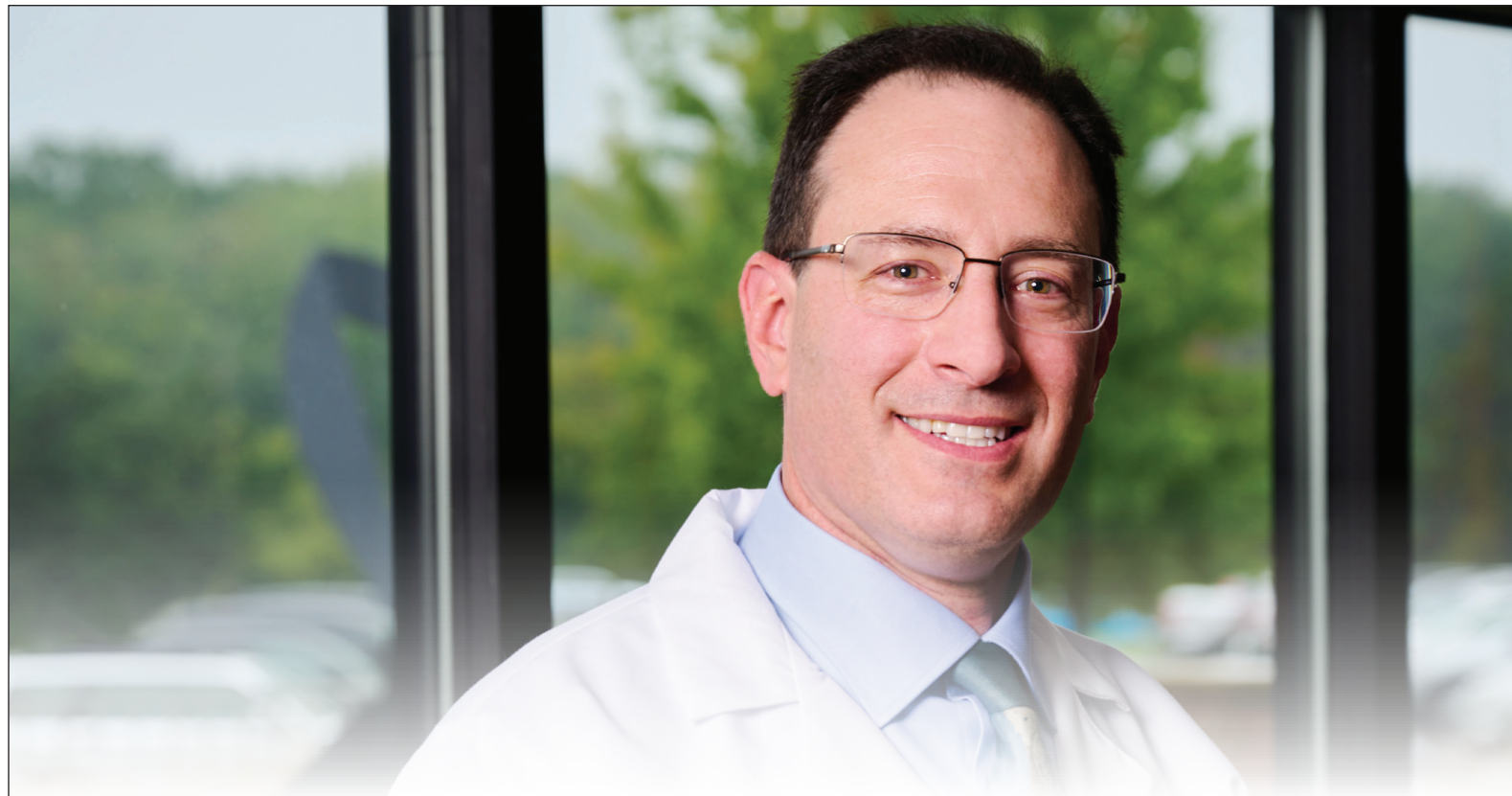


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crafting supplies will be available but individuals are strongly encouraged to bring their own projects and necessary supplies. Coffee will be provided. If there is interest, we may do themed crafting events in the future.

Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Lisbon and Pine. For more information, contact Lewiston Public Library at 513-3135 or [LPLReference@lewiston-maine.gov](mailto:LPLReference@lewiston-maine.gov)

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

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## New England Cancer Specialists welcomes Dr. Dan Rausch.

A Board-certified oncologist and hematologist who grew up and currently resides in Auburn, Dr. Rausch is the newest member of New England Cancer Specialists. He will work out of the practice's Scarborough office, where he is currently accepting new patients.

Dr. Rausch joins the largest medical oncology group north of Boston, which includes 13 other physicians—10 in Scarborough and Topsham—and 23 advanced practice providers. A graduate of Haverford College and Tufts University School of Medicine, he completed his residency at the Lahey Clinic in Burlington, MA, as well as a Fellowship at St. Elizabeth's Medical Center in Brighton, MA.

### Physician Referrals and Initial Appointments

NECS makes it a priority to see new patients as soon as possible. Physicians can make referrals and patients may request initial appointments by either calling NECS at (207) 303-3300, or by visiting us online at [NewEnglandCancerSpecialists.org](http://NewEnglandCancerSpecialists.org).



Dr. Rausch with his family at the Dempsey Challenge





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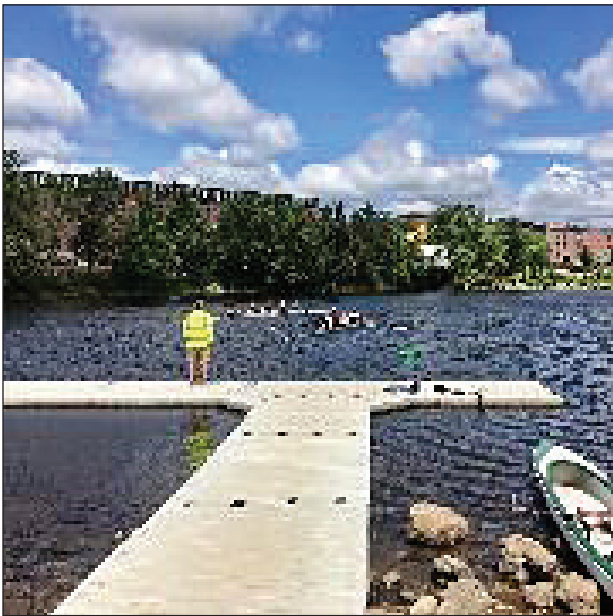
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**Lewiston to Hold Riverfront Island Presentation & Open House**



Callahan Hall, 200 Lisbon Street (snow date is Jan. 24).

View current ideas and comment on the design concepts being considered for inclusion in the Master Plan. This plan covers the Riverfront Trail, Simard-Payne Park, the canals, Island Point, and bike and pedestrian connections, as well as undeveloped parcels near the riverfront. From 5-7 PM, designs for each of these areas may be viewed at your own pace. There will be a short public presentation on the designs at 5:30 PM. Questions may be directed to the Planning & Code Department by calling 207-513-3125.

**LEWISTON, ME** Riverfront Island Master Plan Update Open House on Jan. 12 at the Lewiston Public Library's

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## Seniors Not Acting Their Age

# An Icy Surprise on Mount Blue



An icy trail is encountered high on Mount Blue



The beginning of the Mount Blue Trail was rocky but dry



There is a new tower at the summit of Mount Blue

**By Ron Chase**  
People are busy during the holiday season. So when no one expressed interest in my scheduled Penobscot Paddle & Chowder Society mountain hike in early December, my wife, Nancy, and I were undeterred.

After considering the various options that appealed to us, we decided on Bald Mountain near Weld. Since the area had experienced heavy rain the day before, we assumed any ice on the notable Bald Mountain exposed ledges would be washed away. A cool, sunny, and breezy morning on our arrival at the trailhead, we packed and dressed for predicted gusty conditions at higher elevations.

What we didn't dress for was an unanticipated obstacle encountered a short distance from the trailhead. Tiny Wilson Stream was almost overflowing its

banks. Getting wet during a traverse was a near certainty. Not a little damp, but serious wet. We needed waders but they hadn't been on the checklist. In fact, we haven't owned waders since I discarded a pair that leaked while completing a misguided winter crossing of Hancock Stream in New Hampshire en route to Scar Ridge about twenty years ago.

We were all dressed up with no mountain to climb. Tumbledown and Little Jackson Mountains were fairly close but I'd hiked them a couple of weeks earlier. I thought of Mount Blue; so it's my bad. Decades since I'd climbed the nearby 3,187 foot peak; my senior recollection was the hike on Mount Blue was comparable to Bald in length and difficulty but less scenic.

On the map, Mount Blue was a short distance away. However, the drive

was more complicated than it appeared. After passing Mount Blue State Park Headquarters on the Center Hill Road in Weld, the signage was confusing. Following a wrong turn, we located the poorly marked, narrow dirt Mount Blue Road and drove 2.5 miles through a couple of rough sections to the trailhead.

A sign next to the kiosk indicated it was 1.6 miles to the summit. Although there was no indication of ice or snow anywhere in the area, as a precaution we added micro spikes to our packs.

From the trailhead, we hiked steadily uphill on a wide, well-worn, rocky path in a mixed hardwood and conifer forest. The collapsed remains of the old Fire Warden's Cabin were passed on the left after about a half-mile. The steep gradient continued for perhaps another half-mile to an open area where

there was a partial view of the forested summit cone which appeared to be more than .6 of a mile away.

Shortly after, the trail angled right and we entered a dense conifer forest. Patches of ice unexpectedly pockmarked the surface. As we progressed, the path narrowed and steepened. The sporadic ice worsened to a continuous carpet that completely covered the increasingly boulder-strewn route.

Nancy and I stopped to discuss our options. Believing the summit was close, our choice was to add micro spikes and carefully continue. After persisting for some distance, two hikers were met who were descending with difficulty. They implied we were nearing the top. We weren't – at least traveling at our snail's pace.

Emerging onto a clearing where the sun was brightly shining on what

appeared to be a relatively new tower, we finally reached the summit. On our last visit, the dilapidated remnants of an old fire tower were an unsightly welcome. The new structure is a marked improvement.

Winds were gusting, so we quickly donned our parkas and found a sheltered location to relax and consume much needed snacks. Given the blustery weather, we decided to forego the panoramic vistas presumably afforded by the observation deck on the new tower. Fortuitously, superb views were available from our lunch spot.

Our descent on the icy surface was tediously slow. Dry ground was a welcome relief. When we reached the trailhead, the outing had taken an hour more than expected. Even factoring in the ice delays, the hike seemed longer than 3.2 miles. An elevation gain of

1,774 feet is a possible explanation. Old age is more likely.

Although enduring more adversities than expected, we had the satisfaction of completing the challenging hike despite the precarious conditions. And, much of the journey was thoroughly enjoyable. Our experience was a stark reminder that warm clothing and micro spikes are a must this time of year.

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 retailers. 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).

## 2023 is the Year for Mainers to Quit Tobacco

**AUGUSTA, ME (December 29, 2022)** – While tobacco use has been declining for decades, 16.5% of Maine residents still smoke and tobacco is the leading cause of death and disease in the state. Through the new "Tobacco-Free '23" campaign, the American Lung Association in Maine is sharing key reasons why 2023 is the year to quit tobacco, as well as sharing

tips and resources.

"Each year, quitting smoking is listed as one of the top New Year's resolutions. While quitting smoking is extremely difficult, it is possible. In fact, it typically takes a person 8-10 attempts to quit smoking for good, which is why we call it a journey," said Lance Boucher, Director of Advocacy for the American Lung Association. "It is important to have sup-

port during this process, including family, friends and your doctor, to help keep you on the right path."

Here are four important reasons why 2023 is the year to start your journey to become tobacco-free:

**Your Health:** Tobacco use remains the leading cause of preventable death and disease in Maine, killing 2,390 people each year. Currently, 16 million Americans live

with a tobacco-related disease. While it's best to quit as early as possible, quitting tobacco use at any age will enhance the length and quality of your life.

**Your Wallet:** If your New Year's resolution is to save money, quitting smoking can save you between \$2,230-\$4,360 annually.

FDA is Preparing to End Sales of Menthol Cigarettes: Currently, the Food and Drug Administration (FDA) is in the process of finalizing rules to end the sale of menthol cigarettes and flavored cigars in the U.S. If you use one of these

tobacco products, this is an optimal time to begin your quit journey. In fact, after Canada stopped selling menthol cigarettes in 2017, the country saw an increase in quit attempts and cessation among people who smoked menthols.

Be An Inspiration! Last year, the American Lung Association relaunched the "Super Stoppers Club" with award-winning journalist Bob Levey to celebrate people who have quit smoking for good and inspire those who are trying to quit. Read inspiring quit stories and submit

your own at [Lung.org/Super-Stoppers](http://Lung.org/Super-Stoppers).

Here are some of the tips and resources the American Lung Association recommends to successfully quit tobacco:

**Lung Helpline:** Not sure where to start? Call the Lung Association's free Lung Helpline and Tobacco Quitline at 1-800-LUNGUSA, which is staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists.

Talk to your healthcare provider: Talking to a healthcare provider about your plan to quit smoking is an important step. With your doctor's help, you can include cessation medication into your tobacco treatment plan, which can double your chances of quitting successfully. There are seven FDA-approved medications that are proven to help you quit.

Get help from a proven resource: The American  
*See Tobacco, page 12*

- Landscaping
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# Nominees to US Military Service Academies Announced

**WASHINGTON, D.C. (December 12, 2022)** — U.S. Senators Susan Collins and Angus King today announced their nominees to the United States Military Academies. To be considered for an appointment to a service academy, applicants must be nominated by an authorized nominating source, which includes

Members of Congress. Admission to the United States Coast Guard Academy, also a federal service academy, does not require a congressional nomination. “We are proud to have the honor to nominate such an impressive group of Maine students to our nation’s distinguished service academies,” said Senators

Collins and King in a joint statement. “The young people we have nominated have earned this honor through a commitment to strong scholarship, leadership, and character.” The following students from Maine have received nominations as candidates to the military academies from Senators Collins and King:

## United States Air Force Academy – Colorado Springs

Name	Home Town	High School
Jarek Fryzlewicz	Alfred	Massabesic High School
Austin Sellinger	Auburn	Edward Little High School
Avery Theriault	Augusta	Cony High School
Benjamin Beckerman	Bethel	Burke Mountain Academy
Nora Spratt	Castine	George Stevens Academy
Thomas Brearly	East Baldwin	Sacopec Valley HS
Sarah Neal	East Machias	Washington Academy
Camden Hamilton	Falmouth	Falmouth High School
Matthew Bellatoni	Gorham	Cheverus High School
Leonardo Mlynski	Hampden	Hampden Academy
Emma Richard	North Yarmouth	Greely High School
James Jones	Oakland	Messalonskee High School
Katelynn Kinney	Sebec	Bangor Christian Schools
Roman Thomas	Windham	Windham High School
Ryan Cole	Woodland	Washburn District HS
Jonathan “Jack” Curtis	Woolwich	North Yarmouth Academy
Joseph Neal	York	York High School

## United States Merchant Marine Academy - Kings Point

Name	Home Town	High School
Addison “Tadd” Nelson	Bath	Cheverus High School
Julian Henderson	Camden	Camden Hills Regional HS
Jameson Buck	Hampden	Hampden Academy
Benjamin Cloutier	Lewiston	Lewiston High School
Nicholas Biberstein	Orrington	Bangor High School
Amber Scholten	St. Albans	Nokomis Regional HS
Katherine Mason	Whitefield	Lincoln Academy

## United States Military Academy - West Point

Name	Home Town	High School
William Price	Anson	Carrabec High School
Taylor Coombs	Bangor	Bangor High School
Thomas Brearly	East Baldwin	Sacopec Valley HS
Sarah Neal	East Machias	Washington Academy
Matthew Bellantoni	Gorham	Cheverus High School
Nolan Garey	Minot	Poland Regional HS
Emma Richard	North Yarmouth	Greely High School
Nicholas Biberstein	Orrington	Bangor High School
Maclain Lowe	Saco	Thornton Academy
Katelynn Kinney	Sebec	Bangor Christian Schools
Jonathan “Jack” Curtis	Woolwich	North Yarmouth Academy
Cora Birknes	Yarmouth	St. Andrew’s School
Joseph Neal	York	York High School

## United States Naval Academy - Annapolis

Name	Home Town	High School
Austin Sellinger	Auburn	Edward Little High School
Avery Theriault	Augusta	Cony High School
Liam Sullivan	Berwick	St. Thomas Aquinas
Leonard “Michael” Kenyon	Brunswick	Brunswick High School
Nora Spratt	Castine	George Stevens Academy
Carolyn Carter	Freeport	Freeport High School
Matthew Bellantoni	Gorham	Cheverus High School
Jameson Buck	Hampden	Hampden Academy
Benjamin Cloutier	Lewiston	Lewiston High School
Nolan Garey	Minot	Poland Regional HS
Nicholas Biberstein	Orrington	Bangor High School
Malachi Cummings	Presque Isle	Presque Isle High School
Scott Turney	Readfield	Kents Hill School
Jacob Lavi	South Thomaston	Oceanside High School
George Ferland	Stockholm	Caribou High School
Katherine Mason	Whitefield	Lincoln Academy
Cora Birknes	Yarmouth	St. Andrew’s School
Steven Fulton	Yarmouth	Yarmouth High School

## Tobacco

*Continued from page 10*

Lung Association offers resources to help adults and teens to quit all tobacco products, including:

Freedom From Smoking® helps individuals create their own unique quit plan, as well as tips and techniques to stay successful in the long run. Freedom From Smoking can be accessed online, at a group class and through a self-guided workbook. Those looking to quit smoking are encouraged to

use the method that works best for their learning style, schedule and unique quit tobacco use plan.

Not-On-Tobacco® (N-O-T) is a teen smoking/chewing/vaping cessation program for teens who want to quit. The 10-session program provides the tools, information, and support for teens to end their addiction to tobacco. Teens can participate in NOT in-person, virtually or online at NOTforMe.org.

Switch. E-cigarettes are tobacco products, and the FDA has not found any e-cigarette to be safe and effective in helping smokers quit. Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine.

For more information about quitting tobacco for “Tobacco-Free ’23,” visit the American Lung Association website at Lung.org or call the Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

## 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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January 7

GORHAM -- Public Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, January 7, 4:30-6:00pm. We are back inside! Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.

\$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

Wednesdays, January 11-February 15 LEWISTON -- The

# Calendar

Send your submissions to the Editor. More online.

Lewiston Public Library will be hosting a 6 week yoga series for teens beginning in January 2023. Classes will be held at the library on Wednesdays from 3:30-4:30pm from 1/11/23 - 2/15/23 in the 3rd floor Callahan Hall and 2nd floor IDEA Lab on alternating weeks.

For more information contact the Adult & Teen Services department at 513-3135 or lplreference@lewistonmaine.gov.

January 18 and

third Wednesday of every month

LEWISTON -- The Third Wednesday of Every Month starting January 18, 2022 at 4:30 pm at the Lewiston Public Library: CRAFTING CIRCLE. Bring a craft to work on while meeting and learning from like-minded people. Free and no registration is required. Contact info. 513-3135; www.LPLonline.org

January 19

LEWISTON -- The

Great Falls Forum entitled "Drawn to a Life of Crime" will be happening at the Lewiston Public Library on Thursday, January 19 from 12 to 1 PM. The event listing can also be found on our website at https://lplonline.org/events/great-falls-forum-drawn-to-a-life-of-crime/

January 23

LEWISTON -- Board Game Night happening The Lewiston Public Library on Monday, January 23, 2023, from 4:30- 6 pm. The event listing can also be found on our website at https://lplonline.org/events/board-game-night/

January 28

GRAY -- Supper -

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Saturday January 28, 2023, 5:00 PM First

Congregational Church, Gray, Parish House, 5 Brown St., Handicapped Accessible. Seating Capacity 50 - Doors open at 4:30 PM Meals - Single sized \$10.00 each. 657-4279

## Sen. Brakey: New Legislature, New Year, New Hopes

By Sen. Eric Brakey AUGUSTA, ME (December 30, 2022) – This weekend marks the start of 2023. It's a New Year for America and for the world. It's a fresh start, especially here in Maine as a newly elected Legislature takes office. And for many of us who were recently elected, this time of year is a chance of renewed hope and reflection on what Maine's people expect from us as Legislators – after all, you elected us.

Hello, I am Senator Eric Brakey of Androscoggin County; and it's my pleasure to join you for our first Republican Radio Ad-

dress of 2023.

First, I want to thank the voters of my district — the people of Auburn, New Gloucester, Poland, and Durham — for entrusting me to represent them in the State Senate as their voice in Augusta. It is an honor to serve the people of Maine, once again.

Back in 2014, I was elected to my first Senate term as the youngest state senator in America and re-elected in 2016. After a four-year hiatus, I am honored to be back to defend the freedom and paychecks of Maine's people. I'm sure all of my fellow elected colleagues of both

parties respect the responsibility we've been given to serve you.

So what does 2023 look like? First, let me give you a bird's eye view of what has happened.

In looking back at the last year, Maine ratepayers were hit with an 83% rate increase in their electric bills at the start of 2022. If you were a small-to medium-sized business that used the Public Utilities Commission's Standard Offer, those rates rose as high as 300% before settling down later in the year.

And in what feels like déjà vu all over again, those rates are going up

another 45% on average beginning January 1. That is a 165% increase in the price of electricity in just two years.

If you use fuel oil to heat your home, you've seen a sudden spike in heating oil prices. Beginning in February 2022, prices began inflating before hitting a peak of \$5.92 per gallon in May with high rates persisting until today. In contrast, the price of fuel oil on the day President Joe Biden took office was just \$2.27 per gallon – it's more than doubled since.

And it's not just energy. A dozen eggs that cost you \$1.70 at the beginning

of 2022 now costs nearly \$5 as this year closes. That's a whopping 191 percent jump. When you factor in the cost of milk, vegetables, gasoline and even the price of eating out, 2022 will not be remembered as a good vintage by any means.

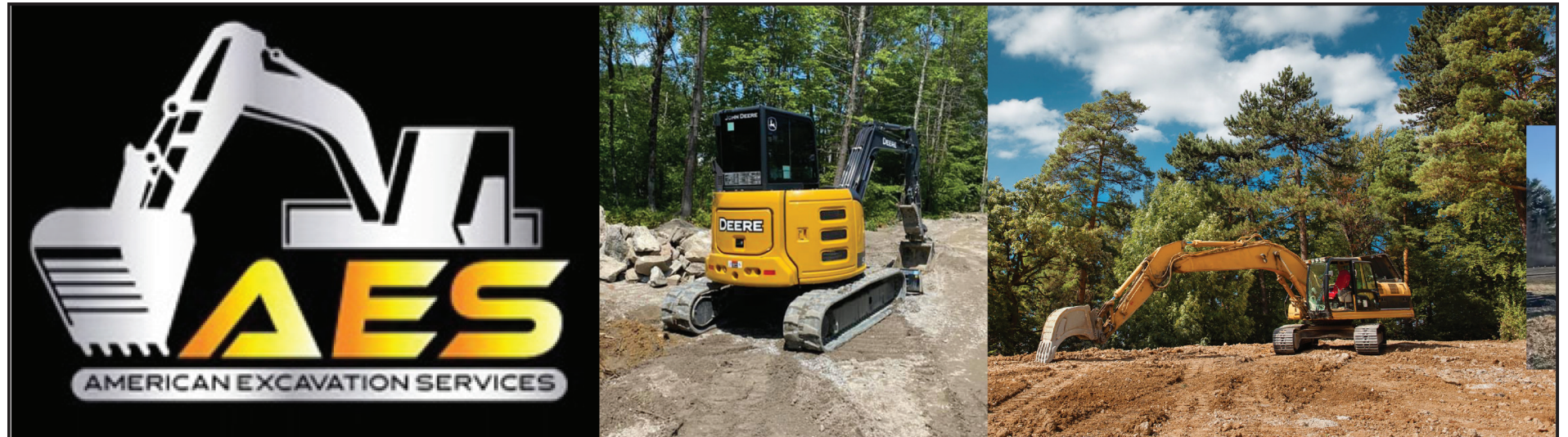
There are many reasons for rising prices that we must tackle, from the effects of war overseas, restrictions on domestic energy production, supply chain disruptions from lockdown policies that proved to be counterproductive and unnecessary, and the federal government printing trillions of dollars

out of thin air and stealing the purchasing power of your paycheck and retirement account with every new dollar they print.

The economic challenges before us are great and big government keeps making things worse; but as we leave a painful 2022 behind and look ahead at what this New Year may bring, I'm reminded of the spirit of Maine's people. We've weathered a lot these past 12 months, and together we can overcome the challenges ahead.

A New Year brings with it the one thing we all look forward to the most –

See New Year, page 16



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# Book Talk Looks at *The Best Ever: Parades in New England*

**LEWISTON, ME (December 29, 2022)** -- The Franco-American Collection at the University of Southern Maine invites you to join us on Zoom on Thursday, January 12th, 2023, 6 pm-7pm, for a book talk with Jane Nylander.

We are excited to welcome Jane Nylander, whose career as a museum curator, director, and trustee is paralleled by academic teaching, lectures given world-wide on a variety of topics, and the publication of more than one hundred articles and books on historic textiles and New England daily life. Notable among these is *Our Own Snug Fireside: Images of the New England Home, 1760 - 1860*. She has served as a Trustee of Historic Deerfield,

Old Sturbridge Village, the New Hampshire Historical Society, the National Society of the Colonial Dames of America in the State of New Hampshire, and the Worcester (Massachusetts) Historical Society. Her most recent exhibitions "Behind Closed Doors: Asleep in New England" and "Fresh Goods: Shopping in a New England Town," presented at the Concord Museum received accolades and attracted many visitors. Much of her work has been enriched by collaboration with her husband, Richard, who is Curator Emeritus of SPNEA, now Historic New England. A personal pleasure throughout her career has been extensive research in New England's local historical societies and

town libraries, one fruit of which is her most recent book, "The Best Ever!" Parades in New England 1788-1940.

Nylander will discuss her new book "The Best Ever: Parades in New England, 1788 - 1940" published by Bauhan Publishing and Old Sturbridge Village. Based on extensive research in the collections throughout the region, the work is focused on the creativity and narrative qualities of parade floats rather than the uniformity and power of long lines of marching white men. Abundant illustrations reveal the rich diversity of New England parade traditions ranging from the Ratification of the Constitution in 1788 to the eve of World War II. Satirical presentations

by troops of Antiques and Horribles provide rich humor as well as social commentary in some locations, while elsewhere they are unknown to many.

Parade floats provide a stage for members of the community to create visual narratives of deep personal meaning. Persistent themes of liberty, education, victory, discovery, history, and domestic life are illustrated with allegory or tableau. In many ways these can be seen as a kind of folk art. Whether the product of professional designers or talented citizens, successful parade floats make use of clear and familiar images to convey ideas that can be understood in a minute. Each is seen in an exciting public moment, leaving lasting memories of reas-

suring symbols. They also reveal ways in which ideas have been shaped over time and changed by circumstance, even as ideas about significance and perceptions of the past are still evolving and are questioned in the present. After the presentation, there will be time set aside for a Q & A session.

Interested in reading the book before the Zoom event? You can check out a copy at the Lewiston Public Library.

There is no fee for our programs, which are made possible by the Québec Delegation in Boston and Androscoggin Home Health. This event will be Zoom only! Register here for the Zoom link: <https://maine.zoom.us/j/8252222222>

e9wh

All programs are recorded and archived at <https://video.maine.edu/channel/Franco-American%2BHistory%2Band%2BMemory%2BVirtual%2BSeries/186544603> and can be viewed at your leisure.

For more information or to register, contact the FAC archivist, Anna Faherty at [anna.faherty@maine.edu](mailto:anna.faherty@maine.edu) or by phone (207) 753-6545. 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. Requests should be made as soon as possible to allow sufficient time for the accommodation process.

## New Year

*Continued from page 14*

hope.

In 2023, I hope we can restore a constitutional balance to state government.

I hope that all my legislative colleagues work together knowing we are here to represent not partisan or special

interests, but the Maine people from every corner of this state.

I hope we can get a handle on our drug and opioid addiction crisis and help those suffering a mental health crisis.

I hope we can end the workforce shortage, getting able-bodied adults back to work and our

labor participation rate back to where it should be

I hope we can prioritize pipelines and not pipe dreams to bring affordable energy prices to Maine people.

I hope we can develop affordable housing for all those who need it by engaging the market and respecting property

rights.

I hope we can ensure our elderly who need beds in nursing homes can get one.

I hope our students can make up the ground they've lost after years of disruptions and unnecessary school closures.

I hope we can rein in the Governor's emergency powers so Maine's people can have a voice in the laws that govern us.

I hope we can all return to the way life should be.

Most importantly, I

hope 2023 will prove to be a better vintage for everyone than 2022 was.

Again, I'm Senator Eric Brakey of Androscoggin County; and I wish you and yours a safe, happy and prosperous New Year.

*Sen. Eric Brakey represents the communities of District 20. He is the Senate Republican Lead for the Legislature's Health Coverage, Insurance and Financial Services Committee and the State and Local Government Committee.*

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