



TWIN CITY TIMES

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First Baby of 2023 Arrives at Central Maine Medical Center



LEWISTON, ME (January 1, 2023) --- The first baby of 2023 was born at Central Maine Medical Center on New Year's Day. Victoria Rousseau weighed in at 6 pounds, 14 ounces and was 19 ¼ inches when she entered the world at 2:28 p.m. at CMMC's maternity ward.

Both Victoria and her mother, Caitlyn Rousseau of Lewiston, are doing fine after the birth.

Recently, U.S. News & World Report recognized CMMC as "High Performing in Maternity Care" for the second consecutive year. CMMC's maternity ward delivered a total of 763 babies in 2022.

Concerned About Fraud? Learn More with Food for Thought



(January 5, 2023) -- On Wednesday January 25 at 4 PM Lewiston-Auburn Senior College will welcome lifelong Maine resident, Melissa Record as our next Food for Thought speaker. Melissa has worked in financial services for 30 years, for several community banks and for a local student loan servicer. For the past 12 years, she has been employed by Auburn Savings Bank, headquartered in Auburn. Her responsibilities there include the loan and deposit servicing area of the bank, Bank Secrecy Act responsibilities, and overall bank compliance. This role has given her an opportunity to see many of the ways that fraudsters operate. It has also given her a chance to intervene on her customers' behalf to stop fraud from happening.

Melissa's presentation will cover some of the common types of fraud that have been circulating for years along with some new variations. You will hear some common tactics that scammers use and what red flags might tip you off that you're about to be scammed. And, you certainly don't have to be a senior to be worried about these risks - this program will be open to the public of all ages.

You can attend in person at the Westminster St. campus of USM (room 170).

Auburn's Watershed Protection Efforts

AUBURN, ME (January 5, 2023) -- The City of Auburn continues to take bold steps in the protection of Lake Auburn. The city is pursuing ordinances that are fair, easier to understand, and based on the best available science. At their next meeting, by giving a clear directive to the Planning Board, the Auburn City Council will take a historic vote that will start the process of prohibiting any future homes/animal farms within the portion of the Lake Auburn watershed zoned "Agriculture and Resource Protection."

While not party to the lawsuit, in good faith, Auburn participated in recent mediation sessions to help resolve issues identified in a lawsuit filed by the City of Lewiston against the Auburn Water District. Despite productive and hopeful discussions among the three local government entities, the underlying lawsuit of

Lewiston v. AWD remains unresolved.

"After failed attempts to help resolve this matter, the Auburn City Council will take action to protect the quality of the lake by implementing smart policy," said Auburn Mayor Jason Levesque.

This action was on hold while the three entities were engaged in mediation. The city has already put into place the most stringent phosphorus control standards in the State of Maine. The city has also adopted zoning standards to encourage housing development in areas outside the watershed district to utilize existing utilities and infrastructure.

Subsequent action by the Auburn City Council will include implementing necessary septic ordinance revisions; increasing the minimum lot size within the watershed district; a subsurface wastewater disposal system inspection program;

and adopting a revised watershed boundary line that embraces a conservative approach to the watershed boundary line confirmed by multiple outside consultants.

"Auburn believes that transparent, easier to understand watershed regulation that reduces development potential and holds a higher science-based standard for phosphorus control and wastewater disposal is worth pursuing without delay," said Eric Cousens, Auburn's Director of Planning, Permitting & Code. "We are hopeful that these science-based standards can be expanded by the Lake Auburn Watershed Protection Commission (LAWPC) to increase protections to the watershed in upper watershed towns draining into Auburn."

"Auburn can no longer allow failing septic systems to continue being replaced with systems that are polluting our drinking water," added Mayor Levesque. "Watershed protection efforts should be based on science, expert opinions, and best available technology. We are also optimistic that LAWPC will work to insist that the towns in the upper watershed take the same protective action."

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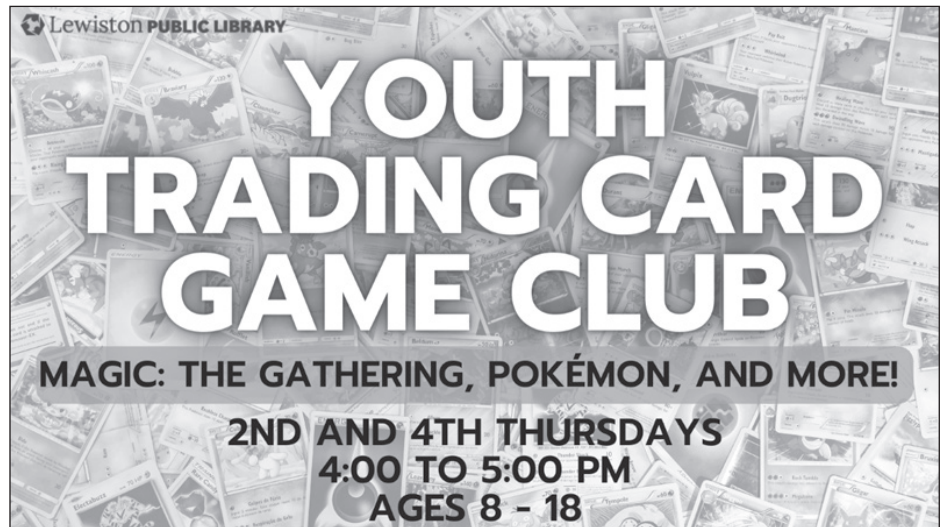
Carlee-Mae Cash, president, OHCHS National Honor Society.

(January 5, 2023) -- Carlee-Mae Cash, senior at Oxford Hills Comprehensive High School (OHCHS), stopped by the Cancer Resource Center of Western Maine (CRCofWM) just before Christmas to present a box of

assorted comfort items for cancer patients such as hats, scarves, blankets, puzzle books, games, socks, and ear warmers - all collected by students during a holiday drive organized by the OHCHS National Honor Society, of which

Carlee-Mae is the current president. In 2022, this same National Honor Society Chapter presented the CRCofWM with a check for \$4,000, the total raised by students as a result of year-long fundraising activities.

Youth Trading Card Games Club At LPL



LEWISTON, ME (January 1, 2022) -- The Lewiston Public Library will host a twice monthly Youth Trading Card Game Club for kids & teens ages 8-18 beginning on Thursday, January 12th and every second and fourth Thursday of the month thereafter. This free program will take place from 4 PM to 5 PM in the IDEA Lab on the second floor. Games will include

Pokémon, Magic: the Gathering, and more. Library staff and volunteers will be available to teach new players and coach developing ones. Players are encouraged to bring their own decks for casual dueling. A limited number of decks are available to borrow for gameplay. Free beginner MtG decks are available for new players to keep, and Pokémon and Magic cards will be

offered as competition prizes. Admission is free and no reservations are required. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Thursday's lecture is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

Maine CASA to Hold Training on March 21-24, 2023

MAINE, STATE-WIDE (January 6, 2023) -- Interested in advocating for the best interests of a child? The Maine Court Appointed Special Advocates (CASA) program is holding its spring training for volunteer advocates on March 21-24, 2023.

This free, four-day training is designed to prepare attendees for certification as volunteer guardians ad litem (GALs) in Maine child protection cases. Trainees may participate virtually or in person. For those who wish to participate in person, the training

will be held in Augusta. Accommodations may be available. The foundation of a CASA's work is learning about the case and then advising the court what the CASA believes is in the child's best interest. CASAs come from a wide variety of professional and personal backgrounds and are guided throughout the process by CASA program staff. CASAs bring their own unique perspectives to their work as volunteers. If you are willing to advocate for a child's best interests, we encourage

you to apply to become a CASA volunteer. Those interested in the training must complete an application and, if invited to participate, must also complete criminal and child protection services background checks. Are you ready to advocate for a child's best interests? If so, we hope you can join us for our March 21-24, 2023 training. For more information about becoming a volunteer, please contact Maine CASA Legal Services Advisor Darren Defoe at 213-2864 or by e-mail at casa@courts.maine.gov.

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Newsmakers, Names & Faces

Abdi, Lajoie Appointed to Legislature Committees

AUGUSTA, ME (January 5, 2023) – Rep. Mana Abdi, D-Lewiston, will serve as a member of the Legislature’s Joint Standing Committee on State and Local Government.

“I am honored to be appointed by House Speaker Rachel Talbot Ross to serve on the State and Local Government

Committee,” said Abdi. “The health and wellbeing of our local governments is a key component to a strong democracy here in Maine. I look forward to working with my colleagues to support our municipalities and the public services they provide.”

The committee oversees concerns related to municipal, county and re-

gional government as well as the Legislature, state contracts and state employees.

Abdi is serving her first term and represents House District 95, which includes a portion of Lewiston.

Rep. Michel Lajoie, D-Lewiston, will serve as a member of the Legislature’s Criminal Justice and

Public Safety Committee.

Lajoie, who previously served in the Maine House of Representatives for four terms, was appointed to the committee by House Speaker Rachel Talbot Ross. The committee oversees the Department of Corrections and the Department of Public Safety as well as policy related to Maine’s crimi-

nal law and procedures.

“I am proud to be back in the House of Representatives serving the community of Lewiston,” said Lajoie. “I am looking forward to working with the Criminal Justice and Public Safety Committee over the next two years to improve Maine’s public safety laws and our state’s emergency management

systems, advocate for a fair criminal justice system and help ensure that survivors of crimes receive the support they need.”

A complete list of legislative committees and their newly appointed members can be found at <https://legislature.maine.gov/house/house/Committees>.

TPT to Host ‘Play in the Snow’



LEWISTON, ME (January 5, 2023) – As every Mainer knows, cabin fever will be setting in shortly (if it hasn’t already) and The Public Theatre has the solution! PLAY in the Snow: a skiing, snowboarding and tubing event for the whole family on a special Saturday night with a special, low-cost ticket! Let’s all get outdoors and have some fun!

Play in the Snow will take place at Lost Valley, in Auburn, on Saturday, January 21, 2023 from

5:30 to 9:30 pm. The event will include skiing, snowboarding, tubing, raffle baskets (featuring themes for adults and children), a 50/50 raffle, Cookies, S’Mores Making Kits, FREE hot chocolate, and a mountain’s worth of fun!

Lost Valley is typically closed for skiing and snow tubing on Saturday evenings, but The Public Theatre is renting out the entire mountain to allow for a family night of fun at a bargain price. Just \$25 to ski or snowboard and

only \$15 to snow tube. (Standard Lost Valley lift tickets are \$39 and \$50 for a weekend half day or Friday evening; tubing tickets are \$19 per hour.) Tubing Capacity is limited so hurry and purchase your tickets today before they sell out!

Play in the Snow will raise much needed funds to bring live professional theatre to Maine, delighting and inspiring audiences with life-affirming contemporary plays. This event also supports The



Public Theatre’s education and outreach programs. Throughout the pandemic, the Theatre has partnered with schools and libraries across Maine to bring the arts—in the form of FREE in-person or virtual workshops, creative collaborations, specially priced student matinees, and more.

For more information about the event and to purchase tickets, visit thepublictheatre.org. To inquire

about sponsorship opportunities please contact the

Theatre by phone at 207-782-3200.



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\$2,500 Scholarship Available

(January 3, 2022) -- The Lewiston/Auburn Optimist Club, the Tri-Town Optimist Club, and the Gray-New Gloucester are sponsoring an essay contest on the topic “Who is an Everyday Hero That Brings out the Optimism in You?” The Clubs winner will advance to the District contest. A \$2,500 college scholarship prize will be awarded to the New York – New England District winner. It gives young

people the opportunity to develop their written skills and express their personal opinions about the world they live in. Contest rules require the applicants to be under the age of 19 as of Oct 1, 2022 and attending school in the United States. Contest rules and regulations are available on line at www.optimist.org, or by emailing gwmathews91@gmail.com. Contest essays are due to the Optimist Club by Feb.

14th, 2023. The winner of the N Y – NENG \$2,500 scholarship for the last 2 years was sponsored by our Maine L- A Optimist Club. For an application and set of rules, contact any Optimist Club member call (207) 783 5269 or email gwmathews91@gmail.com

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New England Sports Review by Karver Jordan

Patriots Overpower Dolphins

Written By Karver Jordan class of 2024

(January 6, 2023) -- The Patriots are back in the playoffs due to their win vs the Miami Dolphins 23-21! The Patriots move to 8-8, and the Dolphins fall to 8-8. The Patriots would have lights out on the defensive side of the ball. Rookie Tyquan Thornton has finally hit top speeds. The Patriots will need to win vs the Buffalo Bills to make playoffs. (Game time unknown at time of printing).

Heading on over to the offensive side of the ball, Mac Jones would have a great day. Jones would go 20/33 for 203 yards with 2 touchdowns and no interceptions. Mac Jones is looking like that first-round quarterback we drafted. Tyquan Thornton the rookie had a stellar day of 3 catches for 60 yards

with 1 touchdown. Tyquan Thornton showed great speed after the catch and getting open. Hunter Henry the tight end would have a good day as well with 5 catches for 52 yards. Jakobi Meyers has still been that guy that comes in the clutch, with 6 catches for 48 yards with 1 touchdown. Rhamondre Stevenson would carry the ball 8 times for 42 yards, averaging 5.2 yards a carry.

Moving on to the defense, the Patriot's would have a stellar game, shutting down the pass, shutting down the run. Teddy Bridgewater the quarterback would go 12/19 for 161 yards with 1 touchdown and 1 interception. Bridgewater would get hurt and would have to leave the game in the 3rd quarter, causing Skylar

Thompson to step up. Thompson would go 12/21 for 104 yards with 1 touchdown and 1 interception. Kyle Dugger, the Patriot's star safety would get an interception and return it to the endzone as a pick-6. Jonathan Jones would have an interception late in the game.

The Patriots will continue to fight for a playoff spot, when the Patriots face the Bills (Unknown due to Damar Hamlin situation).

Karver Jordan, class of 2024, is a sports writer for Freeport High School. Karver enjoys playing football and baseball, as well as hunting and spending time outside. Karver loves writing about sports and is looking to pursue it as a career. Thanks for reading!

What do you think?

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Law Expands Access to Assistive Tech for Seniors

SUSAN COLLINS
U.S. SENATOR FOR MAINE

WASHINGTON, D.C. (January 5, 2023) – U.S. Senator Susan Collins announced that the 21st Century Assistive Technology Act, bipartisan legislation she introduced with Senators Maggie Hassan (D-NH), Bob Casey (D-PA), and Kevin Cramer (R-ND), was signed into law as part of the National Defense Authorization Act.

The 21st Century Assistive Technology Act will expand access to affordable assistive technology for seniors and individuals with disabilities. Assistive technology is any piece of equipment, device, or system that makes it easier for someone with a disability to live more independently and safely, work at a job, learn in school, get around their community, or pursue play and leisure.

“As our population ages, the need for care and support is increasing,” said Senator Collins. “Advances in technology are working to bridge the ‘care

gap,’ improving function in activities of daily living, helping to manage multiple chronic conditions, reducing risk of hazards, and making homes safer for seniors. In support of the disability and aging communities, this legislation will make assistive technology more available to Maine children, adults, and seniors who need access to these life-changing technologies to maintain their independence.”

Specifically, the legislation reauthorizes state assistive technology grant programs for the first time since 2004 to improve access to assistive technology for people across the country with disabilities. It also clarifies that the program serves all people with disabilities, including veterans and older adults who developed disabilities later in life, and will increase the funding authorized for programs that serve rural areas.

The Maine CITE Program, located at the University of Maine Au-

gusta, is Maine’s statewide AT program that provides information, training, and services about AT, manages the statewide device demo, loan, and reuse programs, and provides technical assistance to organizations and individuals. The reauthorization of the AT Act will provide the supports and capacity building necessary for Maine’s AT program to address identified gaps in services, including plans to grow their device demonstration and loan program to rural areas in the state.

Maine CITE oversees a centralized inventory of more than 1,000 AT devices available through select partner across the state. The inventory includes devices such as tablets with communication apps, medication management devices, smart home tech, remote door lock devices, vision/magnifiers, adapted keyboards, hearing/personal amplifier devices, and vibrating/alerting watches.

Free Computer Trainings Offered through CMCC

AUBURN, ME (January 4, 2023) – The Center for Workforce and Professional Development (CWPD) at Central Maine Community College (CMCC) continues to offer free Computer Support Specialist training featuring CompTIA Information Technology Fundamentals + and A+, CompTIA Network +, CompTIA Security +, and a 4-course bundle training which includes all four, called Computer Information Specialist.

The 4 courses are offered with ongoing enrollment (continuing application review and flexible acceptance). The courses will be offered in-person on Mondays and Wednesdays from 8:30 AM – 12:30 PM or Tuesdays and Thursdays from 4:30 – 8:30 PM. Additionally, Security+ will be offered Tuesday evenings from 5:00 – 9:00 PM beginning January 17, 2023 and will follow the semester schedule.

Students who successfully complete the 150-hour, 13-week Computer Support Specialist (IT Fundamentals+ and A+) course, will learn both the-

ory and practical skills in Computer Support CompTIA Fundamentals+, A+, IT (Information Technology) concepts and terminology, Windows operating systems, infrastructure, software troubleshooting, applications and software, networking, software development, hardware and networking troubleshooting, database fundamentals and security.

Both CompTIA Network + and CompTIA Security + are both 60 hours in length. Security+ is the first security certification a candidate should earn. It establishes core knowledge required in any cybersecurity role and provides a springboard to intermediate-level cybersecurity jobs. Training includes assessing security of hybrid environments and recommending solutions, learning principles of governance, risk and compliance, and identifying, analyzing and responding to security events.

Network+ provides training for the corresponding CompTIA certification. Course material covers networking fundamentals,

implementations, operations, security, and troubleshooting. It also covers configuring and managing networks. Learners will be prepared to earn the internationally recognized certification CompTIA Network+, which also carries a digital badge. Starting wages trend at \$40,500. For more information or to register please visit <https://bit.ly/CWPDRegistration>

The four-course bundle, entitled Computer Information Specialist, includes all courses, and runs for approximately 32 weeks.

These trainings join several other free training courses currently offered at CMCC including, Behavioral Health Professional, Certified Pharmacy Technician, as well as the Welding Academy.

These free courses are made possible by the Maine Jobs and Recovery Plan and Harold Alfond Foundation. Participants must be at least 18 years of age, possess a high school diploma, GED, or HiSet, and be a U.S. citizen and/or authorized to work in Maine.

Seniors Not Acting Their Age

Traversing Spruce Mountain



Hikers encounter snow on the Georges Highland Path

By Ron Chase

The Georges Highland Path has been one of my favorite hiking venues for more than three decades. Built and maintained by the Georges River Land Trust, the network of footpaths in the mid-coast region includes a ten mile sector of trails that lead to three summits on the southern end of the Camden Hills called the Ragged Mountain area.

As one travels along Route 17 in West Rockport, the open summit of rugged Ragged Mountain dominates the landscape north of Mirror Lake. The spectacular rocky ledges and impressive ridgeline attracts large numbers of mountain enthusiasts and is one of the most popular hiking destinations in the Camden Hills. Less well-known and barely visible from the highway are two southern neighbors, Spruce Mountain and Mount Pleasant.

Spruce Mountain, closest to Ragged, can be reached from trailheads on Route 17 and Mount Pleasant Street. The relatively short hike to the summit takes only a few hours from either direction.

When my wife, Nancy, and I were invited to a holiday dinner in the mid-coast area by long-time friends, Diane and John

Stoking, a trek on Spruce Mountain seemed the perfect accompaniment. Usually up for an adventure, they readily agreed. We decided on a traverse from Mount Pleasant Street to Route 17, with a side trip to the summit.

The four of us met at the Route 17 trailhead on a gray, breezy day. This location is also the beginning of a southern approach to Ragged Mountain. We left a vehicle there and shuttled south to the Mount Pleasant Street trailhead.

It was the first full day of winter and we had wintry conditions: scattered snow and ice at the trailhead and snow cover at higher elevations. Anticipating minimal snow accumulation, we decided to forego snowshoes but packed micro spikes.

Initially, we hiked effortlessly on a scenic rolling path in a predominantly hardwood forest. Skirting patches of ice, we progressed northerly on the western slope of Spruce Mountain. Several wooden bridges and log crossings facilitated our trek.

After perhaps a half-mile, an unusual trail sign captured our attention. It jocularly forewarned, "West base of Spruce Mtn...it's all uphill from here!" The trouble-free

hiking appeared to be over.

The flippant message overstated the difficulty. We hiked gradually up a snow-covered path. A couple of inches of snowpack were not an impediment; however, concerns about the possibility of ice under the snow slowed our progress. Shortly after, we arrived at the .3 mile spur trail to the summit.

We followed the path southwesterly towards elevated terrain that could be observed in the distance. The prominence was a continuum of rocky ledges that required careful negotiation to avoid icy spots. We considered using micro spikes but the slick areas were too short and sporadic to justify the inconvenience of putting them on and taking them off soon after.

At the top of the ledges, we emerged onto an open bluff with a phenomenal view of the entire Ragged Mountain massif. We lingered for snacks savoring the panoramic vista. According to John's GPS, the true summit is located in a wooded area a short distance from the viewpoint.

After returning to the main trail, we descended gradually in a northerly direction before climbing a steep ledge to an overlook. That vantage point offered an exceptional view of Mirror Lake and Penobscot Bay beyond.

That's when I recklessly announced, "It's all downhill from here." Hopefully, that will be my last inaccurate prediction for 2022. After dropping down for a short distance, we encountered a precipitous escarpment that required careful maneuvering when ascending. There was a silver lining in my misstatement, more exceptional views were experi-



An overlook on Spruce Mountain provides a phenomenal view of the Ragged Mountain massif



A climber ascends a bluff near the summit of Spruce Mountain

enced at the top.

From that point, it truly was all downhill to the Route 17 trailhead. We all agreed that the most challenging activity of the day was crossing the highway dodging the speeding holiday traffic.

John's GPS measured our trek to be almost exactly three miles, including the side trip to the summit. The timing of our outing

was perfect as healthy appetites eagerly anticipated the elegant dinner that was next on the agenda.

Many more exciting mountain adventures are related in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*.

Ron Chase resides in Topsham. His latest book, *Maine Al Fresco: The Fifty Finest Outdoor*

Adventures in Maine is available at www.northcountrypress.com/maine-al-fresco 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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Arts & Entertainment

The Comedy “It’s Only A Play” Opens January 19 at CLT

AUBURN, ME (January 5, 2023) -- The L/A Community Little Theatre (CLT) will open its 83rd season on January 19 with the Terrence McNally hit comedy “It’s Only A Play.”

A wealthy first-time Broadway producer is throwing an opening night party in her luxurious Manhattan home. As she and her guests nervously await the first reviews to come in, they display some massive egos and insecurities. Alternately raucous and ridiculous, this comedy proves that sometimes the biggest laughs happen offstage.

“They say ‘There’s no

people like show people?’ Well, that is definitely true as this catty and neurotic group gossips, backstabs, and takes secret pleasure in each other’s bad reviews, but ultimately pull together as a family and make plans for their next show together,” notes director Eileen Messina. “If you have ever been onstage, performed in any way, or taken part in any group project, you will recognize these people and their feelings,” she adds.

There are seven characters in the show: Julia Budder, the producer (played by Jamie Bannister); Sir Frank Finger, the young British avantgarde director (played by Ben



Assembled here are the cast members of CLT’s upcoming production of the comedy “It’s Only A Play.” Left to right are Benjamin Simpson, Jennifer Groover, Brian Pfohl, Sarah Duncan, John Blanchette, Roger Philippon, and Jamie Bannister. This laugh-out-loud show opens on January 19. Photo by DNA Photography.



slightly different delivery, a raise of an eyebrow or an awkward pause.”

Since the play includes adult themes and language, CLT recommends that audience members be at least 16 years of age. Messina clarifies that anyone under 16 may not appreciate the middle-aged humor or references to current actors and Broadway shows.

“It’s Only A Play” will be performed at 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 or by calling 207-783-0958.

Subscribers to CLT’s 83rd season can enjoy savings of 25 percent and get four shows for the price of three. Priority reserved seating is offered to subscribers, and the new season ticket prices are \$66.00 for adults, \$57.00 for seniors, and \$42.00 for students (prices include all fees). Season tickets are now on sale at www.lact.com/box-office.

Simpson); Peter Austin, the playwright making his Broadway debut (played by Brian Pfohl); James Wicker, the sitcom star and Peter’s best friend (played by John Blanchette); Virginia Noyes (played by Jennifer Groover), a doped-up diva who has been drummed out of Hollywood and is trying to resurrect her career by appearing on Broadway; Ira Drew (played by Roger Philippon) a “vicious” NY theater critic who crashes the party; and Gus Head (played by Sarah Duncan), a fresh-off-the-bus cater waiter who arrived that very day from the Midwest.

The show was a star-studded hit on Broadway with a cast led by Nathan Lane, Matthew Broderick, Megan Mullally,

Stockard Channing and F. Murray Abraham. Critic Mark Kennedy of the Associated Press referred to it as “a pure hoot, a rollicking comedy . . . that gleefully dissects modern Broadway and doesn’t pretend to mask its targets by using fake names . . .”

While Messina directs both dramas and comedies, she notes that her heart is really more with comedy. “The playwrights do their best to write a funny script, but then it’s up to the director to tweak and vary the performances so that the humor is accessible to all. As someone famous once said: ‘Dying is easy. Comedy is hard.’ My actors know how often I say ‘I think we can make that even funnier.’ With a great cast like this one, sometimes all that is needed is a

L/A Community Little Theatre PRESENTS



by Terrence McNally

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

January 19-22 & 26-29, 2023

Laughs ensue at a party where a producer, playwright, director, and actors eagerly wait for the opening night reviews of their Broadway play.

Tickets*: \$22 adults
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www.lact.com



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Explore Allagash Wilderness Waterway as a Visiting Artist

AUGUSTA, ME (January 5, 2023) – The Maine Department of Agriculture, Conservation and Forestry (DACF) today announced the opening of its 2023 Allagash Wilderness Waterway (AWW) Visiting Artist Program application period. The program invites visual artists to the remote wilderness of Maine for two consecutive weeks of solitude. One artist and a guest will receive lodging at the AWW Lock Dam Camp for two weeks of the artist's choosing during August and an orientation and regular visits from AWW Rangers. Visual artists may apply on the AWW webpage. The application period ends Monday, February 6, 2023.

"Each year, we invite artists to the Allagash Wilderness Waterway with the hope that the unique experience in a place of such natural beauty will propel their careers forward while contributing to the enduring legacy of the Allagash," said DACF Commissioner Amanda Beal.

"The Waterway is a spectacular place, and the opportunity to spend time there as an artist is as unique an experience as you can find. The rangers and I look forward to this opportunity and work to make the artist comfortable and confident in this en-

deavor," said AWW Superintendent Mark Deroche.

Here's what past artists had to say:

The 2021 AWW Visiting Artist Marty Cotter of Columbus, Ohio, shared that her Maine experience led to two national park residencies, Capital Reed National Park in Utah and Great Basin National Park in Nevada.

"I look back at my AWW Visiting Artist experience as a time of creative growth. The solitude gave me the freedom to explore my surroundings in detail. My resulting pieces were more developed in capturing the detail and mood of the scenes and creatures of the waterway." – AWW Visiting Artist Marty Cotter.

Michael Vermette of Indian Island, Maine, the 2020 AWW Visiting Artist, used the experience to further his skills and connected the journey to his mission to "reveal the currents and energy of his surroundings."

"There is no better adventure, no greater teacher, and no inspiring awakening that is more profound than to find yourself isolated and able to create on 92 miles of Maine's wildest lake and river system. The Allagash Wilderness Waterway Visiting Artist Program gives the

artist that unique opportunity to be immersed in a raw beauty that will not only cause any painter to evolve productively but to have their soul washed, as Henry David Thoreau's writings continue to wash our spirits, even today!" – AWW Visiting Artist Michael E. Vermette.

A video conversation with Vermette about his experience in the Allagash is found on the AWW Visiting Artist Program webpage. Vermette includes more about his mission at Lock Dam Camp and describes 50 Plus One, the book he produced following his residency.

Interested visual artists should learn more and apply on the AWW webpage. Or contact Mark Deroche at (207) 941-4014, (207) 557-1372, or by email.

About the AWW
The AWW, which stretches 92 miles, was established by the Maine State Legislature in 1966 and designated by the U.S. Department of the Interior in 1970 as the first state-administered component of the National Wild and Scenic River System. Explore the Allagash at <http://maine.gov/allagash>, discover the AWW Foundation and order a copy of the Allagash Explorer.

Help Honor Maine Teachers



The Teacher of the Year journey starts with your nomination!

Nominate someone from your school, county, or region today!
mainetoy.org/nominate - The deadline to nominate is 2/5/23 at 5pm.

MAINE (January 5, 2023) – Nominations are now open for the 2023 County Teachers of the Year and 2024 State Teacher of the Year. Members of the public are encouraged to nominate educators who demonstrate a commitment to excellence and who inspire the achievement of all students.

"Maine's Teacher of the Year Program is unique," said Maine Education Commissioner Pender Makin. "In addition to much-deserved recognition of the incredible educators in Maine classrooms, it is also a year-long journey that gives educators from each county in Maine a platform to share their passions and knowledge. This program is a growing network of dedicated and caring education colleagues from across our State and nation, so please

take a few minutes and nominate someone today."

Nominations can be made through a nomination form on the Maine Teacher of the Year Website now through 5:00 pm on Feb. 5, 2023. Nominations will be accepted from students, parents, caregivers, community members, school administrators, colleagues, college faculty members, and associations/organizations (self-nominations, and nominations from family members are not accepted).

To be considered for the County and Maine Teacher of the Year award, a person must:

Hold the appropriate professional certification for their teaching position;

Be a full-time, certified, in good standing, PK-12 teacher in a state-accredited public school, including a career and

technical education and adult education center, a public charter school, or a publicly supported secondary school (a private school that enrolls 60 percent or more publicly funded students, sometimes referred to as "town academies");

Be actively teaching students at least fifty percent of the workday at the time of nomination and during their year of recognition.

Maintain their teaching position and remain in the County for which they are selected throughout the year of recognition.

Have a minimum of five years of teaching - three of which are in Maine.

Maine's County and State Teachers of the Year serve as advocates for teachers, students, and public education in Maine. See Teachers, page 12


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Fontaine Team Participates in 'Wish Day' Send Off

(January 5, 2023) -- Fontaine Family – The Real Estate Leader recently participated in a Make-A-Wish Maine wish kid send off. Since 2009, Fontaine Family Team has been fundraising for the Make-A-Wish Maine organization which grants wishes for seriously ill children in Maine each year. This year Fontaine's Bid for Wishes Virtual Auction raised over \$26,000, with half of the funds going to Lewiston teen Johnathan Morin. The funds raised allowed the team to participate in Johnathan's "Wish Day"



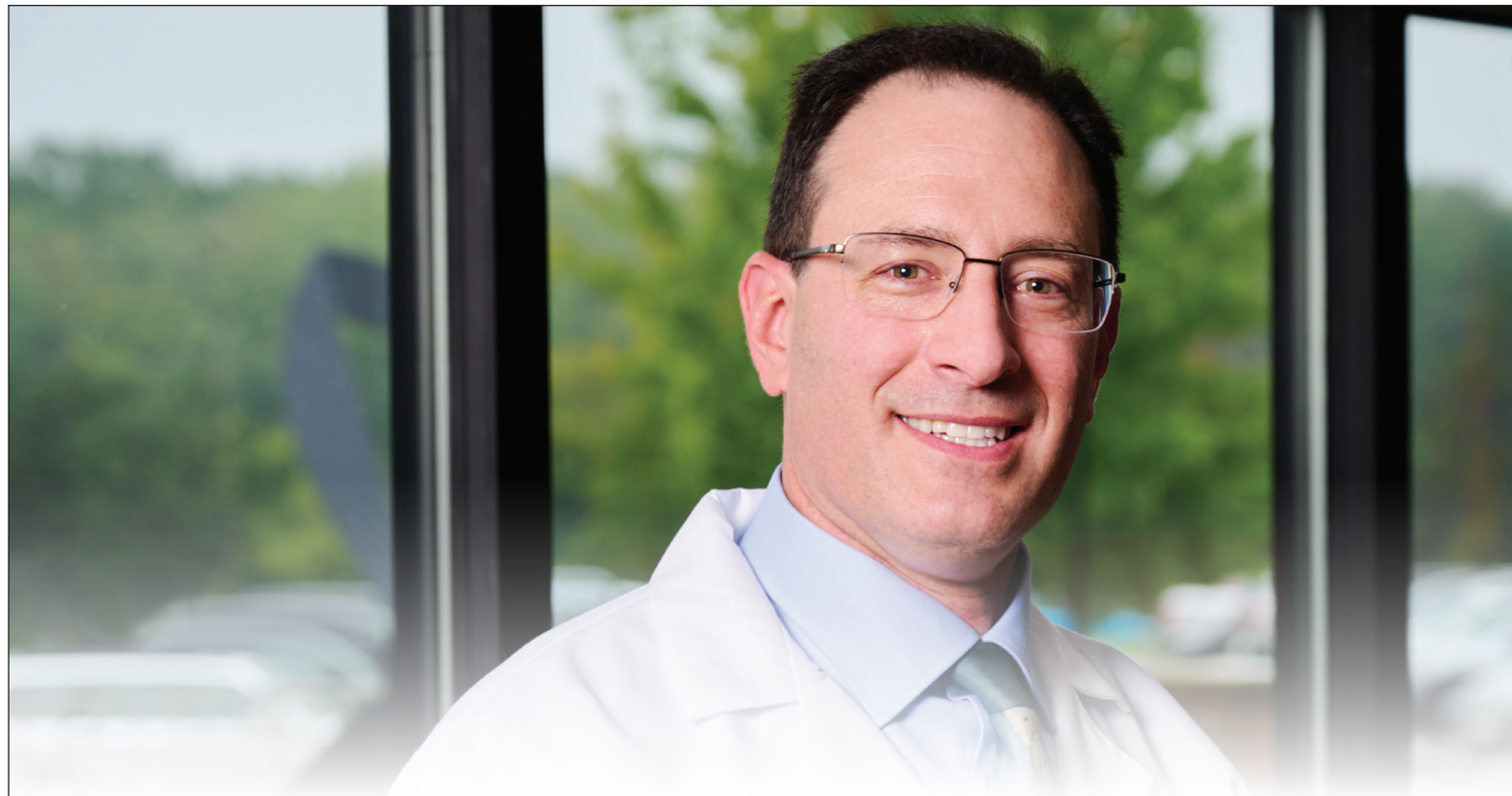
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New England Cancer Specialists welcomes Dr. Dan Rausch.

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.



Dr. Rausch with his family at the Dempsey Challenge

send off to vacation in Hawaii with his family.

If you would like to participate in the 9th Annual Fontaine Bid for Wishes scheduled for May 2023 on their Facebook business page (fb.com/fontaineteam), send an email to crystal@fontaineteam.com.

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

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Send all items for Names and Faces to the Editor. Deadline is Friday by five.



Try a Musical Instrument with MSO



BRUNSWICK, ME (January 6, 2023)—The Midcoast Symphony Orchestra (MSO) welcomes the public to a free event called “Meet the Instruments,” Sunday, Jan. 15, 1:30-2:00 p.m., in the gym at Mt. Ararat Middle School, Topsham. MSO musicians will be on hand to give people of all ages a chance to play and learn about the instruments in the orchestra.

MSO’s Executive Director, Carol Preston, says “Our musicians love to give ‘wannabe’ musicians a chance to toot, strum, and squawk on instruments. You never know what will light the spark in someone from age 3 to retirees.”

Following the event, the MSO will perform a family-friendly concert at 2:30 in the Orion Performing Arts Center adjacent to the gym. The program presents a variety of light-hearted music that will appeal to young audience members as well adults. Music includes “Tubby the Tuba,” “Yankee Doodle,” Grieg’s popular piano concerto,

and more. MSO is offering a limited number of FREE tickets for adults accompanying children at either of its performances that weekend on Jan. 14 in Lewiston’s Franco Center and Jan. 15 at Orion, as mentioned: one per family on a first come, first served

basis. Youth tickets (under 18) are always free.

You must reserve your free ticket in advance at MidcoastSymphony.org during the period Jan. 7, 10:00 a.m., through Jan. 13, 12:00 p.m. You can also call the box office at (207) 481-0790 during that time instead.



Complete concert and ticket information, including the free ticket offer, is

at MidcoastSymphony.org. Individual adult tickets are \$24.50 in advance, \$25 at

the concert. Audiences are encouraged to purchase tickets in advance.



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Christie Ray to Perform at Riverfront Jan. 19

LEWISTON, ME (January 5, 2023)—Christie Ray will perform at 7 p.m. Thursday, Jan. 19, at Riverfront. Christie Ray is a Maine singer-songwriter-musician, based out of New Gloucester. Andrew Pelletier is with her on percussion and backup vocals, along with Sean Finn on bass guitar and background vocals.

Along with performing at many venues throughout New England, Ray has also performed live on the local television show “207” and auditioned on the hit television show “America’s Got Talent.”

At Riverfront, Ray will perform original songs from her album, “THE

BATTLE” AND “Night Life” and she will also put her own spin on cover songs from artists such as Fleetwood Mac, The Rolling Stones, Miranda Lambert, Queen, Tom Petty, Hank Williams, Patsy Cline, Blondie and many more.

Advance tickets are \$15 and \$20 at the door day of the show. This price includes the ticket fees. Doors and cash bar open at 6 p.m.

Tickets can be purchased online at francocenter.org, by phone at 207-689-2000, or in person at the box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays.

Riverfront, Performing Arts and Events, Found-

ed by Franco Americans, formerly known as Franco Center, is at 46 Cedar St., Lewiston. Parking is available in the mill lot. Handicap access is on the Lincoln St. Alley side of the building. Our mission and vision has always been to honor and preserve the heritage of the French Canadian immigrants who came to the area to work in local textile mills. We do this through live performances, celebrations, and education.



Christie Ray will bring her original and cover songs to Riverfront’s concert stage, formerly known as the Franco Center, Thursday, Jan. 19. The venue is at 46 Cedar St. in Lewiston. Doors and cash bar open at 6 p.m. Tickets are \$15 in advance and \$20 at the door day of show.

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

General Surgeon Receives 2022 Heart of Hospice Award



LEWISTON, ME (January 5, 2023) -- Androscoggin Home Healthcare + Hospice (Androscoggin) awarded Dr. David Dixon, retired surgeon from Franklin Memorial Hospital with the 2022 Heart of Hospice Award. The award was presented to Dr. Dixon at a recent gathering of Androscoggin clinicians, administrators, and staff at their offices in Wilton. Dr. Dixon was nominated by hospice staff for his positive impact in end-of-life care for patients and families.

Kate Sicotte, Director of Hospice Services said, “Since May of 2005, our Androscoggin hospice team has worked closely with you, Dr. Dixon, to address the needs of those living with life limiting illness and to ensure that every person is able to receive the unique, holistic care provided by hospice. You embrace Androscoggin’s mission and values and have spent your entire career serving and caring



for people. You have been a long-standing pillar in your community, and at Androscoggin we know that without your support and advocacy, our mission and goals would be difficult to achieve.”

Ms. Sicotte went on to say, “You are very loved by the Wilton team. They describe you as a mentor, visionary, dedicated, and always prepared and simply “Dr. D”. You are known to everyone in the medical community in Franklin County and

beyond and you’re well respected for your long career as a general surgeon at Franklin Memorial Hospital, where you were known as “Big Red”. You served as Medical Director at FMH. In 2009, you received the annual Franklin Memorial Community Health Leadership Award for your service as a visionary physician and outstanding citizen having served your community for nearly 40 years. In 2010, the Franklin Memorial Hospital’s resident

house for 3rd year medical students was dedicated in your honor and today is known as “The Dixon House”.

Nominations for the Heart of Hospice Award come directly from the Androscoggin hospice staff. The award is presented to an individual or individuals who positively impact the mission and the goal of the hospice program: to provide accessible, compassionate, skilled and holistic end-of-life care to all who may require it.

Senate Republicans Issue Statement on Passage of LD 3

S T A T E HOUSE (January 5, 2023) – Senate Republicans issued the following statement after today’s vote by the Legislature to enact LD 3, known as the “Winter Energy Relief Payment Program,” and send it to the Governor for signature.

“Senate Republicans insisted on and will continue to insist on transparency

and accountability in how this state operates; and today represents a victory for Maine’s people – their voice was heard at the public hearing held last month due to our persistence. However, this bill isn’t what Republicans would have crafted were we in control – it doesn’t go far enough to address the targeted needs of this crisis and that of our

nursing homes and those with intellectual disabilities,” said Senate Republican Leader Trey Stewart, R-Aroostook. “While our Caucus believes this bill is far from perfect – and the testimony presented during the public hearing proved that – we recognize the urgency of the situation created by failed government policies and allowed the bill

to move forward in a spirit of pragmatism.”

“Senate Republicans appreciate the fact that both parties came together to hold a public hearing during the holidays. As we turn to the future, you can expect that our Caucus will take the public’s input we received at the hearing to heart and continue to advocate for long-term solutions to the prob-

lems we heard,” said Sen. Lisa Keim, R-Oxford. “We had five hours of testimony and over 200 written pieces of testimony submitted and it’s obvious the short-term bailouts provided by this bill are not the answer. We will continue advocating for those who are most vulnerable in our State.”

Senator Trey Stewart, R-Aroostook, is the Senate

Republican Leader and is serving his second term in the Maine Senate representing the communities of District 2.

Sen. Lisa Keim is the Assistant Senate Republican Leader and is serving her fourth term representing the communities of District 19. She is the Senate Republican Lead on the Government Oversight Committee.

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Big Brothers, Big Sisters Needed for 100 Waiting Littles

MAINE (January 6, 2023) -- Big Brothers Big Sisters of Mid-Maine (BBBSMM) kicks off the New Year and National Mentoring Month in January with an effort to recruit adult volunteers in the community to serve as mentors to 100 children waiting to be matched.

"Bettering yourself in the New Year is a fantastic goal," Big Brothers Big Sisters of Mid-Maine Interim Executive Director Mae Slevisky, says. "This year, we encourage people to think about how they can do that by also bettering their community—by becoming a Big Brother or Big Sister."

According to Slevisky, there has never been a more critical time for mentoring.

"The events of the past few years have taken their toll on our most vulnerable citizens—our children. The isolation brought on by the COVID-19 pan-

demie has hampered the social and academic progress of many kids, and many more are experiencing mental health challenges," she said. "Kids need mentors now more than ever, to help them navigate challenges, open up doors of opportunity, and give them additional support they may need to excel in school and in their communities."

According to Slevisky, BBBS of Mid-Maine currently has 100 youth in its seven-county service area waiting to be matched with a mentor. Becoming a Big means committing to spending a couple of hours a week with a young person doing things you and your Little like to do, like playing outside, visiting the library, or taking a walk, she said. Matches also explore new activities together, like visiting a museum or skiing for the first time. "It's about having fun, being a friend, and

nurturing a child's greatest potential."

Adult mentors are interviewed, screened and trained, and receive ongoing support from BBBS of Mid-Maine professional staff, including regular match support meetings to ensure safety and help strengthen relationships. Successful volunteers are responsible, caring adults, who enjoy working with youth of all ages and backgrounds, have excellent listening and communication skills, are patient, willing to learn, and share in the BBBS mission of igniting the power and promise of local youth.

To learn more about Littles waiting, follow BBBS of Mid-Maine's weekly "Waiting Wednesday" Facebook posts. For information on how to become a Big or enroll a child, visit bbbsmidmaine.org, email info@bbbsmidmaine.org or call 207-236-BBBS.



Little Sister Ryder Perkins meets with her Big Sister Hayley SooHoo once a week to chat while they draw, color, takes walks, and sometimes even learn new dances together. Their friendship was created through Big Brothers Big Sisters of Mid-Maine's longstanding, one-to-one mentoring program that matches children facing adversity with positive role models. Ryder and Hayley are part of BBBS of Mid-Maine's January promotion of National Mentoring Month, encouraging adults to make a New Year's resolution to help local kids by becoming a mentor to one of 100 kids waiting for a Big. For more information about becoming a mentor, email info@bbbsmidmaine.org, call 207-236-BBBS (2227) or visit bbbsmidmaine.org.

What do you think?
We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.
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Teachers
Continued from page 7

They serve as advisors to the Department of Education and state-level education stakeholders across Maine. Additionally, County and State Teachers of the Year join a cohort of teacher leaders that actively work together for the betterment of education in Maine. They also receive on-going professional learning and participate in many state and county leadership opportunities.

The 2023 County Teachers of the Year will be announced in May. The 2024 Maine Teacher of the Year will be selected from the 16 county honorees. Through a selection process designed for educators by educators, the field will be narrowed to semi-finalists and then state finalists before the Maine Teacher of the Year is announced by Maine's Education Commissioner at a school assembly in the fall.

Each year, State and County Teachers of the Year are honored at the annual Teacher of the Year Gala also held in the fall.

On behalf of, and in partnership with Maine Department of Education, the Maine Teacher of the Year program is administered by Educate Maine, a business-led organization whose mission is to champion college, career readiness, and increased education attainment. Funding is provided by Bangor Savings Bank, Dead River Co., Geiger, Hannaford, the Maine Lottery, the Silvernail Family, and Unum, with support from the State Board of Education and the Maine State and County Teacher of the Year Association.

"We are proud to administer the Maine Teacher of the Year program in col-

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laboration with the Maine Department of Education," said Dr. Jason Judd, Educate Maine Executive Director. "Now more than ever, we need to recognize the excellence within our educator workforce, amplify the voices of classroom teachers, and elevate the teaching profession in Maine. The 2023 County Teachers of the Year will be the tenth cohort to engage in this reflective and rigorous process and join the growing network of teacher leaders teaching, learning, and leading in Maine."

The Maine Teacher of the Year program is committed to a nomination and selection process that ensures people of all backgrounds are represented. Educate Maine and the Maine Department of Education champion that commitment by encouraging the nomination of educators from all culturally diverse experiences and backgrounds.

Through the generous support of Maine businesses, there is no cost to the local district when the Teacher of the Year is out of the classroom on their official duties, which includes representing educators statewide and nationally through safely distanced in-person and virtual events that highlight the important work of Maine schools, communities, and educators.

For more information about the Maine Teacher of the Year program, visit the Maine Teacher of the Year website. Help us promote the Teacher of the Year Program by using the promotional materials on our website! Our goal is to expand and diversify our nomination pool!

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LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11-11:45 a.m. (no class Jan. 16); Day/time: Wednesdays, 11-11:45 a.m.; Day/time: Fridays, 10:15-11 a.m. Instructor: Linn Morin, Certified Trainer. Cost: See below. Location: Education Center, 8 Falcon Road, Lewiston

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Tuesdays, Fridays

LEWISTON -- Chair Yoga In Person and Zoom. Day/time: Tuesdays, 9-10 a.m. Day/time: Fridays, 9-10 a.m. Instructor: Mary Bishop, RYT. Location: Zoom and in person at Education Center, 8 Falcon Road. Cost: \$5 per class. Payments exchanged directly with Mary.

Must-haves: If on

Calendar

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Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in person, then just yourself.

Join Mary for this class offered both in person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size is limited. If you are interested in the class availability or are unable to afford the payment, still reach out so we can discuss specifics/concerns with you further.

Every second Monday

LEWISTON -- Caregiver Support Groups, Date: Monday, January 9 (every second Monday); Time: 5:30-7 p.m. Facilitator: Dana Morrell, SW. Location: SeniorsPlus, 8 Falcon Road, Lewiston.

Wednesdays, January 11-February 15

LEWISTON -- The 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 lpreference@lewistonmaine.gov.

January 12, Second and fourth Thursdays

LEWISTON -- **YOUTH TRADING CARD GAME CLUB** held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

January 14

LEWISTON -- The Midcoast Symphony Orchestra presents "Favorite Music for All Ages" with conductor Rohan Smith. Highlights include the story of "Tubby the Tuba" Jan 14 at 7:00 p.m. at The Franco Center, 46 Cedar St., Lewiston. For info and tickets visit https://www.midcoastsymphony.org/tickets or call 207-

481-0790. Tickets \$24.50 (advance) \$25 (cash or check) at the door. Under 18 and college students with ID are free. Limited free tickets are available for adults accompanying children.

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 18 and Wednesdays

LEWISTON -- Knitting Group, Dates: Wednesdays, Time: 4:30-7:30 p.m., Facilitator: SeniorsPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit seniorsplus.org.

January 19

LEWISTON -- The

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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 19

LEWISTON -- Medicare Made Simple, Date: Thursday, January 19, Time: 3-5 p.m., Instructor: Kerry Faria, Location: Education Center, 8 Falcon Road, Lewiston

This is an in-person class with Medicare expert, Kerry Faria. Learn how to navigate Medicare in this introductory class. You will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or

anyone who currently has Medicare and would like to learn more. There will be time for questions and answers. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit seniorsplus.org.

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/>

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



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UMaine Extension 4-H Introduces Youth to Engineering Concepts



Stock photo of marshmallow and spaghetti building from shutterstock.com

ORONO, ME (January 6, 2023) — University of Maine Cooperative Extension 4-H is accepting registrations for a special interest club where youth ages 9-18 can explore basic engineering concepts. This online club will be held on Thursdays, Jan. 26–March 2 from 4–5:15 p.m. Required registration closes Jan. 17.

The 4-H Engineering Club will introduce basic engineering skills by exploring a different topic each week. Participants will work through a hands-on engineering challenge and will have an opportunity to connect with other 4-H engineers across the state. UMaine Extension 4-H staff will lead the challenges.

The club is free and

limited to 20 participants. Register by Jan. 17 on the event webpage to receive the link and at-home materials. For more information or to request a reasonable accommodation, contact 207.581.8206 or sarah.sparks@maine.edu. Additional information also is available on the Extension 4-H Virtual Learning webpage.



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