



# TWIN CITY TIMES

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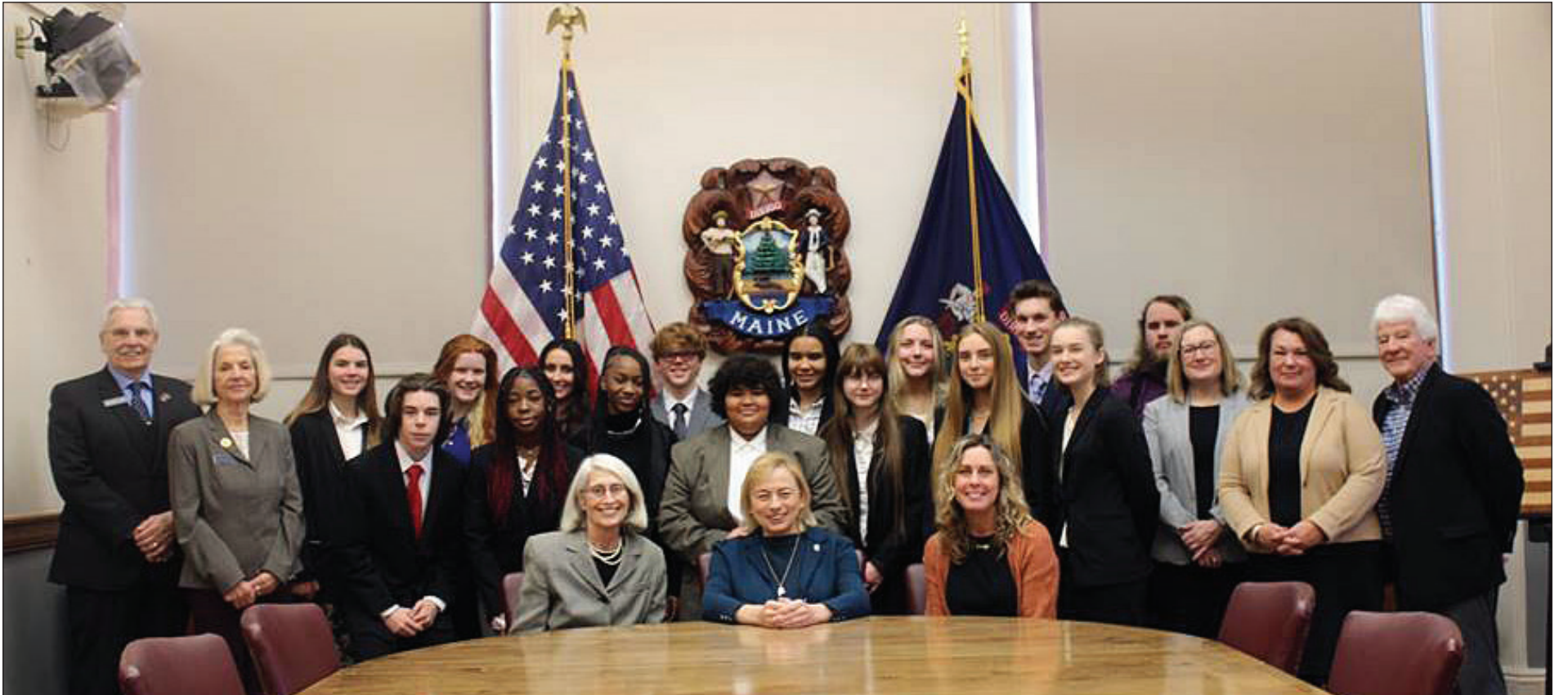
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## Lewiston HS Mock Trial Team Visits the State House



The Lewiston High School Mock Trial team with Rep. Michael Lajoie, Rep. Margaret Craven, Sen. Peggy Rotundo, Gov. Janet Mills and Rep. Kristen Cloutier

**AUGUSTA, ME (February 1, 2023)** — On Tuesday, January 31, Sen. Peggy Rotundo, D-Lewiston, welcomed Lewiston High School’s Mock Trial team to the State House and presented the team with a legislative sentiment for winning the State championship on December 5, 2022, defeating the team from Brewer High School in the state finals. The team was recognized in the House and Senate and met with Gov. Janet Mills.

“I am so proud of these students.

They worked so hard to prepare for this tournament, and they executed flawlessly,” said Sen. Rotundo. “This team has made me and the entire Lewiston community very proud. I wish them the best of luck in the national competition.”

The mock trial competition is essentially a hypothetical criminal trial in which students play the roles of attorneys and witnesses. Trials take place in front of Maine judges and attorneys who evaluate the students on their preparation, mastery of the facts, and demeanor and poise.

Maine Supreme Judicial Court Chief Justice Valerie Stanfill supervised the finals competition.

The team consists of Head Coach Michelle Crowley and students Ava Golder, Ben Cloutier, Sarah Mack, Gabby Thomas, Taylor Jean, Hayden LeCompte, Olivia Crowley, Ethan Rinko, Gabby Gladu, Kim McLaughlin, Adry Viles, Victoria Mpaka and Hayley Aloegnikou. Additional coaches include attorneys Paul Dionne of the Dionne and Couturier law firm, Amy Dietrich of the Skelton,

Taintor, and Abbott law firm, and retired attorney Ron Lebel, formerly of Skelton, Taintor and Abbott. Recent LHS graduate and mock trial alum Dominic Pelletier also helped coach the team.

The team will next represent the State of Maine at the national competition, which will take place in Little Rock, Arkansas from May 18 to 20, 2023.

A legislative sentiment acknowledges and recognizes academic, athletic, civic, professional or service-related accomplishments.

## Vote for Local Changemakers, Make a Difference in L/A

**LEWISTON/AUBURN, ME (February 1, 2023)** -- Today marks the first day in a month-long voting period for the ‘Community Matters More’ program—which calls on Maine residents to cast their votes for up to five different non-

profits on the ballot this year. Nonprofits with the most community votes in each geographical region will receive \$5K from a \$140K pool, with runners-up receiving grants ranging from \$1,000-\$4,000.

This year, 33 nonprofits are on the

ballot, including local changemakers like:

Maine Immigrant & Refugee Services (Lewiston) - Maine Immigrant & Refugee Services unites immigrants and refugees with their new Maine communities by providing the skills, support, and opportunities necessary to succeed.

Misfits Rehab Animal Rescue (Auburn) - Misfits Rehab takes care of injured, orphaned or sick wildlife for the purpose

of giving them a second chance at being a healthy wild animal.

Over the past 15 years, the grassroots program—part of The Bangor Savings Bank Foundation—has invited local community members to have their voices heard in support of the nonprofits making an essential impact in northern New England. Vote at <https://www.bangor.com/community/community-matters-more>

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# Newsmakers, Names & Faces

## Letter to the Editor: 2024 US Senate Election Seat Up for Grabs

To the Editor,  
Senator Angus King is an Independent who will have to face a Democrat and a Republican in a 2024 3-way general election race. King has a terrible record regarding middle class

and corporate taxation. And his record on at least one board he serves on will leave him vulnerable to the charge that he "can't run a lemonade stand".  
Boring, old, moderate men just don't sell any

more.  
That leaves an opening for a very progressive Democratic woman candidate to win Maine's 2024 Senate seat.  
Bob Jean  
Lubec, ME

## \$860K Secured for Pedestrian Safety Projects



WASHINGTON, D.C. (February 1, 2023)—U.S. Senator Susan Collins, the incoming Vice Chairman of the Senate Appropriations Committee, announced today that she secured a total of \$863,382 for four projects intended to improve pedestrian safety across the state. Maine set a tragic record of 21 pedestrian deaths in 2022.

The funding was awarded through the Bipartisan Infrastructure Law, which Senator Collins negotiated with 9 of her colleagues. The law established the Safe Streets and Roads for All (SS4A) discretionary program, which aims to achieve zero deaths and serious injuries on our nation's roadways.

"Over the past several years, Maine has experienced record numbers of pedestrian deaths, which in many cases are the heartbreaking consequence of poor road designs," said Senator Collins. "By eliminating hazardous conditions for pedestrians, bicyclists, and motorists alike,

we can help Mainers reach their homes and jobs safely and more quickly. As the Vice Chairman of the Appropriations Committee, I will continue to strongly support these types of investments to improve Maine's transportation network and help make travel safer for all road users."

The following four organizations and municipalities were allocated funding to improve roadway safety:

The Androscoggin Valley Council of Governments received \$200,000 for the Androscoggin Transportation Resource Center (ATRC) Corridor Improvement Study, which will focus on critical high-accident corridors like the Veterans Memorial Bridge corridor linking Auburn and Lewiston and the primary feeder arterials of Center Street in Auburn and Main Street in Lewiston. Between 2016 and 2020, there were 31 motor-vehicle fatalities in the ATRC region, and during the same period, ten percent of the 2,592 injury-in-

involved crashes within the region occurred within the proposed project corridor.

The Greater Portland Council of Governments received \$263,382 to develop a comprehensive safety action plan.

The Town of Bar Harbor received \$200,000 to create a Comprehensive Transportation Action Plan to reduce regional roadway fatalities, vehicle accidents, and congestion, and to develop climate resilient infrastructure. This plan is especially important as Acadia National Park annually welcomes more than 3.5 million people. U.S. Route 1 and State Route 1—the gateway to Mount Desert Island, Acadia National Park, and Bar Harbor—suffer a high-rate of roadway fatalities, with Hancock County as a whole experiencing 49 fatal accidents from 2016 to 2020.

The City of Sanford and Village of Springvale received \$200,000 to develop a comprehensive safety action plan.

## SeniorsPlus Announces Hiring of New Nutrition Director



Patrice Currie is the new Nutrition Director at SeniorsPlus.

LEWISTON, ME (January 30, 2023) -- SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, announces the hiring of Patrice Currie as the organization's new Nutrition Director. Previously, Currie was Director of Food Services at Mercy Hospital

in Portland for eleven years and prior to that, worked in other areas of the food and hospitality industry. She is a resident of Auburn.

As part of her job, Currie will oversee Meals on Wheels at SeniorsPlus, which last year served almost 200,000 meals to 1,300 people.

Since 1972, Senior-

sPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 10,000 individuals and fields 200,000 phone inquiries.

## February is Read to ME Month

MAINE (February 1, 2023) -- The Read to ME Challenge is a month-long public awareness campaign to promote childhood literacy in Maine held annually during February. This year the Maine Department of Education kicked off the Read to ME Challenge on February 1st with the Commissioner doing a special reading. The Maine DOE encourages you to join the challenge



ReadtoME  
15 minutes a day for literacy

by sharing moments that encourage literacy with children of all ages.

What is the Read to ME Challenge?

The Read to ME Challenge is an opportunity to contribute to a child's literacy growth by reading aloud in any language to one or more children for at least 15 minutes. The steps for taking the challenge are listed below and you can access resources to promote the challenge through the links on the left-hand side of this page. You can also read about how the

See Read, page 10



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# Newsmakers, Names & Faces

## Safe Voices Advocates for Pet Friendly Shelters on US Podcast

**LEWISTON, ME (January 30, 2023)** – Safe Voices Executive Director Elise Johansen and Director of Shelter and Housing Noelle Coyne recently appeared on “Oh Behave! with Arden Moore” – the longest running pet podcast in America.

In their January episode, along with Red Rover President & CEO Nicole Forsyth, Johansen and Coyne discussed the importance of pet-friendly shelter options and organizational policies for survivors of domestic abuse and sex trafficking. Safe Voices, which has been serving survivors in Androscoggin, Franklin, and Oxford Counties since 1977, partners with Red Rover and Rescue Rebuild to equip each of its emer-

gency shelters to welcome survivors and their pets.

Pets play an important role in the healing process for survivors and in the organizational mission for Safe Voices. Johansen and Coyne shared with Moore that, in addition to pet-friendly policies at their shelters, Safe Voices is a pet-friendly employer, as well. In addition to many staff bringing their pets with them to work, Safe Voices even added two therapy dogs to the organization in 2022.

The first, a golden retriever named Ollie, joined Safe Voices in the summer of 2022 and began his therapy certification training in the fall alongside his owner/handler, Katrina White, who is Safe Voices’ sex trafficking and sexual exploitation

outreach coordinator.

Even though he’s still a few months away from completing his training, Johansen said, “He has already made a profound impact on survivors and staff.”

The effects that pets have on survivors is profound, said Johansen, and it is too often exploited by abusers. “Abusers are going to use anything and everything in front of them, whether it’s a child, a job, or a pet. They’re going to use it to assert power and control.”

This, Moore said, leads to over 70% of survivors reporting that their abuser injured, killed, or threatened family pets in an effort to exert control, a fact that all three guests confirmed and cited as one of many reasons it is vital

to create more pet friendly shelter options.

As the first shelter in the state to become pet-friendly, Safe Voices has led the way for other domestic violence resource centers to do the same, and Safe Voices staff have become experts in the field of how to integrate pet-friendly policies with survivor needs and sheltering practices. There are no longer the only pet-friendly shelters in Maine, and for Coyne, that is the next big goal.

“We’re really looking forward to making Maine the first state in which every domestic abuse shelter is pet-friendly,” she said.

The full podcast episode is about thirty minutes long and can be heard at bit.ly/SV\_Pets.



Safe Voices therapy dog, Ollie, poses at their office at 100 Lisbon St. in Lewiston. Credit: Grace Kendall/Safe Voices

## Youth Council Seeking “Let Diversity Shine” Participants

**LEWISTON, ME (February 2, 2023)** – “Let Diversity Shine” is the next undertaking by the Lewiston Youth Advisory Council (LYAC) as they strive to highlight the origin, culture, and ethnicity of the people who call Lewiston home.

“LYAC wants to host this gathering for people to share with each other and to create an enhanced atmosphere of understanding and belonging,” said Chair Elissa Nadeau.

Lewiston residents may submit a form expressing their interest in participating at [www.lewistonmaine.gov/letdiversityshine](http://www.lewistonmaine.gov/letdiversityshine). The deadline for submission is March 1, 2023, and LYAC is anticipating an early spring event.

Each selected participant will have an assigned table to showcase origin, culture, or ethnicity. LYAC members will review submissions to select a balanced representation

### LEWISTON ME

of individuals within Lewiston and to select submissions that best reflect the event theme.

In addition, a focal point of the event will be a red-carpet runway for participants to showcase theme-related attire, music, vocal or poetry presentations, or demonstrate or explain an item of interest.

“Lewiston is one of

the most diverse cities in Maine, and I’m glad that this event will be showcasing the different cultures and peoples of our city,” said Mayor Carl L. Sheline.

“I am so impressed with the creativity that LYAC members are demonstrating in planning this event. Opportunity lives in Lewiston, and that certainly includes diver-

sity and belonging. This event will enable individuals to personally experience what others have to share,” said Lewiston Director of Diversity, Equity, and Inclusion Melissa Hue who met with LYAC on Feb. 1 to brainstorm about their efforts.

“This will be an exciting opportunity to appreciate the positive impacts that diversity has on Lewiston,” said LYAC member Samiira Noor. LYAC will also have

a table at the event, as the membership itself is very diverse in nature, to include the United States, Dominican Republic, Somalia, Egypt, and China.

“It is so important to represent the people who make up our city,” said LYAC Treasurer Corinne Rosario.

“I agree; Lewiston is very diverse, just look at the vast composition of Lewiston’s student body,” concurs LYAC member Feysal Abdirahaman.

## Rumford Hospital Plans to Close Maternity Service in Late March



**LEWISTON, ME (February 2, 2023)** -- Rumford Hospital, which is part of Central Maine Healthcare, plans to close its maternity unit, effective March 31, 2023.

A number of factors played into the decision to close the service, including a declining birth rate, a severe and persistent shortage of obstetricians willing to practice in an area with so few deliveries, and the pressing need

for a more consistent plan for women’s healthcare in the Rumford region.

“This was an extremely difficult, but necessary decision to make,” said Steve Littleton, DBA, FACHE, president and CEO, Central Maine Healthcare and interim president, Rumford Hospital and Bridgton Hospital. “The Rumford Hospital maternity service has a long and proud history, but given the staffing chal-

lenges and changing population, turning the page is in the best interests of our patients.”

This development mirrors what is happening to maternity units throughout the country in rural areas. Between 2006 and 2020, more than 400 rural maternity units closed in the U.S. Rumford Hospital’s maternity unit opened in 1926 and has been delivering babies ever since.

“This will certainly mark the end of an era here in the Rumford area,” said Stephany Jacques, RN, MSN, vice president

of nursing and patient care services, whose daughter was born at Rumford Hospital. “So many local people were born at Rumford Hospital, as were their parents and grandparents. We have a rich history of caring for women and families in our community.”

Rumford Hospital’s commitment to caring for women will continue through the dedicated services of family practitioners and a certified nurse midwife, who will provide prenatal care for expectant mothers who

make appointments at Rumford Hospital.

Expectant mothers in the region will still be able to deliver their babies at Central Maine Medical Center in Lewiston. CMMC recently expanded its maternity services by adding additional obstetrical staff and improving the capabilities of its level 2 special care nursery.

CMMC’s maternity service includes neonatal intensive care, and was recently recognized as “High Performing in Maternity” by U.S. News & World Report.

The closure of Rumford Hospital’s maternity service will not result in the loss of any jobs for Central Maine Healthcare team members.

Rumford Hospital will remain committed to providing the best and most innovative healthcare available for the River Valley, including:

- Primary care
- Cancer care
- Emergency department
- Many specialty services, including gastroenterology, surgery, podiatry, and endocrinology

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# Better Business Bureau: Tips for Winter Traveling



**MAINE (February 1, 2023)** -- Traveling in the winter can offer lower rates, smaller crowds, and different views. However, it also comes with its own set of potential hazards. From being stuck on the highway for hours to dealing with flight cancellations, winter weather can hinder travel and vacation plans in a variety of ways. Preparing for potential weather-related emergencies, delays or cancellations can help mitigate the stress of these situations.

Here are a few tips on preparing for winter traveling:

If you're road tripping...

Get your vehicle ready. Before hitting the road for any extended trip, it's important to make sure everything on your vehicle is in working order, but it's even more paramount in the winter when conditions can become more precarious. Here are some basics of what you should do before venturing out in the winter:

Have a full tank of gas: A half tank or more of gas limits the moisture condensates in the tank, preparing you to tough out an unexpected traffic jam or

survive being stuck in the snow.

Check under the hood: Check the battery and cables for erosion, cracks, and dirt. Inspect hoses and belts for any cracks, soft spots, or bulges. For a thorough inspection, visit an auto service provider.

Make sure you have good tires: Tires with good traction are essential to safe winter driving. Check tire pressure monthly, topping off as necessary, keeping in mind that cold winter temperatures can lower tire pressure. Inspect tread depth, which should be at least 1/8 of an inch in thick-

ness. Tread depth can be gauged using a quarter and measuring from the coin's edge to Washington's head. Look for uneven tread wear, which typically indicates poor wheel alignment or worn suspension components. Before investing in new tires or getting a professional assessment, visit [BBB.org](http://BBB.org) to find a qualified tire specialist.

Prepare an emergency kit: Keep an emergency preparedness kit in your vehicle at all times. During winter travel, having the following items easily available is essential:

- Jumper cables
- Flashlight
- Extra batteries
- Basic first-aid supplies
- Blanket and warm clothing
- Battery-powered radio
- Toolkit
- Bottled water and non-perishable food
- Safety flares
- Windshield ice scraper

Put together a list of potential places to shelter along your route: If con-

tinuing your travels uninterrupted just isn't possible, having an idea of where you can pull off and safely stay for the night is important. Take some time to map out any hotels, motels, and even truck stops along your route, particularly those located on long stretches between towns or cities. Check out hotels in the U.S. and hotels in Canada on [BBB.org](http://BBB.org) for a full list of options ahead, or hotels near me to see places to stay while already on the road.

If you're flying...

Stay in the know: Stay up to date on your flights by signing up for any offered alerts or updates regarding your flight. Additionally, follow the airline you're using on social media and check for posts related to your travel plans. In case of a cancellation, social media can offer an additional avenue through which to communicate with an airline and might actually be more expedient than other forms of communication.

Keep documentation: When flights are canceled by the airline, con-

sumers are always entitled to a full refund, including any bag fees or other extras, such as additional legroom for a seat. Keep receipts related to your flight and record any expenses incurred as a result of a significantly delayed or canceled flight, such as renting a hotel room.

Prepare a carry-on: If a flight gets canceled after you're already checked in at the airport, there's a chance your luggage made it off the runway while you stayed grounded. To ensure you're not without essentials while waiting for another flight, pack what you absolutely need in your carry-on, such as:

- Your Passport or ID
  - Phone and device chargers
  - Change of clothes
  - Headphones
  - Daily medication
  - Hygiene products
  - Cash, credit, or debit cards
  - Car keys
- While winter traveling might require some extra precautions, it can offer the chance for a great getaway with proper planning.

## Applications Open for Alzheimer's Awareness Scholarship

**NEW YORK (February 1, 2023)**— The Alzheimer's Foundation of

America (AFA) is offering scholarships of up to \$5,000 to college-bound

high school seniors affected by Alzheimer's disease or other dementia-related



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illnesses as part of its annual Teens for Alzheimer's Awareness Scholarship. Entries can be submitted at [www.alzfdn.org/scholarship](http://www.alzfdn.org/scholarship) and must be received by Wednesday, March 1 at 5 pm ET.

Eligible teens are invited to apply for the scholarship by submitting an essay (1,500 words maximum) or submitting a video, no more than four minutes long, describing how Alzheimer's disease has impacted their lives and what they have learned about themselves, their family and/or their community through their experience with Alzheimer's.

Examples of ways

that Alzheimer's impacted a student's life can include:

Having a loved one with Alzheimer's disease or another dementia-related illness

Helping care for someone with Alzheimer's disease or another dementia-related illness

Volunteering or working in a care setting that serves individuals with dementia

Raising Alzheimer's awareness in their school or community

Conducting Alzheimer's research

The program is open to current high school seniors living in the United States who will be attending a U.S. college or uni-

versity this Fall. Students already attending college are not eligible to participate.

The top prize awarded is a \$5,000 scholarship. Additional prizes are awarded for runners up and honorable mentions. Last year, AFA awarded \$90,000 in scholarships to 117 high school students.

AFA has been able to provide these scholarship funds with the generous support of charitable donors. Individuals wishing to support this and other programs and services for families affected by Alzheimer's disease can do so by visiting [www.alzfdn.org/donate](http://www.alzfdn.org/donate) or calling AFA at 866-232-8484.

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

# Applications Being Accepted for Summer Journalism Program



**WESTON, MA (February 3, 2023)** -- The New England High School Journalism Collaborative is excited to announce that we will hold our all-expense-paid summer workshop for students interested in journalism for the 36th year.

The 2023 workshop dates are June 24 – July 1, 2023. Students will be housed at Regis College in Weston, MA, and will work out of a newsroom at Simmons University in Boston.

The program is intended for students who are from traditionally underserved populations in urban areas. Some preference

is given to current juniors and seniors in high school.

Students will learn to report, write, and edit for a newspaper, and produce multimedia projects for a website. They will be assigned stories, do interviews, and will be exposed to working on a deadline to create their own newspaper.

The New England Newspaper and Press Association will be assisting with the application process. Application guidelines are as follows:

Only students who attend high school in the New England states (CT, MA, ME, NH, RI, VT) are eligible.

Only students currently in high school may apply, including graduating seniors. The program is not accepting students who have already taken part in the program.

Students must be recommended by a teacher.

A letter of recommendation from the sponsoring teacher must accompany the application.

A transcript from the school with the student's most recent grades must accompany the application.

An essay of no more than 500 words must accompany the application. The applicant can write about why they should be selected to participate



in this program OR how writing has helped the applicant explore and understand a problem in their life.

Students will need to upload a headshot.

**PLEASE NOTE:** You will receive an email confirming the receipt of your application with a link to a Dropbox folder to upload the required documents (letter of recommendation,

transcript, personal essay, and headshot).

If you have problems using the form or uploading documents, you should email [students@nenpa.com](mailto:students@nenpa.com).

The deadline for applications is April 3, 2023.

Students will be notified of their status by the end of April.

Don't miss the chance to take part in this

unique program, established by the late Carole C. Remick more than 36 years ago. We are looking forward to training the next generation of journalists.

If there are additional questions or if the applicant needs special accommodations to submit information, please email Leah Lamson, NEHSJC managing director, at [lamsonleah@gmail.com](mailto:lamsonleah@gmail.com).

## Letter to the Editor

# Stand Up to Corporations to Protect Gulf of Maine

Dear Editor,  
Maine's clean, cold waters are the ideal location to grow a variety of kinds of sustainable seafood, including oysters, lobster, and seaweed. These industries are not only delicious but are also very important to coastal ecosystems and economies! The shellfish and seaweed indus-

tries work to keep our waters clean and people working for generations to come. This future is threatened, however, by massive corporations that want to install harmful fish farms in the Gulf of Maine.

Maine's aquaculture industry is not only an important part of the coastal economy, but it

is also a foundation of Maine culture. Local seafood is a privilege that Mainers do not take for granted, and yet it is still threatened by outside competition that would undercut both the aquaculture industry and degrade the Gulf of Maine's fragile ecosystems. Industrial finfish farms use harmful farming prac-

tices, typically open-net pen systems, that produce massive amounts of pollution from fish waste and chemical flow. This can cause so called "dead zones", where aquatic life cannot survive due to lack of sufficient nutrients and oxygen, which in turn threatens Maine fishermen, lobstermen, and farmers that rely

on the waters for their catches.

These finfish farms are also run by large, multinational corporations that do not invest in the local community that they are harming through these farming practices. The Gulf of Maine is an ideal location for these offshore farms to be installed, so it is more im-

portant than ever to stand up against these corporations to protect both our aquaculture industry and Maine's cultural identity.

*Natalie Meenan is a student at Bates College and works for the Don't Cage Our Oceans campaign, which works to prevent harmful industrial fish farming around the country.*

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# Arts & Entertainment

## La Francophonie in Maine: Qu'est ce que c'est?

Moi de la Francophonie: Mars 2023  
Month of the Francophone: March 2023

**La Francophonie in Maine**  
*Qu'est-ce que c'est?*

**LEWISTON, ME (February 3, 2023)** -- What is "La Francophonie in Maine?" Come find out! The Franco-American Collection at the University of Southern Maine and l'Alliance Française du Maine invite you to an in-person event on Friday, March 3rd, at 7pm, for a community panel discussion of the French experience in Maine. The event will take place at USM's Lewiston-Auburn College, 51 Westminster St., Lewiston, in room 170. Guest speakers, originating from the Democratic Republic of Congo, Djibouti, France, Québec and Rwanda, will discuss, in English, the role of the French language in their lives in Maine.

The panel presentation will be followed by a Q&A session and a brief reception, where audience members will be invited to interact with the panelists, dignitaries, and each other. This program is made available, at no cost to the public, by the coordinated efforts of the Franco-American Collection at USM/LAC and l'Alliance Française du Maine, along with the support of the University of Southern Maine, la Délégation de Québec in Boston, and Androscoggin Home Health.

For more information or to register for this free event, 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.

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

## Distinguished Young Women of Maine Receives Scholarship



**AUBURN, ME (January 19, 2023)** -- Emma Moreau has been named this year's Distinguished Young Women (DYW) of Maine 2023. The DYW showcase was held January 6th at the L/A Community Little Theater in Auburn. Emma is a senior at Poland Regional High School where she is the Vice President of her class, National Honor Society member and the Treasurer of the Student Council. Emma is an active member of the jazz band, chamber choir, dance as well as the drama club. Emma impressed the panel of judges with her vocal

performance of "Rise up" by Andra Day. Emma was awarded a \$1000.00 cash scholarship along with access to a wide variety of college granted scholarships from all over the United States. Since 1958, the Distinguished Young Women Program formerly known as America's Junior Miss has awarded \$118 million dollars in cash scholarships at the local, state, and national levels. Emma also received an all expense paid trip to Mobile, Alabama where she will represent Maine at the Distinguished Young Women of America

finals on June 24, 2023. DYW participants are judged in five categories of achievement. Scholastics 25%, Private Interview 25%, Talent is worth 20%, Fitness 15%, and Self Expression 10%. The evaluation process is the same at all levels of the competition from local to state to nationals. It is this program's goal to honor young women who excel in these areas and to encourage continuing roles of leadership in their community and professional life, thereby providing positive role models for today's society.

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# Murray, Collins Take Helm of Appropriations Committee

WASHINGTON, D.C. (February 2, 2023) – Today, U.S. Senators Patty Murray (D-WA) and Susan Collins (R-ME), issued the following joint statement as they officially assume the roles of Senate Appropriations Committee Chair and Vice Chair, respectively.

“We look forward to leading this Committee in making life better for families back home and addressing the many pressing challenges our nation is facing here and abroad. We understand the enormous responsibility of this Committee, which is why we are dedicated to working together in a bipartisan way, as we have done so often in the past, to deliver the kind of results the American people deserve from their government.

We were sent here to solve problems, and that’s exactly what we are going to do.

“That starts with marking up our appropriations bills and bringing them to the floor in a timely way so we can fund the government in a responsible and bipartisan manner. It also means continuing the use of Congressionally Directed Spending so Senators can support the needs and projects of their states. And perhaps most important, it means listening to each other and talking through challenges so we can find common ground on sensible solutions for the American people.”

Patty Murray was elected by the people of Washington state in 1992, making history as the first woman to serve the state in the U.S. Senate. She has

been a member of the Senate Appropriations Committee since her first term and has previously led: the Appropriations Subcommittee on Military Construction, Veterans Affairs, and Related Agencies; the Subcommittee on Transportation, Housing and Urban Development, and Related Agencies; and the Subcommittee on Labor, Health and Human Services, Education, and Related Agencies.

Senator Murray became the first woman Chair of the Senate Veterans’ Affairs Committee during the 112th Congress and served as the first woman Chair of the Senate Budget Committee during the 113th Congress. As Chair of the Senate Veterans’ Affairs Committee, Murray worked closely with

Republicans to spotlight the needs of women veterans and to expand benefits and support for veteran caregivers. As Chair of the Budget Committee, she worked with House Budget Committee Chairman Paul Ryan to pass the Bipartisan Budget Act of 2013 in order to avert fiscal disaster. She most recently served as Chair of the Senate Health, Education, Labor, and Pensions Committee—where she negotiated and passed significant bipartisan legislation with her Republican counterparts: rewriting No Child Left Behind, passing the 21st Century Cures Act, delivering major COVID relief, passing sweeping public health preparedness measures, and much more.

First elected in 1996, Susan Collins ranks eighth in Senate seniority and is

the most senior Republican woman. She is the first Republican woman to be elected to a fifth term, the first Republican woman to be the Vice Chairman of the Senate Appropriations Committee, and the first Mainer to be Vice Chairman of the Appropriations Committee in 82 years.

Senator Collins first joined the Appropriations Committee in 2009 and previously served as both the Chairman and Ranking Member of the Appropriations Subcommittee on Transportation, Housing and Urban Development, and Related Agencies. She is also the former Chairman of the Permanent Subcommittee on Investigations, the Homeland Security and Governmental Affairs Committee, and the Aging Committee. Throughout

her Senate service, Senator Collins has worked with members of both parties to advance landmark laws to improve the lives of all Americans. Last Congress, she played a central role in negotiating the Infrastructure Investment and Jobs Act, the Electoral Count Reform Act, the Respect for Marriage Act, and other key pieces of legislation.

The following Senators will serve on the Appropriations Committee in the 118th Congress: Senators Murray, Feinstein, Durbin, Reed, Tester, Shaheen, Merkley, Coons, Schatz, Baldwin, Murphy, Manchin, Van Hollen, Heinrich, Peters; Collins, McConnell, Murkowski, Graham, Moran, Hoeven, Boozman, Capito, Kennedy, Hyde-Smith, Hagerty, Britt, Rubio, Fischer.

## Local Author Releases Book of Ancient Healing: *Soul Medicine*

BELCHERTOWN, MA (January 30, 2023)

— Internationally-acclaimed author, therapist and journey leader, Edward Tick, PhD, LMHC, brings ancient healing wisdoms alive in his forthcoming book, *Soul Medicine: Healing Through Dream Incubation, Visions, Oracles and Pilgrimages* (Healing

Arts Press | Inner Traditions, 2023). *Soul Medicine* depicts histories and case studies of healings achieved & lives transformed using practices from the classical ancient world in psychotherapy, mentorship, and in the nearly 50 pilgrimages to Greece and Vietnam Tick has led from 1995-2022. This book demystifies an-

cient healing wisdom in order to help restore soul and spirit to psychology, medicine, and transformative healing practices today.

ABOUT THE AUTHOR

Edward Tick, Ph.D., is an internationally-acclaimed transformational psychotherapist, pilgrimage guide, educator, au-

thor, and poet. A specialist in archetypal psychotherapy and the healing of violent trauma, he is the author of the forthcoming *Soul Medicine, Healing Through Dream Incubation, Visions, Oracles, and Pilgrimage* (Inner Traditions, January 2023), along with three collections of poetry and four previous nonfiction books,

including *The Practice of Dream Healing and War and the Soul*. He has been published in *The New York Times*, *The San Francisco Chronicle*, *Light of Consciousness Magazine*, and more. His works have been translated into Ukrainian, Greek, Vietnamese, Bulgarian, Japanese, and Italian. He lives in central

Massachusetts where he runs his private practice while providing ongoing volunteer consultation support to mental health colleagues and troops presently in Ukraine, Italy, Greece, Russia, and more. Ed is devoted to healing from millenniums of collective trauma, and to restoring soul and spirit in our modern world.

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# WHA at CMMC Displays Paintings of Nancy Clark



'The Dawn of a New Day' by Nancy Clark

ponds and wide-open horizon of the ever-moving ocean.

"My greatest artistic influence comes from Maine's varied seascapes and their ever-changing and beautiful atmospheres. This current sea and sky series which focuses on the horizon line and the effects of changing light, sets the stage for contemplating distant spaces and its mysteries and callings. These images are inspired by reality, but are created by allowing the painting to lead the way to its own conclusion."

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

**LEWISTON, ME (February 1, 2023)** -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is displaying the paintings of artist, Nancy Clark. Born and raised in rural Maine, Clark draws boundless inspiration from the magnificent layered mountains, open fields, flowing rivers, sparkling

# Teen Dating Violence Awareness Event Held at LPL

**LEWISTON, ME (February 1, 2023)** -- February is Teen Dating Violence Awareness Month. Join Her Safety Net, Safe Voices and the Lewiston Public Library on Wednesday, February 15th from 1-3pm for an engaging and interactive event that gives us all a chance to think about what a healthy and safe

dating relationship could be. Learn about resources in this area while enjoying games, raffles and snacks.

This event is presented in partnership with Her Safety Net, Safe Voices, and the Lewiston Public Library and is open to middle & high school aged teens.

The Lewiston Pub-

lic Library is located downtown at 200 Lisbon Street at the corner of Pine Street, and this event will take place in the IDEA Lab on the 2nd floor. More information is available by contacting the Lewiston Public Library Adult & Teen Services Department at 513-3135 or LPLReference@lewistonmaine.gov.

## Teen Dating Violence Awareness Month Drop-In

Teens are invited to the Lewiston Public Library for an informative event about Teen Dating Violence

February 15th, 1-3 pm

- Learn about the signs and how to get support
- Compete in a fun Kahoot
- Enjoy snacks and samosas while you learn!

RSVP HERE!



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

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# Bishop Deeley Becomes "Student for a Day" at St. Dom's

**LEWISTON, ME (February 1, 2023)** -- "Okay, let's add the paint to the water, not the baby oil. I think that's important."

Bishop Deeley collaborated with his young colleagues in the kindergarten classroom, carefully following the instructions they'd been given that, successfully followed, would lead to a "blizzard in a jar."

"Someone drop the Alka-Seltzer in. Who hasn't had a turn yet?" the bishop asked his new friends.

Moments later, the jar of water, baby oil, paint, glitter, and Alka-Seltzer combined and produced a small, bubbly "storm."

The project was one

of many that Bishop Deeley took part in during his special visit to the elementary campus of Saint Dominic Academy in Lewiston on Wednesday, February 1 (pictures at In Lewiston, Bishop Deeley Becomes "Student for a Day" at St. Dom's | Diocese of Portland (portlanddiocese.org), one of the many highlights of the school's celebration of Maine Catholic Schools Week.

The bishop made his stop at St. Dom's on "red, white, and blue" day as patriotic signs and outfits were the orders of the day, as was Bishop Deeley's participation as "Student for a Day."

In first grade, the bishop tried his hand at Bible bingo, coming up

one spot short of victory when "David" or the "Ten Commandments" weren't called in time.

In second grade, Bishop Deeley joined the students in using marshmallows and toothpicks to design a standing object in a short period of time. Colton emerged as the top performer with a nine-inch construction.

In third grade, it was the 99Math game that tests computation and facts, with the bishop and his teammate, Fr. Patrick Finn of Prince of Peace Parish in Lewiston, finishing up as most improved between games one and two.

In fourth grade, the bishop squared off against the kids in a game of online Bible trivia and fin-



ished "neck and neck" with Gracelynn and Olena.

In fifth grade, it was time for some geometry and art as the bishop and students created their own hexagons with their names as centerpieces.

And not to be left out, the pre-kindergartners welcomed Bishop Deeley to work with them on their

large friendship tree which featured each of their handprints and pictures, with a picture of the bishop joining the tree today. Sister Francesca Silver, FSE, a campus minister at the academy, also added her handprint at the request of the children. Before departing, the bishop read If Jesus Lived Inside

My Heart to the youngsters.

Also joining the bishop on his tour of the school were J.P. Yorkey, principal of the Lewiston campus; Marianne Pelletier, superintendent of Maine Catholic Schools; and Suzanne Laffreniere, director of public policy for the Diocese of Portland.

## Webinar Assists Small Businesses to Sell to The Government

**BANGOR, ME (January 10, 2023)** -- Eastern Maine Development Corporation (EMDC) and Maine PTAC in partnership with the Lewiston-Auburn Metro Chamber of Commerce will be presenting a "Lunch and Learn" Zoom webinar on "How Maine PTAC Assists Small Businesses to Sell to The Government"

The webinar will provide attendees with information about the Maine PTAC program, a basic overview of the government contracting marketplace and the host of services and assistance it provides to Maine businesses to help them market and sell their goods and services to government agencies at all levels and

completely free of charge. Come discover how your business can take advantage of Maine PTAC's resources to further explore the world of government contracting.

Date: Thursday February 16, 2023

Time: 12:00 Noon-1:00pm

Place: Virtual via Zoom Webinar

**GREAT FALLS FORUM 2022-2023**

**THURSDAY, FEBRUARY 16, 2023**

**Tim and Susan Caverly**  
"48 Hours with an Allagash Wilderness Ranger"

The 25th season of the Great Falls Forum continues on Thursday, February 16th, featuring Maine author and retired Allagash Wilderness Waterway Supervisor Tim Caverly, and former educator and Maine Department of Conservation employee Susan Caverly, with a talk entitled "48 Hours with an Allagash Wilderness Ranger."

This free, public program will take place from 12 noon to 1 PM in Callahan Hall at the Lewiston Public Library and will also be streamed live via Zoom and the Lewiston Public Library Facebook page.

The Allagash Wilderness Waterway is a 92-mile canoe route in Maine's Park Service. The corridor is also a nationally designated Wild and Scenic River in the National Park Service. In this Great Falls Forum talk, through scenic, historic and wildlife pictures, the audience will spend two virtual days in the bow of Tim's canoe where they will learn about wildlife, come face to face with a host of characters, and experience the most unusual daily trials faced every day by rangers on patrol.

Admission is free to all Forum events, in person or virtual. The Zoom link will be posted to the Library website and Facebook prior to the event. For more information, please visit the LPL website at LPLonline.org or call 513-3135.

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# USDA Invests \$15.2M for Renewable Energy Opportunities

**BANGOR, ME (January 30, 2023)** – U.S. Department of Agriculture (USDA) Directors for Rural Development in Maine, Rhiannon Hampson; and New Hampshire, Sarah Waring, today announced \$15,217,000 in funding through the Electric Infrastructure Loan program. Aligned Solar Partners has built five solar arrays throughout the two states to generate a total of 10.291 MWdc, reducing the cost of energy for rural communities in Androscoggin County, Maine, and New Hampshire’s Carroll, Merrimack and Hillsborough Counties. The energy produced will be enough to power an average of 1,800 homes annually.

In Maine, Aligned Solar Partners worked with ReVision Energy to construct a 14,040-panel array at Souther Farms, in Livermore Falls. The project is the first in Maine to provide 96 percent of its solar energy to five public schools in the state, offsetting energy costs for Camden Rockport School District, Camden Hills Re-

gional High School, Mt. Blue Regional School District, Regional School Unit 73 and Hope Elementary School, with the remaining 4 percent benefiting the Farmington Water District. The project is anticipated to produce 6,478,200 kilowatt hours of clean energy annually.

“This project is fantastic in its breadth,” said Hampson. “Through this lease, Mr. Souther secured his generational family farm while helping several school districts offset carbon emissions and reduce utility costs. With this thoughtful demonstration of how working agricultural lands and renewable energy projects can coexist, Mr. Souther has left a legacy of innovation, proving once again that our heritage industries have the capacity to adapt. He made each student within collaborating districts a partner in building their brighter futures, and has offered us a stellar example to chart a course by.”

In New Hampshire, Aligned Solar will team up with energy pro-

vider Eversource to power the Stonyfield Farms processing facility in Londonderry. Through solar arrays in Conway, Loudon and two in Nashua, the dairy company will benefit from a significant reduction in energy costs. The project is anticipated to produce 7,098,352 kilowatt hours of clean energy annually.

“Today’s funding reflects the agency’s proactive commitment to fighting climate change head-on,” said Waring. “With this investment, Stonyfield Farm will be positioned to create more jobs, more business opportunities and more resilience in the face of future challenges—while doing its part to reduce carbon emissions. Lower costs ensure the long-term viability of New Hampshire’s farms and agricultural producers, who are increasingly on the forefront of the transition to clean energy. With projects like this, the USDA is making the promise to power tomorrow’s rural economies through innovation, imag-

ination and collaboration for generations to come.” “Aligned deeply appreciates our partnership with the USDA Rural Utilities Service,” said Peter Davidson, CEO of Aligned Climate Capital. “Together, we have brought low-cost, clean energy to rural electric customers throughout northern New England.”

USDA Secretary Tom Vilsack also announced the Department is investing \$2.7 billion across 26 states to help 64 electric cooperatives and utilities expand and modernize the nation’s rural electric grid and increase grid security for nearly 2 million people. The other states are Alabama, Arkansas, Colorado, Florida, Georgia, Iowa, Indiana, Kentucky, Michigan, Minnesota, Mississippi, Montana, Nebraska, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, South Carolina, South Dakota, Tennessee, Texas, Virginia, Washington and Wisconsin.

“These critical investments will benefit rural

people and businesses in many ways for decades to come,” Vilsack said. “This funding will help rural cooperatives and utilities invest in changes that make our energy more efficient, more reliable, and more affordable. Investing in infrastructure – roads, bridges, broadband and energy – supports good-paying jobs and keeps the United States poised to lead the global economy.”

The loans include \$613 million to help rural utilities and cooperatives install and upgrade smart grid technologies. Smart grid can be a catalyst for broadband and other telecommunications services in unserved and underserved rural areas in addition to improving grid security and reliability.

In the coming months, USDA will announce additional energy infrastructure financing. The Biden-Harris Administration’s Inflation Reduction Act provided more than \$12 billion to USDA for loans and grants to expand clean energy, transform rural power produc-

tion, create jobs and spur economic growth. This funding will help make energy cleaner, more reliable and more affordable. USDA’s Electric Loan Program can help finance wind, solar and natural gas plants, as well as improvements to produce cleaner energy from coal-fired plants. Local utilities also use the loans to invest in infrastructure to deliver affordable power to millions of residential, commercial and agricultural consumers.

Under the Biden-Harris Administration, Rural Development provides loans and grants to help expand economic opportunities, create jobs and improve the quality of life for millions of Americans in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural, Tribal and high-poverty areas. For more information, visit [www.rd.usda.gov](http://www.rd.usda.gov).

# Free Classes Cover Career, Business, Financial Education

**MAINE, STATE-WIDE (February 1, 2023)**—New Ventures Maine (NVME) will offer tuition-free workshops and classes in career, business, and financial education in February. Self-paced, interactive-online, and in-person 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 February, March, and beyond is accessible at [newventuresmaine.org/class-schedules](http://newventuresmaine.org/class-schedules).

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. Enroll by March 1. Work at your own pace.

**Job Search Workshops:** Wednesday, February 1 – 15, 10:00 – 11:00 a.m. Online. Ready for a new job or a career change? Join us for one, two, or all three workshops. February 1: Job Search Strategies; February 8: Resume Strategies; February 15: Interview Strategies. (Also offered Tuesday mornings, March 14 – 28).

**Business Basics:** Thursdays, February 2 – 16, 10:00 – 11:30 a.m. Online. 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.

**Money Management Workshops:** Tuesdays, February 7 – 21, 6:00 – 7:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three workshops. February 7: Budgeting Basics; February 14: Let’s Talk About Credit; February 21: Build Your Savings.

**Business Basics:** Tuesdays, February 7, March 7 & April 11, 6:00 – 7:30 p.m. In Person, Portland. This class covers

the business plan, marketing, and cash planning and is focused on food-based businesses. Assess the feasibility, desirability, and viability of your business idea and get started with your plan. Location: St. Luke’s Community Kitchen, Portland.

**Tax Readiness for the Self-Employed:** Thursday, February 9, 6:00 – 7:00 p.m. Online. 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.

**Changing Jobs: Finding Work That Fits:** Thurs-

days, February 9 – 23, 12:00 – 1:30 p.m. Online. Are you considering a job change? This online class designed for women will help you identify work options and benefits that align with your interests, skills, and values.

**My Money Works:** Thursdays, February 9 – March 9, 10:00 – 11:00 a.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability (also offered Wednesdays, March 1 – 29, 6:00 – 7:00 p.m., online).

**Values + Mission = Clarity for your Business:** Tuesday, February 14, 12:00 – 1:00 p.m. Online. This interactive workshop encourages you to roll up your sleeves, and create or refine your values and mission statements and leverage them for business planning and success.

**March Preview: My Money Works:** March 1 – 29; **Connecting Women to Construction Careers:** March 2; **Venturing Forth: Business Planning for Entrepreneurs:** March 13 – June 12

To sign up for any of the above classes, visit [newventuresmaine.org/class-schedules](http://newventuresmaine.org/class-schedules) or call 207-621-3440.

**Read**  
*Continued from page 3*  
challenge is spreading across Maine by visiting the Read to ME Chal-

lenge articles.  
Steps for Taking the Read to ME Challenge  
Read to and/or have a child/children read to

you in any language for at least 15 minutes.  
Read an engaging book, chapter of a novel, newspaper or magazine

article, comics, nursery rhymes, or poetry.

Capture a photograph or short video (15-30 seconds) of yourself reading to the child.

Use #ReadtoME or #ReadaloudME to post the photo or video on social media with your challenge to

others to read aloud 15 minutes to a child or children they know. Recommended social media platforms include: Facebook, Twitter, Instagram, or Youtube.

If you live a distance from a child you’d like to read to, use Zoom or Facetime to read aloud via

digital means.

Additional ways to participate in the Read to ME Challenge: Donate a book to a school or public library, a food cupboard, a homeless shelter, or a little free library near where you live; Sing to or have a conversation with a child (these methods build language, too); Visit the Read Across America site for additional resources and ideas.

For more information, contact Danielle Saucier, Inclusive Education Literacy Specialist, Maine Department of Education, Office of Special Services & Inclusive Education.



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# Norway Savings Bank Employees Award \$10,000 to Safe Voices



Norway Savings Bank officials (from left) Dan Walsh, President and CEO; Janice de Lima, VP and CRA Officer; Pat Weigel, Chairwoman of the Board of Directors; Lin Dehetre, VP and Market Manager of Auburn and Gray and Melissa Rock, VP and Marketing and Communications Officer present Elise Johansen (third from right), Executive Director of Safe Voices with the \$10,000 Patricia Weigel Pay It Forward Award.

**NORWAY, ME (February 1, 2023)** – Norway Savings Bank is pleased to announce the 2nd Annual Patricia Weigel Pay It Forward Award has been awarded to Safe Voices, a non-profit organization dedicated to supporting and empowering those affected by domestic violence, human sex trafficking and sexual exploitation and engaging the community in creating social change in Androscoggin, Oxford and Franklin counties.

The Patricia Weigel Pay It Forward Award was created in December 2021 to honor then-CEO, Pat Weigel, who has been dedicated to community impact throughout her long career in banking. Weigel retired from the bank at the end of 2021, but remains

connected as Chairwoman of the Board of Directors. Through a voting process, NSB's 300 employees chose Safe Voices as the winner of the Award from the many dozens of organizations they volunteered for during the previous year.

"We are pleased and honored to have been considered alongside the many other worthy organizations that were also candidates for this award," said Elise Johansen, Executive Director of Safe Voices. "Norway Savings is an important partner for us, not only in dollars donated, but also in terms of volunteerism and other forms of support."

"I'm incredibly humbled to be part of such a meaningful award, and I'm especially proud of

the Norway Savings Bank employees for their wisdom in recognizing these outstanding organizations," said Weigel. "Safe Voices and last year's Pay It Forward Award winner, Maine Children's Cancer Program, are both truly impactful to large numbers of Maine residents."

Learn more about Norway Savings Bank's community giving programs at [www.norwaysavings.bank](http://www.norwaysavings.bank).

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

# Citizens Advocate for a Protected Right to a Healthy Environment

**AUGUSTA, ME (January 29th, 2023)** — A multi-generational team of Mainers is campaigning for an amendment that would enshrine environmental rights in the Maine Constitution's Declaration of Rights. The Pine Tree Amendment (PTA) is a proposed amendment to the Maine State Constitution that would secure the right to clean air, clean water, and a healthy environment for all people in Maine, including future generations. This amendment would create a robust legal pathway for protect-

ing Maine's ecosystems. On Friday, January 27th, at a virtual lunch and learn event, Maine's Environmental Priorities Coalition (EPC) announced that the Pine Tree Amendment is again on their list of environmental priorities for this legislative session. The EPC is a partnership of 37 environmental, conservation, and public health organizations that "works together to identify important legislation and votes to determine their Common Agenda for each legislative session." The EPC's decision to include the Pine

Tree Amendment among their legislative priorities for the second time suggests that this issue is important to Mainers and that the PTA has the capacity to make a significant impact in protecting Maine's environment.

"The Pine Tree Amendment will encourage sustainable and forward-thinking development, industry, and business growth. It will also incentivize government officials to make decisions that will accomplish economic and business objectives while also protect-

ing water, air, soils, food, forests, wetlands, climate, and other natural resources," said Representative Maggie O'Neil, the House sponsor for the bill. "Our environment is critical to sustaining healthy, safe, and successful lives and economies, and Maine's constitution should be reflective of that fact."

In the 2022 legislative session, a bipartisan PTA bill (LD 489), with strong community-based grassroots support, and the endorsement of the Environmental Priorities Coalition and many Maine

businesses, received strong support in the Senate but fell short of a two-thirds majority in the House. The Pine Tree Amendment will require a 2/3 majority vote in both chambers to be placed on the ballot in November as a statewide referendum.

"All people in Maine deserve the right to clean air, clean water, and a healthy environment, and they deserve it now," said Cole Cochrane, the Legislative Director for Maine Youth Action, a youth-led organization advocating for environmental justice

in Maine. "This is truly the bare minimum in terms of what people in Maine should have for rights, and yet these rights are not stated or protected by Maine's Constitution. The Pine Tree Amendment would change that, ensuring that these constitutionally protected rights are upheld by Maine state and local governments."

Individuals and groups interested in learning more or assisting with the campaign can visit [www.pinetreeamendment.org](http://www.pinetreeamendment.org) or contact [pinetreeamendment@gmail.com](mailto:pinetreeamendment@gmail.com).

# 2023 BikeMaine Weekend Registration Opens

**PORTLAND, ME (January 30, 2023)** -- The Bicycle Coalition of Maine will open registration tomorrow for the 2023 BikeMaine Weekend ride, scheduled for Aug. 24-27 in Bethel.

"Bethel is such an incredible town to highlight the beauty of cycling in

Maine and we can't wait to share this experience with our riders," said Bicycle Coalition of Maine Event Director, Colleen Donohoe. "We are especially excited about new additions to this year's ride, including an off-road package and a companion tour."

The three-day bike

riding and camping event will feature two different on-road routes each day—both short (30-35 miles) and long (50-55 miles) options—as well as five catered meals, well stocked rest stops, and route support that includes maps, signage, SAG vehicles, and mechanical and medi-

cal assistance.

The BikeMaine Weekend will be based out of Gould Academy, where riders will camp for 3 nights and enjoy community meals. Afternoon activities will highlight Bethel's scenery and culture.

A partnership with Inland Woods + Trails will offer riders the opportunity to add an "off-road adventure package" to their registration which will include guided mountain bike and gravel rides in the afternoons.

"Inland Woods + Trails is so excited to see BikeMaine coming back to Bethel." Says Inland Woods + Trails Executive



Director Gabe Perkins. "The event will not only be an excellent showcase of our great town but also a chance to show off a lot of the trails we have built up over the last five years. We look forward to leading spirited gravel and mountain bike rides throughout the weekend."

BikeMaine was previously a weeklong event, but a truncated version was introduced in 2021 due to the ongoing pandemic. In 2023, the Bicycle Coalition of Maine has partnered with Summer Feet Cycling to provide a companion tour to the 3-day event—allowing a limited number of registrants to extend their ride to a full week long experience.

Riders can register for the full 3-day weekend, a 2-day ride, or a single day ride. The first 100 registrations for the 3-day weekend will be offered at a discounted rate. Visit [bikemaine.org/the-bikemaine-weekend](http://bikemaine.org/the-bikemaine-weekend) for more information. Registration opens January 31st at 9 a.m.



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**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](mailto:lpreference@lewistonmaine.gov).

**Fridays February 3-24 and March 3 and 10**

LEWISTON -- Opening Minds through Art at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org).

**February 15**

LEWISTON -- 1-3pm at the Lewiston Public Library: TEEN DATING VIOLENCE AWARENESS MONTH DROP-IN

February is Teen Dating Violence Awareness Month. Join Her Safety Net, Safe Voices and the Lewiston Public Library for an engaging and interactive event that gives us all a chance to think about what a healthy and safe dating relationship could be. Learn about re-

# Calendar

Send your submissions to the Editor. More online.

sources in this area while enjoying games, raffles and snacks.

This event is open to middle & high school aged teens and will take place in the 2nd floor IDEA Lab at the Lewiston Public Library. For more information, contact the Adult & Teen Services Department at 53-3135 or [lpreference@lewistonmaine.gov](mailto:lpreference@lewistonmaine.gov)

**February 15**

BRUNSWICK -- 7:30 pm at Lemont Block Collective, Winter Light Concerts - Bach Goldberg Variations transcription for string trio. For more information, see [dapontequartet.org](http://dapontequartet.org). Dinners with prix fixe menus at local restaurants are available for some concerts - call restaurants for reservations. Restaurant Enoteca-Athena - (207) 721-0100

**February 22**

LEWISTON -- Hiring Event from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free and open to the public. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=10052910>

**February 22**

LEWISTON -- 3pm at the Lewiston Public Library: LPL TO HOST A BLOCKBUSTER MOVIE EVENT

Our event is Wednesday, February 22, 2023 from 3 to 5:30pm in Callahan Hall and will feature a pg-13 movie set in a fictional-African nation with advanced technology whose leader has to juggle the responsibilities of being royalty with being a superhero. Contact info. 513-3135; [www.LPLonline.org](http://www.LPLonline.org)

**Mondays, Wednesdays, Fridays**

LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11-11:45 a.m.; 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

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior

to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances, call Linn for more details.

**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](http://www.LPLonline.org)

**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](http://seniorsplus.org).

**Thursdays**

ZOOM -- Writing Your

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Life Story, Date: Thursdays February 2, 9, 16 and 23. Time: 10 a.m., Facilitator: Connie Jones, Location: Zoom

We've all got stories! Wouldn't it be great if we wrote them down - for ourselves and our families and friends? This online, informal class will get you on the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all. 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](http://seniorsplus.org).

**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 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.



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## SENIORS

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UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

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

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

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

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship

Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

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# Maine Named Powerhouse State for Pizza Box Recycling



**MCLEAN, VA (February 1, 2023)**—Football fans will eat nearly 13 million pizzas during the Big Game in February, but the big winners are the areas that make it easy for fans to recycle those pizza boxes, including Maine. According to a Paper and Packaging Board (P+PB) analysis produced by Resource Recycling Systems, 10 states and the District of Columbia shine as pizza box powerhouses where at least 90% of residents can recycle their pizza boxes.

“Although a majority of communities accept corrugated pizza boxes for recycling, there’s been a lot of consumer confusion,” explained Mary Anne Hansan, president of P+PB. “This massive pizza eating occasion is a great time to clarify that pizza boxes are made to be recycled, but you should check your local guidelines to see if they take them.”

The new analysis produced for P+PB’s How Life Unfolds® campaign included examining over 7,500 recycling program guidelines representing 90% of the population to determine which jurisdictions accept pizza boxes for recycling. The top jurisdictions where 90% or more of residents can recycle pizza boxes are (in

alphabetical order):

- Alaska
- Connecticut
- Delaware
- District of Columbia
- Maine
- Nebraska
- New Hampshire
- New York
- Rhode Island
- South Carolina
- Vermont

The data is important since only 57% of Americans realize pizza boxes can be recycled at all, even though a majority of people have access to pizza box recycling. Since U.S. residents use about 3 billion pizza boxes a year, amounting to 600,000 tons of cardboard material that can be recycled and kept out of landfills, that represents a big opportunity for consumers and the environment.

Hansan added, “Inconsistencies around local recycling program implementation, the influence of regional waste management operators, commodity export considerations and state-level policies are some factors that contribute to regional variability.”

“The paper industry is communicating with recycling centers across the U.S. to encourage them to update their recycling guidelines. We know that paper mills across the

country are using recycled pizza boxes, even ones with grease stains and a little stuck on cheese, to make the products that we use and rely on every day,” said Hansan.

How to Recycle Pizza Boxes

For consumers, recycling a pizza box is as simple as these three easy steps: Empty, Flatten and Recycle the box.

Empty the box

Flatten it

Drop it in the recycling bin or take it to the recycling center

Recycling rules vary based on location. Consumers can check local guidelines by inputting their zip code at BeRecycled.org.

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Please visit The Town of Boothbay Harbor website to access application.