

# CMH Loan Reimbursement Program Extended



**LEWISTON, ME (February 22, 2023)** -- Central Maine Healthcare (CMH) is expanding its Student Loan Program that was recently announced for nursing students. Under that initiative, eligible Maine College of Health Professions (MCHP) students can be reimbursed for 100% of their tuition costs in the form of a loan.

We are now pleased to announce this program has been extended to medical imaging students at MCHP. This will include the following degree programs:

Associate of Applied Science in Radiologic Technology (RAD)

Advanced Certificate in Computed Tomography

Advanced Certificate in Diagnostic Medical Sonography

Advanced Certificate in Mammography

As is the case with nursing students, following graduation, medical imaging students who qualify within the program guidelines will be offered a position within the Central Maine Healthcare organization. The graduate's commitment is being employed at CMH either part-time or full-time for the same number of years the loan

was paid.

"We are very excited to announce the expansion of this tuition reimbursement program," said Dick Kropp, EdD, SPHR, SHRM-SCP, chief people officer, Central Maine Healthcare. "We had a tremendous response to our earlier announcement about providing tuition assistance to nurses, and I believe that will be the case again with existing and prospective medical imaging students.

"Anything we can do to eliminate barriers for people interested in working in healthcare will be helpful to Central Maine Healthcare, and most importantly, to the patients and communities we serve."

This investment is part of CMH's ongoing effort to address workforce shortages that are problematic throughout the healthcare industry.

Those seeking more information on this tuition assistance program should contact Kris Gammon at [gammonkr@cmhc.org](mailto:gammonkr@cmhc.org).

# March 6 Meeting of the Stanton Bird Club



Cross-country skiing in Greenland by Michael Perry

**AUBURN, ME (February 20, 2023)** -- The Stanton Bird Club is hosting the fourth in its 2022-23 lecture series, featuring writer and photographer, Michael Perry who will present a slideshow of his recent trip to Greenland and Copenhagen which combined cross country skiing above the Arctic Circle and enjoying the history and architecture of Denmark's capital city.

An outdoor enthusiast, Perry is founder-director of Dreams Unlimited, specializing in inspiring outdoor slide programs for civic groups, businesses, and schools. During his 20-year career at L.L. Bean, Perry founded and managed the L.L. Bean Outdoor Discovery School.

The talk will be held on Monday, March 6th from 4-6pm at the Auburn Public Library. The public is welcome. The lecture series is free of charge. We encourage participants to wear masks.

The Stanton Bird Club, a leader in environmental awareness, manages the Thorncrag Nature Sanctuary as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. More information about other activities of the Club can be found at [www.StantonBirdClub.org](http://www.StantonBirdClub.org) and on its Facebook page.

# 4 Week Teen Yoga Series at Lewiston Public Library

TEEN YOGA

A four-week drop-in class series for teens

for stress

Wednesdays from 3:30-4:30pm

March 1st - March 22nd

Lewiston PUBLIC LIBRARY

in the 2nd floor IDEA Lab

**LEWISTON, ME (February 18, 2023)** -- The Lewiston Public Library will be hosting a 4 week yoga series for teens in March 2023. Classes will be held at the library on Wednesdays from 3:30-4:30pm from 3/1/2023 to 3/22/2023 in the 2nd floor IDEA Lab. Practice will focus on simple breathing and mindfulness techniques as well as gentle movement.

This series is designed to support teens in building skills they can use to relax, manage stress and connect with each other. Yoga mats, light snacks, and drinks will be provided. All are welcome and no prior experience with yoga is needed.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on this program is available by contacting the Lewiston Public Library at 513-3135 or [LPLReference@lewistonmaine.gov](mailto:LPLReference@lewistonmaine.gov).

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# Newsmakers, Names & Faces

## CRCofWM Gifted Patient Comfort Baskets

**NORWAY, ME (February 23, 2023)** -- Staff from the Norway Center for Health & Rehabilitation presented the Cancer Resource Center of Western Maine with beautiful patient comfort baskets on February 17th in recognition of Random Acts of Kindness Day. Staff and residents held a

month-long drive to fill multiple baskets with a variety of personal care products such as shampoo, toothbrushes, soaps and lotions, as well as cleaning supplies, writing journals, socks and other personal items to help make life a little easier for patients living with cancer.



Left to right: Lora Parker, Heather Jackson, Katherine Hatch, Falishia Ward

“We are very grateful for the generosity and efforts of the staff at the Norway Center for Health & Rehabilitation,” said Diane Madden, the Executive Director of the Cancer Resource Center of Western Maine. “It is obvious that a lot of thought and love went into making each basket.”

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

## \$19M to Address Contaminants in Maine Drinking Water

**BOSTON, MA (February 13, 2023)** – Today, the U.S. Environmental Protection Agency (EPA) announced \$18,914,000 from President Biden’s Bipartisan Infrastructure Law to address emerging contaminants, like Per- and Polyfluoroalkyl Substances (PFAS) in drinking water in Maine. This investment, which is allocated to states and territories, will be made available to communities as grants through EPA’s Emerging Contaminants in Small or Disadvantaged Communities (EC-SDC) Grant Program and will promote access to safe and clean water in small, rural, and disadvantaged communities while supporting local economies.

“Too many American communities, especially those that are small, rural, or underserved, are suffering from exposure to PFAS and other harmful contaminants in their drinking water,” said EPA Administrator Michael Regan. “Thanks to President Biden’s leadership, we are investing in America and providing billions of dollars to strengthen our nation’s water infrastructure while safeguarding people’s health and boosting local economies. These grants build on EPA’s PFAS Strategic Roadmap and will help protect our

smallest and most vulnerable communities from these persistent and dangerous chemicals.” “Today’s grant announcement is one significant step in EPA’s comprehensive PFAS Roadmap to support our state partners as we aggressively tackle PFAS in drinking water, protect public health, and provide critical information quickly and transparently,” said EPA New England Regional Administrator and Co-Chair of EPA’s Council on PFAS David W. Cash. “This funding from the Bipartisan Infrastructure Law will target resources to small or disadvantaged communities most in need of assistance and will speed up our important work reducing PFAS and other emerging contaminants in drinking water, especially in communities that are challenged by lack of capacity and funding.” “Maine is a leader in addressing PFAS contamination, but there is a lot more work left to do,” said Governor Janet Mills. “Maine people deserve safe drinking water and these Federal funds will be instrumental in helping my Administration identify PFAS contamination across Maine and take steps to mitigate it.” “Maintaining access to clean, reliable drinking

water is essential to protect the health of the public, our environment, and the economy,” said U.S. Senator Susan Collins. “Americans should be able to have confidence that the water from their faucets is safe to use. Although Maine is home to some of the cleanest sources of water in the country, the increasing prevalence of pollutants like PFAS require action to keep our drinking water pure. Senator Shaheen and I co-authored the provision that includes this funding as part of the Bipartisan Infrastructure Law, and I am pleased to see the implementation of these resources to protect water supplies in Maine.” “Maine people deserve clean, safe, and healthy water,” said U.S. Senator Angus King. “This significant new investment from the Bipartisan Infrastructure Law will help address the PFAS contaminants in our water and protect the long-term health of communities across the state. There is still more work to be done, but this funding is an important first step and a great example of the game-changing investments of the bipartisan bill.” The Bipartisan Infrastructure Law invests \$5 billion over five years to help communities that are on the frontlines of PFAS

contamination reduce PFAS in drinking water. EPA announced the funds for Maine as part of an allotment of \$2 billion to states and territories that can be used to prioritize infrastructure and source water treatment for pollutants, like PFAS and other emerging contaminants, and to conduct water quality testing. EPA is also releasing the Emerging Contaminants in Small or Disadvantaged Communities Grant Implementation document. The implementation document provides states and communities with the information necessary to use this funding to address local water quality and public health challenges. These grants will enable communities to improve local water infrastructure and reduce emerging contaminants in drinking water by implementing solutions such as installing necessary treatment solutions. Today’s actions represent a significant milestone within the Biden-Harris Administration’s commitments to combat PFAS pollution and safeguard drinking water, and specifically EPA’s October 2021 PFAS Strategic Roadmap. Under the Roadmap, EPA is working across the agency to protect the public from the health impacts

of PFAS. EPA has taken a number of actions to deliver progress on PFAS including: Proposing to designate two PFAS as CERCLA hazardous substances. If finalized, this will be a critical step toward increasing transparency around releases of PFAS and holding polluters accountable for cleaning up their contamination. Releasing drinking water health advisories. Acting in accordance with EPA’s mission to protect public health and keep communities and public health authorities informed when new science becomes available, the Agency issued drinking water health advisories for four PFAS. Laying the foundation to enhance data on PFAS. This included an order under EPA’s National PFAS Testing Strategy requiring companies to conduct PFAS testing, and nationwide sampling through the Unregulated Contaminant Monitoring Rule for 29 PFAS in public drinking water systems. Expanding the scientific understanding of PFAS. The Agency issued more than 30 scientific publications by EPA researchers and released EPA’s PFAS Thermal Treatment Database. Translating the latest science into EPA’s

cross-agency PFAS efforts. This included updating EPA’s contaminated site cleanup tables, developing new PFAS methods and conducting toxicity assessments, and issuing draft national recommended water quality criteria to protect aquatic life. Continuing engagement with the public. EPA’s PFAS work was informed by public webinars, stakeholder meetings, Congressional testimony, and engagement with EPA’s federal advisory committees. In addition to this new grant, EPA is also working to propose a PFAS NPD-WR in the coming weeks. The draft proposed rule is currently undergoing interagency review and EPA will issue the proposed rule for public comment when it clears the Office of Management and Budget (OMB). The agency anticipates finalizing the rule by the end of 2023. Together, with today’s announcement, these actions highlight EPA’s commitments outlined in the PFAS Strategic Roadmap to protect public health and the environment from the impacts of PFAS. They also illustrate the benefits of investing in water—protecting public health and the environment, addressing key challenges facing communities, and creating jobs.

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# Newsmakers, Names & Faces

## Day's V.P. of Marketing to Serve on 2023 Board of Trustees

**WATERVILLE, ME (February 14, 2023)** — Nikia Levesque, VP of Marketing at Day's Jewelers, was chosen to join the board of trustees for the Women's Jewelry Association Foundation. Levesque was selected in January 2023, with the WJA Foundations' first board meeting of the year kicking off on February 9th.

Founded in 1983 to rectify a severe lack of networking opportunities for women in the jewelry industry, the Women's Jewelry Association exists with the mission of "[helping] women in the jewelry and watch industries advance and develop professionally through networking, education, leadership development, and the provision of member services."

Since its founding, the association has awarded recognition to countless women in the industry, and have provided support, education, and leadership for women dedicated to the success of the jewelry industry. The WJA Foundation, a supportive branch of the association, and where Levesque will be serving as a board member, focuses on charitable giving to different organizations as a tool of education and growth for the association as a whole.

Levesque was recently hired as the Vice President of Marketing



for Day's Jewelers' New-England-based eight-store chain. Besides overseeing the 109-year-old company's branding, marketing, and advertising efforts, Levesque also provides leadership, guidance, and career development to the Day's marketing team, which includes its e-commerce division, [www.days-jewelers.com](http://www.days-jewelers.com).

Levesque has been with Day's, and subsequently been working in the jewelry industry since the age of 16. She started in the Day's service department, transitioned into sales, and during her college career, worked as an

intern in the company's merchandising department. Upon graduating with a Bachelor's degree in International Business and Logistics from Maine Maritime Academy, Levesque began her tenure in Day's marketing department, first as the Marketing Coordinator and then the Marketing Manager. Levesque has a true passion for the jewelry industry and is dedicated to inspiring other young women to pursue a career in jewelry.

Of being elected, Levesque says, "I am honored to sit on the Board of Trustees for the WJA Foundation. As a young woman

in the jewelry industry who started my journey in this business at the age of 16, I was inspired by strong and accomplished women, not only in the Day's organization, but the jewelry industry as a whole. This is what led and motivated me to be in the position I am in now. I want to help communicate, empower,

and instill passion in other women exploring and growing their careers in the jewelry industry." When Levesque isn't working, she enjoys spending time with her family, her fiancé Seamus and their dog, Willa. In the winter, you can find her on the slopes, at the beach in the summer, and engaging

in retail therapy all year round. "Day's Jewelers is proud to be associated with an organization as important and industry leading as the WJA Foundation and is honored to see Levesque involved in this leadership work within the industry," states Joseph Corey, President of Day's.

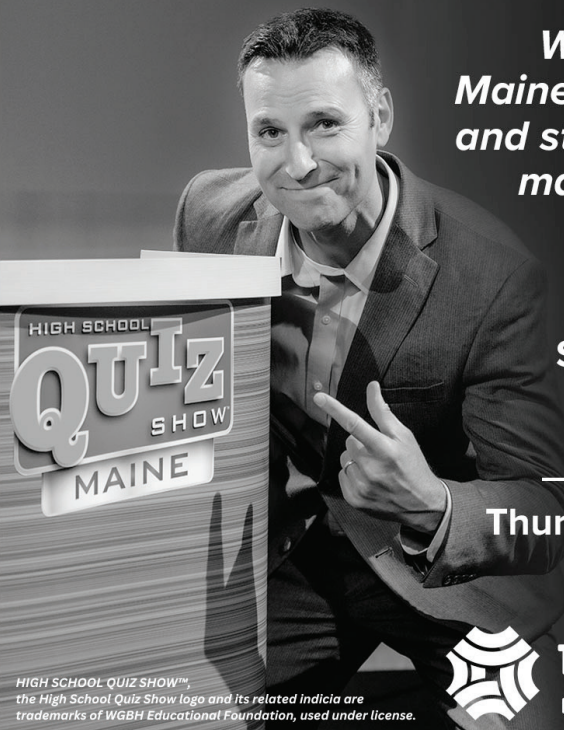
### Cheer your team on as students compete on Maine Public's High School Quiz Show Maine!

Watch *LIVE* on *Maine Public Television* and stream online from [mainepublic.org](http://mainepublic.org).

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Thursday, March 23rd at 8:00 p.m.

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## Let's Talk Tech . . . in the Theater!



**AUBURN, ME (February 20, 2023)** -- Community Little Theatre (CLT), and the Monmouth Community Players (MCP), are collaborating to present a series of technical workshops starting March 4 that will be open to anyone ages 13 and above. All sessions will be held 10 a.m. to noon on Saturday mornings, at either CLT on Academy Street in Auburn or at Cumston Hall in Monmouth. The workshops will provide

training and practical knowledge for those interested in learning more about stage management, lighting, sound, set and prop design, and set construction. All sessions are "drop in" with no registration or commitment needed. While there is no charge, donations will be accepted. The full schedule (included below) is also available online at <https://www.lact.com/>. For more details, please contact [mcp-kidsmaine@gmail.com](mailto:mcp-kidsmaine@gmail.com).

- Sat Mar 4: Stage Management Part 1 @ CLT
- Sat March 11: Stage Management Part 2 @ CLT
- Sat March 18: Lighting Equipment & Board Operation @ Cumston Hall
- Sat March 25: Lighting Design @ Cumston Hall
- Sat April 1: Audio Engineering & Mic Set Up @ CLT
- Sat April 8: Sound Design @ CLT
- Sat April 15: Set Construction & Design @ CLT
- Sat April 22: Props & Set Construction @ CLT

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Red blazes marked the route on the Mosquito Mountain Trail



A hiker enjoys a view of Moxie Pond and Moxie Bald Mountain from an overlook on Mosquito Mountain



The summit of Mosquito Mountain provides panoramic vistas of the surrounding area

**By Ron Chase**  
Mosquito Mountain has a very unappealing name. I don't like mosquitos or black flies and do my best to avoid them when participating in outdoor activities. After decades of scrupulous plotting and scheming, I've become quite adept at eluding the nasty little bloodsuckers. And, I can say with great certainty that mosquitos will not be encountered on Mosquito Mountain near West Forks in January.

My son, Adam, is living in the West Forks area this winter, so we decided to use the opportunity to complete some winter mountain hikes in the vicinity. Two mountains

have particular appeal for us: Moxie Bald and Mosquito. Both located near Moxie Pond, we've ascended them several times in non-winter months, but never in the winter.

Access to both peaks is via rough dirt roads and the trailheads are often difficult to reach in winter. Adam confirmed that Troutdale Road, which travels along the west shore of Moxie Pond, was plowed to Mosquito Mountain Trailhead and there was space to park at least two vehicles. Recent snowstorms and other complications had rendered Moxie Bald a mountain too far.

The skies were gray,

temperatures cold, and winds breezy when we met at Mosquito Mountain Trailhead. Varied weather consisting of gusty winds and partly sunny skies with the chance of snow showers was the forecast for higher elevations. Although a relatively short outing, the trail had not been broken so we anticipated a serious workout. Sources differ on the actual length but we estimated our roundtrip trek to be in the range of 3.5 miles, perhaps a little longer. Snowshoes were definitely required and we decided to carry micro spikes in the event ledges in the summit area were ice-covered.

We found the trail

breaking strenuous. A thick layer of crust covered about a foot of powdery snow with hard-packed snow and ice under. Each step required breaking through the crust, sinking deep into the snow, gaining traction, and then taking the next step. There are lots of benefits to being a Dad. One of the best is winter hiking with a much younger son who insists on doing most of the trail breaking. Adam did the lion's share on our excursion.

Initially, we hiked through a sparse mixed hardwood and softwood forest. Glimpses of blue sky were encouraging. We were wishfully hoping for exceptional views in the summit area. The trail steepened as we entered a dense conifer forest under a spectacular canopy of snow-covered spruce trees. Although trail finding was difficult in some areas, welcome red blazes reassured us that we were on track.

A huge overhanging boulder alerted us that we were nearing the impressive Mosquito Mountain ledges. The gradient increased to precipitous. Progress slowed as gaining traction with our snowshoe claws was

very difficult on an icy under-surface. Our exertions were rewarded with some relief as we proceeded to a boulder-strewn area where the trail leveled off.

As we approached an east facing overlook, the trail again rose abruptly. Fortunately, the clouds diminished and partly sunny skies greeted us on arrival. The barren, expansive escarpment offered phenomenal views of Moxie Pond and the mountains beyond. Our next mountain objective, prominent Moxie Bald, dominated the landscape on the opposite side of the pond.

Renewing the quest, deep crusted snow, icy sections, blowdowns, and a short, near vertical ascent hindered our advancement. We considered switching from snowshoes to micro spikes but the conditions were so varied neither alternative was consistently a good choice.

We lost the trail in a baffling array of blowdowns. Bushwhacking upwards through a thick stand of stunted spruce trees seemed the best strategy. Our perseverance finally paid dividends when we emerged onto a succession of open ledges. A hard-packed snow surface

was ideal for snowshoeing to the summit where outstanding panoramic vistas were gratifying compensation for our efforts.

Donning parkas was necessary to protect from frosty winds while taking a break for photos and snacks. Ominously, dark clouds were approaching from the west. By the time we gathered packs and began our descent, snow showers enveloped us. Despite worsening visibility, we found an improved route around the blowdowns. Our trail breaking during the climb facilitated an easy return.

Moxie Bald is next on our winter bucket list. Mosquito Mountain deserves a better name.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at [www.northcountrypress.com/maine-al-fresco](http://www.northcountrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

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Maine Home Prices up and  
Sales Ease in January

AUGUSTA, ME (February 21, 2023)—Sales of single-family existing homes in Maine continue to be affected by rising mortgage interest rates and a smaller number of available homes for sale. Maine Listings announced a 34.99 percent sales decrease in January 2023, compared to January 2022. The median sales price (MSP) for homes sold in January 2023 reached \$325,000, an increase of 11.21 percent over January 2022. The MSP indicates that half of the homes were sold for more and half sold for less.

"In most communities

across Maine, buyers need more for-sale housing inventory," says Carmen McPhail, 2023 President of the Maine Association of REALTORS® and Associate Broker at family-owned United Country Lifestyle Properties of Maine with offices in Lincoln, Bangor and Lubec. "Compared to pre-pandemic January 2020, Maine has just over 2,100 homes for sale statewide—3,700 fewer homes for sale in January 2023."

According to the National Association of Realtors, sales nationwide declined 36.1 percent comparing January 2023 to

January 2022. The MSP for those homes in January 2023 reached \$363,100, up 0.7 percent from January 2022. Regionally, sales in the Northeast dipped 35.9 percent in January 2023, while the regional MSP increased 0.3 percent to \$383,000.

"The sales numbers for January are impacted by the scarce for-sale inventory, recent upward adjustments to mortgage interest rates, and the end of year holiday season," added McPhail, "There's no need to wait until spring to place your home, camp or land parcel on the market; qualified buyers are searching now."



# Systems Engineering Helps Fund Catholic Charities Telehealth Suite

**PORTLAND, ME (February 22, 2023)** – Systems Engineering, a 100% employee-owned security-focused IT services company in Portland, Maine, has donated funding to help equip a new telehealth suite at Catholic Charities Maine (CCM) Behavioral Health Network’s (BHN) Fairfield office.

CCM’s Behavioral Health Network provides comprehensive, multi-disciplinary services for individuals with a mental health diagnosis, substance use disorder, and/or behavioral disorder. With services in Portland, Fairfield, Augusta, Auburn, and Brewer, CCM’s BHN served more than 1,500 adults and children in 2022.

“Maine is experi-



CCM’s CEO Steve Letourneau (far left), Communications & Development Director (fourth from left), and Reed Westgate (fifth from left) were presented a check from System’s Engineering’s Joey Hooper, Kevin Cloutier, Kent Goodrow and Michael Gray to help fund a telehealth suite that was recently completed at the CCM Behavioral Health Network in Fairfield Maine.

encing a severe shortage of behavioral healthcare services, and that’s especially true of medica-

tion management, which plays a critical role in the continuum of community-based mental

health support,” said Jeff Tiner, CCM’s chief clinical officer, who noted that the lack of access

to qualified prescribers can create six-to-nine-month-long waitlists in Maine. “For individuals dealing with serious and persistent mental illness, this can be a devastating delay in effective, coordinated treatment. We are so grateful to our partners at Systems Engineering for this targeted funding.”

“We recognized the critical need for CCM to extend their mental health services to individuals across Maine. The employee-owners at Systems Engineering were proud to support CCM’s telehealth suite initiative and celebrate their use of technology to reach patients in underserved communities,” Matt McGrath, CEO & President at Systems Engineering.

CCM’s BHN successfully implemented telehealth services in southern Maine when the COVID pandemic began. Creating an additional telehealth suite at the Fairfield office has meant that current prescribers in Portland can support CCM’s Behavioral Health Network clients remotely in this underserved area. System’s Engineering’s generosity will result in a long-term, cost-effective solution for comprehensive, integrated care among one of the most vulnerable populations served by CCM.

“Thankfully, telehealth is here to stay, and we see the Systems Engineering telehealth suite fulfilling a vital need for many years to come,” Tiner said.

# Collins Supports Hard-Hit Businesses, Rural Communities

**WASHINGTON, D.C. (February 23, 2023)**–U.S. Senators Susan Collins (R-ME) and Jeanne Shaheen (D-NH) introduced the Northern Border Regional Commission (NBRC) Reauthorization Act of 2023. The bipartisan legislation will extend the authorization of the NBRC and support job creation and community development in the most economically vulnerable parts of rural Maine and the Northeast. The bill is co-sponsored by Senators Angus King (I-ME), Maggie Hassan (D-NH), Bernie Sanders (I-VT), and Kirsten Gillibrand (D-NY).

The NBRC is a federal-state partnership that was created by Congress in 2008 to help alleviate economic distress and encourage private sector job creation throughout the northern counties of Maine, New Hampshire, Vermont, and New York. In Maine, the NBRC can invest in economic and in-

frastructure projects in the following counties: Androscoggin, Aroostook, Franklin, Hancock, Kennebec, Knox, Oxford, Penobscot, Piscataquis, Somerset, Waldo, and Washington. The NBRC Reauthorization Act would make Lincoln County newly eligible to receive these funds.

“The Northern Border Regional Commission serves as a critical resource for many counties in Maine, making investments to promote job growth, improve infrastructure, and boost local economies,” said Senator Collins. “I have long supported funding for this important program, and as the Vice Chairman of the Appropriations Committee, I’m proud to join Senator Shaheen in this effort to reauthorize the NBRC for another ten years. The critical investments supported by the NBRC will help to ensure that northern border communities have the tools they need to prosper.”

“Since its creation,

the Northern Border Regional Commission has been an essential source of support for communities across Maine – helping to create good-paying jobs, support small businesses, and strengthen local economies,” said Senator King. “The NBRC’s proven track record of success is a powerful example of how effective partnerships between Congress, local governments, and the private sector can fuel the long-term prosperity of our state. Reauthorizing and expanding the NBRC is absolutely critical for Maine, and I hope it can be done in a speedy, bipartisan fashion.”

Building on the Senators’ previous efforts, the NBRC Reauthorization Act would strengthen the NBRC by reauthorizing the Commission for another ten years. The bill encourages business retention and expansion, invests in public infrastructure, and promotes tourism across the region. To address unique

challenges facing rural workforces, the bill invests in projects that expand rural access to child care, health care, and affordable housing needs. The bill also broadens NBRC’s ability to award grants to projects and activities to address the opioid epidemic and other substance use disorders impacting the region.

Specifically, the NBRC Reauthorization Act of 2023:

Reauthorizes the NBRC for ten years and increases the annual appropriation cap from \$33 million to \$50 million for the first five years, and \$60 million for the following five years.

Adds Lincoln County, ME, and Merrimack County, NH, to the list of counties eligible to receive funds from the NBRC.

Reauthorizes the State Capacity Building Grant Program, which was established in 2018 to further strengthen investment in local high-impact

projects. This program provides additional funds to regional economic and community development organizations that support business retention and expansion, infrastructure development and job creation.

Improves the region’s climate resilience by enabling NBRC to support projects that address the vulnerabilities of transportation and other public infrastructure assets to climate change.

Expands opportunities for community development projects that address unique challenges facing the region’s rural workforce by:

Broadening the NBRC’s ability to fund projects that invest in childcare and health care needs. This includes projects to attract, train and retain qualified health care or childcare personnel. The legislation also directs the Commission to emphasize projects to combat substance use disorders

from opioid and methamphetamine use.

Providing the NBRC the ability to support projects that facilitate the construction or rehabilitation of housing to meet the needs of families and individuals in the region.

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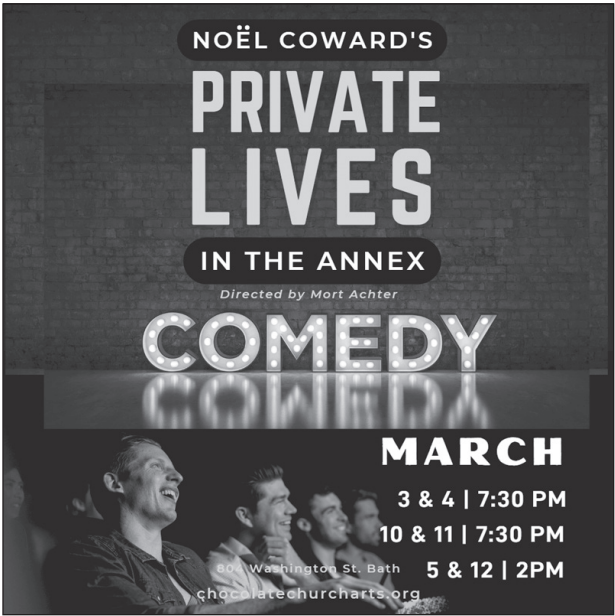
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# Arts & Entertainment

## Coming Up at Chocolate Church: Noël Coward’s Private Lives



**BATH, ME (February 18, 2023)** -- Here’s the latest going on at The Chocolate Church Arts Center in Bath! The last in our “Kill The Chill” Series is Noël Coward’s Private Lives!

Two weekends starting March 3rd & 4th at 7:30 PM and a Sunday matinee on March 5th at 2:00 PM. And again the following week, March 10th & 11th at 7:30 PM with a Sunday matinee at 2:00 PM on March 12th.

Coward, published and produced in 1930. This cynical comment on love and marriage is one of Coward’s most brilliantly realized plays and is characterized by his trademark witty dialogue. Elyot Chase and his second wife, Sibyl, are honeymooning on the French Riviera when he discovers that his first wife, Amanda Pryne, and her second husband, Victor, have the room next to theirs. Elyot and Amanda’s attraction to each other is too strong to ignore; they run off to Paris together only to discover that their love is based on a mutual craving for violent arguments and physical brawls.

Directed by Mort Achter. Get your tickets today at <https://chocolate.na.ticketsearch.com/sales/salesevent/14416>

## Pilgrims Musa and Sheri in the New World Opens Friday!



(l to r) Aline Salloum, Ithamar Francois, Ian Eaton, Ahmad Maher, Laura King-Otazo.

**LEWISTON, ME (February 24, 2023)** -- March 3-12, enter the world of Pilgrims Musa and Sheri in the New World, a romantic, funny and heartfelt love story with a cultural twist. Sparks fly, when Musa, an immigrant cab driver and semi-practicing Muslim, meets Sheri, a sassy American waitress. Anyone who has ever fallen in love knows the dilemma. Do you make a safe and

one your parents would approve of, or do you risk everything on the unexpected love of your life? Negotiating the twists and turns of love and cultural differences, this honest, funny and thought-provoking romantic comedy, also called a love letter to the immigrant experience, looks at the things which draw people together as much as pulls them apart.

Award-winning playwright Youssef El Guindi will be joining the cast for

the free post-show discussion on Sunday March 3.

Pilgrims Musa and Sheri in the New World is playing at The Public Theatre, Lewiston/Auburn’s Professional Theatre, March 3 – 12, Thurs-Sat at 7:30pm, Sun at 2pm with a Sat matinee on March 11 at 3pm. Tickets: \$25 Adults, \$22 groups. Tickets can be purchased online at [thepublictheatre.org](http://thepublictheatre.org) or by calling 782-3200. The Theatre is located at 31 Maple St. Lewiston.

# PILGRIMS MUSA & SHERI

## IN THE NEW WORLD

By Youssef El Guindi

Mar 3-12

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# Maine Receives \$6.5M in LIHEAP Funding

**WASHINGTON, D.C. (February 22, 2023)** – Today, the Administration released a total of \$1 billion in funding for LIHEAP that was secured by U.S. Senator Susan Collins (R-ME), the Vice Chairman of the Appropriations Committee; Senator Jack Reed (D-RI); and Congressman Jared Golden (D-ME) in the 2023 government funding bill that was signed into law in December.

Earlier this month, Senators Collins and Reed led 32 Senators in sending a letter to U.S. Department of Health and Human Services Secretary Xavier Becerra to urge the immediate allocation of the remaining emergency LIHEAP funds.

Senator Collins and Congressman Golden announced that the State of Maine will receive an additional \$6,531,152 of supplemental funding for LIHEAP through this distribution. The \$6,531,152 awarded to Maine today is in addition to the \$42.5 million that was allocated to the state in November.

“This week’s snowstorm is another reminder that we are still in the heart of winter. Many Mainers, particularly low-income families and seniors, are struggling with the high cost of energy to keep their homes warm,” said Senator Collins. “I strongly advocated for these increased funds and pushed for their swift release to help prevent vulnerable Mainers from having to make the impossible choice between paying for heat and paying for food or medicine.”

“I am pleased to join Senator Collins in delivering this much-needed help to thousands of Maine families,” said Congressman Golden. “This funding is a crucial lifeline to get them through the remainder of the winter heating season.”

“This latest infusion of federal LIHEAP funding will help keep home energy costs more affordable for those in need. In addition to easing the strain on household budgets, it also provides an economic boost for local small businesses that supply home heating fuel to customers with fixed or limited incomes,” said Senator Reed.

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

LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income, family size, and the availability of resources. Senior citizens and those receiving Social Security Disability or SSI benefits are encouraged to apply as early as possible, but applications will be open to everyone through spring of 2023 — or until the funding is exhausted. More information on how to apply can be found at <https://www.mainehousing.org>

# MEMIC Seeks Applications for Horizon Scholarship program

**PORTLAND, ME (February 17, 2023)** – Children or spouses of workers injured on the job may benefit from an annual MEMIC scholarship program now entering its 22nd year.

The MEMIC Group is accepting applications for its Harvey Picker Horizon Scholarship Program, founded in 2001 to offer tuition assistance to children and spouses of workers who were seriously injured at work. MEMIC has awarded more than \$242,000 in Horizon Scholarships to 49 students since the program’s inception.

Last year, the program benefited two brothers from Florida, a University of Maine student, and a woman who was completing her undergraduate degree when her father was injured at work and, as she said, “my life took a 180-degree turn.”

MEMIC Group President and CEO Michael P. Bourque said the 2022 recipients shared a dedication to turning around steep challenges by going to work part-time, helping at home, and often putting their own educations and careers on hold.

“Personally, I greatly admire the grit, sacrifice, and tenacity it takes for a young person to put the health and well-being of a stricken family member above their own aspirations,” Bourque said. “We are enthusiastic about helping reward those sacrifices with our Horizon Scholarship program, and thrilled to help turn around a tough situation with funds that assist them in continuing their higher educations.”

The scholarship is named for former Camden, Maine, resident Harvey Picker, a renowned physicist, educator, philanthropist, and advocate for education. In 1992, Picker was appointed by then-Gov. John R. McKernan as a member of the Blue-Ribbon Commission on Workers’ Compensation, which led to the formation of MEMIC. Picker also served as a member of the MEMIC Board of Directors.

Bourque noted that many Horizon Scholarship recipients who witnessed a family member suffer injury or temporarily lose employment went on to use their awards to pursue careers in health care and injury management. “It’s clear the impact the injuries have had on them as people,” he said. “To see Horizon Scholarships provide a positive counterweight to that impact is gratifying to all of us here at MEMIC.”

“We recognize workers’ compensation can cover medical treatment and a percentage of lost wages but cannot entirely eliminate the stress and strain an injury can cause a family,” Bourque said. “We hope our Horizon Scholarships for higher education help fulfill the aspirations of those whose lives have been disrupted as a result of a workplace injury or death.”

Applicants must complete the application by April 28, 2023, to be considered for a scholarship of up to \$10,000. To be eligible, the related injured worker must have been working for a MEMIC policyholder at the time of injury. Applications are reviewed by a selection committee for financial need, academic performance, community involvement, other life experiences, and future promise. Students must be attending or planning to attend an accredited college or university.

For more information and to request a copy of the application, call 1-800-660-1306 and say “Horizon Scholarship” at the prompt, or visit [memic.com/horizon](http://memic.com/horizon).

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# Myron Eames Honored on Retirement as Financial Secretary



Carolyn and Myron Eames.

**LEWISTON, ME (February 20, 2023)** -- Myron Eames of Lewiston was honored at a business meeting and reception upon his retirement after 21 years as financial secretary of the Court Street Baptist Church of Auburn. A giant card with the individual well-wishes of the members was presented to him and his wife, Carolyn Eames.

Moderator of the church's business meeting Flo Annear commented, "Myron Eames has been serving the Lord at

the church using his diligence, loyalty, and vision. He has used his gifts through three pastors, two interim pastors, four treasurers, three assistants, and he has survived!" It was noted that he smoothly transitioned in this volunteer position from paper-and-pencil record keeping to the sophistication of computers.

Eames has retired from managerial positions at Lewiston Public Works and at the Lewiston-Auburn Water Pollution Control Authority.

# A Sensible Supplemental Budget

Guest Column by  
Sen. Peggy Rotundo

On February 9, the Legislature's Appropriations and Financial Affairs (AFA) Committee voted to pass this year's Supplemental Budget. You can view the Supplemental Budget here:  
<http://www.mainelegislature.org/legis/bills/getPDF.asp?paper=HP0127&item=6&sum=131>. As Chair of the AFA Committee, I was proud to have helped this budget receive unanimous bipartisan committee approval.

Supplemental budgets make adjustments to the existing budget through the end of the current fiscal year, or June 30, until the new Biennial Budget takes effect. Maine is required by its Constitution to maintain a balanced budget, and issuing supplemental budgets gives the Governor and the Legislature an opportunity to make sure our spending is still in line with the money we have in the bank — just like your household!

While revenues have stayed strong in Maine, we elected to use surplus funds to offer much-needed fuel assistance directly to Mainers before the budget process started. Those



Rep. Sawin Millett., Rep. Melanie Sachs (House Chair of the Appropriations and Financial Affairs Committee), Department of Administrative and Financial Services Comm'r. Kirsten Figueroa, Sen. Peggy Rotundo (Senate Chair of the Appropriations and Financial Affairs Committee) and Sen. Rick Bennett watching Gov. Janet Mills sign the Fiscal Year 2023 Supplemental Budget.

\$450 checks are on their way to households all over the state as I write this. While this initiative was important to get off the ground as early as possible, the Supplemental Budget still addresses some critical matters for individuals and institutions across Maine.

This year, the Supplemental Budget supports retired state employees and teachers by funding a one percent cost-of-living-adjustment, which translates to an average benefit of \$175 for the over 37,000 Mainers on the state retirement plan. It provides funding for the care of older Mainers in nursing homes and other long-term care facilities. It helps hospitals grapple with the lingering costs of the COVID-19 pandemic. And it extends the Small Business Health Insurance Relief Program, which helps small business

owners pay insurance premiums for employees.

There are also funds to conduct a study to assess the cost of milk production to benefit our hard-working dairy farmers, maintain the web-based application process for free and reduced school meals, repair the Maine State Aquarium, and assist the Department of Corrections with increased fuel costs. And we included language to allow the Maine Commission on Indigent Legal Services to raise rates for participating attorneys, to help reduce the backlog of cases that is hampering our court system.

The contents of this budget are important, but so is the manner in which the budget was produced. Budget Committee members from both sides of the aisle worked together and put the people of Maine

before any political considerations. As Chair of the Committee, I must say it is a privilege to work with so many knowledgeable, kind folks who show up ready to work hard and compromise.

The Supplemental Budget passed the full Legislature and was signed into law by Gov. Mills on February 21. Up next is the Biennial Budget, covering the two fiscal years from July 2023 to June 2025. You can view details of the Governor's proposal — LD 258 — here: [maine.gov/governor/mills/news/governor-mills-unveils-biennial-budget-proposal-2023-01-11](http://maine.gov/governor/mills/news/governor-mills-unveils-biennial-budget-proposal-2023-01-11). Based on the way the Budget Committee has worked together on the Supplemental Budget, I have high hopes that we will produce a responsible, compassionate two-year budget that reflects the needs of the people we represent.

As this work continues, please remember that I'm always here to be a resource to you. Beyond my duties leading the Budget Committee, I'm also available to discuss bills and share updates, provide guidance on how to share your testimony and how to watch and participate in hearings, or to welcome you to the State House to see the chamber in action. Please don't hesitate to email me at [Margaret.Rotundo@legislature.maine.gov](mailto:Margaret.Rotundo@legislature.maine.gov) or call my office at 207-287-1515.

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## What do you think?

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

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

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

## Boothbay Harbor Police Department

We are accepting applications for new and experienced officers. These benefits listed are for the full-time position (s). Also hiring reserve officers starting at \$30.00/hr.

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# Marc Mailhot to Entertain at La Rencontre Luncheon March 9

**LEWISTON, ME (February 22, 2023)** — Piano and vocal artist Marc Mailhot will provide the entertainment at La Rencontre, Riverfront-Franco-Center’s quarterly luncheon, on Thursday, March 9. The doors and bar will open at 10 a.m. and the meal will be served at 11:30 a.m.

La Rencontre is not restricted to French speakers or those of Franco descent. “All are welcome to attend. No need to be a member of any social group or club,” said Denise Scammon, marketing director at Riverfront – Franco Center. “While people attend La Rencontre, the visual historical exhibits we have on display tell stories about the French Canadian immigrants who came to Lewiston to work in the mills. Language is a common thread between the immigrants of the mid 1800s and the immigrants of today.”

La Rencontre entertainer Mailhot celebrates 63 years as a performing musical artist in 2023. He began his musical career in September 1957 at age 6, formally studying piano under the late, renowned Maine music teacher Louis Sirois for 11 years. Mailhot played his first formal public performance in a piano recital in May 1960.

Mailhot began playing drums in 1964, in-

spired by his father and the British invasion beginning with The Beatles. He continues playing, performing, and teaching both instruments today. In 1967, Mailhot was chosen to represent Westbrook High School as a tenor in the All-State Concert and in 1968 sang “Edelweiss” from “The Sound of Music” as a solo with the Westbrook High School Chorus in the All-City Concert.

During his musical career, Mailhot has performed thousands of gigs with pioneering Maine bands Love, Inc. and Pegasus in the 1960s and ‘70s. He performed with The Chapparals and currently performs with Get Back, a Beatles ‘60s tribute band, and as a solo pianist and singer. Mailhot has also written, recorded, toured extensively, and produced music releases.

As a member of Love, Inc. in 1968, Mailhot opened for well-known Boston groups The Orphans and Ultimate Spinach. When performing with Pegasus in the 1970s, he opened for national artists Bob Seger and Edgar Winter. Love, Inc. was the first Maine pop band to record an album in 1970 and chart three singles in 1969, 1970, and 1971.

Pegasus recorded their only single at Record Plant East in New York City, in the same Studio

where Don McLean recorded “American Pie.” The band’s producer was Dan Turbeville who co-produced the first Woodstock album, and engineer Dennis Ferrante who engineered George Harrison’s “Concert for Bangladesh” album.

Mailhot taught keyboard and drums at Starbird Music in Portland, Maine in the 1960s and early ‘70s.

Patrons of the Riverfront-Franco Center may recall that from 2015 to 2017, Mailhot was part of the “Connie Combo” for the Connie Francis Tribute Show.

For tickets, call or visit the Riverfront - Franco Center box office at 207-689-2000 Tuesdays and Wednesdays between 10 a.m. and 1 p.m. The price of a ticket is \$15. These tickets must be purchased by noon on the Monday prior to the event. Tickets will not be sold at the door.

“Sponsors of our multiple French programs include TV5Monde, FACE Foundation, and Quebec Delegation Boston,” said Scammon. “We appreciate the support of these sponsors for our French programs. In its early days, our La Rencontre events were attended by more than 300 people on a monthly basis. Many of those early supporters are no longer with us and we now host



Musician Marc Mailhot will entertain at the Riverfront-Franco Center’s La Rencontre luncheon on Thursday, March 9. The venue is at 46 Cedar Street in Lewiston. Tickets can be purchased by calling 207-689-2000.

La Rencontre four times a year with an attendance of around 80 people. The market for our French programs has definitely changed since our non-profit was established in 2000, yet our mission work is more important than ever.” The other French

cultural programs hosted at Riverfront-Franco Center include a free Parlez-Vous? French conversational meeting every other Thursday morning; tours of the former St. Mary’s Church with stories and exhibits about the French Canadian immigrants;

miscellaneous French entertainment throughout the performance year; a French library with diverse resources including oral histories; and a Franco Trail L-A map which highlights significant Franco American locations in Lewiston and Auburn.



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# Area Students Earn Awards, Make Deans’ Lists

## Lisbon Resident Earns Award from WGU

Elaine Law of Lisbon, Maine has earned an Award of Excellence at Western Governors University Leavitt School of Health. The award is given to students who perform at a superior level in their coursework.

## Local Student Named To Dean’s List At Northern Vermont University

Madison Roy of Lewiston, a student at Northern Vermont University in Vermont, was named to the Dean’s List for the fall 2022 semester. Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean’s List.

## University of Maine announces fall 2022 Dean’s List

The University of Maine recognized 3,010 students for achieving Dean’s List honors in the fall 2022 semester. Of the students who made the Dean’s List, 1,983 are from Maine, 957 are from 45 other states and 70 are from 25 countries other than the U.S.

To be eligible for the Full-time Dean’s List, a student must have completed 12 or more calculable credits in the semester and have earned a 3.50 or higher semester GPA. Students who have part-time status during both the fall and spring semesters of a given academic year are eligible for Part-time Dean’s List. They must have completed 12 or more calculable credits over both terms and have earned a combined GPA in those terms of 3.50 or higher.

Please note that some students have requested that their information not be released; therefore, their names are not included.

### MAINE STUDENTS (by County/Town)

#### ANDROSCOGGIN COUNTY

Auburn: Will Cassidy, Lydia Celani, Esther Chen, Addison Chute, Wesley Clements, Chantal Cyr, Mia Emond, Natalie Garcia, Weston Hartley, Jordy Jimenez, Storm Jipson, Nevaeh Longchamps, Gabe Loving, Mai Luu, Karla Mendoza Yanes, Noah Morgan, Annabelle Pendleton,

Samantha Poirier, Audrey Prentice, Evan Saltis, Caroline Tracey, Jameson Treadwell, Gwenneth Turgeon

Durham: Alexa Harvey, Sam Larochelle, Bailey McGee, Alyssa Myron, Amanda Myron, Caleb Thurston

Greene: Jenna Boucher, Jaidyn Negley

Leeds: Cameron Duguay, Eryn Ryan, Meg Webber

Lewiston: Connor Androlewicz, Gordon Beckwith, Avery Greco, James Greenwood, Gabriel Labonte, Hunter Landry, Katie Laslie, Olivia Lee, Jacob Metivier, Sydney Roy, Matt Virgin, Aaron White

Lisbon: Adia Coulombe, Levi Levesque

Lisbon Falls: Jacob Card, Timber Mattson, Amelia Mooney, Sarah Moreau, Benjamin Shambarger

Livermore: Jonathan Brenner, Abby Castonguay, Drew Delaney, Grace Harmatys

Livermore Falls: Wes Brinegar, Joby Byrd, Caleb Corlett

Mechanic Falls: Alex Emery, Jordyn Kohtala, Sierra Pomerleau, Elizabeth Tibbetts

Minot: Nick Allen, Alyssa Gagne

Poland: Zach Bragdon, Riley Day, Maia Ferguson, Sofia Hartley, Lucas Kelly, Keenan St. Pierre, Bree Storer

Sabattus: Anna Beach, Autumn Chadburn, Renee Pickard, Maggie Ryder, Sadie Waterman

Turner: Tamra Benson, Noah Brown, Malloory Casey, Nik Krebs, Zach Madison, Oren Shaw, Everet Varney

Wales: Seth Allen, Brynn Emond, Morgan Inman

#### CUMBERLAND COUNTY

Bridgton: Sabrina Lopez, Matthew Mayo, Fiona Murphy, Olivia Thompson

Brunswick: Rae Bamberger, Isak Carney, Cameron Daly, Liam Doherty, Chappy Hall, Alec Hess, Henry Johnson, Elizabeth Koval, Charlotte MacMillan, Riley McAllaster, Kian Murray, Connor Ney, Malloory Palmer, Abby Powers, John Schroeder, Lea Scrap-

chansky, Alex Sharon, Desiree Tanner, Keldan Van Leer, Matt Yost

Cape Elizabeth: Nathan Brame, Anna Hayes, Isaac Hayes, Nathaniel Holmes, Owen Labesky, Katie Ledoux, Grace Leschey, Nick Leschey, Lilia Membrino, Luke O’Kelly, Dylan Palmore, Mae Rayner, Sawyer Richard, Mary Isabelle Wisell

Casco: Anna Yates

Chebeague Island: Hannah Birkett

Cumberland Center: Brody Ackor, Grant Allard, Elizabeth Bein, James Davenport, Amelia Greenlee, Molly Hale, Aaron Howell, John Kearney, Tim Lester, Mike Marchessault, Luke Marsanskis, Olivia Marsanskis, Natalie Mullin, Aidan Pardue, Alexandra Peary, Ana Penza-Clyve, Mason Pitcher, Ahmed Saleh, Kim Steinman

Cumberland Foreside: Emma Abbott

Falmouth: Gretchen Barney, Holly Barney, Cameron Birks, Mason Canon, Cassidy Castillo Parkman, Garrett Daniels, Seth Dixon, Will Emanuel, Gabi Esmond, Gretchen Favreau, Fiona Ferrell, Isabelle Hallagan, Will Johnson, Mitchell Kelley, Ash Lane, Jacob Lorenzo, Rhys Lowry, Jacob Marks, Maddie Marks, Zach Morrill, Matisse Moser, Ellie Nash, Liv Neuhauser, Max Peters, Ben Potter, Megan Sauberlich, Dominic Severino, Violet Singer, Ezra Stillman, Joseph Thorpe, Reilly Tucker, Deacon Waitkevitch, Sarah Wentworth

Freeport: Kaleb Barrett, Samuel Broadbent, Andrew Burns, Nate Davis, Bennett Joseph, Caitlin Keliher, Madison Landry, Robert Landry, Parker Landsbergen, Kerry Lefebvre, Katie Morrissey, Emily Perilla, Margaret Perrotta, Renxuan Qiu, Samuel Robinson, Hunter Towne, Isabella Wolotsky

Gorham: Arius Ahmad, Dan Bachner, Aidan Bell, Connor Bell, Gisele Berry, Maddy Berry, Allison Bishop, Haley Burns, Colby Christakis, Sadie Cyr, Hannah Dimick, Lauren Edwards, Abby Enck, Ben Fecteau, Reed Henderson, Charles Hubbard,

Riley Johnson, Sophie Kaufman, Josh Labrie, Allie Light, Ian Luciano, Nolan McCullough, Madison Michaud, Abigail Miller, Dylan Morrell, Jillian Morrill, Allie Myles, Anna Nault, Ava Pitman, Molly Rathbun, Ashley Ricker, Simon Rousset, Chloe Russell, Thomas Sallinen, Camden Sawyer, Jackson Smith, Nick Strout, Julia Sturgis, John Sutton, Logan Swift, Sam Waggoner, Nicole Walker, Bruce Wyatt, Mackenzie Yaskula, Megan Young, Jacob Zelmanow

Gray: Amelia Cobb, Nicole Cobb, Nico Curcio, Alex Farrington, Colin Harris, Wyatt Kenney, Darcy MacLean, Kyle Martell, Jaida Patterson, Lindsay Pierce, Cameron Roberge, Liza Sturgis, Lauren Testa, Emma West

Harpswell: Riley Lapointe, Clare MacDonald, Sean Roberts

Harrison: Aedan Bryant, Sadie Hooker

Naples: Erik Christiansen, Joseph Jensen, Justin Lees

New Gloucester: Tyler Amos, Cam Andrews, Katherine Arsenault, Abby Bouchard, Mchale Bourne, Bradan Craig, Alicia Credit, Troy Dexter, Wyatt Fessler, Jasmine French, Blake Knedler, Keagan Rice

North Yarmouth: Simon Bourgeois, Dakota Cochran, Aidan Hayes, Nate Ingersoll, Diana Kimball, Aidan Michaud, Claire Mulligan, Kit Rafford, Katie Simmons, Blake Turner, Patrick Young

Peaks Island: Eddie Sylvester

Portland: Basam Abdulhay, Israk Ayasin, Calvin Benider, Eli Bigelman, Lilly Braun, Zach Broome, Gavin Callahan, Hope Carroll, Eric Christopher, Peter Clukey, Chloe Croce, Will Cunningham, Kaitlyn Currie, Ben Curtis, Chloe Delano, Elizabeth Drelich, Olivia Duong, Alexiis Fiore, James Fletcher, Haley Foreman, Laini Frager, Emily Freedman, Eva Griffiths, Emma Hallee, Elliott Hooper, Ryan Howell, Matthew Keast, Megan Keast, Evan Leonard, Jake Loranger, Spencer Matteo, Hagen Myers, Kelly Nguyen, Mackenzie O’Donnell, Ian Ramsden, Riley Rheault, Sydney Robinson, Livia Serappa, Bay Smalley, Kathleen Spear, Johnny Sylvain, Alec Troxell, Lam Zimet

Raymond: Colby Di-

onne, Isabel Dionne, Cal-lie Fielding, Niall Gushue, Sarah Hare, Cady Kluck, Nathan Plummer, Emma Taggart

Scarborough: Zachary Alofs, Jalyssa Beason, Sydney Bloom, Isabella Cook, Tehya Esposito, Kaylee Faherty, Julia Freeman, Callynn Gendreau, Gabriella Giftos, Katherine Gross, Wyatt Harris, Tatum Hayward, Aaron Kazilionis, Jake Kingdon, Emily Labbe, Olivia LaChance, Peter Martin, Morgan McGarry, Josh Medeiros, Evan Morgan, Emily Murray, Jared Nelson, Ryan O’Leary, Connor Oliver, Jasmine Olshin, Emily Patashnik, Finn Pedersen, Aidan Peters, Eliot Pomerleau, Stephanie Ross, Abby Roy, Katherine Roy, Justyn Sears, Dan Smith, Cassidy Streeter, Jayson Thatcher, Amy Topchik, Ellie Walker, Allison Weymouth, Trey Wright

Sebago: Sam Porter

South Portland: Carson Blake, Sam Brown, Jack Brownstein, Aileen Campbell, Calvin Comeau, Jack Crain, Luca Desjardins, Lauren DiBiase, Anna Eugene, Michael Feely, Aalliyah Ferreira, Anna Folley, Josh Frank, Jake Goodwin, Aidan Gorneau, Emily Hobbs, Ben Hoyt, Abby Huchel, Daniel Joy, Moise Kalonji, Aleksandar Kaurin, Chloe MacVane, Maegan Murphy, Shannon Murphy, Meghan Perry, Mia Quint-Wood, Sydney Sherburne, Caleb Viola, Jackson Wilson, Elizabeth Withers

Standish: Maggi Bradford, Emily Byrne, Aubrey Denico, Vincent Lin, Jazmyne Mejias, Zachariah Oja, Kayla Raymond, Jack Tracy

Steep Falls: Paige Bois, Serena Greene, Koby Johnson

West Baldwin: Teagan Meggison, Michael Murphy, Dylan Shields

Westbrook: Moayed Awad, Casper Cowan, Devin Cyr, Zachery Fecteau, Sam Foley, Maddie Herbert, Desiree Hodgkins, MacKenna Homa, Nathan Jacobs, Maxim LaPlante, Josie LeBlanc, Anthony Maguire, Kaitryn Pitt, Jeremy Slaven, Mia Stamey, Sarah Turmel, Alessandra Vasquez, Lily Webber

Windham: Monica Agneta, Octavian Anghel, Alex Baur, Chloe Boyes, Ben Chouinard, Emily Cormier, Connor Cummings, Avery Dube, Samuel Dubuc, Brendan Dunphy, Dylan Gorman,

Alissa Halloway, Julia Hills, Molly Hodgkins, Dianna Ingersoll, Estella Inman, Katherine Lewis, Sydney Nangle, Dean Preston, Avery Rolfe, Isabella Sernyk, Sarah Talon, Maddie Williams

Yarmouth: Phil Bock, Graden Caulfield, Cooper Hogan, Adam Levinson, Camden Olson, Owen Tull

## Wales Resident Named to Dean’s List for Fall 2022 Semester

Saint Anselm College has released the Dean’s List of high academic achievers for the first semester of the 2022-2023 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade.

Mark W. Cronin, Dean of the College, announced that Dominique Michaud, a biology major in the class of 2023 from Wales, ME was named to the Dean’s List for the fall 2022 semester at Saint Anselm College in Manchester, New Hampshire.

A total of 471 students representing 21 states and 6 countries were named.

## Endicott College Announces Local Dean’s List Students

Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2022 Dean’s List students. In order to qualify for the Dean’s List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below “C,” have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

The following students have met these requirements:

HOMETOWN, STATE; NAME, MAJOR(S), PARENTS (if listed)

Auburn, ME; Olivia Lee, Architectural Studies, daughter of Xin Lee and Shung Lee

Lewiston, ME; Amelia Fortin, Events Management and Marketing, daughter of Julie Fortin and James Fortin

**Kayne V. Wentzheimer of Lisbon one of 26 Saint Michael’s College students, alumni published in national peer-reviewed neuroscience journal**

Kayne V. Wentzheimer of Lisbon, a member of the Saint Michael’s College class of 2022, was one of 26 students and alumni listed as authors of a peer-reviewed paper on neurodegenerative diseases published by The Journal of Comparative Neurology in December 2022. The paper was the result of research funded by a grant from the National Institute of General Medical Sciences at the National Institutes of Health.



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## CMCC Free High Pressure Boiler Operator Training, Auburn

**AUBURN, ME (February 22, 2023)** – The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is offering free High Pressure Boiler Operator training. The training will be Tuesday evenings, March 14 – June 6, 2023, 5:30 – 8:30 PM, in person at CMCC in Auburn, Maine. Registration is required and 12 open seats are available. Informa-

tion and links to register for the programs are available at <https://www.bit.ly/CWP-DRRegistration>.

High Pressure Boiler Operator training offers a practical approach, knowledge, and techniques to power plant operation and is designed to prepare the student to sit for the Maine High Pressure Boiler Licensing Exam. Upon completion of the course and the required in-service experience under

a state issued training permit, the student can take the State exam at CMCC. The cost of the exam is covered. The average starting wage for a High-Pressure Boiler Operator is \$42,000 in the Lewiston/Auburn region.

This course joins several other free courses offered by Workforce and Professional Development including CompTIA Security+ and Network+ trainings, Certified Pharmacy Techni-

cian with an optional Walgreens employment partnership, Computer Support & Information Specialists, and the Welding Academy.

These programs are funded by the Maine Jobs and Recovery Program (MJRP). Participants are eligible for one training course and 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 the U.S.

Criminal background check required. Additionally, candidates in MJRP-funded programs must be a dislocated, unemployed, or underemployed worker, or someone whose job has been adversely affected by COVID-19. Underemployed can be considered as working part-time but looking for full-time work or working in an occupation below one's skillset.

For more information

or to register, please contact Central Maine Community College's Center for Workforce & Professional Development at [workforcedevelopment@cmcc.edu](mailto:workforcedevelopment@cmcc.edu) or 207-755-5280.

Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information visit [www.cmcc.edu/eoc](http://www.cmcc.edu/eoc) or contact Human Resources at (207) 755-5396.

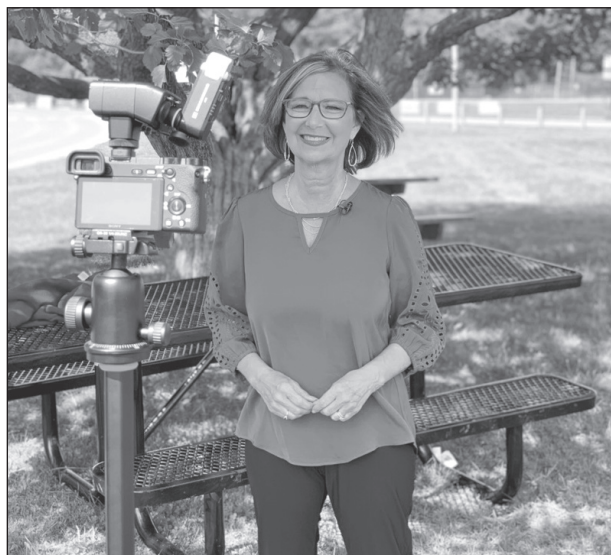
## Fill the Plate Breakfast Will Benefit Meals on Wheels

**LEWISTON, ME (February 15, 2023)** – SeniorsPlus, the designated Agency on Aging for Western Maine, will hold a breakfast to benefit its Meals on Wheels nutrition program. The Fill the Plate Breakfast will be held on Friday, March 10, from 7 to 9 am at the Hilton Garden Inn Riverwatch in Auburn. The breakfast will honor Auburn resident Eloise O'Neill with the 2023 Ikaria Award and feature a talk by former WGME-TV award-winning, longtime anchor Kim Block. Tickets are \$25 per person (\$30 at the door) and are available at [www.seniorsplus.org](http://www.seniorsplus.org) or by calling 207-795-4010. Seats are limited and advance registration is recom-

mended.

Kim Block, the five-time Emmy award winning journalist who was the anchor at CBS affiliate WGME-TV for thirty-nine years, stepped down after suffering from a traumatic brain injury in 2019. Unexpected open heart surgery followed in 2020. Now back on her feet, she will share how life can change in a moment and how she has brought meaning to her new life in a talk entitled, "Becoming the Story: A Maine Broadcast Journalist Shares How Surviving a Traumatic Brain Injury Changed Her Life."

The event includes the presentation of the 2023 Ikaria Award, which recognizes an individual or or-



**Former WGME-TV award-winning, longtime anchor Kim Block will be the featured speaker on March 10 at the 2023 Fill the Plate Breakfast to benefit Meals on Wheels at SeniorsPlus.**

ganization for singular and outstanding contributions toward improving the lives of older adults, to Eloise

O'Neill, who was the Executive Director of SeniorsPlus from 1981-2003.

Ikaria is a Greek island in the Aegean Sea. It is considered one of the world's five "Blue Zones" – places where an estimated one in three members of the population regularly lives an active life into their 90s.

The Fill the Plate Breakfast is presented in conjunction with March for Meals, a national campaign of Meals on Wheels America.

Last year, SeniorsPlus delivered more than 161,000 meals to 1,325 homebound older adults and adults with disabilities in Androscoggin, Franklin and Oxford counties through its Meals on

Wheels program. Each meal provides one third of the recommended daily allowance of nutrition, a safety check, and a visit to these vulnerable adults. The majority of the clients of Meals on Wheels are lower income or on fixed income.

The overall program goal of SeniorsPlus is to assist older adults and adults with disabilities in our tri-county area to remain at home safely for as long as possible. The overwhelming majority of older adults (greater than 95% in an AARP survey) wish to remain at home until they die. The Meals on Wheels program provides nourishment, socialization and regular safety checks.

## Lewiston Public Library to Host Discussion Project

**LEWISTON, ME (February 17, 2023)** -- The Lewiston Public Library will host a three-session Discussion Project (multi-session facilitated text-based discussion group) this spring, entitled "What if community is the key to our resilience?" and facilitated by Samara Cole Doyon. The program will focus on *The Water Knife* by Paolo Bacigalupi, *Vigil Harbor* by Julia Glass, and *Parable of the Sower* by Octavia Butler. Participants will have the opportunity to engage with each other and the big questions that impact all of us. What

if humanity is both its own nemesis and savior? What if we read these texts as both a parable about our present and a warning for our future? What if the future is ours to collectively create?

The group will meet in LPL's Jeanne Couture Room from 5:30 – 7 PM on March 14 and April 4, and culminate on April 25 in a tri-community discussion of *Parable of the Sower*, bringing together groups at Bangor Public Library, Curtis Memorial Library in Brunswick, and Lewiston Public Library. This program is free. Books are

provided. Space is limited. For more information and to register, please contact the Library's Adult & Teen Services Department at 513-3135 or [lprefere@lewistonmaine.gov](mailto:lprefere@lewistonmaine.gov).

Author and facilitator Samara Cole Doyon is an educator, facilitator, and children's book author. Her debut picture book, *Magnificent Homespun Brown* (Tilbury House Publishers, January, 2020), won both a Lupine Award and an International Literacy Association Award. She has been offering author presentations and leading literary discussion

groups and writing workshops since 2020, works as a Membership and Program Coordinator at Maine Writers and Publishers Alliance, and resides with her husband, two children, and rescue pup in Lewiston.

This Discussion Project program is part of Parable Path Maine, a framework for community organizing and artistic engagement based on Octavia E. Butler's *Parable of the Sower*. This initiative is led by multi-hyphenate musician Toshi Reagon, Bowdoin College's Joseph McKeen 2022-23 Visiting Fellow, and is support-



ed by Maine Humanities Council, Indigo Arts Alliance and Bowdoin College. In addition to this Discussion Project and other community events across the state, Toshi and Bernice Reagon's congregational opera adaptation

of *Parable of the Sower* will be performed at Merrill Auditorium in Portland, Maine, on April 14. This one-night-only event is presented by Indigo Arts Alliance and Portland Ovations in association with Bowdoin College.

## LPL Holds Programs for Homeschool Families

**LEWISTON, ME (February 13, 2023)** -- Starting March 6th, 2023, the Lewiston Public Library Children's Department will be offering weekly programs for homeschool families on the first three Mondays of every month from 11:15am – 12:30pm. The programs are designed to offer homeschool families the opportunity to have fun and socialize through gaming, crafts, and storytime. The schedule of programs is as follows:

1st Monday: Homeschool Video Game Social. Video games and social time for children

2nd Monday: Homeschool Lego Club and Curric-

ulum Swap

3rd Monday: Homeschool Storytime and Craft

All sessions will take place in the Children's Department for children 0-12 years of age. The teen lounge will also be available during all three sessions for video games and social time for children ages 12 and up.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Children's programs and events is available by contacting the Lewiston Public Library Children's department at 513-3133 or [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov).





# In Her Presence Co-Founder to Discuss Empowering Immigrants

PORTLAND, ME (February 23, 2023) -- Women of the Chamber returns for its second installment of this season on March 9th at the Children's Museum & Theatre of Maine. Join us for an evening of food, drinks, and impactful conversations with Claudette Ndayininahaze Co-Founder and Executive Director of the women's non-profit, In Her Presence (IHP). Learn how IHP empowers immigrant women and families to achieve English language competency, career goals, and financial stability. After the presentation, there will be an opportunity to network with IHP program participants.



**Claudette Ndayininahaze**  
Co-founder, Exec. Director  
In Her Presence

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# Travis Mills Foundation Celebrates Vietnam-era Veterans

AUGUSTA, ME (February 23, 2023) -- If you or a loved one are a Vietnam-era Veteran, the Travis Mills Foundation is holding a free event to celebrate these brave men and women on March 29. Registration ends March 3. Vietnam Era Veterans and one guest are invited to a FREE full-service breakfast, program and ceremonies held at Augusta Civic Center, starting at 9 a.m., Wednesday, March 29, 2023. This event is being held to thank all Vietnam era veterans for their service and sacrifice. RSVP by March 3, 2023, to this FREE event: [give.classy.org/vietnamveteranbreakfast](http://give.classy.org/vietnamveteranbreakfast)

*Welcome Home*

## Vietnam Era Veterans Breakfast

Wednesday, March 29, 2023

**Who:** Vietnam Era Veterans and one guest  
**What:** FREE full-service breakfast, program and ceremonies  
**When:** 9 a.m., Wednesday, March 29, 2023  
**Where:** Augusta Civic Center, 76 Community Drive, Augusta, ME  
**Why:** To thank all Vietnam era veterans for their service and sacrifice  
**How:** RSVP by March 3, 2023, to this FREE event; [give.classy.org/vietnamveteranbreakfast](http://give.classy.org/vietnamveteranbreakfast)

*Or scan to sign up!*



US Army SSG (Ret.) Travis Mills is an ardent supporter of our Vietnam Era Veterans. SSG Mills and the Travis Mills Foundation Team are honored to hold this event as a way to say 'Thank You' and 'Welcome Home' to those who served during the Vietnam War.

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# Parents Should be at the Center of Their Children's Education

Guest Column by Sen. James Libby

As a parent of two teens, I face the same responsibility that other parents have in raising children. Generations of Americans before us formed the societal structure we have today, and parents have always been at the focal point of their children's lives. And with some exceptions that come from being human, most Maine parents provide a positive impact on the growth and development of their children every day. That's the way it should be. Parents today face challenges that my grandparents couldn't have even imagined. From smartphone addiction to online predators, we face a host of issues that are unfortunately a product of our society.

But issues with our educational systems shouldn't be one of them. However, it's become apparent that some people are trying to shift the space occupied by parents. A small minority feel they should be at the center of the child's life instead of the parent. Unfortunately, a few school board members, wayward school administrators and even some lawmakers who don't hold school officials accountable enable this activist mindset. And more parents than ever are wondering if schools are withholding information about controversial policies or even about their own child. From age-appropriate content and the curricula taught in classrooms to information about whether your child is having a mental conflict,

common decency and societal norms demand that parents are kept involved and informed. I am concerned with these and other recent trends that have appeared in education over the past five years. From lower standardized test scores to a system that limits choices for parents, there is a great deal of work to be done. According to the "Nation's Report Card," Maine public school students have now fallen below the national average in math scores for fourth-graders and are at the national average for eighth-graders. In both cases, experts consider the results to be below proficiency. Maine was above the national average in these scores just a decade ago. Results in English have experienced a sim-

ilar downward trend in Maine. During the COVID-19 years, Maine's English proficiency declined at a greater rate than the nation. Unfortunately, the Maine Department of Education wants to again change the standardized test that just allowed me to provide you with that scientific data. They want to move the goalposts. So what's the answer here? I believe competition provides a roadmap to help Maine experience a rebirth in our educational systems. For example, studies have shown that students perform better in states where parents have multiple options of where to send their kids. Harvard economics professor Caroline Hoxby's often-referenced 2003 study presented evidence on three parental choice reforms: vouchers in Milwaukee, charter schools in Michigan and charter schools in Arizona. In each case, her findings confirmed that public schools improved when they were exposed to competition. But offering more

options to parents is not the law in Maine. Instead, school systems can monopolize instruction by establishing geographic districts that control access and funding. Yet competition in most areas of life drives economies, fosters innovation, and leads to maximizing success in personal and professional development. Education is no different. Today, states such as Arizona, Iowa, West Virginia and others have adopted parental choice policies where per-pupil funding generally follows the student and parents can choose between competing schools. I have introduced a bill this session that is modeled after Arizona's law. Under this bill, your child could attend any school of your choice without the permission of the sending school's superintendent and your tax dollars would follow your child. We have nine charter schools in Maine where students can attend at no additional cost to families and an array of private schools at all levels of cost and specialty.

It's too late for me – my son has chosen public school and my daughter is nearing completion at a private school. But I'd love to give Maine parents more options that best suit their situation. Parental choice is a significant policy statement that differentiates Republicans and Democrats in Maine. It's time we put parents back where they belong – enjoying the wonderful blessings of family. Senator James Libby represents the communities of District 22. He previously served in the Maine Senate during the 117th and 118th Legislatures after serving two terms in the Maine House of Representatives. He is the Senate Republican Lead for the Legislature's Education Committee and the Taxation Committee



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**March 4**  
GORHAM -- Public Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, March 4, 4:30-6:00pm  
Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.  
\$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

**March 6**  
AUBURN -- The March meeting of the Auburn Art Club will be held at 2:00 p.m. on Monday, March 6th at the Park Avenue Methodist Church in Auburn. Hostesses for this meeting are Marie Steele, Sharon Beaudoin, and Sharon Cresci. The program will be announced.  
All members are invited to attend.  
**Every 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Monday starting March 6**  
LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department  
Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL

# Calendar

Send your submissions to the Editor. More online.

will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.  
This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

**March 8**  
LEWISTON -- The March meeting of the Androscoggin Retired Educators' Association will be held at 10:30 a.m. on Wednesday, March 8, 2023 at the Green Ladle at Lewiston High School. Our speaker for this meeting will be Miles Felch from the Bethel Gem Museum who will present a slide show of the work and activities conducted at the museum.  
Reservations for this meeting should be sent to David Wing, 42 Hatch Hill Road, Greene, ME 04236. The cost of the meal is \$18 and will be Chef's Choice. Please make checks out to

AREA, to be received by March 1.

**March 8 and Wednesdays**  
LEWISTON -- TEEN YOGA, Wednesdays, March 1-March 22, 3:30-4:30pm at the Lewiston Public Library:  
The Lewiston Public Library will be hosting a 4 week yoga series for teens in March 2023. Classes will be held at the library on Wednesdays 3:30-4:30pm from 3/1/2023 to 3/22/2023 in the 2nd floor IDEA Lab. Practice will focus on simple breathing and mindfulness techniques as well as gentle movement.  
For more information contact the Adult & Teen Services department at 513-3135 or lpreference@lewistonmaine.gov.

**March 10**  
LEWISTON -- Fill the Plate Breakfast to benefit Meals on Wheels of SeniorsPlus from 7 am – 9 am at Hilton Garden Inn Riverwatch, Auburn. Tickets: \$25 per person (\$30 at the door); available at www.seniorsplus.org or by calling 207 795-4010. Seats are limited. Advance registration encouraged.  
A breakfast to benefit the Meals on Wheels program of SeniorsPlus, the

Western Maine Agency on Aging, will honor Auburn resident Eloise O'Neill with the Ikaria Award for outstanding contributions toward improving the lives of older adults

**March 14, April 4, April 25**  
LEWISTON -- Tuesday, March 14 at 5:30 PM at the Lewiston Public Library: "WHAT IF COMMUNITY IS THE KEY TO OUR RESILIENCE?" DISCUSSION PROJECT  
The Lewiston Public Library will host a three-session Discussion Project on March 14, April 4, and April 25. The program, entitled "What if community is the key to our resilience?" will focus on The Water Knife by Paolo Bacigalupi, Vigil Harbor by Julia Glass,, and Parable of the Sower by Octavia Butler.  
Free. Books provided. Space is limited and registration is required. Contact info. 513-3135, lpreference@lewistonmaine.gov; www.LPLonline.org

**March 16**  
WILTON -- "Medicare Made Simple" class, presented by SeniorsPlus, an introductory class on Medicare held from 3-5pm at SeniorsPlus, 284 Main St., Suite 10, Wilton.  
Free. Register by March 9 by calling 207-795-4010.

**Fridays March 24 through April 28**

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**WILTON --** Opening Minds through Art, Education Center of SeniorsPlus at 284 Main St., Wilton  
Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.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

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Back hoe Attachment for tractor. 3 point hitch, category two, 12 foot long \$3,500 . 782-5539

### Exercise Bike, Coffee table

Recumbent bike with heart & mileage monitor \$75. Lt oak coffee table with 4 glass panes & shelf. Call 782-1456

## GENERATOR

Briggs & Stratton Elite series 7000 Watt generator - Key start- 25 foot 10 gauge rigid power cord included. Used 63 hours. Asking \$650.00 cash - serious inquiries only, please call 207-929-1575

## PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

## PET SITTER WANTED

Looking for a kind petsitter for myself in the Oxford area. Willing to pay milage and base rate. Experience preferred. Please contact- Melissa 207-539-3204

## SENIORS

### LEWISTON SENIOR CITIZENS TRIPS FOR 2023

Spotlight on San

### Antonio, Texas - April 2-6, 2023

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

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

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

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

Trip includes 5 nights

lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569.

## SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at pri-

vate Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

## TRAVEL TRAILER

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## WANTED

I am using a 40-year-old computer and my wife and I would like to buy a "wow" computer to communicate with our grandchildren and our children. Please call (207) 650-7224.

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**HEADLINE:** \_\_\_\_\_

**AD INFO:** \_\_\_\_\_

**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_



## How Worried Should We Be About Arsenic?

LEWISTON, ME (February 20, 2023) -- Lewiston-Auburn Senior College presents: Well Water and Healthful Aging in Maine: A Collaboration between University of New England and Mount Desert Island Biological Laboratory.

Dr. Jane Disney will fill us in about her multi-year effort to identify contaminants in home well water and provide critical education to homeowners and their families. Dr. Disney is an Associate Professor of Environmental Health at MDI Biological Laboratory. In addition, she directs the activities of the Community Environmental Health Laboratory.

Jane has recently joined with Dr. Tom Meuser, Director of the UNE

Center for Excellence in Aging & Health, to examine health impacts of arsenic and other contaminants on health in adults aged 55+ years in Maine. He also coordinates the UNE Legacy Scholars Program through which adults support applied research on aging, complete annual surveys on health, and join with students in shared learning and scholarship. Participants will learn about their preliminary findings and receive an invitation to join in this research, which includes free home tap water testing.

This program will be offered via Zoom on Friday March 24 at 11:00 AM.

To receive a link please email: laseniorcollege@gmail.com by noon on the 23rd. You will re-

ceive your link the morning of the 24th.



Dr. Jane Disney



Dr. Tom Meuser

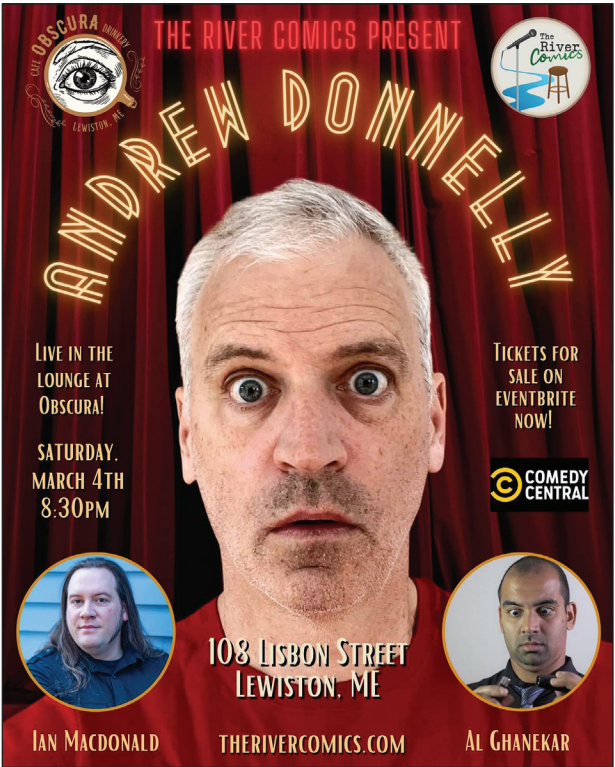
## Stand-Up Comedy Brings Laughs this Weekend

LEWISTON and AUBURN, ME (February 23, 2023) – The River Comics Comedy Productions will host three stand-up comedy shows this week. The Colisee Club, Craft Brew Underground, and Obscura Café and Drinkery are your spots this Friday and Saturday to get a dose of comic relief.

On Friday the 3rd host Ian MacDonald brings comedians Zach Valencia and Ish Gupta, and one of Maine’s comedy beauties, Dennis Fogg to The Colisee Club at 9:00pm. This club over a hockey rink is one of the area’s up and coming hot spots and these shows are always jumping. Get there early and enjoy drink specials.

Then on Saturday the 4th at 7:00pm, Maine’s Funniest, Connor McGrath, hosts comics Nic Dufault, Theo Konstantino, and the return of the legendary Tim Hofmann at Craft Brew Underground. “CBU” is the only weekly Saturday comedy club in the state and this is sure to be a show that will tickle your funny bone.

Later in the evening The River Comics present



three of the area’s most hilarious entertainers, Ian MacDonald, Al Ghanekar, and Andrew Donnelly, 8:30pm at Obscura Café and Drinkery. These are some of Maine’s best comics and this venue is a beyond cool so get out there and make laughter a priority.

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

com or purchased at the door. The Colisee Club is located at 190 Birch St., Lewiston; Craft Brew Underground is located at 34 Court St., Auburn; Obscura Café and Drinkery is located at 108 Lisbon St., Lewiston.

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

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