



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

Thursday, May 11, 2023 • FREE

Sailing Lessons in Lewiston-Auburn!



Kids sailing on Taylor Pond.

LEWISTON / AUBURN, ME (May 4, 2023) -- Sailing lessons for kids from 8 to 18 are available on Taylor Pond in Auburn. Lessons are in 2 week blocks starting on June 26, July 10, and July 24. Sailors may enroll in one, two, or all three session blocks for \$255 each with discounts for multiple sessions. Classes meet Monday through Friday from 1:30 to 5:00 at Taylor Pond. A Bonus Week of sailing from August 7 to 11 is open with-

out charge to any sailor who has participated in any one of the three earlier sessions. Scholarships are available to assist new sailors.

A shorter class is offered in a one week session starting June 19 for younger Kids to Discover Sailing. This is open to ages 7 or 8 from 12:30 to 2:00 at a cost of \$100.

Children who learn to sail get healthy outdoor exercise and learn a life-

long skill, self-reliance, responsibility, teamwork, physics, meteorology, sportsmanship, and have fun. Sailors have self-confidence, coordination, technical knowledge, character, passion, pluck, good social skills, adventure and, did we mention, fun.

For more information: contact Mike Horn at mikehorn2@myfairpoint.net or visit www.taylorpondyachtclub.com/lessons for registration forms

Committee Advances Shaw Bill to Support Outdoor Ed Programs

AUGUSTA, ME (May 1, 2023) – The Legislature’s Agriculture, Conservation and Forestry Committee voted unanimously, of those present, Thursday to advance a measure from Rep. Kathy Shaw, D-Auburn, that would support Maine schools in establishing outdoor experiential education programs.

LD 1682 would create the Maine Experiential Education Program Fund within the Department of Agriculture, Conservation and Forestry. The fund would support grants to facilitate new staff positions within participating public schools dedicated to providing hands-on, experiential learning opportunities related to gardens, food and agriculture to improve healthy academic, physical and emotional development for students.

“I am happy to see this bill gain such broad, bipartisan support,” said Shaw. “Providing hands-on opportunities for students to reclaim the skills that have long been at the heart of Maine’s economy and identity not only serves the health and wellbeing of those kids while in school, it also prepares students so that they can feed their families and their communities.”

Maine does not currently provide a coordinated, statewide investment in outdoor experiential learning, even though research shows that contact with nature provides numerous benefits for children experiencing increased sedentary behavior and attention deficit disorder, including improved mental, social and physical health.

With limited staff, time and resources, organizations like Maine Farm and Sea to School Network, Gulf of Maine Research Institute, The Ecology School, Food-Corps and Full Plates Full Potential currently support school garden and food education in some Maine schools. LD 1682 would build upon that work and provide a pathway for sustainable and consistent outdoor education programs throughout Maine.

The bill faces votes in the House and Senate in the coming weeks.

Shaw is serving her first term in the Maine House, representing part of Auburn. A lifelong farmer and president of the Cumberland and Falmouth farmers markets, Shaw serves on Legislature’s Joint Standing Committee on Agriculture, Conservation and Forestry.

A Peek into Local Buildings and History

AUBURN, ME (May 1, 2023) -- Senior College In the Community’s next collaboration with the Auburn Public Library, will be Legacies From Auburn’s Industrial Past. Presenter Lin Wright will explore the industrial legacies through a look at the history of three extant buildings in Auburn: Phoenix Block, Roak Block, and the Barker Mill. Lin will discuss Jacob Roak’s role in their establishment.

Lin is a genealogist and historian who enjoys researching people and using their lives to illustrate the larger stories of different times and places. She earned her MA in American and New England Studies from University of Southern Maine and a certificate in Genealogical Research from Boston University. Currently Lin teaches classes in genealogy at LA Senior College and serves on the senior college board. She

is president of the Asbury Grove Historical Society and is historian for her church.

We hope you will join us for this fascinating look into our local past. The program will be held at the Auburn Public Library in the Androscoggin Room at 49 Spring St. Auburn, ME.

Save the date: May 18 at 2 PM.

If you have any questions please call 207-333-664

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Newsmakers, Names & Faces

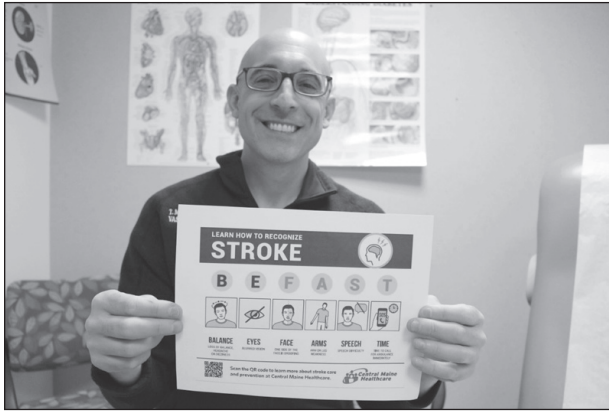
“B.E.F.A.S.T” during Stroke Awareness Month

LEWISTON, ME (May 2, 2023) -- Central Maine Healthcare (CMH) is observing Stroke Awareness Month in May by raising awareness about the signs and symptoms of stroke, as well as the importance of getting prompt treatment.

Stroke is a leading cause of disability and the fifth leading cause of death in the United States, according to the Centers for Disease Control and

Prevention. In Maine, stroke is the third leading cause of death and the number one cause of long-term disability.

Ted McGillicuddy, MD, is a vascular surgeon at Central Maine Medical Center in Lewiston. He says when it comes to minimizing stroke damage, timing is everything. “Time is of the essence, and you should seek medical attention if any stroke symptoms occur.



Ted McGillicuddy, MD, vascular surgeon, Central Maine Medical Center

“If you recognize and treat it promptly, it really allows you to increase your quality and quantity of life,” Dr. McGillicuddy said.

Doctor McGillicuddy also said the acronym “B.E.F.A.S.T.” is helpful in identifying signs of a stroke:

- B: loss of balance
- E: blurred vision in your eyes
- F: one side of face is drooping

A: weakness in arms or legs

S: speech difficulties

T: time to call an ambulance immediately

The risk of stroke can be lessened through healthy lifestyle choices, such as maintaining a healthy diet, exercising regularly, not using tobacco and managing chronic health conditions such as high blood pressure and diabetes.

Collins Delivers Remarks Praising George Mitchell’s Leadership



WASHINGTON, D.C. (May 5, 2023) – U.S. Senator Susan Collins (R-ME) delivered remarks on the Senate floor today to discuss the resolution which commemorates the 25th anniversary of the signing of the Good Friday Agreement on April 10th, 1998. Former Maine Senator George Mitchell was pivotal in the successful negotiation of the historic agreement that underscored the United States’ steadfast support for both the United Kingdom and

Ireland.

In addition to celebrating the historic compromise, which marked the beginning of a new era of peaceful political engagement in Northern Ireland, the bipartisan resolution also affirms support for the full implementation of the Good Friday Agreement, and subsequent agreements and arrangements, to advance peace on the island of Ireland.

Senator Collins’ said: *On April 10th 1998, the governments of the*

United Kingdom and the Republic of Ireland signed the Good Friday Agreement, giving birth to a new era of peace in Northern Ireland. On this 25th anniversary, I join my colleagues in sponsoring a resolution commemorating an historic success, that marked the end of decades of conflict, and that remains crucial to peace today and in the future. This resolution passed the Senate Foreign Relations Committee unanimously just yesterday, and will be passed, shortly, by the full Senate. Mr. President, the recent celebration of this landmark event, in Belfast, brought together the three leaders of the day: Prime Minister Tony Blair, Taoiseach Bertie Ahern, and President Bill Clinton.

The highlight of that gathering was the unveiling, at Queen’s University, of a bust of Senator George Mitchell, the architect of the Good Friday Agreement, this chamber’s former majority leader, and my fellow Mainer. And I know I speak for my fellow Mainers, when I say how proud we were of this extraordinary accomplishment, and we salute Senator George Mitchell on this,

the 25th anniversary. Mr. President, during the three decades that the Troubles plagued Northern Ireland, some 3,500 people were killed, and 50,000 injured, in sectarian violence. In 1996, during one of the many sporadic and ineffective ceasefires, George Mitchell, one year after his retirement from the Senate, stepped forward to serve as America’s Special Envoy to Northern Ireland. He was committed, determined, to forge a lasting peace, and he did. George Mitchell approached this daunting task with the statesmanship and dedication to justice that have defined his life.

For nearly two years, Senator Mitchell worked, with unyielding energy and endless patience, to bring together the many parties and conflicting interests. Despite arguments, controversies and walkouts, the talks were held together by his leadership and by his “Mitchell principles.” First and foremost, those principles held that political issues must be resolved by democratic and exclusively peaceful means. Finally, on Good Friday 1998, one day and a long, sleepless night, after the deadline Senator Mitch-

ell had set to complete the complex negotiations, agreement was in fact reached. Six weeks later, the voters in Northern Ireland and the Republic of Ireland endorsed the pact, with overwhelming margins. The Good Friday Agreement has been a remarkable success, in meeting its primary goal of ending bloodshed and bringing sustainable peace.

The resolution that I introduced with Senator Menendez, the chairman of the Senate Foreign Relations Committee, calls upon Congress to reaffirm its steadfast support for this historic agreement, and to the principles of peaceful and democratic participation as the only way to settle political differences. And equally important, it recognizes George Mitchell’s pivotal role. Mr. President, Senator George Mitchell himself defined leadership as having the wisdom to know what is right, the courage to say what is right, and the strength to do what is right. This is not merely a definition he has offered throughout an inspiring life of service, but also an example he’s set for others. I appreciate my colleagues’

support of this resolution in his honor, as we seek to commemorate this historic anniversary of the agreement that he forged. An agreement that would not have come about, but for George Mitchell’s endless leadership and patience.

George Mitchell, a Waterville native, served as a United States Senator from 1980 to 1995. During his time in office, Mitchell’s work was primarily focused on securing funding for healthcare, education, and environmental conservation related initiatives. In addition to his work representing the State of Maine, Mitchell played a crucial role in the Northern Ireland peace negotiations during the 1990s. As a Special Envoy for Northern Ireland, he had a pivotal role in brokering the Good Friday Agreement, which brought an end to decades of sectarian violence in the region. Mitchell’s commitment to public service and diplomacy earned him international recognition and numerous awards. He is admired for his ability to bridge divides and find common ground, both in his home state of Maine and on the global stage.



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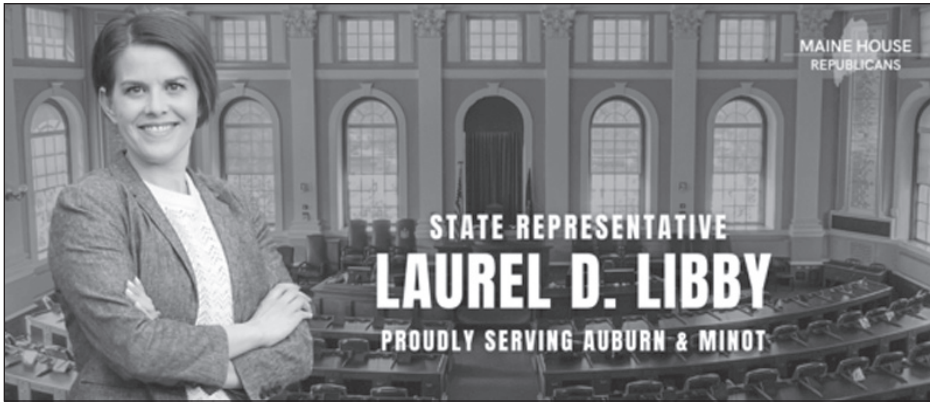
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Newsmakers, Names & Faces

Mainers Opposing Abortion Bill LD 1619 Blocked from Testifying

Guest Column by Rep. Laurel Libby

STATE HOUSE - AUGUSTA, ME (May 3, 2023) -- Over 1,500 Mainers opposing up-until-birth abortion bill LD 1619 gathered at the State House on Monday, May 1st, for a public hearing before the Judiciary Committee. LD 1619 would allow abortion on demand at any time during pregnancy, including in the third trimester, up until birth. The significant in-person response of Mainers taking time from their work and responsibilities to peacefully testify in opposition (675 opposed to 65 in fa-



vor) to the bill evidences the majority opinion in a state that values fairness and moderation.

After each proponent for the bill had been permitted two minutes (instead of the custom-

ary 3 minutes) to testify in favor of LD 1619, the committee chairs, Senator Anne Carney-D and Representative Matthew Moonen-D, dropped the time allotted for opponents to speak against the bill to

one minute. This purely discriminatory move disenfranchised hundreds of Maine citizens trying to participate in the democratic process.

"Hundreds of Mainers stepped up to represent

the stance of the majority of her citizenry in tremendous, record-breaking opposition to this extreme legislation," said Rep. Laurel Libby, founder of Speak Up for LIFE. "These Maine citizens should have been allowed their full opportunity to speak. To amend the time limit mid-hearing was egregious. Why have a public hearing if you aren't going to listen to the public? This is a shameful failure on the part of the Judiciary Committee."

The unprecedented and overwhelming opposition to LD 1619 would have presented over 30

hours of testimony, but Democrats refused to allow Maine citizens their due time and cut the hearing down to 19.5 hours. Mainers from over 250 towns traveled to Augusta to testify against the bill to allow late term abortion, expressing the resounding opinion that LD 1619 is too extreme for Maine.

The next step in the legislative process for LD 1619 will be a work session in the Judiciary Committee, likely to be scheduled in the next two weeks.

For more information, please contact Rep. Laurel Libby at 207-632-7619.

Bailey Library Continues Bookey Poetry Series



The Pondtown Poets. Back row L-R: Anne Carter, John Seksay, and Susan Parks; Front row L-R: Sally Joy, Dean Label

WINTHROP, ME (May 5, 2023) --The Bailey Public Library in downtown Winthrop will continue the popular "Bookey Readings" poetry series at the library's 39 Bowdoin Street location on Saturday, May 13th at 1:00 p.m.

The "Pondtown Poets," founded in 2003, will be the featured poets

at the event. The group was founded by Winthrop native Susan Parks and takes their name from the history of Winthrop. The Pondtown Poets have met monthly, in-person and virtually, for all of their 20 years together.

The current group consists of Sally Joy, Susan Parks, and John Seksay of Augusta; Anne

Carter of Hallowell; and Dean Label of South Carolina.

The Bookey Readings poetry series was started by Ted Bookey at the Harlow Gallery in Hallowell over 25-years ago. Bookey was well known for his poetry workshops at UMA through UMA's Senior College. Local poets Claire Hersom and Jay Franzel took over organizing the series in 2015 and the series moved to the Bailey Library in Winthrop in 2022.

Refreshments are served.

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Seniors Not Acting Their Age Exciting Whitewater Adventures on Kingsbury Stream



A kayaker descends the first pitch on Kingsbury Stream



A shredder team celebrates while running one of many exciting rapids



A tandem canoe team navigates a complex rapid

By Ron Chase

Paddling Kingsbury Stream in Abbot has been a Penobscot Paddle & Chowder Society (PPCS) spring tradition for decades. In recent years, club member Kyle Duckworth has coordinated the exciting whitewater adventure almost every April.

Planning the excursion around the weather, ice, and varying water levels is always a challenge. Starting after ice-out is a must. Determining an acceptable stream flow and avoiding winter-like weather is often a difficult balancing act. This year, the scheduled April 8th trip was postponed until April 16th due low water, frigid temperatures, and gusty winds.

During the week be-

fore the Kingsbury trip, snowmelt brought the stream up to a feisty level. After several unusually warm sunny days, the weather was chilly and gray with a slight chance of precipitation for the planned outing. Chowderheads are tough so the trip was on.

Sixteen canoeists, kayakers, and a shredder team met at the put-in on Route 16 in Abbot. Scouting a difficult ledge drop at the beginning was the first item on the agenda. To portage or paddle was the question. Most decided to carry but a resolute few successfully descended the intimidating pitch.

A succession of Class II/III rapids followed as we cruised southeasterly on a circuitous seven-mile

journey towards the outskirts of Abbot Village. Ledge drops, spirited wave trains, and lengthy rapids cluttered with pour overs provided ample opportunity for paddlers to surf swells and select stimulating routes through the descents.

At the end of a sweeping left turn, the stream narrowed and steepened. We stopped in eddies on the right to boat scout possible routes. The shredder team probed and Chowderheads fell in line behind. Although large waves made reading the rapid problematic, the attenuated passageway that ended next to a rock wall on the right was relatively easy to navigate. A beach on the left provided the

perfect lunch spot.

Shortly beyond, another demanding rapid began above Cole's Corner Road Bridge. The remains of an old dam directly under the bridge complicated navigation. We successfully negotiated around all of the obstacles by paddling close to the left shore in a route that ended in standing waves.

Easy rapids and quick water followed to a twisting swampy area. When the river turned abruptly right, we encountered large waves in a straightforward rapid. Tall pine trees, granite ledges, and a cabin high on a hill on the left marked the beginning of the most challenging falls of the day. We stopped to scout it on the left.

High water complicated the entrance to the steep pitch. A wide unfor-giving hydraulic blocked much of the center which left a narrow route on the right and a complex channel on the left for choices. Large waves and another ledge drop followed immediately below.

Many decided to carry around the top on the left. Two kayakers and the shredder team successful-

ly descended on the right. Another kayaker and a canoeist negotiated the left route and I decided to try the same.

An oft repeated axiom in our sport, "white-water boaters are always between swims." This was my day. I successfully completed the entrance but got caught on an eddy line below and flipped. Attempts to roll failed. Breathing is important, so I pulled my spray skirt and swam. Fortunately, Chowderheads were there to rescue me along with my kayak and paddle.

A canoeist experienced a short swim on the second ledge drop but was quickly reunited with his boat. We reassembled and proceeded to the final rapid of the day.

The appearance of a blue cottage on the left announced the beginning of a U-shaped rapid that required a tricky maneuver around boulders at the bottom. Everyone executed the move successfully. A smooth inviting wave at the end provided an opportunity for some stimulating surfing.

The prominent cottage that overlooks the

rapid is a special place for many members of the PPCS. Dave and Thelma Weymouth resided there for decades. Over the years, the club developed an enduring friendship with this wonderful couple and we often finished our trips with a visit with them. Dave passed in 2016 and Thelma has moved away. We miss them.

Another half-mile of paddling brought us to a location adjacent to the River Road in Abbot where we took out. Despite the chilly weather, we congregated next to Kyle's truck to celebrate completion of our exhilarating river adventure.

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

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Extension's Annual Master Gardener Plant Sale Scheduled

FALMOUTH, ME (May 5, 2023) — The 28th annual University of Maine Cooperative Extension Master Gardener Plant Sale in Cumberland County will be held on Saturday, May 27 from 8 a.m.–noon, at the UMaine Gardens at Tidewater Farm in Falmouth.

UMaine Extension Master Gardener Volunteers will be on hand to assist in selecting plants that best meet individual needs, and to answer questions on how to care for them. Selections include native and pollinator plants; organic vegetable and herb seedlings; perennials; shrubs; and annuals. Gently used gardening items, tickets to enter the annual Master Gardener Calendar Raffle and bags of local compost



will also be available for purchase. There will be vermiculture and peat-free alternative demonstrations, as well as a tour of the gardens at Tidewater Farm.

Proceeds from the plant sale and calendar raffle support the group's Seed Grant program for community projects, which rely on Master Gardeners' expertise and volunteer time. These projects are found in communities

across Cumberland County and include large undertakings such as demonstration gardens, Maine Harvest for Hunger initiatives, therapeutic gardens, school gardens, youth programs, and more.

For more information or to request a reasonable accommodation, visit the program website or contact Pamela Hargest, pamela.hargest@maine.edu; 207.781.6099.

Identifying, Addressing Caregiver Depression

NEW YORK (May 4, 2023)— As part of Mental Health Awareness Month, the Alzheimer's Foundation of America (AFA) is providing tips to help family caregivers identify and address the signs of depression. Alzheimer's family caregivers are at greater risk for depression than caregivers of people with other conditions, according to the Centers for Disease Control and Prevention.

"Exhaustion, stress, and feelings of isolation and loss are all common emotions that Alzheimer's family caregivers experience, but these can all lead to depression if not addressed constructively," said Jennifer Reeder, LCSW, AFA's Director of Educational

and Social Services. "Being mindful of the warning signs of depression and taking steps to deal with them is essential to providing the best care possible, because every caregiver needs time to replenish themselves mentally, emotionally, and physically."

Depression affects people in different ways, and the type and intensity of symptoms vary according to the person and can change over time. General warning signs to watch for when caregiving, especially when these symptoms persist beyond a couple of weeks, include:

- Feeling nothing you do is good enough
- Feeling empty or hopeless
- Feeling tired all the



time

- Having little interest in once-enjoyable activities and connections with others

- Weight loss or gain
- Changes in sleep patterns (too much or not enough sleep)

- Somatic symptoms not responsive to medical treatment (such as headaches, chronic pain or digestive disorders)

Here are some steps that caregivers can take to help combat depression:

Accept support. Isolation can accelerate caregiver burnout. Asking for support and help is important; family, friends, and neighbors are often eager to help but do not know how. Be specific and let people know what you need. Joining a support group can also connect you with others who understand what you are going through, and can share emotions and support, as well as practical advice and resources, in a safe and understanding environment.

environment.

Take care of your body. Diet, exercise, and sleep play a role in your mental health as well as your physical health. Eating fresh fruits, vegetables, and healthy fats, and limiting or avoiding processed foods, may help with symptoms of depression. Physical activity improves mood and decreases stress. Lack of sleep has been linked to the development and management of depression; speak to your doctor if you are struggling with sleep problems.

Make time to clear your mind. Exercises such as meditation or yoga, writing down your thoughts in a journal, or even something as simple as going for a walk, can expand feelings

of relaxation.

Utilize respite care. Respite care provides short-term relief for primary caregivers by having a professional attend to your loved one, either at home, in a healthcare facility, or an adult day center, allowing the caregiver time to care for themselves. Respite care can be arranged for just an afternoon or for several days or weeks.

AFA offers telephone-based support groups and can provide support, services, and connections with local resources through the AFA Helpline, which is available seven days a week. Call 866-232-8484, webchat at www.alzfdn.org, or text 646-586-5283 to speak with a social worker.

Bar Association Extends Student Law Day Essay and Art Contests

AUGUSTA, ME (May 1, 2023) — The Maine State Bar Association announced today that in honor of Law Day 2023, it is extending its Law Day student essay and art contests, and encouraging schools to contact the Bar Association for speakers who can share more about the law and

courts in Maine.

"The Maine State Bar Association believes that students who understand how the legal system works will be better positioned as adults to support our democratic institutions, access to justice, and the rule of law," said MSBA Executive Director Angela Armstrong.

Maine students in grades 4-8 may participate in the art poster contest and students in grades 9-12 may participate in the essay contest. The entry deadline is June 2. This year's theme is "Cornerstones of Democracy: Civics, Civility, and Collaboration." All entries should reflect the

student's interpretation of the 2023 Law Day theme by responding to the following prompt: Explain or depict or pursuing civics, civility, and collaboration could help our nation improve public discourse and foster understanding of the Constitution and American government. Winning essays and

posters will be published online and in the Maine Bar Journal and cash prizes will be awarded. For more information about Law Day or to download the Law Day contest brochures, visit www.mainebar.org/lawday.

Educators who wish to have a Maine attorney visit their school and talk about

this year's Law Day theme, or other aspects of the rule of law in Maine, should contact MSBA Communications Director Kathryn Holub at kholub@mainebar.org.

Law Day was established in 1958 by President Dwight Eisenhower to mark the nation's commitment to the rule of law.

Maine DOE Announces \$2M for Summer Learning, Enrichment

AUGUSTA, ME (May 5, 2023)—The Maine Department of Education (DOE) announced an additional \$2 million in American Rescue Plan (ARP) funding to provide summer learning and enrichment programs for pre-K through grade 12 students at schools across Maine. This follows the recent award of \$2.1 million to 63 school administrative units (SAUs) to support summer enrichment programming through the Title I Summer Reallocation Grant. The total amount of summer program fund-

ing for schools has now reached \$4.1 million.

"This investment meets a critical need voiced by families in search of summer opportunities for their children while providing engaging and enriching summer learning at a place children and families know well—their local school," said Maine Education Commissioner Pender Makin.

The ARP Elementary and Secondary School Emergency Relief (ESSER) funding provides broad support for summer learning and enrichment

programs that address students' academic, social, emotional, and mental health needs. Schools can run their own programs or partner with non-profit or community organizations and community organizations are encouraged to seek partnerships with local schools through this opportunity. Schools are encouraged to maximize enrollment in summer learning and enrichment programs, with a particular focus on underserved students and students most impacted by the COVID-19 pandemic.

CRC Distributes Care Baskets to Cancer Patients in Western Maine

(May 2, 2023) -- Utilizing monies received through fundraising efforts and donations, the Cancer Resource Center of Western Maine was able to make 50 Care Baskets to distribute to cancer patients located in western Maine who could use some extra help. The Care Baskets contain cleaning supplies, paper products and personal hygiene items. This is the third year of the project, which began during the COVID 19 pandemic as a result of many cancer patients not being able to purchase



Cancer Resource Center of Western Maine Volunteer Margie Bartlett with the Care Baskets.

these items with their food stamps. Several volunteers came in to help put the baskets together.

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Arts & Entertainment

Enjoy the Music and a Special Tribute to Ukraine!

AUBURN, ME (May 1, 2023) -- Temple Shalom is pleased to announce the return of Cafe Shalom! We have a great lineup of some of our community's greatest musicians and enter-

tainers. Cafe Shalom is recommended by Senior College to all its members and friends. The program begins with a wine and cheese reception in the Temple lobby at 6:00 P.M. Cafe Shalom will

take place at Temple Shalom, 74 Bradman Street, Auburn. The cost is \$10.00 per person. Don't miss an evening of fun for all age. Save the date: Saturday May 13, 2023

Welcome Home, Birds!

AUBURN, ME (May 5, 2023) -- May is the height of the migration season for birds. Many of these birds 'call' Maine home for the breeding season. We'll explore which birds will be settling in for the breeding season, what types of nests they build, and have some fun asking the audience to try to guess which nest belongs to which species of bird. Do birds live in these nests all the time they are in Maine? What should someone do when they find a baby bird on the ground? These are just some of the questions

we will try to answer. This program will be presented by Jeri Maurer, the President of the Stanton Bird Club, on Tuesday, May 16, from 3-4 p.m. The Stanton Bird Club has been actively engaged in conservation work and nature education for adults and children for over 100 years. The Club recently celebrated the 100th anniversary of Thorncrag Nature Sanctuary, a 450-acre preserve located in Lewiston. This program will take place in person, in the Androscoggin Community

Room, and is for interested teens and adults. No registration is required. For more information about this and other programs offered by the Auburn Public Library, visit their website at www.auburnpubliclibrary.org or call the Reference Desk at 207-333-6640, ext. 4. Presented by Jeri Maurer, President of the Stanton Bird Club. When: Tuesday, May 16, 2023 - 3-4 p.m. Where: Androscoggin Community Room. Contact: Donna Wallace, 333-6640, ext. 4

Experience vs Memory - How Do They Differ?

AUBURN, ME (May 5, 2023) -- Senior College in the Community is excited to announce an interesting presentation and discussion regarding this topic. Bill Frayer will use Daniel Kahneman's Ted Talk: "The Riddle of Experience vs Memory." Using examples from vacations to colonoscopies, Nobel laureate and founder of behavioral economics,

Daniel Kahneman reveals how our "experiencing selves" and our "remembering selves" perceive happiness differently. This new insight has profound implications for economics, public policy — and our own self-awareness. Mr. Frayer is a long-time Senior College instructor. He has a degree in English from Brown University and in Adult Education from USM. Bill

taught at CMCC for 35 years and likes to encourage active participation in his classes. We hope you will join us for this fascinating and engaging program. It will be held at 2 PM on Thursday June 1 at the Auburn Public Library in the Androscoggin Room at 49 Spring St. Auburn, ME. If you have any questions please call 207-333-6640

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

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Maine CDC Identifies Positive Measles Test Result

AUGUSTA, ME (May 5, 2023) — The Maine Center for Disease Control and Prevention (Maine CDC) has received a report of a positive measles laboratory result in a Maine child and is awaiting confirmation from the U.S. Centers for Disease Control and Prevention (U.S. CDC). The Maine CDC notified the facilities where exposure may have occurred and is working with those facilities to inform potentially exposed individuals.

The child received a dose of measles vaccine. It is not possible to contract measles from the vaccine. Maine CDC is considering the child to be infectious out of an abundance of caution.

Individuals who were at the following locations during the times listed

below were potentially exposed to measles and should take precautions:

Location, Date, Time:
Family Time Dine and Play at Auburn Mall in Auburn on April 29, 2023 from 3 p.m. to 7 p.m.

Clear Choice MD in Scarborough (273 Payne Road) on May 1, 2023 from 1 p.m. to 4 p.m.

Hannaford on Cottage Road in South Portland (Mill Creek Hannaford) on May 1, 2023 from 2 p.m. to 5 p.m.

Mercy Fore River Emergency Department on May 2, 2023 from 7:45 p.m. to midnight

Mercy Fore River Emergency Department on May 3, 2023 from midnight to 3:30 a.m.

Anyone at these locations during these times should watch for symptoms

for 21 days after their exposure. If you have symptoms, call a health care provider for instructions **before** going to the office or hospital to help prevent further spread of infection.

Most people are vaccinated for measles as a child, but if you are unsure about your vaccination status or are you are unvaccinated, speak with your health care provider. Unvaccinated individuals who were exposed can take steps to prevent infection and should speak with a health care provider.

According to the U.S. CDC, as of April 28, 2023, there have been 10 cases of measles confirmed in eight states so far this year. Measles is a highly contagious viral disease, the symptoms of which include:

- Cough
- Runny nose
- Red, watery eyes
- Rash that spreads from the head down

Measles can cause severe sickness including pneumonia, encephalitis (brain swelling), and death. An infected person spreads measles through coughs or sneezes. Once infected, a person can spread measles from four days before their rash starts through four days afterwards. The virus remains alive for up to two hours on surfaces and in the air. Symptoms can begin 10-14 days from exposure but can be longer. There are no asymptomatic cases of measles.

The measles, mumps, and rubella (MMR) vaccine is the best prevention for measles. Anyone who is not immunized or does not

know their measles immunization status should get vaccinated.

Recommendations:
Children. All children should be up to date with the MMR vaccination. The first dose should be received between 12 and 15 months of age, and the second dose should be received between 4 and 6 years of age. Check with your health care provider if you are unsure about whether your child is up to date with their vaccinations.

Adults. All adults should have proof of immunity to measles. Acceptable proof includes one of the following: written documentation of vaccination; laboratory evidence of immunity; birth before 1957; laboratory confirmation of disease. For adults

with no evidence of immunity to measles, contact a health care provider to find out how to prevent measles.

Some people exposed to the virus may still get measles even if they got the MMR vaccine. In this case, they are more likely to have a milder illness, and are less likely to spread the disease to other people.

For More Information:

• Maine CDC's measles information: <http://www.maine.gov/dhhs/measles>

• U.S. CDC's measles information: <http://www.cdc.gov/measles/index.html>

• Maine Immunization Program information: <https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/>

Take Action: Type O Negative Blood Donors Needed

PORTLAND, ME (May 3, 2023) – When every second counts, blood products can provide life-saving care. The American Red Cross asks the public to give blood or platelets during Trauma Awareness Month in May to keep hospitals prepared for all transfusion needs, including emergencies. Type O negative blood donors are especially needed right now.

The power of type O

blood Type O negative is the universal blood type and what emergency room personnel reach for when there is no time to determine a patient's blood type in the most serious situations.

Type O positive blood is the most used blood type because it can be transfused to Rh-positive patients of any blood type.

Red blood cells car-

ry oxygen throughout the body and are often given to trauma and surgery patients. Type O blood donors are ideal Power Red donors, which means they can safely donate two units of red blood cells during one donation. Now, more people are able to give a Power Red donation – the minimum height has changed to 5'3" for female donors.

Medical traumas can quickly deplete hospital blood banks. Once patients

are stabilized and their blood type is determined, they will receive a matching blood type, so it's important donors of all types give now and help save lives by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

In thanks, all who come to give May 1-19 will receive a \$10 e-gift card to a merchant of choice. Plus,

May 1-31, those who come to give will be automatically entered for a chance to win a trip for two to the 2023 MLB® All-Star Game® in Seattle. The getaway includes two tickets to the 2023 MLB® All-Star Game® thanks to the support of Fanatics, round-trip airfare, four-night hotel accommodations, a \$750 gift card and more. Additionally, those who come to give May 20-31 will receive an exclusive Red Cross beach

towel, while supplies last.*

Upcoming blood donation opportunities, May 3-31:

Auburn
5/30/2023: 12 p.m. - 4:30 p.m., Auburn Mall, 550 Center Street

Gorham
5/11/2023: 1 p.m. - 6 p.m., Cressey Road United Methodist Church, 81 Cressey Road

5/16/2023: 10 a.m. - 3 p.m., St. Annes Church, 299 Main Street

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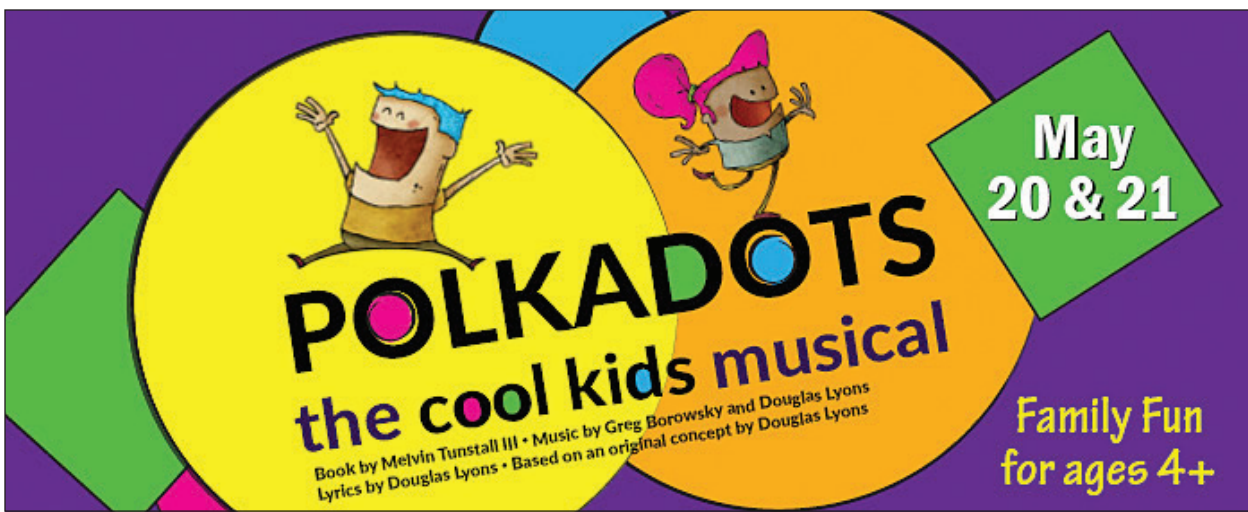
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Musical for Young Children, Families at The Public Theatre



LEWISTON, ME (May 5, 2023) -- The Public Theatre presents entertaining family fun for ages 4 and up with their special production of Polkadots: The Cool Kids Musical playing May 20 and 21. This delightful musical combines catchy songs with the humor of a Pixar film to tell the empowering story of 8-year-old Lily Polkadot. When Lily

moves to a new town, she faces the challenge of being the first Polkadot in an all Square school. Overcoming her obstacles, she challenges the minds and hearts of her peers showing everyone that our differences make us awesome, not outcasts.

The entire staff of The Public Theatre fell in love with this funny and charming new musical for

children and were committed to producing it at the high artistic standard that Public Theatre audiences have come to expect, featuring professional actors and singers, some of them even Broadway veterans.

Aside from its catchy songs and choreography that will leave you dancing in the aisles, the show also has a perfect message for our community or anyone

who has ever felt like an outsider.

The Public Theatre's commitment to family friendly prices of \$15 for adults and \$10 for children 4-18 years old, makes high quality entertainment affordable for most families. Student matinees are also scheduled for this production and over 2,200 students already have a ticket to attend with their school!

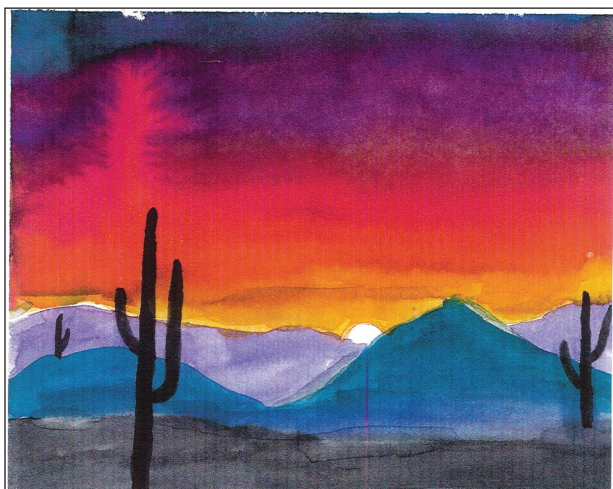
being mentored by their teacher Debra Susi.

To hear an example of one of the many catchy songs in the show visit <https://thepublictheatre.org/polkadots-musical>

Polkadots: The Cool Kids Musical is playing at The Public Theatre, Lewiston/Auburn's Professional Theatre, May 20th and 21st with two performances each day at 1:00 and 4:00 PM. Tickets are \$15 for adults and \$10 for anyone 4-18. Tickets can be purchased online at thepublictheatre.org or by calling 782-3200. The Public Theatre is located at 31 Maple Street in Lewiston.

'Polkadots: The Cool Kids Musical' is sponsored by Norway Savings Bank, Berube's Complete Auto Care, Napa Coastal Auto Parts and presented with generous support from the Maine Arts Commission.

Optimist International Visual Arts Contest



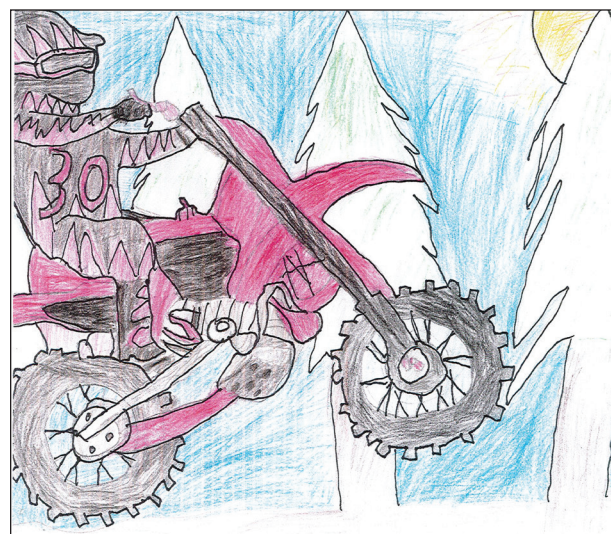
1st Place - Ambrie Cotnoir, Age 11 (cactus)

(May 1, 2023) - The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland held a Visual Arts Competition in April for students ages eleven or under. Club members voted on fourteen entries at a

meeting on April 27th and selected 1st, 2nd and 3rd place winners (attached). All qualified entries received a certificate of participation and those who placed received ribbons. The 1st place winner also

received a gift card and will have their art submitted to Optimist International for further judging by the Marketing and Communications Committee. This committee will select

13 winners for creation of a 2024 Optimist Calendar, where 12 winners will receive \$150 - and the winner of the calendar cover will receive an additional \$100.



3rd Place - August Orlando, Age 9 (dirt bike)



2nd Place - Perrie Cotnoir, Age 7 (abstract)

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Small Off Things with Suzanne Farrell Smith



Author Talk
 Friday, May 19, 2023 at 2pm
 Suzanne Farrell Smith will talk about her book *Small Off Things*

Follow-up talk from Lewiston's Project Support You and how they help community members in need of mental health resources

Lewiston PUBLIC LIBRARY

LEWISTON, ME (May 5, 2023) -- On Friday, May 19th, The Lewiston Public Library will host Suzanne Farrell Smith to discuss her book of essays entitled: *Small Off Things*. This free, public program will take place at 2 PM in the Jeanne Couture Room at the Lewiston Public Library.

Small Off Things is about the upsets of life, observed and managed by the author, who lives with multiple anxiety-related disorders. Each essay focuses on a painful moment or event that threatens her equilibrium and shows how she makes meaning from what she experiences. Suzanne will talk a little about what

prompted her to put together this collection and how she arranged it, then read from her book.

After this reading, Dave Bilodeau will talk about Lewiston's Project Support You, and how this program aims to help our community support those in need of mental health resources. Contact information and other materials will be provided. A Q&A will follow both presentations.

Suzanne Farrell Smith is the author of *The Memory Sessions*, a memoir, and *The Writing Shop: Putting Shop Back in Writing Workshop*. Her work has appeared in *Kenyon Review*, *Fourth Genre*, *Post Road*, *River Teeth*, and *Creative Nonfiction*, as well as several anthologies. Her essay "If You Find a Mouse on a Glue Trap," published in *Brevity* and republished in *The Best of Brevity: Twenty Groundbreaking Years of Flash Nonfiction* won a Pushcart. She lives in Connecticut with her husband and sons.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Friday's program is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewis-tonmaine.gov.

For further information, contact: Caitlin Ramsey, 207-513-3135

Poland Spring Employees Clean Up for Earth Day



POLAND, ME (May 1, 2023) -- Poland Spring employees helped pick up trash and cleanup around its bottling facility in Poland.

At the Poland cleanup alone, more than 15 contractor bags of trash were filled and disposed of. Similar Earth

Month cleanup also took place near and around Poland Spring's bottling plants in Hollis and Kingfield.

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MaineCF's Animal Welfare Fund Seeks Grant Proposals, Volunteers

PORTLAND & ELLSWORTH, ME (May 5, 2023) — Grants from the Maine Community Foundation's (MaineCF) Animal Welfare Fund are available to organizations that advance animal welfare in the state.

Last year, the Animal Welfare Fund awarded \$343,500 in grants to 25 nonprofit organizations, including general support for the Animal Refuge League of Greater Portland, Humane Society of Waterville Area and SPCA of Hancock County.

For more information and to apply, visit www.mainecef.org/animalwelfare. The application deadline is June 1.

MaineCF also seeks volunteers to review proposals to the Animal Welfare Fund. Grant proposal reviewers provide comments to applicants, and recommend funding based on the program cri-

teria and priorities. Volunteers must commit to attend a one-hour virtual training session in early June and review six to eight proposals by July 10.

Reviewers will receive a \$350 stipend in appreciation for their time and contribution to the Animal Welfare grant program decision-making process. For more information about volunteer requirements, visit www.mainecef.org/animalwelfare or contact Program Officer John Ochira, jochira@mainecef.org or 207-412-0837.

An anonymous donor established the Animal Welfare Fund in 2007 and MaineCF has awarded more than \$1 million in grants since the program began. It is further supported by the Doree Taylor Charitable Foundation, Bank of America, N.A. Trustee, and the George F. Lyman and Ernestine Lyman Trust.

The Maine Commu-



nity Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.mainecef.org.

- 2022 Grants**
- Animal Refuge League of Greater Portland, Westbrook, for general support: \$15,000
 - Animal Welfare Society, Kennebunk, for general support: \$15,000
 - Bangor Humane Society, Bangor, for general support: \$15,000
 - Cottontail Cottage Farm Sanctuary, Cherry-

field, to support medical care and its spay/neuter program: \$15,000

Eastern Area Agency on Aging, Brewer, for distribution of pet food, supplies, and animal welfare education: \$11,344

Franklin County Animal Shelter, Farmington, for its cat spay/neuter voucher program: \$10,000

Friends of Feral Felines, Portland, to continue trap, spay/neuter, and placement efforts: \$15,000

Give a Dog a Home German Shepherd Dog Rescue, Sebec, for general support: \$15,000

Greater Androscoggin Humane Society, Lewiston, for general support:

\$15,000

Halfway Home Pet Rescue, Caribou, for its free spay/neuter program and free pet food pantry: \$15,000

Harvest Hills Animal Shelter, Fryeburg, for general support: \$15,000

Humane Society Waterville Area, Waterville, for general support: \$15,000

A.W.S. Animal Adoption Center, Camden, for affordable veterinary care, spay/neuter, and boarding for low-income pet owners: \$15,000

Peace Ridge Sanctuary, Brooks, to develop a free, quick-access canine resource center: \$15,000

Pixels Posse, Orrington, for general support: \$14,000

Pope Memorial Humane Society, Thomaston, for general support: \$15,000

Rattletrap Ranch, Limington, for the

care of aging and disabled foster cats: \$7,500

Responsible Pet Care of Oxford Hills, South Paris, for general support: \$15,000

Society for the Prevention of Cruelty to Animals, Trenton, for general support: \$15,000

Somerset Humane Society, Skowhegan, for spay/neuter vouchers: \$15,000

Spirits Place, Newport, for general support: \$15,000

The Ark, Cherryfield, for general support: \$15,000

Town of Dexter, to provide annual exams for older cats: \$5,000

Waldo County Humane Society, Belfast, for its spay/neuter program, rabies vaccinations, and financial assistance programs: \$15,000

Waldo County Pet Food Pantry, Belfast, to fund canine spay/neuter services: \$15,000

Portland Air Quality Worsens, Bangor's among Best in the Nation

PORTLAND, ME (April 19, 2023) – Maine's air quality is experiencing mixed results since last year's report, according to the American Lung Association's 2023 "State of the Air" report, which was released today. Bangor remains one of only seven cities in the nation that ranks on the cleanest cities lists for all three measures of pollution, and is celebrating its sixth consecutive year as one of the cleanest cities for ozone pollution. Alternatively, the Portland metro area recorded slightly more unhealthy days for ozone, and went from a ranking of 100th most polluted, down to 65th most polluted for ozone in this year's report. Nationally, the report found that nearly 120 million people, or more than one in three, in the U.S. live in counties that had unhealthy levels of ozone or particle pollu-

tion. The Lung Association's 24th annual "State of the Air" report grades Americans' exposure to unhealthy levels of ground-level ozone air pollution, annual particle pollution and short-term spikes in particle pollution over a three-year period. This year's report covers 2019-2021.

"As we can see from this year's report data, there is much work to be done to improve our air quality," said Lance Boucher, Assistant Vice President, State Policy, East Division for the Lung Association. "Even one poor air quality day is one too many for our residents at highest risk, such as children, older adults, pregnant people and those living with chronic disease. That's why we are calling on the Mills Administration and the state legislature to continue moving forward

on policies to ensure that everyone has clean air to breathe. Specifically, we call on Maine to finalize the Advanced Clean Cars II standard, continue to strengthen electric vehicle infrastructure, and push forward on efforts increase clean energy."

Nationally, the report found that ozone pollution has generally improved across the nation, thanks in large part to the success of the Clean Air Act. However, more work remains to fully clean up harmful pollution, and short-term particle pollution continues to get worse. In addition, some communities bear a greater burden of air pollution. Out of the nearly 120 million people who live in areas with unhealthy air quality, a disproportionate number – more than 64 million (54%) – are people of color. In fact, people of color were 64% more likely than white people to live

in a county with a failing grade for at least one measure, and 3.7 times as likely to live in a county with a failing grade for all three measures.

Ground-level Ozone Pollution in Bangor

Compared to the 2022 report, Bangor continued to experience zero unhealthy days of high ozone in this year's report. "State of the Air" ranked Bangor as one of the cleanest cities for ozone pollution for the sixth year in a row. Penobscot County received a "A" grade for ozone pollution.

Ground-level Ozone Pollution in Portland

Compared to the 2022 report, Portland experienced slightly more unhealthy days of high ozone in this year's report. "State of the Air" ranked Portland 65th most polluted for ozone in this year's report, as opposed to its ranking of 100th in last years report. Both Cumberland and

York Counties received "C" grades for ozone pollution.

Particle Pollution in Bangor

The report also tracked short-term spikes in particle pollution, which can be extremely dangerous and even deadly. Bangor's short-term particle pollution remained at zero unhealthy days in this year's report, which means the city earned its title as one of the cleanest cities for particle pollution for the 14th consecutive year.

The 2023 "State of the Air" found that year-round particle pollution levels in Bangor were slightly lower than in last year's report. The area was ranked 5th best for year-round particle pollution.

Particle Pollution in Portland

Portland continued to rank as one of the cleanest cities for short-term parti-

cle pollution, with zero unhealthy days. For the sixth consecutive time, and for the ninth time in total, both Androscoggin and Cumberland Counties, posted zero unhealthy days (A grades) for this pollutant measure.

Year-round particle pollution levels in Portland were slightly lower than in last year's report. The area was ranked 164 most polluted for year-round particle pollution, better than the ranking of 133 last year.

The American Lung Association is calling on President Biden to urgently move forward on several measures to clean up air pollution nationwide, including new pollution limits on ozone and particle pollution and new measures to clean up power plants and vehicles. See the full report results and sign the petition at Lung.org/SOTA.

Maine Shipyard Receives Funds to Create Jobs



WASHINGTON, D.C. (May 2, 2023)– Today, the U.S. Department of Transportation's Maritime Administration (MARAD) announced the award of \$739,302 in grant funds to The Portland

Company, of Portland, ME through the Small Shipyard Grant Program. The Portland Company will use these funds to support the purchase of a 60-ton vessel trailer, 249 HP tractor/loader, and an indoor

ventilation project. Small Shipyard Grant funds help awardees modernize, increase productivity, and expand local employment opportunities while competing in the global marketplace.

"Small shipyards strengthen America's commercial fleet, bolster our economic security, and generate good jobs," said U.S. Transportation Secretary Pete Buttigieg. "We are proud to support these shipyards reinforce their vital role in the U.S. maritime sector."

Since 2008, MARAD's Small Shipyard Grant Program has awarded \$303 million to nearly 350 shipyards in 32 states and territories throughout the U.S.

"As shipbuilding technologies continue to advance, Small Shipyard Grants help Ameri-

ca's shipyards acquire the equipment they need to compete, thrive and expand America's maritime industry," remarked Maritime Administrator Ann Phillips. "These grants are also economic boosts to the communities in which shipyards are located as well as to our industrial supply chain."

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Auburn UU Announces Rose Window Awardees

AUBURN, ME (April 22, 2023) -- The First Universalist Church of Auburn presented its Rose Window award to Merry Carver and to Diane Chasse in recognition of their outstanding service to the congregation.

Carver and Chasse have both impacted our community with their compassion and care as active members of the Caring Web. In their long-standing dedication to this vital role, they have been serving congregants with meals, visits, phone calls, and errands whenever a need arises for many years. They both also serve on the pastoral ministry team and the Sabbatical committee.

Their dedication also extends to other areas of church life. Chasse is also an active volunteer for our Pleasant Street Drop-in Center, providing meals and care for the unhoused community. Carver has served on the Membership committee, as a greeter and usher, and she has graciously donated many of her beautiful handmade quilts to our church fundraisers.

Rose History

The history of our Rose Window spans from 1876 when the church building was completed, until its most recent restoration. Some of the information was taken from the 2002 history of the church written by Shirley Churchill.

In 1876 our current building was completed. The Rose Window was the work of Mr. Harry Hayman Cochrane, Monmouth, of Maine fame. In 1939 Mr. Cochrane redecorated the auditorium. (Esther's comment: Notice all the art work that still remains making a border for the walls and windows) Other changes were made, including the addition of two murals painted by Mr. Cochrane on either side of the chancel. The Rose Window, being in poor repair was replaced.

Harry Hayman Cochrane was a noted cathedral decorator, one of the world's greatest mural decorators and known throughout New England and New York as an accomplished musician, architect, composer, and writer as well as artist.

Following the genius of his father, he began to draw early in life, and at the age of eighteen began portrait painting. Nine years later he decorated his first church; since then, he had decorated over 150 churches and lodge halls, created designs and decorated buildings all of New England and New York. In

early life he became proficient in music, led bands and orchestras and even composed instrumental music.

Coincidentally, Cochrane was Merry Carver's great uncle. His wife was a sister to her grandmother. Receiving the Rose Window Award is even more special because of her relationship to the creator of the Rose Window.

Restoration

Through the years, donors and fundraisers have provided the church with the funds necessary to keep their historic building beautiful. The most recent effort is the restoration of the Rose Window, done by Jim Nutting, the owner

of Maine Art Glass Studio in Lisbon Falls, who has been restoring stain glass windows and creating and teaching his art for over 20 years. This was largely made possible from a legacy from Jim Chaplin and his family, as well as many fund raisers, and the dedication of Peter Floyd, a congregation member who spent many hours helping to restore the Rose Window.

Previous recipients of the award include Kitsie and Ned Claxton, Ginny Starbird and Peter Floyd.

FMI about the First Universalist Church of Auburn, contact 783-0461 or visit www.auburnuu.org.



Merry Carver and Diane Chasse

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Where: Simard-Payne Park Lewiston
Cost: Social Division: \$40.00 per team (2 players)
 Competitive Division: \$60.00 per team (2 Players)
 Each player receives one \$5.00 Beer Ticket with registration.
 Round Robin Format with Playoff Bracket
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To get updates during the tournament, register your team on your smartphone using the **Scoreholio app**.*
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*This app is simply for day of updates, You must ALSO register with the YMCA to be entered into tournament



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\$7.5M to Strengthen Northeast Climate Resilience, Economies

WASHINGTON D.C. (April 22, 2023) — The Department of the Interior today announced a \$35 million investment in fiscal year 2023 funding from President Biden’s Bipartisan Infrastructure Law for 39 projects in 22 states that will address outdated or obsolete dams, culverts, levees and other barriers fragmenting our nation’s rivers and streams. Today’s announcement is part of the Department’s five-year \$200 million commitment to restore free-flowing waters, allowing fish migration and protecting communities from flooding rivers and streams. It is also part of an over \$3 billion investment in fish passage and aquatic connectivity projects under the Investing in America agenda, which includes funding from the Bipartisan Infrastructure Law and Inflation Reduction Act.

“President Biden’s Bipartisan Infrastructure Law provides a once-in-a-generation opportunity to invest in our nation’s rivers, streams and

communities and help restore habitat connectivity for aquatic species around the country,” said Secretary Deb Haaland. “As the effects of climate change continue to intensify, Tribal Nations in particular are facing unique climate-related challenges that threaten resources vital to Indigenous communities. These fish passage investments will support community-led transitions and facilitate long-term conservation and economic growth in these areas.”

Each of the funded projects was developed collaboratively by local partners and selected through a competitive process led by an interdisciplinary panel of experts from multiple federal agencies, including the U.S. Fish and Wildlife Service, the U.S. Forest Service and National Marine Fisheries Service. Nine of the projects receiving investments will be led by Tribal partners, and many will help with conservation efforts for threatened or endangered species.

“Across the country there are millions of barriers that block viable corridors for fish and other aquatic wildlife to access spawning grounds, food sources and safe water. This historic law is giving these aquatic species a chance,” said U.S. Fish and Wildlife Service Director Martha Williams. “Funding from the Bipartisan Infrastructure Law bolsters our efforts to improve fish passage that ultimately conserves freshwater and migratory fish and wildlife, promotes safer community infrastructure, and encourages climate resiliency.”

Projects will be funded in Alaska, Arizona, California, Idaho, Indiana, Iowa, Maine, Maryland, Massachusetts, Michigan, Montana, New Hampshire, New Jersey, New Mexico, North Carolina, Oklahoma, Oregon, South Carolina, South Dakota, Washington, West Virginia and Wyoming. Details are available on the U.S. Fish and Wildlife Service’s website.

This investment delivers on one of the Ameri-

ca the Beautiful initiative’s six early focus areas (supporting collaborative conservation of fish and wildlife habitat and corridors) and is consistent with the Administration’s Corridors and Connectivity Guidance.

The rivers, streams and coastal systems of North America once supported vast annual runs of fish such as Atlantic salmon, American shad, Pacific salmon and steelhead. These species and many others, including some at-risk and listed species, depend on connected streams and high-quality habitat to survive. During the past 200 years, many of these populations have decreased drastically, in large part due to the proliferation of barriers like dams and undersized culverts, and watershed development that blocks fish from their natural migrations.

The Service’s National Fish Passage Program is a leader in pulling partners together to restore connectivity to fragmented rivers. The program pro-

vides financial, engineering and planning assistance to communities, Tribes, states and landowners to support barrier removal and river restoration projects. Since 1999, the program has worked with over 2,000 partners to remove or bypass over 3,400 barriers to fish passage and re-open access to over 61,000 miles of upstream habitat for fish and other animals.

Today’s announcement comes as the Endangered Species Act turns 50 years old in 2023. Throughout the year, the Department is celebrating the ESA’s importance in preventing imperiled species’ extinction, promoting the recovery of wildlife and conserving the habitats upon which they depend. The ESA has been highly effective and credited with saving 99% of listed species from extinction. Thus far, more than 100 species of plants and animals have been delisted based on recovery or reclassified from endangered to threatened based on improved conservation status,

and hundreds more species are stable or improving due to the collaborative actions of Tribes, federal agencies, state and local governments, conservation organizations and private citizens.

A multi-agency interactive map featuring Bipartisan Infrastructure Law funded fish passage projects can be viewed on the newly launched Fish Passage Portal.

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Cadets from Brunswick Area Take First Flights

BRUNSWICK, ME (April 29, 2023) – Capt. Dundzila and cadets C/ SrA Malachi Johnston, C/ Amn Connor Ridley, and C/Amn Samuel Brassard, Capt. Tomas Dundzila left Bangor Airport early Saturday morning and flew to Brunswick where he introduced three cadets from the Brunswick area to the experience of flight and let them each of them take the controls and become the pilot for about 45 minutes each. Flying from Brunswick to Fryeburg and then back over to the Knox County Airport and down to Belfast and back to Brunswick, gave each of the three

cadets a lot of time in the Cessna 172 learning about the controls, radio talk and the science that makes flight possible. Our Orientation lessons include navigation, weather, instruments, flight maneuvers, and so much more.

“I was nervous about flying at first, but I really loved being a pilot”, Malachi Johnston exclaimed when he made it back to Brunswick and Samuel Brassard exclaimed that he “... took a thousand pictures from the back seat because it is just so wonderful up there”.

Connor Ridley reported that he was nervous too

at first because “I have never flown before, but this was one of the reasons I joined Civil Air Patrol, because I want to fly”. Brassard added that “... we flew over my house”!

Civil Air Patrol in Maine has ten Squadrons from Sanford to Presque Isle, so you can find a Squadron near you. Our programs are open to youth aged 12 through 18 and we also have volunteer opportunities for adults, pilots and non pilots alike. For more information about joining the Brunswick Squadron or any other Squadron in Maine, please visit GoCivilAirPatrol.com and click on the Join tab.

Collins, King Announce \$2M for Migratory Bird Conservation

WASHINGTON, D.C. (May 5, 2023) – U.S. Senators Susan Collins, the Vice Chair of the Appropriations Committee, and Angus King, the Chair of the Senate National Parks Subcommittee, announced that the U.S. Department of the Interior’s Migratory Bird Conservation Commission (MBCC) has approved a \$2 million award for the Maine Department of Agriculture. The department will use the funds for the Conservation and Forestry (DACF) project called Protecting Maine’s Freshwater Wetlands.

The Maine wetlands conservation project will permanently protect two large, wetland-rich interior properties, a coastal zone parcel and an intertidal shorefront tract, which are located across the Aroostook County, Moosehead Lake, and southwest

coastal regions. These lands provide vital habitat for wetland-dependent bird species. Additionally, the project will create opportunities for public recreation, such as hiking, hunting, fishing, trapping, boating, snowmobiling, and ATV riding on marked trails within the designated tracts.

“Wetlands provide an essential habitat for migratory birds. This grant will help Maine permanently protect critical areas that support a variety of bird species while ensuring that these lands are available for the public to enjoy,” said Senators Collins and King. “We applaud the MBCC for its ongoing commitment to the conservation of natural resources in the State of Maine.”

The funding is part of \$50.9 million in grants approved by the MBCC

under the North American Wetlands Conservation Act (NAWCA), the only federal grant program solely dedicated to conserving wetland habitats for migratory birds. The MBCC has approved a total of 12 projects nationwide for the current fiscal year, which will conserve or restore nearly 250,000 acres of wetland and associated upland habitats for waterfowl, shorebirds, and other birds across all of North America. Since 1989, the NAWCA has supported over 3,000 projects in all 50 U.S. states, advancing the conservation of wetland habitats and their wildlife.

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



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Calendar

Send your submissions to the Editor. More online.

May 11

LEWISTON -- Thursday May 11 the Southern Maine Squadron Sampson AFBVA will be having a get together at noon time at the Governors Restaurant in Lewiston. During the Korean War era, those who chose the Air Force went to Sampson AFB, on the East Shore of Seneca Lake near Geneva NY, for basic training before going on to Tech Schools. Now some of these veterans, their daughters, wives, and/or widows gather monthly through the summer months for lunch and share stories and memories. Veterans and their guests of all branches are welcome to join.

FMI call 657-4909 or wwmktkwr1933@gmail.com

Bob Sawyer Sampson AFB 1953

May 14

BAR MILLS -- THE BLUES ON SUNDAY QUARTET- Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday, May 14 at 3:00 pm. Tickets: \$15 General Admission at www.sacrivertheatre.org or call 207-929-6473 for reservations.

May 18

LEWISTON -- 12:00 PM - 1:00 PM, Callahan Hall, Lewiston Public Library: GREAT FALLS FORUM WITH MARGIE PATLAK

For author and photographer Margie Patlak,

exploring the unique nature of the Maine coast opens a door to deeper ties and insights, as revealed in her memoir More Than Meets the Eye: Exploring Nature and Loss on the Coast of Maine. In her Great Falls Forum talk, Margie will describe how she came to write her book and read a few excerpts that illustrate how many facets of the natural world speak a hidden language that can be translated by scientific knowledge and reflection.

Free. In person or virtual. Bring your bag lunch. Book sale and signing to follow. The Zoom link will be posted to the Library website and Facebook prior to the event. 513-3135; www.LPLonline.org

May 19

LEWISTON -- 2pm at the Lewiston Public Library: SMALL OFF THINGS WITH SUZANNE FARRELL SMITH

Suzanne Farrell Smith will read and discuss her book Small Off Things. Followed by a talk from Dave Bilodeau about Lewiston's Project Support You.

May 19

ROCKPORT -- DaPonte String Quartet Concert Series 3, Program:

Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 7:00 pm, Union Hall, Rockport. Information and tickets available at dapontequartet.org

May 20

MINOT -- Baked Bean & Casserole Supper (with pie for dessert) at Minot United Methodist Church, Corner of Rt. 11 and Empire Rd. Minot. Saturday May 20th 2023 from 5 p.m. to 6 p.m. Tickets are \$7 for adults, children under 12 are free. Please come and join us!

May 20

LEWISTON -- Concert: The Midcoast Symphony Orchestra presents "French Impressions" with guest conductor Hiroya Miura. The performance, featuring French composers, is on May 20 at 7:00 p.m. at the Franco Center, 46 Cedar St., Lewiston. For info and tickets visit https://www.midcoast-symphony.org/tickets or call 207-481-0790. Tickets \$24.50 (advance) \$25 (cash or check) at the door. Under 18 and college students with ID are free.

May 21

SANFORD -- DaPonte String Quartet Concert

Series 3, Program: Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 3:00 pm, Sanford Performing Arts Center, Sanford. Information and tickets available at dapontequartet.org

May 26

PORTLAND -- DaPonte String Quartet Concert Series 3, Program: Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 7:00 pm, St. Lukes Cathedral, Portland. Information and tickets available at dapontequartet.org

May 27

AUBURN -- The Maine Iris Society will hold its 2023 Median Iris & Spring Flower Show on Saturday, May 27th, from 1:30pm to 4pm at the Auburn Middle School, 38 Falcon Dr, Auburn. Admission is free. Please note that bare-root iris rhizomes will not be available this year; however, there will be a sale of potted perennials.

May 27

PORTLAND -- DaPonte String Quartet Concert Series 3, Program: Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 4:00 pm, Meetinghouse Arts, Freeport. Information and

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May 27

GRAY -- First Congregational Church of Gray Saturday Night Church Supper @ 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped accessible. Meals are single-sized and are \$10.00 each. Please pay at the door.

The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts & Beverages

June 3

AUBURN -- The West Auburn Congregational Church will be holding a Homemade Dinner on June 3 from 4:30 to 6 pm at 811 West Auburn Road, Auburn Maine. We will be serving Chicken Pot Pie, Macaroni and Cheese, Salads, Rolls, Beverage and Dessert. Tickets are available at the door for \$10.00,

(Children 5 to 10 \$5.00 and under 5 free). We have to go meals.

Location: West Auburn Congregational Church - 811 West Auburn Road, Auburn Maine

Topic: Homemade Dinner

Date: Saturday, June 3, 2023

Time: 4:30 to 6 pm

Food: Chicken Pot Pie, Macaroni and Cheese, Salads, Rolls, Beverage and Dessert

Cost: Tickets are available at the Door \$10.00 (Children 5 to 10 \$ 5.00; under 5 free)

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



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

Reflections of Italy - October 9 - 18, 2023

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

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

Trip includes 5 nights

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

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

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Historical Society to Give Program on Wooden Interurban



major population centers in Maine from 1914 until 1933 and had the honor of having Theodore Roosevelt as a passenger on April 18, 1914.

The Narcissus is listed in the National Register of Historic Places and is currently under restoration in Seashore Trolley Museum's Restoration Shop. The Androscoggin Historical Society is pleased to announce that on May 23 at 7pm, Phil Morse of the Trolley Museum will present a program on the Narcissus, its history, and an update on the restoration at L/A Arts located at 168 Lisbon Street in downtown Lewiston. If you need more information, contact info@androhistory.org.

LEWISTON, ME (May 1, 2023) -- The Narcissus is the sole surviving high-speed wooden interurban from the legendary Portland-Lewiston Interurban (PLI). The PLI, known as the "finest and fastest in all New England", operated between the two

Bryan O'Connor Appointed as Interim President of Food Bank



AUBURN, ME (April 26, 2023) – Good Shepherd Food Bank has appointed Bryan O'Connor to be interim president of the organization effective July 1, 2023. O'Connor is currently vice president of finance and administration.

As interim president, O'Connor will work in partnership with the board of directors and senior leadership to ensure organizational continuity as the nationwide search for a permanent president is underway. He will step into

the role following the departure of long-time President Kristen Miale, who in February announced a planned departure from the organization on June 30, 2023.

O'Connor joined the Food Bank in 2015 and currently oversees the accounting, technology, and risk management functions for the organization. A certified management accountant, O'Connor has 20 years of experience in accounting and leadership roles. Before joining Good

Shepherd Food Bank, he was the vice president of finance at United Way of Greater Portland in Maine.

For more information, please visit www.feedingmaine.org.

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