



TWIN CITY TIMES

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Thursday, June 1, 2023 • FREE

Stanton Bird Club Offers Thorncrag Nature Week



Nature Week photo by bird club member, Nancy Long

(May 26, 2023) -- For the 6th year Stanton Bird Club will be offering 'Thorncrag Nature Week' from July 17-21. Running from 9:00 AM to Noon, the program is designed to engage students aged 5-10 in natural history as observed in the Thorncrag Sanctuary. Each day will focus on a different aspect of nature including ponds, trees, birds, insects and will include a hike and a craft activity related to the day's topic. For more information and to register, go to 2023 Nature Week | Stanton Bird Club

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

Check out These Teen Programs in June at Auburn Public Library

- AUBURN, ME (May 26, 2023) – June 7th, 4-5: Crafting Club**
Come to the Teen Room with a craft to work on, or use some of our supplies to create something new!
- June 9th, 10-11: Brunch Bunch**
Enjoy a hot beverage and breakfast goodies while discussing your favorite books, movies, and podcasts. We'll keep a list of all recommendations!
- June 13th, 3-4: Lego Build!**
Join Julia and Terry in the Teen Room to get creative with Legos on a group build. You'll be free to embark on your own construction adventure as well. Feel free to bring your own Legos!
- June 14th, 4-5: Anime Club**
Discuss and watch your favorite anime and enjoy yummy, creative treats!
- June 16th, 3-5: Movie Matinee - Hidden Figures (PG)**
Come up to the Teen Room at 3PM sharp to settle in for a movie. Snacks will be served!
- June 21st, 3-5: Gaming Club**
From Settlers of Catan to Solitaire, we'll have a range of games out in the Teen Room to try. Julia will also prepare a one-off RPG to play each month (D&D style)!
- June 27th, 3-4: Teen Book Club** (meets weekly June 27th thru August 15th)
For this summer's Teen Book Club, we'll be reading *Out of Nowhere*, by Maria Padian. For more info about the book and how to sign up for the book club, check out the APL website.
- June 28th, 4-5: Teen Snack Chat**
Join Julia for a casual conversation about current events, programs you'd be interested in at APL, or life in general. Snacks will be served

Clean Sweep at Back at Bates! June 11

LEWISTON, ME (May 26, 2023)
-- What: Bates College Clean Sweep Sale
When: Sunday, June 11th 2023 8 am
Where: Bates Underhill Arena, 145 Russell Street, Lewiston, ME
Bates College will host the popular "Clean Sweep" yard sale again this year. Doors will open at 8am.
This popular community event, held since 1991, remains one of the largest community tag sales in Maine.

Thousands of eager bargain-hunters are expected to attend the sale which, in years past, has raised as much as \$40,000 for participating nonprofits. This year's event is in support of John F. Murphy Homes.
The bulk of the sale items come from Bates College students who donate an estimated 5,000 items, including dorm room furniture, appliances, electronics, sports equipment, camping gear, rugs, clothing, and kitchenware.

The Bates Clean Sweep yard sale has three goals:
Keep students' used goods out of the waste stream
Hold a low-cost yard sale for the people of Lewiston/Auburn
Donate all the proceeds to local nonprofits
In the past, bargain hunters have arrived hours before the doors open for this anticipated sale, so interested residents should plan accordingly.

Lewiston Public Library Announces New Hours

LEWISTON, ME (May 26, 2023)
– The Lewiston Public Library (LPL) announced today its new general operating hours that will commence on Thur., June 29, as well as that its former "Summer Saturday Hours" will no longer be offered.
On Thur., June 29, the new operating hours at the Library, 200 Lisbon Street, will be:

- Wednesdays from 9:30 AM to 7 PM
 - Thursdays from 9:30 AM to 7 PM
 - Fridays from 9:30 AM to 1 PM
 - Saturdays from 9:30 AM to 1 PM
 - Sundays closed
- Digital services including Mango for language learning, Kanopy film streaming, CloudLibrary e-books and e-audiobooks, and online card registration and renewal are available when the Library is closed.

The Lewiston Public Library continues to create stellar community programs and events that engage residents such as free delivery of library materials to qualifying homebound patrons, author visits, and homeschool family meet-ups. For a full list of upcoming events and more information about offered services, individuals may contact the Lewiston Public Library at 207-513-3135 or visit lplonline.org.

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Newsmakers, Names & Faces

Study Reveals New Insight into Long COVID

PORTLAND, ME (May 26, 2023) – Initial findings from a study of nearly 10,000 Americans, including those in Maine, indicate that certain symptoms of long COVID occur together and that long COVID was more common and severe in study participants infected before the 2021 Omicron variant. The study is funded by the National Institutes of Health (NIH), and has been published in JAMA, the Journal of the American Medical Association. It was co-authored by Ivette Emery, PhD, a translation scientist at the MaineHealth Institute for Research (MHIR).

These findings come from the NIH’s Researching COVID to Enhance Recovery (RECOVER) initiative, a nationwide effort dedicated to understanding why some people develop long-term symptoms following COVID-19, and most importantly, how to detect, treat and prevent long COVID. The goal is to eventually find potential treatments for long COVID. Clinical symptoms can vary and include

fatigue, brain fog and dizziness, and last for months or years after a person has had COVID-19.

“Americans living with long COVID want to understand what is happening with their bodies,” said Adm. Rachel L. Levine, MD, Assistant Secretary for Health for the U.S. Department of Health and Human Services. “RECOVER, as part of a broader government response, in collaboration with academia, industry, public health institutions, advocacy organizations and patients, is making great strides toward improving our understanding of long COVID and its associated conditions.”

Researchers examined data from 9,764 adults, including 119 people who participated through MHIR. Of the study participants, 8,646 had COVID-19 and 1,118 did not. They assessed more than 30 symptoms across multiple body areas and organs and applied statistical analyses that identified 12 symptoms that most set apart those with

MaineHealth

and without long COVID: post-exertional malaise, fatigue, brain fog, dizziness, gastrointestinal symptoms, heart palpitations, issues with sexual desire or capacity, loss of smell or taste, thirst, chronic cough, chest pain and abnormal movements.

They then established a scoring system based on patient-reported symptoms. By assigning points to each of the 12 symptoms, the team gave each patient a score based on symptom combinations. With these scores in hand, researchers identified a meaningful threshold for identifying participants with long COVID. They also found that certain symptoms occurred together, and defined four subgroups or “clusters” with a range of impacts on health.

“We see through this study that long COVID can take many forms and impacts all parts of the body,” said Dr. Emery, co-Investi-

gator for the MaineHealth RECOVER site. “We are incredibly grateful to our study participants, many of whom continue to suffer with few answers, for helping us take this first step toward understanding this condition.”

Based on a subset of 2,231 patients in this analysis who had a first COVID-19 infection on or after Dec. 1, 2021, when the Omicron variant was circulating, about 10 percent experienced long-term symptoms or long COVID after six months. The researchers found that participants who were unvaccinated, had COVID-19 for the first time before the 2021 Omicron strain, or who had reinfections were more likely to have long COVID and more severe cases of long COVID.

The results are based on a survey of a highly diverse set of patients and are not final. Survey results will next be compared for

accuracy against an array of lab tests and imaging.

“Studying the underlying biological mechanisms of long COVID is central to our being able to identify effective treatment strategies in the future,” said Cliff Rosen, MD, Principal Investigator of the Clinical and Translational Research grant at MHIR and the MaineHealth RECOVER site. “Patients need and deserve interventions that will help them get their lives back.”

The ongoing RECOVER research serves as the foundation for planned clinical trials, which would contain interventions rooted in many of the symptoms outlined in this study. RECOVER clinical trials are expected to begin enrolling patient participants later this year. In addition to Drs. Emery and Rosen, the team conducting research at MHIR includes Nurse Practitioner Theresa Roelke and research coordinators Abigail Arruda and Lauren Moore.

“Researching better ways to provide care is a central piece of Maine-

Health’s mission,” said Elizabeth Jacobs, MD, MaineHealth Vice President of Research. “Through RECOVER, our team at MHIR is proud to contribute to the science of long COVID and give Maine people access to clinical trials that may lead to treatments or cures.”

To date, more than 100 million Americans have been infected with SARS-CoV-2, the virus that causes COVID-19. As of April, the federal government’s Household Pulse survey estimates that about 6 percent of those infected with the virus continue to experience and suffer from the many symptoms termed together as long COVID. Patients and researchers have identified more than 200 symptoms associated with long COVID.

This research was funded by NIH agreements OT2HL161841, OT2HL161847, and OT2HL156812. Additional support came from grant R01 HL162373. For more information on RECOVER, visit <https://recovercovid.org>.

Embrace Safety and Fun at Maine State Park Beaches

AUGUSTA, ME (May 25, 2023) - The Department of Agriculture, Conservation and Forestry (DACF) is joining National Beach Safety Week’s spirit in promoting beach safety and spreading the word to ensure a fantastic Memorial Day Weekend. With Memorial Day Weekend upon us, as we prepare to enjoy the sun, sand, and waves on Maine State Park beaches, it is time to prioritize safety while creating lasting memories.

Under the theme of “Sun, Surf, and Safety,” National Beach Safety

Week serves as a crucial reminder to take necessary precautions while enjoying the beaches. The campaign aims to educate beachgoers about the importance of beach safety, equip them with essential knowledge, and foster a sense of community among beach enthusiasts.

The DACF’s Bureau of Parks and Lands encourages everyone to follow these essential tips for a safe and enjoyable beach experience:

Take a Dip with Care: Prioritize your safety by familiarizing yourself

with the water conditions, rip currents, and warning flags. Never underestimate the power of the ocean!

Shield Yourself from the Sun: Protect yourself from harmful UV rays by applying sunscreen generously, wearing a wide-brimmed hat, and seeking shade during the hottest parts of the day.

Respect the Environment: Our beaches are not only our playgrounds but also home to diverse ecosystems and wildlife. Let’s be sound stewards of these environments by disposing of trash responsibly, stay-

ing on designated paths, avoiding disturbing wildlife, and being shark smart.

Watch Out for Each Other: We are all part of the beach community, and looking out for one another is paramount. Keep an eye on your family, friends, and fellow beachgoers. If you spot someone struggling in the water, immediately alert a lifeguard or park staff, or dial 911.

Be Prepared: Safety is all about being prepared. Pack a beach bag with essentials such as water, snacks, a first aid kit, and emergency contact infor-

mation.

Note: Please be aware that Maine State Park beaches may have limited staff, and all state park beaches will be without lifeguards until the third week of June. Additionally, sand erosion is impacting Popham Beach State Park at high tide. It is crucial to follow staff instructions to avoid risks or hazards. Your cooperation and adherence to their guidance are greatly appreciated.

Let’s make this Memorial Day Weekend one to remember, filled with joy, laughter, and, most

importantly, beach safety! Join the National Beach Safety Week nationwide movement and spread the word using the hashtags #BeachSafetyWeek, #MemorialDayWeekend, and #FunInTheSun.

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



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Newsmakers, Names & Faces

Tri Town Optimist Club Announces Student of the Month



RSU 16 Adult Education Teacher, Susan Lasselle, of Poland (L) with Meagan Snow of Mechanic Falls (R)

(May 26, 2023) -- The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland is proud to announce its RSU 16 Student of the Month recipient for May, Meagan Snow. A recent Adult Education graduate, Meagan is described by staff as a joy to be around. She has an upbeat, positive attitude, a desire to challenge herself, and an enthusiastic commitment to reaching her goals and pursuing next steps - all while making family a priority. She is considerate of others and always brings a playful sense of humor to the classroom, even on days that are tough. Congratulations Meagan!



Meagan Snow of Mechanic Falls and son Silas Kimball (R)

UUCB Concerts for a Cause Presents Porch Party Mamas



BRUNSWICK, ME (May 26, 2023) -- UUCB Concerts for a Cause will host Porch Party Mamas on Saturday, June 10, 2023 at 7:30 p.m. at the Unitarian Universalist Church of Brunswick.

Concerts for a Cause brings special concerts to the Greater Brunswick area while raising money for local charities. Porch Party Mamas will be the last concert of the 2022-2023 season and will benefit the Brunswick Area Teen Center and Maine Family Planning.

The Porch Party Mamas are an engaging and magnetic Boston-area band

of four female musicians who've developed a fun and moving blend of folk, country, Celtic, and blues repertoire. They play beautiful arrangements of lovely and whimsical songs featuring dynamic lead vocals and lush harmonies backed by virtuosic guitar, fiddle, accordion, piano, percussion, banjo, and bass playing.

Inspired by playing and singing each others' songs at their own "porch parties", these established Boston area musicians and singer/songwriters decided to combine their individual talents and create their own band. They took their act on the road and "Porch Party

Mamas" was born. All are seasoned players, each with their own pervasive individual music persona and critical accolades. Between them, they have shared the stage with a distinguished litany of artists, including Willie Nelson, the Indigo Girls and Lyle Lovett.

\$20 in advance, \$25 at the door, \$10 students/children. Available at the church office, Gulf of Maine Books or online at <https://ticketstripe.com/porchparty>.

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

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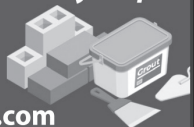
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Seniors Not Acting Their Age

New Adventures on the Machias River Part II – Little Falls to Smith Landing



Canoeists finish their descent of 3rd Wigwam on the Machias River



Paddlers visit a stone monument in memory of Machias River pioneer Obadiah Hill



A tandem canoe team navigates difficult Little Holmes Falls

By Ron Chase
Ken Gordon and I awoke to a remarkably beautiful spring day at our campsite next to Little Falls on the Machias River. We were on the second day of our river trip and sharing the scenic site with six canoeists we met the previous day.

Anticipating an exciting paddle on upcoming Wigwam Rapids, our young newfound friends were anxious to get started. Ken and I were on a much slower senior citizen pace. We were still eating breakfast when

they departed. One paddler called back announcing they'd see us somewhere in the Wigwams.

When we broke camp, the temperature was about seventy degrees and a handful of dreaded blackflies were pestering us. Paddling expedition kayaks, we began the five-mile flatwater sector to the First Wigwam with the hope that predicted strong winds would alleviate the blackfly menace.

First on our agenda was an exploration of Ingley Cove located on the left about two miles

downriver from Little Falls. The Maine Atlas indicates there is a campsite there. In my forty-five years paddling the Machias, I'd never seen it. Hidden away deep in the cove we found a clearing with a fire ring that would accommodate a small group.

Shortly after passing Mopang Stream on the right, we arrived at the beginning of a two-mile stretch of challenging whitewater called Wigwam Rapids. The Wigwams consist of four distinct rapids separated by pools or quick water.

The protracted first Wigwam began with a steep pitch replete with large waves and unappealing pour overs. After scouting, we successfully navigated left before proceeding through the rollicking runout. Quick water and easy rapids followed to Second Wigwam which entailed cautious maneuvering around two ledge drops.

Entering a pool immediately downriver, the tops of breaking waves could be seen just over the horizon line. Third Wigwam was next. Our canoeing friends were investigating the falls from the right bank. We eddied out on the left at the beginning of the portage trail to scout.

Following careful investigation, we plunged down the left side and over a pitch at the bottom while avoiding boulders and a powerful hole. Our canoeing friends successfully followed. The exhilarating visit with the Wigwams ended with a Class II descent through large waves in Fourth Wigwam.

Four miles of flatwater brought us to Holmes Falls where we cautiously disembarked in a micro-eddy immediately above the treacherous cataract. The demanding portage was only partially completed since we elected to camp high on a bank

overlooking the falls. The canoeists soon joined us. A gusty northwest wind minimized blackfly problems.

We were the beneficiaries of more glorious weather for our final day on the river. Replicating the previous day, the canoeists were up early and off on their next adventure while Ken and I lingered. They were encountered a half-mile downriver at a small island above Little Holmes Falls. We stopped there to visit a stone monument erected in memory of Obadiah Hill, an early Machias River pioneer. The island is an excellent location to inspect entrance to the falls.

Little Holmes Falls is a complex rapid that flows on both sides of a rockbound islet. The left side is more difficult and cannot be readily scouted. The right offers a narrow, twisting, technical route but is easily scrutinized from the right shore. One canoe team went left and filled up but stayed afloat. Another literally rockhopped down the right side.

After carefully studying the right channel and setting up safety, Ken and I enjoyed stimulating descents. The final canoe team followed our line.

Under normal circumstances, the last thing paddlers want to endure is

a headwind. However, we welcomed a strong breeze out of the southeast as it provided a blackfly-free remaining nine-mile paddle to Smith Landing, our final destination.

We parted company with our new paddling friends at the landing. They had another three miles of canoeing to their next campsite at the bottom of Great Falls. We didn't envy them. A major storm was forecast to arrive during the night. The intrepid group would be paddling twelve miles in a driving rain the next day. Ken and I were content with three wonderful days on a remarkable river.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates five more exceptional Maine river trips.

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 ronchase-outdoors@comcast.net

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USS Oklahoma Sailor from Brunswick Accounted For

WASHINGTON DC (May 26, 2023)—The Defense POW/MIA Accounting Agency (DPAA) announced today that Naval Reserve Ensign Stanley W. Allen, 25, of Brunswick, Maine, killed during World War II, was accounted for on June 14, 2021.

On Dec. 7, 1941, Allen was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Allen.

From December 1941 to June 1944, Navy personnel recovered the remains of the deceased crew, which

were subsequently interred in the Halawa and Nu'uauu Cemeteries.

In September 1947, tasked with recovering and identifying fallen U.S. personnel in the Pacific Theater, members of the American Graves Registration Service (AGRS) disinterred the remains of U.S. casualties from the two cemeteries and transferred them to the Central Identification Laboratory at Schofield Barracks. The laboratory staff was only able to confirm the identifications of 35 men from the USS Oklahoma at that time. The AGRS subsequently buried the unidentified remains in 46 plots at the National Memorial Cemetery of the Pacific (NMCP), known as the Punchbowl, in Honolulu. In October 1949, a military board classified those who

could not be identified as non-recoverable, including Allen.

Between June and November 2015, DPAA personnel exhumed the USS Oklahoma Unknowns from the Punchbowl for analysis.

To identify Allen's remains, scientists from DPAA used dental and anthropological analysis. Additionally, scientists from the Armed Forces Medical Examiner System used Y chromosome DNA (Y-STR) analysis.

Allen's name is recorded on the Courts of the Missing at the Punchbowl, along with the others who are missing from WWII. A rosette will be placed next to his name to indicate he has been accounted for.

Allen will be buried on July 18, 2023, in August-

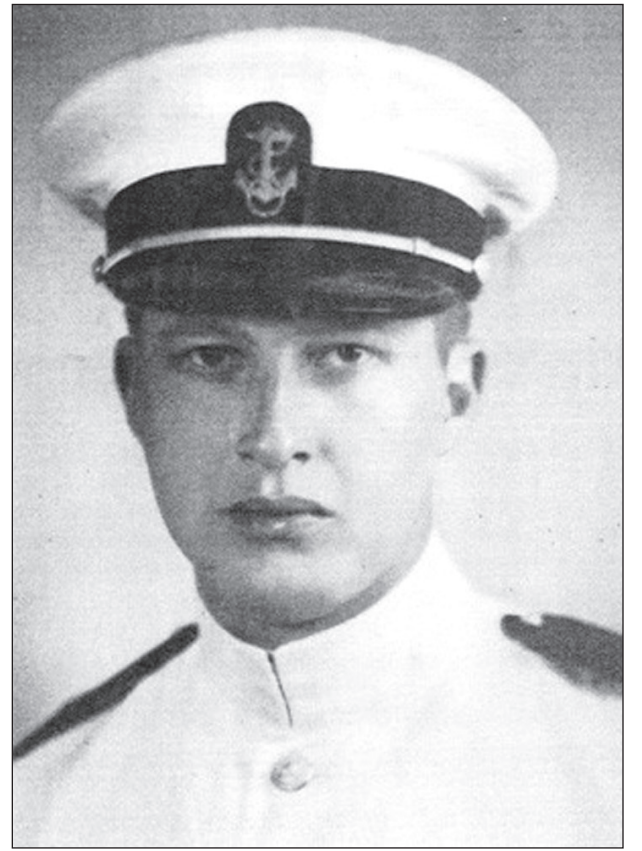
ta, Maine.

For family and funeral information, contact the Navy Service Casualty office at (800) 443-9298.

DPAA is grateful to the Department of Veterans Affairs and the Department of the Navy for their partnership in this mission.

For additional information on the Defense Department's mission to account for Americans who went missing while serving our country, visit the DPAA website at www.dpaa.mil, find us on social media at www.facebook.com/dodpaa or <https://www.linkedin.com/company/defense-pow-mia-accounting-agency>.

Allen's personnel profile can be viewed at <https://dpaa-mil.sites.crmforce.mil/dpaaProfile?id=a-0Jt0000000XfEqEAK>.



Aquarium Scientists Urge Public to Report Shark Sightings

BOSTON, MA (May 22, 2023) – After a 12-foot white shark was spotted off Cape Cod over the weekend, New England Aquarium scientists are urging the public to report shark sightings and be aware of their surroundings.

The shark was seen feeding on a seal off of Provincetown, MA, on Saturday. This is the time of year that scientists expect to see white sharks returning to the inshore waters off of Massachusetts, where the animals hunt seals into the fall months.

"Though white shark bites on humans are rare, the sighting serves as a reminder to beachgoers and boaters to be mindful of the presence of these ocean animals," said John Chisholm, adjunct scientist in the New England Aquarium's Anderson Cabot Center for Ocean Life. "It's important to be aware of sharks' presence in shallow waters, to avoid

areas where seals are present or schools of fish are visible, and to stay close to shore where rescuers can reach you if needed."

As part of a partnership between the New England Aquarium and Atlantic White Shark Conservancy, Chisholm serves as the Citizen Science Coordinator for the Conservancy, documenting accounts of shark-seal interactions and verifying shark sighting reports made by the public through the Sharktivity app. Sharktivity provides information and push notifications on white shark sightings, detections, and movements to raise awareness and help people and sharks co-exist. The app sightings are input by researchers, safety officials, and others who upload photos and video, essentially crowdsourcing critical data on where sharks are spotted.

"There is a real public concern around beach safety, and we recognize

the need to respond to that," said Nick Whitney, senior scientist at the Aquarium and chair of the Anderson Cabot Center's Fisheries Science and Emerging Technologies program. "That's why we're excited to continue this partnership with the Conservancy to help provide accurate, timely information on shark sightings in the region."

The New England Aquarium has a team of nine scientists who study shark species, from porbeagles and nurse sharks to sandbar and sand tiger sharks. Many shark species reside in Massachusetts waters. Aquarium researchers' work focuses on monitoring of these animals using innovative tagging technologies including satellite, acoustic, accelerometer, and camera tags to track the sharks' habitat use, life history, and impacts of by-catch during commercial and recreational fishing activities.

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Peak Activity
Based on tagging data
Sharks may remain near shore

NPS/Bill Fisher

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Arts & Entertainment

CLT Rehearses for Steve Martin Comedy



AUBURN, ME (May 26, 2023) -- Cast and crew are busy in rehearsal for the upcoming Community Little Theatre production of the comedy Picasso at the Lapin Agile, which will open June 15.

Comedian Steve Martin's comic take on the early 20th century, the play is set in 1904 in a Paris bar named the Lapin Agile (which still exists). Albert Einstein and Pablo Picasso, both young men at the time, are on the verge of disclosing amazing ideas (Einstein will publish his special theory of relativity in 1905 and Picasso will paint Les Femmes d'Alger in 1907). They meet at the bar and begin to discuss art, the universe,

and everything in between. A unique collection of bar patrons punctuate their discussion with wit, humor, and wry perspectives, until a mysterious visitor comes along with fascinating visions of the future.

Pictured here left to right at a recent rehearsal are John Blanchette, director; Jason Pelletier, who plays Freddy the bar owner, a simple man who occasionally says something truly stunning; Sarah Duncan, Freddy's worldly and thoughtful girlfriend Germaine; and Chris Kuhlthau, who portrays Gaston, an amicable old Frenchman with prostate problems.

Picasso at the Lapin Agile will be performed at

CLT on 30 Academy Street in Auburn at 7:30 p.m. on June 15, 16, 17, 22, 23, and 24 and at 2:00 p.m. on June 18 and 25. Ticket prices (including all fees) are \$22.00 for adults, \$19.00 for seniors, and \$14.00 for students. Tickets are available online at www.laact.com/box-office or by calling 207-783-0958.

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

Bryan Bielanski to Perform at Saint George River Cafe

WARREN, ME (May 26, 2023) -- Upbeat and energetic North Carolina singer-songwriter Bryan Bielanski is coming to town! Bryan Bielanski is on tour promoting his new album "Bryan's Super Happy Fun Time 3" and making a stop in Warren, Maine at Saint George River Cafe June 20th, 2023.

The energetic, unique and unabashedly upbeat singer-songwriter Bryan Bielanski released his third album, "Bryan's Super Happy Fun Time 3" in March 2023. Having performed in the contiguous 48 states as well as Austria, Belgium, Canada, China, Costa Rica, France,

Germany, Greece, Hungary, Italy, Luxembourg, Mexico, The Netherlands, Poland, Russia, Switzerland, Thailand and United Kingdom, critics and audiences worldwide agree that he lives up to his album title and leaves listeners with smiles on their faces. Although he is inspired by some of the rock and roll greats, he has a distinct music style that makes you feel like you're really alive! Bryan Bielanski is based in Charlotte, North Carolina (born in Parma, Ohio) but you will find him far from home on another US tour in 2023 promoting the new album and winning over music fans everywhere he

performs. Get ready to get happy with "Bryan's Super Happy Fun Time 3".

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Maine-ly Harmony Chorus Participates in Competition



Photo: front row, l-r; Judy Labonte, Candace Pepin, Betty Avery, LouAnn Mossler, Kathy Joyce, Lea Davis, Barbara Combs; second row, l-r: Jenny Clair, Lynn Rogers, Janet Dunham, Martha Tait, Donna Ryder, Dotti Myer; third row; Kathy Greason, BJ Sylvester-Pellett, Anne Danforth, Cathy Anderson, Sue Staples, Nan Bossie, Tina Barker.

MAINE (May 26, 2023) – Maine-ly Harmony women’s barbershop chorus returned to Maine after a great weekend at the chorus’ parent organization, Harmony Inc.’s Area 2 competition, held in Westborough, Massachusetts, April 20-23. This year’s theme was “Broadway” and Maine-ly Harmony singers danced and sang their way to the stage singing “Dancing Queen”

from “Abba”. The chorus, directed by Kathy Greason, is eager to apply new techniques learned at the competition and to share with the folks in Maine who enjoy the songs that have endeared audiences throughout the years.

The chorus rehearses on Wednesday evenings from 6:30 to 9 p.m. at the Randolph Methodist Church, 16 Asbury St., Randolph, Maine. Women

who love to sing are always welcome to the rehearsals. For more information and to book a performance for your organization, contact Dee at 207-740-4882.

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

Red Cross Assists 48 People Following Waterville Fire

WATERVILLE, ME (May 23, 2023) — The American Red Cross extends its deepest condolences to those affected by the large, multi-family fire this morning on Elm Street in Waterville. Our Disaster Action Team volunteers as well as several staff members responded to the scene to support displaced residents and first responders.

Currently, the Red Cross is helping to sup-

port 48 individuals. Need varies by individual – so assistance may include financial assistance, comfort kits, disaster-related health services and emotional support. The Red Cross is also providing mass care services, which means ensuring that displaced residents have a safe place to stay and access to meals.

The Red Cross is available to provide care and comfort in the af-

termath of this disaster. Displaced residents will connect with Red Cross caseworkers in the coming days to work on a longer-term recovery plan. Those who have been affected by this fire and need assistance should call 1-800-RED CROSS.

The Red Cross is able to provide assistance through the generosity of our donors and commitment of our volunteers.

Cloutier Bill to Provide Menstrual Products in Schools Advances

AUGUSTA, ME (May 26, 2023) – The Legislature’s Education and Cultural Affairs Committee advanced legislation on Monday sponsored by Rep. Kristen Cloutier, D-Lewiston, that would require public schools serving sixth through 12th grades to provide menstrual products to students in school bathrooms.

“This bill is about equity,” said Cloutier. “Many Maine students have reported that they choose not to attend school when menstruating because of the stigma associated with it and their inability to afford the products they need. We have created a

system where a lack of access to menstrual products presents a lack of access to educational opportunities. We can and must do better.”

LD 348 would require that menstrual products be available in bathrooms and provide ongoing General Fund appropriations of \$564,059 in fiscal year 2023-24 and \$272,999 in fiscal year 2024-25 to create Maine’s Menstrual Products Reimbursement Program, which would reimburse public schools at 90% of the cost of making menstrual products available to students.

The bill faces votes in the House and Senate in

the coming days.

Cloutier is the assistant House majority leader and is currently serving her third term in the Maine House of Representatives. She represents House District 94, which includes part of her hometown of Lewiston.

Send all items for Arts and Entertainment to the Editor. Deadline is Friday by five.

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Join the 21st Annual Golf Fore a Cause Tournament

LITCHFIELD, ME (May 26, 2023) - Spectrum Generations, Central Maine's Area Agency on Aging, invites the public to participate in the 21st Annual Golf Fore a Cause tournament at The Meadows Golf Club in Litchfield on Friday, June 9, 2023. This fun event will take place at 495 Huntington Hill Rd., where check-in starts at 8 a.m. and tee off is at 9 a.m.

The cost to participate begins at \$125 per golfer, \$500 per foursome and \$600 for a foursome/hole sponsorship combo (a \$100 sponsorship sav-

ings). There are several sponsorship opportunities to choose from and ways to participate.

This popular scramble includes 18 holes of golf with cart, a delicious BBQ lunch served at the turn, on-course contests including the Air Cannon with Leaderboard of Boston, longest and straightest drive, closest to the pin and more! Scoring enhancement packages and raffle tickets will be available for purchase. There are many post event awards for teams and individual golfers.

All proceeds raised support Spectrum Gen-

erations in its mission to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. For over fifty years, the organization has been a leading provider of information and advice, referrals, programs and activities for older and disabled adults - including social dining and Meals on Wheels. To register your team, provide a sponsorship or learn more, please visit:

<https://www.spectrumgenerations.org/events/golf-fore-a-cause>

Lewiston Adult Education Graduation Set For June 6th



LEWISTON, ME (May 26, 2023) -- Lewiston Adult Education will hold its 2023 graduation on Tuesday, June 6th, at 7

p.m. in the Lewiston High School gymnasium.

The ceremony will include recognition awards for students who are still

taking classes. Family and friends of the graduates are welcome to attend, along with members of the public.

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Bailey Library in Winthrop to host Candidates' Night Forum



Top row, left to right: Aaron White, Donald Ellis, David Rheaume, Bottom row left to right: Gilles Soucy, Priscilla Jenkins, Roy Weymouth

WINTHROP, ME (May 26, 2023) -The Bailey Public Library invites the public to meet the candidates whose names will be on the ballot in the June 13 Winthrop town election. All six of the candidates have accepted an invitation to participate in the event, which begins at 6 p.m. on Thursday, June 8 in the King Event Room of the Bailey Public Library in downtown Winthrop.

The forum will give Winthrop residents an opportunity to learn about the six candidates who are vying for the recently vacated Town Council seat.

Library Director Richard Fortin will moderate the event, wherein each candidate will have an opportunity to make an opening statement, followed by a discussion of Town issues, a period for public question and answer, and

closing statements. Attendees wishing to pose a question to the candidates may do so by submitting their question in writing at the event.

The in-person event will also be livestreamed, with the Zoom link available on the Bailey Library's events page located at: baileylibrary.org/eventlistings. For more information, contact Richard Fortin at rfortin@baileylibrary.org



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Nurse Practitioner Fellowship Appointments Announced



Nate Sands

LEWISTON, ME (May 26, 2023) - The Maine Center for Palliative Medicine (MCPM), an offering of Androscoggin Home Healthcare + Hospice, is pleased to announce the appointment of two exceptional individuals for the prestigious Nurse Practitioner Fellowship for the year 2023. This highly coveted fellowship aims to provide specialized training in hospice and palliative care, equipping nurse practitioners with the skills and knowledge needed to deliver compas-

sionate and effective patient-centered care. Among the appointed fellows is Nathaniel Sands, a dedicated healthcare professional with an extensive background in nursing. Sands obtained his Bachelor of Science in Nursing from the University of Maine, Orono in 2010 and began his nursing career at Dartmouth Hitchcock Medical Center in New Hampshire. With a wealth of experience in high-acuity departments, including pediatric, cardiovascular, and medical



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intensive care units, Sands brings a valuable perspective to the fellowship. He has spent over five years as a flight nurse on a critical care transport team based in New Hampshire. Sands furthered his education by completing a Master of Science in Nursing with a concentration in Family Practice at St. Joseph's College in 2021. Currently residing in Portland with his wife and dog, Sands enjoys trail running and mountain biking during his free time.

Joining Sands is Amy Hesby, a passionate healthcare professional with a diverse educational background. Hesby holds a Bachelor of Arts in Nursing and Philosophy and obtained her master's in nursing in 2018 from Husson College. She is a certified Family Nurse Practitioner, bringing valuable expertise to the field. Hesby's healthcare experience spans from emergency departments to community health and hospice care, where she discovered her passion for palliative med-

icine. She is honored to have been chosen for this esteemed opportunity and is dedicated to providing specialized training to support individuals facing serious illness, empowering them with options to improve their quality of life.

The MCPM Nurse Practitioner Fellowship offers a comprehensive curriculum, diverse clinical experiences, and expert faculty to foster the development of expertise in hospice and palliative care. Through a combination of didactic and project-based learning, the program promotes evidence-based practice and encourages continuous professional growth. In addition, the fellowship embraces partnerships with area institutions to provide further opportunities for interdisciplinary teamwork and learning.

Upon completion of the fellowship, Nathaniel Sands, Amy Hesby, and their fellow nurse practitioners will be equipped to provide compassionate, culturally sensitive, and



Amy Hesby

effective patient-centered care for a wide range of health conditions. They will possess an enhanced understanding of the biopsychosocial, clinical, epidemiological, and nursing sciences, incorporating evidence-based practice into their daily care. Furthermore, they will demonstrate the ability to evaluate their own practice, constantly strive for self-improvement, and employ effective communication and collaboration with patients, families, and inter-professional col-

leagues. The Maine Center for Palliative Medicine and Androscoggin Home Healthcare + Hospice congratulate Nathaniel Sands and Amy Hesby on their appointment to the 2023 Nurse Practitioner Fellowship. Their commitment to excellence and passion for palliative care make them valuable additions to the program. The organization is confident that their participation will contribute to the advancement of the field and benefit the communities they serve.

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Maine CDC Recognizes Hepatitis Awareness Month

AUGUSTA, ME (May 26, 2023) - The Maine Center for Disease Control and Prevention (Maine CDC) recognizes May as Hepatitis Awareness Month and urges Maine residents to take precautions, get vaccinated, get tested and, if necessary, seek care. More than 7,000 Mainers are counted among the millions of Americans who are living with chronic hepatitis and Maine has one of the highest rates of new hepatitis B and hepatitis C cases in the United States.

Hepatitis is an inflammation of the liver, which processes nutrients, filters the blood, and fights infections. Liver inflam-

mation or damage can lead to severe outcomes including hospitalization and death. The most common infections causing hepatitis are hepatitis A, an acute infection, and hepatitis B and C, which can be acute or chronic infections. Across the United States, many people have hepatitis B or C and do not know about their infection; testing is critical to ensure treatment is started early.

Hepatitis A is a highly contagious, vaccine-preventable liver infection spread by consuming contaminated food or water as well as by close, personal contact with an infected person. Testing is recommended only for

individuals with symptoms such as abdominal pain, diarrhea, jaundice, and dark urine.

Hepatitis B is the world's most serious liver infection; left untreated, nearly one in four people living with hepatitis B develop serious liver problems, including cirrhosis (scarring of the liver), liver cancer, or liver failure. Hepatitis B virus is most commonly spread through sexual contact and injection drug use, or from an infected pregnant person to their fetus. Treatment and vaccination for hepatitis B is available.

Hepatitis C is the most common blood-borne infection in the

U.S. However, most people with hepatitis C infection show no symptoms, and many remain undiagnosed and untreated. The virus is primarily spread through blood and can be passed from an infected pregnant person to their fetus. Safe and effective treatments for hepatitis C are available. Hepatitis testing is available throughout Maine. Find a testing location near you or speak with a health care provider.

Maine CDC urges all residents to:

Get vaccinated, prevent infections: There are safe and effective vaccines against hepatitis A and hepatitis B. Hepatitis

A vaccine is recommended for certain adults who were not vaccinated as children. Practicing good hand hygiene — including thoroughly washing hands after using the bathroom, changing diapers, and before preparing or eating food — also plays an important role in preventing the spread of hepatitis A. Hepatitis B vaccine is recommended for all adults aged 18-59 years and adults aged 60 years or older with risk factors. Get tested, even if you have no symptoms: All adults should get tested for hepatitis B and hepatitis C at least once in their lifetime. Testing may be recommended

more often for those with ongoing risk factors. Hepatitis B and C testing is also recommended among all pregnant people during every pregnancy, regardless of age.

Get treated or cured: Treatment is available for hepatitis B and C. Hepatitis B treatment slows damage to the liver. Hepatitis C treatment can cure hepatitis C.

More information about hepatitis:

- Hepatitis (Maine CDC): <https://www.maine.gov/dhhs/hepatitis>
- Learn the ABCs of Viral Hepatitis (U.S. CDC): <https://www.cdc.gov/hepatitis/awareness/HepatitisABCs.htm>

National Guard Announces Outreach Project in Auburn

AUGUSTA, ME (May 23, 2023) (readMedia)— The Maine Army National Guard will be involved in six community outreach projects of various sizes for the 2023 annual training season in June.

Officially termed Innovative Readiness Training, or IRTs, the projects have long been a staple in the Maine National Guard's

annual training repertoire, particularly for engineering and transportation units. The federal IRT program allows for active, reserve and National Guard units to pair their mission essential task training with community needs, resulting not only in increased unit readiness, but also bettering local communities.

"We can construct

training buildings in our armories, run our own haul mission scenarios, but that's not always the best option," said Brig. Gen. Dean Preston, commander of the Maine Army National Guard. "IRTs are unique in that they offer a tremendous two for one — training for future federal missions, while meeting a community need. In many

cases, we have soldiers that live or work near where we do these projects, which is great because they can remember that experience not just for the training they received, but for how they were able to impact their community."

Five site development missions are currently slated to be completed in June by units under the

133rd Engineer Battalion. A sixth project, a series of haul missions by the 1136th Transportation Company, is already underway. The 1136th spent their March drill period conducting haul missions for the Bureau of Parks and Lands, delivering firewood from two central locations to various state parks in anticipation of the tourist season. More deliveries are slated for June as well.

Previous IRT projects include reconstructing sea walls and building rehabilitation on Kittery's Wood Island, a multipurpose sports field at Raymond Elementary School, cabin rehabilitation for Camp Susan Curtis in Stoneham, and many more.

Summer 2023 IRT Projects:

Auburn — Clearing, grubbing, and grading in preparation for youth sports complex construction

Primary units assigned — 136th Engineer Vertical Construction Company (Lewiston, Skowhegan); 262nd Engineer Construction Company (Sanford)

East Millinocket — Rehabilitation of aging industrial property to support the community's goal of establishing a new center of commerce

Primary unit assigned: 185th Engineer Support Company (Presque Isle)

Lake George Regional State Park — Rehabilitation of property and historical structures to keep the park a popular destination for Maine residents and out of state tourists

Primary unit assigned: 136th Engineer Vertical Construction Company

Skowhegan — Assist in establishing two crew quarters for Maine Appalachian Trail Club, which will aid in the management of 267 miles of the Appalachian Trail

Primary unit assigned: 262nd Engineer Company & 136th Engineer Vertical Construction Company

Presque Isle — Establishing new parking and access areas for Peace Park

Primary unit assigned: 185th Engineer Support Company

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Dr. Monika Bissell, President of MCHP, Earns Patriot Award

LEWISTON, ME (May 26, 2023) – Maine Employer Support of the Guard and Reserve (ESGR), an office of the Department of Defense, announced that Dr. Monika Bissell, President of Maine College of Health Professions (MCHP) recently received a Patriot Award in recognition of extraordinary support of employees serving in the Guard and Reserve. The Patriot Award reflects the efforts made to support citizen warriors through a wide range of measures, including flexible schedules, time off prior to and after deployment, caring for families, and granting leaves of absence if needed.

Maine ESGR is particularly proud to present MCHP with the Patriot Award for their strong support of their employees and students serving in our nation's Reserve forces. Dr. Bissell was nominated for the Patriot Award by Dr. Alexander Clifford, of the Maine Army National Guard, 120th Regional Support Group.

In nominating Dr. Bissell, Dr. Clifford said: "Since the American Revolution when we had local militia and the Minutemen, employers have always sacrificed their own productivity and continuity for a higher calling: American Freedom. In this aspect, very little has changed about our employers supporting those National Guard members who are called to service. President Bissell and her faculty and staff at Maine College of Health Professions have consistently, willingly, and with a sense of American Patriotism supported not only my military service, but also the military service of the dozens of National Guard and Reserve Soldiers, Sailors, Airmen and Marines who become students. It is humbling to feel such great support from those you work with daily."

Presenting the award to Dr. Bissell on behalf of ESGR were Michael Splane, Agency Owner of Splane Insurance Solutions LLC and State PR Director ESGR, and Peter Brunette, Employer Outreach Coordinator ESGR. Mr. Splane said that recognizing and paying tribute to those employers that hire and support our Guard and Reserve forces is critical and an honor. It would be difficult for those in military service to perform their mission without employer support. National Guard and Reserves

members are highly trained and skilled; they bring integrity, a global perspective, and proven leadership to the civilian workforce.

Senator King's Regional Representative, Ben Tucker, attended the presentation. Mr. Tucker said that the work of the National Guard is crucially important, as is civilian support of guardsmen. He applauds Dr. Bissell's support of the National Guard as supportive employers are critical to maintaining the strength and readiness of the nation's Guard and Reserve units.

Maine College of Health Professions enriches lives through pro-

viding exceptional education in health professions, supporting student success, and inspiring lifelong learning. MCHP emphasizes interpersonal, interprofessional, and community collaboration and prioritizes excellence in patient care, student learning, and scholarship. MCHP offers associate degree education in health sciences, nursing, and radiologic technology, as well as bachelor of science degrees in health-care administration, medical imaging, and nursing.

MCHP also provides certificate programs in computed tomography, mammography, medical assisting, nurse's assistant, phlebotomy, practi-

cal nursing, and sonography. (www.mchp.edu) ESGR, a Department of Defense office, seeks to foster a culture in which all employers support and value the employment and military service of National Guard and Reserve members in the United States. ESGR facilitates and promotes a cooperative culture of employer support for the National Guard and Reserve service by developing and advocating mutually beneficial initiatives, recognizing outstanding employer support, increasing awareness of applicable laws and policies, resolving potential conflicts between employers and their service



Michael Splane, Maine ESGR Public Relations Director, presented MCHP President Monika Bissell with the Department of Defense approved Patriot Award.

members, and acting as the employers' principal advocate within the Department of Defense.

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When: Friday, June 23, 2023

Check-in @ 5:00pm, bags fly at 6:00pm

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.

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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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For more information email Marcie Hird: mhird@alymca.org

Vacation Bible Schools, Totus Tuus Set for Maine Churches

PORTLAND, ME (May 18, 2023)—Youngsters will become anchored in the knowledge that Christ guides them through life's storms, discover why we need to care for our common home, take a Bible blast to the past, and go on other adventures during Vacation Bible Schools and Totus Tuus offered at parishes around Maine this summer. They are a way for youngsters to learn about their faith, while having fun and making new friends. Below you will find a list of some of the Vacation Bible Schools (listed alphabetically by location) and all of the Totus Tuus programs offered this summer. Please contact the parish for more information about the Vacation Bible Schools and visit the Totus Tuus link below for further details on that program.

Vacation Bible Schools
Brewer
 June 26-30, 8:30 a.m. to noon
 St. Joseph Church, 531 North Main Street
 Theme: Marvelous Mystery of Mass
 Ages: Kindergarten through Grade 5 (Teens and adult helpers are welcome.)
 FMI or to register: <https://stpaulbangor.me/vacation-bible-school> or contact Julie Sanclemente

at 207-217-6740, ext. 300.
Calais
 June 25-27, 9 a.m. to noon
 Immaculate Conception Church, 31 Calais Avenue
 Theme: Stellar Vacation
 Ages: All children
 FMI or to register: contact Lydia at lydia.bragg@portlanddiocese.org.

Fort Kent
 June 26-30, 9 a.m. to 11 a.m.
 St. Louis Church, 26 East Main Street
 Theme: Stellar--- Shine Jesus' Light
 Ages: Preschoolers and kindergarteners (Teens and adult helpers are welcome.)
 FMI or to register: contact Barb at 207-834-3984.

Gorham
 June 26-30, 9 a.m. to noon
 St. Anne Church, 299 Main Street
 Ages: Kindergarten through Grade 5 (Teens and adult helpers are welcome.)
 FMI or to register: contact Sister Jackie at 207-899-5427.

Gray
 July 17-21, 9 a.m. to noon
 St. Gregory the Great Church, 24 North Raymond Road
 Theme: Marvelous

Mystery of Mass
 Ages: Kindergarten through Grade 5 (Teens and adult helpers are welcome.)

FMI or to register: visit www.pothe.org/vacation-bible-camp.
Lincoln
 June 26-30, 9 a.m. to noon
 St. Mary of Lourdes Church, 142 Main Street
 Ages: All children
 FMI, to register, or to volunteer: contact Trish Aldrich at 207-794-6333 or trish.aldrich@portlanddiocese.org

Rumford
 August 7-11, 8:30 a.m. to noon
 St. John & St. Athanasius Church, 126 Maine Avenue
 Ages: Age 5 through Grade 6 (Peer helpers in grade 7 and up are also needed.)

FMI or to register: call the parish office at 207-364-4556.
Sanford
 August 7-11, 8:30 a.m. to 11:30 a.m.
 St. Thomas School, 69 North Avenue
 Theme: Stellar--- Shine Jesus' Light
 Ages: All children
 FMI or to register: contact Shelly Carpenter at 207-324-2420.

Scarborough
 June 26-30, 8:30 a.m. to noon
 St. Maximilian Kolbe

Church, 150 Black Point Road
 Theme: Stellar--- Shine Jesus' Light
 Ages: All children
 FMI or to register: click here.
Winslow
 June 19-23, 9 a.m. to 11:30 a.m.

St. John the Baptist Church, 26 Monument Street
 Theme: Who is My Neighbor? Learning to Love Like Jesus
 Ages: Kindergarten through Grade 5 (older children welcome to assist)
 FMI or to register: contact Kim Suttie at 207-872-2281 or kim.suttie@portlanddiocese.org.

Winthrop
 June 19-23, 8:30 a.m. to noon
 St. Francis Xavier Church, 130 Route 133, Winthrop

Theme: Stellar--- Shine Jesus' Light
 Ages: 3-11 (two programs for younger children and older children)
 FMI or to register: contact Sandra Parlato at 207-623-8823 or sandra.parlato@portlanddiocese.org.

Totus Tuus
 Totus Tuus is a Catholic youth program for students (Grades 1-12) that is dedicated to teaching the Gospel and deepening love for the Church through catechesis, prayer,

Christian witness, and the sacraments. The program's strong emphasis on devotion and love for Christ in the Eucharist and for Mary, Mother of the Church, leads participants to an exhilarating encounter with the timeless treasures of the Catholic faith. Through age-appropriate, dynamic, and faithful content, young people are motivated and equipped to live the call of the Gospel in today's world. Sponsored by the Diocese of Portland's Office of Vocations and Seminarians, Totus Tuus sessions are led by college students and seminarians. To register or for more information, visit www.registertotustuusme.org. Sessions will be held at:

June 18-23
 Prince of Peace Parish (Held at Holy Family Church, Lewiston)
 St. Mary of the Visitation Parish (Held at St. Mary of the Visitation

Church, Houlton)
 June 25-June 30
 St. John Vianney Parish (Held at St. Louis Church, Fort Kent)
 St. Joseph Parish and St. Rose of Lima Parish (Held at the parish camp in Livermore)

July 9-14
 Parish of the Precious Blood (Held at Holy Rosary Church, Caribou)
 St. John Paul II Parish (Held at St. Maximilian Kolbe Church, Scarborough)

July 24-29
 St. Anthony of Padua Parish (Held at Our Lady of Perpetual Help Church, Windham)

St. Paul the Apostle Parish (Held at St. Joseph Church, Brewer)

July 30-August 4
 All Saints Parish (Held at the St. John Community Center, Brunswick)

Christ the Divine Mercy Parish (Held at St. Peter Church, East Millinocket)



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

What do you think?
 We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know!
 Email all submissions, including name, address and phone number, to the editor.



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Calendar

Send your submissions to the Editor. More online.

June 2
BAR MILLS -- DUKE ROBILLARD BAND at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Friday, June 2nd at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

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 to 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)

June 5
LISBON FALLS -- The Knights of Columbus will be sponsoring a Blood Drive on June 5th at the

parish hall of Holy Trinity church at 67 Frost Hill Avenue Lisbon Falls from 1:00 PM until 5:30 PM
 Call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter HTC to schedule an appointment. No walk-ins will be accepted. Must make an appointment.

June 8
LEWISTON--Thursday June 8th 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, and folks with a connection to Sampson AFB, 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 e-mail wwmtkwkr1933@gmail.com

Bob Sawyer Sampson AFB 1953

June 15-25
AUBURN -- Com-

munity Little Theatre presents the Steve Martin comedy Picasso at the Lapin Agile. Young men Albert Einstein and Pablo Picasso meet and discuss art, the universe, and everything in between along with some colorful characters who add wit, humor, and wry perspectives. Show dates are June 15, 16, 17, 22, 23, & 24 at 7:30 p.m., and June 18 & 25 at 2:00 p.m. All performances at CLT on 30 Academy Street in Auburn. Tickets and more information at www.laclt.com/picasso-at-lapin-agile-2023

June 17
MINOT -- Church Auction at Minot United Methodist Church, 142 Minot Ave, Minot, Maine 04258

Our church will be holding an Auction on June 17th 2023 at 6 p.m. This is a Benefit for our Kitchen Renovation Project. Admission is free

June 20
LEWISTON -- Outdoor Hiring Event on Tuesday, June 20th from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free, open to the public and

will be held rain or shine. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=10945557>

Every 1st, 2nd, and 3rd Monday
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 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

Second and fourth Thursdays
LEWISTON -- YOUTH TRADING CARD GAME CLUB held from 4 PM to 5 PM at the

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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

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

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

at 207-795-4010 or visit seniorsplus.org.

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

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Woodlands Senior Living Brings on Leann Sebrey



WATERVILLE, ME (May 3, 2023) – Woodlands Senior Living has brought on Leann Sebrey as its Chief Operating Offi-

cer (COO) and Chief Clinical Officer (CCO). Sebrey comes to Woodlands as a well-regarding health-care professional, having

worked in the industry for more than three decades, including work in trauma, pediatrics, emergency care, mobile advanced life support, and home health and hospice. She joins Woodlands Senior Living after most recently serving as the Chief Clinical Officer at Androscoggin Home Healthcare + Hospice in Lewiston for more than five years.

“Leann Sebrey’s reputation speaks volumes about her work ethic, knowledge, experience, and her understanding of providing valuable, meaningful care and service,” said Matthew Walters, managing member of Woodlands Senior Living. “She will be providing the leadership necessary at the executive level to drive our organization’s ability to deliver on our mission, while directing the clinical operations and service model at Woodlands Senior Living communities throughout the state. We couldn’t be more excited to welcome her to the team.”

Sebrey’s addition to the team is particularly poignant for Woodlands as it doesn’t just represent an experienced healthcare leader coming on board, but it represents the first time someone outside of the Walters family is serving in the COO position.

“As a family run business, this is an important step to take as we continue to grow and thrive as an organization,” said Walters.

“And we feel absolutely comfortable and ecstatic that Leann is the person leading us forward in this position.”

“I am thrilled to join the Woodlands Senior Living team,” said Sebrey. “Woodlands is a family owned and operated organization and is recognized as a leader in the delivery of services to older individuals across Maine. According to census data, Maine is the oldest state in the nation and there is a growing need for outstanding assisted living and memory care. The commitment to the wellbeing of residents sets Woodlands apart from other companies, this resonates to my core. Anyone that knows me as a nurse and a leader, recognizes that I am all about the mission of improving quality, safety, and experience of those entrusted to my care. I am privileged to join Woodland’s team as the Chief Operating Officer, having the opportunity to support the incredible work of the last 43 years and moving forward with initiatives that will further

enhance service, operations, and care delivery.”

Prior to her role as Chief Clinical Officer at Androscoggin Home Health + Hospice, the largest independent home health and hospice organization in Maine, Sebrey also spent time leading teams at Maine Health Care at Home in Rockland, Quarry Hill in Camden, Temple University Hospital in Philadelphia, and Brandywine Hospital and Trauma Center in Cain Township, PA. Maine has always been a draw for her though, and she said that living and working in Maine is an honor.

“I vacationed in Maine and was drawn to the people and strong sense of community and then made the decision to relocate to the Midcoast from Pennsylvania,” said Sebrey. “To live and work in Maine is an honor and as healthcare providers, we are taking care of our own neighbors in our own communities. I feel that there is a strong essence of collaboration and yet independence in Maine

and therefore partnerships and trusted relationships are built into the fabric of Maine life. From my perspective this means we are accountable to offer our best as professionals, never forgetting we are also community members.”

Sebrey says she’s excited to join the Woodlands team because of the company’s reputation and commitment to the people it serves.

“In my new role at Woodlands, I plan to build upon the strengths of the organization and further develop processes to improve resident and family experience, continuously improve the quality of care, and ensure the efficient and effective delivery of services,” said Sebrey. “Partnering with other mission driven organizations and providers is important to ensure residents have additional services that support independence, rehabilitation, quality of life, and symptom management when beneficial.”

Sebrey’s first day at Woodlands was May 1.

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ORGANIZATION & MANAGEMENT: Each class enrolls a maximum of 16 children, led by a teacher and educational technician
TRANSPORTATION: Provided for all children within their home school district

KINDERGARTEN

ELIGIBILITY: Must be 5 years of age on or before October 15, 2023
ORGANIZATION & MANAGEMENT: Students currently attending Lewiston Public Schools Pre-K do not need to participate in the K registration process
TRANSPORTATION: Provided for all children within their home school district

Go to www.lewistonpublicschools.org to register!

Have further questions? Please email kinderprekreg@lewistonpublicschools.org or call your district school.

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