



# TWIN CITY TIMES

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## Bridgton Hospital Director Receives Medical Certification

**BRIDGTON, ME (July 14, 2023) --** Amy Dugas, director of primary care and specialty services at Bridgton Hospital, has earned the professional designation of Certified Medical Practice Executive (CMPE) by the American College of Medical Practice Executives.

Established in 1956, the American College of Medical Practice Executives (ACMPE) is the standard-setting and certification body of the Medical Group Management Association. ACMPE offers board certification and fellowship in medical practice management.

The journey wasn't an easy one. After meeting the requirements to become board eligible, Amy prepared for and completed two proctored exams, and completed 50 hours of continuing education. In all, it took her just over 12 months.

"I am incredibly proud of Amy for achieving this certification," said Stephany Jacques, interim president of Bridgton Hospital and Rumford Hospital. "It exemplifies her commitment to continuous advancement in education and utilizing expert resources to drive successful results for our practices."

Amy will celebrate her tenth anniversary with Central Maine Healthcare in September.



## Lewiston Legislative Delegation to Host Public Office Hours

**AUGUSTA, ME (July 14, 2023) --** Members of Lewiston's delegation to the State Legislature will hold constituent office hours at the Lewiston Public Library on Saturday, July 22 to provide local residents a chance to meet with their elected officials and discuss legislative and state government matters. The delegation will give updates on their work on various policy areas, including the state budget, law enforcement, insurance and financial affairs, taxes, transportation and veterans issues. Office hours are scheduled for the fourth Saturday of every month.

**WHAT:** Constituent Office Hours  
**WHO:** Sen. Peggy Rotundo, Rep. Kristen Cloutier, Rep. Margaret Craven, Rep. Mana Abdi and Rep. Michel Lajoie  
**WHEN:** Saturday, July 22, 2023 from 10:30 a.m. to 12:00 p.m.  
**WHERE:** The Couture Room, Lewiston Public Library, 200 Lisbon Street

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

## Safe Voices 5K/10K Race for Survivors to be Held August 5

**Lewiston, ME (July 10, 2023) —** Safe Voices will hold its annual 5K/10K Race for Survivors on Saturday, August 5. The race will once again be held at Bates College and runners and walkers will raise money for Safe Voices work as well as awareness about the issues of domestic abuse and sex trafficking in Maine.

Participants can register as a runner, walker, or wheelchair user for either the 5K or 10K distances, and once registered, participants can raise money by collecting pledge donations for their walk/run/wheel efforts.

Safe Voices has a 2023 goal of raising \$26,000, and all money raised will fund vital services to survivors of domestic abuse and violence, sex trafficking, and sexual exploitation in Androscoggin, Franklin, and Oxford Counties.

This is a family-friendly event, and this year's activities will include prizes and raffles, a kids Fun Run, face painting and

lawn games after the race, and refreshments including ice cream from Cool Treats for Charity. Strollers and well-behaved dogs on leashes are welcome!

Safe Voices would like to thank annual sponsors Pediatric Associates, Franklin Savings Bank, Maine Source Realty, Dirigo Federal Credit Union, The Computer Place, and Brann & Isaacson, as well as event sponsors Bedard Pharmacy, Oxford Federal Credit Union, University Credit Union, Pat's Pizza, Champoux Insurance Group, and the Law Offices of Aubrey Russell.

We are grateful our host Bates College. Race sponsorship opportunities are still available! If you are interested in becoming a sponsor, or if you have questions about the race, please contact Emily Mitchell, development operations coordinator, at 207-795-6744 ex. 222 or emitchell@safe-voices.org. Race registration is open until race day! Please visit [bit.ly/SV\\_2023race](https://bit.ly/SV_2023race) to register.



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# Newsmakers, Names & Faces

## DHHS Proposes to End COVID-19 Vaccination Requirement

**AUGUSTA, ME (July 14, 2023)** — The Maine Department of Health and Human Services (DHHS) announced today that it will propose removing the COVID-19 vaccine from the list of required immunizations for workers in health care facilities in response to evolving scientific evidence and trends.

While COVID-19 vaccination remains an important tool to protect public health, the vaccination requirement for health care workers achieved the intended benefits of saving lives, protecting health care capacity, and limiting the spread of the virus in Maine during the height of the pandemic. Despite having the oldest population in the nation, Maine consistently ranked among the top states in the country on vaccination and among the lowest on COVID-19 deaths. Maine currently ranks third on bivalent booster vaccination overall and first for those age 65 and older. Additionally, Maine health care professionals' strong culture of patient safety has limited risk of severe COVID-19 being spread among staff and patients.

The Department filed the proposed rule change

with the Secretary of State today based on available clinical and epidemiological data about COVID-19, increased population immunity resulting from vaccination and prior infections, decreasing disease severity, improved treatments, and declining infection and death rates. This follows the U.S. Centers for Medicare and Medicaid Services' (CMS) withdrawal of its requirement for COVID-19 vaccination of health care workers on June 6, 2023. Maine is among four remaining states with some type of COVID-19 vaccine requirement.

In light of this information, the Department of Public Safety's Maine Bureau of Emergency Medical Services (Maine EMS) will present information to the Board of Emergency Medical Services at their regularly scheduled board meeting on August 2, 2023, for them to consider corresponding action on the existing immunization requirements detailed in Chapter 21 of the Maine EMS Rules. The information presented to the Board will include updates from the scientific literature about the efficacy of the immunization requirements based on the current

COVID-19 variant as well as data from the Maine EMS electronic patient care reporting system on EMS clinician exposures. The Board has the authority to make its own determination about the EMS vaccination requirement.

The U.S. Centers for Disease Control and Prevention (CDC) continues to recommend that everyone 6 months and older, including health care workers, remain up to date on COVID-19 vaccination.

As such, the Department announced today that it will partner with Maine health care providers to encourage voluntary vaccination of health care workers and residents. In the fall of 2021, the Department partnered with the Maine Long-Term Care Ombudsman Program to launch the Power of Care campaign to educate staff about the benefits of vaccination. The Department will invest an additional \$250,000 to extend the campaign through April 2024 and broaden its reach to include long-term care residents. Additionally, it will work with Maine hospitals on their efforts to educate and vaccinate their workers.

"Since the beginning of the COVID-19 pandem-

ic, Maine has followed the science in developing policies to limit the spread of the virus," said Health and Human Services Commissioner Jeanne Lambrew. "Today, a robust body of evolving evidence tells us that this requirement achieved its goals of saving lives and protecting health at a crucial time. We continue to encourage all Maine people, including dedicated health care workers tending to Maine's most vulnerable residents, to stay up to date on COVID-19 vaccination."

"Maine's hospitals and health systems remain grateful for the Mills Administration's leadership on this issue," said Steven Michaud, President of the Maine Hospital Association. "This requirement protected our patients, caregivers and hospitals during the height of the pandemic. We support this science-based update to the rule and will continue to be guided by patient safety in our efforts to limit the spread of the virus and promote vaccination as a valuable tool to protect public health."

"Maine Health Care Association (MHCA) commends the Mills Administration for continuing

to respond to the latest data and updating COVID vaccine requirements accordingly," said Angela Westhoff, President and CEO of MHCA. "The requirement achieved its intended goals and we fully support this change. Infections remain low and Maine has some of the highest vaccination rates for long-term care staff and residents. As the science evolves, we will continue to follow best practices for infection prevention and control and will promote ongoing efforts to educate our community about the many benefits of vaccines."

"The Maine Medical Association (MMA) supports the Governor's announcement today to end the requirement that health care workers be vaccinated against COVID 19," said Erik Steele, D.O., President of MMA. "The MMA sees this as a difficult but timely decision firmly based in a complete scientific understanding of the status of the epidemic, ready access for all health care workers to personal protective equipment, the ability of the health care industry to rapidly step up protective measures in the future if needed, and plenty of the anti-COVID medication Paxlovid available

for higher risk patients. It is the constellation of these things that makes today's decision possible."

DHHS expects the rule to be published next Wednesday and to adopt the rule following public comment by the end of 2023. DHHS will exercise enforcement discretion regarding COVID-19 vaccination of health care workers during the rulemaking process. Health care providers remain free to implement COVID-19 vaccination requirements for their employees.

The State of Maine has long required the immunization of employees of designated health care facilities to reduce the risk of exposure to and transmission of vaccine-preventable diseases. Health care workers are defined as including any individual employed by a hospital, multi-level health care facility, home health agency, nursing facility, residential care facility, and intermediate care facility for individuals with intellectual disabilities that is licensed by the State of Maine.

For information on getting a COVID-19 vaccine, please visit [Maine.gov/covid19/vaccines](http://Maine.gov/covid19/vaccines) or speak to your health care provider or pharmacist.

## Maine CDC Shares Tips to Avoid Illnesses from Mosquitoes

**AUGUSTA, ME (July 14, 2023)** – As mosquito activity increases over the summer months, the Maine Center for Disease Control and Prevention (Maine CDC) urges residents and visitors to take precautions against exposure to mosquitoes and mosquito bites. In Maine, mosquitoes spread diseases including Eastern Equine Encephalitis virus

(EEE), Jamestown Canyon virus (JCV), and West Nile virus (WNV).

Many infected people show no symptoms. Others experience mild flu-like symptoms such as fever, headache, and weakness. Some people may experience severe symptoms, including: Vomiting, Neck stiffness, Loss of coordination, Speech difficulties, Confusion, Seizures, En-

cephalitis, Meningitis

If untreated, some infections can lead to death. If you experience any of these symptoms following a mosquito bite, call a health care provider immediately.

The best protection against all mosquito-borne diseases is to prevent mosquito bites. Maine CDC recommends:

Wearing long

sleeves and long pants

Using an EPA-approved repellent on skin and clothing

Taking extra precautions at dusk and dawn when mosquitoes are most active

Using screens on windows and doors

Draining artificial sources of standing water where mosquitoes can lay eggs

Taking steps to prevent mosquito bites when traveling

To protect your pets from mosquito bites, speak to your animal's veterinarian. If you have horses, inquire about vaccinations against EEE and WNV.

Maine CDC tests mosquitoes for EEE and WNV throughout the summer months, beginning in July. Weekly arboviral sur-

veillance reports for this season will begin later this month and historical reports are available at [www.maine.gov/dhhs/vectorborne](http://www.maine.gov/dhhs/vectorborne).

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



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# Newsmakers, Names & Faces

## Maine DOE Strengthens Lewiston's Workforce

**AUGUSTA, ME (June 16, 2023)**--The Maine Department of Education (DOE) announced funding for six additional Strengthening Maine Workforce grants to develop workforce training initiatives, build employer partnerships to address workforce shortages, and expand English language acquisition services.

In total, grants for Strengthening Maine Workforce Projects now totals \$4 million invested in 14 projects. Funding for these initiatives is through Governor Mills' Maine Jobs & Recovery Plan, her plan, approved by the Legislature, to invest nearly \$1 billion in Federal funds to improve the lives of Maine people and families, help businesses, create good-paying jobs, and

build an economy poised for future prosperity.

Through these grants, Bangor Adult & Community Education will expand English language acquisition programs in the Bangor area, Augusta Adult & Community Education will offer an English as a second Language classes for Maine General Health employees and reduce barriers to employment, OOB/Saco Adult & Community Education will increase career pathways and allow students to earn industry-recognized credentials, Lewiston Adult Education will expand workforce training in healthcare, hospitality, and manufacturing, Mid Maine Regional Adult & Community Education will create a Medical Assistant certification program, and Merrymeeting Adult Ed-

ucation will prepare new Mainers with language acquisition, healthcare certification courses, and partnerships with employers.

"These grants will provide Maine workers with the skills, knowledge, and pathways they need while helping employers address critical workforce shortages. Adult Education programs serve as a hub connecting learners and employers and strengthening Maine's workforce," said Maine Education Commissioner Pender Makin.

"We are excited to be awarded this grant and are proud to serve our community. Our goal as the local adult education program is to strengthen the community and economy through workforce training opportunities," said Kayla

Sikora, Director of Augusta Adult and Community Education.

"We are thrilled to be a recipient of the MJRP grant, which will directly benefit the growing multilingual learner population in our region. This funding will allow us to provide augmented academic and advising services, and most importantly, enable us to better assist our learners with workforce training and employment opportunities," said Dave Durkee, Director of OOB/Saco Adult and Community Education.

Lewiston Adult Education: Integrated Skills-Based Pipeline Pathways to Employment

Total award amount: \$200,000

Lewiston Adult Education will partner across

Androscoggin and Oxford counties to expand workforce training to the healthcare, hospitality (restaurants and lodging), and manufacturing industries. Lewiston Adult Education will develop and expand adult programs for workforce training and pipeline pathways that can more effectively meet the needs of employers throughout the region. These workforce programs will prioritize the development of the foundational skills that lead to industry-recognized credentials of value, employment, and may also allow for renewal of certifications. The creation of these programs will both expand the HUB's capacity to provide more training in these identified areas, and it will allow for the creation of new programs that are not

currently part of the adult education offerings.

The Maine DOE's Adult Education Team funded 8 projects in the first round of funding last October.

Since the Jobs Plan took effect in October 2021, the Mills Administration has delivered direct economic relief to nearly 1,000 Maine small businesses, supported more than 100 infrastructure projects around the state to create jobs and revitalize communities, and invested in workforce programs estimated to offer apprenticeship, career and education advancement, and job training opportunities to 22,000 Maine people.

For more about Maine Jobs & Recovery Plan, visit [maine.gov/job-splan](http://maine.gov/job-splan).

## Auburn Modernizes Ag-Resource Protection Zoning

**AUBURN, ME (July 14, 2023)** – Since 1958, the City of Auburn has planned to concentrate growth at the core of its 67 square mile land area. Planning to prevent urban sprawl within the city's boundaries began with the 1958 Blackwell Report, which detailed the costs of spreading out development and set the framework for the Farm and Forest zone that later became Auburn's Agriculture and Resource Protection Zone. The Zone and its limits on development, including housing, has been a topic of debate ever since.

At the core of the debate has been how to measure the connection between a house and the permitted rural land use that makes it necessary. At first, it required a "Bonafide Farm" to build a residence. Then, there was an "Income Standard" requiring the resident to earn 50% of their household income from farming to build a home.

About five years ago, Auburn's income standard was later modified to 30% of household or median income, recognizing that modern farms often require an off-farm income to be

successful. At a meeting of the Auburn City Council earlier this evening, councilors passed the latest changes to the AGRP zone, with a vote of 6 to 0 (with one councilor absent).

This approval follows a nine-month process that has included at least fifteen meetings of Auburn's Planning Board, City Council, and Sustainability and Natural Resource Management Board. These changes will maintain a connection to the land and limit growth in the zone but will expand the housing allowance connected to rural land uses beyond traditional farms to include recreational and natural resource-based uses that offer public benefit or access to rural working lands.

Also described as a "natural resource based industrial zone," this zoning serves many purposes, including growth control. "This represents the most significant modernization of zoning in Maine in a generation," said Auburn Mayor Jason Levesque. "We have proven that Auburn can balance fairness and allow individuals to build homes on their own

land, while protecting our abundant natural resources."

"This ordinance represents significant compromise between competing interests in Auburn Land Use Planning," said Auburn's Director of Planning, Permitting & Code Eric Cousens. "The debate leading up to the current proposal was well attended, often heated, and resulted in an ordinance that I believe will ensure that the AGRP will continue to set an Urban Growth Boundary for Auburn, while conceding some protections to balance the debate on public good vs. private property rights."

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

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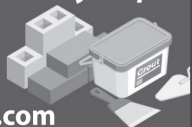
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## Seniors Not Acting Their Age

# Cruising the Eastern Trails



Scarborough Marsh is a scenic section of the Eastern Trail

By Ron Chase  
Cycling is one of my favorite activities and a primary source of aerobic exercise. The older I get the more I enjoy it. A runner for almost forty years, a knee replacement compelled me to quit. The knee guy said, "If you keep running, you'll be back for another one." A certified sissy, I'm not suffering that very painful rehabilitation again if I can avoid it.

Harvard Medical School reports what I've long believed. Cycling is great exercise and a wonderful form of recreation for almost everyone, especially us old people. An outstanding aerobic workout, it's much easier on the joints than walking and running. Those clever

folks at Harvard say cycling is excellent for the heart, brain, blood vessels, muscles, balance, and bone density. I just finished a bike ride and I'm already feeling smarter and tougher. Unbalanced since birth, I doubt there's any cure for that. If you're a fellow geriatric, grab a bike and get out on the trails. If you're young, start now and make it a lifelong addiction.

I ride a lot. The actual mileage I log is confidential as I don't want to be accused of being obsessive compulsive, a rumor without merit. Safety is my biggest cycling concern. There are simply too many people driving around texting and nipping. My preference is to get off the



A cyclist traverses Eastern Trail Bridge over Interstate 95

roads and ride traffic-free bike trails whenever possible.

The State of Maine promotes itself as a cycling friendly state. Unfortunately, that's not really true, at least comparatively speaking. Many states have a superior network of bike trails. Traveling to Utah and back a few summers ago, I rode 33 different trails, most just off major highways. In Florida, there are scores of paved bike trails spread throughout the state where gray-haired cyclists are often found. Here in Maine, we only have a handful of true bike trails that allow for a decent ride. Many riders consider a ten-mile round-trip to be the minimum acceptable distance. The vast majority of our scenic country roads lack a safe shoulder for bike trav-

el. The good news, things are improving.

Two great trail rides in southern Maine are two sections of the Eastern Trail. The northern sector from Scarborough to Saco is eight miles one-way while the southern ride between Biddeford and Kennebunk is six. My wife, Nancy, recently joined me for a ride on both. She's younger than I so you'll have to consult with her on whether or not she qualifies as geriatric. We chose hybrid bikes for our outing.

Leaving the Black Point Road Trailhead in Scarborough, we rode south on the hard-packed dirt and gravel trail for a long mile to Scarborough Marsh. This is such a captivating area it's almost impossible to avoid stopping to fully appreciate the wonderful views. Normally, kayakers and canoeists can be seen exploring the tidal waters. As usual, several bird watchers were carefully surveying the expansive wetlands as we proceeded.

After passing the marsh and crossing busy



A family of turkeys cross the Eastern Trail in Kennebunk

Pine Point Road, we entered a shaded exceptionally serene path that continues for about five miles to Saco. A noteworthy bridge dedicated to one of the trail founders, John Andrews, crosses over Route One when approaching Saco. After several street crossings in the final mile, we arrived at the southern trailhead at Thornton Academy. It's possible to navigate through the streets of Saco and Biddeford to connect with the southern trail but we chose to return to Scarborough and avoid the traffic.

The weather was beautiful and it was an exceptional day for cycling, so we decided to drive to Biddeford and complete the southern trail. The Biddeford Trailhead is located behind Southern Maine Health Care just a short distance from Interstate 95.

The ride to Kennebunk is similar in character to the Scarborough Marsh to Saco section of the northern trail. Shortly before arriving at the

Kennebunk Trailhead, we crossed the impressive Eastern Trail Bridge over Interstate 95. Just beyond, a spur trail on the right leads to Kennebunk Elementary School where there is parking and an excellent place for a break. After completing the return to Biddeford our combined ride totaled thirty very pleasurable miles.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates exploits on five Maine bike trails and three offshore island bike 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](http://www.northcountrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England."* Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

## Free Community College Extended for Two More Years

AUGUSTA, ME (July 14, 2023) – Tuition-free community college in Maine was extended to two more graduating high school classes under the budget passed by the legislature and signed today by Governor Janet Mills.

The \$15 million investment will allow students graduating from high school or its equivalent in 2024 and 2025 to attend any Maine community college without paying any tuition or mandatory fees – a value of more than \$3,800 a year.

"Extending Free College to the Classes of 2024 and 2025 tells today's high school students that the State of Maine believes in them and is willing to invest in them and their future," said Maine Community College System (MCCS) President David Daigler.

"The scholarship means they won't have to work multiple jobs while they study or take just one or two classes at a time because they can't afford more. They'll have time to focus on learning a trade or becoming a nurse or a police officer or a chef, or pursuing any of the hundreds of degrees or one-year certificates we offer. And they'll graduate as the kind of skilled workers Maine desperately needs right now and for years into the future. It's a bold move that benefits workers, employers, and the entire state of Maine," Daigler said.

Following a proposal from Governor Mills, Maine launched the Free Community College program in April 2022 with a one-time state investment of \$20 million, benefiting the pandemic-era high school graduates from 2020-2023. In the first

year, 6,400 students attended community college tuition-free.

Earlier this year, some students told lawmakers what a difference the program made for them. Maya Eichorn, now a top student at York County Community College, said she wasn't even considering college.

"One year ago ... I was dropping out (of high school) to take the HiSET exam," she said. "Today, I am a full-time college student with a 4.0. Without the Maine Free College program, I would be aimlessly moving through life."

Tuition-free education at Maine's community colleges is also available to current high school students through OnCourse, an early college program, and for anyone enrolled in most short-term workforce training programs.

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# Flower Brigade Brings Colorful Joy to Wiscasset Art Walk, July 27



During the Wiscasset Art Walk, fresh bouquet organizers Terry Heller (l) and Jan Flowers, greet visitors and raise funds for local high school students. The Garden Club of Wiscasset bouquet brigade returns to the Wiscasset Art Walk on July 27, 5-8pm. (Bob Bond photo)

WISCASSET, ME (July 14, 2023) – Each month, visitors to Wiscasset Art Walk evenings – the last Thursday of June through September – are greeted by a tabletop landscape of brilliant colors, tucked into spotless glass jars, under the banner of Garden Club of Wiscasset.

Since 2016, garden club members have been staffing a sidewalk table during the art walks with fresh bouquets coming from members' gardens. According to Terry Heller, who is organizing the bouquet brigade, members get an email reminder a week or two before Wiscasset Art Walk evening. Mem-

bers then bring their flowers, picked that morning, to her porch by 3pm on art walk day. "We always have flowers," she said, "everyone helps." About 15 members are involved each month to pick flowers and to assemble them artfully.

By 4:30, the buckets of fresh flowers have been assembled into bouquets and placed in jars. "It's fun to do because it's a pretty thing," said Terry. She's also noticed that there are various ways to assemble glass jar bouquets. Some members assemble the flowers in their hands, she explained, adjusting for height and color and cutting the stems just right

before placing them in jars, and others put flowers directly into the jars and do the assembling then. And new for the July 27 WAW, 5-8pm, the floralists will be using Hosta leaves curled horizontally inside the jars to add even more pizzazz.

GCW member Jan Flowers started helping the flower brigade in 2019 when she stopped at their table for a look and has been involved ever since. She enjoys selling the bouquets during WAW where she meets town residents and people from away. Her favorite sidewalk story is about meeting a garden club member from another state who was so charmed

by the bouquet table that she left behind a \$100 gift.

For each of the monthly sidewalk sales, the Garden Club will have 24-30 bouquets selling for \$5 or \$10. "That way, we don't have to worry about making change," and if there are any unsold at the end of the night, Jan explains, they are given away to assisted living centers and sometimes the street musicians who have been serenading them.

Proceeds from bouquet sales support the GCW's scholarship fund. In 2022, two regional high school students each received \$1500 towards their education in horticulture or a related field.

The observant visitor can watch the seasons change at the GCW table. The late spring flowers get replaced by the abundance of mid-summer blooms which are followed by the challenges of late summer and early fall. Jan's approach is to "find what's pretty and cut it." This usually includes leaves, grasses, wildflowers, seed heads, and other non-traditional materials. And growing new members, too, is an opportunity that Terry appreciates: "We're training new members in the benefits of volunteering."

In 2023, the business sponsors who support the many free WAW activities and performers are Lead



The sidewalk bouquets, gathered by Garden Club of Wiscasset members, reflect the changes of the seasons across the four Wiscasset Art Walk evenings. The floral bouquets, a scholarship fundraiser, return on Thursday, July 27, 5-8pm, during WAW. (Bob Bond photo)

Sponsor Fogg and Dalton Art Restoration and Major Sponsors Ames True Value, Big Barn Coffee, Bradbury Art & Antiques, Carriage House Gardens, Cod Cove Inn, First National Bank, J. Edward Knight Insurance, Jodie's Café, Peter Eaton Antiques, Red's Eats, Rock Paper Scissors, Sherri Dunbar/Tim Dunham Real-

ty, IndustrialME, BIRCH Home Furnishings & Gifts, and Water Street Kitchen & Bar.

For more information about Wiscasset Art Walk, visit [www.wiscassetartwalk.org](http://www.wiscassetartwalk.org) or email to [wiscassetartwalk@gmail.com](mailto:wiscassetartwalk@gmail.com). Wiscasset Art Walk is a program of Wiscasset Creative Alliance.

## New 4-H Teen Program Seeks to Increase Civic Engagement

ORONO, ME (July 14, 2023) — University of Maine Cooperative Extension 4-H is accepting applications for a new civic engagement program called Youth Have a Voice.

This nine-month program is open to all Maine teens and recent high school graduates who are interested in taking a more active role in serving their local communities, the state or the country. Partic-

ipants will learn leadership skills and ways to take part in civic action by completing a service project in a topic of their interest in one of three categories: board member, policy leader or public service leader.

Youth board members will serve on a board, committee or advisory council where they will learn about public boards, the issues they address and how to effectively partic-



ipate. Policy leaders will learn about the impact of a local, state or national policy and write a response or opinion about it. Public service leaders will learn about community needs and how to follow a strat-

egy while coordinating a service project.

Teens will be mentored by adults to assist their understanding of civic processes and ways to meet their project goals. The program will run from

September 2023 to May 2024, and the total time commitment may vary from 30-80 hours depending on the type of project.

Teens 14-19 years old or entering high school in fall 2023 can register for the program by completing a non-competitive application available on the program webpage. The information will be used to match teens with the resources they need to

complete the program. A three-credit Early College course in leadership development at UMaine may also be available for interested students.

Registration is open until July 31. The program will be limited to 16 youth. For more information or to request reasonable accommodation, please contact Andrew Hudacs, [andrew.hudacs@maine.edu](mailto:andrew.hudacs@maine.edu); 207.581.8204.

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# Arts & Entertainment

## Maine Summer Adventure Race to Offer Taste of the Atlantic Ocean

**BRUNSWICK, ME (July 14, 2023)** – Adventure racing is about to get a taste of the Atlantic Ocean, as the 2023 Maine Summer Adventure Race hits the beaches and waves for its seventh annual edition on July 22, 2023.

The 3-hour, 8-hour, and 24-hour editions of Maine's only U.S. Adventure Racing Association-sanctioned adventure race will take teams of two to four people on a human-powered scavenger hunt on foot, bikes, and kayaks, in a search for 60 checkpoints hidden in the woods and on the waters of a 120-mile unmarked course.

This year's race will start and end in Brunswick,

Maine, with the race beginning and ending at P-3 Park.

The 8-hour edition, geared toward beginner- and intermediate-level athletes, will begin at 8 a.m., and the experts in the 24-hour race will set off at 10 a.m., and the 3-hour beginner/family race is scheduled for a noon start on Saturday, July 22.

This year's race will include off-trail trekking and road biking in the 3-hour race, with the addition of optional mountain biking and sea kayaking in the 8-hour race, and all that plus an overnight orienteering trek for the 24-hour race. Teams must combine athleticism with strategy and navigation to guide themselves to as many checkpoints as



possible within the race's time limit.

The Maine Summer Adventure Race, sponsored by L.L. Bean, OutThere Packs, Pasokin Peanut Butter Snacks, Squirt Cycling Products, and Zanfel, is

designed to be the premier one-day race in New England. The Maine Oyster Company will also be featured, with an oyster bar greeting finishers of the 3-hour and 8-hour races and a shucking challenge await-

ing participants in the 24-hour race.

For the second year in a row, the 24-hour race has earned the prestigious distinction of being named USARA Regional Championship, meaning the winner of this year's race will earn a free entry to the USARA National Championship in Smugglers' Notch, Vermont, on September 15-16, 2023. Additionally, the 24-hour Maine Summer Adventure Race is part of the inaugural edition of the Adventure Racing World Series North America Regional Circuit, with a free spot at the 2024 Adventure Racing World Championships in Ecuador on the line.

"When people think of Maine in the summer,

they think of the ocean. With racers coming from all over the country for this event, we plan on delivering on the race's namesake this year," race co-director Cliff White said. "Adventure racing is just like Maine in that it offers something for everyone. We're hoping to deliver a perfect Maine summer day for all our participants."

The Maine Summer Adventure Race is directed by the members of Strong Machine Adventure Racing, a nationally ranked adventure race team based in Portland, Maine. More information on the race can be found at [www.MaineSummerAR.com](http://www.MaineSummerAR.com) or by searching for the Maine Summer Adventure Race on Facebook.

## CLT to Present The Little Mermaid Musical



Members of CLT's production of *The Little Mermaid* are pictured here rehearsing a scene from the show. From left in front and center are Cody Watson, Ellie Pfohl, Leslie Reed, Germaine Robinson, Mackenzie Richard, Lacey Moyses, and Mary Melquist. In back are Karen McArthur, Birdie Gay, Brian Pfohl, Iver McLeod, Brock Rancourt, and Scotty Venable.

**AUBURN, ME (July 14, 2023)** -- Rehearsals are well underway for the Community Little Theatre

(CLT) production of *The Little Mermaid*, which will open August 10th.

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's *The Little Mermaid* is a hauntingly beautiful love story for the ages. With music by eight-time Academy Award winner Alan Menken, lyrics by Howard Ashman and Glenn Slater and book by Doug Wright, this "fishy fable" includes such popular songs as "Under the Sea," "Kiss the Girl" and "Part of Your World."

Mermaid princess Ariel is fascinated by the world and lives of people on dry land, and longs to someday join them, though her father, King Triton forbids contact. When she falls in love with human Prince Eric from afar, she makes a deal with her father's sister and enemy Ursula: she is temporarily transformed into a human and may remain so if she wins the kiss of true love from her prince within three days. The dangerous mission leads to a showdown between good and evil forces which only love can remedy.

Director/choreographer Becca Tinkham has assembled a large and talented cast for the show, led by CLT veteran Mackenzie

Richard as Ariel. Other principal and supporting cast members are Scotty Venable as Prince Eric, Chris Cifelli as Grimsby, Jayson Bray as King Triton, Germaine Robinson as Sebastian, Leslie Reed as Flounder, Zack Balkcom as Scuttle, and Justin Morin as Ursula.

Playing featured roles are Greg Lambert, Ansley Watson, Maria Groover, Mackenzie Finnegan, Anna Sargent, Samantha Melquist, Maddy Vaillancourt, Brian Pfohl, Ellie Pfohl, and Heather Pape. In the ensemble are Eddie Angelo, Birdie Gay, Hannah Hanson, Valorie Lake, Karen McArthur, Iver McLeod, Mary Melquist, David Moyses, Lacey Moyses,

Brock Rancourt, and Cody Watson.

Tinkham's production team includes music director Paul G. Caron, assistant director/stage manager Brandon Chaloux, and producers Jennifer McClure Groover and Justin Morin.

*The Little Mermaid* will be performed at CLT at 30 Academy Street in Auburn at 7:30 p.m. on August 10, 11, 12, 17, 18, and 19 at 7:30 p.m. and August 13 and 20 at 2:00 p.m.

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.laclt.com/box-office](http://www.laclt.com/box-office) or by calling 207-783-0958.

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# NPWF Calls for Federal Action to Pass Paid Family, Medical Leave

WASHINGTON, D.C. (July 11, 2023) – “Today, Maine became the 14th state (including the District of Columbia) to enact a strong paid family and medical leave program, providing Mainers up to 12 weeks of paid leave to care for themselves or family members – including extended and

chosen family. Thanks to the tireless work of the Maine Paid Leave Coalition, as well as the Maine State Legislature and Governor Janet Mills, working people in Maine will no longer have to choose between their jobs or their families.

“This law is evidence that robust, inclu-

sive, comprehensive paid leave programs make sense not only for working caregivers, but for all employers – including small businesses – and the economy as a whole. While a series of states have made progress in making paid family and medical leave law, it is just a piece of our nation’s incomplete

patchwork of paid leave policies to support working families. It’s time for federal lawmakers to take notice and act.

“Too many American families still cannot take time off from work without fear of losing pay or losing their jobs altogether. This is why we must continue the fight for

a comprehensive, national paid family and medical leave program that will afford protections to the diversity of our workforce. A national program would both bolster existing state programs – like those recently passed in Maine, Minnesota, Delaware, Maryland and more – and ensure that workers

can access paid leave no matter where they live. We will continue to work with our nation’s leaders and fellow advocates all across the country to fight for all workers to have access to the protections that enable them to take care of themselves and their families while earning a living.”

# Plan Approved to Address PFAS Contamination

AUGUSTA, ME (July 14, 2023) – The Department of Agriculture, Conservation and Forestry (DACF) announced today that the PFAS Fund Advisory Committee unanimously approved the Plan for Administration of the Fund to Address PFAS Contamination. This represents a crucial step in assisting Maine farms impacted by PFAS contamination and reaffirms Maine’s commitment to protecting human health and maintaining farm viability. The PFAS Fund will expand upon existing support extended to impacted farmers through the Bureau of Agriculture, Food and Rural Resources. It will provide critical aid to Maine farms grappling with PFAS contamination, working to revitalize their operations while also reinforcing the state’s steadfast commitment to the welfare

of its citizens and the longevity of its agricultural sector.

“Today marks a significant milestone in Maine’s effort to combat PFAS contamination. The PFAS Fund Advisory Committee has approved a well-informed plan for the Fund’s administration, which represents hundreds of hours of time invested by farmers, finance and business experts, researchers, healthcare professionals, legislators, and many others to activate critical resources to address this pressing issue,” said DACF Commissioner Amanda Beal. “Together, we are determined to safeguard our agricultural landscapes and protect our communities from the harmful effects of PFAS.”

Governor Mills’ establishment of the PFAS Task Force in 2019 marked

the State of Maine’s start to proactively addressing PFAS contamination. With bipartisan support and significant resources allocated by the Legislature, the State has since implemented a first-of-its-kind, cross-agency response effort to identify the extent of PFAS contamination and provide financial and other support to impacted communities. DACF works directly with impacted farmers, offering guidance and resources to navigate the uncertainties associated with PFAS contamination. The PFAS Fund is the latest initiative to provide comprehensive assistance to commercial farmers and individuals affected by PFAS.

The PFAS Fund will be crucial in augmenting existing DACF financial assistance to support commercial farms throughout the investigation and im-

plementation of recovery strategies. It will, for example, provide income replacement payments, cover the costs of necessary infrastructure upgrades, and support “navigators” who will offer guidance to producers on how to obtain assistance and services.

In cases where the extent of contamination is impossible to overcome, the PFAS Fund can purchase PFAS-impacted property at fair market value as if there was no PFAS contamination.

Research is also a cornerstone of the PFAS Fund, which will launch a competitive research grant program to fund studies that help farmers determine the best options for maintaining and enhancing viability despite the presence of PFAS. It will also seek to establish a dedicated research station on one of the

purchased parcels of land.

Addressing the health concerns of affected individuals is a critical aspect of the PFAS Fund. It will support access to healthcare for impacted commercial farm families, farm workers, and residents whose drinking water wells were contaminated by PFAS because of the land application of biosolids. The Fund proposes covering costs not otherwise covered by insurance for blood testing, mental health care, and medical monitoring. Additionally, it will support a clinical trial for PFAS body burden reduction treatments and a study to determine routes and magnitude of soil-related PFAS exposure.

DACF was required to develop an implementation plan before using the funds. The PFAS Fund advisory committee and its four subcommittees collec-

tively met 30 times in six months to craft, review, and approve this Plan and its 23 specific strategic recommendations. PFAS Fund Director Beth Valentine oversaw the process, including two public hearings to review and discuss the Fund and proposals. DACF appreciates the dedication and hard work of all committee and subcommittee members, as well as of co-chairs Senator Stacy Brenner and Representative Jessica Fay.

The DACF acknowledges that the discovery of PFAS on a commercial farm is devastating. However, with the support of existing programs and the additional assistance provided by the PFAS Fund, Maine will continue to lead the nation in helping commercial farmers overcome the challenges presented by PFAS contamination.

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# Bookey Readings Poetry Series Feature Poet and Musician



Steve Luttrell, photo provided by Steve Luttrell and used by permission.

**WINTHROP, ME (July 14, 2023)** –The Bailey Public Library in downtown Winthrop will host acclaimed poet Steve Luttrell and Winthrop musician Leigh Wilkinson as part of the ongoing “Bookey Readings” poetry series at the library’s 39 Bowdoin Street location on Saturday, August 12th at 1:00 p.m.

Luttrell is an internationally recognized poet, and the founding editor of “The Café Review,” an art and poetry journal published in Portland, Maine. Since its founding in 1989 the journal has published 15 Pulitzer Prize-winning poets. Luttrell is past Poet Laureate for the City of

Portland and is the author of six books of poetry. He graduated from Franklin Pierce College in New Hampshire.

Wilkinson is a Winthrop based singer-songwriter who has performed for over 25 years. He has lived and played in Seattle, New Jersey, Brooklyn, and now back home in central Maine. He is currently the Adult Services Librarian at the Bailey Library in Winthrop. He studied English literature and Library Science at the University of Washington, and is a former Children’s Librarian at the Brooklyn Public Library.

The Bookey Readings poetry series was started by



Leigh Wilkinson, photo taken by Richard Fortin and used by permission.

Ted Bookey at the Harlow Gallery in Hallowell over 25-years ago. Bookey was well known for his poetry workshops through UMA’s Senior College. Local poets Claire Hersom and Jay Franzel took over organiz-

ing the series in 2015 and the series moved to the Bailey Library in Winthrop in 2022.

For more information contact the library at 377-8673 or visit [baileylibrary.org](http://baileylibrary.org)

## Wiscasset’s Homes on Tour Day Captures Community Spirit

By Lucia Droby, Wiscasset Village resident and tour docent

**WISCASSET, ME (July 14, 2023)** – Wiscasset can surely feel pride as people from all over Maine, and other parts of the country, came to peek inside our fascinating collection of homes on tour!

The weather on tour day, Saturday, July 8, was perfect for the event: dry, cloudy, and started off cool (temps. rose later in the day). Not a good beach day, but a great day for a home tour!

About 200 people wandered Wiscasset’s historic district, strolling from Homes on Tour (HOT) site to site to take in the spectacle of this eclectic mix.

The Customs House on Water St., now a private residence, was a big draw. Visitors enjoyed seeing the historical blueprints for the building when it was offices and the town’s post office, but it was the modern adaptations by home owners Stacy and Jack Nelson that they came to see – the luxurious renovation that transformed the 14 ft. high ceilings and other architectural challenges into an enviable home, the combining of the new with the handsome period details still intact.

In contrast, Rose Cottage, with its add-on porch facing Federal St., was originally part of a manufacturing plant, the C.M. Ames Wagons and



At Rose Cottage, owner Terry Heller (in white) shares her porch with long-time Wiscasset resident Sherry Pinkham (seated) and family members April Irons and Jen Irons during Wiscasset Homes on Tour on Saturday, July 8. (Lucia Droby photo.)

Carriage Shop, and now presents to the world as a

small and modest home. But inside, the cottage features a music room with a grand piano, multiple fireplaces, hand-painted furniture by David Marsh, and the coziest den imaginable. Deborah and John Rumery, visiting from the Portland area, were stunned when they saw the abundance of blooming roses lining the fence. Thirty years ago, while writing for the Maine Rose Society Newsletter, Deborah visited Wiscasset to interview horticulturist and world traveler Grace Wetherill about her extensive rose collection. Deborah said that as she was anticipating the home tour, she was also hoping to find the home where she had interviewed Grace so long ago. And now here she was, talking with Rose Cottage owner Terry Heller and looking out the window at the vigorously blooming roses, yes, planted by Grace and now tended with devotion by Terry!

Each home on the tour had a ‘house captain’ directing flow and checking in with homeowners, and a fleet of docents helping to interpret the sites, refilling water and lemonade pitchers, and answering questions. At Damon

House, house captain Julee Ketelhut noted that visitors appreciated meeting homeowner Jorge Pena, a working artist, “I can’t believe I get to see a working artist’s studio today!” and homeowner/resident gardener Richard Litz, “We always heard about them (the gardens), but never thought we’d get to see them ourselves.”

For Sherry Pinkham, a Wiscasset resident for more than 50 years, this was the first time she’d seen the inside of any of the day’s homes. For her, the Clock Tower House was a standout. “That is so beautiful! The collections (of the homeowner) are so neat!” House Captain Peggy Konitzky said that foot traffic was steady throughout the day and that the positive response to owner Ric Riccardi’s collections was overwhelmingly positive. By the end of the tour, he had a list of people who wanted to come back and shoot pool on one of his three tables!

At the Emerson-Blagdon House, it was the owners’ art collection and old-house details that wowed people. The floors were made of very wide boards: “Imagine the size of the trees these came from!” And the late 18<sup>th</sup> century home was just the right setting for displaying objects made by indigenous people from the Northwest, antique furniture, jugs, and traditional quilts and coverlets. Homeowners Billy Blaylock and Palmer Hagestrom said they were touched by how frequently visitors thanked them for opening their beautiful home.

A new feature of this year’s Homes on Tour was a tasty and affordable picnic lunch option. HOT organizer, Ann Light, worked with Wiscasset’s Back Rivier Bistro to plan the menu, delivery, and many other

details including Dave Lawlor’s gig on jazz guitar. The perfect picnic spot, offered to Homes on Tour by Historic New England, was the charming lawn and garden of the historic Nickels-Sortwell House. And all tourgoers were treated to HOT hospitality in each home where an assortment of cookies and tea cakes, made by Lisa and Will Truesdell, were available for refreshment through the day. “Are these cookies made by volunteers?” asked one visitor. “Delicious!”

Another tourgoer took the accolades a step further: The tour “made me feel good about living in Wiscasset. Everyone was friendly and welcoming.” And that is as good as a tour can be!

Wiscasset Homes on Tour is a fundraiser for Wiscasset Creative Alliance to support the Alliance’s community programs. Initial estimates indicate that the day-long event raised around \$4,500. According to Alissa Eason, President of the Alliance’s Board of Directors and chair of the HOT planning team, “We were able to build on the success of last year’s inaugural home tour with another slate of uniquely lovely homes. And the homeowners themselves were once again gracious and generous, as were the many volunteers who made the event possible.”

Wiscasset Homes on Tour 2023 sponsors were BIRCH Home Furnishings & Gifts, Bradbury Art & Antiques, J&A Construction, Joseph Zoellers Interiors, Sherri Dunbar/Tim Dunham Realty, and Water Street Kitchen & Bar. With additional support from Carriage House Gardens and Screen Thoughts. For more information about Wiscasset Creative Alliance, [www.WiscassetCreativeAlliance.org](http://www.WiscassetCreativeAlliance.org).



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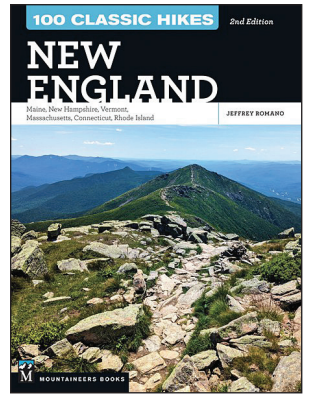
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# Hiking New England Trails: An Author Talk With Jeff Romano



where to plan your next hiking adventure. The presentation will also include information on New England wildflowers, birds, wildlife, history, and conservation success stories. Also joining us will be a representative from the Androscoggin Land Trust to talk about their conservation efforts and available trails.



Jeff Romano is a life-long New England resident who has been hiking for five decades. He is the author of four other guidebooks: Hike the Park Acadia (2021), Day Hiking New England (2015), 100 Classic Hikes New England, First Edition (2010), and Best Loop Hikes: New Hampshire's White Mountains to the Maine Coast (2006).

activities for Maine Coast Heritage Trust, a land trust that conserves and stewards Maine's coastal lands and islands.

He lives in Hallowell, Maine with his wife, and shares his passion for the outdoors with his family, including his two adult children.

Published by Mountaineers Books, these publications will be available for sale after the presentation. Jeff has also written numerous outdoor articles for the Boston Globe and other publications.

This program will take place in the Androscoggin Community Room on Thursday, July 27, from 4:00-5:00 p.m. For more information about other upcoming programs at the Auburn Public Library, visit their website at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org).

When not hiking, Jeff directs public policy

**AUBURN, ME (July 14, 2023)** -- Join author Jeff Romano for a slideshow presentation show-

casing hiking opportunities throughout New England. The program will cover destinations in all six states

with a focus on itineraries featured in his latest guidebook, an updated edition to 100 Classic Hike New En-

gland (June 2023).

Jeff will share advice, provide insights, and answer questions on how and

## Permanent Commission to Host Community Listening Session

**LEWISTON, ME (July 14, 2023)** -- The Permanent Commission on the Status of Racial, Indigenous, and Tribal Populations ("Permanent Commission") will host a community listening session at Agora Grand Event Center in Lewiston on Sunday, July 23 at noon. Lunch will be served and childcare will be provided on site.

in Maine. The event is part of a series that will contribute to the Permanent Commission's goal to build the capacity of overburdened communities to identify issues that affect their communities and participate in, influence, and take on leadership roles in related decision-making processes.

effort to dismantle structural racism so nothing stands in the way of a good life – the way it should be – for all those who call Maine home."

**WHAT:** Community Listening Session

**WHEN:** Sunday, July 23, 2023, from 12:00 p.m. to 3:00 p.m.

**WHERE:** Agora Grand Event Center, 220 Bates St, Lewiston, ME 04240. Parking is available at Community Concepts.

The Permanent Commission on the Status of Racial, Indigenous, and Tribal Populations was established in 2019, with the enactment of LD 777 and began its work in late 2021,

after receiving its first funding with the enactment of LD 1034. The Permanent Commission has a mission to examine racial disparities across all systems with a goal of improving the

status and outcomes for the historically disadvantaged racial, Indigenous, and tribal populations in the state. The Permanent Commission is empowered to advise all three branches

of Maine government and to introduce legislation. More information about the Permanent Commission's work can be found on its website: <https://www.pcrftp.me/>

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# Bangor Savings Bank Foundation Awards Nonprofits Grants

**BANGOR, ME (July 13, 2023)**—The Bangor Savings Bank Foundation granted \$195,000 to 23 nonprofit organizations in Northern New England that are uplifting their communities. The Foundation selects grant applicants committed to enhancing local education, social and civic services, culture and arts, economic and workforce development, and health and wellness, strengthening the overall vitality of the region.

The current grant awardees provide an array of services and programs that contribute to resilient Maine and New Hampshire communities. Their impactful efforts encompass areas from providing housing assistance to supporting individuals experiencing homelessness to expanding financial literacy education for low-income students.

“Northern New England communities are closely connected with deep roots, and we are committed to doing our part to continue strengthening them,” said Bob Montgomery-Rice, Pres-

ident and CEO of Bangor Savings Bank. “The Bangor Savings Bank Foundation helps empower nonprofit organizations to expand their significant work through these grant funds. Each recipient inspires us with their dedication to further the well-being of our communities.”

One recipient is Northern Light Acadia Hospital in Bangor, Maine, which was awarded \$200,000 (\$40,000 over five years). The hospital is a psychiatric healthcare facility that serves Maine residents. The grant will help expand mental healthcare services through the construction of a 50-bed pediatric inpatient facility which will greatly improve access to behavioral health and wellness resources and care for people in need.

“This generous funding allows us to enhance our programs and provide vital support to even more of those in need of behavioral health services,” said John Campell, MD, FANPA, interim president of Northern Light Acadia Hospital. “We are deeply grateful for this opportunity to make a difference

and remain dedicated to our mission of empowering people to improve their lives.”

These are the additional grant recipients:

**\$7,500**  
The Black Heritage Trail of New Hampshire Portsmouth, Rockingham County, New Hampshire

**\$5,500**  
The Black Heritage Trail of New Hampshire works to visibly honor and share a truer, more inclusive history through exhibits, educational programs, curriculum development, and tours. The grant will support program expansion to K-12 schools, partnerships with afterschool and summer programs, and new educational tours for middle school students launching in 2024.

**\$5,500**  
Community Housing Improvement Project (CHIP, Inc.) Newcastle, Lincoln County, Maine

CHIP assists low-income and rural disadvantaged residents, seniors, and others who lack resources by improving their housing. The grant will help provide home

repairs including weatherproofing, replacement of windows, doors and roofs, handicap access ramps, and electrical and plumbing repairs to homeowners facing illness, disability, or financial need in Central and Eastern Lincoln County, Maine.

**\$10,000**  
Fair Tide Kittery, York County, Maine

Fair Tide helps find permanent housing for individuals and families who are experiencing homelessness in Kittery, Maine. The grant will support the development of Mainspring, a resource hub of social services to provide food and housing needs, with building renovations for easy access to services in one facility.

**\$10,000**  
Junior Achievement of Maine Portland, Maine (Statewide)

Junior Achievement of Maine empowers today’s youth to succeed through K-12 programming, including work and career readiness, entrepreneurship, and financial literacy. The grant will

help deliver financial literacy education, career exploration, workforce readiness, and entrepreneurship training to more than 1,000 low-income students from Kittery to Fort Kent, Maine with age-appropriate curricula and allow at-risk children to succeed.

**Additional Recipients:**  
Animal Welfare Society | \$5,500, West Kennebunk, Maine (Statewide)

Bangor Greendrinks | \$5,500, Bangor, Penobscot County, Maine

Bar Harbor Historical Society | \$5,500, Bar Harbor, Hancock County, Maine

Black Owned Maine (Fiscal Agent: Maine Immigrants Rights Coalition) | \$10,000, Portland, Cumberland County, Maine

Blue Ocean Society for Marine Conservation | \$6,500, Portsmouth, Rockingham County, New Hampshire

Boots2Roots | \$5,500, Portland, Maine (Statewide)

Camp CaPella | \$7,500, Holden, Maine (Statewide)

Christine B. Foundation, Inc. | \$10,000, Bangor, Penobscot County, Maine

Coastal Rivers Conservation Trust | \$5,500, Damariscotta, Lincoln County, Maine

Dempsey Center | \$7,500, Portland, Maine (Statewide)

Heart of Maine Resource Center | \$7,500, Dexter, Penobscot County, Maine

In Her Presence | \$7,500, Westbrook, Cumberland County, Maine

Lincoln County Television | \$10,000, Newcastle, Lincoln County, Maine

Maine MILL | \$5,500, Lewiston, Androscoggin County, Maine

Maine Needs | \$5,500, Portland, Maine (Statewide)

Orono Economic Development Corporation (Fiscal Agent: Penobscot Valley Ski Club) | \$5,500, Bangor, Penobscot County, Maine

Thompson Free Library | \$5,500, Dover-Foxcroft, Piscataquis County, Maine

Veggies to Table | \$6,000, Newcastle, Lincoln County, Maine

# City Kids Gala Raises \$180K to Provide Resources for Youth

**Boston, MA (July 10, 2023)** – City Kids, a youth education nonprofit created by City Realty Group Managing Partners Fred Starikov and Stephen Whalen with the goal of sparking intellectual curiosity among the children of Boston by providing them with unique experi-

ences and powerful educational resources, raised \$180,000 at its annual City Kids Gala. The event, held at the new Scores Boston in the West End, drew hundreds of supporters to an exciting new venue for the purpose of supporting the City Kids mission.

The City Kids Gala

featured inspirational guest speakers and a variety of exciting auction items and live entertainment. The event surpassed fundraising goals and was made possible by generous sponsors, such as The Hamilton Foundation, Elevated Realty, Rogers & Gray, Embarc, and many others. The gala proceeds will help City Kids broaden its already strong impact in providing educational resources for underserved youth in Boston and beyond.

“Thank you to all our sponsors and people who donated trips and silent auction items, your thoughtful contributions truly meant everything



to us,” said City Kids Co-Founder Stephen Whalen. “We will always remember your support continue to be grateful as we continue to give back and work to have a positive impact on the education of our children.”

City Kids also presented Amran Osman, Generational Noor founder and guest speaker, with a \$10,000 donation for Generational Noor. This nonprofit, based in Whalen’s home state of Maine, focuses on educating the immigrant community on substance use disorder and mental health. Generational Noor fights substance abuse in BIPOC



communities by hosting community roundtables and providing culturally sensitive training and treatment around addiction.

“We at Generational Noor want to take a moment to thank Steve Whalen and City kids for being our first donors and believing in Generational Noor when it was just a dream of a girl on

a mission to change her community and help the people around her,” said Osman. “Because of that first donation, we were able to do our first few events and round table discussions and now approximately over 1,000 people benefited from our first year of programming at Generational Noor.”

For more information on how to support City Kids, please visit [www.cityrealtyboston.com/citykids](http://www.cityrealtyboston.com/citykids). To see what City Kids is up to day to day, check its Facebook and Instagram.

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



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# King Demands VA Reimburses Maine Veterans' Homes

WASHINGTON, D.C. (July 14, 2023) – U.S. Senator Angus King, a member of the Senate Veterans' Affairs Committee, today urged the Department of Veterans Affairs (VA) to resume payments for domiciliary care for veterans with dementia as permitted by law. Congress passed legislation in 2021 authorizing the VA to cover the costs of domiciliary care after the Department stopped reimbursements for the long-supported care in 2019. Now, with organizations like Maine Veterans' Homes (MVH) forced to carry the financial burden, King demanded in a Senate Veterans Affairs Committee hearing that the agency follow Congressional direction and authorize reimbursements as quickly as possible.

In an exchange with Cynthia Gantt, the Deputy Director of the Office of Patient Centered Care and Cultural Transformation

within Patient Care Services at the VA, King suggested that the VA swiftly implement the domiciliary care law passed by Congress in 2021.

"One of the bills before the committee today involves the reimbursement for domiciliary care for veterans with dementia. And this is something that Maine Veterans' Homes undertook. On January 5, 2021, the President signed the Johnny Isakson and David P. Rowe Veterans Health Care Act. It had in it Section 3007: 'the VA to allow a waiver for eligible veterans to receive per diem payments for domiciliary care.' As of today, no rules have been issued by the Veterans Administration to implement this law," began Senator King. "This wasn't a suggestion from the United States Congress. This was a law. And we are still waiting."

"So I have a bill in

before this committee that would mandate that the rules be issued. The Veterans' Administration, for reasons that escape me, are opposing this rule. That takes a lot of nerve. Just issue the damn rule. If you're going to issue the rule, do it. Otherwise, we're going to pass this bill. But it's a damn shame that we have to pass a second bill to implement a bill that we already passed. So what's the problem here?" Senator King asked.

Gantt replied, "Senator, VA is not supporting this bill because we are actively, as you mentioned, working on—"

"Define 'active.' It's 2021. Let's see, we're two and a half years later. That's not very active. Eisenhower retook Europe in eleven months," King proclaimed.

After receiving a clear answer from Gantt that the VA will swiftly implement the legislation,

Senator King reaffirmed her commitment that the issue will be resolved in a matter of months.

King concluded, "I'm delighted to hear that, and I'm delighted to hear about the coordination, but the Veterans Homes the DAV, the VFW all support the bill that I'm talking about in order to move your agency to issue the rules so that we can give the veterans the care that they deserve. So as you can tell, this is not acceptable. And so you said actively, I'll take you at your word and consider that a commitment to move on this matter in the immediate future, and that means in the next several months."

In May 2023, King and the entire Maine Congressional Delegation introduced a bipartisan, bicameral bill to fast-track reimbursements from the Department of Veterans Affairs (VA) to Maine Veterans' Homes (MVH). In

a previous hearing, King had also pressed VA Secretary Denis McDonough to follow Congressional guidance and authorize reimbursements as quickly as possible. The current delay has forced MVH, and in some cases veterans and their families, to pay out-of-pocket for the care costing approximately \$130,000 per month and over \$2.5 million since 2019.

As a member of the Senate Veterans' Affairs Committee, Senator King works to oversee the VA and ensure the proper implementation of various programs, such as the PACT Act, the State Veterans Homes Domiciliary Care Flexibility Act, and the John Scott Hannon Act. Senator King hopes to help improve the Department's capacity by investing in its workforce, facilities, and other modernization efforts.

Last year, Senator

King conducted 11 interviews with Maine veterans as part of the Library of Congress' Veterans History Project, an effort by the Library to collect, preserve and distribute the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war.

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# Calendar

Send your submissions to the Editor. More online.

**July 20**  
**GORHAM** -- On Thursday, July 20th at 6 PM, Cressey Road Church (81 Cressey Road, Gorham) will be hosting a free concert featuring 2-time Grammy Nominee Brad White. Brad's performances use vocals, piano artistry, and the saxophone to bring humor, heart, and hymns of the generations together. Refreshments to follow. 839-3111

**Fridays July 21 – August 18**

**LEWISTON** -- Opening Minds through Art (OMA) classes Fridays July 14–August 18 from 1-3 p.m. at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston. Through a series of classes, OMA engages students with dementia in creating freewheeling art. Contact SeniorsPlus, at 207-795-4010, [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org).

**July 21, 22, 23, 27, 28, 29**

**BAR MILLS** -- The Original's present A PIRCASSO BY JEFFREY HATCHER, at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, July 21st, 22nd, 27th, 28th, 29th at 7:30pm and July 23rd at 2:30pm. Tickets: \$15 General Admission at [www.sacorivertheatre.org](http://www.sacorivertheatre.org) or call 207-929-6473 for reservations.

**July 22**  
**GRAY** -- First Congregational Church of Gray

Saturday Night Church Supper, Saturday July 22, 2023 @ 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

**July 22**  
**LEWISTON** -- SPARKS' ARK

Come see, learn and interact with Sparks' Ark's amazing animals in Callahan Hall at 11:00AM. For all ages. No registration required. Free. 513-3133; [www.LPLonline.org](http://www.LPLonline.org)

**July 22**  
**WESTBROOK** -- Annual Prides Corner Church Yard Sale

Where: Prides Corner Community Church, 235 Pride St, Westbrook, ME 04038

When: July 22, from 7:30-1PM

**July 24; August 7, 14, 21, 28**

**LEWISTON** -- The Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Kennedy Park this

summer for children ages 5-14 on Mondays July 10, 17, 24 and August 7, 14, 21, 28 at 3:00PM. Information can also be found on our website at <https://lplonline.org/events/artvan-in-kennedy-park-2-july/> and <https://lplonline.org/events/artvan-in-kennedy-park-2-august/>

For any further information, please contact the Children's Department at [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov) or call 207-513-3133.

**July 29**  
**BUXTON** -- Haddock Supper Buffet - Saturday, July 29, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

**Sept 2**  
**GORHAM** -- On Saturday, September 2nd, starting at 1:00 pm at the United Methodist Church, 439 Park Avenue in Auburn, the Maine Iris Society will hold its annual auction of Siberian irises and daylilies. All are welcome.

ciety will hold its annual auction of Siberian irises and daylilies. All are welcome.

**Oct 21**  
**WESTBROOK** -- Annual Holiday Craft Fair and Silent Auction

Where: Prides Corner Community Church, 235 Pride St. Westbrook, ME 04038

When: October 21, from 9AM to 3PM

Handmade crafts, baked goods and very popular silent auction items featuring sports memorabilia, game tickets, themed gift baskets, fabulous items and gift certificates! **SILENT AUCTION ENDS AT 2PM.**

**Every 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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

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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](mailto:LPLKids@lewistonmaine.gov)

**Second and fourth Thursdays**

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

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

**Wednesdays**

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

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

**Every second Monday**

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



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# Skowhegan Savings Promotes Fortin-Trimble



## Skowhegan SAVINGS

SKOWHEGAN, ME (July 14, 2023) -- Skowhegan Savings is pleased to announce the promotion of Andrew Fortin-Trimble to senior vice president, chief marketing officer.

"Andrew has raised awareness for our brand and been instrumental in our expansion into the southern Maine market," said David Cyr, president and CEO of Skowhegan Savings. "We have a great senior management team at the bank, Andrew's marketing expertise and leadership in community relations will further increase our ability to positively impact the communities we serve and to grow the bank."

Fortin-Trimble joined the bank in 2020 as vice president, director of marketing to lead strategy and execution. Prior to joining Skowhegan Savings, Fortin-Trimble served as the digital marketing manager for Camden National Bank leading digital acquisition strategy



and within Revenue Operations at CEB, now Gardner.

"I'm proud to be a part of Skowhegan Savings and to join the leadership team in the chief marketing officer role," said Fortin-Trimble. "Each day our employees prioritize the needs of our customers and provide exceptional banking services to our

communities, I am very fortunate to be part of such a great team."

Fortin-Trimble earned a masters of business administration from Thomas College and a bachelors in international relations from Liberty University. Fortin-Trimble resides in Waterville with his wife Chelsey and their two children.

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