



# TWIN CITY TIMES

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## Bridgton Hospital once again Hosting Golf Tournament

LEWISTON, ME (July 21, 2023) -- Bridgton Hospital has announced details of its 31st annual golf tournament.

The event will be held on Sept. 13 at the Bridgton Highlands Country Club. This year's theme is "On the course for a lifesaving cause." Proceeds from the tournament will go toward purchasing new medical equipment for the hospital.

This long-standing tournament has raised more than \$1 million in support of the many services and programs offered by Bridgton Hospital.

"The annual golf tournament in Bridgton is always a highlight of the year for this community," said Stephany Jacques, RN, interim president, Bridgton Hospital. "It's a great opportunity to hit the links with friends and raise money for a great cause. We had a great crowd last year and we're hoping that will be the case for this year's tournament, as well."

Player registration and sponsorships are available now at [www.cmhc.org/bridgton-golf](http://www.cmhc.org/bridgton-golf).

The \$125 player registration fee includes breakfast, lunch and refreshments throughout the course, hors d'oeuvres after play, player gifts and prizes and more.



Participants can sign up as individuals or as a foursome.

Sponsorships from \$750 to \$5,000 are available to include marketing benefits,

player registrations, mulligans, and raffle tickets for an easy registration process on the day of the event. To register, sponsor or for more information about the event

or Bridgton Hospital, please contact the Central Maine Healthcare's Philanthropy Office at (207) 795-2685 or email [bridgtonhospitalgiving@cmhc.org](mailto:bridgtonhospitalgiving@cmhc.org).

## City of Auburn Launches New Podcast, 'Absolutely Auburn!'



The guests on Absolutely Auburn's inaugural episode: L to R – Assistant City Manager Brian Wood and City Manager Phil Crowell proudly display their "golden microphone" thank you gifts for appearing on the podcast.

AUBURN, ME (July 21, 2023) – The City of Auburn's Communications Department launched a new podcast earlier today, entitled Absolutely Auburn! Hosted by Downtown Coordinator Jennifer Boenig and produced by Communications Assistant Abby Borron, the Absolutely Auburn podcast aims to give residents the opportunity to hear from city staff and officials in an in-depth and informative way.

For the inaugural episode, Boenig chatted with Auburn City Manager Phil Crowell and Assistant City Manager Brian Wood on why the city is starting a podcast, what the day-to-day of their jobs looks like, how residents can get involved in local government, and more.

Listeners can find the Absolutely Auburn podcast at <https://absolutelyauburn.com>.

[buzzsprout.com](http://buzzsprout.com), as well as [auburnmaine.gov](http://auburnmaine.gov) and [goauburn.me](http://goauburn.me), or on their favorite podcast app, such as Spotify or Amazon Music. The city plans to release a new episode every two weeks.



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# Newsmakers, Names & Faces

## Community Redistribution Fund Announces 2023 Grantees

**STATEWIDE, Maine (July 14, 2023)** – Good Shepherd Food Bank’s Community Table is proud to announce the 2023 Community Redistribution Fund grantees. As part of its focus on equity, diversity, and inclusion, the Food Bank created a Community Redistribution Fund aimed at breaking down barriers and increasing access to culturally appropriate foods for BIPOC (Black, Indigenous people and People of Color), immigrant, and refugee communities throughout Maine. According to the Ending Hunger in Maine by 2030 Task Force Report, 28 percent of households headed by people of color are food insecure, and 40 percent of households headed by Black Mainers are food insecure.

“Food insecurity disproportionately impacts communities of color. Community Redistribution Grants, while not a permanent solution, help break down barriers to accessing culturally appropriate foods and bridge the gap as we make strides to center equity in the Food Bank’s work and address the root causes of hunger in Maine,” stated

Marpheen Chann, one of Good Shepherd Food Bank’s community impact managers. “We are proud to partner with leaders, advocates, and partners from communities of color throughout our community-led grantmaking process and in the fight to end hunger in Maine.”

In total, 59 organizations across Maine will receive investments from the Food Bank’s Community Redistribution Fund. Of the \$750,000 available, \$170,000 will be granted to Maine tribes and Indigenous-led organizations to support traditional food and foodways. Bangor, Northern, and Downeast Maine, with most Maine tribal communities and Indigenous-led organizations included, will be granted \$210,000, and \$245,000 will be granted to Black-led organizations.

2023 Community Redistribution Fund Grantees  
 A.C.T Heaven First Church  
 Afghan Community of Maine  
 AK Health and Social Services  
 Angolan Community of Maine  
 Azerbaijan Society of

Maine  
 Bangor School Department  
 Black Owned Maine Brunswick School Department  
 Capital Area New Mainers Project  
 Congolese Community of Maine  
 Cultivating Community  
 Eastern Woodlands Rematriation Collective  
 Five Pillars Butchery  
 Gateway Community Service Maine  
 Greater Portland Family Promise  
 Health Corner  
 In Her Presence  
 Intercultural Community Center  
 Khmer Maine  
 Land In Common  
 Lewiston Auburn Youth Network  
 Lewiston Public Schools  
 Living With Peace International  
 Maine Association for New Americans (MANA)  
 Maine Immigrant and Refugee Services  
 Maine Immigrants’ Rights Coalition (MIRC)  
 Maine Medical Center Food Pantry  
 Maine Multicultural Center

Mano en Mano  
 Mawiomi Garden  
 Mawita’nej Epij’ij  
 Mi’kmaq Nation  
 Multicultural Community and Support Services  
 Multilingual & Multicultural Center, Portland Public Schools  
 New England Arab American Organization (NEAAO)  
 New Roots Cooperative Farm  
 Nibezun  
 Omar Ibn Al-Khattab Masjid  
 Passamaquoddy Tribe at Indian Township  
 Passamaquoddy Tribe at Pleasant Point  
 Presente! Maine  
 Sacred Heart/St. Dominic’s Church  
 Somali Bantu Community Association of Maine  
 South Portland School Department  
 South Sudanese Group of Friends  
 St. Ann’s/Penobscot Food Pantry  
 Sustainable Livelihoods Relief Organization (SLRO)  
 The Third Place  
 Tree Street Youth, Inc.  
 Ummah Farm Enter-

prise  
 United Asian Communities  
 Wabanaki Public Health and Wellness  
 Welcoming Immigrants, Our New Neighbors  
 Westbrook School Department  
 Zambian Community of Maine  
 Zone 6 Farms  
 In 2020, Good Shepherd Food Bank established the Community Redistribution Fund to support organizations’ efforts to increase access to culturally important foods to community members in need. The fund is intended for organizations working closely and primarily with BIPOC, immigrant, and refugee communities. Thank you to our Community Redistribution Fund Grant Advisory Committee for reviewing and approving the funds. Members include Crystal Cron, Penobscot Tribe Ambassador Maulian Dana, Alice Kabore, Charles Mugabe, and Grace Valenzuela, whose terms on the committee concluded at the end of June 2023.  
 Organizations that fit the criteria for eligibility could apply for grant funds to help support equitable

food access for BIPOC, immigrant, and refugee communities. Priority was given to organizations that were not part of the Food Bank’s network and organizations that were led by and serving Black, Brown, and Indigenous people.  
 Use of grant funds could include but was not limited to the purchase of food for direct distribution or meal preparation; gift cards/credits to culturally specific markets for community members; food sovereignty projects; farming/agriculture projects; transportation costs. Up to 20% of grant funds could be used for general operating expenses.  
 The Community Redistribution Fund and the grants made through the program are funded by Good Shepherd Food Bank’s Campaign to End Hunger. Key priorities of the campaign include building the capacity of partners and communities to strengthen food security and investing in communities of color, which are disproportionately impacted by hunger.  
 For more information, please visit [www.feedingmaine.org/crf](http://www.feedingmaine.org/crf).

## Parishes Offer Free Meals, Soup Kitchens, Food Pantries for All

**PORTLAND, ME (July 14, 2023)**—In an effort to do all they can to help Maine individuals and families receive the food they need, parishes across the state offer free community meals, soup kitchens, and food pantries for tens of thousands of people of all faiths to utilize. As schedules are updated and assistance opportunities at Maine parishes are added, they will be listed here:

[www.portlanddiocese.org/parish-food-assistance](http://www.portlanddiocese.org/parish-food-assistance).  
 Food Pantries  
 Lewiston: St. Mary’s Nutrition Center, 208 Bates Street. Tuesdays and Fridays from 11 a.m. to 2 p.m. More information or to help out: (207) 513-3848  
 In addition, Catholic Charities Maine’s Food Bank, supported by the annual Catholic Appeal, provides food assistance to

tens of thousands of people in Aroostook County and beyond through nearly 30 food pantries. St. Anthony of Padua Parish in Gorham, Westbrook, and Windham supply 300 bagged lunches for local homeless every Tuesday. Many parishes host weekly and monthly lunches for seniors and offer food assistance on special occasions like preparing Thanksgiving and Christmas baskets.



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# Newsmakers, Names & Faces

## SeniorsPlus to Present the 2023 Aging Well Living Well Expo

**LEWISTON, ME (July 21, 2023)** – The 2023 Aging Well Living Well Expo, presented by SeniorsPlus, will be held Friday, September 29, from 8 a.m.–3:30 p.m. at the Grand Summit Hotel and Conference Center at Sunday River in Newry, Maine. Featuring workshops and lectures, the day-long event is a learning opportunity for adults. SeniorsPlus is the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties.

Tickets for the Expo are \$35 per person and include breakfast and lunch, as well as entrance to workshops. Tickets may be pur-

chased by calling 1-800-427-1241 or printing and mailing the registration form at [www.seniorsplus.org](http://www.seniorsplus.org). Seats are limited; advance registration is strongly recommended. A complete schedule of programming may be found at [www.seniorsplus.org](http://www.seniorsplus.org).

Attendees are invited to explore serious learning, as well as first-time explorations. The 12 workshops and programs attendees choose from cover a spectrum of topics including law, health, exercise, cooking, and art. Workshop titles range from “Seasonal Desserts in a Mug,” to “Estate Planning,” to “Self Defense for Older Adults” and “Know Your Rights:



The Aging Well Living Well Expo presented by SeniorsPlus returns Friday, September 29, to Sunday River.

A Primer on the Americans with Disabilities Act.” Workshops run 75 minutes each. Exhibitor booths and displays provide an opportunity to learn about a variety of products, services, and information. Raffle

tickets may be purchased for an additional fee.

New this year will be a music jam session, as well as a vaccination clinic offered by SeniorsPlus in conjunction with Northern Light Health. Flu and

COVID vaccinations will be available to anyone over the age of 18. If interested, please bring your insurance card with you and check “interested” on the registration form.

The keynote speaker will be Mary Lou Cioffi, JD, MS. Cioffi is a Senior Program Manager at the University of Maine Center on Aging where she has recently directed a national project creating a Designation of Excellence in person-centered long-term care. The title of her presentation will be “Looking Forward to Our Own Aging? It Shouldn’t Be This Hard.” She will share insight into about the root causes of ageist ideas and

attitudes such as “anti-aging” and “greedy geezer,” and what we can all do to support a positive shift in our beliefs about aging and older people.

Almost 300 attendees attended the Expo in 2019, the last year it was held; 2023 will mark the 13th year that the event has been presented.

SeniorsPlus is grateful for the support of its sponsors of Expo: Turner Publishing, Inc., Healey & Associates, VRI & New England Emergency Response Systems, Aetna Medicare Solutions, Martin’s Point Healthcare, Richard Brothers Financial Advisors, and University Credit Union.

## Health Care Apprenticeship Class Has August Start



Health care apprenticeship students show off the Personal Support Specialist certification they earned in July as part of their training at Lewiston Adult Education.

**LEWISTON, ME (July 21, 2023)** -- A new health care pathways apprenticeship class is scheduled to begin at Lewiston

Adult Education in August. Testing and interviews will be held for the candidates through July. English language learners

will receive health care certification along with English language immersion.

The Health Care Pathway program is divided into three sections, beginning with Health Care Foundations, continuing with Personal Support Specialist (PSS) training and ending with Certified Nursing Assistant training. All include English language immersion as part of the curriculum. Successful students will have the opportunity to apply and become apprentices at local healthcare facilities.

Earlier in July, students in the ongoing health care pathways apprenticeship class celebrated earning their Personal Support Specialist certification.

Their class began in May. Students are scheduled to finish in September and will have earned the certified nursing assistant certification.

To register for new the August session, students must be 18 years old, take the CASAS exam and have started the process to receive their work permit in order to be considered for the class.

Contact Jo-see Castonguay at [jcastonguay@lewiston-publicschools.org](mailto:jcastonguay@lewiston-publicschools.org) for more details about the August health care class.

Students interested in other workforce classes can look for updates on Lewiston Adult Education’s website, [www.lewiston.maineadulted.org](http://www.lewiston.maineadulted.org), about future training programs. They include:

- Workplace technology certification, which will focus on computers, is set for a September start.
- Construction/manufacturing will begin later in the fall.

—Today’s Teller, a banking program, is scheduled to begin in October.

For more information about the fall workforce classes, email Mike Reagan at [mreagan@lewiston-publicschools.org](mailto:mreagan@lewiston-publicschools.org).

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

## Three Days of Fun at the Great Falls Balloon Festival



**LEWISTON, ME (July 21, 2023)** -- This is the Festival’s 29th year! The theme is “Boo-Loon Bash,” and the Festival will be held at Simard-Payne Park, 46 Beech Street, Lewiston. Save the date!

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# Seniors Not Acting Their Age

## Return of the Puffins



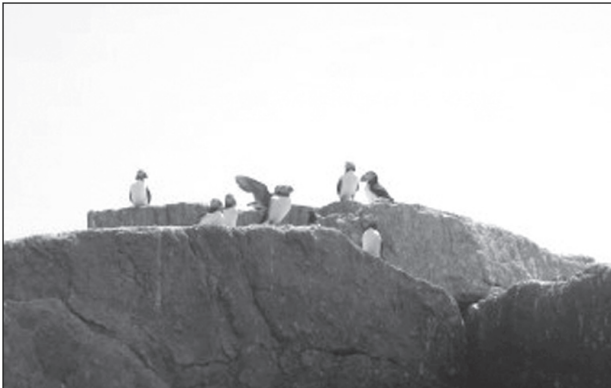
A puffin stares back at an approaching kayaker



Paddlers enter open water in route to Eastern Egg Rock



Puffins are encountered floating in the water approaching Eastern Egg Rock



Puffins seemingly posing for photos on the rugged island



Kayakers paddle through Friendship Harbor

By Ron Chase  
A tiny seemingly nondescript barren atoll located in outer Muscongus Bay, Eastern Egg Rock is one of a handful of locations along the Maine coast where Atlantic Puffins come to nest. It hasn't always been that way.

The colorful seabirds stopped returning to the rock around 1890. A variety of circumstances had driven them from their natural roosting habitat. Until 1973, there was no reason to believe they would ever return.

That summer, a team led by Stephen Kress began a painstaking effort to bring

puffins back to the rock. Members of Project Puffin traveled to a large puffin colony on Great Island in Newfoundland where they removed chicks from their burrows and brought them back to Maine.

For over a decade, Project Puffin relocated chicks from Newfoundland and raised them on Eastern Egg Rock. The goal was to instill an instinctive desire to return to breed. Despite their diligent efforts, twelve years passed before puffin pairs returned. Today, around 150 puffin parents raise their chicks on the rock each year.

I started visiting the

puffins on Eastern Egg by sea kayak about twenty years ago. My first journey there was an illuminating experience. I found the short, stocky, exceptionally intelligent little birds captivating. They're only on the rock a few weeks each year. Once their chicks are strong enough, they leave for the open ocean only to return to breed the following season. June and July is primetime.

Several years ago,

I began organizing annual Penobscot Paddle & Chowder Society (PPCS) sea kayak trips to Eastern Egg Rock. When the club trip schedule is formulated early in the year, I list a trip for late June. Then I wait to see if the puffins return.

In mid-June, I emailed a friend who is an Audubon Society volunteer on the island to inquire if the glamorous ocean clowns had returned. Her response was precisely what I wanted to hear, "The puffins are here, around 250 of them!"

I immediately announced a PPCS trip subject to obtaining an acceptable weather forecast. One of the club's most popular trips, ten members expressed interest.

Planning a sea kayak trip to Eastern Egg Rock requires considering several important factors. Since it's a long paddle with substantial exposure, weather is the most significant issue. My requirements are light winds, gentle seas, and an absence of fog. Deciding where to launch and whether to complete the journey in one day or take two and camp are additional issues to examine. I decided to depart from Friendship, a 17-mile roundtrip. My choice was to camp and enjoy two shorter paddling days. That plan also allows for two chances to accomplish the open water sprint to the rock and provides an opportunity for further Muscongus Bay exploration.

When I identified an acceptable weather day, only six Chowderheads were able to arrange their schedules to participate. The weather was perfect when we met at the landing but there was a fly in the ointment; a last minute forecast for patchy fog. No fog at the moment, we de-

A kayaker navigates along Eastern Egg Rock, a barren atoll located in outer Muscongus Bay

decided to kayak four miles to Black Island, our intended campsite, and then make a decision on a quest for the rock or wait another day.

Departing in shallow water shortly after low tide, we navigated a circuitous route through exposed sand bars into bustling Friendship Harbor. Our cruise along Friendship Long Island and past Cranberry Island to Black went smoothly. Although there were fog banks to our west and east, the route to Eastern Egg appeared clear. Two in the group decided to return to Friendship, but for four of us it was puffins or bust!

We paddled into a light headwind and cruised through a channel between Harbor and Hall Islands out into open water. Distinctive Franklin Island Light was on our left as we took a compass bearing for tiny Eastern Egg approximately three miles south.

Although there was about a mile of minor turbulence, our traverse to the rock was otherwise problem-free. As we approached the rugged island, six floating puffins were seemingly waiting for us. Shortly after passing them, we entered an enchanting world of puffins swimming along the shore and flying to and from their nests, their beaks usually filled with fish.

After completing a

circumnavigation of the rock, we began our journey back to Black Island. Mission accomplished, our conversation turned to what new adventures awaited us during the remainder of our outing.

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)

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# New Village Shops Open their Doors during WAW on July 27



Kate Bell, owner of High Tide Printing Co., welcomes visitors to her new shop at 6 Railroad Ave. during Wiscasset Art Walk on Thursday, July 27, 5-8pm. (Wiscasset Art Walk photo)

**WISCASSET, ME (July 21, 2023)** – Two new colorful businesses in Wiscasset Village have opened their doors this month and will be greeting visitors during Wiscasset Art Walk on Thursday, July 27, 5-8pm. Both shops carry on the tradition of unique and owner-managed shops in Wiscasset’s historic district.

Angelo Santo is located at 100 Main St., the former Hasenfus Gallery. Owner Maria Vettese said she hadn’t been looking for a new shop location in Midcoast Maine after owning a shop in Yarmouth and Portland for eight years, but she had been imagining what her next shop might be. “The space presented itself and I thought my idea would be perfect in this space,” she said, crediting her friend, Erika Soule, owner of Rock Paper Scissors and the Angelo Santo building, of making the connection.

Maria said she’d been contemplating a shop that presented an artful experience to the visitors who walk through the door. As curator of this “open art studio,” Maria’s intention is that Angelo Santo is an out-of-the-ordinary space that feels like an artist’s presentation of someone else’s collection.

If people enter with “curiosity and a wandering eye,” she hopes they will be affected by the overall visual presentation and the contents, whether the flowers, the beautiful and thought-provoking books, or the hand-made items, all personal choices by the curator. Maria has created an environment in which the visual presentation emphasizes the human experience of making art while encouraging visitors to be part of that experience by seeing and enjoying.

Just around the corner, at 6 Railroad Ave., visitors will find High



Angelo Santo, a new shop in the former Hasenfus Gallery in Wiscasset Village, will be open during Wiscasset Art Walk on Thursday, July 27, 5-8pm. (Wiscasset Art Walk photo)

Tide Printing Company and owner/printer Kate Bell. This is Kate’s first brick and mortar shop although she’s been screen printing for more than 10 years. For eight of those years, she was screen printing in the basement of her Wiscasset home and also working a second job.

Although Kate began her screen-printing career quite by chance, once she started, she found it so creative and enjoyable that she returned to school to study graphic design to increase her visual proficiency.

When people ask Kate how she screen prints a T-shirt, she invites them to watch, or, even better, she’ll print a customer’s shirt while they wait.

She’s screen printing full-time now and has given up her 2nd job. Her shop on Railroad Ave. is “a dream come true in my dream location,” Kate says. She has two little boys who she’s teaching to follow their dreams, so she had to follow hers – and she did!

Wiscasset Art Walk on July 27 will also be hosting Forest Weston playing didgeridoo and Heather MacLeod on tin whistle. The sidewalk is their stage! Portrait pho-



Thought-provoking books and other beautiful items are featured in Angelo Santo, a new shop in Wiscasset Village. The shop will be open during Wiscasset Art Walk on Thursday, July 27, 5-8pm. (Wiscasset Art Walk photo)

tographer Amy Lewis will be walking around the Village making instant, take-home portraits for visitors as a WAW souvenir. Artisans and community volunteers will be lining the sidewalks to share their passions with visitors. And the hand-made raw log Amadinda and cajóns will return for the playing pleasure of the music-maker in all of us!

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



Maria Vettese, owner of Angelo Santo, arranges items for sale in her new shop at 64 Main St. in Wiscasset Village. The shop will be open during Wiscasset Art Walk on Thursday, July 27, 5-8pm. (Wiscasset Art Walk photo)



High Tide Printing, a new shop in Wiscasset Village and located at 6 Railroad Ave., will be open for visitors during Wiscasset Art Walk on Thursday, July 27, 5-8pm. (Wiscasset Art Walk photo)

**What do you think?**  
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# Arts & Entertainment

## Royal Family Productions Presents New Camp Musical

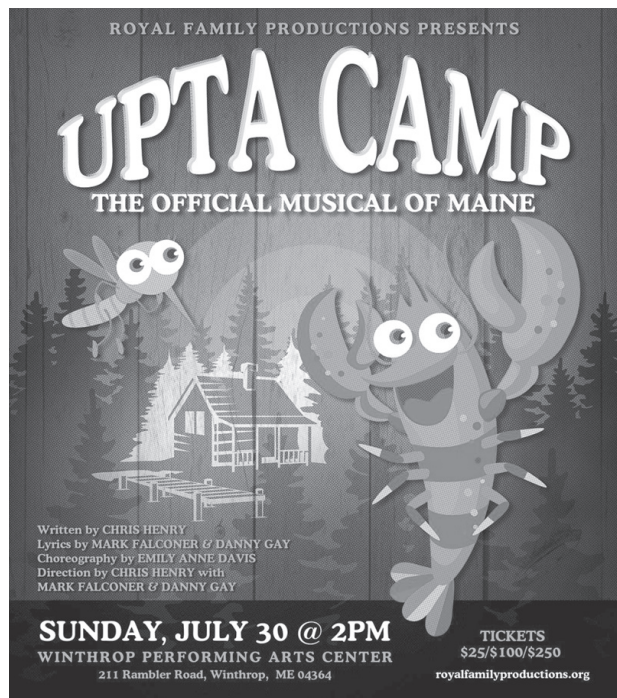
WINTHROP, ME (July 21, 2023) -- NYC's Royal Family Productions, a theatre company known for its innovative productions and

development of new original work, continues to bring quality family theatre to Maine. Following the sold-out success of the COVID SUX tril-

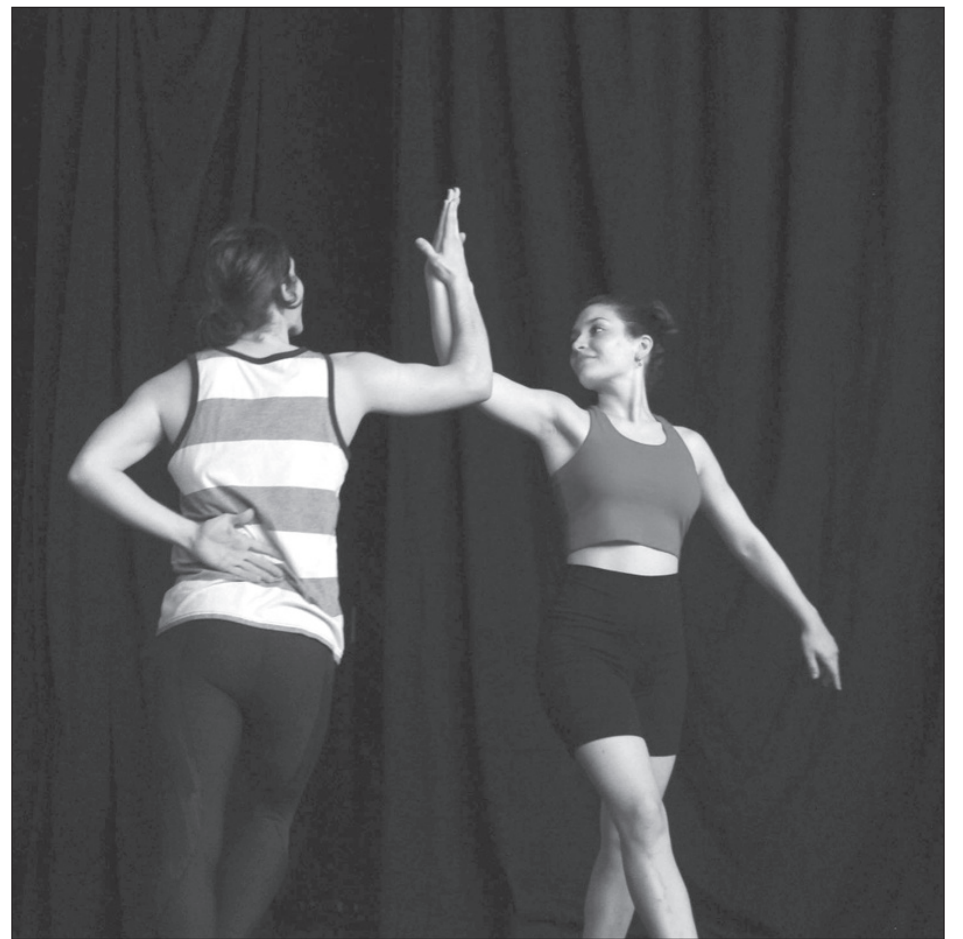
ogy in Lewiston, Chris Henry, Mark Falconer and Danny Gay have written a new parody musical about the summer camp season in Maine featuring parodies of hit Broadway songs from shows like Hamilton, My Fair Lady, Come From Away, Cabaret, and Annie.

This show is directed by Chris Henry with Mark Falconer and Danny Gay and features choreography by Emily Anne Davis. The Maine production team includes Ann Fairchild, Ricky Lambert, and Danny Gay.

This production will take place at the Winthrop PAC, located at 211 Rambler Road, Winthrop, ME. Tickets are \$25 for general admission with \$100 preferred seating and \$250 VIP tickets. Tickets need to be purchased in advance by visiting [www.Royal-FamilyProductions.org](http://www.Royal-FamilyProductions.org).



## Dancing with *The Little Mermaid* at CLT



Scotty Venable as Prince Eric and Mackenzie Richard as Ariel rehearse dance moves for the upcoming CLT production of the musical *The Little Mermaid*.

AUBURN, ME (July 21, 2023) -- Mackenzie Richard as Ariel and Scotty Venable as Prince Eric practice some dance moves at a recent rehearsal for the upcoming Community Lit-

tle Theater production of the musical *The Little Mermaid*, based on the Hans Christian Andersen story and the classic Disney animated film. Show dates are August 10, 11, 12, 17,

18, and 19 at 7:30 p.m. and August 13 and 20 at 2:00 p.m. Tickets and more information are available online at <https://www.laclt.com/the-little-mermaid-2023> or by calling 783-0958.

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<b>Education/Training</b>	<b>Job Requirements</b>
Preferred high school diploma or GED	<ul style="list-style-type: none"> <li>• Driver's license with clean driving record</li> <li>• Reliable transportation to and from work</li> <li>• Pass DOT physical/drug screening</li> </ul>

**To Apply: email Howard Fogle [business@envprojects.com](mailto:business@envprojects.com) or call 207-786-7390 between 8:00 AM to 3:30 PM Monday-Friday and ask for Howard.**

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# Free Classes Support Career Building, Money Management

**AUGUSTA, ME (July 20, 2023)**—New Ventures Maine will offer free online workshops and classes statewide over the next eight weeks that are designed to help people in Maine start a business, build a career, and manage money. The full class schedule is accessible online: [bit.ly/NVME-Classes](http://bit.ly/NVME-Classes).

Classes include online, daytime, evening and self-paced options in three program areas:

**Build Your Career**

**Making Career Choices:** Wednesday, August 16, 10:00 – 11:00 a.m. Online. Ready for a career change but don't know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered August 17, 6:00 – 7:00 p.m.)

**Job Search Series:** Wednesdays, August 16 - 30, 10:00 – 11:00 a.m. Online. Ready for a new

job or a career change? Join us for one, two, or all three workshops. August 16: Job Search Strategies; August 23: Resume Strategies; August 30: Interview Strategies.

**Start A Business**

**Grow Your Business Online (self-paced):** Gain the skills, knowledge, and confidence to create a compelling web presence & website for your small business. Work at your own pace; complete by August 31. (Also: Grow Your Business Online: Keep My

Customers, July 31, 10:00 – 11:30 a.m. on zoom/interactive.)

**Business Basics:** Wednesdays, July 26 – August 9, 10:00 – 11:30 a.m. Online. This class covers the business plan, marketing, and cash planning. Assess the feasibility, desirability, and viability of your business idea and get started with your plan.

**Exploring Self-employment:** Wednesday, August 16, 6:00 – 7:00 p.m. Online. This class covers the pros and cons of own-

ing your own business, the steps needed for startup, the major elements of a business plan, and the many resources available to help you succeed.

**Manage Your Money**

**My Money Works:** Thursdays, August 3 - 31, 6:00 – 7:00 p.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals with a plan to achieve greater financial

stability.

**Money Management Workshops:** Wednesdays, August 16 - 30, 6:00 – 7:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three workshops. August 16: Budgeting Basics; August 23: Let's Talk About Credit; August 30: Build Your Savings.

For the full schedule of classes and to sign up, visit [bit.ly/NVME-Classes](http://bit.ly/NVME-Classes) or call toll-free in Maine: 800-442-2092.

# \$28.4M Advances for Maine Community Development Projects

**WASHINGTON, D.C. (July 21, 2023)** — U.S. Senator Susan Collins, Vice Chairman of the Senate Appropriations Committee, announced that she advanced \$28,398,000 in Congressionally Directed Spending for requests to support community and economic development throughout Maine in the Fiscal Year 2024 (FY24) Transportation, Housing and Urban Development (THUD) appropriations bill. The bill, which was officially approved by the Senate Appropriations Committee yesterday, now awaits consideration by the full Senate and House.

“This important funding would support the revitalization of infrastruc-

ture and community assets across the State of Maine, helping to spur economic development and job creation,” said Senator Collins. “As the Vice Chairman of the Appropriations Committee, I will continue to advocate for this funding as the appropriations process moves forward.”

This funding advanced through the Committee's markup of the FY24 THUD appropriations bill—an important step that now allows the bill to be considered by the full Senate. Committee consideration of legislation is a key part of regular order, which helps our government function efficiently and deliver results for the people of Maine

and America.

Local funding secured by Senator Collins for Maine community and economic development projects in the FY 2024 THUD appropriations bill is as follows:

**Simard Payne Park Improvements, City of Lewiston, ME;** Amount Requested: \$3,900,000. Project Purpose: To revitalize Simard Payne Park to better connect it to the riverfront and community, which aligns with Lewiston's Riverfront Island Master Plan.

**Norway Downtown Economic Development and Revitalization, Norway, ME;** Amount Requested: \$1,788,000. Proj-

ect Purpose: To renovate a 19th-century historic building to support economic development.

**Rumford Area Community and Economic Development Initiative, Black Mountain of Maine, Rumford, ME;** Amount Requested: \$775,000. Project Purpose: To promote economic development in Rumford through infrastructure improvements at Black Mountain of Maine.

**Riverwalk Expansion, City of Auburn, ME;** Amount Requested: \$3,900,000. Project Purpose: To extend the existing Auburn Riverwalk and link it to other local trails.

**Skowhegan Com-**

**munity Center Complex, Town of Skowhegan, Skowhegan, ME;** Amount Requested: \$3,000,000. Project Purpose: To construct a multi-use facility for economic and community development.

**Maine Trail Center, Maine Appalachian Trail Club, Skowhegan, ME;** Amount Requested: \$475,000. Project Purpose: To construct a facility to support maintenance of Maine's 267-mile portion of the Appalachian Trail.

**Portland Museum of Art Cultural Center, Recipient: Portland Museum of Art, Portland, ME;** Amount Requested: \$2,000,000. Project Purpose: To construct a community cultural center.

**Conservatory and Discovery Center, Maine Botanical Gardens, Boothbay, ME;** Amount Requested: \$1,559,000. Project Purpose: To support the expansion of the Coastal Maine Botanical Gardens' Conservatory and Discovery Center.

In 2021, Congress re-instituted Congressionally Directed Spending. Following this decision, Senator Collins has secured more than \$500 million for hundreds of Maine projects for FY2022 and FY2023. As the Vice Chairman of the Appropriations Committee, Senator Collins is committed to championing targeted investments that will benefit Maine communities.

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# Travel, Create, Learn, and Heal with SeniorsPlus Classes

**LEWISTON, ME (July 21, 2023)** — SeniorsPlus will offer the following local classes in August. Classes are held in person at its Lewiston, Wilton, or Norway locations; online; or hybrid. Classes are free, unless noted. Locations are fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call 207-795-4010 or visit seniorsplus.org.

**ANDROSCOGGIN COUNTY**

**Wowzitude! 'Travel' — Enchanting Charlottenburg, Germany**

**Date:** Tuesday, August 1

**Time:** 2 p.m.

— **Trogir, Croatia**

**Date:** Tuesday, August 8

**Time:** 2 p.m.

— **Destination to be announced\***

**Date:** Tuesday, August 15

**Time:** 2 p.m.

— **Destination to be announced\***

**Date:** Tuesday, August 22

**Time:** 2 p.m.

— **Lido di Venezia, The Venice Film Festival**

**Date:** Tuesday, August 29

**Time:** 2 p.m.

**Location:** Education Center, 8 Falcon Road, Lewiston

Wowzitude's award-winning travel club, designed for armchair travelers, takes you on LIVE, guided, virtual

walks around the world from the comfort and safety of SeniorsPlus. Interactive, live-streamed walking tours feature expert hosts and trained local guides eager to Zoom in and introduce us to their favorite spots. **\*Visit our Facebook page for Wowzitude updates.**

**Knitting Group**

**Dates:** Wednesdays

**Time:** 4:30–7:30 p.m.

**Facilitator:** Linda Bilodeau

**Location:** Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize.

**Lewiston Game Day**

**Dates:** August 7 & 21 (every second and fourth Monday)

**Time:** 1–3 p.m.

**Instructor:** SeniorsPlus staff

**Location:** Education Center, 8 Falcon Road, Lewiston

Have some popcorn while you play cribbage, checkers, or card games. Bring your own or play ours. Staff will be there to network and talk about all our programs while we play games.

**The Aging Brain**

**Date:** Thursday, August 10

**Time:** 10–11 a.m.

**Instructors:** Grace Simonson & Dr. Susan Wehry

**Location:** Education Center, 8 Falcon Road,

Lewiston

This seminar on the aging brain helps alleviate “dementia worry” (aging anxiety) which develops as a fear of developing Alzheimer’s disease or related conditions.

**AARP Frauds and Scams**

**Date:** Thursday, August 17

**Time:** 10–11 a.m.

**Instructors:** Heather Komulainen & Meagan Gosselin

**Location:** Education Center, 8 Falcon Road, Lewiston

Frauds and scams can take many forms. Do you know how to recognize a potential scam? What actions to take? Learn about identity theft, Romance Scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

**Healthy Living for Your Brain and Body**

**Date:** Thursday, August 17

**Time:** 1–2 p.m.

**Instructor:** Dana Morrell, LSW

**Location:** Education Center, 8 Falcon Road, Lewiston

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas

of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to incorporate these recommendations into a plan for healthy aging.

**iPad Basics**

**Dates:** August 23, 24, & 25

**Time:** 1–2 p.m.

**Instructor:** Nicole Moran of National Digital Equity Center

**Location:** Education Center, 8 Falcon Road, Lewiston

This three-day course covers the basics of how to use Apple’s popular iPad. The class starts with the basics of how to log on using multiple methods from passcode to touch ID to face recognition technology. Apple’s iCloud service will be discussed, including how it will help secure your data and allow your data to be used across multiple Apple devices. The App Store will be covered to find additional applications that may meet your needs. To register, call SeniorsPlus at 207-795-4010, or visit [digitalequitycenter.org/classes/class\\_location/seniors-plus/](http://digitalequitycenter.org/classes/class_location/seniors-plus/)

**Chair Yoga In-Person and Zoom**

**Day/time:** Tuesdays, 9–10 a.m.

**Day/time:** Fridays, 9–10 a.m.

**Instructor:** Mary Bishop, RYT

**Location:** Zoom and in person at Education Center

**Cost:** \$5 per class. Payments exchanged directly with Mary.

**Must-haves:** If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in person, then just yourself.

Join Mary for this class offered both in person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size is limited. If you are interested in the class availability or are unable to afford the payment, reach out so we can discuss specifics/concerns with you further.

**Save the Date! Opening Minds through Art (OMA) Art Show**

**Date:** Friday, September 8

**Time:** 1–3 p.m.

Celebrate our Lewiston OMA artists as we display all the art they have been completing over multiple OMA sessions. Open to the public, bring a friend. Refreshments will be served.

**EXERCISE CLASSES**

**Total Strength and Balance**

**Day/time:** Mondays, 11–11:45 a.m.

**Day/time:** Wednesdays, 11–11:45 a.m.

**Day/time:** Fridays, 10:15–11 a.m.

**Instructor:** Linn Morin, Certified Trainer

**Cost:** See below

**Location:** Education

Center, 8 Falcon Road, Lewiston

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances; call Linn for more details.

sPlus, 8 Falcon Road, Lewiston

**Caregiver Support Group—Lewiston/Tuesdays-NEW**

**Date:** Tuesday, August 29 (every last Tuesday)

**Time:** 3–4:30 p.m.

**Facilitator:** Heather Komulainen

**Location:** SeniorsPlus, 8 Falcon Road, Lewiston, and on Zoom

**Caregiver Support Newsletter**

Did you know that SeniorsPlus offers a quarterly Caregiver Support Newsletter? The goal of the newsletter is to share caregiver-specific resources and opportunities to those in need. If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out.

**ONLINE GROUPS AND OFFERINGS**

**AT&T - Cyber Aware Webinar**

**Date/time:** At your convenience

**Presenter:** AT&T staff

**Location:** Online video

Catch this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is designed for people who are interested in learning statistics, recognizing scams, and what to do to protect themselves while online.

**Fraud & Scams Prevention**

**Date/time:** At your convenience

**Presenter:** SeniorsPlus staff

**Location:** Online video

Every year, one in 10 older adults fall victim to scams and fraud. The number is most likely higher because many are embarrassed and afraid to report it to the authorities or to their families. This workshop will give you the information needed to

*See Classes, next page*



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**To Apply: email Howard Fogle  
[business@envprojects.com](mailto:business@envprojects.com)  
or call 207-786-7390  
between 8:00 AM to 3:30 PM  
Monday-Friday  
and ask for Howard.**



# 2023 Sabattus Rec Club Blackjack 5K Results

**SABATTUS, ME (July 21, 2023)** – Results from Thursday’s Sabattus Rec Club 10th Annual Blackjack 5K, in order of finish time and where noted, whether a Blackjack or a 21 total winner:

- |                                       |   |
|---------------------------------------|---|
| 1. Josh Gosselin, 17:14 (21 winner);  | 18. Mindy Foss, 28:50;                      |
| 2. Kyle Simmons, 17:36;               | 19. Beckett Foss, 28:50;                    |
| 3. Derek Nadeau, 20:50;               | 20. Benson Foss, 28:50.                     |
| 4. Todd Michaud, 22:34;               | 21. Beth Asselin, 29:11;                    |
| 5. Rick Blanchette, 22:34;            | 22. Maxx Crowley, 29:55;                    |
| 6. Wes Danforth, 22:49;               | 23. Doug Grant, 30:16;                      |
| 7. Kenlie Nadeau (First Female);      | 24. Rebecca Grant, 30:16;                   |
| 8. Marcey Crosskill, 24:17;           | 24. Curt Lebel, 30:19;                      |
| 9. Peter Cole, 24:53 (21 winner);     | 25. Gena Bosshart, 30:20;                   |
| 10. Steven Dubois, 24:54 (21 winner); | 26. Robyn Babbidge, 31:12;                  |
| 11. Erik baker, 25:38;                | 27. Brian Babbidge, 31:18;                  |
| 12. Scott Outslay, 26:11;             | 28. David Colby Young, 32:23;               |
| 13. Kelly Harmon, 26:58;              | 29. Sue Dubois, 32:25;                      |
| 14. Kathleen Walker, 28:03;           | 30. Celeste Goulet, 33:15;                  |
| 15. David Leblanc, 28:13;             | 31. Chuck Fallon, 36:06;                    |
| 16. Denis Dubois, 28:22;              | 32. Jeremy Foss, 38:00;                     |
| 17. Kerry Lathrop, 28:32;             | 33. Beth Perreault, 38:01;                  |
|                                       | 34. Jack Carney, 41:19 (Blackjack winner);  |
|                                       | 39. Brylee Roberge, 41:19;                  |
|                                       | 35. Anderson Reedy, 39:02;                  |
|                                       | 40. Dylan Perreault, 41:58.                 |
|                                       | 36. Vicki Waterman, 39:06;                  |
|                                       | 41. Abigail Babbidge, 41:58;                |
|                                       | 37. Avery Pinard, 41:05 (Blackjack winner); |
|                                       | 42. Corbin Roberge, 42;13;                  |
|                                       | 38. Kym Roberge, 42;13;                     |
|                                       | 43. Alivia Perreault, 46:10;                |
|                                       | 48. Brandon Fallon, 48:37;                  |
|                                       | 44. Craig Perreault, 42:29;                 |
|                                       | 49. Stacy Fallon, 48:50;                    |
|                                       | 45. Ryan Harmon, 42:48;                     |
|                                       | 50. Rachel Dube, 49:15 (21 winner);         |
|                                       | 46. Chloe Bolduc, 45:17;                    |
|                                       | 51. John Dube, 49:24.                       |
|                                       | 47. Amber Capponi, 49:24.                   |



The overall winner, Josh Gosselin, of Wales.

## Classes

*Continued from previous page*  
protect yourself and your loved ones. Topic areas include Fraud Trends and Behavior, the Con Artist’s Playbook, Practice Spotting Fraud (using real examples), Prevention, and Resources. Content from AARP Fraud Watch Network.

### Cyber-Senior Mentors — A Tech Resource

**Date/time:** At your convenience

**Presenter:** Cyber-Senior

**Location:** Phone and/or online

Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or one-on-one technology support, please join in. Trained volunteers are standing by to answer your tech questions and also to help you sign up for online training sessions. Call Cyber Seniors at 1-844-217-3057.

*About SeniorsPlus and our Education Center: Our mission is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. Educational programs like these are made possible by contributions.*

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# Letter to the Editor - Protecting Our Children



Op-Ed By Chris Grollnek

Did you hear about all those kids who died in that big school fire last week? No? That's because

it didn't happen. In fact, a school fire that has killed 10 or more children hasn't happened in about 65 years.

But of course you've heard about all the recent school shootings where so

many children have died. In fact, as of June 15, an Education Week analysis shows that there have been 23 school shootings already this year that resulted in injuries or deaths.

In the 1950s, people had had enough of children dying in school fires. Fire codes were enacted and buildings started including fire alarms, sprinklers, and other systems that automated the response to fires

and lessened their severity. So why hasn't this sort of commonsense plan been enacted nationwide for the scourge of school shootings?

We have the knowledge and the technology to help mitigate the problem. Just like smoke detectors that alert you to fire, we have cameras and gunshot detectors that can recognize when there's a gun on site.

You may wonder: Why do we need automated systems at all when someone can just call 911? Research and experience have shown that it takes four minutes for a person to realize they're in an active shooter situation and another minute to get through to 911. So we're wasting five minutes of precious time. By then, a shooter can already harm scores of children.

The newer automated security systems tie together camera systems using AI to recognize the shape of weapons and gunshot detectors that use energy

signatures, not sound, so they're much more accurate. These wireless sensors work indoors and outdoors, and alert you instantly when there's a threat. And these are not products of the future. They're already in use at some schools and other public sites.

Automated security systems can lock doors and send out customized alerts in just a couple of seconds to law enforcement, school administrators, and anyone the school wants to notify via text or email, and over PA systems. In real-time video first responders are shown exactly where the threat is so they can respond to the right spot on a campus. And they let students and teachers know, so they can move to a safer place, away from the shooter.

Even though more children are dying from gun violence than from fires, there is still no building or safety code that standardizes the use of such security systems nationwide—at least not yet. This

is despite the fact that the cost for fire safety far exceeds the cost for gunshot notification systems.

School board members, architects, and every community member can speak up about enacting new regulations that will make children safer. Gun and gunshot detection systems can be specified in building codes, just like fire systems are, and can be included at both old and new schools, making them more active shooter resistant. Solutions incorporating prevention training and technology currently exist. We just have to use them.

There have been a few first steps in the right direction with legislation like Alyssa's Law in New Jersey and similar laws in other states. These laws, however, don't go far enough. We all say that children are precious, yet we seem to be unable to make even a small investment in preventing deaths from what has become an ever-present threat. If we're going to save lives in

active shooter situations at schools, it's going to take all of us working together, agreeing that enough is enough.

Let your voice be heard. Contact your local, state, and federal representatives about active shooter prevention today. How many more of our children will have to die before these changes are made?

*Chris Grollnek is an internationally recognized active shooter prevention expert and the founder of the Active Shooter Prevention Project (ASPP) LLC, an organization that brings together top law enforcement and security professionals worldwide. He has firsthand experience inside an active shooter event and is a former Marine and retired police detective. Chris holds a postgraduate degree focusing on the phenomenon of active shooter events. He is a frequent guest and contributor to numerous national television networks and syndicated radio programs to discuss these issues.*

## Midcoast Symphony Orchestra Announces New Director



**BRUNSWICK, ME (July 21, 2023)** —The Midcoast Symphony Orchestra has announced that its new executive director is Mike Levine of Hollis, ME. Levine has a background in arts management, working with music organizations and theater companies dating back to the New Repertory Theater in Newton, MA, in 1987. He has been involved with the Portland Stage Company as

its General Manager, was Executive Director of the LARK Society for Chamber Music, was Co-Project Manager for the St. Lawrence Arts Parish Hall Theater Renovations, and was Founding Producing Director of Acord Productions in Portland (among other positions).

In addition to his interest in the arts, Levine has been a high school English teacher for many years,

most recently at Windham High School. He brings with him a wealth of fundraising and outreach experience.

MSO's Board President Tim Kenlan said "We look forward to seeing him work with the board and the orchestra to build upon the work that Carol Preston has done in the role for half a decade, and the work that she built upon that was done by John Teller before her."

## Grants Available to Help Repair Facilities in Rural Maine

**WASHINGTON, D.C. (July 20, 2023)** —U.S. Department of Agriculture (USDA) Rural Development Maine State Director Rhiannon Hampson today announced the availability of grants to help repair essential community facilities that were damaged by the severe storm and flooding in December 2022. The facilities must be in Franklin, Knox, Oxford, Somerset, Waldo, and York counties delineated in the presidentially declared disaster areas.

"The Biden-Harris Administration and USDA stand ready to deploy every resource we have available to help rural leaders and residents rebuild their communities," Rhiannon Hampson said. "The assistance I'm announcing today will help those communities that were so badly damaged by the severe winds, rain, and flooding that devastated parts of Maine in last December's storm. Under the leadership of President Biden, Vice President Harris and Secretary Vilsack, USDA

remains committed to helping America's rural communities build back better by making local infrastructure — including vital community facilities — more resilient in the face of increasingly severe floods, wildfires, hurricanes, and other risks."

USDA is making up to available nationwide through the Community Facilities Disaster Repair Grants Program, which received supplemental disaster funding under the Consolidated Appropriations Act of 2023. Maine's allocation will be awarded on a first-come, first-served basis until all funds have been fully utilized. There is no minimum or maximum grant limit per project.

Eligible entities may apply to receive up to 75% of total project costs to help repair community facilities that were damaged by natural disasters in 2022. Eligible organizations include public bodies, federally recognized Indian Tribes and community-based nonprofits located in towns and cities with a population of 20,000 or fewer. Other population and income re-

quirements may apply.

Example of essential community facilities that may be eligible are health care facilities; municipal buildings, vehicles, and equipment; public safety services; utility services, and local food systems.

Funds may be used to:

- Repair essential community facilities,
  - Replace damaged equipment or vehicles,
  - Purchase new equipment to undertake repairs.
- For more information on how to apply, contact Bob Nadeau, Community Programs Director robert.nadeau@USDA.gov or 207-990-9124.

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# \$18M for Maine Housing Advances in Funding Bill

WASHINGTON, D.C. (July 21, 2023) — U.S. Senator Susan Collins, Vice Chairman of the Senate Appropriations Committee, announced that she advanced \$18,010,000 in Congressionally Directed Spending for Maine housing projects in the Fiscal Year 2024 (FY24) Transportation, Housing and Urban Development (THUD) appropriations bill. The bill, which was officially approved by the Senate Appropriations Committee yesterday, now awaits consideration by the full Senate and House.

“Affordable housing is critical to supporting vulnerable individuals and families throughout Maine,” said Senator Collins. “This funding would

help to improve the quality and safety of affordable and emergency housing across the State and expand resources for residents. As the Vice Chairman of the Appropriations Committee, I will continue to advocate for this funding as the appropriations process moves forward.”

*Local funding secured by Senator Collins for Maine affordable housing and emergency projects in the FY 2024 THUD appropriations bill is as follows:*

**Affordable Housing Projects:**

**Community Concepts Housing**

**Recipient:** Community Concepts, Inc.

**Project Location:** Androscoggin, Franklin, and

Oxford Counties, ME  
**Amount Requested:** \$3,721,000

**Project Purpose:** To renovate 12 of Community Concepts’ low-income rental housing properties.

**Centre Street Housing**

**Recipient:** Bath Housing Development Corporation

**Project Location:** Bath, ME

**Amount Requested:** \$4,000,000

**Project Purpose:** To create new rental low- to moderate-income housing in Bath.

**Kingfield Multi-Family Housing**

**Recipient:** Workforce Housing Coalition Western Maine Mountains

**Project Location:**

Kingfield, ME  
**Amount Requested:** \$1,500,000

**Project Purpose:** To construct an affordable 12-unit multi-family building.

**Quarry Road Assisted Housing Renovation**

**Recipient:** SKILLS, Inc.

**Project Location:** Waterville, ME

**Amount Requested:** \$1,540,000

**Project Purpose:** To construct affordable housing units for adults with disabilities.

**Emergency Housing Projects:**

**Tedford Emergency Housing**

**Recipient:** Tedford Housing

**Project Location:**

Brunswick, ME  
**Amount Requested:** \$1,500,000

**Project Purpose:** To construct a 64-bed emergency housing facility.

**Joe’s Place Teen Center and Shelter**

**Recipient:** Preble Street

**Project Location:** Portland, ME

**Amount Requested:** \$2,000,000

**Project Purpose:** To support construction of a new facility that would consolidate Preble Street’s daytime Teen Center and nighttime Teen Shelter into one building.

This funding advanced through the Committee’s markup of the FY24 THUD appropriations bill—an important

step that now allows the bill to be considered by the full Senate. Committee consideration of legislation is a key part of regular order, which helps our government function efficiently and deliver results for the people of Maine and America.

In 2021, Congress reinstated Congressionally Directed Spending. Following this decision, Senator Collins has secured more than \$500 million for hundreds of Maine projects for FY2022 and FY2023. As the Vice Chairman of the Appropriations Committee, Senator Collins is committed to championing targeted investments that will benefit Maine communities.

# Award Winning Local Singer-Songwriter Releases Maine Song

MAINE (July 21, 2023) — Gordon Thomas Ward, a Grammy-balloted, award-winning, singer-songwriter and year-round resident of Winter Harbor, Maine, has a new song about Maine titled “Welcome Home” that was just released on June 27.

The song is available from all or most of the streaming platforms, but you can listen, download, and/or get lyrics and more information about it from its page on the musician’s website: <https://gordonthomasward.com/welcome-home>

Gordon says, “I love my home state, and have a long history here. My father was a professor of botany at the University of Maine in Machiasport, and one of my ancestors was a co-founder of the town of Blue Hill, ME, hundreds of years ago.

“Welcome Home” was written to highlight many of the major attributes that Maine offers to residents and tourists alike. The song was written in March of 2023 and

recorded in Frog Hollow Studio in Topsham, Maine.” Here’s the list of the track’s musicians and their contributions toward the song.

For more information about about Gordon, see <https://gordonthomasward.com/>

From Gordon’s bio: Dubbed “the total package” by his fans, GRAMMY-balloted, award-winning, multidimensional and recording artist Gordon Thomas Ward tours as a solo performer with four charting #1 songs. He’s charted in the Radio Guitar One Acoustic Top 30 and the Roots Music Report charts. Gordon’s songs and records have also soared in the Folk Music Charts, the Euro Indie Music Chart, DRT Global Adult Contemporary Airplay Chart, DRT Global Top 150 Country Airplay Chart, and more! His song stylings have been influenced by the singer-songwriters of the late 1960s through the 1970s, yet Gordon’s songs occupy a space all their own filled

with honesty, emotion, and personal politics from time to time.

Gordon is, at heart, a storyteller who paints musical portraits that plumb the depths of our emotions and bring the past to life while pointing to a hopeful future. His listeners travel mystical and historical roads, winding through lush, sonic landscapes. Employing his experience as a teacher, writer, paranormal investigator, storyteller, group facilitator, and radio host, it’s no wonder that his fans often comment on Gordon’s knack for establishing an endearing relationship with them through his extraordinary and captivating words and music, which fit into the contemporary folk rock, adult alternative, and Americana genres. Matheeson’s Entertainment Blog says his music “Will grab you by the heart and never let go.” At the end of his performances, audiences leave inspired, and Vents Magazine calls his work, “In a word: liberating.”

Utilizing a variety

of instruments in his shows, including six-, eight-, and twelve-string guitars and an eight-string Walkabout dulcimer, results in a varied spectrum of tonal colors. His songs have led him to work with notable musicians such as Noel Paul Stookey (Peter, Paul, and Mary), Abbie Gardner, Jud Caswell, Eric Troyer and Mik Kaminski (Electric Light Orchestra), Kevin Barry (Jackson Browne, James Taylor), William J. Hall, Caroline Cotter, share the stage and billing with Natalie Merchant and Christine Lavin, and open for noted singer-songwriter Bill Staines. Gordon’s first album Welcome to the Past was released in 2013. His celebrated, GRAMMY-balloted record Providence was released on August 30, 2018. Gordon followed that up with the release of his much-anticipated, critically acclaimed, double album titled Eiderdown on May 1, 2020, which has charted as the #1 folk record, both nationally and in Maine, and as the #3

alternative folk record in the nation. Eiderdown also spawned three #1 songs: “Dreams,” “Long, Long Ago,” and “Just for You.” Gordon’s new album Whispers from the Woods was released on September 1, 2022, and charted as the #4 alternative folk album in the nation. It was also nominated by a panel of jurors from around the world for the 6th annual Blues & Roots Radio Worldwide Album of The Year Award!

Gordon has written songs for documentary film, historical events and celebrations, and The United States World War One Centennial Commission. He is a voting member of the Recording Academy and, as the author of five books, is no stranger to television and radio, and has performed at many festivals and venues, including several appearances at Musikfest in Bethlehem, PA. He’s even appeared on stage in the role of a troubadour in Gioachino Rossini’s opera The Barber of Seville and Die Fledermaus by Johann Strauss

II. Additionally, he’s often been “Artist of the Week” on radio, received enthusiastic reviews by prominent music critics, and highlighted in media articles. As an artist interested in social issues, Gordon produced and performed in a Concert Across America to End Gun Violence in 2016 and 2018.

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**Fridays July 28 – 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 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.sacrivertheatre.org](http://www.sacrivertheatre.org) or call 207-929-6473 for reservations.

**July 29**

BUXTON -- Had-dock 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

# Calendar

Send your submissions to the Editor. More online.

wish to use it.

**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.

**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.

**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 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](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).

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# L-A Rotary Club Installs New President

AUBURN, ME (July 21, 2023) -- Outgoing president Todd Goodwin hands over the gavel to new president Roger Philippon at a recent meeting of the Lewiston-Auburn Rotary Club. Also installed were vice president Jennifer Frazier, treasurer

Tom MacDonald, and secretary Christine Wilson. For the 2023-2024 year Rotary's theme is "Creating Hope in the World" which is a call for Rotary to create and foster hope and aspiration by working for peace and mental well-being.


The L-A Rotary Club was founded in 1917. The club raises money to support local non-profit agencies and provide scholarships to high school graduates. In addition, members volunteer for organizations such as the Trinity Jubilee Center,

Autism Society of Maine, Maine Special Olympics, and the Salvation Army. "People in our local communities and around the world need help overcoming problems and challenges," said Philippon. "Rotary clubs engage in service above self by


leveraging member talents and club resources to help people and communities thrive, prosper, and grow." The L-A Rotary Club welcomes new members who as people of action seek to volunteer their skills and resources to solve issues and address

community needs. Anyone interested in membership information is encouraged to contact the club at LArotary1@outlook.com or by joining one of the weekly meetings on Thursdays at noon at the Village Inn restaurant in Auburn.

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