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# TWIN CITY TIMES

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**CELEBRATING 15 YEARS**

**DEMPSEY CHALLENGE**

Presented by Karyopharm Therapeutics

**Saturday, September 23 - more info on pages 7-10**

## Dempsey Challenge celebrates 15 years

**LEWISTON/AUBURN, ME (September 15, 2023)** -- The Dempsey Challenge is BACK and is celebrating 15 incredible years of running, walking, and cycling to make life better for people impacted by cancer. This fundraising event, held annually, is the cornerstone event for the Dempsey Center. Since its inception in 2008, participants in the Dempsey Challenge have raised over \$18 million dollars, with 100% of funds going directly to the Center.

The Dempsey Center was founded by actor, Patrick Dempsey, in 2008 after his mother's experience with cancer and as a way to give back to his hometown community of Lewiston, Maine. Today, the Dempsey Center has grown to two locations in Lewiston and South Portland, Maine, a hospitality home in Portland, Maine, and has adapted to providing robust support virtually via Dempsey Connects. The programs offered by the Dempsey Center provide a wide range of holistic support that address the physical, functional, social, and emotional well-being of people impacted by cancer. All services are provided at no cost to cancer patients, survivors, care partners, family members, and friends.

"We want all Mainers impacted by cancer to know the Dempsey Center is here for them. Last year we saw clients from across Maine, providing holistic, whole-person support to not only the cancer patient, but to their care partners and loved ones as well," said Founder Patrick Dempsey.

Cara Valentino, Dempsey Center CEO + President says that the organization has seen tremendous growth. "Last year, we served approximately 2,200 clients, and we have already served that total number of clients as of August. The need for integrative care to complement clinical treatment continues to grow exponentially," said Valentino, who added that the Dempsey Center is on the path to serve more than 4,000 individuals in 2023.

Registration for the 15th Anniversary Dempsey Challenge presented by Karyo-



pharm Therapeutics is still open! Join us in Simard-Payne Park for the in-person events or join us virtually and participate from anywhere in the world presented by our friends at Amgen Oncology.

This year's in-person event will take place on one-day—Saturday, September 23rd—and will feature 5k run/walk events presented by Poland Spring Brand 100% Natural Spring Water; Wendy's Way Family Ride, 25-mile, 50-mile, and 65-mile cycling events presented by Specialized; and a NEW Dempsey Duathlon (~4.5-mile run, 21.5-mile ride) presented by Geiger.

Those participating in-person will see some special guests in Simard-Payne Park this year. Noelle Lambert, Paralympian, competitor in Survivor Season 43, and Founder of The Born to Run Foundation will be present, as well as Ethan Zohn, Survivor: Africa winner, founder of Grassroot Soccer, and cancer survivor.

"The Dempsey Challenge has been a staple in the Lewiston/Auburn community for the past 15 years. We are so grateful to the community and all those who rally together to make this incredible event with

a special purpose possible," says Deneka Deletetsky, Event Manager.

After raising a record \$1.6 million in 2022, this year's goal is to raise \$1.8 million that will go directly to providing services to people impacted by cancer at no cost. "It is an ambitious goal," says Deletetsky, "but we know our community is ready to rally together for the challenge."

For the latest updates about Dempsey Challenge 2023, please visit [Dempsey-Challenge.org](http://Dempsey-Challenge.org).

To learn more about the Dempsey Center, visit [DempseyCenter.org](http://DempseyCenter.org).

## Manhattan Short Film Festival to screen at TPT



**LEWISTON, ME (September 15, 2023)** -- The Ten MANHATTAN SHORT films hail from seven countries with films from Australia, Afghanistan, Finland, Iran, Switzerland, UK and Canada, alongside three films from the USA. This year's Final Ten Films represent the best short films from among 850 submissions from 72 countries received by MANHATTAN SHORT for 2023, testimony to the enduring vibrancy and creativity of short films worldwide. This year's final ten include Sunless (USA), Voice Activated (Australia), Yellow (Afghanistan), Tuulikki (Finland), The Family Circus (USA), Career Day (USA), Snail (Iran), The Record (Switzerland), The Stupid Boy (UK) and Soleil De Nuit (Canada).

What makes this Film Festival so special is the diversity of the short films from around the world, and the fact that the audience determines the winners. Every person watching the festival around the world will get a ballot to determine the Best Film and Best Actor awards, so this is your chance to play film critic! The festival also has an enviable history of showing films that have gone on to be nominated for Oscars including one that went on to win the Oscar in the Short film category! All Final Ten short films become Oscar qualified, meaning they will be automatically eligible for an Academy Award nomination by screening for a week at the Arena CineLounge in Hollywood in the county of Los Angeles from September 22 to September 28.

The ten short films will be shown at The Public Theatre on Friday, September 29 and 30 at 7:00pm. For tickets call 782-3200 or visit [thepublictheatre.org](http://thepublictheatre.org). The Public Theatre is located at 31 Maple St in Downtown, Lewiston.

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# Newsmakers, Names & Faces

## Funds available for Mainers in declared disaster areas

**BANGOR, ME (September 15, 2023)** – As the state prepared for a major weekend storm, U.S. Department of Agriculture (USDA) Rural Development Maine State Director Rhiannon Hampson today announced that the Department has launched a pilot program to make it easier for rural Mainers to repair and rebuild storm-damaged homes in presidentially declared disaster areas. The pilot program covers disasters since July 18, 2022, and may include future natural disasters declared through the next two years.

“The Biden-Harris Administration and USDA are working hard to find solutions to help people impacted by natural disasters in rural areas,” State Director Hampson said. “Mainers deserve the resources to rebuild their homes and lives after storms and floods. Whether you’re a senior living in retirement or a young family getting started, if your home was damaged in a recent natural disaster, this pilot program may be able to help. It includes manufactured housing and offers reimbursements for

emergency repairs that were already completed. Flexibilities such as these mean Rural Development can help even more low-income Mainers enjoy secure homes.”

This USDA pilot program significantly expands eligibility for people seeking Single Family Housing Repair Loans and Grants to repair and rebuild their homes damaged in areas of presidentially declared disasters.

As a part of this pilot, USDA is making a number of changes to the grant and loan program, including:

Lowering the minimum age from 62 to 18 for eligible homeowners.

Refinancing debt and reimbursing repair costs incurred as a result of the natural disaster.

Financing costs to relocate mobile and manufactured homes.

In Maine, funding is available to homeowners in eligible rural areas affected by specific storms. Funds are available for homes damaged in presidentially declared disaster areas that occurred since July 18, 2022, including the severe storms and flooding

occurring:

December 23-December 24, 2022, in Franklin, Knox, Oxford, Somerset, Waldo, or York counties;

April 30-May 1, 2023, in Franklin, Kennebec, Knox, Lincoln, Oxford, Sagadahoc, and Somerset counties;

June 26, 2023 in Oxford County;

June 29, 2023, in Franklin County.

Funds may also be used in areas subject to future natural disasters in the next two years. Income restrictions apply. Applications must be submitted

directly to the Rural Development State Office. For more information on how to apply, contact our Single Family Housing staff at 207-990-9100 (SFH-Maine@USDA.gov) or visit [www.rd.usda.gov/me](http://www.rd.usda.gov/me).

Additional information is also available on page 60883 of the Sept. 6 Federal Register and page 45809 of the July 18 Federal Register.

For more resources to support rural communities seeking disaster assistance, visit <https://www.rd.usda.gov/page/rural-development-disaster-assistance>.

## Day's Jewelers participating in 2023 Jewelers for Children Day

**WATERVILLE, ME (September 15, 2023)** -- On September 23rd, 2023, Day's Jewelers will be one of many jewelers across the United States participating in Jewelers for Children's annual fundraising day. This event aims to celebrate the success of the jewelry industry's ongoing support for children in need and raise awareness and funds for the many charities that Jewelers for Children support.

Jewelers for Children is a non-profit organiza-

nization that brings together jewelers across the U.S. to raise funds and awareness for children affected by illness, abuse, or neglect. The organization was founded in 1999 and, since then, has raised over sixty million dollars for children in need. JFC is partnered with charity organizations such as St. Jude Children's Research Hospital®, Make-A-Wish® America, the Elizabeth Glaser Pediatric AIDS Foundation, and the National CASA Association.

On the annual Jewelers for Children Day, partners of JFC come together to donate portions of their sales to the organization. This encourages community involvement across the country, uniting communities through the common goal of helping, uplifting, and supporting children and their families during life's toughest moments. The event raises both awareness and funds to support these families and has become a hugely successful approach throughout the

years.

Joe Corey, President of Day's Jewelers, serves on the Jewelers for Children Board of Directors. Of JFC Day, Joe says “supporting our communities and doing our part to make the world a better place is one of our core values at Day's. I'm proud to announce that once again we will donate 5% of our sales to Jewelers for Children on JFC Day this year. The charities that JFC support have made such a major impact on the lives of so

many families. We firmly believe that it is our responsibility to continue to give back in any way that we can.”

As a family-focused company, Day's Jewelers believes in supporting and uplifting children in need, along with their families, who benefit from organizations like St. Jude, CASA, Elizabeth Glaser Pediatric Aids foundation, and Make-A-Wish®. Several Make-A-Wish® events have occurred in Day's locations, marking this organization

as one very close to the company's heart.

In 2014, Day's celebrated 100 years of business with a donation to JFC. The family-owned business hoped to make a big impact on the communities they serve, work, and live in. After a year of fundraising, Day's Jewelers was able to present JFC with a check for \$100,000 to continue supporting children in need across the world.

2023 marks Day's sixth year of participation in JFC Day.

## Playwrights Festival open for script submissions

**PORTLAND, ME (September 15, 2023)** -- Acorn Productions, producers of the annual Maine Playwrights Festival, announces that they are now accepting scripts for this season's twenty-second edition of the state's long-running incubator for new plays by local playwrights. Anybody living in Maine is eligible to submit a new play between 8 and 30 minutes in length for consideration in the festival. The deadline for submissions is Monday, November 27th, 2023. Submission informa-

tion is available at [www.acorn-productions.org](http://www.acorn-productions.org).

“At the Maine Playwrights Festival, we're excited to not only to showcase local playwrights' work, but also to provide ways for writers at all sorts of levels to develop their craft as playwrights,” says Daniel Burson, the festival's Artistic Director. “When you submit a script to the festival, it might lead to a world premiere production next spring. Or it might also lead to a workshop reading, a writing class led by a professional play-

wright, or simply a chance to practice the remarkable art of telling stories through theater. We want to offer support for Maine's playwrights at every stage of their writing lives.”

The festival is centered on developing and honing short plays, from submission through staged readings, rewrites, and culminating in public performances. The 2024 Maine Playwrights Festival will be comprised of two weekends of fully staged performances of short plays, to be performed in Portland

in April, 2024. The Festival anticipates selecting 5 or 6 short plays for production this year. The selected playwrights will receive extensive support for revising their pieces during a workshop phase before the plays go into rehearsals. In addition to the festival productions, several playwrights not selected for the full festival will get the opportunity to workshop their plays with this year's professional playwright-in-residence (to be announced later this month).

All new plays submit-

ted to the festival must be original works 8-30 minutes in length, and have not received a professional production prior to submission. Playwrights who are interested in submitting a new play for consideration by the November 27th deadline can visit Acorn's website at [www.acorn-productions.org](http://www.acorn-productions.org) for complete details.

The Maine Playwrights Festival has evolved through the years from a set of dramatic readings at Acorn's studio space on Congress Street to a se-

ries of full performances by some of Maine's best-known playwrights. Each year, playwrights from across Maine submit between 50 and 70 scripts to the festival, and a committee of local theater professionals reads them and selects a small group of plays for production at public performances in the spring. Over the years, the festival has showcased over 100 Maine playwrights, many of whom have subsequently had their work produced at theater festivals all over the country.



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# Newsmakers, Names & Faces

## Midcoast Symphony Orchestra begins 34th season

**TOPSHAM, ME (September 15, 2023)**—The Midcoast Symphony Orchestra (MSO), conducted by Rohan Smith, returns to the stage to kick off its 34th concert season with a concert entitled “Soulful Expressions” that will be performed at the Franco Center in Lewiston on Saturday, October 28th at 7pm, and at the Orion Performing Arts Center in Topsham on Sunday, October 29th at 2:30pm. The MSO performs the same three pieces at both concerts which will highlight the work of guest artist Anastasia Antonacos, the founding director of 240 Strings, the Artistic Director of Fox Islands Concerts, and a faculty member at the University of Southern Maine. The program consists of the fourth movement of William Grant Still’s Symphony Number 1, Beethoven’s Piano Concerto Number 3, and Symphony Number 5 by Shostakovich. Complete concert and ticket information is available at [midcoastsymphony.org](http://midcoastsymphony.org). Season tickets for the four classical concerts are now available for \$75. Individual tickets are \$25 in ad-

vance and \$30 at the door. All concert tickets are free for students ages 18 and under, or for college students with ID. Audiences are encouraged to purchase tickets in advance online or by calling the box office at (207) 481-0790.

“Soulful Expressions” begins a year-long celebration of the 20th season of long-time MSO Music Director Rohan Smith. The concert begins with “Aspiration,” the fourth movement from William Grant Still’s Symphony No. 1, also titled “Afro-American,” which was the first symphony by an African-American composer to be performed by a full orchestra. Still was the most immediately successful African American classical composer in the first half of the twentieth century and is considered by many to be the dean of African American composers. The second piece of the evening, Beethoven’s Piano Concerto Number 3, features Anastasia Antonacos on piano. This work premiered in 1803 and was still unfinished at the time, meaning that Beethoven improvised a large section



of the cadenza during the performance. The piece signified a shift from a style emulating Mozart to the emergence of Beethoven’s own voice as a composer. The concert concludes with a performance of Shostakovich’s landmark Symphony Number 5, which was composed as a reflection to criticism of his artistic work by Soviet authorities. According to Smith, the symphony hits the listeners “like a coded message of endurance of suffering in a country under invasion” one that is “exceptionally appropriate to be played in the midst of this horrible war in Ukraine.” The 45-minute masterpiece promises to wrap listeners in a complex tapestry of emotions as it unfolds.

The MSO also offers its audiences a chance to learn more about the music

at each concert with their “More with Midcoast” series. In conjunction with the performance of “Soulful Expressions” in Topsham, the public is invited to get to know pianist Anastasia Antonacos, USM piano faculty, as she chats with MSO violinist Caroline Cornish, former television news anchor and reporter. This event is offered free of charge on Sunday, October 29th at 1:30pm at the Orion Arts Center.

The Midcoast Symphony Orchestra is a community orchestra founded in 1990. Started as a chamber orchestra, there are now more than 80 members. The MSO performs a full range of orchestral literature from the classical to modern periods with four regular concerts each season at the Franco Center in Lewiston and the Orion Performing Arts Center



Pianist Anastasia Antonacos

in Topsham. A community-based organization, the orchestra draws players and audiences from south of Portland to Rockland along the coast, and inland from Augusta to the Lewiston-Auburn area. Its members all volunteer their time to practice and perform with the Midcoast Symphony. Under the baton of Rohan Smith, the orchestra continues to attract ever

more professional-caliber musicians and award-winning guest artists.

Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for students 18 and under or college students with identification.

For more information visit [MidcoastSymphony.org](http://MidcoastSymphony.org), call 207-315-1712, or e-mail [info@midcoastsymphony.org](mailto:info@midcoastsymphony.org)

## City of Lewiston seeks perfect Christmas tree

**LEWISTON, ME (September 15, 2023)** – The City of Lewiston is embarking on a holly jolly mission to find the perfect Spruce to serve as the official holiday tree for the City of Lewiston. The City will turn on the Christmas tree’s lights during the City’s Annual Holiday At The Plaza festival on Sat., Dec. 2, at Dufresne Plaza, 72 Lisbon Street, and the tree will remain illuminated until January 2024.

Public Works will decorate the official tree with 1,200 lights. Every year, Lewiston takes pride in celebrating the magic of the holiday season by lighting up a magnificent Christmas tree in the heart of the city. This iconic tree serves as a beacon of hope and uni-

ty, drawing residents and visitors alike to come together in the true spirit of the season.

The quest for the perfect Christmas tree has become an annual tradition. Residents are encouraged to nominate their own trees or suggest potential candidates that they believe embody the essence of the holiday season. Steve Murch, City Arborist, meticulously selects the tree that best captures the spirit of the holidays. Murch suggests that residents recommend a 30-40 foot Spruce tree known for its short blue-green needles. He also notes that the tree should be easily accessible from the street in order for a truck and equipment to remove it for transport. Interested residents may

contact him at [smurch@lewistonmaine.gov](mailto:smurch@lewistonmaine.gov) or via 207-513-3003, x3443. The City of Lewiston will cover the tree delivery live on its Facebook page.

The lighting of the Christmas tree serves as the centerpiece of the City’s beloved annual holiday traditions in Dufresne Plaza. This year’s Holiday At The Plaza festivities will include:

- Classic Photo with Santa
- Outdoor Ice Rink
- Children’s Choo Rides
- Food Trucks
- Live Music with Holiday Carolers and So Much More.

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## Seniors Not Acting Their Age

# Downeast Hike and Bike



Hikers stop to enjoy a view near the beginning of West Quoddy Head Trail



Green Point is one of several spectacular locations on the Coastal Trail at West Quoddy Head



A cyclist stops to enjoy a view of Liberty Point on the Roosevelt Park Carriage Roads

By Ron Chase  
When our friends, Susan and Ken Gordon, invited my wife, Nancy, and I to join them and several other frequent outdoor companions for a multi-day adventure vacation in Downeast Maine and on Campobello Island in New Brunswick, an affirmative answer was

easy. The chance to share hiking, biking, and sea kayaking escapades with them was something we didn't want to miss.

The plan was to camp at Herring Cove Provincial Park on Campobello Island. The campground would be base camp for a variety of stimulating day

trips. Our previous experience on Campobello Island was limited to a tour of the Roosevelt Cottage exactly 50 years ago this summer, so this opportunity was particularly appealing. Typical of the entire summer, there was a chance of heavy rain in the forecast.

After setting up camp, we biked and hiked campground trails on the first day. A deluge of rain followed for the entire night and into the next morning. Tent leaks were a problem for a few but nothing that wasn't manageable.

Once the skies cleared, four of us decided to hike the trails on West Quoddy Head in Lubec. Our choice was driven by

two factors. First, the trail along the cliffs provides some of the most spectacular hiking in Maine. Second, Ken and I wanted to study the strong currents that run along the shore in that area. Heavy fog and turbulent seas there had caused us to abort a Bold Coast sea kayak expedition the previous year. Since the tides would be almost identical, we wanted to determine the cause of the rough conditions.

The trail system begins at the parking area adjacent to West Quoddy Head Light in Quoddy Head State Park. Our hiking choice was simple as the spectacular Coastal Trail follows along the edge of the escarpment for over a mile.

No surprise, we encountered wet trail conditions as a result of the rain storm. In some sections, shallow rivulets flowed down the trail while puddles of water saturated the path in other areas. A rare visual benefit, streams of water could be observed gushing out of the walls of the cliffs.

We carefully hiked along the rim attempting to avoid slippery spots while frequently stopping to embrace the wonderful views. Landmarks such as Gulliver's Hole, High Ledge, and Green Point were passed as we progressed southwest. Our trek concluded after reaching Carrying Place Cove where the cliffs ended. While relaxing and studying the currents, we were joined by another member of our group on the return trip.

Ken and I concluded



Trekkers begin their return on the West Quoddy Head Coastal Trail

the turbulence we experienced kayaking the previous year was likely the result of a strong incoming tide. At the time, extremely dense fog prevented a wider perspective that would have made the cause more apparent.

After completing the hike, we stopped to visit the 165-year old lighthouse. Maine's most easternmost lighthouse, the historic candy-striped structure is still an important navigation aid.

When we returned to Campobello, Ken and I decided to ride the Roosevelt Park Carriage Roads. The gravel roads travel through mixed hardwood and conifer forests and facilitate trips to salt water coves, sand and gravel beaches, and scenic cliffs that populate the southeastern end of the island.

The trails are similar in character to the Carriage Roads of Acadia National Park on Mount Desert Island. However, cars are allowed on some of the Roosevelt Trails. We used mountain bikes for our ride but hybrids would work fine.

Starting from Route 774, we rode south on Cranberry Point Drive to that impressive overlook. Leaving the point, we traversed Fox Hill Drive to Herring Cove. Shortly beyond, a spur trail led to scenic Con Robinson's Point. We continued our exploration visiting Raccoon Beach, Lower Duck Pond, and Liberty Point.

Situated on the southeastern tip of Campobello, Liberty Point is a majestic location with sheer cliffs and a gigantic boulder just off shore called Sugar Loaf Rock. From a viewing platform, we could see the towering red cliffs of Grand Manan Island across the Bay of Fundy.

More adventures are anticipated in the coming days. Sea kayaking along the east side of Campobello is next on the agenda.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight Maine bike rides and nine popular hikes.

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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# \$800K for Maine roadway innovation

WASHINGTON DC (August 25, 2023) – The U.S. Department of Transportation’s (USDOT) Federal Highway Administration (FHWA) today announced an \$800,000 grant for the Maine Department of Transportation (MaineDOT) to improve travel monitoring on roads throughout the state as well as traffic incident management through enhanced data-sharing. MaineDOT’s grant is one of 10 being provided for projects in eight States and the District of Columbia under FHWA’s Accelerated Innovation Deployment (AID) Demonstration program that encourages the use of innovative transportation tools and technologies. The program complements President Biden’s Investing in America agenda that is rebuilding our nation’s infrastructure and creating a manufacturing and innovation boom.

“Innovation is essential for the future of transportation infrastructure and this grant will help the Maine Department of Transportation harness technologies that can enhance travel on its roads and respond to traffic incidents more effectively,” said Federal Highway Administrator Shailen Bhatt. “The grants, along with additional funding from the President’s Bipartisan Infrastructure Law, will bring more innovations to America’s road, highway, and bridge projects.”

Maine DOT will use its grant for a pilot project to improve real-time roadway operational awareness by establishing an enhanced and scalable process for the management, analysis, integration, and practical display of datasets crowdsourced whenever and wherever people travel. The datasets will be compiled using sen-



sors, social media platforms, third-party data providers, and specially developed mobile apps. Maine DOT also expects the project to provide insights on how to recognize, respond to, and analyze incidents statewide.

The AID Demonstration Program, with funding provided under the Bipartisan Infrastructure Law, provides incentive grants and other resources to offset the risk of implementing a transportation innovation. The incentive funding, distributed through a competitive discretionary grant process, allows Tribal Governments, State Departments of Transportation (DOTs), Federal land management agencies, and local governments to accelerate the implementation and adoption of innovation in highway transportation and demonstrate state-of-the-art technologies. Metropolitan planning organizations and local governments can also apply in partnership with State DOTs.

The program, which is housed within FHWA’s Technology and Innovation Deployment Program, supports the dissemination and deployment of proven transportation innovations through any phase of a high-

way transportation project including project planning and delivery and system operations. The grants build on FHWA’s efforts to collaborate with state, local, and Tribal governments, as well as federal land management agencies, to accelerate the use of innovations and reduce project delivery time.

Since the AID program was launched in February 2014, FHWA has awarded more than \$95.7 million for 127 grants to help federal, state, local, and tribal government agencies speed up their use of innovative practices, tools and technologies, including those supported under FHWA’s Every Day Counts (EDC) program. EDC is a State-based program model that identifies and rapidly deploys proven, yet underutilized innovations that will more quickly make the U.S. transportation system adaptable, sustainable, equitable, and safer for all.

FHWA expects to announce the next round of AID Demo grant funding soon. For more information about projects awarded FHWA AID demonstration grant program grants, visit <https://www.fhwa.dot.gov/innovation/grants/projects/>.

# Don’t miss out on this un-BEE-lievable training

MAINE (September 15, 2023) – Participants can complete the course content (which will take approximately 14-16 hours) at their own pace

anytime during the period the course is open (Online Class - Opens October 2nd & Closes October 31st, 2023). There is an optional live Q & A session with the

instructors during which you can ask questions about the course content. <https://cpe.rutgers.edu/beekeeping/beginners-beekeeping>

# MaineCF award available to MSAD #52 teachers



PORTLAND & ELLSWORTH, ME (September 15, 2023) — Full-time teachers at Greene, Leeds, Tripp and Turner schools may be eligible for the Patience W. Norman Prize for Teacher Excellence at the Maine Community Foundation (MaineCF).

The award recognizes Maine School Administrative District #52 teachers

who stimulate intellectual curiosity, raise aspirations and demand critical thinking in their classrooms. Teachers must have a minimum of five years tenure at MSAD #52 schools.

Patience Norman was a history teacher with a fine, inquisitive mind who believed her students were capable of academic excellence. She required her

students to work hard and challenged them to surpass hers, and their own, expectations. The donors’ hope is to promote teacher retention by recognizing an educator who exemplifies excellence in teaching.

Nomination forms are available at [www.maine.cf.org/scholarships](http://www.maine.cf.org/scholarships). They must be postmarked by Oct. 13.

## MAINE WOOD CARVERS ASSOCIATION 2023 SHOW AND COMPETITION

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# Arts & Entertainment

## Books & stories of Franco history at the Franco Center



Author David Vermette will discuss his French Canadian immigrant-themed book at the next free Books and Stories program at noon Wednesday, Sept. 27, at the Franco Center, 46 Cedar St., Lewiston.

**LEWISTON, ME** author David Vermette. (September 15, 2023)—The Franco Center's free Books and Stories Series at noon Wednesday, Sept. 27, will feature

Religious Strife," have books available for purchase and signing, and follow up with questions and answers after the presentation.

"Our patrons have told us that they are very interested in the authors we have scheduled in the Books and Stories Series," said Denise Scammon, marketing and development director at the Franco Center. "We are fortunate to have this program funded by the Maine Humanities Council and Maine Arts Commission."

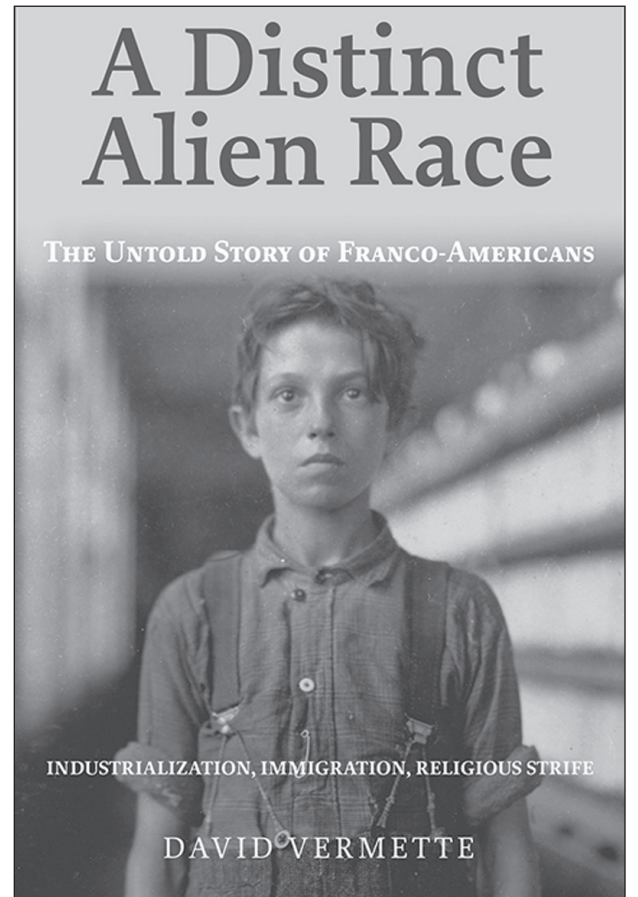
On Wednesday, Sept. 27 Vermette will discuss his book's French Canadian immigrant theme. According to Vermette, in the later-19th century, French-Canadian Roman Catholic immigrants from Quebec were deemed a threat to the United States, potential terrorists in service of the Pope. Books and newspapers floated the conspiracy theory that the immigrants seeking work in New England's burgeoning textile industry were plotting to annex parts of the United States

to a newly independent Quebec.

Vermette's groundbreaking study sets this neglected and poignant tale in the broader context of North American history. He traces individuals and families, from the textile barons who created a new industry to the poor farmers and laborers of Quebec who crowded into the mills in the post-Civil War period. Vermette is a writer, researcher, editor, and a speaker on Franco-American history and identity. He is originally from Massachusetts.

"Attendees at our Sept. 13 Books and Stories program, which featured local Franco-American author Suzanne Roy, stated that the Ku Klux Klan's negative reflection of Franco Americans and Catholics was not something they remember hearing about," said Scammon. "David will share information about how the Ku Klux Klan's local activities stirred up animosity against Franco Americans."

Later in the Books and Stories series, local



author Paul Dionne will talk about his books on Oct. 4. It is suggested that attendees buy the featured books ahead of the book talk. "The authors in this series have all been suggested by our patrons to be included," said Scammon.

"All the books are of interest to residents and local historians."

The Franco Center is at 46 Cedar St., Lewiston. Parking is available in the mill lot. The building is handicap accessible on the Lincoln St. Alley side.

## Bailey Library to host award winning poet Wes McNair

**WINTHROP, ME** (September 15, 2023)—The Bailey Library in downtown Winthrop will host award-winning poet and professor Wesley McNair on Wednesday, September 27 at 6:30 p.m.

The talk will focus on McNair's new book "Late

Wonders: New and Selected Poems," and is part of the annual Lakes Region Forum series sponsored by the Winthrop Public Library Foundation.

McNair has received fellowships from the Rockefeller Foundation, the Guggenheim Founda-

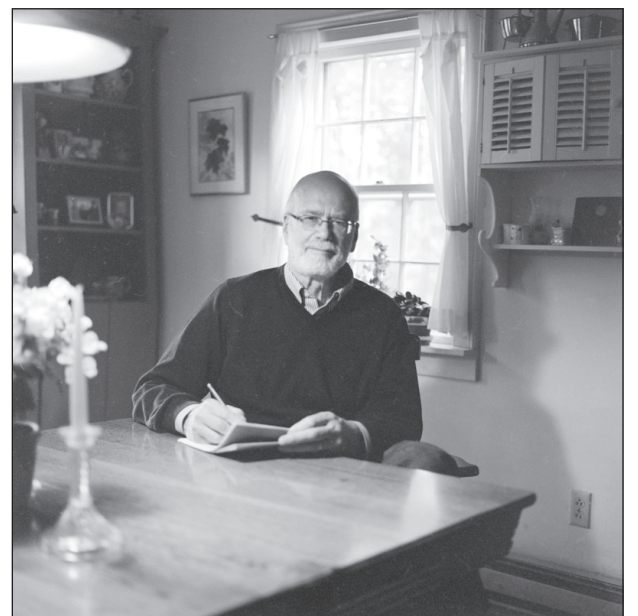
tion, the National Endowment for the Humanities, the National Endowment for the Arts, and United States Artists. Among his other honors are the Robert Frost Prize, the Theodore Roethke Prize, the Jane Kenyon Award for Outstanding Book, the Sarah

Josepha Hale Medal for "distinguished contribution to the world of letters," and five honorary degrees. McNair has served four times on the Pulitzer Poetry jury and was poet laureate of Maine from 2011 to 2016.

Late Wonders is a career-spanning collection of some of McNair's best-known work from the past four decades, as well as new work.

McNair grew up in New Hampshire and has made his home in Mercer, Maine for many years. He received an undergraduate degree from Keene State College and has earned a Masters in English and American Modern Literature from Middlebury College. He has also studied American art and history at Dartmouth College.

McNair is currently Professor Emeritus and



Writer in Residence at the University of Maine at Farmington, where he directed the creative writing program and received the Distinguished Faculty Award and the Libra Pro-

fessorship.

The event is free and open to the public. For more information call the Bailey Library at 377-8673, or visit: [www.bailey-library.org](http://www.bailey-library.org).

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# Dempsey Challenge schedule of events

Get ready for a week filled with activities, training, sharing and community engagement as we enter Dempsey Challenge week and head into a powerful weekend you will never forget!

## DEMPSEY CHALLENGE WEEK

### Monday, September 18

Signs of Hope + Healing

You may begin to drop off your homemade Signs of Hope + Healing at the Dempsey Centers in Lewiston or South Portland, starting Monday, September 18. Learn More

### Tuesday, September 19

11:00 AM ET: Tuesdays Together presented by Unum, Facebook and Instagram Live

Signs of Hope + Healing Drop Off at Dempsey Centers in Lewiston + South Portland.

Volunteer Orientation via Zoom, 6:00 PM ET

If you have registered to volunteer at the Dempsey Challenge, please attend the orientation via the Zoom link sent to your email. If you have questions, please email [dempseychallengevolunteer@gmail.com](mailto:dempseychallengevolunteer@gmail.com).

### Wednesday, September 20

"Where in the World?" Post a picture of yourself training for the Challenge or make a TikTok and tag us!

A look at the Global Dempsey Challenge and participants from around the world.

Facebook: @DempseyCenter Instagram: @dempsey\_center TikTok: @dempseycenter

Signs of Hope + Healing Drop Off at

Dempsey Centers in Lewiston + South Portland.

### Thursday, September 21

Signs of Hope + Healing Drop Off at Dempsey Centers in Lewiston + South Portland.

-7PM Deadline to drop at our South Portland location

12:00 PM ET - Top Fundraiser Award deadline

Deadline to raise \$3,000+ to receive invitation for Champions for Hope reception. Deadline to be recognized as a top individual or team award winner. Deadline for the College Cup and High School Challenge awards.

4:00 PM - 7:00 PM - Packet Pickup + Dempsey Center Open House

New for 2023: Pick up your packets + bibs and tour the Dempsey Center's Lewiston location. Discover all the services that the Dempsey Center provides at no cost to people impacted by cancer.

**PLEASE NOTE:** Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at the Dempsey Center located at 29 Lowell Street in Lewiston. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 6:15am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick up your bib and packet for you.

### Friday, September 22

Signs of Hope + Healing Drop Off at

See Schedule, page 10



## Why I participate in the Dempsey Challenge

Debbie Wilson (she/her) is taking on her 4th Dempsey Challenge this year. While she participated virtually in 2020 and 2021 from Canada, she was able to participate in Lewiston last year and will do so again this year as a 5k walker.

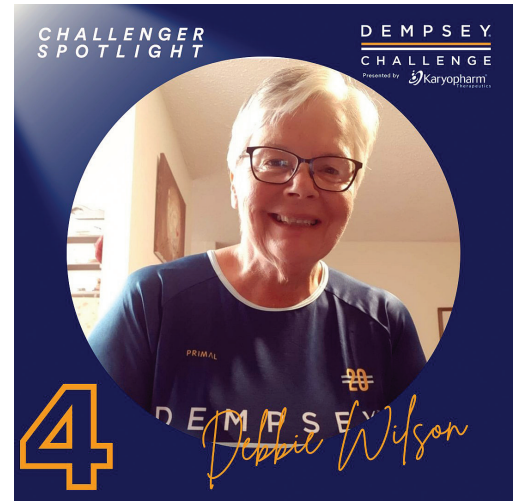
Read on for Debbie's story and her "why" for participating in the Dempsey Challenge every year...

"In my case, learning about the Dempsey Center in 2019 was both therapeutic and inspirational. My husband of 37 years had died the previous year from cancer. As his caregiver I was coming to grips with how the experience was still impacting me. I'd recently sold our home in a rural community and moved to an apartment in a nearby city. Although I had an amazing group of family and friends, many did not live nearby and I had to figure out what kind of future I wanted. I started reading about the Dempsey Center and listening to people tell their stories, including the Dempsey family - their mother's cancer journey, and their reasons for opening the Dempsey Center. I was inspired to take better care of myself physically, mentally and emotionally. I took an interest in holistic medicine for the first time in my life. I started to use social media to follow people who were inspirational. 2020 was a pivot-

al year for me. Due to COVID, the Dempsey Center was Re-Imagining the Dempsey Challenge. I was Re-Imagining my life. Due to COVID restrictions, I didn't see my children for 11 months, and my contact with friends was very limited. I immersed myself in what was happening at the Dempsey Center. They announced that they would introduce a Virtual Challenge that year. They had regular 'Live' chats to inform everyone of what was going on. I decided I would sign up for the Virtual Challenge and wanted to train for the 10k. I walked every day. Travis McKenzie was a huge inspiration when he completed his month-long running challenge. By the time September arrived, I'd been walking 60+ kilometers a week.

Since 2020, I started 'friending' many people on Facebook who were in some way connected with the Dempsey Center. In 2022, when I participated live in Lewiston, I got to meet many of these virtual friends. It was an amazing experience. I want to especially thank Candy Kilbreth Benoit for inviting me to join her Away team back in 2020. And to my current Be The Miracle team captain Dennis Richardson and co-captain Steven Ismail for their dedication to their Challenge fundraising.

I participate in the Dempsey Challenge because it keeps me focused on how I want to live the rest of my life. It's a daily challenge for me, but I listen to inspirational speeches I've previously heard, or re-read articles, to pull me back on track



when I slip.

I support the Dempsey Center because of the many ways I have benefited since I first heard of it. I've been able to participate in some online events through

Dempsey Connects. I believe that the Center is a role model for services that are needed around the world. And I appreciate that I have always been welcomed with open arms.

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## Ways to honor loved ones at Dempsey Challenge

While there is lots of fun to be had at Dempsey Challenge every year, it is also a time to honor those who have been impacted by a cancer diagnosis. And there are many ways to do so...

Throughout the weekend, Challengers and those joining us in the park

can sign the Honor Wall, located near the Mission Tent.

People impacted by a cancer diagnosis are welcome to join us during the Survivor Walk, presented by Concentra. Beginning at 1:00pm on Challenge Day, all those participating will be asked to line



up and walk through Sismard-Payne Park in memory and honor of all those impacted by cancer.

Anyone is welcome to create a Sign of Hope and Healing in honor of a cancer patient, survivor, care partner, or loved one. After you create your sign, please put your name and phone number on the back and drop it off at your nearest Dempsey Center loca-

tion, or bring it to Packet Pick-Up on Thursday or Friday of Challenge Week.

There will be shirts available to all survivors and those in active treatment. Please visit the Customer Service Tent in the park on Dempsey Challenge Day.

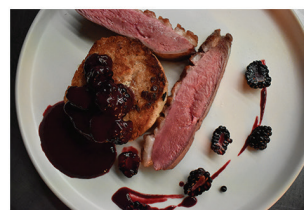
For all of these opportunities, participation in the Dempsey Challenge is not required. But if you are interested in taking on a run, walk, or ride event, we invite you to do so! Visit [www.DempseyChallenge.org](http://www.DempseyChallenge.org) to learn more about the entire day of events!

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



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**Congratulations to the participants of the Dempsey Challenge, You rock!**



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### Global community participates in Dempsey Challenge

Did you know you can take on the Dempsey Challenge virtually from ANYWHERE?!

The 2023 Dempsey Challenge has a virtual option again this year, al-

lowing our global community to participate from anywhere however you want! We have had folks climb mountains, go horseback riding, kayak down a waterway, the list goes on.

And we love seeing how creative you can be!

After you complete your event, complete the Virtual Finisher Form (found on our website and in the Participant Guide)

and let us know what you did for your Challenge!

If you are interested in taking on the Virtual Challenge, presented by Amgen Oncology, visit [www.DempseyChallenge.org](http://www.DempseyChallenge.org).

### Team “Be the Miracle” back for Dempsey Challenge

Eli and Isaak Anokye are taking on their 5th and 6th Challenge, respectively, each of them taking on a variety of cycling and running events over the years. This year, Eli is taking on the Family Ride, while Isaak is taking on the Duathlon as a youth participant. Both are members of team “Be The Miracle”!

As some of our youngest Dempsey Challenge participants, we love hearing how they take on their events and why they love joining us year after year. Both Eli and Isaak shared their thoughts and answered a few questions for us below...

What does it mean to you to participate in the Dempsey Challenge and to give to the Dempsey Center?

ELI: “I get to do good things for my community and help people.”

ISAAK: “It means I get to help people who got sick.”

Do you have a favorite memory of Dempsey Challenge to share?

ELI: “Getting to participate at the park for the first time in 2019.”

ISAAK: “Getting on the stage with Patrick Dempsey at the opening Ceremony 2018, and the practice rides those were so much fun!”

What would you say to someone considering participating in the Dempsey Challenge?

ELI: “Why wouldn’t you do it?! If you do not know how to ride a bike, you can run instead.”

ISAAK: “Just do it! It’s so much fun.”

If you want to be like Eli and Isaak and take on the 2023 Dempsey Challenge, presented by Karyopharm Therapeutics, there is still plenty of time to register! Visit [www.DempseyChallenge.org](http://www.DempseyChallenge.org) to learn all the details of this year’s one-day event.



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**Schedule**

*Continued from page 7*

Healing Drop Off at Dempsey Centers in Lewiston + South Portland.

-7PM Deadline to drop off at our Lewiston location

10:00 AM - 7:00 PM - Packet Pickup + Dempsey Center Open House

New for 2023: Pick up your packets + bibs and tour the Dempsey Center's Lewiston location. Discover all the services that the Dempsey Center provides at no cost to people impacted by cancer.

**PLEASE NOTE:** Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at the Dempsey Center located at 29 Lowell Street in Lewiston. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 6:15am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick

up your bib and packet for you.

7:00 PM - 8:30 PM - Champions for Hope, Hilton Garden Inn - Auburn

Honor cancer survivors and celebrate this year's top fundraisers. By invitation only.

**DEMPSEY CHALLENGE EVENT DAY Saturday, September 23**

**PLEASE NOTE:** Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at the Dempsey Center located at 29 Lowell Street in Lewiston. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 6:15am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick up your bib and packet for you.

6:15 AM: Customer Service Tent opens (Simard-Payne Park)

Forgot your bib at home? Have cash and check donations to turn

in? Visit the Customer Service Tent, located upon entry into Simard-Payne Park.

7:00 AM: Opening Remarks (Main Stage, Simard-Payne Park)

**DEMPSEY CHALLENGE EVENTS**

Please arrive at least 15 minutes before your event start time for staging

7:30 AM: 65-Mile Ride presented by Specialized (Oxford Street): Please stage in the front of the start chute starting at 7:15 AM.

7:45 AM: 50-Mile Ride presented by Specialized (Oxford Street): Please stage behind the 65-Mile riders in the start chute starting at 7:30 AM.

8:15 AM: Dempsey Duathlon presented by Geiger (Oxford Street): Please stage in the front of the start chute starting at 8:00 AM.

8:15 AM: 5K Run presented by Poland Spring Brand 100% Natural Spring Water: 5K Runners will stage in the start chute starting at 8:00 AM.

8:18 AM: 5K Run presented by Poland Spring Brand 100% Natural Spring Water: 5K Walkers will stage behind the 5K Runners in the start

chute starting at 8:18 AM.

9:15 AM: 25-Mile Ride presented by Specialized (Oxford Street): Please stage in the front of the start chute starting at 9:00 AM.

9:30 AM: Wendy's Way: 5-Mile Family Ride presented by Specialized (Oxford Street): Please stage behind the 25-Mile riders in the start chute starting at 9:15 AM.

11:00 AM: Kids Fun Run (Oxford Street): Have the kiddo in your life join in the fun! Register for the free Kids Fun Run at the Hydration Station on Oxford Street, beginning at 10AM. All participants will receive an official Kids Fun Run bib.

1:00 PM: Survivor Walk (Gather at Main Stage): If you are a cancer survivor or are in active treatment, please join us for the Survivor Walk as we honor you and your journey. Family, friends and care partners are welcome to join.

1:15 PM: Fundraising Awards Presentation (Main Stage): Top Individual Fundraisers and Top Team Fundraisers will be recognized during this presentation.

Family + Friends Festival in the Park (Simard-Payne Park) 8:30 AM - 3:00 PM: Food + Beverage Tent, Maine Craft Beer + Wine Garden, Dempsey Goods

Merch Tent, Fundraising Incentive Tent, Team Photo Wall, Dempsey Center Mission Tent, Live Music + Entertainment. Open to participants, family and friends. Festival in the Park Features: Food + Beverage Tent

Participant breakfast featuring Maine Pancake Breakfast and lunch featuring lobster rolls! All participants receive entry for a meal in the Food + Beverage tent. Additional tickets may be purchased online.

Maine Craft Beer + Wine Garden: Grab a well-earned adult beverage from the beer and wine garden. We've partnered with the best local breweries including Baxter Brewing, Olive Pit Brewing, Gritty's and Lone Pine. Or you can opt for a delicious mimosa or Bloody Mary from Stroudwater Distillery, mimosa from Cupcake Lighthearted or hard seltzer from Press Seltzer!

Dempsey Goods - Merchandise Tent: Pick up your Dempsey Challenge swag in our merchandise tent! Proceeds to benefit the Dempsey Center.

Team Photo Wall: Register for a team photo slot and we'll capture a professional photo in front of our Dempsey Challenge Photo Wall for each member to have as a keepsake! Photos will be emailed to you post-event.

Dempsey Center Mission Tent presented by Central Maine Healthcare: Learn all about Dempsey Center programs and services and help celebrate the 15th year of the Dempsey Challenge.

Incentive Tent: Pick up your fundraising incentive items in our Incentive Tent.

Live Music on the Main Stage

**GLOBAL DEMPSEY CHALLENGE: Virtual Dempsey Challenge presented by Amgen Oncology**

How it works for 2023

Pin your Global Participant bib to your shirt or jersey, at any time during Dempsey Challenge weekend and complete your activity from wherever you are in the world!

Download and print your Start Line bib

Snap a picture of you completing your activity and upload to social media using the hashtag #Rally-Together

When you're finished your AMAZING run or walk, change your profile pic on your social media with your Finish Line filter!

**BONUS!** Global Challengers who raise at least \$250, complete and submit their activity will receive an official Global Challenge Finisher patch!

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# CMH welcomes five new providers to cardiology team

**LEWISTON, ME (September 12, 2023)** -- Central Maine Heart and Vascular Institute (CMHVI), part of Central Maine Healthcare, is welcoming five new cardiologists to its team.

Mary Huerter, MD, is a cardiac surgeon. She graduated from medical school and completed her residency at the University of Illinois, Chicago. Her education and experience also include a research fellowship at University of Virginia and a cardiothoracic fellowship at UT Southwestern Medical Center. Dr. Huerter chose cardiac surgery because she enjoys the anatomy and very technical nature of heart surgery.

"My healthcare philosophy is to fully engage the patient and their family to ensure everyone feels comfortable with what to

expect with regard to their heart surgery. Those who are well informed are better equipped to navigate the recovery from major surgery."

Gemini Yesodharan, MD, graduated from Amrita School of Medicine in Kerala, India, and completed his residency at St. Elizabeth's Medical Center and Tufts University. He also completed fellowships in general cardiology and interventional cardiology at St. Elizabeth's. Dr. Yesodharan's healthcare philosophy is to do no harm and to treat every patient as he would a family member.

"I believe in making connections with my patients," Dr. Yesodharan said. "Not just at a professional level, but also at a deeper level as an individual in order to provide individualized care in a holistic fashion."

Bryce Einhorn, MD, is an interventional cardiologist who attended medical school at the Lewis Katz School of Medicine at Temple University and completed his residency at the Hospital at the University of Pennsylvania.

"I am keen on staying at the cutting edge of interventional cardiology, using the most advanced technologies and techniques to improve patient outcomes," Dr. Einhorn said. "I also want to be involved in the teambuilding aspect of medicine. Playing sports in college taught me that every player - or team member - whether a medical assistant, the person who maintains the cath lab supplies or a provider - has an important role to play in caring for our patients."

"We are incredibly fortunate to have attracted



**Dr. Huerter**



**Dr. Yesodharan**



**Dr. Einhorn**

such highly qualified and well-trained providers," said Michael Berlowitz, MD, chief of CMHVI. "These physicians were recruited by institutions from all over the country, but they wanted to make their home here in Maine. Their arrival just raised the bar for cardiac care in our state and is great news for our patients and staff at the Central Maine Heart and

Vascular Institute.

"This coming fall, CMHVI is also adding two prominent, highly experienced electrophysiologists, building upon our cutting-edge care of cardiac arrhythmias."

CMHVI was recently reaccredited for its stroke treatment and prevention programs. It has also been recognized by the American College of Cardiology

Chest Pain Center Accreditation with Primary PCI for its demonstrated expertise and commitment in treating patients with chest pain, the Intersocietal Accreditation Commission for echo lab and vascular lab. The department has also been accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation and Administration.

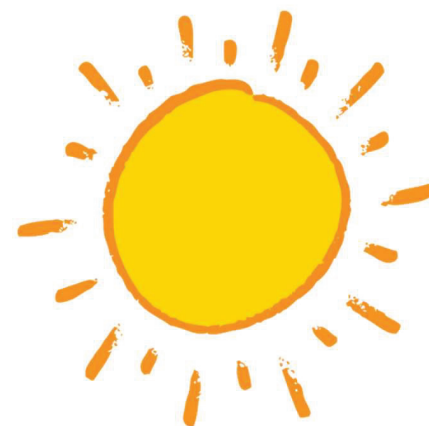
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# Efficiency Maine recognizes contractors

**AUGUSTA, ME (September 14, 2023)**—Efficiency Maine today recognized top-performing contractors that sell, install, and service high-efficiency lighting, heating and cooling systems, refrigeration equipment, electric vehicles (EVs), insulation, and other upgrades that are promoted through the quasi-state agency's programs. Efficiency Maine also honored the Industrial Energy Consumer Group (IECG) with its Philip C. Hastings Award, which recognizes extraordinary commitment to energy efficiency in Maine. The event took place at the Hilton Garden Inn Freeport, Maine.

More than 280 electricians, plumbers, heating system installers, insulation technicians, distributors, manufacturers, business owners, electric vehicle dealers, and other stakeholders, gathered for the awards and attended workshops on Efficiency Maine's initiatives and energy-efficiency trends.

The theme of this year's event centered on the emerging opportunities around "beneficial electrification" in Maine's residential and commercial buildings. Beneficial electrification is achieved where consumers switch from burning fossil fuels to using electricity, such as when switching from an old furnace or boiler to a new heat pump system, delivering the benefits of lower energy bills and pollution reductions.

Workshop sessions

at the event reviewed Efficiency Maine's nation-leading progress spurring heat pump adoption and discussed the emerging trend in Maine's homes and commercial buildings to make heat pump systems the primary (not supplemental) source of heating and cooling.

SMRT Architects and Engineers described how they designed the recently completed Portland Commons project at the University of Southern Maine to heat and cool all of the dormitory's 385 residential units and common areas entirely with a variable refrigerant flow (VRF) heat pump system. The project was made possible in part through a \$480,000 incentive from Efficiency Maine. Another case study focused on Efficiency Maine's pilot project to switch out the old furnaces in manufactured homes for new high-efficiency, whole-home heat pump systems. The pilot project has found that the new heat pump systems succeeded in keeping residents warm through last winter's historic cold snap and cost less to operate than the old furnaces. The event also featured a discussion about how to optimize and maximize the efficiency of Maine's electric grid, which explored the role of demand management, energy storage, and grid planning.

With the help of Efficiency Maine's incentives and educational materials, home energy upgrades are



delivered by Residential Registered Vendors while energy improvements at commercial and industrial facilities are provided by Efficiency Maine's Qualified Partners. The quasi-state agency's electric vehicle (EV) program is supported by 83 participating car dealerships throughout the state, three of which also were recognized as the top sellers of battery electric vehicles and plug-in hybrid electric vehicles.

Efficiency Maine presented 25 contractors, vendors, and dealerships with awards for outstanding performance in selling and servicing energy-efficiency measures using financial incentives offered by the statewide energy efficiency administrator. These companies are among the more than 1,500 trade allies listed on the organization's website that meet Efficiency Maine's requirements to access available incentives.

For outstanding contributions in the category of Residential Programs in 2023, the Trust recognized:

- Bell Simons, Waterville
- Dave's World, Inc., multiple locations
- Evergreen Home Performance, LLC, Rockland
- F.W. Webb Company,

- multiple locations
- Gateway Mechanical, Van Buren
- Horizon Homes, Westbrook
- Lowe's Companies, Inc., multiple locations
- New England Spray Foam Insulation, Newburgh
- Royal River Heat Pumps, Freeport
- Valley Home Services, Inc., Hermon
- Webb Insulation LLC, Houlton

For outstanding contributions in the category of Commercial Programs in 2023, the Trust recognized:

- BSP Electric, Inc., Standish
- Excel Mechanical, LLC, Brunswick
- F.W. Webb Company, multiple locations
- Gilman Electric Supply, Auburn
- J.H. McPartland & Sons, Houlton
- Johnstone Supply, Hampden
- Mid-Coast Energy Systems, Inc., Damariscotta
- Northeast Heat Pump Services, LLC, Brunswick
- Solarlogix, LLC, Belfast
- Valley Home Services, Inc., Hermon
- Wesco Electrical Supply, Bangor

For outstanding contributions in the category of Electric Vehicle Program in 2023, the Trust recognized:

- Lee Toyota of Topsham, Topsham
- Pape Chevrolet, South Portland
- Rowe Ford Sales, Westbrook

"Maine is lucky to have some of the best contractors in the country when it comes to marketing and installing energy efficient products," said Michael Stoddard, executive director of Efficiency Maine. "We could never have surpassed the goal of installing 100,000 heat pumps in Maine two years ahead of schedule without the dedication of the contractors who were recognized here today and all of their employees and competitors who are out in the field, day in and day out, helping Maine's homes and businesses to become more energy efficient."

The annual Philip C. Hastings Award was presented to the Industrial Energy Consumer Group (IECG), an incorporated non-profit trade association of energy-conscious Maine manufacturers involved in the evolution of Maine energy policy. The Award recognizes an individual or organization whose exemplary efforts have furthered Maine's goals of achieving maximum energy efficiency. The Hastings Award is named after the original director of state energy conservation programs when they were administered by

the Maine Public Utilities Commission and celebrates his legacy by memorializing his extraordinary commitment to and leadership of energy efficiency programs.

For more than 40 years, the IECG has advocated to improve energy policy, strengthen Maine's electric grid, and encourage renewable energy resources to help the environment.

"We are proud to receive this award, as well as funding for some members' past projects," said Robert Dorko, president of the IECG. "As we move into the future, we'll continue to advocate for Efficiency Maine programs and support their role of encouraging energy solutions that provide reduced costs and environmental improvements for Mainers."

"The Industrial Energy Consumer Group comprises many of Maine's largest manufacturers who have been leaders investing in efficiency upgrades to lower their energy use, reduce carbon emissions, and improve their bottom line," said Stoddard. "Additionally, they have been instrumental in developing and advocating for adoption of state laws, such as establishment of the Regional Greenhouse Gas Initiative and the Beneficial Electrification Policy Act, that have greatly enhanced Efficiency Maine's program offerings, which makes them well deserving of this year's Hastings Award."

# Union files charge after Staples fires union supporter

**BRUNSWICK, ME (September 8, 2023)** — The International Association of Machinists and Aerospace Workers (IAM) has filed an Unfair Labor Charge (ULP) against Staples after management at

a Brunswick, Maine retail store fired one of its employees, a strong union supporter, just ahead of the Labor Day weekend.

The ULP charge, filed with the National Labor Relations Board (NLRB),

alleges that Staples management fired the employee for union activity and is engaging in intimidation and retaliation due to support for the union. Employees at the store had recently garnered enough union

support to file for an NLRB election to be represented by IAM District 4.

"Staples is trying to press the 'easy button' by simply firing any employee who exercises their right to form a union," said IAM Eastern Territory General Vice President David Sullivan. "The IAM stands by these brave Staples workers in Brunswick who are

standing up for democracy on the job. We will use every resource available to fight this illegal firing and deliver justice for Staples workers."

The employee was fired on Friday, Sept. 1.

The International Association of Machinists and Aerospace Workers (IAM) is one of North America's largest and most

diverse industrial trade unions, representing approximately 600,000 active and retired members in the aerospace, defense, airlines, shipbuilding, railroad, transit, healthcare, automotive, and other industries. IAM Local S6 (District 4) represents approximately 4,200 workers at Bath Iron Works in Bath, Maine.



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**2nd and 4th Wednesday each month**  
**LEWISTON** -- MAKE ART WITH ART-VAN 2nd and 4th Wednesday each month, 3:30PM starting September 13th

ArtVan will be providing hands-on creative art program in the Children's Department of the Lewiston Public Library for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun.

Free. All art supplies will be provided. 513-3133; www.LPLonline.org

**Sept 22, 23, 24**

Members of the DaPonte String Quartet to Dazzle Audiences with a Unique Performance of J.S. Bach's "Goldberg" Variations as a String Trio.

**YARMOUTH** -- Friday, September 22, 2023, 7:30 pm Old Meeting-house, Yarmouth. Bach Goldberg Variations arranged for string trio. Get tickets here.

**STONINGTON** -- Saturday, September 23, 2023, 4:00 pm Burnt Cove Church, Stonington. Bach Goldberg Variations for string trio. Tickets available from Stonington's Opera House Arts.

**SURRY** -- Sunday, September 24, 2023, 4:00 pm Surry Arts at the Barn, Surry. Bach Goldberg Variations arranged for string trio. Click on venue link for tickets.

Additional information at www.daponetquarter.org

**Sept 23**

**BOWDOIN** -- Public Baked Bean supper Featuring Red Flannel Hash

# Calendar

Send your submissions to the Editor. More online.

at the West Bowdoin Baptist Church, 54 West Road Bowdoin. 4:30 pm to 6:00 pm

Donations: Adults \$12.00; Children 12 and under \$6.00; Pre-school Free. Sponsored by The Mission Circle

**Sept 23**

**GRAY** -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, September 23, 2023, @ 5:00 P. M. 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.

Phone # day of supper - 657-4279

**Sept 29**

**NEWRY** -- 2023 Aging Well Living Well Expo: A daylong event featuring lectures, workshops, music, raffles, and more. Friday, September 29, 8 a.m.-3:30 p.m. at Grand Summit Hotel and Conference Center at Sunday River, Newry \$35 per person includes breakfast and lunch. Seats are limited. Register by calling 1-800-427-1241. Visit www.seniorsplus.org/AWLW for more information.

**Oct 7, Nov 4, Dec 2,**

**Jan 6, Feb 3, Mar 2, Apr 6, May 4**

**WESTBROOK** -- Prides Corner Community Church, 235 Pride St. Bean Supper \$10 per person: Two kinds of baked beans, mac and cheese, ham, coleslaw, bread and brownie. Eat in at 5:00PM or Take Out from 4:30-5:30PM. Call 207-415-9260 to reserve your individual meal today.

**Sept 30**

**BUXTON** -- Haddock Supper Buffet 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 wish is optional. Hand sanitizer is available for those who wish to use it.

**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! SI-

LENT AUCTION ENDS AT 2PM.

**Oct 28, 29**

**LEWISTON, TOPSHAM** -- "Soulful Expressions" Saturday, Oct. 28, 2023, 7:00 p.m. - Franco Center, Lewiston; Sunday, Oct. 29, 2023, 2:30 p.m. - Orion Performing Arts Center, Topsham

**Jan 20, 21**

**LEWISTON, TOPSHAM** -- "Song & Dance Music from Around the World" Saturday, Jan. 20, 2024, 7:00 p.m. - Franco Center, Lewiston; Sunday, Jan. 21, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

**Mar 23, 24**

**LEWISTON, TOPSHAM** -- "A New Artistic Mélange" - Emily Isaacson, Guest Conductor Saturday, Mar. 23, 2024, 7:00 p.m. - Franco Center, Lewiston; Sunday, Mar. 24, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

**May 18, 19**

**LEWISTON, TOPSHAM** -- "Cityscape, Seascape, Soundscape" Saturday, May 18, 2024, 7:00 p.m. - Franco Center, Lewiston ; Sunday, May 19, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

**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 Li-

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brary Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

**Second and fourth Thursdays**

**LEWISTON** -- YOUTH TRADING CARD GAME CLUB held from 4 PM to 5 PM at the Lewiston Public Library.

Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

**Wednesdays**

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

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

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# Budget Document Technology donates printer

LEWISTON, ME (September 15, 2023)—On August 11, Budget Document Technology (BDT), a leading local provider of office technology, donated a brand-new state-of-the-art Konica Minolta C3320i high-resolution multi-func-

tion color printer valued at \$2,294 to Mission Working Dogs, an Oxford, Maine-based nonprofit that trains service dogs, therapy dogs, and facility dogs for veterans and other individuals with disabilities.

Mission Working Dogs was founded by certified dog trainer Christy Gardner, herself a severely wounded veteran who credits a service dog, the aptly named Moxie, with saving her life. Christy started Mission Working Dogs in 2020 with four dogs, and currently there are 58 dogs in the program, which has so far graduated 17 dogs into service.

The new printer will reduce printing costs for the nonprofit in comparison to their old ink jet printer, and the improved quality and increased functionality will allow them to print dog photos and other marketing materials in-house. "Instead of always having to run over to Office Max!" says Christy.

Ties between the two



companies go back to 2019 when Budget Document Technology President Tom Ouellette invited Christy to be a guest speaker at BDT's 30th anniversary gathering. At the time, BDT donated \$1,500 to Central Maine Adaptive Sports in Auburn, Maine, on Christy's behalf (and one of BDT's partners, GreatAmerica Financial Services, made a matching donation), and a friendship was born.

"We are very happy to be able to do what we do

best—supply cutting-edge office technology—to support Christy and her team as they pursue their mission of helping veterans and others in need," says Tom. "Christy is one of those people it's inspiring to be around. Not to mention, we're all dog lovers at BDT."

"I couldn't be more grateful to Tom and everyone at BDT," says Christy. "This new printer is going to make a tremendous difference in every aspect of our day-to-day operations."

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