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Dempsey Challenge 2023 Special section pages 7-10



Actor and The Dempsey Center founder, Patrick Dempsey, greeted the crowd during the opening ceremonies of the 2023 Dempsey Challenge, celebrating 15 years of providing comfort, connection, compassion, and choice to cancer patients, their loved ones, care partners, and survivors. The September 23rd event, held in Lewiston, featured run, walk and ride challenges aimed at raising money to support the center. See pages 7-10 for more photos from the event.

Need help for addiction recovery?

LEWISTON, ME (September 22, 2023) – In the face of a mounting opioid crisis that continues to claim lives across America, the Lewiston Area Public Health Committee (LAPHC) is proud to announce the third annual Rally for Recovery, occurring on Sat., Sep. 30, from 11 AM to 2 PM at Kennedy Park, 120 Park St. This crucial event serves as a beacon of hope and a valuable resource for individuals and families impacted by substance use.

The opioid crisis continues to devastate families and communities across the nation. Recent statistics reveal that opioid-related deaths in America have reached alarming levels, underscoring the urgent need for awareness, recovery support, and education. In 2022, 716 people died from drug overdoses in Maine alone, according to Maine Attorney General/Maine Behavioral Health overdose statistics. That's a significant increase from the 631 overdose deaths reported across the state during 2021.

LAPHC continues to be concerned about the number of opioid related deaths throughout the nation, and, as such, has partnered with over 30 agencies that have a heart for recovery. The Sep. 30 free event is for those struggling with addiction, those in recovery for addiction, those who have lost a loved one to addiction, those seeking help for addiction, and those who are providing support for a loved one.

"Again this year, we are hosting Rally for Recovery in hopes that we can main-

tain traction on the importance of awareness, recovery supports, and education," said Lewiston City Councilor Stephanie Gelinias, Chair of the Lewiston Area Public Health Committee. "Our goal is to help save lives, and we urge the community to join us on Sep. 30."

During the event, those sharing their recovery journey will be River Banks, Nicole Lemay, Skye McKennon, Jennifer Scruggs, and Todd Wilson. Jaelyn Williams will share a family experience, and Amran Osman of Generational Noor will focus on changing the narrative regarding substance use, mental health, and resources needed within the immigrant and BIPOC communities, to include removing the shame often associated with a recovery journey. The event will conclude with Catherine Ryder, the Executive Director of Tri-County Mental Health, sharing a mother's perspective of losing a child to substance use disorder.

Musical performances will be provided by guitarist/soloist Paul Beiaster and Crosstones, a Bates College student acapella group.

Invaluable information and resources from the following organizations will be available during the event:

- A Hand's Up
- Ad Care Educational Institute/Maine
- Council on Problem Gambling
- Adult Corrections Program
- Alchemize Coach

See Recovery, page 3

Safe Voices plans vigil to recognize domestic violence

Lewiston, ME (September 18, 2023) — October is Domestic Violence Action Month, and Safe Voices will be holding a vigil in Lewiston on Monday, Oct. 2 to honor those who have experienced domestic abuse and violence. The vigil is held annually to honor those who have lost their lives to domestic abuse and violence, offer hope to those still facing abuse, and support those who have survived.

The candlelit vigil will start at 6pm and will be held in Dufresne Plaza on Lisbon Street. It will include guest speakers from the community, survivor stories, and a remembrance ceremony. All are invited to attend and show their support. Domestic abuse and violence are community issues, representing danger not just to those who live through abuse but to the community at large. Safe Voices invites friends and neighbors to join together to show that the

effort to end abuse must also be a community one.

For more information about this or other Safe Voices events, please contact Safe Voices' program manager of community engagement Alyssa Coyne at acoyn@safevoices.org or 207-795-6744 ex. 204.

Safe Voices is the domestic abuse and sex trafficking resource center serving Androscoggin, Franklin, and Oxford Counties. Last year, the agency worked with over 2,000 unique survivors in these counties to help them safety plan, access shelter, work with civil and legal advocates, and work through emergent crises as well as the ongoing, long-term effects of domestic abuse and sex trafficking. The agency has been doing this work in Maine since 1977. Those experiencing or impacted by domestic abuse and needing to reach out should call the agency's 24-hour helpline at 1-800-559-2927.

Auburn's Age-Friendly Clothing Drive

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To schedule a drop-off outside those hours, email Ward 5 City Councilor Leroy Walker: LWalker@auburnmaine.gov.

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Newsmakers, Names & Faces

Sen. King reflects on VA Secretary's visit to Maine

MAINE (September 1, 2023) -- There's an old saying that one day of seeing is worth a thousand days of reading. I've always found that there's simply no substitute for first-hand experience. So, when the Secretary of Veterans Affairs (VA) Denis McDonough asked how he could better serve Maine veterans, I told him -- come see for yourself. In early August the Secretary took me up on the offer and joined me on a tour of the state. Together, we met with veterans, VA staff, and community leaders to hear how the federal government can better meet our commitment to the brave men and women who served our nation.

Our trip started in Rumford at the town's brand-new VA community-based outpatient clinic (CBOC). Across the coun-

try, CBOCs provide critical healthcare services for veterans in rural communities. One of the most important services the clinics provide is screening and treatment for veterans that were exposed to toxins -- like burn pits or Agent Orange -- during their service.

Addressing these health challenges from toxic exposure is a huge issue for veterans across the country. That's why Congress came together last year to pass the bipartisan PACT Act, ensuring that veterans can get the toxic exposure care and benefits they deserve. As the Secretary saw in Rumford, CBOCs can be the first touch point in this effort. In fact, since the PACT Act became law, we've seen a significant increase in both new veterans coming to the VA and getting healthcare for the first time, as well

as veterans already in the system being screened for toxic exposures--up to around 4 million or so veterans screened nationally. It's an incredible accomplishment, but there is still more to be done.

In Rumford, and during our next stops at Togus and the Portland CBOC, it was clear that one of the biggest hurdles to providing PACT Act benefits is staffing. The VA simply needs more staff to handle the claims in a timely, efficient manner. The Secretary heard this message loud and clear-- and I'm hopeful we can work together in Washington to address the issue.

Another area where the clinics are making progress is in helping veterans treat conditions in need of limited term residential care, including but not limited to, post-traumat-

ic stress disorder (PTSD). During our visit, we saw a new approved plan to build a standalone residential building at Togus for veterans needing this kind of care. It will take some time to complete, but I am glad to work with the Secretary and the Maine VA on programs like this that will benefit our veterans well into the future.

Following our tours of the healthcare clinics, the Secretary and I participated in a roundtable discussion on housing challenges and homelessness among our veteran community. In Maine today, there are roughly 200 veterans experiencing homelessness. This is a pretty significant increase to what we saw before the COVID-19 pandemic and it's largely due to the increase in rental prices and supply of housing drying

up, creating competition for the few available units that exist.

This challenge is not unique to Maine. Affordable housing is a nationwide crisis and it's the reason why we have to work together--across government agencies and with the private sector--to come up with solutions to house our veterans. At the roundtable with the Secretary, a goal was set of housing 100 homeless veterans by Veterans Day in November and we've already seen good progress. Led by the staff at Preble Street in Portland who are working with landlords to provide housing specifically for veterans, so far, at least 30 units have been offered. There are still some logistical challenges, but this is an important step in a larger goal to functionally end veteran homelessness in

Maine by the end of 2025.

As the Secretary and I saw while traveling the state, there are real challenges facing our veteran communities, but none are too large to tackle if we work together. With continued partnership with the VA, private organizations, and my fellow veterans committee members in Washington, I truly believe we can meet America's commitment to the men and women who served our nation.

It was a very full visit; in fact, the only downside was that I'm afraid we may have worked the Secretary too hard--and I'll have to do some persuading to get him back!

If you have been exposed to burn pits or other toxins during service, please call my office or the VA at 207-623-8411 to learn more.

New executive director at local hunger relief agency

BRUNSWICK, ME (September 8, 2023) -- Mid Coast Hunger Prevention Program announced today, via Board Chair Megan Hart, that after a thorough search by the Portland-based firm ProSearch, Hannah Chatalbash has been selected as the organization's next Executive Director. "Hannah has been with MCHPP for over a decade and has served in numerous capacities, most recently acting as Deputy Director where she successfully led the organization's programmatic adaptations throughout the Covid-19 pandemic," shared Hart.

"The compassion, intelligence, and dedication to our work that Hannah demonstrates daily has earned her the full confidence of myself

and the rest of MCHPP's Board of Directors. We are looking forward to working alongside her to maintain MCHPP's status as the largest and most impactful hunger relief organization in the mid coast region," continued Hart in an email shared with the agency's supporters.

Chatalbash was born and raised in Brunswick and is deeply committed to the health and vibrancy of our shared community. A licensed master social worker by trade, she shared that one of her primary motivations for building her career in the nonprofit space is to help make our community "a bigger and brighter place for my own kids and others." In a statement, the Board of Directors shared they "are incredibly confident that MCHPP will



Photo: Hannah Chatalbash, taken by Ryan Flanagan

thrive under Hannah's care and vision."

In a statement about the new role, Chatalbash shared her motivations noting, "what I have seen in the past decade, and what continues to inspire my work every day, is the power of kindness when harnessed at a collective

scale. Hundreds of guests, volunteers, donors, and partners engaging in the sharing of kindness and community building across demographic and socio-economic lines--that, to me, is incredibly motivational and it is going to shape our community for the next generation.

I've learned that there is no way to distinguish between someone who needs to use a food pantry and someone who does not, because most often that line is barely perceptible. While poverty exists, so will food insecurity. Based on those philosophies, I am committed to helping MCHPP continue operating flexible, accessible, low barrier programming for years to come," she continued.

Chatalbash will of-

ficially begin the role in October, succeeding Karen Parker, who announced her intentions to retire at the end of 2023 earlier this year. "Replacing a beloved leader is no easy task, but we are confident that Hannah will continue to build on the strong foundation Karen has built during the past thirteen years," concluded Hart.

Parker noted her confidence in the choice, sharing that, "Hannah has been a valuable team member at MCHPP for over ten years. She has exhibited the passion, knowledge and commitment needed to lead this organization into the future."

Mid Coast Hunger Prevention Program offers dignity and empowerment by provid-

ing all members of our community with access to healthy food. Services include prepared meals, grocery distribution on-site, at local schools, and satellite locations in Harpswell, Bowdoin, and Lisbon Falls. The MCHPP food pantry--located at 12 Tenney Way, Brunswick--is open to the public Tuesdays 12-6pm, Wednesdays and Fridays 12-3pm, and Saturdays 1-4pm; the Soup Kitchen serves freshly made-to-go meals on Mondays-Fridays from 11 am-12:30 pm and Saturdays noon-1:30 pm. MCHPP has been working diligently for over forty years to ensure that our services are open and available to any and all in need and we are committed to continuing this work for as long as community need remains.



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Newsmakers, Names & Faces

Met ‘Live In HD’ returns to LHE/PAC this fall

FRYEBURG, ME (September 21, 2023)—The Met: Live in HD, the Metropolitan Opera’s award-winning series of live high-definition cinema simulcasts, begins its 17th season on Saturday, October 21, 2023, with a live transmission of Jake Heggie’s *Dead Man Walking*, a Met premiere in a new production by Ivo van Hove, starring mezzo-soprano Joyce DiDonato as

Sister Helen Prejean. The 2023–24 Live in HD season features two additional company premieres, Anthony Davis’s *X: The Life and Times of Malcolm X* and Daniel Catán’s *Florencia en el Amazonas*, the company’s first opera in Spanish in nearly a century; new productions of Bizet’s *Carmen* and Verdi’s *La Forza del Destino*; and revivals of Verdi’s *Na-*

bucco, Gounod’s *Roméo et Juliette*, Puccini’s *La Rondine*, and Puccini’s *Madama Butterfly*. Live in HD audiences will have the opportunity to watch the major Met-debut performance of Jonathan Tetelman as Ruggiero in *La Rondine*, as well as performances by returning Met stars: soprano Lise Davidsen as Leonora in a new production of *La Forza del Destino*;

soprano Angel Blue as Magda in *La Rondine* and Micaëla in *Carmen*, alongside mezzo-soprano Aigul Akhmetshina in the title role and tenor Piotr Beczala as Don José; and soprano Nadine Sierra and tenor Benjamin Bernheim as the star-crossed lovers of *Roméo et Juliette*. Bernheim will also be making his first Live in HD appearance in *Roméo et Juliette*.

“What began as an experiment 17 years ago has become a staple experience for opera lovers all over the world,” said Peter Gelb, the Met’s Maria Manetti Shrem General Manager.

“Our 2023–24 season in cinemas reflects how opera is changing at the Met, where we’re balancing timeless classics with accessible new work that is advancing the art

form and attracting younger and more diverse audiences.”

Live in HD tickets are \$30 for adults, \$28 for seniors (65+), and \$10 for students. Purchase tickets online at www.fryeburg-academy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

Band to perform 1950s to ‘60s music at Franco Center

LEWISTON, ME (September 22, 2023)—With much excitement from staff, the Franco Center has announced that Davidson County Line will perform 1950s to ‘60s music at 7 p.m. Saturday, Sept. 30. Davidson County Line is a three-piece band established in 2015 from Central Maine. They perform a mix of rockabilly, blues, rock, and country music. All members have over 30 years of experience and the mix of music is a “crowd pleaser,” according to Jake Hodgkin, Franco Center production manager.

The various musical hits they play are by Johnny Cash, Elvis, Jerry Lee Lewis, Chuck Berry, and many more from the 1950s and ‘60s. Davidson County Line performs on diverse stages in-

cluding cruise lines, casinos, antique car shows, and county fairs in Maine, Massachusetts, and New York.

Members of Davidson County Line include Nashville recording artist on guitar and vocals “Eddie” Jones who began playing violin, mandolin, and banjo at age six in Nashville. He started performing at the Grand Ole Opry and Ryman Auditorium from an early age. Jones was one of Nashville’s youngest mandolin players. He soon began playing both guitar and bass and has been performing professionally for more than 40 years with a number of well-known artists. He worked as a studio session player in Nashville and is considered a “Guitar Slinger.” Jones relocated to Maine in 2010. His natural southern



Davidson County Line will perform music from the 1950s to ‘60s Sept. 30 at the Franco Center, 46 Cedar St., Lewiston. Tickets can be purchased at 207-689-2000 or www.franco-center.org/shows. The band performs a mix of rockabilly, blues, rock, and country music. Submitted photo.

drawl enhances his ability to sing the songs of his second cousin, Johnny Cash.

Marty Lang on guitar joined the lineup in 2019. His musical career began in 1971 playing guitar for The Country Squires, performing at weddings, and at various venues in Maine. Lang had the honor of performing with Dick Curless at a benefit. In 1979, Lang per-

formed with the Country Troubadours, and the band won the title as the number one country band in Maine.

After time spent in the United States Navy, he joined several bands, while attaining his associate degree in music at the University of Maine in Augusta. From there, Lang furthered his studies at the University of Maine at Gorham, studying classical music. Lang has a

studio in his home where he produces music.

“Bub” Lynch on drums joined Jones and Lang in the spring of 2023 and is a welcomed asset to the lineup. Lynch began playing drums in 1970 while attending college at State University of New York, SUNY Potsdam. He relocated to Maine in 1976 and performed with several different groups. Lynch had the amazing opportunity to perform in the warm-up band for the legendary Buddy Guy. Lynch has also performed and won in the Road to Memphis Challenge in 2000 with Blue Steel Express, 2011 with Zac Pomerleau Blues Band, and again in 2018 performing with Matt and the Barnburners. Lynch continues to perform in several bands in the

Northeast.

Music by Davidson County Line can be heard at this link: <https://photos.app.goo.gl/ibY4Wgyxgdw12sGE6>

Tickets are \$20 in advance and \$25 at the door day of show and can be purchased through the Franco Center’s box office in person from 10 a.m. to 1 p.m. Tuesdays and Wednesdays or call 207-689-2000. Ticket purchases can be made online at www.franco-center.org/shows.

Doors and cash bar open at 6 p.m. Concert is at 7 p.m. The Franco Center is at 46 Cedar Street, Lewiston. Parking is in the mill lot across the street. Handicap access is on the Lincoln Street Alley side of the building.

Recovery

Continued from page 1

Androscoggin Healthcare & Hospice Community Care Team
Avalon Counseling Services
Aware Recovery
Better Life Partners
Blue Sky Counseling
Celebrate Recovery
Generational Noor Groups Recover Together
Healthy Androscoggin
Journey Magazine
Liberty Bay Recovery
Maine Community
Maine General Harm Reduction
Maine Inside Out
Maine Re-entry Network

Naranon Operation You Matter
Recovery Connections of Maine
Recovery Friendly Workplace LA Steering Committee
Red Cross
Savida Health
Second Chances
St. Mary’s Behavioral Health
St. Mary’s Nutrition Center
Strengthen LA
Tri-County Mental Health
In addition, Narcan will be provided on site, as well as instructional use provided by Megan Parks, Senior Clinician of Behavioral Health at St. Mary’s Healthcare System—both free of charge. The Red

Cross will also provide free first aid kits.

Pathway Vineyard Church will provide free bag lunches, and Recovery Connections of Maine will barbeque free hot dogs and hamburgers. Free water donated from Poland Spring and free drinks/treats from Starbucks, Italian Bakery, and an Angel’s Wing will also be available.

“I am so pleased that Rally for Recovery will again provide resources, networking, compassion, and support to those impacted by a loved one’s addiction and to those on or seeking the journey to recovery,” said Mayor Carl L. Sheline.

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Seniors Not Acting Their Age

Campobello Surf and Turf



Kayakers turn Nancy Rock along the shore of Campobello Island



Two paddlers stop at Big Whale Cove



Cyclists ride Roosevelt Park Carriage Roads

By Ron Chase
Ten of us were camping at Herring Cove Provincial Park on Campobello Island. We were enjoying a multi-day adventure vacation on the rugged picturesque New Brunswick island. After a couple of days of hiking and biking in unsettled weather, we awoke in our

tents to clear sunny skies and warm temperatures.

Sea kayaking was on our minds. Trip organizers, Ken & Susan Gordon, recommended a tour along the east side of the island. That section of the Campobello coastline is famous for its continuous spectacular cliffs.

Since the planned

trip included substantial exposure to the open seas of the Bay of Fundy with few opportunities to land in an emergency, obtaining a reliable weather forecast was paramount. Despite cell service problems, we were able to confirm the day would be storm-free. A marine forecast indicated calm seas, minimal fog, and moderate southwest winds could be expected.

Since we had nine interested paddlers in eight kayaks, arranging a shuttle to facilitate a traverse from Mill Cove on the northeastern end of the island to a beach at Lower Duck Pond on the south shore required a creative strategy. All participants drove to the beach at Mill Cove and then two vehicles were

transported south to Lower Duck. Concerned about the risk of encountering hazardous conditions particularly turning the potentially treacherous Liberty Point on the southeastern end, we also left a vehicle at Herring Cove Beach, the proximate midway point.

Sheltered from southwest winds by a prominent bluff, we launched in calm water at the beach in Mill Cove. Immediately impressed by the imposing cliffs and rugged terrain, we navigated out of the cove and turned south along the majestic rock-bound shoreline.

Progressing south on the extreme western periphery of the Bay of Fundy, the towering cliffs of the eastern shore of Campobello extended as far as the eye could see. Angling slightly southwest into a gentle headwind, we rounded a gigantic precipice called Nancy Rock.

The headwind increased as we proceeded along the protracted escarpment and crossed the outer perimeter of Schooner Cove. We soon passed minor indentations in the enormous rock wall named Little and Big Whale Coves. A more substantial inlet preceded prominent Eastern Head.

Maneuvering around Eastern Head, we entered expansive Herring Cove. The winds strengthened

as we approached the beach. Some members of the group were taking out, so all of us disembarked in choppy surf.

Given the worsening wind speeds, a discussion about the advisability of continuing the voyage ensued. Unpredictable conditions at Liberty Point and the recent death of a sea kayaker in that area were on our minds when we decided to forego the remainder of the trip. Two days were left in our stay so another attempt was possible.

Every cloud has a silver lining. Sufficient time remained in the day for a bike ride on the Roosevelt Park Carriage Roads. Six of us picked up our bikes at the campground and drove to the Roosevelt Park Visitor Center parking lot. The trails start on the opposite side of the road.

Initially, we rode a connector trail limited to bikes and foot traffic to Cranberry Point Drive on the southern end of the island. From there, we biked easterly to the scenic point.

In the Cranberry Point area, we located double and some single track trails that weren't on park maps. A thorough exploration followed. Contrary to our expectations, most of the spur trails did not reconnect with the Carriage Roads and were dead ends instead. After a forced halt

at a massive bog, we located Fox Hill Drive and continued our ride to the southern limit of Herring Cove Beach.

At that point, the group split. I rode the Glensevern Road west to Roosevelt Visitor Center while others continued to Liberty Point before returning.

Rain was in the forecast for the following day, but several of us hoped to resume our sea kayak expedition from Herring Cove after that. The tentative plan was to navigate around Liberty Point and continue to Friar's Bay on the west side of the island.

Eight exciting Maine sea kayak trips are narrated in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*. The book also includes three offshore island bike rides.

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

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Slaying the Dragon to support breast cancer

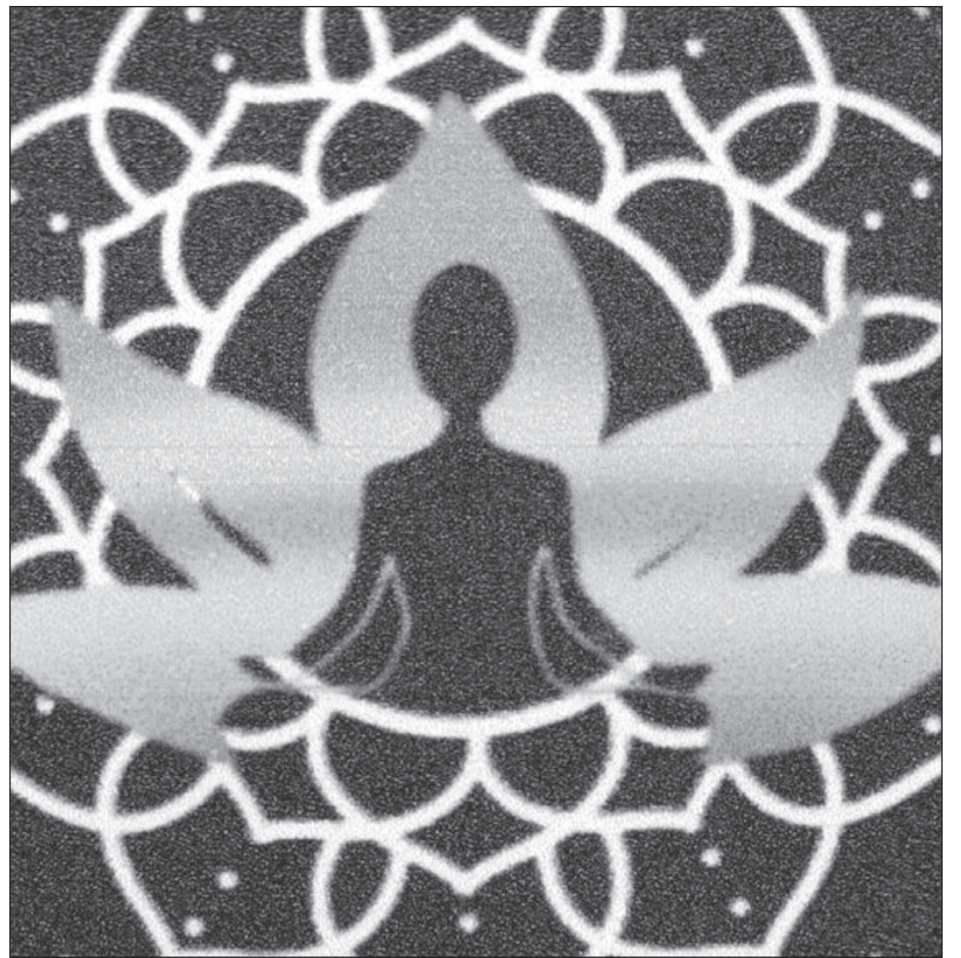
NORWAY, ME (September 21, 2023) -- The Maine Dragon Boat Club will team up with the Cancer Resource Center of Maine to promote breast cancer awareness. On Saturday, October 7th, 1-3 pm, the public is invited to gather at Lakeside Norway's boat dock, 61 Lake Road, Norway, to "paddle for a purpose" and "slay the dragon" in support of breast cancer awareness, by experiencing dragon boating in the Club's 20 person boat. This is a free event, open to everyone, no experience is necessary, and all equipment is included. Dragon boating is a fun, safe, worthwhile activity

and has many health benefits for all who participate. There will be prizes for the person who wears the most pink, fun giveaways and refreshments.

"We are very grateful to the Maine Dragon Boat Club for this opportunity to promote breast cancer awareness in a fun, interactive way said Diane Madden, Executive Director of the Cancer Resource Center of Western Maine. "Our goal is to accommodate everyone who comes to the event and wants to try dragon boating. We are grateful to Lakeside Norway for providing a site where we can hold this event."

"Around the world, dragon boating has become a very popular group sport, especially among breast cancers survivors, as paddling builds upper body strength, which is believed to help decrease the risk of lymphedema, a side effect of cancer treatment that is not uncommon among breast cancer patients" said Sherri Otterson, president of the Maine Dragon Boat Club. "Next year, The Maine Dragon Boat Club plans to form a breast cancer survivor team and a cancer survivor team as there are Dragon Boating federations for both types of teams."

Mind Body Spirit Festival



October 8th, 10:00 – 4:00 at Hilton Garden Inn, 5 Park Street, Freeport. Crystals, Jewelry, Psychics, Reiki, Massage, Astrology, Holistic Health and more. \$5.00 admission. www.mind-bodyspiritfestivals.org

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Everyone is invited!

Dragon boating is a fun, safe, worthwhile activity and has many health benefits for all who participate. No experience necessary & all equipment is included.

Prize for the person who wears the most pink, fun giveaways and refreshments!

Call the Cancer Center of Western Maine at (207) 890-0329 to sign up or email: info@crcofwm.org.

For questions about Dragon Boating: mainedragonboatclub@gmail.com

www.crcofwm.org

MaineCF Awards \$285K to Adult Learners

PORTLAND & ELLSWORTH, ME (August 4, 2023) — The Maine Community Foundation (MaineCF) awarded \$284,500 to adult learners pursuing certificates or degree programs for the upcoming fall semester.



A total of \$57,250 was awarded to first-time applicants and \$227,250 in renewal awards was granted to students continuing their certificate or degree programs.

MaineCF's adult learner scholarship is for Maine's nontraditional students who want to change their life for

the better through education and training. The scholarship supports a range of training, including attending two- and four-year colleges and universities, completing a certificate and other non-degree programs, or attempting a self-directed learning experience with a clear goal.

Adult learner scholarships are awarded prior to each semester of study. This award is renewable, and applicants must ap-

ply for renewal for each semester of attendance. The next deadline is Nov. 15. Award amount depends on individual need, but most will be between \$1,500-\$2,500.

For more information, visit www.mainecef.org/scholarships.

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

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Arts & Entertainment

Towns in Androscoggin county to get multi-gig fiber internet

AUGUSTA, ME (August 15, 2023) — Residents and business owners in Jay, Livermore Falls, Wilton and parts of Dixfield, Fayette and Chester-ville will have access to multi-gigabit, symmetrical internet service from Fidium fiber in 2024.

Construction is planned to begin early 2024, bringing all the economic, educational and entertainment benefits that fiber communities enjoy. Local residents and business owners can sign up for updates and be the first to know when service is available at FidiumFiber.com.

“Fidium is delivering the best internet experience and I’m excited for more Maine communities to see the difference fiber makes,” said Sarah Davis, vice president of government affairs for Consolidated. “Better access to reliable, high-speed internet is a game changer, opening doors to

new opportunities for residents of all ages.”

Increased access to high-speed broadband, like Fidium, has been linked to higher employment rates, higher median household incomes, increased entrepreneurial activity, increased real estate rental values, and better work-life balance now that 60% of U.S. employees have the option to work from home at least one day a week.

Fidium Fiber for the home delivers reliable symmetrical, fiber internet without contracts, data caps, installation fees, or hassles. Fidium offers plans from 50 Mbps to 2 Gigs (2000 Mbps), VoIP phone service, and a variety of streaming options for TV and entertainment.

Fidium@Work delivers the same reliability, symmetrical speeds and ease of use our residential customers love, with the

addition of more robust features entrepreneurs need to keep their business connected. Interested business owners can learn more at FidiumFiber.com/business-fiber-internet.

More information will be shared with the town and residents as the new fiber build progresses. Residents can sign up to receive emails to stay up to date. Mailers, door hangers and construction alerts will be distributed to keep the public informed, and Fidium representatives will be visiting neighborhoods to share more about Fidium.

To learn more, visit FidiumFiber.com.

Follow Fidium at Facebook.com/FidiumFiber, Twitter.com/FidiumFiber, Instagram.com/FidiumFiber and YouTube.com/FidiumFiber. Discounts are available to eligible customers through the Affordable Connectivity Plan and Lifeline.

CLT’s *Drowsy Chaperone* cast announced



AUBURN, ME (September 22, 2023) -- Director Brandon Chaloux has announced the cast for Community Little Theatre’s upcoming production of the musical comedy *The Drowsy Chaperone*, which will open October 27.

Winner of five Tony Awards, including Best Book and Best Original Score, *The Drowsy Chaperone* was hailed by NY Magazine as “the perfect Broadway musical.” A middle-aged, musical the-

ater fan decides to play for the audience an LP of his favorite musical, the fictional 1928 show *The Drowsy Chaperone*. As the record plays, the show - a parody of 1920s musical comedy - comes to life onstage as a loving send-up of the Jazz Age musical!

Standing left to right are Joseph Tinianow, Hannah Hanson, Scotty Venable, Abram Dwyer, Ray Woodworth, Kristen Gilhooly, Casey Waters, Meg Walz, Jonathan Carr,

Anita Charles, and Tony Roy. Kneeling are Sophia Wood, Ansley Watson, Kathryn Kellogg, Karianna Merrill, and Julie Sanborn. Not pictured are Zack Balkcom, Leslie Reed, and Justin Morin.

Performances will be held October 27, 28, November 2 and 3 at 7:30 p.m., and October 29, November 4 and 5 at 2:00 p.m. Season subscriptions and individual tickets are now available online at www.lact.com/box-office.

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

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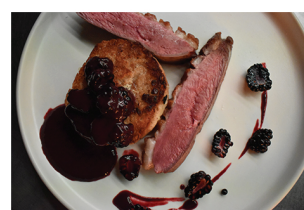


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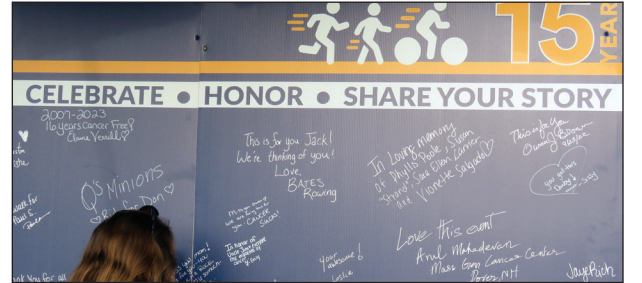


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MMS Chamber Singers & friends to perform

AUBURN, ME (September 21, 2023) -- Mark your calendars! The Maine Music Society Chamber Singers will host a benefit concert for the High St. Food Pantry on Sunday, October 15 at 3:00 pm at St. Michael's Episcopal Church, 78 Pleasant St., Auburn. The Chamber Singers is a 16-voice a cappella subset of the MMS Chorale. They sing a variety of songs from many different genres and peri-

ods, including folk, pop, classic songbook, jazz, and religious settings.

This concert will also feature the Celtic Harp Trio (guitar, recorder, and Celtic harp) and the LA Winds, a clarinet duo.

The concert is free but attendees are asked to make a cash donation of their choice and also to bring items for the food pantry. Please invite your friends and join us for an entertaining afternoon to



Maine Music Society Chamber Singers

benefit our neighbors in need!

The Maine Music Society Chorale is an au-

ditioned, mixed-voice community chorus based in Lewiston-Auburn. Led by Maine Music Society Artistic Director Dr. Richard Nickerson, the 70-plus voice chorale has distinguished itself with an ever-evolving level of excellence and professionalism. Founded as the Androscoggin Chorale in 1972, the group's diverse repertoire reflects its desire to advance the cultural heritage of Central Maine,

to explore a broad range of musical genres — contemporary, musical theatre, classical, opera, oratorio — and to provide its members with opportunities to experience their love of singing.

For more information about The Maine Music Society, visit their website: www.mainemusicsociety.org.

For October 15th concert information contact Susan Trask: susantrask@roadrunner.com

Author talk with Paul Dionne at Franco Center

LEWISTON, ME (September 21, 2023)— The Books and Stories program at the Franco Center on Wednesday, Sept. 27 featuring author David Vermette has been cancelled. He is unable to attend due to unforeseen circumstances. We apologize for the inconve-

nience.

The program featuring author Paul Dionne at noon Wednesday, Oct. 4 will still take place at the Franco Center, 46 Cedar Street in Lewiston. This is a free event funded in part by the Maine Humanities Council and Maine Arts Commission.

Dionne, author of "The Priestess and the Pope" and new "Madeleine's Inquisition" will discuss the basic theme of his books which is that the religious subordination of one sex to the other is wrong. About "Madeleine's Inquisition," Dionne writes, "Madeleine

Moreau, poverty stricken and alone, struggles to provide for herself and her children, her future bleak, foreboding and empty. She draws strength in her darkest hour when the Monsignor of Paris charges her with witchcraft and threatens to tear her family apart."

"The Priestess and the Pope" is "a gripping story around the history of women leaders in the early church and the scandal of their subordination in the rise of Christianity. Across eras, readers learn the fate of rebellious churches and women priests as they move through the life and

death of Jesus, the fall of the Roman Empire, and the systematic purging of history by the Vatican," according to Dionne.

It is suggested that attendees buy the books ahead of the discussion. The author will be available to sign books after his presentation.

Scones to Portuguese this fall with Lewiston Adult Ed



Becki Leighton will teach Chair Zumba and Power Stretch in the fall for Lewiston Adult Education.

LEWISTON, ME (September 21, 2023) -- Baking, Ukrainian and Portuguese top the list of new classes in Lewiston Adult Education's fall brochure.

The brochure has gone out to general delivery mail customers in Lewiston and Auburn area. Students may also register on Lewiston Adult Education's website, www.lewiston.maineadulted.org.

Lorelei Greenwood-Jones will teach about bread shaping and scones. Bengui Sauca will teach Portuguese. Tetiana Cherednichenko will help students with Ukrainian conversation.

Nick Noyes has become the instructor for a new standup comedy class. It will be held at Craft Brew Underground in Auburn, which is where students will also perform

their first show.

The brochure includes many popular teachers. Marisa Deku will return for two Swedish

Weaving classes. Becki Leighton shall teach Power Stretch and Chair Zumba. Rosa Storer will lead Livin' It Up Line Dancing and

Disco Dance Off.

One job training class, workplace technology certification, has an early start.

Anyone with questions about classes may contact Mike Reagan at mreagan@lewistonpublicschools.org.

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Email all submissions, including name, address and phone number, to the editor.

Letter to the Editor: Hold Trump Accountable

To the Editor:
 The evidence contained in the most recent indictments against Donald Trump should disturb every American. Trump threatened the very bedrock of American democracy. Knowing he lost the 2020 presidential election, Trump cooked up numerous illegal schemes to stay

in power. He deliberately spread disinformation about the 2020 election, then used those lies to pressure state officials in Georgia and other swing states to overturn the will of voters, including by asking the Georgia secretary of state to “find 11,780 votes.” He and his cronies leaned on everyone they could to carry out their

plans, including former Vice President Pence, who refused.
 When they couldn’t steal the presidency through phony paperwork or throwing out votes, they rioted on our nation’s Capitol in an attempt to stop the election from being certified.
 These crimes are too serious to be ignored.

That’s why two separate grand juries of everyday Americans, one in Washington D.C. and one in Georgia, have now issued two separate indictments of Donald Trump for his efforts to overturn the will of voters. These are the most serious indictments thus far because they deal with a conspiracy to overturn the foundation of our

democracy: the vote of the American people.
 We the American people choose our leaders, not the other way around. When we go to cast our ballots, we should be confident that our vote will be counted, no matter our political party. We shouldn’t have to worry about power-hungry officials throwing out votes that they

don’t like to try and keep control.
 Trump must be held accountable for his crimes, just like anyone else would be, and our elected officials must allow a trial to proceed without political interference.
 Sincerely,
 Penny Spencer
 Sabattus, ME

Maine DOE builds workforce skills across Maine

AUGUSTA, ME (September 1, 2023)—The Maine Department of Education (DOE)’s Adult Education team recently launched a Career Advancement and Navigation Specialist initiative to build workforce skills across Maine. The four state Career Advancement and Navigation Specialists work in different regions of Maine and serve people with the next steps in their careers. They help people explore career options, create impactful resumes, apply for positions, seek further career and skills training, obtain translator services, and connect them with community support resources.

workers across the state with their career goals, including a new Mainer who sought a second shift position to support his family. The Career Navigator was able to help him find a position that fit his experience and needs and supported him in the process of getting translation services, applying, interviewing, onboarding, and orientation. Another worker was able to transition from a food delivery position to a new job in the court system through his work with a Career Navigator.

through a network of relationships with employers in manufacturing, retail, healthcare, and hospitality. Career Navigators share their experiences:

“I spoke with a local recovery group about the ways I can help them when they’re ready for employment. At the end of the conversation, the facilitator said, ‘Normally when we talk about employment, the conversation feels stressful and difficult. This is the first time it feels hopeful.’ The best part of this job is being able to help people see hope and help them work towards a different future,” said Kate Points, Career Navigator for York County.

“The work of the Career Navigator in local communities means being able to meet people

where they’re at, personally and sometimes even physically. Many of our potential clients have access barriers, both physical and mental. They lack transportation, communication skills, technology access, or not only the knowledge, but the tools or the executive function required to access those resources. Many have experienced shame in asking for help previously and they need an advocate who can provide the kind of high touch service and support that puts them and their needs first when it comes to accessing education and employment. In this way, the impact of Career Navigator services are immeasurable,” said Cassie Robichaux, a Career Navigator for Waldo, Knox, Sagadahoc and Lincoln counties.

“The diversity of the people coupled with how resilient they are in my community amazes me. Although the amount of people I serve is high, I’m driven to help more people because getting to know more wonderful people in my community has been so meaningful,” said Karen Morin, a Career Navigator for Kennebec County.

“Sometimes things get in the way and what was once a clear track becomes riddled with obstacles. Career Navigators help people overcome the obstacles encountered when they are looking for employment and the next step in their career journey. That, to me, has always been a great distinction and huge benefit of career navigation through adult education: we can

still support you, even after you’ve graduated and whether you’re affiliated with an educational institution or not,” said Frank Spurr, a Career Navigator for Androscoggin and Oxford Counties.

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

EEE identified in Maine mosquitoes

AUGUSTA, ME (September 21, 2023) – The Maine Center for Disease Control and Prevention (Maine CDC) announced today that mosquitoes from the York County town of Lebanon tested positive for Eastern equine encephalitis virus (EEE).

These are the first mosquitoes in Maine to test positive for EEE since 2019, when a horse also

tested positive. The last human case of EEE in Maine was in 2015. No known human cases of any locally acquired mosquito-borne illnesses have occurred in Maine this year.

Besides EEE, mosquitoes in Maine can also spread Jamestown Canyon virus (JCV) and West Nile virus (WNV). These viruses spread through the bite of an infected mosquito. They cannot spread from

human to human or from human to animal.

While some people may not exhibit symptoms from EEE, others may experience fever and flu-like illness. Severe symptoms can occur, including encephalitis (brain swelling), and meningitis. In some cases, EEE is fatal. If you experience any symptoms, call a health care provider right away.

Maine people and

visitors can take these simple steps to protect themselves from EEE, JCV, and WNV:

Wear long sleeves and long pants.

Use an EPA-approved repellent on skin and clothes.

Take extra precautions at dusk and dawn when mosquitoes are most active.

Use screens on windows and doors.

Drain artificial sources of standing water around the home where mosquitoes can lay eggs, such as bird baths, wheelbarrows, plant pots, and pet water dishes.

Take steps to prevent mosquito bites when traveling.

Horses are also sensitive to mosquito-borne diseases and can be vaccinated for EEE and WNV. Symptoms of these diseases in horses include:

- fever
- weakness
- lack of coordination

If you notice any of these symptoms in your horse, talk to your veterinarian right away.

Maine CDC tests mosquito pools – groups of one to 50 mosquitoes collected as part of regular testing – for EEE and WNV throughout the

summer months, starting in July. Weekly mosquito surveillance reports for this season are available at www.maine.gov/dhhs/vectorborne.

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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 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 -- Had-dock Supper Buffet 5:00

Calendar

Send your submissions to the Editor. More online.

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 7
GORHAM -- Public Bean Supper at 34 Wilson Road, Gorham, White Rock Community Clubhouse on Saturday, October 7, 4:00-5:30pm. Eat in or take out! Homemade baked kidney & navy beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whit-rockcommunityclub

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.

Oct 24
VIRTUAL -- Food Addicts in Recovery Anonymous is holding a virtual public information meeting that is open to anyone interested in finding out more about FA. Meeting Date: Tuesday, October 24, 2023. Meeting Time: 9:00 am

Please contact Kathy C. 207-233-4541 for zoom information or for more information.

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 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

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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.

Spirits of the Pine Tree State with LPL

LEWISTON, ME (September 21, 2023) -- The Lewiston Public Library will host Roxie Zwicker, author of Maine Book of the Dead: Graveyard Legends and Lore, on Wednesday, October 4, 2023, starting at 5 pm in The Jeanne Couture Room on the first floor. This is a free and public program.

Join Maine's Mystery Maven, Roxie Zwicker for a search of the legends and ghosts of the Pine Tree State. Follow the peaceful dirt roads to long-forgotten ghost stories, you'll hear

superstitions from some of the quaint, small towns and learn of unusual occurrences that still can't be explained today. Find out some of the best places to explore intriguing graveyards with a spirited past, haunted hollows, and the many mysteries of Maine lighthouses during this virtual journey. Featuring beautiful photography and video clips, these stories come to life, and they may keep you awake at night.

Roxie Zwicker has been hosting haunted tours since 1994 and is the author of 9 books on New

England history and folklore, her company New England Curiosities is based in Portsmouth, New Hampshire and she is also the hostess of the podcast, Wicked Curious.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street and Lisbon Street. More information on Wednesday's presentation is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

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SENIOR TRIPS

FRYEBURG FAIR – OCTOBER 3, 2023 – Senior Day at Fryeburg Fair. 65 and over get in for free. For those under

65 the price is \$15.00. You are responsible to pay for your admission. Bring something with you showing proof of your age. We will leave the Lewiston park and ride at 8 a.m. and be dropped off at the entrance with a return time of around 5 p.m. You will have plenty of time to view exhibits, visit the animals and enjoy the food. The price for the bus and driver's tip is \$52.00. Deadline to sign up is August 29, 2023.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more. For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or

Cindy Boyd (207)345-9569.

NOVEMBER 29, 2023 TO DECEMBER 1, 2023 - WHITE MOUNTAIN HOTEL & RESORT –

This trip includes 2 nights lodging, 2 breakfasts, 1 lunch, 2 dinners and 2 different entertainment shows, an Austrian sleigh ride at Nestlenook Farm in Jackson, NH., shopping at Settler's Green or in town shopping. All room and meal taxes & gratuities included. The price is \$589.00 per person double occupancy. A \$100.00 deposit per person is due at registration. Final payment is due October 28, 2023. Pickup location is The Auburn Mall (in back of J.C. Penney) 500 Center Street, Auburn, ME at 10:30 A.M. For more information on any of these trips please contact Claire at 207-784-0302 [Home] or 207-576-8604 [Cell] or Cindy at 207-345-9569 [Home].

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

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John's Cleaners in Lewiston is seeking a garment pressor & delivery person. No experience necessary. We will train. Pay is \$14 - \$16 / hr with paid holidays. Call 784-9096 or apply in person.

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

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Laughs with Great Falls Comedy Club

AUBURN, ME (September 21, 2023) – Great Falls Comedy Club announces more live stand-

up comedy hitting the stage on September 30th.

Make laughter a priority and be part of the fun

on Saturday as host Ian MacDonald brings a one-of-a-kind talent, Andrew Donnelly, to the mic along

with guests Angela Sawyer and Mike Levinsky. Doors at 7:00, show at 7:30.

Tickets can be found at <https://www.greatfallscomedyclub.com> or purchased at the door. Great Falls Comedy Club is located inside Craft Brew Underground at 34 Court Street, Auburn, under the red awning.

For more information contact the club at info@greatfallscomedyclub.com or by phone at 207-200-5366.



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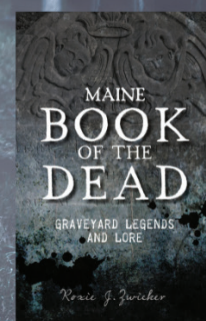
Spirits of the Pine Tree State

October 4, 2023

From 5 to 6:30pm

Guest Speaker: Roxie Zwicker

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