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## Androscoggin celebrates 20th anniversary of autumn gala



**LEWISTON, ME (September 29, 2023)** -- Androscoggin Home Healthcare + Hospice marked a significant milestone as they celebrated the 20th anniversary of their annual Autumn Night Out Gala. This year's event, held on September 8th at the enchanting Poland Spring Resort, transported attendees to the glitz and glamour of Las Vegas, making it a night to remember.

The Autumn Night Out gala has long been a beacon of hope and support for Androscoggin's mission to provide exceptional home healthcare and hospice services to the community. This year's event not only celebrated two decades of commitment but also exceeded all expectations in terms of fundraising.

The Las Vegas-themed gala drew attendees from all corners of the commu-

nity, including dedicated supporters, local businesses and healthcare professionals. Guests were treated to an evening of entertainment and fine dining, all while raising vital funds to support Androscoggin's crucial work.

With the generous contributions and unwavering support of the attendees, Androscoggin Home Healthcare + Hospice proudly announced that a remarkable \$150,000 was raised during the event. This impressive sum will enable Androscoggin to continue their mission of providing compassionate care and support to patients and families in need throughout the region.

"As a Maine non-profit organization, by definition and by mission, Androscoggin is about service to the community, delivering health care at home - wherever-

er that may be – regardless of ability to pay. As such, last year we provided over \$1.65 million dollars in free care, which would not have been possible without the support of the community in fundraising events like Autumn Night Out. Year after year I have been humbled by the outpouring of financial support for our mission, and this year's event again demonstrated the power of community." said Ken Albert, President & CEO of the organization.

Lori Voornas, a beloved figure in our community, served as the emcee for the evening, adding her signature charm and enthusiasm to the event.

The success of the 20th Annual Autumn Night Out Gala reaffirms Androscoggin's commitment to serving the community and ensuring that compas-

sionate care remains accessible to all. Androscoggin Home Healthcare + Hospice extends heartfelt gratitude to all sponsors, donors, and attendees who made this event possible.

For more information or any inquiries about the event, please contact Elif Mogensen at [elif.mogensen@androscoggin.org](mailto:elif.mogensen@androscoggin.org).

## Designing Fitness offering fitness, wellness classes

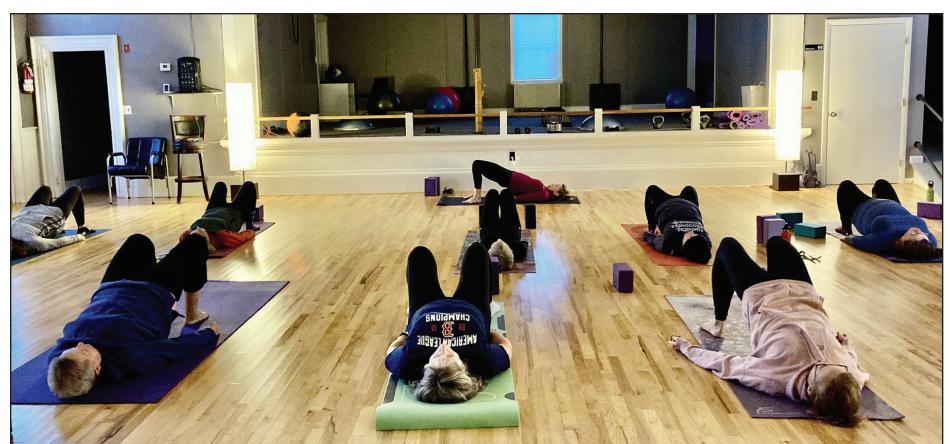


All Class Pass, and there will also be several door prizes given away!

Designing Fitness expanded their services this year to offer several different wellness and fitness classes, including yoga, tai chi, meditation, cardio, and strengthening/stretching classes, and soon will be hosting Bone Builders, a free program geared toward seniors to strengthen and build/maintain bone density. These classes are open to the public, and provide a continuum of care focusing on mental, as well as physical health and well-being.

Designing Fitness has been offering physical therapy services to residents of the greater Bangor area and beyond since 2014 with a consistent focus on providing private, customized, effective treatment to each individual. Utilizing interventions such as therapeutic exercise, balance training, manual therapy, dry needling, craniosacral therapy, and the Graston Technique®, the therapists at Designing Fitness help clients become pain-free and keep them functioning at their best.

Additional services offered at the center include personal fitness training, therapeutic massage, infrared sauna, and halotherapy (a treatment to improve breathing issues).



To register for the Open House event, or to find more information about the physical therapy services, class schedules, descriptions, therapist/instructor bios, and pricing, please visit their website, [www.designingfitness.com](http://www.designingfitness.com). They also have a social

media presence on Facebook (Designing Fitness Physical Therapy and Wellness) and Instagram (@designing\_fitness) with all the latest information and offerings, or call (207) 249-9410 with any questions. Designing Fitness is located at 8 Main Rd South in Hampden.



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# Newsmakers, Names & Faces

## MDF recognizes leaders in helping Mainers thrive and prosper

**H A L L O W E L L , ME (September 28, 2023)**

— Maine Development Foundation (MDF), is thrilled to announce our 2023 Champion Award winners. These awards recognize exemplary leadership toward economic improvement and systemic change necessary for each and every Mainer to thrive and prosper.

"These awards honor individuals, organizations, and businesses who are involved day in and day out in innovative and critical work that is helping Mainers, thrive, prosper, and realize all that they aspire to," says Yellow Light Breen, MDF's President and CEO. "Each of our awardees is leading actionable and scalable efforts that help drive systemic change toward a

more equitable, inclusive Maine economy and ensure Maine continues to be a great place to live and work for all."

MDF proudly bestowed the following awards before an audience of 200 during "Aspire: Unlocking the Potential of Maine to Thrive and Prosper," MDF's 45th Annual Meeting & Champion Awards Celebration held yesterday at the Hilton Garden Inn in Bangor:

2023 William F. King, Jr., Downtown Champion Award to Phyllis Young, Ret. Board Chair, Heart of Ellsworth, for her tireless advocacy and strategic leadership that has helped diversify and grow both the culture and economy of her beloved hometown of Ellsworth. This



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includes countless hours of hands-on volunteering and mentoring dozens of community leaders and entrepreneurs.

2023 Champion of Education and Workforce Development to Inclusion Maine and Exec. Dir. Humza Khan for creating a safe space in the form of their annual conference where Mainers can connect and explore how to be truly equitable and inclusive. Participants come away equipped to implement policies, procedures, and programs that instill a sense of belonging and are helping grow Maine's work-

force. 2023 Champion of Rural Economic Development to LP Building Solutions and Ryan Bushey, Dir. of HR & Safety, for a steadfast commitment to growing Maine's forest economy and the workforce it needs now and for decades to come. Ryan is committed to diversity, equity, and inclusion and is a member of the FOR/Maine Coalition Steering Committee, Aroostook Partnership, Houlton Rotary, as well as a steadfast supporter of the region's career & technical education programs.

2023 ICL Dis-

tinguished Alum Award to Tony Payne, V.P. of External Affairs with MEMIC, and a member of ICL's Beta Class, for his career-long commitment to an equitable, inclusive Maine culture and economy. Tony serves on numerous boards, in mentoring roles, and volunteers in hands-on projects aimed at cross-cultural, multi-generational growth for Maine's workforce and communities.

2023 Kenneth M. Curtis Leadership Award to Claudette Ndayiminahaze, Exec. Dir. of In Her Presence, a Portland-based nonprofit working to lift language barriers and support the career trajectory and financial stability of immigrant women and their families. Claudette is a member of Lead-

ership Maine's Allagash Class and serves on numerous boards and advisory councils for economic development organizations across the state.

2023 President's Award to the University of Maine System for its holistic approach to making affordable, quality education and career training available to every Mainer, and for its systemic efforts to incubate and support Maine entrepreneurs, businesses, and industries.

The event also featured a stirring and inspirational Keynote Speech by artist Charlie Hewitt of the Hopeful Project.

To find out more about the broad range of programs, coalitions, and initiatives MDF leads, go to [mdf.org](http://mdf.org).

## Early fall enrollment up 18% at Maine's community colleges

**AUGUSTA, ME (September 1, 2023)**

— Early fall enrollment is up 18 percent at Maine's community colleges, boosted by a new scholarship for recent high school graduates, expanded programs, and an easing of pandemic-related restrictions.

"The Free College Scholarship is unleashing a new generation of skilled college graduates who are fast-tracked to join the workforce — which Maine businesses desperately need right now — or transfer seamlessly to a four-year college," said David Daigler, president of the Maine Community College System (MCCS). "People want to learn new skills and pursue their dreams, but money can hold them back. This shows what investing in people hungry for an education can do."

Community college enrollment nationwide dipped dramatically during the pandemic, with a 17

percent decline in 2020, according to National Student Clearinghouse data. The Free College Scholarship, which started last fall, was intended to re-engage people whose high school and early college experience was disrupted by COVID, particularly since most community colleges serve higher percentages of first generation and lower income students.

The increase in community college students is expected to result in more transfer students going to four-year colleges. MCCS, which has a long-standing block transfer agreement with the University of Maine System (UMS),

Another factor boosting enrollment is a surge of interest in short-term workforce programs that take less than a year to complete and have invigorated overall campus activity at Maine's community colleges. Some students enrolled in either short-term or degree programs are cross-enrolling to expand the breadth and depth of their education. At Washington County Community College, residential and commercial electricity student Brandon Vinal decided to enroll in a short-term workforce program in fiber optics.

"I saw an opportunity to push myself," said Vinal, who completed his electrical degree program this spring and is enrolled this fall in the electromechanical instrumentation technology program. Vinal wants to eventually be a licensed master electrician.

Maine's community colleges have vastly ex-

panded short-term workforce training in recent years due to major investments from the Maine Jobs and Recovery Plan and the Harold Alfond Foundation. In the last year, over 12,000 people enrolled in short-term workforce training programs, up from nearly 3,000 in the previous year. More than 24,000 Mainers are expected to complete short-term training through Maine's community colleges between 2022 and 2025.

Fall enrollment was also boosted by adding more than 200 seats to the colleges' nursing programs statewide. The colleges also lifted pandemic-related restrictions, including the student COVID-19 vaccination requirement and limiting residence halls to one student per room.

The early enrollment figures do not include high school students enrolled in Early College programs

or students in short-term workforce training programs. Official fall enrollment figures are calculated on October 15. Final fall enrollment is likely to greatly increase after Early College students are added and because, unlike four-year colleges, community college students traditionally continue to enroll right up to the first day or in the first few weeks of classes.

This is only the second academic year with the Free College Scholarship, which was proposed by Governor Janet Mills in early 2022 and enacted by the Legislature a few months later. In July, the scholarship was extended to the Classes of 2024-25 under the budget passed by the legislature and signed by Governor Mills.

"The scholarship has been very successful in attracting people who didn't go right off to college in 2020 and 2021. We've also seen a big increase in adult

learners who earned their Hi-SET during the qualifying years," said Dr. Janet Sortor, vice president and chief academic officer for the system.

"Across the state, we hear from high school counselors, parents, and the students themselves that many of these Free College students simply wouldn't have gone to college otherwise. It finally put a great education within financial reach."

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# Newsmakers, Names & Faces

## Lewiston Adult Ed honors CNA graduates

**LEWISTON, ME** (September 29, 2023) -- Lewiston Adult Education Healthcare Apprenticeship Pathway, a 6-month series of courses designed for multilingual learners, resulting in multiple certificates for employment in the healthcare industry, is proud to announce the graduation and employment of its first CNA Apprenticeship students. The pathway includes a heavy emphasis on the English language of healthcare, covering reading technical text and case notes, writing incident reports, and workplace verbal communication, including extensive healthcare vocabulary.

Students also earn multiple certifications to support employment,

beginning with Blood-borne Pathogens, teaching Pre-Apprentices how bloodborne pathogens are spread, how to avoid exposure and what to do if exposed to infectious material. The next level in the Pathway is Personal Support Specialist (PSS), which includes effective language skills for work, and WorkReady (a state certificate that shows the students can understand and demonstrate 7 work skills competencies). Thirteen participants successfully passed these exams, and five of them are currently employed. Students can then become participants in the Certified Nursing Assistant pathway.

Partners in this employment pathway are the



Lewiston CareerCenter who supported students eligible for training funds from the Dept. of Labor, Eastern Maine Development Corporation and Clover Healthcare. Clover Healthcare offers the use of their facility as a clinical site for the required clinical hours of the course, and is also a registered Apprenticeship site for the students completing the course. Clover Healthcare has now hired these students and will be working with them as Apprentices

for the next year continuing training and support in the healthcare field. The Maine Apprenticeship Program assists in setting up structured yet flexible training programs designed to meet the specific needs of Maine employers through on-the-job learning and related classroom instruction.

The graduation ceremony was held at Lewiston Adult Education Learning Center on September 7, 2023. Family members, staff and guests



Gerda Tuffour, left, and Gisele Linyonga, right, are the first students to successfully complete the three modules of the Apprenticeship healthcare pathway.

were in attendance to celebrate Gisele and Gerda's success. A second cohort is scheduled to complete the program in early October, and a third just began in August. Our next session will begin in March 2024. For more information on the upcoming Apprenticeship healthcare pathway, please contact Josee Castonguay (207) 795-4100 x4136 or email [jcastonguay@lewistonpublicschools.org](mailto:jcastonguay@lewistonpublicschools.org).

## Lewiston Public Works improves Auburn Savings Recreation Field

**LEWISTON, ME** (September 21, 2023) -- Lewiston Public Works announced today that they will manage the improvements to Auburn Savings Recreation Field, located at Lewiston's Mike McGraw Park, 280 Bartlett Street. Once completed, the project will improve turf quality, field play-

ability, and safety will be enhanced.

Improvements to the 1.5 acre field will include:

Leveling in low areas

Rolling to create an ultra-smooth surface

Aeration to improve field drainage and overall turf health

Seeding and loaming

Programming of irrigation system water cycling

The work will necessitate a three-week field closure due to seed germination and root establishment. The field will open at the close of three weeks, weather per-

mitting.

"We are excited about the updates to this field as part of Lewiston's multi-field offerings," said Megan Bates, Deputy Public Works Director of Highway/Open Spaces. "The work being done will result in marked improvements, and we appreciate residents' patience during the field closure."



## Blessing of animals to honor sacredness of all life



**AUBURN, ME** (September 29, 2023) -- The First Universalist Church of Auburn will celebrate a "Blessing of the Animals" on Oct. 8, during Sunday worship service. The Rev. Patrick McLaughlin will bless animal companions. The ceremony is both

a recognition of St. Francis' Feast Day and the seventh principle of Unitarian Universalism: "Respect for the interdependent web of all existence, of which we are a part." Blessing the animals reflects a commitment to honor the sacredness of all life.

Companion animals who are vaccinated and comfortable in crowds are welcome. Participants should make sure animals are secured, either on a leash or in a carrier, for their safety. Arrive a bit early, so we can gather before the service. Photos of your animal companions or stuffed animals will also be acknowledged and blessed.

This ceremony will be held at the First Universalist Church of Auburn, located at 169 Pleasant St. Enter on Spring, St., across from Dairy Joy. Parking; accessible. FMI 783-0461 or [www.auburnuu.org](http://www.auburnuu.org).

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## Seniors Not Acting Their Age

# Kayaking Rugged Campobello Island



Kayakers enter a narrow channel on the east side of Campobello Island



A paddler approaches Liberty Point



Visitors at Mulholland Point Lighthouse watch kayakers pass

Our multi-day adventure vacation on Campobello Island in New Brunswick was winding down. Ten of us had shared several hiking, biking, and sea kayaking outings in the area while camping on the island at Herring Cove Provincial Park.

Stormy weather had restricted our activities to short hikes and bike rides on the previous day. My wife, Nancy, and I also completed a tour of the Roosevelt Cottage in Roosevelt Campobello International Park for the first time in 50 years; this time without a 10-month old infant. We had a wonderful informative guided tour through the historic home

on Friar's Bay.

Two days earlier, we had discontinued a sea kayak trip on the eastern coastline due to potentially hazardous conditions. Instead of continuing around sometimes treacherous Liberty Point on the southeastern end of the island we had suspended our voyage at Herring Cove Beach. Our new objective was to launch at Herring Cove and navigate the remainder of the east shore, all of the southern end, and part of the west coast as far north as Friar's Bay.

We needed a favorable weather forecast and the sea kayaking gods delivered. Sunny skies, warm temperatures, calm

seas, light winds, and a chance of patchy fog were forecast.

Seven of us endeavored to complete the planned excursion in solo kayaks. Three members of the group opted to bike the Roosevelt Park Carriage Roads instead. They thoughtfully agreed to drop us off at Herring Cove and leave a shuttle vehicle at Friar's Bay. The voyage was on.

Ominously, an offshore fog bank appeared to be moving towards us when we departed from Herring Cove. After traveling south along the extended beach, we passed Raccoon Beach and Con Robinson Point before

connecting with a continuum of jagged precipitous cliffs.

Patchy fog drifted closer to shore as we journeyed along a succession of towering rock formations. On two occasions, we negotiated through narrow passages between the escarpments and huge offshore boulders. Since Liberty Point was the next major landmark, the thickening fog was a concern.

Fortuitously, the fog lifted and sunny skies provided a clear view as we approached Liberty Point. Arriving at approximately high tide, waters were calm as we passed between the precipice and gigantic Sugar Loaf Rock. Maneuvering around the potentially hazardous headland was accomplished without complications.

Our Liberty Point concerns behind us, light winds and gentle waves were welcomed as we kayaked along the south shore. Lower and Upper Duck Ponds were quickly passed and calm seas experienced turning Cranberry Point into Lubec Channel. Shortly after, we landed on Fox Farm Beach for a lunch break. The warm sandy beach provided the ideal location to lay back and relax in the sun.

After departing Fox Farm, a forceful outgoing tide slowed our progress as we passed a small lighthouse in the center of the channel. Moving close to shore to avoid the most powerful waves, we crossed under the FDR International Bridge.

Just beyond, we entered Lubec Narrows adjacent to Mulholland Point Lighthouse. Discontinued in 1963, the distinctive light is now part of Roosevelt Park. Several visitors, including the cyclists in our group, waved as we paddled past

Rugged Friar's Head was the next significant promontory. Navigating around the head, we cruised into expansive Friar's Bay. The dark red Roosevelt Cottage was observed high on an embankment overlooking the bay.

The tide was out exposing perhaps 100 yards of beach when we arrived at our planned destination. Fortunately, most of the beach had a gravel base with minimal mud. We doubled up to carry our kayaks ashore completing an exceptionally scenic paddle of the eastern half of Campobello Island.

For most of us, the kayak voyage was the last significant outing of our

memorable Downeast vacation. When we gathered around the campfire that night, we had an abundance of notable tall tales to reminisce about.

Typical of our group, new adventures were a major topic of conversation. The possibility of an extended visit across the Bay of Fundy to Grand Manan Island next year is a popular choice. The rugged island is home to more spectacular cliffs, a variety of challenging sea kayak trips, and several stimulating hikes and bike rides.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting sea kayak excursions along the coast of Maine.

*Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at [www.northcountrypress.com/mainea-fresco](http://www.northcountrypress.com/mainea-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)*

## \$4.3M for Maine Head Start

**WASHINGTON, D.C. (September 8, 2023)** — Today, U.S. Senators Susan Collins and Angus King announced that the U.S. Department of Health and Human Services (DHHS) has awarded Kennebec Valley Community Action Program (KVCAP) a total of \$4,275,384 for its Head Start and Early Head Start programs in Kennebec and Somerset Counties. Its programs promote school readiness and provide a wide range of services to help achieve economic and social self-sufficiency and strengthen the lives and welfare of children and families in Maine.

"Early investments in education are critical for future generations of Maine people," said Senators Collins and King. "Head Start lays the foundation for

lifelong learning, fostering cognitive and social development in young children. Our continued investments in these programs reflect our dedication to the future accomplishments of children throughout Maine."

KVCAP is a non-profit community action program which offers Head Start and Early Head Start programs in Kennebec and Somerset Counties. Its programs promote school readiness and provide a wide range of services to

achieve economic and social self-sufficiency and strengthen the lives and welfare of children and families in Maine.

Head Start was estab-

lished in 1965 to promote school readiness and provide a comprehensive array of health, nutritional, and social services to eligible four- and five-year-old preschoolers and their families. Head Start services include early learning, health, and family well-being. This funding supports local agencies that provide Head Start services across the country.

Senators Collins and King have been longtime advocates for Head Start Programs across Maine. Most recently, they secured more than \$6.5 million for Maine Head Start Programs in Oxford and Franklin Counties.

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# Dirigo Reads provides books for Maine first graders

**BANGOR, ME**  
**(September 8, 2023)** — Dirigo Reads, a program that aims to put a book in the hands of every Maine first grader each month during the school year by 2025, is announcing the addition of 17 schools to the program, bringing the number of schools served by Dirigo Reads to more than 100, covering about  $\frac{1}{3}$  of first grade public school students in Maine.

"We are so excited to introduce more schools, more communities, and more families to Dirigo Reads," said Dan Cashman, co-founder of Dirigo Reads. "There are 16 new communities being added to the program, spread over

15 counties in Maine. They range from large schools like the Kate Furbish Elementary School in Brunswick with 180 first graders, to smaller schools like the Palermo Consolidated School in Waldo County with nine first graders. The geographic footprint of this year's additions is large, and we couldn't be happier to see it touch so many parts of Maine."

Dirigo Reads' mission is to improve the health and wellbeing of children in Maine through literacy and share a little optimism along the way. This is accomplished by giving first graders in participating schools a brand new book to keep during

every month of the school year. Last year, Dirigo Reads distributed nearly 29,000 books to the eighty-six schools involved in the program. Over four school years, Dirigo Reads has distributed about 55,000 books to first graders in participating schools.

"This year, we have spent the last several months making some structural, behind-the-scenes changes to the program, to ensure it is sustainable for many years to come," said Cashman. "But the heart of the program remains the kids, and ensuring they have their own home library at the end of their first grade year with ten new books. The thank

you letters we receive from kids, parents, and teachers alike are beyond heartwarming. That's why this program will continue to thrive."

With the new schools being added this year, Dirigo Reads has completed its first full coverage of a county. By adding Milo Elementary School, the program is now providing new books to all first graders in Piscataquis County.

Communities participating in Dirigo Reads for the 2023-2024 school year are listed below (schools that participated the previous year are italicized):

A n d r o s c o g i n  
*Auburn, Mechanic Falls*  
Lisbon (New)

C u m b e r l a n d  
*Portland, Brunswick*(New)

Dirigo Reads founding Dirigo Star partner is Machias Savings Bank.

Additional partners of Dirigo Reads include Sutherland Weston, Bangor Savings Bank, the James and Betty Jacobs Charitable Trust, Casella, Northern Light Health, PCHC, Cross Insurance, Changing Seasons Federal Credit Union, Woodlands Senior Living, Hannaford, Versant, and The First, with additional partners set to be announced later this month.

"The partners involved with Dirigo Reads have made a difference in the lives of first graders,"

said Cashman. "Support from partners in the business community is an absolute must for this program to continue to serve first graders in Maine."

There are about 11,600 first graders enrolled in Maine public schools. With the additional schools for 2023-2024, there will be more than 850 new students added to the program, serving around 3,800 kids, or about 33% of first graders in Maine.

Schools and businesses interested in being a part of Dirigo Reads should visit [www.DirigoReads.org](http://www.DirigoReads.org) and click on "Contact," where a form is available to submit all necessary information.

## NRCM: Conservation Continues to Drive Economic Growth

**Press Release by**  
**Natural Resources Council of Maine**

**AUGUSTA, ME**  
**(July 28, 2023)** — This year's legislative session was another demonstration of Maine's continued leadership on clean energy, with a signature bill that boosts offshore wind and continued momentum on measures that will help achieve Maine's climate action goals while reducing energy costs, creating jobs, and enhancing the resilience of local communities.

Lawmakers also passed new laws aimed at protecting the rich array of wildlife in Maine and providing sorely needed support for local redemption centers by modernizing the popular Bottle Bill.

The state's leading environmental advocacy organization, the Natural Resources Council of Maine (NRCM), praised Governor Janet Mills and lawmakers for coming together to strengthen the health of Maine's communities by contributing to a clean environment for

years to come.

"Maine's strong conservation ethic continues to define our way of life and drive economic growth," said NRCM CEO Rebecca Sanders. "Thousands of Mainers spoke up and took action to protect our environment, strengthen the resiliency of local communities, and accelerate a more equitable clean energy future. Legislators listened to these voices by passing exciting new policies that recognize Maine's environment and economy are inextricably linked."

The following actions during the 2023 legislative session will strengthen Maine's environment for future generations:

### BUILDING MORE AFFORDABLE, RELIABLE CLEAN ENERGY SOURCES

Launched a new clean energy industry for Maine by directing the Public Utilities Commission (PUC) to procure 3GW of responsibly developed offshore wind in the Gulf of Maine by 2040, with strong standards for good-paying jobs, pro-

tecting wildlife, increasing equity, and supporting Maine's commercial fishing industry.

Supported new offshore wind port development with strong labor standards and \$12 million budgeted for deep-water port infrastructure that will result in billions of dollars in private sector investment and thousands of new jobs.

Authorized the Northern Maine Renewable Energy transmission line, which is expected to deliver 1000 MW of wind power to the New England energy grid. Directed the PUC to pursue contracts for additional renewable energy to ensure that the transmission line is fully utilized.

Promoted development of solar energy farms to repurpose land no longer usable for traditional agriculture, including farmland impacted by PFAS contamination. The PUC is directed to pursue a competitive procurement of large-scale solar energy projects on such lands, with the likelihood of adding hundreds

of additional megawatts of clean energy to the grid.

Reformed Net Energy Billing to continue momentum on small and medium-sized solar projects that lower costs for local schools, towns, businesses, and homeowners. Directed state government to access existing federal funding to deliver savings to low- and moderate-income residents.

Invested in the Maine Offshore Wind Research Consortium, ensuring that scientists, state regulators, fishermen, and other stakeholders continue working together on strategies for responsible offshore wind power development in Maine.

### EXPANDING ACCESS TO HEALTHIER TRANSPORTATION OPTIONS

Reinvigorated Maine's public transit system by strengthening the role of the state to support local transit operators, employers, commuters, and state climate goals. Expands the Public Transit Advisory Council to include a broader array of

rural and urban stakeholders and requires biennial reporting on transit needs and solutions. Substantial increase in transit operating funds provided in biennial budget (\$5 million/year instead of ~\$1.2 million).

Added electric bikes (e-bikes) to the Efficiency Maine rebate program to provide Mainers with an affordable transportation option for reducing carbon pollution and avoiding using cars for short trips.

Authorized the Department of Transportation to develop 31 miles of the Mountain Division Trail between Standish and Fryeburg by removing State-owned inactive railroad track and building a 10-foot-wide multi-use trail, subject to funding and permitting.

### SAVING MONEY BY CONSERVING ENERGY

Created a Green Schools Program and staff leadership at the Department of Education to support schools that want to invest in clean energy technology and energy effi-

cacy projects. Also helps schools leverage significant new federal funding opportunities, from clean school buses to new clean energy opportunities.

Transferred \$2.8 million to continue the Maine Housing low-income heat pump program, which was slated to run out of funding due to record energy costs and LIHEAP funding needs this past winter.

### A MORE ACCOUNTABLE, EQUITABLE ELECTRIC GRID

Improved transparency of political spending by utilities with tighter reporting requirements, adding lobbying, grassroots lobbying, unapproved educational spending and contributions to charities, political action committees, and trade associations to the list of expenses that utilities cannot charge to ratepayers.

Encouraged advanced energy storage by directing the Governor's Energy Office to develop a Maine Energy Storage Program to procure up to 200 MW toward a state goal of

*See NRCM, page 12*

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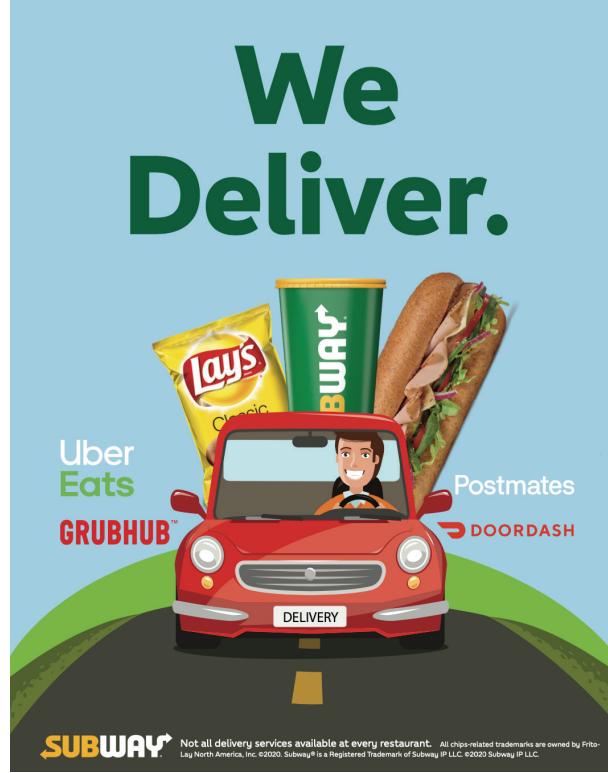
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# Arts & Entertainment

## Tom Petty tribute band to perform at the Franco Center Oct. 7

LEWISTON, ME (September 29, 2023) —

The Franco Center has announced that Runnin' Down a Dream: The Tom Petty Tribute Band will return to its stage at 7 p.m. Saturday, Oct. 7, 2023. For over 40 years, Tom Petty created timeless classics with the Heartbreakers, Mudcrutch, The Traveling Wilburys, and released solo albums until his unfortunate death in 2017. "Our show faithfully replicates the style and feel of a Tom Petty and the Heartbreakers concert, allowing the audience to experience the music of this extraordinary artist," said Roger Howard, tribute band spokesperson.

This Maine-based band includes members Mike Boucher on lead vocals and guitar; Harry Coddington on lead guitar; Roger Howard on drums; Marty Mclellan on guitar and vocals; and Steve Brown on keyboard and vocals. When five veteran musicians from Maine, with local and national

experience, play Petty's music together, the feeling, meaning, and very soul of these songs are undeniable.

Roger said, "Our first performance last year at the Franco center in Lewiston was magical. Playing to the enthusiastic audience at the beautifully restored former church made it a really special night for us. We'll be back for our encore performance on October 7th with some new songs and a whole assortment of Tom Petty's classics!"

Roger started taking drum lessons at age 12 and joined his first garage band at 16. From there he went on to play in an assortment of bands in five states. His wide variety of musical styles include blues, country, alternative, rock, and rhythm and blues. Playing in Runnin' Down A Dream is the culmination of everything Roger has learned and experienced over many decades in his extensive musical career.

Mike Boucher started playing Tom Petty songs in his high school cover band. During the 1990s, Boucher began to focus his talents on song writing and has continued to sing and play his music for audiences on the East and West coasts.

In 2007, Boucher called on Harry Coddington to lend his versatile guitar-playing talents to the alt-country band The Gaffers. Coddington started playing guitar shortly after seeing The Beatles on the Ed Sullivan show in 1964 when he was six years old. He's played in many different bands in Florida and now in Maine. He has an affinity for Tom Petty and The Heartbreakers, which made dreaming up this band just feel natural.

Marty Mclellan made his debut at a coffee house after seeing The Beatles on the Ed Sullivan show in 1964 when he was six years old. He's played in many different bands in Florida and now in Maine. He has an affinity for Tom Petty and The Heartbreakers, which made dreaming up this band just feel natural.

Marty Mclellan made his debut at a coffee house



**Runnin' Down a Dream**, a Tom Petty tribute band from Maine, will perform at 7 p.m. Saturday, Oct. 7, at the Franco Center, 46 Cedar St., Lewiston. Tickets can be purchased at 207-689-2000 and [www.francocenter.org/shows](http://www.francocenter.org/shows). Submitted photo.

performing covers of Neil Young, Grateful Dead, Jim Croce and James Taylor at Hobart College in Geneva, New York in 1982. Dirty McCurdy marked Mclellan's first real experience as a frontman. The band covered mostly rock and roll, but also some original material while it continued to adhere to the blues standards it had established in the Blues Barn years.

Steve Brown's music career began in the late 1970s when he joined the band White Water in Central Maine playing a beat-up old Wurlitzer electric piano. This led to a brief Holiday Inn tour with an Elvis Presley tribute show.

Brown became an in-demand keyboard player in the New England region. He was a member of some well-known bands including Ricky and the Giants, Elmore Twist Band, Gary Black and the Blues, 43 North and the LA Harley Band.

These five musicians together on the Fran-

co Center stage will perform the music of Tom Petty with authentic renditions from every stage of Petty's career. Doors and a cash bar open an hour before showtime.

Doors and cash bar open at 6 p.m. Concert starts at 7 p.m. Tickets can be purchased online at [www.francocenter.org/shows](http://www.francocenter.org/shows) or by phone at 207-689-2000. Tickets can also be purchased in person at our box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays. Tier 1 tickets in advance are \$30 and at the door: \$35. Tier 2 tickets in advance are \$25 and at the door: \$30.

Watch Runnin' Down a Dream Tom Petty Tribute Band's music videos on YouTube at <https://www.youtube.com/@RunninDownADreamTPettyTribute/videos>

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.

## BookReach: Call for volunteers!

LEWISTON, AUBURN, ME (September 29, 2023) — The Lewiston and Auburn Public Libraries are pleased to sponsor

BookReach, a community collaboration of volunteer readers who deliver weekly storytimes to children in licensed family childcare homes and centers. Our mission is to raise

a community of readers by enriching the lives of young children through the pleasure of reading.

BookReach began in the fall of 1997 with a grant from L.L.Bean and is now funded by the Lewiston and Auburn Public Libraries. BookReach volunteers donate one hour per week to bring storytimes to children who may not have an

opportunity for them on a regular basis.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on volunteering for the BookReach program is available by contacting the BookReach Coordinator at 513-3004 ext. 3515 or [BookReach@lewistonmaine.gov](mailto:BookReach@lewistonmaine.gov).

## Androscoggin Retired Educators to meet

AUBURN, ME (September 29, 2023)

— The Androscoggin Retired Educators will meet at 10:00 a.m. on Wednesday, October 11, at Sixth Street Congregational Church, 109 Sixth Street in Auburn.

This is our annual scholarship auction. Members are asked to bring an item for the auction. Items may be food

items, seasonal items, books, puzzles, etc.

Lunch will be served by the church. The cost of lunch is \$12.

AREA invites all educators: teachers, teacher assistants, secretaries, guidance counselors, anyone who has worked with children. All are welcome. You need not have worked in Androscoggin County or even in the State of

AREA meets five times per year, September, October, November, March and April. Dues are \$10 per year for educators, \$6 for non-educator spouse or partner.

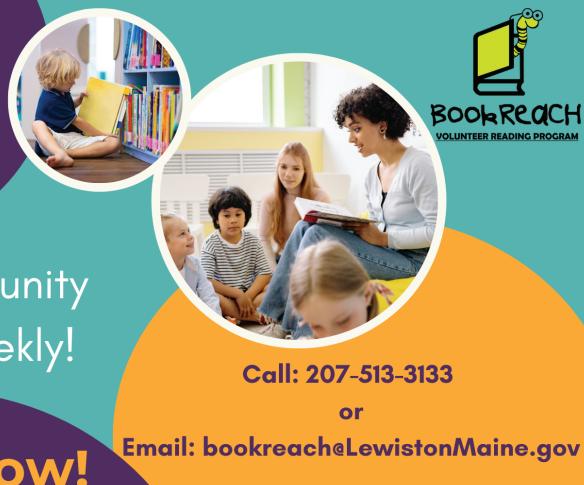
Reservations can be made by mailing checks made out to AREA to Gina Fuller, 36 Elliott Ave., Lewiston, Maine, 04240

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# Maine to participate in student, educator wellbeing initiative

**MAINE (September 8, 2023)** -- The National Governors Association (NGA) selected Maine as one of five states to participate in a new initiative launched to bolster the mental health and wellbeing of students and school staff. Through this initiative, the NGA will support the implementation of the BARR (Building Assets, Reducing Risks) model at 71 schools across Maine. BARR is a research-backed model focused on strengthening relationships, reducing high-risk student behavior, and improving academic achievement.

Maine will receive technical support from the NGA and their national and state partners and engage in peer learning op-

portunities with the other states chosen for the initiative, New Hampshire, North Carolina, Oregon, and Wyoming.

"We know that there's still a lot of work to do to get over the tremendous impact the pandemic had on student and educator mental health and wellbeing, and we are thankful to the National Governors Association for their leadership on these issues and for including Maine in this critical initiative. Their selection of Maine is a testament to our commitment to support the mental health and wellbeing of students across the state," said Maine Education Commissioner Pender Makin. "The Maine Department of Education is doing everything we can to strengthen the

wellbeing of all students and educators because it's foundational to student and school success. That's why we've invested in the BARR model because it's so focused on relationships and can be tailored to meet the unique needs of our schools to help all students and educators thrive."

"Maine has been a frontrunner with BARR implementation since 2010. I am thrilled to continue our partnership with Commissioner Makin and the Maine Department of Education to bring BARR services to thousands more students in the state. This exciting initiative by the National Governors Association will strengthen our joint efforts, and BARR Center is honored to be Maine's choice in this en-

deavor," said BARR Center Founder and Executive Director Angela Jerabek.

As the school year begins, 71 Maine schools from every region of the state begin their first year of implementation of the BARR model. They join 15 Maine schools that have previously implemented BARR. The BARR model strengthens relationships between educators and between students and educators and utilizes real-time data to support students based on their strengths and connections to school. BARR aligns with the Maine Department of Education's whole student approach focused on ensuring all students are healthy, safe, engaged, supported, challenged, and prepared. Federal emergency re-

lief funding supported the expansion of the BARR model in Maine schools.

Studies show that the BARR model results in increased student engagement, reduced chronic absenteeism, a 40 percent reduction on average in failure rates after one year of implementation, increased student achievement rates, and a reduction in high-risk student behavior and substance use. BARR reports that the effects are strongest for male students, students of color, students eligible for free or reduced-price lunch, multilingual learners, and students with disabilities. Educators report increased job satisfaction and higher levels of collaboration after implementing BARR.

Noble High School

first implemented BARR with half of its 9th grade class in 2014. By the end of the first semester, BARR students had missed roughly half as many days of school as non-BARR students and the school expanded BARR to include all students. Bucksport High School's graduation rate increased by more than 15 percent after implementing BARR.

BARR is one of several initiatives offered by the Maine Department of Education (DOE) to support student and school staff health and wellbeing and can all be implemented to build off one another to build safe, supportive, and healthy learning environments. You can learn more on the Maine DOE website.

## Contract Awarded to Build Destroyers at Bath Iron Works

**WASHINGTON, D.C. (August 4, 2023)** – U.S. Senators Susan Collins and Angus King, along with Representatives Chellie Pingree and Jared Golden, announced today that Bath Iron Works (BIW) has been awarded a contract to build three additional DDG-51 Arleigh Burke-class destroyers. The contract is part of the Navy's 5th DDG-51 multiyear procurement (MYP) au-

thorized by Congress. The contract also supports the potential for five additional ships, as BIW continues to work to deliver DDG-51s on time and increase production to 1.5 ships per year in the coming years. U.S. Secretary of the Navy Carlos Del Toro – who attended Saturday's christening of the USS Harvey C. Barnum, Jr. at BIW – notified Senators Collins and King and Representa-

tives Pingree and Golden of the award. "Today's award of three DDG-51s is a testament to Navy's confidence in the hardworking and highly skilled men and women at BIW who have earned the reputation that 'Bath built is best built,'" said Senators Collins and King along with Representatives Pingree and Golden in a joint statement. "We are pleased that

this contract will provide a stable foundation to the shipyard for at least the next five years and ensure our sailors – and country – have the ships they need to keep the nation safe. In addition, as BIW continues to work to deliver DDG-51s on time and increase productivity in the coming years, the contract includes the potential for additional ships and more work."

Senator Collins is

Vice Chair of the Senate Appropriations Committee as well as the Ranking Member of the Defense Appropriations Subcommittee, and Senator King is a member of the Senate Armed Services Committee. Representative Pingree is a member of the House Appropriations Committee, and Representative Golden is a member of the House Armed Services Committee. The Appropriations

Committees are responsible for the allocation of funds for destroyers, while the Armed Services Committees authorize their purchase.

The contract was awarded after the Maine Congressional Delegation authorized and appropriated the funds for the construction of DDG-51 Arleigh Burke-class destroyers. BIW then competed to receive this contract.

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# Fun times at the 5<sup>th</sup> Annual Blues and Brews Fest



Jennifer Goddard Boenig and Patty Boudreau from USI insurance services. (Photo by Michelle Gosselin Ervin)



Michelle Gosselin Ervin & Bob Eccles from Hearth & Key Realty. (Photo by Michelle Gosselin Ervin)



Sarah Gould and Holly Vight . (Photo by Michelle Gosselin Ervin)



Lou & Jeannine Laplante. (Photo by Michelle Gosselin Ervin)



Tyla & Keith Davis. (Photo by Michelle Gosselin Ervin)



Jeannine Greenleaf, Lucienne Harvey, JoAnn Mahan, Paul Greenleaf, John Johnson, Rachel Johnson. (Photo by Michelle Gosselin Ervin)



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Jeannine Greenleaf, Lucienne Harvey, JoAnn Mahan, Paul Greenleaf, John Johnson, Rachel Johnson. (Photo by Michelle Gosselin Ervin)

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# Fun times at the 5<sup>th</sup> Annual Blues and Brews Fest



Trent Paradis. (Photo by Michelle Gosselin Ervin)



Bob Eccles with his Air Band. (Photo by Michelle Gosselin Ervin)



Marc Kaplan-Percussionist for Wake Up Mama. (Photo by Michelle Gosselin Ervin)



City of Auburn Staff- Josh Fournier, Dawn Lopez of Hearth &amp; Key Realty, Per Tripp, Jacob Gallant. (Photo by Michelle Gosselin Ervin)

## Naturalist, wildlife artist to speak at Stanton Bird Club

**LEWISTON, ME**

(September 29, 2023) --

On October 8th, the Stanton Bird Club is hosting its annual meeting with North Yarmouth naturalist and wildlife artist, Michael Boardman as speaker. The focus of his talk will be the birds of the Arctic National Wildlife Refuge.

Known for his field sketching and watercolors of creatures and wild lands, Boardman has connected his art to wildlife science through artist residencies at Baxter State Park (2010), Acadia National Park (2012), Glacier Bay National Park (2015) and Hog Island Audubon Camp (2017).

In the spring of 2019, he was selected to be the artist in residence for the Arctic National Wildlife Refuge.

He was flown to the coastal plain of the refuge in June of that year to spend 2 weeks at the Canning River Bird Camp. There he helped in the study of migrating birds breeding

on the tundra. He will share his unique experience in an extreme environment, with plenty of artwork and field sketches as well as stories about how the avian life of the refuge connects us all to that endangered landscape.

The annual meeting will be held at the L/A Arts Gallery at 168 Lisbon Street in Lewiston with social time starting at 2pm and Boardman's talk at 2:30. The public is welcome. The meeting is free of charge. To register please call the Stanton Bird

Club at 1-888-363-0007.

The Stanton Bird Club, a leader in environmental awareness, owns and manages the Thorncrag Nature Sanctuary in Lewiston as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. More information about other activities of the Club can be found at [www.StantonBirdClub.org](http://www.StantonBirdClub.org) and on its Facebook page.



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# Maine Hosta Society to hold fall meeting

**AUGUSTA, ME**

(September 29, 2023)

-- The Maine Hosta Society (MHS) will hold its Fall Meeting on Saturday, October 14, 2023, at the Baker Center Augusta Parks and Recreation which is located at 22 Armory Street in Augusta. The business meeting will commence at 10:00 am. This will be an opportunity for members to provide input on preferred activities and to assist The Board in planning for next year. Members will also review and approve a slate of new MHS officers. Following the business meeting our guest speaker, Bob Solberg, will give a presenta-

tion at 11:00 am. Members and guests are encouraged to bring a lunch and stay through this informal, predictively enjoyable session.

The MHS is excited about this upcoming meeting with guest speaker, Bob Solberg. Bob is the owner of Green Hill Farm in North Carolina and is one of the top hosta hybridizers in the country. He has served the American Hosta Society in many capacities and is co-founder of the American Hosta Growers Association. He has received an impressive number of awards, including the coveted Eunice Fisher Distinguished Hybridizer

Merit Award and the Alex J. Summers Distinguished Merit Award. Bob has introduced more than 100 hosta cultivars, many of which are well-known and well-loved. Some of these are 'Guacamole', 'Orange Marmalade', 'First Frost', 'Curly Fries', and 'Sharped Dress Man'. Bob is also a talented presenter. He recently delivered an impressive keynote address at the 2023 American Hosta Society national convention held in Iowa. We are delighted that Bob has agreed to come to Maine, and we strongly urge you all not to miss his presentation.

This event of FREE and open to the public.



One of the beautiful hosta gardens located in Shelburne, NH on the property of Josh & Susan Labonville, MHS members. PHOTO CREDIT: Carol Foster

## September designated "National Recovery Month"

**WASHINGTON, D.C.**

(September 29, 2023)

-- U.S. Senators Angus King (I-Maine) and Shelley Moore Capito (R-WV) earlier this week introduced a bipartisan resolution designating September as "National Recovery Month." The Senators' resolution comes as overdoses are rising across the nation. The resolution specifically recognizes the many challenges contributing to growing substance use disorders and the need for more community resources to reduce barriers to treatment and destigmatize substance abuse.

Overdose deaths in 2022 were up 50% when

compared to pre-pandemic numbers, with communities across the country losing nearly 110,000 loved ones – including 716 in Maine, a record for the state.

"To anyone suffering from substance use disorders, your communities and loved ones are here for you – we see you and we want to help," said Senator King. "I know the last few years have not been easy. We as a nation are still recovering from the effects of the pandemic, which caused hardships for all Americans and led to an alarming increase in mental health disorders. On top of that, the growing presence

of fentanyl, which was responsible for nearly four out of five overdoses last year in Maine, is escalating the already severe opioid epidemic. During this year's National Recovery Month, we must recommit ourselves to supporting those struggling with addiction. We must also provide more resources to address our nation's opioid epidemic, increase mental health services, and strive to become more compassionate. Together, recovery is possible."

"Substance abuse affects far too many West Virginians, and drugs—especially killer opioids like fentanyl—remain a seri-

ous threat to public health across our country," Senator Capito said. "I have been a constant supporter in the fight against substance abuse and helping those affected by it onto the road to recovery. I am proud to join my colleagues in designating September as National Recovery Month to raise awareness and help educate more people about treatment options and support efforts for those in recovery. This is a critical component of the spectrum of solutions needed to save lives and fight back against the scourge of addiction."

In 2021, there were approximately 20,900,000 adults in the

United States suffering from addiction, including babies born with neonatal abstinence syndrome. Senators King and Capito have consistently worked on a bipartisan basis to address America's tragic substance use disorder epidemic. Along with their annual designation of September as "National Recovery Month" they have joined on efforts to improve telehealth, create a better approval process for opioids, and to support mental health outreach.

This year, Senator King introduced two pieces of legislation to prevent new FDA approvals of Opioids, establish new treatment facilities, recruit new healthcare providers, and expand support programs for those suffering

from addiction, including babies born with neonatal abstinence syndrome. Senators King and Capito have consistently worked on a bipartisan basis to address America's tragic substance use disorder epidemic. Along with their annual designation of September as "National Recovery Month" they have joined on efforts to improve telehealth, create a better approval process for opioids, and to support mental health outreach.

A companion resolution has been introduced in the House by Representatives David Trone (D-MD), Brian Fitzpatrick (R-PA), and Annie Kuster (D-NH).

## Washburn Norlands Living History Center welcomes visitors

**LIVERMORE, ME**

(September 29, 2023)

-- The Washburn Norlands Living History Center in Livermore, Maine is excited to announce that their 50th fall season is off to a great start. Between Living History Days, School Field Trips, Site Tours, Farm-to-Table Meals, and more, the Norlands has something for everyone. Their fall season lasts from September 16 until November 19.

"Our fall season showcases the best of the Norlands, where the 19th century comes alive. From the farm to the school to the main house to the library, visitors experience Maine in a place where the hands

of time turn slowly," said Renee Bonin, President of the Board of Trustees.

The Norlands is the home of the Washburn family estate. It is a place that bears witness to the humble beginnings of this remarkable Livermore family who became one of America's great political dynasties. The Washburn family remains active in the operations of the Washburn Norlands Foundation.

Every Saturday, the Norlands holds Living History Days from 10am - 4pm where their historical interpreters will take you back to the 1870s with telling stories of Livermore, cooking in the Farmer's Cottage,

sewing in the main kitchen, visiting with the barn animals, holding school in 1870, discovering treasures in Library and touring of the Washburn family's summer home. If you are lucky, the preacher may come through to deliver a short historic sermon in their 1828 Universalist meeting house. On nice days, they play games on the lawn too and welcome visitors to hike the historic carriage trails. During the week, the school field trips that so many Mainers remember are booking fast.

The Norlands Sampler program gives history lovers of all ages hands-on experience with the

activities children did in the 1870s. Their Norlands Sampler program includes many of the activities from Living History Days.

New this season, the Norlands is also hosting five Farm-to-Table meals, ranging from Suppers in the Barn to a brunch and a dinner in the Mansion. They showcase Livermore farmers at these popular events. They are also once again open for weddings and private parties with unique opportunities throughout the site.

Additionally, Tuesdays - Fridays, the Norlands Historic Site Tours at 11am and 2pm. These are perfect for those who want to learn

more about the Washburn Family and have an interest in historic properties and artifacts. Visitors are asked to pre-book these tours online.

"Welcoming people to our family's homestead since 1808 and working to preserve and present our collections is an experience like no other. Descendants from all ten Washburn brothers and sisters have stepped forward this year to ensure the Norlands will remain open for years to come," said Ashley Heyer, a trustee and descendant of Elihu B. Washburne.

"Any day you visit, there is a good chance that you will meet one of our family members from around the world."

To visit the Norlands, you can purchase tickets online at norlands.org. Advance purchase admission is \$12 for adults, \$8 for children 3-13 and \$40 for a family of 5. For more information and to inquire about field trips and private events, please email programs@norlands.org.

Our Farm-to-Table Meal schedule is as follows:

October 15 - Brunch in the Mansion Dining Room 10:30 - 2:30

October 28 - Maine Bean Supper in the Barn 5:30 - 7:30

November 10 & 11 - Veterans Day Dinner in the Mansion 5:00 - 9:00

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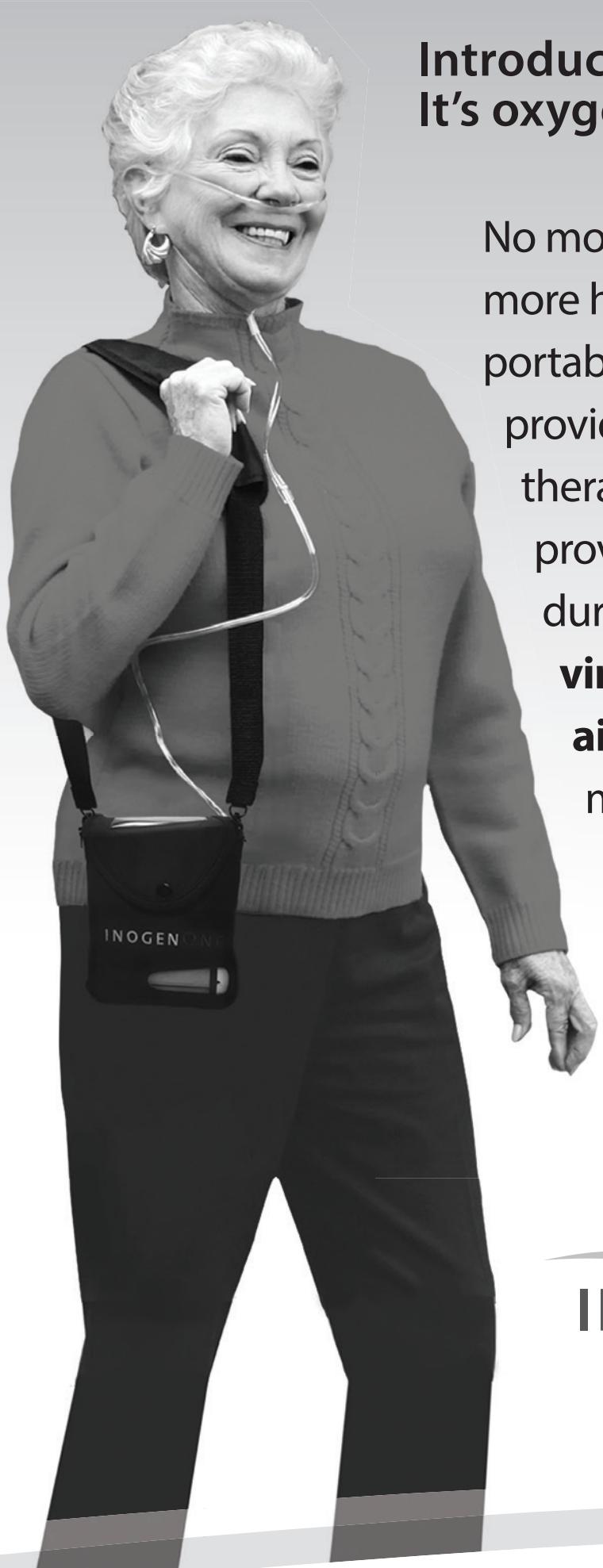
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**NRCM***Continued from page 5*

400 MW of energy storage capacity by 2030.

Contracted for a design proposal for a distribution system operator to optimize markets, operations, and investments in Maine's grid to achieve the state's climate and clean energy goals.

Appointed an expert ombudsman to improve grid access for distributed energy resources. The point person at the Public Utilities Commission will provide information to anyone seeking interconnection to the grid, help track and mediate disputes with the utilities, and convene working groups as needed to streamline the integration of solar and storage across Maine's distribution grid.

**FOSTERING MORE RESILIENT COMMUNITIES**

Increased state investment to \$3 million a year for the state's Community Resilience Partnership Program and added program management capacity. The Community Resilience Partnership provides grants and technical support to Maine commu-

nities planning for climate resilience and emission reduction projects, with more than 140 cities, towns, and tribal governments already participating.

Provided \$80,000 to the Department of Environmental Protection to enhance coastal monitoring programs, which are crucially needed for data collection programs the state needs to respond to and manage climate impacts.

Invested \$7.5 million in the State Infrastructure Adaptation Fund to support municipal culvert grants, as well as planning and matching dollars to leverage federal resilience, adaptation, and culvert grants.

**IMPROVING RECYCLING AND REDUCING TOXIC POLLUTION**

Modernized Maine's Bottle Redemption Program with a new law that simplifies the program, making it more efficient, while incorporating technology advances and investments to expand the use of refillable containers.

Saved jobs and businesses that are critical to the Bottle Bill by passing emergency legislation to increase the handling fee to 5.5 cents, up a penny

from when the fee was last increased in 2020, with an additional increase to 6 cents per container on September 1.

Acted to reduce mercury pollution and save energy by prohibiting the sale and distribution of new mercury-containing light bulbs starting in January 2026.

**PROTECTING THREATENED WILDLIFE AND CLEAN WATER**

Provided additional protection for Common Loons from lead poisoning from fishing gear by banning painted lead jigs weighing one ounce or less or measuring two-and-a-half inches or less in length, starting in September 2024.

Added eight species to Maine's Endangered and Threatened Species Lists, providing more protection to the Bank Swallow, Cliff Swallow, Bicknell's Thrush, Blackpoll Warbler, Saltmarsh Sparrow, tricolored bat, Ashton's cuckoo bumble bee, and marginated tiger beetle, which all have experienced significant population declines.

Provided initial funding for the Lake Water Quality Restoration and Protection Fund to help

protect lakes at risk from algae blooms and authorized the Fund to receive funding from other public and private sources.

Provided \$33 million for Resilient Water Infrastructure Programs, which will serve as state matching funds for federal drinking water and wastewater programs – providing a significant boost to community projects, protecting public health, water quality, and the environment.

Approved changes to Maine's mining law in response to interest in new minerals that had not been accounted for in the current law. The Department of Environmental Protection will develop rules to protect water quality by requiring extensive sampling and analysis of certain types of ore, such as lithium-containing minerals, in advance of any possible mining activities to prove that the ore is inert, as well as water quality monitoring to ensure that the sampling accurately determined that extraction would not pose a risk to water quality or human health.

"As the legislative session came to a close, Maine's environment once again emerged as a big

winner," said NRCM Advocacy Director Pete Di-disheim. "Passage of the offshore wind bill may long be remembered as one of the most consequential actions Maine has ever taken to generate clean energy and reduce our dependence on fossil fuels, but lawmakers also passed many other significant measures that reinforce Maine's brand as a state that balances our environment and our economy."

Many of the bills enacted in the 2023 legislative session were priorities of Maine's network of non-profit public health, environment, and social service organizations, including groups that comprise the Environmental Priorities Coalition.

Corporate lobbyists were also pushing several proposals to undermine Maine's progress toward a clean energy future and healthier communities. Legislators came together to defeat bills that would have:

Terminated Maine's ban on single-use plastic shopping bags.

Blocked the development of offshore wind power that will provide Mainers with more afford-

able, reliable clean energy. Limit local choice by preventing towns from adopting policies that save money, conserve energy, and reduce reliance on expensive oil and gas.

Implemented the most aggressive rollback of solar energy in the country by undermining community projects currently underway to save money for towns, schools, local businesses, and homeowners.

Eliminated the Public Utilities Commission's mandate to act on climate and hold utilities accountable for reducing greenhouse gas emissions.

For the second session in a row, legislation that would have advanced tribal sovereignty for the tribes in Maine was delayed or defeated due to opposition from Governor Mills.

"The environmental community remains a steadfast supporter of the Wabanaki people's quest for full sovereignty so they can be treated as fairly and equitably as every other tribe in the nation," said NRCM CEO Rebeccah Sanders. "Achieving full sovereignty is a moral imperative that we will not give up on."

## Maine WWII civil air patrol volunteer receives highest honor

**BANGOR, ME**

(August 29, 2023) – The family of the late 2nd Lieutenant Oscar E. Shevennel, CAP, was presented with a Congressional Gold Medal at the Maine Wing Civil Air Patrol annual conference and banquet on Sept. 2.

Shevennel, of Portland, served as an observer and supply officer at Base 19, CAP Coastal Patrol from Aug. 1942 until Aug. 1943. Following his service in Civil Air Patrol, Shevennel enlisted in the U.S. Navy in 1944 and served at the Treasure Island Supply Depot in San Francisco.

The World War II Members of the Civil Air Patrol were awarded

the Congressional Gold Medal on May 30, 2014 in recognition of the "unpaid volunteer members of the Civil Air Patrol [who] during World War II provided extraordinary humanitarian, combat, and national services during a critical time of need for the Nation," via Public Law 113-108.

"This extraordinary national service set the stage for the post-war CAP to become a valuable nonprofit, public service organization chartered by Congress and designated the Auxiliary of the United States Air Force that provides essential emergency, operation, and public services to communities, States, the Federal Gov-



al patrol bases, including two in Maine - Base 19 in Portland and Base 20 in Bar Harbor. From 1942-1943, these bases patrolled the waters off of the Atlantic and Gulf coasts from Maine to the Mexican border with armed aircraft, thwarting submarine attacks and safeguarding shipping lanes. Civil Air Patrol volunteers continued to serve throughout the entirety of WWII.

"It is with great pride that we present this Congressional Gold Medal honoring the legacy and service of Lieutenant Oscar Shevennel and all of the men and women of Civil Air Patrol during WWII," said Maine Wing Commander Major General Edward D. Phelka, Northeast Region Commander Colonel Everett Hume, and Col. Blain Cote, CAP. "2nd Lt. Shevennel's selfless dedication to his dangerous work as an aerial observer is a testament to his courage and patriotism and it is my privilege to join

with our national and region commanders to honor him on behalf of Civil Air Patrol and our grateful nation."

The Congressional Gold Medal is the highest civilian honor in the United States, alongside the Presidential Medal of Freedom. Since the award's inception in 1776, 185 Congressional Gold Medals have been awarded to individuals and institutions in national appreciation for distinguished achievements and contributions. Civil Air Patrol National Commander Major General Edward D. Phelka, Northeast Region Commander Colonel Everett Hume, and Col. Blain Cote were in attendance to present the medal to Shevennel's children, Joe Shevennel and Julie Barker, along with other Shevennel family members.



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ernment, and the military."

In direct response to German submarine activity along the East Coast in early 1942, Civil Air Patrol established 21 coast-



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

**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.

**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,

# Calendar

Send your submissions to the Editor. More online.

biscuits, hot dogs and dessert. \$10 adults, \$5 under 12 Follow us on Facebook for updates: [facebook.com/whiterockcommunityclub](http://facebook.com/whiterockcommunityclub)

**Oct 12**

LEWISTON -- The Southern Maine Squadron SAFBVA will be having the last get together of the 2023 summer schedule at noon time October 12 at the Governors Restaurant in Lewiston. The summer schedule will resume in May 2024. Veterans of all branches and their guests are welcome to join. FMI call 207-657-4909 Bob Sawyer or email [wwmtkwr1933@gmail.com](mailto:wwmtkwr1933@gmail.com)

**Oct 14**

AUGUSTA -- The Maine Hosta Society will hold its Fall Meeting on Saturday, October 14, 2023 at the Bunker Center Augusta Parks and Recreation which is located at 22 Armory Street in Augusta. The business meeting will commence at 10:00 am, followed by a presentation by our guest speaker, Bob Solberg, of North Carolina. Members and guests are encouraged to bring a lunch and stay through this informal, predictively enjoyable session. This event is free and open to the public.

**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 27 - Nov 5**

AUBURN -- Community Little Theatre presents the musical comedy The Drowsy Chaperone. When a die-hard theatre fan plays his favorite cast album, the

characters come to life in this hilarious musical farce! A loving sendup of the Jazz Age musical that features one show-stopping song and dance number after another. Show dates are October 27, 28, November 2 & 3 at 7:30 p.m., and October 29 & November 4 & 5 at 2:00 p.m. All performances at CLT on 30 Academy Street in Auburn. Tickets and more information at [www.laclt.com](http://www.laclt.com)

**Oct 28, 29**

LEWISTON, TOP-SHAM -- "Soulful Expressions" Saturday, Oct. 28, 2023, 7:00 p.m. - Franco Center, Lewiston; Sunday, Jan. 21, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

**Oct 28**

GRAY -- First Congregational Church of Gray Saturday Night Church Supper Saturday, October 28, 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 the supper - 657-4279

**Jan 20, 21**

LEWISTON, TOP-SHAM -- "Song & Dance



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held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families?

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

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, [LPLKids@lewiston-maine.gov](mailto:LPLKids@lewiston-maine.gov)



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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. Pick up location is The Auburn Mall (in back of J.C. Penney) 500 Center Street, Auburn, ME at 10:30 A.M.

Estate, America's largest privately owned home. We will visit the Biltmore Village that connects the estates present and past and provides a place for dining, shopping and historical exhibits. We will also visit the Antler Village and winery. We will tour the Blue Ridge Parkway with a guide and stops along the way. A \$75.00 deposit per person is due when signing up. Price is \$1,245.00 pp double occupancy which includes all entrance fees, meal tips and bus driver tip.

**APRIL 11 - 19, 2024 -  
THE FRENCH RIVIERA**

- Trip includes 9 days, 7 Breakfasts, 2 Lunches and 3 dinners. Lodging for 7 nights in the same hotel. Highlights are Nice, Food Tour & Tasting, Nice Flower Market, Monaco, Monte Carlo, Grasse, Cannes, Saint-Honorat Island & Wine Tasting, Villa Ephrussi de Rothcild, St. Paul de Vence and much more.

**MAY 11 - 19, 2024 -  
BILTMORE ESTATE &  
ASHEVILLE, NC** - Trip  
includes 8 nights lodg-  
ing including 4 nights  
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ners and a guided tour  
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have a full day visit to  
the spectacular Biltmore.

Locales, Attractions: Fairway Museum, Okanagan Valley, Vineyard Dinner and Wine Tasting, Stanley Park, Granville Island and much more. Call Claire or Cindy for more information.

OCTOBER 6 - 14,  
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PRINCE EDWARD IS-  
LAND & NEW BRUNSWICK

**WICK** – Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or 576-8604 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

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# 2023 CM Athletics Hall of Fame class announced

**AUBURN, ME (September 29, 2023)** -- Athletic Director, Dave Gonyea, is pleased to announce the 2023 inductees to the CM Athletics Hall of Fame. The former student-athletes will be recognized in a special ceremony on Friday, October 20th at the Spring Meadow Golf Club in Gray. This event will kick-off Alumni Weekend at the college. Tickets for the ceremony are available for inductees, friends, and families of CM Athletics as well as the general public. Tickets, which include dinner, are \$50 per person and must be purchased at the CM Athletics website.

## Alumni Weekend Schedule:

Friday, 10/20: 5pm social hour, 6pm dinner with ceremony to follow (Spring Meadow Golf Club)

Saturday, 10/21: 2pm Women's Basketball Alumni Game | 4pm Men's Basketball Alumni Game (Central Maine Community College, Kirk Hall)

### Inductees:

Nick Hinkley, Men's Basketball: Hinkley played Men's Basketball between 2010 and 2012 and was recognized as YSCC All-Conference.

Lynn Girouard, Women's Basketball: Girouard played four seasons for the Mustangs, earning 1st Team All-American and All-Conference honors each year. Her teams won four straight conference regular season and tournament championships. Lynn has been inducted to the Auburn-Lewiston Sports Hall of Fame and the USCAA Hall of Fame. She holds the CMCC Women's Basketball records for

points in a career (1,682), points in a season (648), points in a game (45), and points per game in a season (22.3).

Dan Coleman, Baseball/Men's Basketball: Coleman participated in Baseball and Men's basketball between 1995 and 1998. He was recognized as an All-American for baseball.

Greg Hird, Baseball: Hird played Baseball between 2003 and 2005 and was recognized as YSCC All-Conference.

Rob Skinner, Men's Basketball: Skinner played two seasons for the Mustangs, earning USCAA Honorable Mention All-American honors as a freshman, and 2nd Team All-American honors as a sophomore. He was also named YSCC All-Conference.

**CENTRAL MAINE ATHLETICS HALL OF FAME**

<b>NICK HINKLEY</b> Men's Basketball Yankee Conference All Conference	<b>LYNN GIROUARD</b> Women's Basketball 4-time USCAA All American	<b>DANNY COLEMAN</b> Baseball USCAA All American	<b>GREG HIRD</b> Baseball Yankee Conference All Conference	<b>ROB SKINNER</b> Men's Basketball Yankee Conference All Conference	<b>CHRIS TURCOTTE</b> Men's Soccer 2-time MSCC All Conference	<b>GABBY FOY</b> Women's Basketball USCAA All American	<b>CHRIS BRACKETT</b> Men's Basketball Yankee Conference All Conference
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Chris Turcotte, Men's Soccer: Turcotte played from 1997-1999 and was named All-Conference in both the Maine Small College Conference and a Northern New England Small College Conference.

Chris Brackett, Men's Basketball: Brackett played Men's Basketball between 2002-2005 and was recognized as YSCC All-Conference.

named YSCC All-Conference in both seasons, and helped lead the Mustangs to an appearance in 2014 USCAA National Championship game - the first in program history. She was also a 1,000 point scorer and was named the 2014 YSCC Tournament Best Offensive Player.

named YSCC All-Conference in both seasons, and helped lead the Mustangs to an appearance in 2014 USCAA National Championship game - the first in program history. She was also a 1,000 point scorer and was named the 2014 YSCC Tournament Best Offensive Player.

every patient who seeks care from CMH interacts with at least one of us!"

On Sept. 27, Central Maine Healthcare treated its APPs to a celebratory breakfast and thanked them for their many contributions to our patients and the entire CMH system.

## Advanced practice? Central Maine Healthcare has APPs for that!

**LEWISTON, ME (September 27, 2023)** -- Central Maine Healthcare (CMH) is honoring its advanced practice providers (APPs) this week.

An APP is a health care provider who is not a physician but who performs medical activities typically performed by a

physician.

These exceptional team members are nurse practitioners, physician assistants, certified nurse midwives, certified registered nurse anesthetists, clinical nurse specialists and certified anesthesiologist assistants.

"There are so many

reasons to celebrate our APPs," said Michael Stadnicki, MD, medical division chief, Primary Care. "These team members do more than deliver care; they are educators, experts, mentors and patient advocates. They deserve our gratitude for all they do throughout the CMH

system."

One of Central Maine Healthcare's APPs is Becki Mastrianno, CRNA.

As a CRNA, Becki says she has the privilege of being part of a team of providers who bring patients safely through surgery with care, comfort

and compassion. It's a role Becki describes as sometimes intense and stressful, but with "moments of tremendous fulfillment."

"APPs bring value across the entire organization; from outpatient to hospital-based services, by increasing access to high quality care. I bet nearly



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