



# TWIN CITY TIMES

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## City of Auburn seeks 2023 Christmas tree!



City of Auburn photo: The 2022 Auburn Christmas Tree, which was generously donated by the Auburn Housing Authority

AUBURN, ME (October 6, 2023) -- The City of Auburn is seeking a beautiful, local tree to use in Festival Plaza this holiday season. The ideal tree will be located in Auburn; an evergreen - spruce or fir; at least 25 feet tall; and relatively "accessible" (no close power lines or other obstructions). The "winning" tree will be removed and transported by the Auburn Public Works Department at no cost to the property owner.

Once in place, the tree will be decorated with care by the team at Public Works. It will be illuminated on Saturday, December 1 to the delight of spectators at the city's annual tree lighting ceremony and will officially kick off the holiday season in beautiful downtown Auburn. The tree donor will be publicly recognized and will be invited to the lighting ceremony. The tree will remain at Festival Plaza throughout the holiday season for the enjoyment of all who visit downtown.

Want to see if your tree can "make the cut?" Residents and property owners who wish to donate a tree and help bring holiday cheer to the City of Auburn are encouraged to submit their tree for consideration. The nomination form can be found at [www.auburnmaine.gov](http://www.auburnmaine.gov). Entries are due by October 31.

## New art at WHA Gallery at CMMC



"Birchers" by Susan Boucher (digital image was taken by artist)

LEWISTON, ME (October 6, 2023) -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the paintings of Susan and Paul Boucher for the month of October.

Art is an integral part of Paul's life and has been for almost fifty years. His style combines a sense of realism with his own style. Painting mainly in oils, he also works in acrylics. He has studied under various artists, but is essentially a self-taught artist. Some of his favorite subjects

are loons, Maine birds and New England scenes.

A retired teacher, Susan has been interested in some kind of art most of her life. Painting predominantly in watercolor, she now has expanded her field to oils and acrylics. She has an endless fascination with her subjects: the undulating shapes of flowers, children, and woodland scenes and loves the challenge of painting new subjects.

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.



"Loons" by Paul Boucher (digital image was taken by artist)

## Domestic Violence Awareness Month pages 8-9

## Lots of fun at CLT *Drowsy Chaperone* rehearsals



AUBURN, ME (October 6, 2023) -- Rehearsals are well underway for the Community Little Theatre production of the musical comedy *The Drowsy Chaperone*, which will open October 27.

In a loving send-up of the popular stage musicals of the Jazz Age, a fan known only as "Man in Chair" gives a spin to the original cast recording of one such musical, providing the audience with amusing minutiae about the play and the players. As he does so, those actors come to life in his living room and perform one

great musical and dance number after another.

Pictured here from left at a recent rehearsal are cast members Justin Morin, Julie Sanborn, Scotty Venable, and Keriana Merrill.

Performances of *The Drowsy Chaperone* 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.laclt.com/box-office](http://www.laclt.com/box-office).

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# Newsmakers, Names & Faces

## Cooking causes most home fires; 10 safety steps from Red Cross

**PORTLAND, ME (October 6, 2023)** — During Fire Prevention Week (October 8-14), the American Red Cross of Northern New England reminds everyone that cooking is the leading cause of home fires and issues safety steps to follow to help avoid one of these blazes.

“Cooking brings family and friends together, but this normal, everyday activity can also lead to disaster,” said John Montes, Regional Disaster Officer. “In fact, cooking is the leading cause of home fires in the U.S. To help keep your loved ones

safe, it’s important to stay in the kitchen while you’re cooking.”

Follow these 10 steps to help stay safe while cooking:

If you are frying, grilling or broiling food, never leave it unattended — stay in the kitchen. If you leave the kitchen for even a short period of time, turn off the stove.

Don’t wear loose clothing or sleeves that dangle while cooking.

If you’re simmering, baking, roasting or broiling food, check it regularly.

Use a timer to remind

yourself that the stove or oven is on.

Keep kids and pets away from the cooking area. Make them stay at least three feet away from the stove.

Keep anything that can catch fire — potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains — away from your stove, oven or any other appliance in the kitchen that generates heat.

Clean cooking surfaces on a regular basis to prevent grease buildup.

Consider purchasing a

fire extinguisher to keep in your kitchen. Contact your local fire department to take training on the proper use of extinguishers.

Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens and small appliances are turned off.

Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Replace all batteries at least once a year if

your smoke alarm requires it.

If you cannot afford to purchase smoke alarms or are physically unable to install one, the Red Cross may be able to help. Contact your local Red Cross for more information.

If you need a smoke alarm for your home, the Red Cross encourages you to sign up. The smoke alarm and installation are free. The Red Cross is also hosting installation events on the following dates:

Sunday, Nov 12th (9am – 3pm), New Gloucester, ME – New

Gloucester FD and BLING (Building Livability in New Gloucester)

To request an alarm or to sign-up for the installation event near you, visit: <https://www.redcross.org/local/me-nh-vt/about-us/our-work/home-fire-campaign/smoke-alarm-request-nh-vt.html>

Download the Red Cross First Aid app for quick, expert advice on what to do in case of an emergency. Find all of the Red Cross apps in smartphone app stores by searching for the American Red Cross or going to [redcross.org/apps](https://www.redcross.org/apps).

## People Plus Senior Health Expo – Largest ever!

**BRUNSWICK, ME (October 6, 2023)** -- The People Plus Senior Health Expo, in partnership with Spectrum Generations, will be at the Brunswick Recreation Center on Thursday, Oct 19, from 9 am to 1 pm. Admission is free and the first 500 people at the event will get a free swag bag! Free activities, information and entertainment will be held throughout the morning. Last year’s Expo had 600 participants and this year’s event will feature a record number of exhibitors with 100 businesses, programs and services represented! The Expo gives attendees the opportunity to learn what services are available in the Midcoast region to live longer, healthier, happier lives.

Maine has the highest percentage of older adults in the country; and the Midcoast senior population is growing the fastest. The People Plus Senior Health Expo brings together a variety of resources for this increasingly important segment of our community. The Expo provides an excellent opportunity to learn



about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance and more.

The Senior Health Expo is made possible by the support of Partners Plus Coastal Landing Retirement Community, Mid Coast-Parkview Health, Bill Dodge Auto Group, Bowdoin College, COR Health, Gateway Retirement Solutions, Priority

Real Estate Group, and Rusty Lantern Market. Partners include Spectrum Generations, Aetna Medicare, Kennebec Pharmacy and Home Care, The Vicarage by the Sea and The Times Record. Event sponsors include Avita of Brunswick/Sunnybrook Senior Living, Beltone Hearing Aid Centers, Brackett Funeral Home, Brunswick Topsham Housing Authority, Funeral Consumers Alliance/Last Things/Die

Well Death Education, Healthy Living for ME, Maine Community Bank, The Highlands, and The Vascular Care Group and Refreshment Sponsors are AAA NNE-Brunswick, Amtrak Downeaster, Central Maine Power, Insurance and Retirement Solutions, Martin’s Point Health Care, Maynard Law, and Wicked Joe Coffee. Space for the event is provided by The Town of Brunswick.

Free activities

throughout the event include a flu shot (high dose and regular) and Covid booster clinic with Mid Coast-Parkview Health, Technology Help Desk, performances by Nor’easters Barbershop Chorus, Mid Coast Hunger Prevention Program Sharing Table, Curtis Library Bookmobile, free vascular ultrasound screening for vein disease and carotid artery disease courtesy of The Vascular Care Group, and a live remote broadcast with Jim Bleikamp and Radio Midcoast WCME. Bring in your items from home and get help with sewing projects, lamp repair, jewelry repairs, knife sharpening, and general electrical repair courtesy of Curtis Library’s Repair Café. Plus, there will be raffles to win two round trip tickets on the Amtrak Downeaster or a lifetime membership to People Plus! Additional activities include Yellow Dot registration, Good Morning and Volunteer Transportation Network program registration, and book signings and author chats courtesy of the People Plus Write On Writers group. Free

Wicked Joe Coffee, and healthy refreshment choices including fruit, granola bars, various snacks and more will be offered for free.

“By the year 2025, one-quarter of Maine’s population will be over age 65,” said People Plus Executive Director Stacy Frizzle-Edgerton. “Our hope is to connect all those residents with area service providers and the Expo is the perfect place to do it! With the swag bags and vendor tables it’s like Halloween for seniors!”

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms. Admission is free and open to the public.

In addition to providing a link between consumers and providers, this gathering also encourages networking within the community, thereby strengthening the value of products and services. For more information visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call 729-0757.



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# Newsmakers, Names & Faces

## CMH honors outstanding women's healthcare providers

**LEWISTON, ME (October 5, 2023)** -- Central Maine Healthcare (CMH) is shining the spotlight on its outstanding midwives during National Midwifery Week which was celebrated Oct. 2-9.

At CMH, midwives are the primary providers during labor and delivery, with doctors providing critical support for patients in high-risk circumstances. While many associate midwives solely with the birthing process, they are actually involved in their patients' health, from teenage years through menopause.

Midwife Cathy Heffernan cares for women at CMH's rural practices, Bridgton Hospital specialty clinic for women's health, as well as Swift River Healthcare in Rumford.

"I chose midwifery after changing my major in



**Cathy Heffernan**

college three times. I loved the idea of helping women and families feel excited about this huge piece of life and giving them as much power in the process. I've enjoyed educating, supporting and helping women through their labors. The excitement of birth is contagious!"

Aleta Joy, lead midwife at CMH, describes midwives as being the ex-



**Aleta Joy**

perts in childbirth, having cared for women during this time in their lives long before obstetricians did.

"My mother was a nurse and when hospitals used to have nurseries full of newborns, I would beg her to take me to the nursery - not only to look at the babies, but I wanted to watch the labor and delivery nurses. When I care for patients, my goal is to care



**Kristin Moody**

for them as if they were my sister, my daughter or my mother. Childbirth is so life-changing for women and should be one they cherish. That's how I focus my practice every day."

Central Maine Healthcare recently added three new midwives to its staff: Addison Bryant, Kristin Moody and Kelsey Weil.

CMMC's maternity



**Kelsey Weil**

team has earned a stellar reputation. For the second straight year, CMMC was recognized by U.S. News & World Report as "High Performing in Maternity Care." The hospital also maintained its "Baby-Friendly" designation from Baby-Friendly USA for providing mothers with the information, skills and confidence to breastfeed their babies. CMH is one



**Addison Bryant**

of only three healthcare systems in Maine with that distinction.

CMMC's maternity department has also been recognized by Blue Cross Blue Shield as a Blue Distinction Center+. This distinction recognizes hospitals that demonstrate more affordable care in addition to quality care, treatment expertise and better overall patient results.

## Housing Resources for Youth expands services to Auburn

**AUBURN, ME (October 6, 2023)**— Housing Resources for Youth (HRY), a leading nonprofit organization dedicated to assisting homeless students in the midcoast region, is pleased to announce the expansion of its services to the City of Auburn.

With an alarming increase in the number of homeless teenagers in the area, HRY is actively seeking host families within the Auburn school system to provide a safe and nurturing environment for students in need. HRY's host home program is designed to offer homeless teens the support they require to thrive academically and personally. Host families play a pivotal role in this initiative, offering temporary accommodations, homework assistance, and ensuring students' regular attendance at school. Stu-



dents may stay with host families for varying durations, ranging from a few weeks to an entire school year or even longer, depending on their unique circumstances.

Antwane Mills B.S.W., MHRT/C, who assumed the role of Program

Director for HRY Auburn in July, is at the forefront of this expansion. Based at the City of Auburn's Community Development Office, located at 95 Main Street, Mr. Mills is dedicated to matching homeless students with prospective host families, and foster-

ing stable and supportive environments.

This essential program in Auburn was made possible through funding from the City of Auburn's HOME-ARP funds, which prioritize housing services for individuals and families at risk of homelessness. Sasha Anastasoff, the McKinney-Vento Liaison for the Auburn school

system, has actively advocated for this initiative by documenting the presence of 69 homeless students in Auburn, further highlighting the pressing need for such services.

"We are committed to making a positive impact on the lives of homeless teenagers in Auburn," said Mills. "It is impossible to envision a bright future

without first understanding the role that our youth play in the creation of such. Give them safety, stability, and resources, then stand back and witness the magic created." If you are interested in becoming a host family and contributing to this vital cause, please contact Antwane Mills at [amills@hrymaine.org](mailto:amills@hrymaine.org).

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Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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

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## Seniors Not Acting Their Age

# A Kayak Voyage to Thrumcap Island



A kayaker passed the rugged shore of Rutherford Island



A paddler finds a route through ancient pilings on the inside of Birch Island



The sometimes treacherous Thread of Life ledges are explored

One of the most interesting and less well-known sea kayak destinations on the Maine coast is Thrumcap Island. Located between outer Johns Bay and the mouth of the Damariscotta River, the diminutive atoll is the last stop after passing a series of rugged ledges with the

unique name Thread of Life.

The Thrumcap area has some of the richest history in America. Prior to the arrival of European explorers and settlers, Native Americans lived in settlements on the shore of Johns Bay and along the Damariscotta River for centu-

ries where they traveled the waterways in primitive canoes. Explorers such as John Smith and Giovanni da Verrazzano visited the area in the 16th and early 17th centuries. In 1688, a fort was built on nearby Pemaquid Neck during the French and Indian Wars, a conflict that continued for decades.

When I recently announced a Penobscot Paddle & Chowder Society sea kayak trip to Thrumcap Island, two longtime friends, Dave Boyle and Ken Gordon, enthusiastically signed on. All over 70, we constituted a serious senior threesome.

In the past, I've started my Thrumcap trips from

the boat landing at Colonial Pemaquid State Historic Site at the mouth of the Pemaquid River. Dave suggested a relatively new launch area more conveniently situated at The Gut in South Bristol.

The three of us met at the small landing on the east side of the bridge over The Gut. We were greeted with a glorious warm sunny day with light winds. A paved ramp and adequate parking make this an ideal place to begin and end a sea kayak voyage to Thrumcap.

Paddling three solo kayaks, we benefited from an outgoing tide when embarking into The Gut. The sheltered channel was frequently used as a safe passage by Native Americans during prehistoric times. Today, the tiny harbor is bustling with activity. Fishing vessels and pleasure crafts were motoring to and from their moorings when we exited traveling east.

The waterway widened as we kayaked between Witch Island and Davis Point into Johns Bay. Restored Fort William Henry was visible in the distance on Pemaquid Neck. Angling south, we progressed past the rugged eastern shoreline of Rutherford Island with Johns Island in the center of the bay on our left.

Proceeding south, we arrived at the northern end of Birch Island which parallels and hugs the eastern shore of Rutherford Island. Almost low tide, we speculated about the feasibility of traversing through the attenuated route between the islands. Our nautical

charts were unclear. We gambled and won as we were just barely able to negotiate between some ancient pilings, under a bridge, and through the narrow corridor.

After passing Hay and Crow Islands on our left, we entered the Thread of Life ledges which begin opposite the southern terminus of Rutherford Island. Since the seas were calm and winds light, the sometimes treacherous ledges provided a stimulating opportunity for exploration.

Shortly beyond Thread of Life, we arrived at Thrumcap Island. A small beach on the southern arm of the island offers a convenient place to land. After carrying our kayaks high onto the beach to protect against the rising tide, we hiked an irregular path to the scenic rockbound shore on the south side of the island.

When leaving Thrumcap and departing north, an incoming tide and a gentle tailwind helped propel us between Inner Heron and Rutherford Islands into outer Damariscotta River. We soon passed Christmas Cove on the western side of Rutherford Island. The cove was reportedly named by explorer John Smith when he moored there on Christmas Day in 1614. Some sources dispute that.

Cruising blithely along with the assistance of the wind and tide, we accidentally passed the entrance to The Gut and continued north on Damariscotta River. Unfamiliar surroundings indicated there was a problem. Ken's

GPS confirmed we had missed our destination. Backtracking to The Gut was necessary. A marvelous day, we embraced the "free mileage."

The bridge connecting South Bristol to Rutherford Island was raised for tall boat traffic when we entered The Gut. After the congestion abated, we rode a strong current through the narrow opening completing a phenomenal day of kayaking.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates eight more exciting Maine sea kayaking adventures.

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

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# MaineCF grants strengthen state projects

**PORTLAND & ELLSWORTH, (August 25, 2023)** — More than \$298,000 in Maine Community Foundation (MaineCF) grants will help strengthen nonprofit organizations and projects across the state. The 22 grants through MaineCF's Community Building Grant Program include \$203,371 recommended by a state-wide committee and 11 additional grants totaling \$95,000 from people with donor-advised funds.

Grant recipients include:

Ladder to the Moon Network, to expand Am-jambo Africa's reach to help new Mainers thrive through radio, video and audio programming

Maine Association of Nonprofits, to fund the Cultural Alliance of Maine as it expands and deepens statewide programs and services

Maine Writers and Publishers Alliance, to increase financial and educational opportunities for aspiring and established Maine writers and strengthen community connections through free, public literary events

Statewide funding supports multi-county projects and nonprofit organizations that strengthen communities. Proposals are submitted through MaineCF's Community Building Grant Program, the foundation's largest, and are reviewed by a committee of community members.



The next proposal deadline is Feb. 15, 2024. For more information, visit [www.maine.cf.org/communitybuilding](http://www.maine.cf.org/communitybuilding).

For more information about the fund or grant program, contact Director of Strategic Learning Cherie Galyean at 207-412-2017 or [cgalyean@mainecf.org](mailto:cgalyean@mainecf.org).

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.maine.cf.org](http://www.maine.cf.org).

2023 Grants from the Statewide Committee:

Challenger Learning Center of Maine, for a new moon mission simulation for Maine students: \$5,935

Elder Abuse Institute of Maine, to establish an internship program with students from Maine colleges and universities: \$10,000

Finding Our Voices, to support female domestic violence victims and their children: \$10,000

Grandmothers for Reproductive Rights Education Funds, for programming that keeps older people current on reproductive rights issues and builds intergenerational ties: \$10,000

Hardy Girls Healthy Women, to expand the Feminist Action Board, a free program for high schoolers: \$10,000

Immigrant Legal Advocacy Project, to expand legal immigrant services asylum seekers: \$10,000

JustME for JustUS, to pay rural youth to lead climate organizing and civic engagement work: \$10,000

Ladder to the Moon Network, to expand Am-jambo Africa's reach to help new Mainers thrive through radio, video and audio programming: \$10,000

Maine Association for the Education of Young Children, to build a strong and stable child care system for young children and families: \$10,000

Maine Association of Nonprofits, to fund the Cultural Alliance of Maine as it expands and deepens

statewide programs and services: \$10,000

Maine Environmental Education Association, to share new data and education goals on outdoor and environmental education and provide educator training at community listening sessions: \$10,000

Maine Equal Justice, to improve access to legal services for immigrants: \$10,000

Maine School Garden Network, to provide resources and organize events and programs that benefit school gardens: \$10,000

Maine Writers and Publishers Alliance, to increase financial and educational opportunities for aspiring and established Maine writers and strengthen community connections through free, public literary events: \$10,000

Maine Youth for Climate Justice, to stipend youth leaders, increase staff capacity and expand programming: \$10,000

New Beginnings, for a statewide Youth Action Board to provide trainings and improve engagement

for underserved youth: \$10,000

Preble Street, to empower people who have experienced homelessness to advocate for solutions to food insecurity: \$5,936

Rural Aspirations Project, for the Maine Forest Collaborative program to empower rural youth to contribute to the vitality of forested communities: \$10,000

Speaking Up for Us, to bring an equity lens to programs that advocate for the rights of people with developmental disabilities: \$10,000

Team Hailey Hugs, to support families of children with cancer through emergency funds to travel for treatment and maintain stability at home: \$2,500

Volunteers of America Northern New England, to ensure older Mainers living at its affordable housing properties have access to in-house food pantries: \$9,000

From donor-advised funds (as of April 2023)

Camp Kita, to provide support for children who have been affected by suicide through mental health resources, community and nature: \$10,000

Christine B. Foundation, to expand nutrition, cancer prevention and treatment services for rural children and adults: \$10,000

Forest Society of Maine, to make its website accessible to those with disabilities and for whom English not their first lan-

guage: \$3,000

Generational Noor, to improve culturally competent access to treatment and recovery services for people in the BIPOC community: \$10,000

Maine Access Points, to support access to overdose and harm reduction education and supplies, and peer support in rural and underserved regions: \$10,000

Maine Paws for Veterans, to provide canine-assisted therapy for veterans with post-traumatic stress symptoms: \$10,000

Maine Recovery Fund, to provide transportation to work for people reentering the workforce following substance use disorder treatment and incarceration: \$10,000

Marine Mammals of Maine, to respond to stranded marine mammals and sea turtles through rehabilitation, research and education: \$10,000

Our Climate Common, to provide a path to power for young people by seating them on boards of nonprofits, businesses and government bodies: \$10,000

Restorative Justice Institute of Maine, to engage young people in restorative practices that build belonging, connection, and confidence in one's ability to address conflict: \$2,000

Wabanaki Public Health and Wellness, for Art Unites, a cross-cultural community-building project that seeks to create unity through art: \$10,000

## \$220K in additional LIHEAP funding for Maine

**WASHINGTON, D.C. (October 6, 2023)** — Today, U.S. Senator Susan Collins, Vice Chairman of the Senate Appropriations Committee, announced that the State of Maine was awarded an additional \$226,115 in Low Income Home En-

ergy Assistance Program (LIHEAP) funding from the Department of Health and Human Services last week. LIHEAP is a federally funded program that helps low-income households with their home energy bills

Maine's funding

award comes as part of \$17 million in re-allotted Fiscal Year (FY) 2023 LIHEAP funds that were returned to the federal government and are now being redistributed. This brings Maine's total LIHEAP funding in FY 2023 to \$54,359,414.

"Last winter, Maine families faced high residential heating oil prices, forcing many into making agonizing decisions, like choosing between paying for heat or putting food on the table," said Senator Collins. "This additional LIHEAP funding will

provide much-needed relief to our most vulnerable residents, ensuring they can afford to stay warm during the harsh winter months without sacrificing other essential needs."

Last year, Senator Collins successfully led

efforts to secure a total of \$6.1 billion for LIHEAP in FY 2023. LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income, family size, and the availability of resources.



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# Arts & Entertainment

## Fright Night returns to crypt of former Lewiston church

**LEWISTON, ME (October 6, 2023)**— The Franco Center returns its Fright Night walks through its crypt on Thursday, Friday, and Saturday, October 19, 20, and 21.

The crypt will be open from noon to 5 p.m. each day of the event. During daytime hours, the walk will provide less of a scare than the nightly walk.

Each night of the

event, from 6:30 to 9:30 p.m. trained and costumed actors will play the parts of ghoulish and scary characters whose tasks include scaring crypt visitors.

“Returning this year to our Fright Night walks will be the scariest parts of last year’s event, the stuff that had visitors screaming as they left,” said Franco Center Production Manager Jake Hodgkin. He said the special lighting and sound



The Franco Center has once again transformed its basement into a Halloween-themed scary event complete with costumed actors who will be more than happy to make you scream!

effects that will accompany the creepy decorations have been upgraded and new features have been added to this year’s event.

Tickets can be purchased online at [www.francocenter.org](http://www.francocenter.org), by phone at 207-689-2000, or in person at our box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays.

Daytime tickets (noon to 5 p.m.) in ad-

vance: \$10 or at the door \$15.

Nighttime tickets (6:30 p.m. to 9:30 p.m.) in advance: \$15 or at the door \$20.

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.

Watch a YouTube video from last year’s Fright Night here: <https://youtu.be/NMSigpkwuGE>

## CLT to host theatrical makeup workshops

**AUBURN, ME (October 6, 2023)** – The L/A Community Little Theatre (CLT) will be holding a “Theatrical Makeup Workshop Series” starting October 14.

Three separate workshops will be held on Saturday afternoons from 4:00 – 6:00 p.m. on October 14,

21, and 28.

The “Gender Bender” workshop will lead off the series on October 14. Participants will learn how this subtle art is used, how to apply facial hair effect, and how to alter facial structure to appear more feminine or more masculine.

Next up on October

21 will be the “Old Age” session in which participants will learn how age is constructed for the stage through learning how to age themselves with wrinkles and other effects.

The third and final workshop on October 28 is titled “Horror Makeup - Zombie and Gore Ga-

lore!” The instructor will demonstrate using makeup to create sunken eyes, gruesome wounds, and bleeding effects.

There is a registration fee of \$10.00 for each session along with a lab fee ranging from \$2.00 – \$4.00. While CLT will provide makeup and supplies, participants are free to use their own if they prefer. All workshops will be held at

CLT on 30 Academy Street in Auburn.

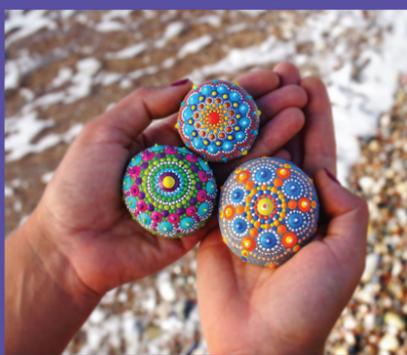
Participants may obtain more information and register online at [www.la-clt.com](http://www.la-clt.com) for one, two, or all three workshops.

L/A Community Little Theatre is located at 30 Academy Street in Auburn. A volunteer, non-profit organization, CLT has produced live theatre since 1940 with the goal to pro-

vide affordable and quality entertainment in the performing arts as well as education, training, and experience in theatre for area youth.

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

### Rock Painting for Kids



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# Sen. Collins becomes 15<sup>th</sup> person in history to receive award

WASHINGTON, D.C. (October 6, 2023) – On Tuesday, U.S. Senator Susan Collins became the 15th person to ever win the Naval Heritage Award. The award is presented to distinguished Americans who have significantly supported the nation’s Sea Service, and whose lives and career exemplify the core value of Honor, Courage, and Commitment.

The first person to win the award was Maine Senator Margaret Chase Smith in 1995. Other previous recipients of this award include President Ronald Reagan and Bob Hope.

Admiral Lisa Franchetti, the current Vice Chief of Naval Operations who has been nominated to be the Navy’s next Chief of Naval Operations (CNO), presented Senator Collins with the award at a ceremony that honors our Navy and the people who support it. Three former Secretaries of the Navy were present at the event, which is also honoring two former service members with the Lone Sailor award.

“Senator Susan Collins’ advocacy for a strong Navy and a robust national defense has been instrumental in giving our war-fighters the tools they need



to protect our nation and our families,” said BIW President Chuck Krugh. “Her support for the shipbuilders of General Dynamics Bath Iron Works encourages us to continue to produce the highest-quality surface combatants that deserve their Bath-built-is-best-built reputation. It’s a standard of excellence that Senator Collins embodies in all the work that she does for our state and our country.”

“This Naval Heritage Award means so much to me as my State of Maine has a naval heritage that is unsurpassed,” Senator Collins said. “In 1607, the first ocean-going sailing ship built in the New

World was launched at Popham Colony. Today, Maine’s shipbuilding heritage continues at Bath Iron Works and the Portsmouth Naval Shipyard.”

Senator Collins received this award for her years of dedication in the U.S. Senate to ensure our nation’s Navy remains the world’s preeminent naval power including through securing additional funding to increase the number of Bath Iron Works-built Arleigh Burke-class destroyers in the fleet and making generational investments to modernize our nation’s public shipyards including Portsmouth Naval Shipyard in Kittery, Maine.




  
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## FALL OPEN HOUSE

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Register at [cmcc.edu/openhouse](http://cmcc.edu/openhouse)

# Domestic Violence Awareness Month

## October is Domestic Violence Awareness and Prevention Month

For October 2023, President Joe Biden released this proclamation on National Domestic Violence Awareness and Prevention Month.

Domestic violence touches every community in this Nation. Americans of every race, religion, and background are affected; its consequences transcend generations, impacting children and reshaping whole families. During National Domestic Violence Awareness and Prevention Month, we stand with the tens of millions of people who have experienced intimate partner violence, and we thank the first responders, service providers, and community members who work to make sure that every American can live in safety, with dignity and respect.

I was always taught there is no worse sin than the abuse of power, especially when that abuse is directed toward a partner. But just decades ago, much of our Nation wanted to keep the issue of domestic violence in the shadows.

Survivors sat in shame, and society often looked away from what people too often dismissed as a “family affair.”

I have spent more than 30 years of my life working to change that — to end gender-based violence in the United States and around the world. I wrote the original Violence Against Women Act (VAWA) in 1990, which made strides toward shifting the legal and social burdens away from survivors, holding offenders accountable, and addressing gendered violence as a shared priority with a determined and coordinated response. That law introduced our Nation to countless brave survivors, whose stories changed the way America saw this issue. It created the National Domestic Violence Hotline to provide confidential support nationwide. It supported shelters, rape crisis centers, housing, and legal assistance, creating life-saving options for survivors and their children. And it helped to train police, advocates, prose-

cutors, and judges to make our justice system more responsive to survivors. It saved lives and helped survivors rebuild.

Since then, every time we have reauthorized VAWA, we have improved it — broadening its scope to include stalking and sexual assault in 2000, expanding access to services for immigrants and communities of color in 2005, and recognizing criminal jurisdiction of Tribal courts over non-Indian perpetrators and protections for LGBTQI+ individuals in 2013. And last year, we reauthorized VAWA again and strengthened access to services for survivors from underserved and marginalized communities, expanded special Tribal criminal jurisdiction with support for Native communities, and recognized the need to combat cybercrimes and address online harassment and abuse. We brought the Federal Government’s investment in life-saving gender-based violence programs to \$700 million this year alone — the highest

funding level in history — and to \$1 billion in next year’s budget.

Last year, I also signed the most significant gun safety law we have had in nearly 30 years, which keeps firearms out of the hands of convicted domestic abusers. Another law I signed ensures we continue to sustain the Crime Victims Fund to help domestic violence survivors cover abuse-related costs like medical bills, lost wages, and temporary housing. And further, I signed a law empowering survivors of workplace sexual assault and sexual harassment to take their cases to court. We fundamentally transformed how the military prosecutes sexual assault and domestic violence within its ranks, shifting to specialized prosecutors independent from commanders. We have established a civil cause of action for anyone who has had their intimate photos shared without their consent, and we are working to prevent the spread of deepfake non-consensual images too. And last May,

we released the first-ever National Plan to End Gender-Based Violence, laying out a Government-wide plan to prevent and address sexual violence, intimate partner violence, stalking, and other forms of gender-based violence.

Despite all this progress, we have more to do. Four in 10 American women and nearly 3 in 10 American men are still impacted by sexual abuse, physical violence, or stalking by an intimate partner at some point in their lifetimes. If you or someone you know needs help today, immediate and confidential support is available 24/7 through the National Domestic Violence Hotline by visiting [thehotline.org](http://thehotline.org), call 1-800-799-7233 (TTY 1-800-787-3224), or text “START” to 88788.

Every survivor should know that they are not alone and they deserve better. Together, we will keep spreading awareness, changing culture, supporting survivors, and moving toward a world free of gen-

der-based violence.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 2023 as National Domestic Violence Awareness and Prevention Month. I call upon each of us to change the social norms that permit domestic violence, provide meaningful support to survivors, and express gratitude to those working diligently on prevention and response efforts. Together, we can transform the country and build a Nation where all people live free from violence.

IN WITNESS WHEREOF, I have hereunto set my hand this

twenty-ninth day of September, in the year of our Lord two thousand twenty-three, and of the Independence of the United States of America the two hundred and forty-eighth.

JOSEPH R. BIDEN JR.

## Get help: 1-800-559-2927

Safe Voices offers a free and confidential 24-hour helpline. If you are looking for information, support with a Protection from Abuse (PFA) order, seeking shelter, or just need someone who will listen, an advocate is there to help meet your needs. Advocates

will listen to your concerns, assist with safety planning, explain how to file for a PFA, find shelter, and assist with other questions or guide you to additional resources in your area. Our answering service will take the call directly. You can expect them to ask for your

first name and a safe phone number. An advocate will call you back within 15 minutes.

Free - Confidential - Anonymous

We are here for you anytime.

If you are in immediate danger, please call 911.

## Domestic violence impacts men, too

Safe Voices One of the most pervasive and damaging myths about domestic violence is that men cannot be victims of abuse. In fact, in the United States, 1 in 7 men will experience abuse in an intimate relationship. This number rep-

resents men who are abused by female and male partners. Regardless of the gender of the abuse victim or the gender of the abuser, the definition of domestic violence is the same — it’s the desire to control and have power over a partner. Men who are in abusive re-

lationship may feel they are alone, and that no one will understand their experiences, but there are resources available for male victims of domestic violence, including support from Safe Voices’ advocates and through Maine’s legal system.

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**Safe Voices**

*Working to End Domestic Violence*

We are grateful for and proud of the work of our colleagues at Sexual Assault Prevention and Response Services. Thank you for providing vital services to survivors when they need it most.

24-hr Helpline 1-800-559-2927 | [www.safevoices.org](http://www.safevoices.org)

# Domestic Violence Awareness Month

## What is teen dating abuse?

**Safe Voices**  
Dating abuse is defined as the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in-person or electronically, and might occur between a current or former dating partner. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a “normal” part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. (Centers for Disease Control and Prevention, 2017)

**Who is Affected by Teen Dating Abuse?**

Dating violence is a serious problem many young people are facing. 1 in 3 teens in the US experiences physical, sexual, emotional or verbal abuse from a dating partner, (loveisrespect.org) and teens have some of the highest rates of sexual assault across age groups. LGBT teens are particularly vulnerable to dating abuse, but it’s important to know that dating abuse can happen to anyone, regardless of gender, orientation, race or ethnicity, family background, or income level. Teens are particularly vulnerable, as they may not be able

to access legal or support services without the help of a parent or guardian.

**Power and Control:** Use this helpful tool if you are unsure whether or not your relationship is unsafe. Check out the list below and see if your partner has ever said any of these things to you. If so, this may be a sign you are in an abusive relationship.

**Red Flags -** Dating abuse may include but are not limited to, if your partner:

- Expects you to spend all of your time with him/her or to “check in” with and let them know where you are?

- Acts extremely jealous and/or possessive?

- Treats you with disrespect/put you down?

- Pressures you to send them sexually explicit photos or texts?

- Puts down family/friends, your dreams, ideas or goals?

- Loses his/her temper frequently over little things?

- Makes threats to hurt you/leave you/hurt your pets/destroy property/and or threaten to kill themselves if you do not do what he/she wants?

- Insists on knowing your online passwords and/or demand to look through your phone or social media accounts?

- Plays mind games or make you feel guilty?

- Refuses to take responsibility for his/her actions or blame them on drugs/alcohol, his/her boss, parents etc.?

- Likewise, if you: Sometimes feel scared of how your partner will act?

- Constantly make excuses to other people for your partner’s behavior?

- Believe that you can help your partner change if only you changed something about yourself?

- Feel like no matter what you do, your partner is never happy with you?

- Always do what your partner wants you to do instead of what you want?

- If you are worried for a friend’s safety in their relationship, you can make a difference by knowing what is helpful and what is hurtful:

- Do not blame someone for what is happening or put them down for caring about someone who is choosing to use controlling behaviors.

- Believe them. Trust that they are the experts for themselves.

- Offer support and resources.

- If you observe someone using controlling or abusive behaviors:

- Name the behavior and say it isn’t okay.

- Do not threaten someone. It might endanger their partner.

## What is elder abuse?

**Safe Voices**  
Elder abuse is an intentional act, or failure to act, by a caregiver or another person in a relationship involving an expectation of trust that causes or creates a risk of harm to an older adult. (An older adult is defined as someone age 60 or older.) Forms of elder abuse are below.

**Physical Abuse:** the intentional use of physical force that results in acute or chronic illness, bodily injury, physical pain, functional impairment, distress, or death.

**Sexual Abuse or Abusive Sexual Contact:** forced or unwanted sexual interaction (touching and non-touching acts) of any kind with an older adult. These acts also qualify as sexual abuse if they are committed against an incapacitated person who is not competent to give informed approval/consent.

**Emotional or Psychological Abuse:** verbal or nonverbal behavior that results in the infliction of anguish, mental pain, fear, or distress.

**Neglect:** failure by a caregiver or other responsible person to protect an elder from harm, or the

failure to meet needs for essential medical care, nutrition, hydration, hygiene, clothing, basic activities of daily living or shelter, which results in a serious risk of compromised health and safety.

**Financial Abuse or Exploitation:** the illegal, unauthorized, or improper use of an older individual’s resources by a caregiver or other person in a trusting relationship, for the benefit of someone other than the older individual. This includes, but is not limited to, depriving an older person of rightful access to, information about, or use of, personal benefits, resources, belongings, or assets.

**Red Flags -** Does your caregiver, your child, or another person close to you:

- Yell or make threats towards you

- Blame you habitually

- Make you feel afraid

- Lock you in a room for days

- Making you sign checks

- Steal your belongings

- Humiliate and ridicule you

- Hit, kick, shove, or throw you

- Leave you alone for

long periods without food and water

- Take your money

- Forcing you to be involved in sexual acts

- Threatening to hurt your pet

If you answered YES to any of these questions, you can call our confidential, toll-free, 24-hour helpline to speak to an advocate at 1-800-559-2927.

Our advocates can help you:

- Recognize the signs of an abusive relationship

- Provide support and talk to you about resources available in your community

- Discuss safety planning and your options for protection afforded by the law such as filing a protection from abuse order

- Explore shelter options if you are unsafe in your current residence

- We have experienced staff who understands the problems some elders face when they are being mistreated by people they care about. We will listen and provide you the resources and assistance you need. We commit to keeping your story and your need for help confidential.

## Human trafficking

**Safe Voices**  
Human Trafficking is a form of modern day slavery and exploitation often resulting in the commercial sexual exploitation of a victim through the use of force, fraud, and/or coercion. Safe Voices is part of a collaborative team of agencies addressing the issue of Human Trafficking in Androscoggin, Oxford

and Franklin Counties. We can provide individual advocacy, support, and assistance to victim of Human Trafficking as well as comprehensive education to groups and individuals in the community interested in learning more about this rising issue in Maine.

To set up a training or connect with an advocate please call your local

office:  
Androscoggin: 207-795-6744  
Norway: 207-743-5806  
Rumford: 207-369-0750  
Farmington: 207-778-6107

**SafeVoices**  
Working to End Domestic Violence  
**24 Hour Helpline: 1-800-559-2927**  
Serving Androscoggin, Franklin, and Oxford counties in Maine.

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MMS will once again host this ever-popular a cappella experience. This always sold-out event will feature six spectacular vocal groups.

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## The Right Priorities

### Lowering Taxes

Mayor Levesque is acutely aware of the importance of reducing taxes. Throughout the past six years, he has successfully limited tax increases to rates below inflation. Furthermore, under his leadership this year, taxes have remained unaltered. Although these efforts have presented challenges, Mayor Levesque's commitment to fostering development in Auburn's tax base will ultimately contribute to stabilizing tax rates, enhancing the overall quality of life, and safeguarding crucial city services.



### Quality Education

Mayor Levesque was the first Mayor to take his seat on the School Board in over 20 years, championing educational excellence with tangible outcomes: notably, significant improvements in proficiency scores and a remarkable surge in the graduation rate, soaring from 73% to an impressive 93%. Led the efforts to create Auburn's and CMMC's Spring Ahead initiative creating the likelihood that ELHS students can attain an associates degree, or trade certification program upon graduation. Mayor Levesque has also been at the forefront of implementing strategic and efficient education funding, ensuring that Auburn's taxpayers receive the maximum benefit from their investments in education.

### Economic Development

Under Mayor Levesque's leadership, Auburn has achieved record-breaking development in 4 out of the past 6 years, positioning the city as a leader in both new growth and high-paying job opportunities within the state. This remarkable expansion of the tax base promises to ensure the long-term sustainability of Auburn for generations to come.

### Attainable Housing

Mayor Levesque is a strong advocate for making housing accessible to everyone. He has championed inclusive zoning, worked to dismantle obstacles, and facilitated partnerships between developers, landowners, and contractors to foster growth in the housing sector.

### Protecting Natural Resources

We cannot have a vibrant city without identifying and protecting the natural resources that are essential to our future. Mayor Levesque is proud of the work done to Protect Lake Auburn.

ote **Jason Levesque**  
**AUBURN'S MAYOR**  
PAID FOR BY LEVESQUE FOR AUBURN

[www.mayorlevesque.com](http://www.mayorlevesque.com)

# Bailey Library to host poets Jeri Theriault and Kevin Sweeney

**WINTHROP, ME (October 6, 2023)** –The Bailey Public Library in downtown Winthrop will host award-winning poet Jeri Theriault along with poet Kevin Sweeney. The event is part of the ongoing “Bookey Readings” poetry series at the library’s 39 Bowdoin Street location, and will take place on Saturday, October 14th at 1:00 p.m.

Theriault grew up in Waterville and graduated

from Colby College, later earning her MFA from Vermont College of Fine Arts. Her poems and reviews have appeared in publications such as The Rumpus, The Texas Review, The Atlanta Review, Asheville Poetry Review, and Plume. Theriault was recently awarded the 2023 Maine Arts Commission Literary Arts Fellowship, the 2023 Monson Arts Fellowship and the 2022 NORward Poetry Prize.



**Jeri Theriault**

Jeri lives in South Portland.

Kevin Sweeney is

a Pittsburgh native who spent his early childhood years on Peaks Island. He

has published poems in a variety of journals and is a six-time Pushcart Prize nominee. He has three books published from Moon Pie Press. He has taught at Southern Maine Community College since 1983, where he is department chair of English. He also serves an assistant poetry editor at the Café Review.

The Bookey Readings poetry series was started by Ted Bookey at

the Harlow Gallery in Hallowell over 25-years ago. Bookey was well known for his poetry workshops through UMA’s Senior College. Local poets Claire Hersom and Jay Franzel took over organizing the series in 2015 and the series moved to the Bailey Library in Winthrop in 2022.

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

# Bridgton Hospital golf tournament raises funds

**LEWISTON, ME (September 13, 2023)** -- The 31st Annual Bridgton Hospital Golf Tournament was a huge success. On September 13, 115 community members, business leaders, Central Maine Healthcare team members, volunteers and friends of Bridgton Hospital gathered at Bridgton Highlands Country Club to show their

support for their local hospital. Nearly \$30,000 was raised through registrations and raffles. These funds will go towards purchasing and installing a ceiling lift system that will handle patients more safely.

“What a great day this was for the entire Lakes Region community,” said Stephany Jacques, interim president, Bridgton



Hospital. “Every year people turn out for a fun day on the links and, in the process, raise funds that will directly benefit our patients at Bridgton Hospital. This year was no exception. Many thanks to the event’s sponsors, our volunteers and those who came out to help a great cause!”

Jim Mains, Bill Holden and Gary McIver of

Bridgton, and Scarborough resident Jim Greenleaf took home the top honors for the day with the lowest gross score. Among the other tournament highlights was a chance to win a Dodge Challenger with a hole in one, thanks to a sponsorship from Macdonald Motor Group and a Grand Putt Off contest in which Ryan McCauley

of Howell Labs was the lucky winner, taking home a brand-new e-bike thanks to a new sponsorship from Sport Haus Adventure Outpost.

Over the years, the tournament has raised more than a million dollars in support of the programs and services Bridgton Hospital provides for its patients and the community.

# Bean suppers return to Franco Center Oct. 14

## BAKED BEAN SUPPER

4:30-6:30pm Saturday, Oct. 14

46 Cedar Street • Lewiston, Maine 04240 • Tickets 207-689-2000

**LEWISTON, ME (October 6, 2023)**—The Franco Center will host a baked bean supper from 4:30 to 6:30 p.m. Saturday, Oct. 14 in its Heritage Hall. Tickets are \$10 for adults and \$5 for children 12 and under.

Chef John Pulsifer has provided the event’s menu which includes Boston baked pea beans, New England baked red kidney beans, baked lasagna, coleslaw, steamed Kayem red hot dogs, steamed B & M brown bread or fresh baked biscuits, coffee, tea, lemon-

ade and an assortment of fresh baked homemade desserts.

“We are happy to welcome John back. We appreciate his cooking and kitchen management skills,” said Penny Drumm, Franco Center administrator.

The Franco Center provides access to Franco-American traditions such as this bean supper and also meetups for conversation among French speakers, La Rencontre luncheons with entertainment, concerts by Franco-American performers, and foods such as whoopie

pies and tourtière pies.

A second bean supper is planned for Saturday, Nov. 18.

Tickets can be purchased at the door on the day of the event or in advance online at [www.franco-center.org/shows](http://www.franco-center.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.

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.

# Auburn public safety facility to appear on November ballot

**AUBURN, ME (September 29, 2023)** – At their meeting on September 5th, the Auburn City Council acted on the ad-hoc public safety building committee recommendation to take the next step in building Auburn’s new Public Safety facility. The city council decision followed multiple years of professional facility assessments and analysis, strategic planning, public safety building committee work (which included two city councilors, six citizens and staff), site evaluations, and numerous public meetings.

The need for a new public safety building, which would be home to the Auburn Fire and Police Departments, is critical due to issues such as accessibility, diverse workforce which includes gender accommodations, space constraints, lack of storage, and most importantly, life-health issues for first responders.

A single public safety facility, which would replace Central Fire Station at 550 Minot Avenue, has been determined to be the best choice for both efficient delivery of services and overall costs to Auburn taxpayers. The public safety building committee did their due diligence by exploring all options, locations, and iterations of this project, and the committee felt confident that this facility makes the most sense for Auburn.

In 2011, the Auburn Police Department relocated from its home at One Minot Avenue to Auburn

Hall as a temporary solution to space constraints, costly needed repairs, and as a cost-saving measure for the city. Twelve years later, the agency is still working from Auburn Hall, a building that was not designed to support law enforcement functions.

A few of the challenges the APD faces at Auburn Hall include numerous safety concerns in the courtyard (prisoner interaction with the public, pedestrian safety, and access to police safety equipment), lack of adequate locker rooms, gender accommodations, lack of restrooms and training space, and insufficient storage for evidence, records, police equipment, uniforms, and supplies.

Auburn Fire Department’s Central Fire Station, also known as Engine 3, was built in 1972. And while it was cutting edge at the time of its construction, Central Fire no longer meets the needs of a contemporary and diverse fire service. Some of the greatest challenges facing the AFD at Central Fire Station are health risks due to lack of decontamination spaces, lack of ADA compliance, lack of training space, and inadequate storage. Safely processing contaminated gear, dispersing diesel exhaust fumes, and protecting our fire fighters from cancer-causing exposures is among our highest priorities. The facility also lacks the ability to house Auburn’s premier ladder truck which should be centrally located in the city.

This election sea-

son, Auburn voters will be asked to approve bonding the construction of a new public safety facility. The question on the ballot will read, “Shall the City of Auburn authorize the issuance of general obligation bonds or notes in anticipation of such bonds in the principal amount not to exceed \$45,000,000 and appropriate the proceeds of such bonds, together with investment earnings, if any, to fund the construction of a new public safety facility at 550 Minot Avenue in Auburn to house the headquarters of the City’s Police Department and Fire Department, including all necessary professional services, real estate acquisition and off-site improvements related to such construction project, costs of issuance and capitalized interest as permitted?”

The strategic and effective management of debt by the city has positioned Auburn well to take on this project. Between 2008 and 2018, in anticipation of the need for a public safety building, elected officials and staff made deliberate and concerted efforts to reduce the city’s outstanding bonds by 26.5%.

In the weeks ahead, the city plans to share video tours and other project materials on social media, and also has plans to host informational public meetings in each ward to connect and communicate with residents on the need for a new public safety facility. Residents are encouraged to visit [auburn-maine.gov](http://auburn-maine.gov) to learn more.

# King honored with Congressional Sea Services Award

WASHINGTON, D.C. (October 6, 2023) – U.S. Senator Angus King was honored by the Navy League Capital Council as the 2023 recipient of its Congressional Sea Services Award in an event held on Capitol Hill. This award, presented annually to a member of Congress, recognizes outstanding leadership and contributions to the United States Sea Services. Senator King accepted it on behalf of the men and women of the sea services and shipbuilders at Bath Iron Works (BIW) and Portsmouth Naval Shipyard.

Senator King was presented with a binnacle, a casing that holds a ship's compass and lamp – which will reside in his Senate office for a year. The traveling 'trophy' is the actual binnacle from the Sioux Falls Victory ship that saw action, and received a battlestar, in the amphibious assault of Okinawa, Japan in 1945. The ship also served in the Korean and Vietnam Wars.

"We all talk about ships and we talk about aircraft, but it's the peo-



Senator Angus King accepts the Navy League Congressional Sea Services Award

ple – the wonderful people that we have serving us," said Senator King. "The military and our first responders, when you think about it, have the only jobs where you sign your name you're putting your life on the line. That's not

true for 95-percent of the jobs in our society. These are the young people who put their lives on the line when they sign up and it's something that we have to constantly remember."

"This is a tremendous honor and I really



The Sioux Falls Victory ship binnacle displayed in Senator King's office

am overwhelmed and delighted, but I have accepted it on behalf of the shipbuilders in Maine, the shipbuilders in Mississippi, the Coasties along the Maine coast and the Naval personnel all over the country. This isn't my

award, this is their award. Thank you," concluded Senator King.

"Senator King has been a long-standing and outspoken advocate for our nation's safety and security. He has tirelessly fought for a strong national de-

fense, with particular emphasis on maritime forces and seapower, championing funding and innovative policies to increase United States shipbuilding capacity and support for our nation's critical workforce," the citation from the Navy League Capital Council read.

As a member of the Senate Armed Services Committee, and Chairman of the Strategic Forces Subcommittee, Senator King has been a steadfast supporter of the Navy and Coast Guard. He recently secured key provisions in the FY 2024 National Defense Authorization Act (NDAA) to support the maritime forces and ensure that America's military can continue providing best in class services to protect the 'territory of the brave.' A list of Senator King's major provisions in the 2024 NDAA can be found online. Additionally, Secretary of the Navy Carlos Del Toro visits Maine shipyards regularly, at the invitation of Senator King, most recently at Portsmouth Naval Shipyard.

# \$76M in opportunities to advance UMaine research

WASHINGTON, D.C. (August 25, 2023) – U.S. Senator Susan Collins, Vice Chairman of the Appropriations Committee and Subcommittee on Defense, announced that she secured \$76 million in Department of Defense funding that could benefit research and development efforts at the University of Maine (UMaine) in the Fiscal Year 2024 (FY24) Department of Defense Appropriations Act.

By a bipartisan vote of 27-1, this measure advanced through the mark-up of the FY24 Defense appropriations bill—an important step that now allows the bill to be con-

sidered by the full Senate. Committee consideration of legislation is a key part of regular order, which helps our government function efficiently and deliver results for the people of Maine and America.

"From 3D printing to advanced materials development, the talented researchers and students at the University of Maine are working to support the brave men and women of America's military while growing Maine's workforce," said Senator Collins. "Committee passage of this legislation is an important step towards building on funding I have previously

secured to support UMaine's important research, and as the Vice Chairman of the Appropriations Committee, I will continue to advance this funding as the appropriations process moves forward."

"The University of Maine is grateful for all that Senator Susan Collins continues to do through her leadership roles in the Senate for the people of our state, the University of Maine System and the University of Maine," said UMaine President and UMS Vice Chancellor for Research and Innovation Joan Ferrini-Mundy. "This inclusion of \$76 million in the Senate defense appropri-

tions bill mark-up for defense-related research and technology development will enable the continued contributions of UMaine engineers, scientists and students in shaping the future of large-scale manufacturing, and the use of advanced materials and composites for national defense and a range of applications. Senator Collins' efforts are enhancing our state's economy and securing pathways to success for our graduates."

Bill Highlights:  
Large-scale Manufacturing: \$25 million to support development of a large-scale manufacturing facility that is pioneering 3D printing,

artificial intelligence, and other advanced manufacturing techniques.

3D Printing of Unmanned Maritime Systems: \$10 million to support additive manufacturing to prototype unmanned surface vehicles.

New Material Solutions in Severe Environments: \$10 million to support development of new materials that are rapidly deployable in extreme environmental conditions.

Advanced Textiles and Shelters: \$6 million to support continued development of rapidly deployable shelters.

Multi-Material Flexible Automated Man-

ufacturing: \$12 million to support large-scale metal and composites technologies to enable the rapid, low-cost manufacture of castings and forgings.

Polar Proving Ground: \$10 million to support UMaine's partnership in Alaska to provide a Polar proving site for academic research.

Wood to Jet Fuel: \$3 million for continued research converting woody biomass into jet fuel and renewable diesel.

All funding increases in the Defense Appropriations Act are competitively awarded or provided to programs that have received competitive awards in the past.



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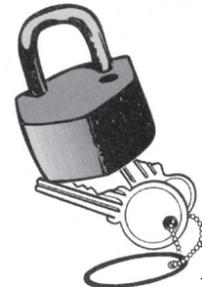
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**2nd and 4th Wednesday each month**

LEWISTON -- MAKE ART WITH ARTVAN 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

**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 wwmkwr1933@gmail.com

**Oct 14**

AUGUSTA -- The Maine Hosta Society will hold its Fall Meeting on Saturday, October 14, 2023 at the Buker 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

# Calendar

Send your submissions to the Editor. More online.

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 25**

LEWISTON -- Hiring Event on Wednesday, October 25th from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewis-

ton. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free and open to the public. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=11925243>

**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 27**

BAR MILLS -- The Originals present OUTSIDE MULLINGAR a play by John Patrick Shanley at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Oct 27, 28, Nov 2, 3, 4 at 7:30pm and Oct 29 at 2:30pm. Tickets: \$15 General Admission at [www.sacorivertheatre.org](http://www.sacorivertheatre.org) or call

207-929-6473 for reservations.

**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

**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 singled-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

**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.

**Nov 19**

SABATTUS -- Our Lady of the Rosary Christmas craft fair on Saturday, November 18th from 9 to 3. The fair will be located in the lower level of the church at 131 High St. in Sabattus.

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**Jan 20, 21**

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

**Mar 23, 24**

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

**May 18, 19**

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

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

**Monday**  
LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public 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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**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. Pick up location is The Auburn Mall (in back of J.C. Penney) 500 Center Street, Auburn, ME at 10:30 A.M.

**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 Rothchild, St. Paul de Vence and much more.

**MAY 11 - 19, 2024 - BILTMORE ESTATE & ASHEVILLE, NC** - Trip includes 8 nights lodging including 4 nights in the Asheville area, 8 breakfasts and 6 dinners and a guided tour of the Asheville, North Carolina area. We will have a full day visit to the spectacular Biltmore

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.

**JUNE 15 - 23, 2024 - WESTERN CANADA'S ROCKIES, LAKES & WINE COUNTRY** - This trip includes 9 days and 8 breakfasts, 2 lunches and 3 dinners. Highlights of this trip are Calgary, Albertan BBQ, Banff, Bow Falls, Lake Louise, Revelstoke Railway 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, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & 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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# SeniorsPlus offers Medicare counseling

LEWISTON, ME Agency on Aging serving offer free, unbiased health  
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sPlus, the designated Area and Oxford counties, will Medicare open enrollment

and throughout the year. Open enrollment for Medicare health plans runs October 15th to December 7th, as does the Medicare Part D drug plan open enrollment. Open Enrollment is the time to enroll and make changes to existing Medicare plans or investigate and possibly pursue changing current plans. These Medicare information services are available in the offices of SeniorsPlus, via Zoom meetings, phone calls, and using regular mail service as needed. SeniorsPlus also offers Medicare 101 classes regularly. Appointments for the agency's assistance are required and are filling up fast. If you seek an appointment, call 1 800 427-1241. "Medicare offers a lot of options and it's hard to discern what is best for you," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. "Unlike many Medicare counseling services, our services are offered without any fees or select products in mind, except what the client chooses and what is best for their particular situation. We are not an insurance broker."

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