



TWIN CITY TIMES

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Thursday, April 18, 2024 • FREE

CMMC uses new procedure for treating Atrial fibrillation

LEWISTON, ME -- The Central Maine Heart and Vascular Institute (CMHVI), which is located at Central Maine Medical Center (CMMC) in Lewiston, became the first hospital in Maine on Monday April 1 to successfully treat atrial fibrillation using non-thermal equipment that is designed to minimize potential damage to the heart.

Atrial fibrillation (Afib) occurs when the top two chambers of the heart, the atria, beat too fast and

with an irregular rhythm (fibrillation). Afib, the most common type of arrhythmia, can decrease the heart's pumping efficiency and lead to stroke.

Ablation is a procedure that treats Afib by using small burns or freezes to cause some scarring on the inside of the heart to help break up the electrical signals that cause irregular heartbeats. During a traditional ablation procedure, a catheter is guided to the interior of the heart and generates extreme tem-



peratures – hot or cold – to destroy targeted areas in the heart associated with abnormal heart rhythms.

“The major problem with the traditional type of ablation is it can damage the structures around the heart, including the esophagus and the nerves that help us to breathe,” said Dionyssius Robotis, MD, an electrophysiologist at CMMC who performed the procedure. “By contrast, the FARAPULSE™ Pulsed Field Ablation System that was used for the first time at CMMC this week, relies on tissue selective, non-thermal electric fields to ablate heart

tissue and avoid further damage”

According to Dr. Joseph Dell’Orfano, director of Electrophysiology at CMHVI, “Atrial fibrillation is the most common heart rhythm problem and is on the rise, affecting one in four patients over the age of 40. It’s very exciting that we now have an effective treatment that is also much safer to offer the people of Central Maine.” Dr. Dell’Orfano assisted Dr. Robotis during the first in Maine procedure.

Enrollment open for CLT summer theater camps

LEWISTON/AUBURN, ME -- The L/A Community Little Theatre has announced its 2024 summer musical theater

programs for children and teens. These “summer camps” will start with mandatory orientations on June 22 and culminate

with performances the weekend of July 19-21.

These intensive and performance-based programs will run for four weeks. Campers will be responsible for mastering the material (lines, staging, choreography, and singing), and will participate in individual auditions and group rehearsals. All campers will participate in a full-scale musical and receive a DVD of the show, a t-shirt, and a personalized show poster.

The Youth Camp production will be James and the Giant Peach, Jr. and the Teen Camp production will be Beauty and the Beast, Jr. Maddy DuBois and Maria Groover will direct the Youth Camp and Linda Vaillancourt will lead the Teen Camp. Jackie McDonald is the producer for both shows.

The Youth Camp is for children who will have completed third grade up

to those who will have completed sixth grade. The Teen Camp is open for those who will have completed seventh grade up to those who will be entering twelfth grade in the fall. Enrollment for each camp will be capped at thirty, so early registration is strongly encouraged.

A mandatory orientation for all campers and parents is scheduled for Saturday, June 22, from 10:00-11:30 a.m. for youth campers and parents and 12:00 to 1:00 p.m. for teen campers and parents.

The Youth Camp will usually run from 9:00 a.m. to 12:00 p.m. on Monday through Friday and the Teen Camp will run from 1:00 to 4:00 p.m., Monday through Friday. The camp dates are June 24-28, July 1-3, July 8-12, and July 15-19. The performances of James and the Giant Peach, Jr. and Beauty and the Beast, Jr. will be held



The CLT 2022 summer camp cast of “Newsies Jr.” is pictured here. The theater is offering camps again this summer for children and teens.

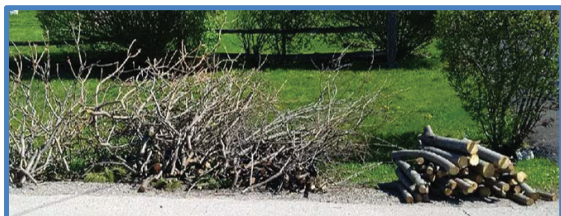


during the weekend of July 19-21.

The cost is \$400.00 for one child and \$200.00 for each subsequent child. Some scholarship assistance is available. Early online registration is en-

couraged as the camps are likely to fill up. All information on registration and payment is available at www.laclt.com/camp. Anyone with questions is asked to email kids@laclt.com.

City of Lewiston Brush Pick-Up Assistance Week Rescheduled to Week of April 22, 2024



Brush will be collected from Lewiston's residential properties during the week of April 22, 2024, by Public Works Department staff.

- Brush butt ends (cut ends) **MUST** face the street.
- Brush **MUST** be curbside by no later than Sunday, April 21 – **no exceptions**
- Once Public Works staff clears a street of curbside brush, they will not return to that street to collect additional brush.
- Curbside collection is restricted to **ONLY** wood/tree waste and brush.
- Wood/tree waste that **will not be collected** includes:
 - Tree stumps (regardless of size)
 - Tree limbs greater than 12 inches diameter
 - Demolition wood fencing; decking; and/or wood from construction/demolition projects

IN ADDITION during Brush Pick-Up Assistance Week—**free of charge**—Lewiston residents may bring one standard size pick-up truckload of **brush only** (three yards per residence) to the Lewiston Solid Waste Facility, 420 River Road.

If you need to dispose of household waste items, please visit www.lewistonmaine.gov/otherdisposal

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Newsmakers, Names & Faces

Op-Ed: Delivering for Maine

By Senator Angus King (I-ME)

I have always said Maine is one big town connected by long roads. A town that looks out for one another in times of need and a community that works to improve one another's quality of life.

There are so many incredible organizations that help make this small-town feel successful, and this year, I am proud to have worked with the entire Maine Congressional Delegation to secure over \$450 million that will be invested in towns and Maine people.

And, with these investments, we are going to be able to better take care of one another. From health care to childcare to making sure our communities are safe, these exciting projects will make a tremendous difference across the state.

In recent years, we've become more aware of the importance of mental health and how a strong support system and proper care can help people get back on their feet to thrive. Kennebec Behavioral Health (KBH) is working to take care of those who are struggling and need an extra hand. With an additional \$750,000 in funding, KBH will work to ensure no one seeking help falls through the cracks.

To that point, we must also take care of our children. Youth homelessness is on the rise in Maine, with over 2,000 students in the state experi-

encing housing insecurity. Every child deserves a safe place to come home to and a roof over their head. The Northern Lighthouse is a lifeline for so many young people in Aroostook County and with over half a million in funds coming its way, the organization will be able to serve even more children in the community.

Whether someone is suffering from a chronic illness or substance use disorder — or simply struggling to afford a meal — access to fresh and healthy food is critical to recovery and rehabilitation. I am proud to have secured \$119,000 for Maine-Health so it can purchase a refrigerated van that will act as a mobile food pantry. This innovative and creative approach will help ensure those in need have access to nutritious food — the first step in getting them back on their feet.

And, as we work to improve the daily lives of our friends and families, we also must take care of the cities and towns we call home. For the City of Bath, this means updating water pumps and wastewater infrastructure to meet health and safety standards — and with \$1.67 million in funding, these upgrades will make a real difference in how the City is able to handle frequent floods. The State of Maine is also receiving a \$2.5 million award that will help rural and developing communities strengthen energy resiliency programs to reduce the power outag-

es we're seeing more and more.

These are just a couple of the organizations and projects across our state that will be able to expand and build on their work — in total there are 185 projects that my office helped secure funding for, which is a really big deal.

I know many of you might have seen a headline about the budget and thought that this "keeps the government funded and open" legislation was mostly a Washington, D.C. story, but the

widespread impact of this bill for us back home in Maine will make a difference for our future. The nonprofits and local governments that are receiving these funds have proven track records of success and will use this support to expand and improve our daily lives.

If you'd like to know more about these 185 projects, please visit my website and click on the banner link about game-changing investments. Looking out for one another can mean so many things — thanks to all of you for looking out for your neighbors and working toward a better tomorrow for all Maine people.

Applications for fiscal year 2025 CDS requests are open now. Full information about the process, eligibility and FAQs can be found at king.senate.gov/appropriations-requests. The deadline is Monday, April 22 at 5:00 PM

Spring into action: Give blood or platelets with the Red Cross

PORTLAND, ME — During National Volunteer Month in April, the American Red Cross asks donors to help protect the blood supply by making and keeping blood or platelet donation appointments in the weeks ahead. Donors of all blood types — especially type O blood donors and those giving platelets — are needed now to keep the blood supply strong enough to support critical patient care this spring.

The Red Cross depends on thousands of volunteer blood donors to collect about 12,000 blood donations every single day. With no substitute for blood and no way to manufacture it, volunteer donors are essential in transfusion care. Blood drives and donation centers also depend on the generosity and valuable

time of those who make it possible for the Red Cross to help people in need.

Spring into action — book a time to give lifesaving blood or platelets now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App. Those who come to give April 8-28, 2024, will receive a \$10 e-gift card to a merchant of choice, plus be automatically entered to win a \$7,000 gift card. There will be two lucky winners. See RedCrossBlood.org/Spring for details.

Upcoming blood donation opportunities April 18-28

Androscoggin
Lewiston
4/18/2024: 10 a.m. - 3 p.m., Bates College Gray Cage, 124 Central Ave

Cumberland
Bridgton
4/18/2024: 12 p.m. - 5 p.m., Masonic Hall, 166 Harrison Road, Route 117 Brunswick
4/24/2024: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row
North Yarmouth
4/26/2024: 9 a.m. - 2 p.m., Wescustogo Hall and Community Center, 120 Memorial Hwy
Scarborough
4/24/2024: 12 p.m. - 5 p.m., Saint Maximilian Church, 150 Black Point Rd
South Portland
4/25/2024: 9 a.m. - 2 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy
Westbrook
4/27/2024: 9 a.m. - 2 p.m., Saccharappa Lodge #86, 573 Main Street

Catholic Charities Maine thanks volunteers

PORTLAND, ME - April 21-27 is National Volunteer Week, and every day at Catholic Charities Maine (CCM), we are deeply grateful for the more than 500 volunteers who give 33,000 hours of support to our 20+ programs statewide every year. Their work equates to approximately \$1 million in time donated, according to Kelly Day, director of Volunteer Services at Catholic Charities Maine.

One shining example of a person's selfless support is Anne Skelton of Auburn, Maine, a member of our SEARCH (Seek Elderly Alone, Renew Courage & Hope) team serving older neighbors. Skelton was matched as a volunteer through the Retired & Senior Volunteer Program (RSVP), which is supported by a Federal AmeriCorps project to partner with CCM's SEARCH program in Kennebec and Somerset counties. SEARCH also connects isolated seniors

with community volunteers throughout Androscoggin and Sagadahoc counties and in parts of Franklin, Lincoln, Oxford, Penobscot, and Cumberland Counties.

When a serious accident in 2017 forced Anne to retire early from her 24-year career of teaching elementary school, she was looking for volunteer opportunities. "I wanted to give more back to our community," she explained. "I really enjoy providing companionship and transportation support to older clients." Skelton helps 7-10 older neighbors with grocery shopping, errands, medical appointments, and she helps connect them to other community resources. When she has time, she socializes, plays games, or has lunch with clients.

According to the U.S. Census Bureau, more than one in five Americans in the United States will be 65 or older by 2030. Maine has already reached that per-

centage. For older Mainers, access to public transportation is limited or non-existent, especially in rural communities. For the past three years, Anne Skelton has been named to Maine's Volunteer Roll of Honor for logging more than 500 fighting isolation one hour at a time for Maine's older residents.

"Anne has been helping local seniors so long that her very first client is now in a nursing home," Wendy Russell, Catholic Charities Maine's Volunteer & Aging Services director said. "Even though her services are no longer 'needed,' Anne still visits her each month. She has become a dear friend, and we see this often with the SEARCH program. These connections are what makes this volunteer work so special for both clients and volunteers."

"I love to be able to volunteer," Skelton said. "I enjoy the people I've meet, and they enjoy the help."

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Newsmakers, Names & Faces

Gallery at CMMC displays paintings of Jennifer Gammon

LEWISTON, ME -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the paintings of Jennifer Gammon during the month of April.

Raised on a small family farm in Sumner, Maine, Gammon found her passion for art while a student at Buckfield High School. She attended the University of Southern Maine receiving a Bache-

lor of Fine Arts with Painting and Ceramics studio concentrations. For the past twenty years she has made Lewiston her home with studio space where she creates her paintings and drawings. She also owns a small pottery business featuring handmade functional vessels, Liane Pottery. Nature, life, and death all are themes that consistently appear in all of her work.

The "Fauna and Flora" series of drawings on display came from her in-



Painting by Jennifer Gammon – photo provided by Gammon.

tense love of local animals and her garden. "Even in the middle of a small city there is so much nature and wildlife possible. I wanted the viewer to see the fauna (animals) first then once you get in close observe the flora (plants). I used abstracted green backgrounds to help blend the plants in and make the animals stand out. I prefer to draw on an acrylic surface, which seems strange as most drawings are directly on paper. I set up the

backgrounds as abstract paintings, I use a very thick paper called bristol and the acrylic paint is applied with a pallet knife. Once these are dry I draw on them using conté which is like a very densely compressed dry pastel".

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.

Norway Savings Bank lauded for sustainability efforts

NORWAY, ME – Across the nation, organizations are taking steps to reduce their negative impacts on the environment – this is no different at Norway Savings Bank. Moving to a paperless workplace and using more solar energy are two major initiatives at the Bank.

In honor of Earth Day on April 22, Norway Savings received an Environmental Recycling Activity Report, from its recycling partner, Secure RMS. The report confirms that a 14-year paperless initiative and recycling effort is making a significant environmental and economic impact. The report recognized Norway

Savings Bank as an environmentally responsible business that has collected and processed nearly half a million pounds of paper for recycling since 2010.

The report outlined the savings for 2023 are equivalent to:

- 252.9 trees
- 104,128.5 gallons of water
- 83,897 kilowatts of energy
- 14.9 tons of carbon emissions

"Our commitment to being a valuable part of the communities in which we serve means we are also dedicated to serving as leaders in facilitating sustainability solutions from renewable energy to



preservation and conservation," said Dan Walsh, President and CEO of Norway Savings Bank. "We appreciate that the long-term health of our local and global economies is intertwined with environmental stability and progress."

Norway Savings Bank's initiatives also focus on better utilization of technology which helps to reduce the automotive courier service for branch check pickups, increasing the use of electronic forms

and record storage, as well as diligent recycling efforts throughout the bank. In addition, the bank has adopted the use of geothermal technology and other energy-efficient HVAC systems in branch construction and renovation projects in order to reduce its consump-

tion of fossil fuels. NSB has also promoted electronic banking with new and existing customers as a way in which they can assist the bank in its efforts of reducing the amount of paper it uses, and has donated over 250 computers, laptops, and monitors to benefit Mainers without access to computers as part of its eWaste initiative.

"We recognize that our efforts alone will not

be enough to address these complex issues, but we believe that by making sustainability and conservation serious priorities at Norway Savings, we can encourage our team members, customers and other organizations to do the same and achieve greater impact," said Walsh. "I'm proud of the positive strides we've made and look forward to continuing and growing these efforts in the years to come."

Cloutier bill to expand PA workforce gets House approval

AUGUSTA, ME – The Maine House of Representatives gave initial approval on Wednesday to a measure sponsored by Rep. Kristen Cloutier, D-Lewiston, that would add Maine to the Compact for Licensing Physician Assistants (PAs).

LD 2043 would allow licensed PAs to practice in member states without having to obtain a new license for each state. The compact would take effect only when seven states have enacted this legislation, allowing qualified PAs to practice with fewer administrative hurdles.

"Our health care workforce has been struggling to meet the needs of Mainers," said Cloutier. "LD 2043 provides a solution to incorporate more PAs into our workforce by allowing them to obtain a privilege in each compact member state where they wish to work. This will allow more Mainers to receive the care that they need."

The bill faces additional votes in the House and Senate in the coming days.

Cloutier is the Assistant House Majority Leader and is currently serving

her third consecutive term in the Maine House of Representatives. She represents House District 94, which includes part of her hometown of Lewiston.

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

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jonathan Knowlton
Licensed Agent

Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.



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Seniors Not Acting Their Age

A Glorious Climb on Barren Barrel Ridge



Hikers climb steeply on the shoulder of Barrel Ridge



A team of climbers reach the summit



From the summit of Barrel Ridge, prominent Bald Mountain can be seen in the east

We were greeted with another remarkable late-winter day when six of us arose in the bunkhouse at South Branch Pond on the third day of our Baxter State Park expedition. Based on a forecast obtained the day before on North Traveler Mountain, this was the last quality weather of our six-day trip. We were committed to making the most of it and spectacular Barrel Ridge was our objective.

Last winter, three of us trekked to Barrel Ridge in stormy cloudy weather. The barren summit was soaked in. A few years earlier, I was part of a threesome that hiked to the top in a snowstorm. On that occasion, we struggled to

see each other. This time, it appeared we were going to be the beneficiaries of a scenic windfall.

Recent warm rainy weather resulted in unpredictable trail conditions. During our trek on North Traveler, we experienced ice, snow, and long stretches of exposed rock. We decided to begin with bare boots while carrying snowshoes and micro spikes.

The trail leading to Barrel Ridge leaves South Branch Pond Road a short distance north of the bunkhouse. We began hiking Middle Fowler Pond Trail on patchy ice and hard packed snow in a mixed hardwood and conifer forest.

As we gained elevation on the south slope of Little Peaked Mountain, the ice and snow diminished to a dirt, mud, and rock surface. After some deliberation, three of us elected to leave our snowshoes behind. The remaining members of the group wisely chose to continue carrying them.

After progressing farther uphill high above a mountain freshet in the valley between impressive Little Peaked and Big Peaked Mountains, the snowpack reappeared and soon deepened. Members of the party carrying snowshoes changed into them. By the time we passed Little Peaked Mountain, those of us who

had imprudently left our snowshoes behind were sporadically post holing.

Shortly after leveling off, the trail narrows and follows the rim of a north facing escarpment. From that vantage point, we paused to embrace an extensive view of Barrel Ridge. Those without snowshoes were encouraged when observing that much of the partially barren ridge was free of snow.

From the overlook, the path soon drops precipitously into a col between the lower north slope of North Traveler Mountain and the foot of Barrel Ridge. A sign marks the beginning of a spur trail to the summit.

Proceeding in a sparse conifer forest, we immediately ascended steeply in snow and ice with some exposed rock. The snow and ice diminished and the trail surface transitioned to primarily rock. Those who wore them removed their snowshoes. Scrambling higher, the marvelous views we wistfully anticipated became reality.

After rounding the east shoulder on rugged terrain, we climbed abruptly to the majestic summit. The 360 degree views were phenomenal. Of particular interest was alpine-like Bald Mountain

situated a few miles southeast. Contemplating a future ascent, we consulted the park map which suggests bushwhacking from Middle Fowler Pond is a feasible approach.

While lingering at the summit, we were able to obtain an updated weather forecast. Rain was predicted for the following day then turning to snow during the night and the next morning. Since we were concerned about our ability to ski out on the final day, the probability of snow was welcome news.

For most of us, the return to the bunkhouse was uneventful. However, my son, Adam, and Shawn Higgins, decided to bushwhack to the summit of distinctive Big Peaked Mountain. They left Middle Fowler Pond Trail near where the east ridge of the peak begins.

Shawn and Adam had an exceptional mountaineering experience. They persisted westerly up the sparsely wooded ridge to the ragged summit where they enjoyed views rarely seen by park visitors. To my knowledge, theirs was the first winter climb of that remote peak.

That evening, we consumed the first of two dehydrated meals thoughtfully prepared by my wife,

Nancy. Plans for the following day were the primary topic of conversation. Given the rainy forecast, low elevation hikes were anticipated. I was on the losing side of a feisty game of cribbage.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates many more winter escapades in Baxter State Park and around the state.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.north-countrypress.com/maine-al-fresco or in bookstores and through online retailers.

His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England." Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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SEEDS OF CHANGE to air on Maine Public Television

PORTLAND, ME – Maximilian Armstrong of One Wing Pictures announces that “Seeds of Change: Breaking Free from the Prison Food Machine” will appear on Maine Public Television as part of their Maine Public Film Series on Thursday April 25th at 9:00 p.m. and Saturday April 27th at 2:00 p.m.

An organic farmer in Maine sets out to transform the Prison food system. Filmed over the course of two-years, Seeds of Change chronicles the intersecting stories of lifelong farmer Mark McBrine and several incarcerated men as they grow their own food on a five-acre prison garden unlike any other.

Nick Callanan, Director of the Maine Outdoor Film Festival called it “a complex piece of narrative-building, such an elevated work,” and Governor Janet Mills said “I am proud of this work...Seeds of

BEST DOCUMENTARY SHORT: LESSONS OF HOPE
SCAD SAVANNAH FILM FESTIVAL

SEEDS OF CHANGE

Breaking Free from the Prison Food Machine

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Change is fundamentally a story of hope.” Seeds of Change premiered at the 2023 Maine International Film Festival and has

gone on to receive numerous accolades and awards across the country, including Best Documentary Short: Lessons of Hope at

the Prestigious SCAD Savannah Film Festival.

In a place where life is routinely defined by shame and despair, good

food can be a gateway to meaning, wellness, and dignity. Discover the power of using organic agriculture as a means to

reform our food systems and change the course of people’s lives. Learn more at seedsofchangefilm.com.

Maine potters gear up for 12th annual pottery tour

AUGUSTA, ME – Spring bursts onto the scene in Maine the first weekend of May, and this year, it coincides with the highly anticipated 12th Annual Maine Pottery Tour. Mark your calendars for Saturday, May 4th, and Sunday, May 5th, for a unique opportunity to explore the vibrant ceramics scene in Maine.

This self-guided tour is a delightful way to spend a weekend. More than 70 pottery studios – our largest tour to date! - across the state will open their doors, welcoming visitors to step into the world of hand-crafted ceramics.

A Unique Maine Experience

The Maine Pottery Tour offers a chance to:

Meet the artists: Chat

MAINE POTTERY TOUR
May 4th & 5th
www.maine potterytour.org

with potters and gain insights into their creative process and inspiration.

Witness the magic: Get a behind-the-scenes look at studios, including demonstrations of throwing on the wheel and glazing techniques.

Explore kilns: Peek into the heart of the creative process and see where the pottery comes to life.

Shop for one-of-a-

kind pieces: Discover a treasure trove of functional and decorative ceramics, perfect for your home or as special gifts.

Plan Your Maine Pottery Road Trip

With studios scattered across the state, the Maine Pottery Tour is a perfect excuse for a scenic road trip. The Maine Pottery Tour website provides downloadable maps and links to interactive online

maps to help you plan your itinerary. New this year is the Plan My Tour app, which will make it easier for visitors to plan their pottery road trip. Users can also earn badges in the app that may entitle them to discounts and free gifts.

Whether you’re a seasoned pottery enthusiast or simply looking for a fun and unique Maine experience, the Maine Pottery Tour is a must-do event.

For more information about the Maine Pottery Tour, please visit our website, Mainepotterytour.org

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Arts & Entertainment

Great Falls Comedy Club hosts another round of laughter



AUBURN, ME – this week at Great Falls Make laughter a priority Comedy Club on April 20,

with stand-up comedians Keith Hebert, Alex Temple, and headliner Greg Boggis.

Reserve your seats now for another hilarious night of jokes at the only comedy club in Maine north of Portland.

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

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

Auburn Public Library Earth Day programs announced

AUBURN, ME -- Container Gardening Workshop 3:30-4:30 p.m.

Join the St. Mary's Nutrition Center garden team on Earth Day to plant mini-greenhouse containers from recycled materials. Containers, soil, and seeds will be provided.

This is a free session for all ages, preceding the 5:00 p.m. program, "Creating Climate Resilient Gardens and Backyards," presentation by Androscoggin Valley Water & Soil Conservation District.

Paper applications for 2024 community garden plots will also be available at both programs, from 3:30 to 6:30 p.m. Visit <http://linktr.ee/communitygardens> for more information.

Reservations are requested but not required.

Climate Resilient Gardens and Backyards 5:00-7:00 p.m.

Learn how to make

your backyard more resilient to a changing climate! There's been a lot of scary conversations as we recognize stronger storms, warmer winters, and changing ecosystems; but we want to equip you with solutions you can implement TODAY! We'll talk about ways to reduce your lawn (and associated maintenance) by swapping it for pollinator gardens, edible landscapes, rain gardens, vegetative buffers, groundcovers, wildflower meadows, and more. We'll also highlight specific species to plant to support pollinators and other wildlife, prepare for a warming climate, and help with soil erosion. Create wildlife habitat, grow food for your family, and protect your local waterways while improving the appearance and functionality of your yard!

Presented by the Androscoggin Valley Water & Soil Conservation District, they will also highlight

their new program – the Conservation Landscape Certification program-- a free checklist available to help landowners improve their properties for wildlife habitat, water and soil quality, and overall ecosystem support.

After the workshop, stick around to ask questions, talk with staff, peruse helpful resources, and grab some free garden goodies! We'll have seeds, gardening books, seed kits, garden tools, and an opportunity to win a free rain barrel! Snacks and refreshments will be provided. We look forward to seeing you there!

Reservations are requested but not required. This event is funded by the Androscoggin Valley Stormwater Working Group and the Davis Foundation

For more information on other upcoming programs offered at the Auburn Public Library, visit our website at auburnpubliclibrary.org.

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Sean Leclair
Six Years in Recovery

Panel Discussion
Chemical Impacts of Drug Use
Abigail Reuscher, Lewiston High School Forensic Science Teacher

Drug Use by Youth
Lisa Escobar, Lewiston Public Schools Substance Use Counselor

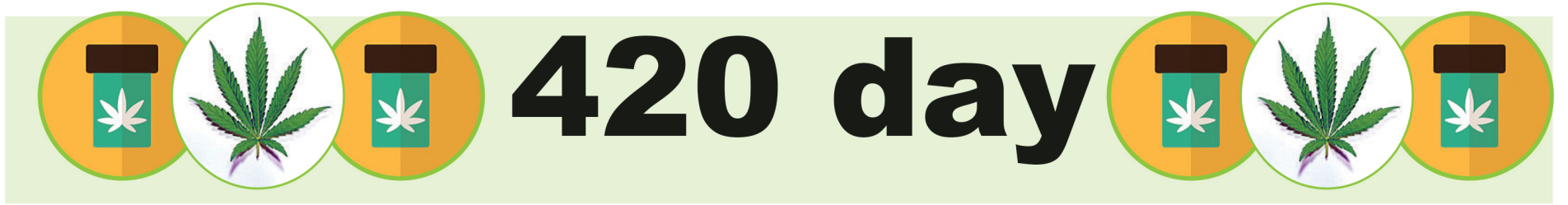
Overdoses and Narcan
Stephanie Harmon, RN

Family Perspective
City Councilor Ryn Soule

Stigma Surrounding Substance Use Disorder
Amran Osman, Generational Noor Director

Hosted by the Lewiston Youth Advisory Council

LEWISTON ME



OCP identifies contaminants in Maine medical cannabis samples

AUGUSTA, ME – In November 2023, the State of Maine’s Office of Cannabis Policy (OCP) released a report regarding its recent audit testing of cannabis and cannabis products in Maine’s Medical Use of Cannabis Program (MMCP). Out of 120 samples, OCP found that 50 samples, or 42%, contained at least one contaminant that would have failed testing according to the mandatory testing standards set for Maine’s Adult Use Cannabis Program (AUCP).

Some samples failed

testing for more than one contaminant, and some failed testing for multiple contaminants within a given analyte category. Overall, testing showed 30 failures for yeast and mold, 26 failures for pesticides, four failures for heavy metals, and one failure for filth and foreign materials.

Of the pesticides detected, myclobutanil was most prevalent with eight individual medical samples exceeding the AUCP pass/fail threshold of 200 ppb. Myclobutanil releases cyanide gas upon combustion and causes a range



of mild to severe effects when inhaled. Alarmingly, one medical cannabis sample’s myclobutanil concentration was as high as 58,600 ppb, which is 293 times the pass/fail threshold established in the AUCP.

“The information and findings in OCP’s report will help to inform policy discussions in-

volving medical cannabis testing by bringing data and science to this discussion,” said John Hudak, Director of the Office of Cannabis Policy. “Our primary goal is to protect and empower patients, and we remain concerned that the lack of mandatory testing in Maine’s medical cannabis program puts the state’s 106,000 medical cannabis patients at risk each day of complicating their medical conditions and experiencing symptoms of contamination that can be mistaken for symptoms associated with their

condition.”

The report includes information about how certified cannabis testing facilities (CTFs) operate and become licensed in Maine, which involves licensure by OCP, certification by Maine’s Center for Disease Control & Prevention (CDC), and accreditation by an independent, third-party accreditor using ISO/IEC 17025:2017 standards. The report also identifies several policy challenges in Maine’s medical cannabis program and how they impact the state’s medical

cannabis patients. Along with the lack of mandatory testing, additional problems include strict confidentiality protections that benefit businesses at the expense of patients and the lack of an inventory tracking system.

Director Hudak noted, “This data indicate that Maine’s medical cannabis program needs a comprehensive solution to reform and modernize the system in order to protect Maine’s patients.”

For more information on this report, please visit OCP’s website.

CDC: Adverse effects for teens who use marijuana

Press Release by the CDC

The teen years are a time of growth, exploration, and risk-taking. Some risk-taking may foster identity development and independence (e.g., running for student council, asking someone out on a date). However, some risk behaviors—such as using marijuana—can have adverse effects on a teen’s health and well-being.

How many teens use marijuana?

In 2019, 37% of US

high school students reported lifetime use of marijuana and 22% reported use in the past 30 days. Past-year vaping of marijuana also remained steady in 2020 following large increases in 2018 and 2019. However, large percentages of middle and high school students reported past-year marijuana vaping—8% of eighth graders, 19% of 10th graders, and 22% of 12th graders.

Marijuana and the teen brain

The teen brain is

actively developing and continues to develop until around age 25. Marijuana use during adolescence and young adulthood may harm the developing brain.

Negative effects of teen marijuana use include:

- Difficulty thinking and problem-solving
- Problems with memory and learning
- Reduced coordination
- Difficulty maintaining attention
- Problems with school and social life
- How marijuana can

impact a teen’s life:

Increased risk of mental health issues. Marijuana use has been linked to a range of mental health problems, such as depression and social anxiety. People who use marijuana are more likely to develop temporary psychosis (not knowing what is real, hallucinations, and paranoia) and long-lasting mental disorders, including schizophrenia (a type of mental illness where people might see or hear things that ar-

en’t there). The association between marijuana and schizophrenia is stronger in people who start using marijuana at an earlier age and use marijuana more frequently.

Impaired driving. Driving while impaired by any substance, including marijuana, is dangerous and illegal. Marijuana negatively affects several skills required for safe driving, such as reaction time, coordination, and concentration. Potential for addic-

tion. Approximately 3 in 10 people who use marijuana have marijuana use disorder. Some signs and symptoms of marijuana use disorder include trying but failing to quit using marijuana or giving up important activities with friends and family in favor of using marijuana. The risk of developing marijuana use disorder is stronger in people who start using marijuana during youth or adolescence and who use marijuana more frequently.



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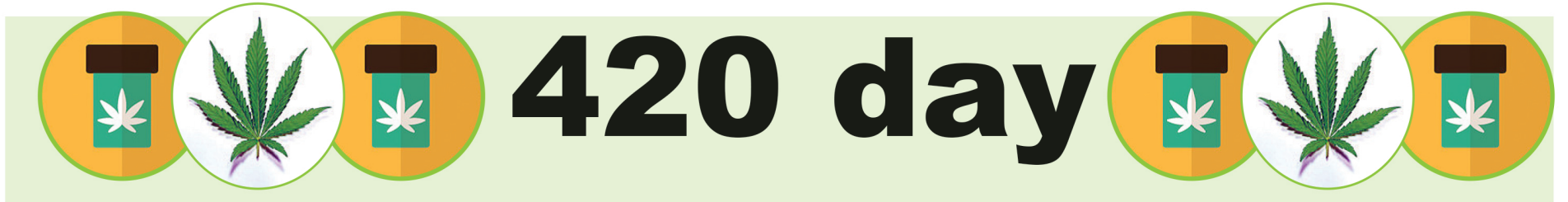
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Dark Side of Somewhere 4-20 at Franco Center

LEWISTON, ME -- This Pink Floyd-themed concert followed by dance performance takes place at 7 p.m. Saturday, April 20, at the Franco Center. The evening will begin with an opening set from Maine piano legend Dawson Hill performing classic Pink Floyd on a grand piano before the show is turned over to the dancer/artists/performers from Nevaeh Dance Circus for a multi-media dance immersion experience that brings together video, circus/flow arts, and contemporary dance all set to the legendary Pink Floyd album "Dark Side of the Moon."

Tickets are \$25 in advance and \$35 at the door day of show. Tickets are not being sold through the Franco Center. Tickets can be purchased through EventBrite at <https://www.eventbrite.com/e/dark-side-of-somewhere-tickets-720651637447>

The event is the work of Moovin On Productions.



Questions? Email moovinonproductions@gmail.com or visit <http://www.nevaehdancecircus.org/>

The Franco Center is the host of the event. We are not selling tickets to

this event. Our venue is located at 46 Cedar St., Lewiston. Parking is in the mill lot on Oxford Street. Handicap access via our elevator is on the Lincoln St. Alley side of our building.

Patients in medical cannabis states report improved mental health

BY NORML
Cambridge, United Kingdom: Patients suffering from chronic health conditions, particularly chronic pain, report improvements in their mental health following the adoption of medical marijuana access laws, according to data published in the journal Health Economics, Policy, and Law.

Researchers from Switzerland and the United Kingdom assessed the relationship between state-level medical marijuana laws and patients' self-reported mental health over a 26-year period

(1993-2018).

Investigators reported, "Eased access to marijuana through medical marijuana laws reduce the reported number of days with poor mental health for individuals [who] consume marijuana for medical purposes and for those individuals who likely suffer from frequent pain."

State laws permitting patients to home-cultivate medical cannabis and allowing its use for a wide range of pain conditions were associated with the most significant improvements.

The study's authors

concluded: "Overall, our results are in line with the hypothesis that MMLs [medical marijuana laws] benefit those individuals for whom they are nominally designed without systematically harming other groups."

Full text of the study, "Marijuana laws and mental health in the United States," appears in Health Economics, Policy, and Law. Additional information on the use of cannabis for chronic pain is available from NORML's publication, Clinical Applications for Cannabis and Cannabinoids.

TheJoint.me celebrating 420 with music and munchies

Press Release by TheJoint.me

TheJoint.me is always the best place for cannabis in Portland, Maine, but on April 20th it's even better. Our music-themed adult-use cannabis dispensary will be hosting its annual 420 Celebration with special discounts, giveaways, munchies, and more! Spirits will be high and vibes will be lifted, so come jam out with us!

Make sure to roll in during our daylong 420 festivities, beginning at 8am with the first 50 customers receiving two .5g Dogwalker Joints from Paul's Boutique for only \$2! The lineup for our 420 Celebration will also include:

10am-Noon: Early Bird Coffee & Cinnamon ROLLS

Noon-2pm: Veterans and First Responders Salute with Sub ROLLS

Noon: 420 Badfish Concert Tickets Winner Announced!

2pm-4:20pm: Egg

ROLLS and Sushi ROLLS 4:20pm: Framed ROLLING STONES Cannabis Giveaway Winner Announced!

All Day: Spin the Prize Wheel!

Plus, we'll be giving away some really rockin' prizes. Customers can come in before the 12pm drawing and enter for a chance to win 2 tickets to the April 20th Badfish concert at the State Theatre in Portland, a stop on the

Sublime-tribute band's "High With You" tour. There will also be a giveaway for a framed Rolling Stones canvas, with the drawing taking place in the store at 4:20pm!

Becoming a member of TheJoint.me's free customer rewards program - The Royalty Club - is required for entry into the giveaways. Signing up takes less than a minute and can be done online or in the store.



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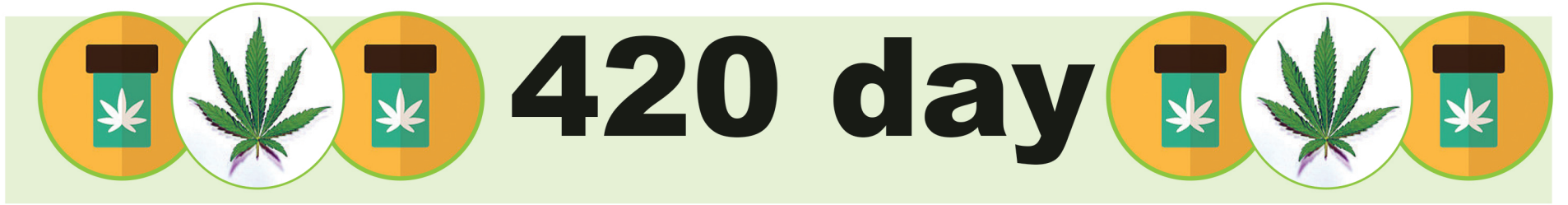
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7.5 years into legalization: Maine's cannabis landscape in 2024

By Marijuana Policy Project (MPP)

Maine's journey with legal cannabis continues to unfold, and the state has seen significant progress since voters approved adult-use legalization in 2016. Here's a snapshot of the key aspects of Maine's cannabis landscape:

Adult-Use Cannabis: Personal Use and Cultivation:

Possession: Adults 21 and older can possess up to 2.5 ounces of a combination of cannabis flower, concentrates, and products, and up to 5 grams of cannabis concentrate.

Home Cultivation: Individuals can cultivate up to three mature cannabis plants at their private residence or on another adult's property with written permission. It is important to note that municipalities can opt-out of allowing home cultivation, so checking local regulations is crucial.

Retail Sales: The industry has flourished, with over 170 licensed retail

stores currently operating across the state, according to the Office of Marijuana Policy (OMP). This substantial increase from the initial 37 in 2021 demonstrates the expanding market and consumer demand.

Regulations: The regulatory framework continues to evolve. In 2022, the OMP implemented new rules aimed at enhancing product safety and consumer protection. These changes included stricter testing requirements and packaging standards.

Taxes and Revenue: Since the inception of adult-use sales, Maine has collected over \$500 million in tax revenue from cannabis sales. These funds are allocated towards various state programs, including education and infrastructure.

Medical Cannabis:

Qualifying: Maine's medical cannabis law has significantly expanded over the years. There is no longer a specific list of qualifying conditions. Doctors can issue a certi-

fication using this online service for any qualifying condition.

Patient Access: Patients can cultivate their own cannabis, purchase cannabis at a medical cannabis dispensary or adult use store, or can access cannabis via designated caregivers.

Reform Work Isn't Done

Although cannabis has been legal for several years in Maine, the state's cannabis laws lag behind several others in important areas of cannabis justice and liberty. After voters approved legalization in 2016, the legislature rewrote the people's law, removing important non-discrimination protections and on-site consumption. Several cannabis policy bills have been introduced in 2024, many of which would restore the will of voters. Issues being debated include:

Employment and non-discrimination protections (LD1311): While Maine voters legalized

adult-use cannabis, they included protections to prevent cannabis workers from being fired for off-hours cannabis use and to otherwise stop cannabis consumers' lives from being ruined. The legislature repealed those protections, and advocates are pushing to restore them.

On-site consumption (LD1952): Despite its inclusion in the voter initiative, Maine lawmakers prohibited on-site consumption of cannabis during implementation. This issue remains a point of discussion, with some advocating for its inclusion in future regulations.

Expungements (LD1789): As with most other legalization states, discussions surrounding cannabis expungement are gaining traction in Maine. Legislative proposals aim to provide individuals with a chance to clear their records and create a more equitable cannabis ecosystem.

Maine's cannabis

landscape must prioritize justice and equity, upholding the will of the voters who established a legal cannabis market. MPP remains committed to ensuring responsible regulations and public safety measures are implemented fairly and exclusively, offering all Mainers the opportunity to benefit from this evolving space.

MPP, which was founded in January 1995, is the largest organization in the U.S. that's focused solely on enacting humane cannabis laws. MPP's mission is to legalize cannabis and allow medical cannabis nationwide.

MPP has been responsible for changing most of the state cannabis laws that have been reformed since 2000. MPP has played a leading role in enacting 15 medical cannabis laws and 15 legalization laws (including the first in the nation in Colorado, and the first two to pass via state legislature rather than ballot measure — in Vermont and

Illinois.)

MPP is actually composed of two separate organizations — MPP, founded in 1995, is the main branch that deals with lobbying and ballot initiatives, and MPP Foundation, founded in 1996, is the tax-deductible educational branch.

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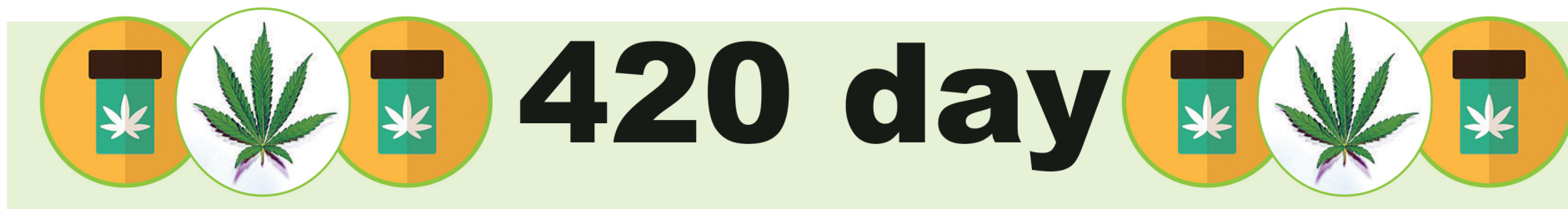
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Partaking in 420 festivities? Find a sober ride home

Press Release by National Highway Traffic Safety Administration (NHTSA)

You can't drive safely if you're impaired. That's why it's illegal everywhere in America to drive under the influence of alcohol, marijuana, opioids, methamphetamines, or any potentially impairing drug—prescribed or over the counter. Driving while impaired by any substance—legal or illegal—puts you and others in harm's way. Learn the latest research on drug-impaired driving, misconceptions about marijuana use, and what you can do to make smarter choices to drive safely.

Many substances can impair driving, including alcohol, some over-the-counter and prescription drugs, and illegal drugs.

Alcohol, marijuana, and other drugs can impair the ability to drive because they slow coordination, judgment, and reaction times.

Cocaine and methamphetamine can make drivers more aggressive and

reckless.

Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug a person has consumed.

Some prescription and over-the-counter medicines can cause extreme drowsiness, dizziness, and other side effects. Read and follow all warning labels before driving, and note that warnings against "operating heavy machinery" include driving a vehicle.

Impaired drivers can't accurately assess their own impairment – which is why no one should drive after using any impairing substances. Remember: If you feel different, you drive different.

There are many misconceptions about marijuana use, including rumors that marijuana can't impair you or that marijuana use can actually make you a safer driver.

Several scientific studies indicate that this is false. Research shows that marijuana impairs motor skills, lane tracking and

cognitive functions (Robbe et al., 1993; Moskowitz, 1995; Hartman & Huestis, 2013). A 2015 study on driving after smoking cannabis stated that THC in marijuana also hurts a driver's ability to multitask, a critical skill needed behind the wheel.

NHTSA continues to conduct research to better understand the relationship between marijuana impairment and increased crash risk. NHTSA's Drug and Alcohol Crash Risk Study found that marijuana users are more likely to be involved in crashes. However, the increased risk may be due in part because marijuana users are more likely to be young men, who are generally at a higher risk of crashes.

Research indicates drug prevalence is on the rise among drivers. NHTSA's 2020 study of seriously or fatally injured road users at studied trauma centers (Thomas et al., 2020) suggested that the overall prevalence of alcohol, cannabinoids and opioids increased during the

public health emergency compared to before.

While evidence shows that drug-impaired driving is dangerous, we still have more to learn about the extent of the problem and how best to address it. In January 2018, NHTSA launched a new initiative to address drug-impaired driving. NHTSA's National Drug-Impaired Driving Initiative brings together experts, including law enforcement officials, prosecutors, substance abuse experts and others, to discuss strategies that can reduce drug-impaired driving.

Driving impaired by any substance—alcohol or other drugs, whether legal or illegal—is against the law in all 50 states and the District of Columbia. Law enforcement officers are trained to observe drivers' behavior and to identify impaired drivers. Even in states where marijuana laws have changed, it is still illegal to drive under the influence of the drug.

NHTSA's National Roadside Survey conduct-

ed in 2013-2014 found that 20 percent of surveyed drivers tested positive for potentially impairing drugs.

Surveys conducted by NHTSA show the number of drivers testing positive for marijuana increased between 2007 and 2014. In 2007, NHTSA's National Roadside Survey found that 8.6 percent of weekend nighttime drivers tested positive for marijuana. In the 2013-2014 survey, 12.6 percent of weekend nighttime drivers tested positive for marijuana. That's a 48-percent increase in less than 10 years.

While the presence of a drug in a driver's system doesn't necessarily mean that they're impaired, these findings show the importance of raising awareness about the risks of drug-impaired driving.

We can all save lives by making smarter choices. Plan ahead for a sober driver, if you plan to use an impairing drug. Don't let friends get behind the wheel if they're under the influence of drugs.

If you're hosting a party where alcohol or other substances will be used, it's your job to make sure all guests leave with a sober driver.

Always wear your seat belt—it's your best defense against impaired drivers.

NHTSA has launched If You Feel Different, You Drive Different campaigns to educate Americans about the dangers of driving while impaired by drugs, and to promote safer choices. Also, each year we team up with law enforcement for our If You Feel Different You Drive Different, Drive High Get a DUI campaign to remind drivers that drug-impaired driving isn't a mistake; it's a crime.

Those who drive under the influence of drugs, whether obtained legally or illegally, pose a danger to themselves, their passengers, and other road users.

NHTSA is determined to put an end to impaired driving — to save lives. Remember: Impairment is impairment, no matter the substance.

What is CBD?

By Herbal Remedies of Maine

CBD, also known as Natural Hemp, contains both CBD, CBN, CBC, CBG and THC. The THC found in our products is below the legal limit of 0.3% but at a concentration that enhances the beneficial pain-relieving effects of CBD cannabinoids.



Natural remedies have been used for centuries to help relieve chronic pain. By incorporating high-quality CBD oil it into our creams, tinctures and other body products, Herbal Remedies of Maine has created a line of products that can help relieve your chronic pain and improve your overall wellbeing.

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Playwrights Festival showcases Maine's best short plays of 2024

PORTLAND, ME -- Performances for the 2024 Maine Playwrights Festival, the state's most prolific incubator for new plays by local playwrights, have been announced for May 2- 12 in Portland. This year's twenty-second annual festival features the world premiere performances of six new plays by Maine playwrights. Public performances will be held at the Studio Theater at Portland Stage (25 Forest Avenue). Festival tickets are available now at www.acorn-productions.org.

"It's wonderful to have such a great and varied slate of plays to share in my final year as Artistic Director," says Daniel Burson, the festival's Artistic Director. "We're fortunate to have so many creative and talented playwrights in Maine who can take us places we never dreamt of in their writing, from futuristic garbage trucks, to jail cells, to behind the scenes of a zoo's insect house. It has been a privilege for me to be a part of telling their stories."

The six new plays featured in the 2024 festival (described below), are written by Maine playwrights Ron Capps, Jayne Decker, Elizabeth Freeman, Alexa Gallant, Julia Jennings, and Stowell P. Watters. Their plays were selected for the festival by a committee of local theater professionals out of a pool of more than 60 scripts submitted by play-

wrights from across Maine. The writers are developing and rehearsing their plays this spring, working with 2024 professional playwright-in-residence Bess Welden (Madeleines, Refuge Malja) and in collaboration with Maine directors, dramaturgs, designers, and a cast of actors based in Southern Maine.

In addition to the featured mainstage performances, the 2024 Maine Playwrights Festival will include a staged reading of five other new scripts that were semi-finalists during the selection process, to be held on Wednesday, April 24, at 7:00pm. There will also be a reading of two new short plays by playwright-in-residence Bess Welden – *Celebrity Exit* and *Still Life with Apples* – held on Wednesday, May 8, at 7:00pm. Both of these nights of readings are open to the public on a Pay-what-you-can basis.

The final event in the 2024 festival will be a High School Playwriting Showcase to be presented in mid-May. Thanks to grant support from the Onion Foundation and the Sam L. Cohen Foundation, professional teaching artists from Maine Playwrights Festival led intensive new play workshops at two local schools: South Portland High School and Westbrook High School. Short plays written by students at these workshops will be rehearsed and presented as staged readings. Visit



Nate Stephenson and Owen Philip Arthur in the 2023 Maine Playwrights Festival (photo credit: Katie Day)

www.acorn-productions.org for updates on the performance schedule for this showcase.

2024 Maine Playwrights Festival Plays

Performances May 2 to 12, 2024 at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: \$20 or \$18 students/seniors – www.acorn-productions.org

COME DAWN by Ron Capps

Private Harry Farr has been condemned to death for cowardice and now waits for sunrise with the fellow soldiers who will carry out his execution.

DUET by Jayne Decker

The nuanced life between two characters who share a history, a story each wants to remember, and most significantly, love.

TEXAS by Elizabeth Freeman

Pulled over at one of the new road blocks on the Texas-New Mexico border, two detained women start to realize that they may not

be able to leave Texas.

INSECTARIUM by Alexa Gallant

In the insectarium of a small zoo, a custodian sees something badly amiss with the Hissing Cockroaches and takes drastic measures to show the importance of paying attention.

WHAT IF THIS WERE A WEDDING by Julia Jennings

Shattering the silence of a Quaker funeral, the family of a recently-deceased young woman spars over her memory whilst Annie herself lingers, orchestrating this final act of her life.

THE FUTURE OF OUR GARBAGE by Stowell P. Watters

A garbageman navigates loss and heartache in an absurd future where technology races ahead but someone still has to pick up the trash.

2024 Maine Playwrights Dramatic Readings
Reading Wednesday, April 24; 7:00 PM at The



Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: Pay-what-you-can, available at the door

A DOLPHIN DISGUISE by Tucker Atwood; **THE AGENCY** by Mark Evan Chinsky; **FUTURE PROOF** by Cassandra Powers

THE MOTH EATERS by Nate Stephenson; **KINDRED** by Konner Wilson

2024 Playwright-in-Residence Featured Work

Reading Wednesday, May 8; 7:00 PM at The Studio Theater at Portland

Stage (25 Forest Avenue; Portland). Tickets: Pay-what-you-can, available at the door

CELEBRITY EXIT and **STILL LIFE WITH APPLES** by Bess Welden

Two new short plays that delve into creepy and unexpected stories. In *Celebrity Exit*, a recent college graduate has a paranormal experience while researching a book about Stephen King. And in *Still Life with Apples*, a woman mysteriously prone to sleepwalking must reckon with the events that happen on her walks under the moon.

New Jean Valentine series kicks off with VEER by Cole Swensen

NEW GLOUCESTER, ME - Alice James Books (AJB), a leading independent poetry publisher, announced today that it will launch a new series honoring the poet Jean Valentine. Established to provide a unique opportunity to women writers, the Jean Valentine Series will publish books authored by

mid-career, women-identifying poets. Selected poets will receive a cash prize and publication by Alice James Books.

The first book to be published under the series is *Veer* by Cole Swensen, scheduled for publication in May of 2026. Cole Swensen is the author of twenty books of poetry, most recently *And And*

And (*Shearsman Books*, 2023) which was longlisted for the 2024 Griffin Poetry Prize, Art in Time (*Nightboat Books*, 2021), and a volume of critical essays, *Noise that Stays Noise* (*U. of Michigan Press*, 2011). A former Guggenheim Fellow, she co-edited the Norton anthology *American Hybrid*. Her work has won

the Iowa Poetry Prize, the SF State Poetry Center Book Award, the National Poetry Series, and the PEN USA Award in translation and has been a finalist for both the National Book Award and the Los Angeles Times Book Award. She taught for ten years on the permanent faculty of the Iowa Writers' Workshop and twelve years in the Literary Arts Department at Brown University. A translator of poetry and art criticism from French, she divides her time between France

and the US.

"The Jean Valentine Series from Alice James Books is a tribute to a beloved poet. Jean Valentine was a wholly original and distinctive voice in American poetry from the 1960s until her death in 2020. AJB has been proud to publish Valentine's work, including her posthumous *Light Me Down: The New & Collected Poems of Jean Valentine*. This award in her name honors poets in mid to late career who, like Valentine, take

risks in form and content, poets who surprise and move us." said Anne Marie Macari, President of the AJB Board of Directors. Macari continues, "Cole Swensen is such a poet. Her forthcoming book, *Veer*, lures us into a world that is electric and alive. Swensen asks us to be present in a way that allows for pure joy, pure wonder. *Veer* is celebration, in fact, it is as if our way of being in the world is reinvented through language in these stunning poems."



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**Fridays through
May 10**

NORWAY -- Opening Minds through Art, Fridays April 5 - May 10, 2 pm - 3 pm at Education Center of SeniorsPlus at 9 Marston St., Norway. Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Apr 19-21, 25-28

BAR MILLS -- The Original's present A Murder is Announced by Agatha Christie at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, April 19, 20, 25, 26, 27 @ 7:30 PM; and April 21 & 28 at 2:30pm. Tickets: \$15 General Admission

at www.sacorivertheatre.org.

Apr 27

BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, April 27, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who wish is optional. Hand sanitizer is available for those who wish to use it.

Apr 27

GRAY -- The First

Calendar

Send your submissions to the Editor. More online.

Congregational Church of Gray Saturday Night Church Supper held on Saturday, April 27, 2024 @ 5:00 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

Apr 27

AUBURN -- Saturday April 27 at 11 AM Denis Ledoux will present a program based on his new memoir French Boy / A 1950s Franco-American Childhood for the Maine Franco-American Genealogy Society at the community room of the Auburn Public Library. Public invited.

Apr 27

LISBON FALLS -- Dine In/Take Out Bean Supper Saturday, April 27th from 4:30pm - 5:30pm or SOLD OUT at Lisbon United Methodist Church, 14 School Street, Lisbon Falls, ME. Sponsored by the Methodist Women. Adults \$9.00.

Menu: Pea Beans, Hot Dogs, Potato Salad, Cole Slaw, dinner roll and

a slice of pie!

FMI-Gwen Rioux 353-6814

May 3

LEWISTON -- Friday, May 3rd from 10:00am - 11:30am at the Lewiston Public Library: LITTLE KEEPSAKES: MY LITTLE SUNSHINE TOTE BAGS

Caregivers will be able to create a personalized keepsake tote bag using the handprints of their young children. The program is recommended for kids ages birth to 6 years and their caregivers. Siblings are also welcome to attend.

513-3133; www.LPLonline.org

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.

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

Fridays June 14 - July 19

LEWISTON -- Opening Minds through Art, Fridays June 14 - July 19, 2 pm - 3 pm, Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

June 15

AUBURN -- On Saturday, June 15th, the Maine Iris Society will hold its 59th Annual Flower Show from 1:30 - 4:00 pm at the Auburn Middle School, 38 Falcon Drive in Auburn. Admission is free. There will be a plant sale of potted perennials. Bare-root iris rhizomes will also be available this year for \$1.00 each. Come and vote for your favorite Iris Bloom, Iris Stalk, Peony and Hosta Leaf.

July 6

GORHAM -- Hosta auctions are coming July 6th when the Maine Hosta Society will offer many exciting hosta varieties at the Treworgy Homestead and Garden at 120 Flaggy Meadow Road in Gorham, Maine. The silent auction will begin at 10:00 a.m. and the live auction at

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1:00 p.m. SAVE THE DATE for this event that is free and open to the public.

Thursdays Aug 1 - Sept 5

WILTON -- Opening Minds through Art, Thursdays August 1 - September 5, 1 pm - 2 pm at Education Center of SeniorsPlus at 284 Main St., Suite 100, Wilton

Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Every 1st, 2nd, and 3rd Monday

LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm at the Lewiston Public Library Children's Department

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

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

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

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

Androscoggin welcomes Mathew Collins

LEWISTON, ME -- Mathew completed a bachelor's in biology from the University of Maine at Augusta, graduating Magna Cum Laude. He was a presidential scholarship recipient, science tutor, student ambassador, and commencement speaker. While at the University of Maine, Mat became a nationally

certified EMT basic. After a brief period in Medical School at UNE-COM, Mat was called to a path of service as an administrative healthcare leader. He changed paths to focus efforts on fixing the broken healthcare delivery system. Mat earned an MBA from Southern New Hampshire University graduating with

a 3.96 GPA. Additionally, Mat received clinical process improvement leadership training at Mass General Brigham's Lawrence Center for Quality and currently serves on the National Association of Home Care & Hospice Education Committee.

Mat has additional certifications and training in Business Analytics, Robotic Process Automation, Strategic planning, and Change Management.

After working as an EMT, Mat worked as a Provider Relations Liaison for Northern Light Home Care and Hospice for four years, responsible for driving the growth of home health, hospice, and home care services and supporting the integration of a recent-

ly merged agency. During this time, Mat also served on the Board of Directors for the Maine Council on Aging. Mat then took on a new role as Director of Provider Relations

at Central Maine Healthcare, a three-hospital clinically integrated healthcare system where he was responsible for leading growth and transformation of assigned service lines, including Cardiovascular, Orthopedics, Surgical Services, and Cancer Care. Mat's work focused on building trust, improving retention, and driving growth to help rehabilitate the distressed health system.

Most recently, Mat co-lead the Palliative Care Service line at Northern

Light Health, an 11-hospital clinically integrated delivery system throughout Maine. Under Mat's leadership, the Palliative Care Service line expanded by 66%, expanding access points to include four inpatient programs, six physician practices, statewide virtual inpatient and outpatient programs, a Robotic process automation identification/alert/coordination system, and a community palliative care program that collectively served the state of Maine. While at Northern Light, Mat served as a leadership coach for Northern Light's Clinical Process Improvement Program. Mat was recently accepted into a Masters in Industrial and Organizational Psychology

program. Mat is led by his values (integrity, kindness, and service to others).

"For many years, I have observed the team at Androscoggin serving Maine communities with distinction. It is clear to me that healthcare at home will serve to help transform our healthcare delivery system in ways that better serve patients and families while also providing a wonderful environment for healthcare providers to optimize well-being in their chosen professions. I am honored to join a team with such a wonderful reputation throughout Maine, and I am excited to invest my energy to expand Androscoggin's mission in service to more Mainers and beyond."

Youth cross-country camp opens for registration

RAYMOND, ME - There will be a youth cross-country running camp operating in Raymond, Maine this summer. Middle School XC Camp is a balanced week of daily running, cross-training, information sessions, and traditional camp activities.

The camp will emphasize base mileage

summer training for two periods in the morning and one period in the afternoon. During the rest of the day, campers will participate in a mix of traditional camp activities such as swimming, sailing, kayaking, wind-surfing, volleyball, dodgeball, and capture the flag.

Short lectures

throughout the week from cross-country coaches and high school runners will include topics such as mental toughness, hydration, warming up for races, core strength, how to buy shoes, and race tactics.

Camp is open to runners who are entering grades 5-9 of all abilities from beginners to ad-

vanced runners. Running camp is also a great program for students trying to get in the best shape for soccer. The running is customized for the ability of each camper. One week camp sessions run from July 20 through August 17. For more information visit the camp website at: www.slovenskicamps.com

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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.

MAY 25 – JUNE 2, 2024

- MACKINAC ISLAND – Trip includes 8 nights lodging including 4 nights in Northern Michigan, 8 breakfasts and 6 dinners. We will have a guided tour of Mackinaw City and visit Mackinac Island with an included Carriage Tour of the island and see sites like the Arch Rock and Lilac Lane. We will cruise through the Soo Locks and have free time in Sault Sainte Marie. We will have a guided tour of Quaint Mackinaw City and tour the Old Mackinac Point Lighthouse and visit Colonial Michilimackinac. We will visit "Michigan's Little Bavaria" in Frankenmuth, Michigan and

so much more. A \$75 deposit per person is due at registration. Total price is \$1,209.00 pp double occupancy which includes all entrance fees, step on guide tips, meal tips and bus driver tip.

OCTOBER 6 – 14, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK – 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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