



TWIN CITY TIMES

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CMMC receives federal funding for new surgical towers



LEWISTON, ME -- Central Maine Medical Center (CMMC) has been awarded \$2.1 million in federal funding to upgrade some of its surgical equipment. The majority of the funding will be used to replace surgical video towers.

"These towers contain cameras, video screens and other equipment critical to performing minimally invasive surgery," said Timothy Counihan, MD, chief of surgery at CMMC. "This equipment allows surgeons to perform procedures through small incisions, reducing the patient's recovery time, and realize better outcomes.

CMMC provides

multispecialty surgical care to patients throughout Androscoggin, Oxford and Franklin Counties. The hospital, which is part of Central Maine Healthcare, uses the towers in orthopedics, general surgery, colorectal surgery, surgical oncology, gynecological surgery, urology, otolaryngology and thoracic surgery.

"I would like to thank Senator Susan Collins (R-Maine) for helping secure this critical funding," said Steve Littleton, president and CEO of Central Maine Healthcare. "By investing in these new video towers and the associated equipment, surgeons at CMMC will be able to provide the most reliable and timely care to

patients, as well as provide precise localization of the anatomy to minimize patient risk. The new, state of the art equipment will ensure CMMC continues to serve as a referral specialty center for the more than 400,000 residents of central Maine."

The funding for the equipment upgrades at CMMC are part of the congressionally directed spending which is part of the recently passed federal budget.

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

The perfect mix of comedy, romance & surprises at TPT

LEWISTON, ME -- The Public Theatre presents the anticipated U.S. premiere of Lunenburg, a delightful mix of mystery, comedy, and romance, playing at Lewiston/Auburn's professional theatre, May 3 - 12.

When Iris' husband is unexpectedly killed in a plane crash, her lawyer reveals she has inherited a beautiful home in Lunenburg, Nova Scotia - that she never knew existed! With her best friend by her side, she sets out from her home in Brunswick, Maine and begins a laugh-filled and poignant road trip North to unravel the mystery of her husband's secret life. What follows is a series of surprises, funny romantic adventures, and heart-warming personal transformations.

Director Janet Mitcho says, "This play really checks all the boxes for a satisfying experience because it's the perfect combination of surprises, comedy and romance.

Playwright Norm Foster, (Canada's most produced playwright), is often called the Canadian Neil Simon as he has the most wonderful way of using humor not only to entertain audiences, but to leave them with something to think about. There's also something magical about spending a summer weekend at a beautiful home overlooking the water that I think people from Maine will understand. And to top it off, two of the three characters live in Brunswick!"

Norm Foster's previous play, The Ladies Four-some, broke box-office records at The Public Theatre, and Lunenburg is predicted to be an equal hit.

The cast of fully professional Equity actors includes Beth Hylton, Heather Dilly and Torsten Hillhouse. The Lunenburg home the play takes place at is designed by Kit Mayer, lights by Florence Coolsey, and costumes by FredERICA Jepson Johnson.

Also happening

during this production will be The Public Theatre's beloved fundraising event, The Silent Auction. Over 200 items and gift certificates from local vendors and supporters will be available in the lobby and on-line during the run of the show at thepublictheatre.org

Lunenburg will be performed at The Public Theatre, Lewiston's Professional Theatre May 3 - 12. Show times are Thursday and Friday at 7:30pm, Saturday at 3pm, Sunday at 2pm with a Saturday May 11 at 3pm & 7:30pm. Tickets are \$30 Adults, \$25 Groups 10+, \$20 Student 19+ with ID. For tickets call 782-3200 or visit thepublictheatre.org. The Public Theatre is located at 31 Maple St., Lewiston.

Sponsored by Bangor Savings Bank, Austin Associates and Auburn Manufacturing

Season Underwriters: Sun Journal, Platz Associates, and Bennett Radio Group

Auburn announces curbside brush collection

AUBURN, ME -- In recent months, Androscoggin County has been impacted by several extreme weather events. These declared state & federal emergencies have led to significant tree damage. In Auburn, city leaders have decided to implement a one-time Curbside Brush Collec-

tion event to help residents properly dispose of broken tree limbs, branches, and brush.

"If you drive through the city, the damage is still quite evident," said City Manager Phil Crowell. "There are trees and limbs down everywhere. This is bigger than your usual spring yard work, and we

feel it's important to help residents clean up."

"Our crews will begin the curbside collection on Monday, April 29, so residents should know that brush must be curbside no later than Sunday, April 28," said Scott Holland, Director of Auburn Public Works. "We will not collect brush placed curbside

after that date."

Auburn's curbside collection is for residential properties only and is strictly limited to tree waste and brush - no stumps, and no bags or piles of leaves. It's important to note that no household bulky waste will be collected. All brush & limbs must be in neat piles, "butt-ends" toward

the roadway. The piles must be easily reachable from the road, and due to the equipment that will be used to collect it, brush must NOT be placed near, under, or beside power lines or poles.

"If they prefer not to wait for our crews to arrive, residents can use the brush pile on Gracelawn

Road, near Auburn Public Works," added Holland. Residents are also welcome to deliver their brush directly to Jolly Gardener at 481 Spring Water Road (Route 122) in Poland (free).

Visit auburnmaine.gov for details on Auburn's Curbside Brush Collection event.

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Newsmakers, Names & Faces

\$13.7M secured for Maine's health care workforce

WASHINGTON, D.C. — U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that she secured \$13,768,000 in Congressionally Directed Spending for health care workforce training in the Fiscal Year 2024 (FY24) Labor, Health and Human Services, and Education Appropriations bill. Congress has passed the bill, and the President has signed it into law.

"In the midst of a growing demand for medical treatments and services, Maine and other states across the country continue to face a shortage of trained

health care workers," said Senator Collins. "As Vice Chair of the Senate Appropriations Committee, I worked hard to secure this funding, which will help support important programs throughout Maine that are dedicated to filling the gaps in our nation's health care workforce."

Funding secured by Senator Collins for health care workforce training programs in the FY24 Labor, Health and Human Services, and Education Appropriations bill is as follows:

CMCC Health Care Training Expansion
Recipient: Central

Maine Community College (CMCC)

Project Location: Auburn, ME
Amount Secured: \$3,325,000

Project Purpose: For facilities and equipment to expand CMCC's health care training programs.

KVCC Enhanced Radiology Simulation Lab
Recipient: Kennebec Valley Community College (KVCC)

Project Location: Fairfield, ME
Amount Secured: \$513,000

Project Purpose: For facilities and equipment to train health care workers.

SMCC Health Care Careers Simulation Center

Recipient: Southern Maine Community College (SMCC)
Project Location: South Portland, ME
Amount Secured: \$4,100,000

Project Purpose: For facilities and equipment to support health care workforce training.

UMaine Augusta Nursing Workforce Development Program
Recipient: University of Maine System

Project Location: Augusta, ME
Amount Secured: \$4,500,000

Project Purpose: To construct and equip a Center for Nursing Workforce Development and Cybersecurity.

Northern Light Acadia Hospital Rural Dementia Care Program

Recipient: Acadia Hospital Corp d/b/a Northern Light Acadia Hospital
Project Location: Bangor, ME
Amount Secured: \$1,330,000

Project Purpose: To create a rural training program to care for patients with dementia in outpatient and hospital-based settings

This funding is part of the 231 target-

ed investments Senator Collins secured through the FY2024 appropriations process, driving more than \$577 million to the state for projects throughout each of Maine's 16 counties.

In 2021, Congress re-instituted Congressionally Directed Spending. Following this decision, Senator Collins secured more than \$500 million for hundreds of Maine projects for FY2022 and FY2023. As Vice Chair of the Senate Appropriations Committee, Senator Collins is committed to championing targeted investments that will benefit Maine communities.

Midcoast Symphony Orchestra celebrates Director Rohan Smith

TOPSHAM, ME — The Midcoast Symphony Orchestra (MSO) will hold a fundraising party on Saturday, May 4th from 6:30 to 8:30pm to celebrate Music Director Rohan Smith's 20 years at the helm of the Brunswick-based group. The event is titled Opus 20 and is hosted by Lemont Hall, a historic hall built in 1870 and reopened last year in downtown Brunswick's Lemont Block. Opus 20 features hors d'oeuvres from Mae's Cafe & Bakery in Bath, a cash bar, champagne toast, a performance by Duo Mundi piano duo, a silent auction, and video and live tributes to Maestro Smith. All attendees will also receive a commemorative program with photos and other memorabilia from Mr. Smith's tenure as well as a complimentary drink ticket. Tickets are \$45 and all proceeds will help to fund the MSO's free ticket distribution program to audience members 18 and younger as well as college students. Opus 20 tickets may be purchased online

at www.midcoastsymphony.org or by calling (207) 481-0790.

Conductor and violinist Rohan Smith has been Music Director of the Midcoast Symphony Orchestra since 2003. He has led the MSO to critical acclaim in performances of the major symphonic repertoire of all eras to the present time. Rohan Smith is Director of Orchestral and Chamber Music at Phillips Exeter Academy in New Hampshire, where he conducts the Symphony Orchestra and the Chamber Orchestra. Smith has conducted the PEA Chamber Orchestra on cultural exchange, service, and outreach tours to Vietnam, Hong Kong, Quebec, England, New York, and the Coachella Valley, California, performing there for children of immigrant farm workers. When asked to reflect on his first 20 years with the MSO, Mr. Smith commented, "What has been really quite remarkable is that the orchestra is bigger now than it was, and the players



Rohan Smith (photo courtesy of Jeff Morris - Pierce Studio)

are stronger. There's been consistent growth in the level of the players in the orchestra. If I look at it, it still looks like the same orchestra, but of course it's constantly changing. Of course there have been players in it who have been there since the beginning. It has really grown year by year and evolved in skill and stylistic understanding."

Duo Mundi piano duo, George Lopez and Gulimina Mahamuti, has thrilled audiences around



Duo Mundi (photo courtesy of Karen Bourdier)

the world with their exciting, innovative, diverse, and intimate programming style. They explore music for both one piano four hands and two-piano four hands in the standard and contemporary repertoire as well as commissioning new works by national and international composers. The Robert Beckwith Artist-in-Residence at Bowdoin College, George Lopez has been a dynam-

ic performer, sought-after pedagogue, and engaging lecturer for over 30 years. As the artistic director and conductor of the Bowdoin College Symphony Orchestra, he leads one of the most dynamic all-student symphonic programs in the New England region. Internationally acclaimed Chinese-American pianist, Gulimina Mahamuti is the first Uyghur from China to receive a Doctor-

ate of Musical Arts in Piano Performance from the United States. She enjoys an active career and performs extensively in major cities in the U.S., Mexico, Canada, Denmark, Portugal, Hungary, Turkey, and China, with broadcasts on radio and state television.

The Midcoast Symphony Orchestra is a community orchestra founded in 1990. Started as a chamber orchestra, there are now more than 80 members. The MSO performs a full range of orchestral literature from the classical to modern periods with four regular concerts each season at the Franco Center in Lewiston and the Orion Performing Arts Center in Topsham. A community-based organization, the orchestra draws players and audiences from south of Portland to Rockland along the coast, and inland from Augusta to the Lewiston-Auburn area. Its members all volunteer their time to practice and perform with the Midcoast Symphony. Under the baton of Rohan Smith, the orchestra continues to attract ever more professional-caliber musicians and award-winning guest artists.



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Newsmakers, Names & Faces

CMH welcomes new cancer patients

LEWISTON, ME -- Central Maine Healthcare (CMH) is welcoming patients of St. Mary's oncology practice following last week's announcement that St. Mary's Health System is not accepting new patients, beginning April 1.

The Central Maine Healthcare Oncology Institute offers comprehensive cancer care treatment for central Maine, including surgical, medical and radiation oncology, as well as reconstructive surgery following cancer treatment. Central Maine Healthcare's distinguished

cancer care program is accredited by the Commission on Cancer and treats cancer patients at CMMC, Rumford Hospital and Bridgton Hospital. At CMMC, the new Cancer Care Center is a state-of-the-art facility that opened its doors to patients in the spring of 2022, providing multi-specialty, team-based care in a centralized location. The facility features the newest linear accelerators for radiation therapy in Maine, beautiful infusion suites, an on-site lab, clinical pharmacy and convenient patient



parking. A tour of the Cancer Care Center at CMMC can be seen in this video.

"Our center offers a warm and healing environment where our compassionate and expert team can meet our patients' needs, from surgery to radiation to infusion, all under one roof. We want

each and every one of the St. Mary's patients to know we are here for them and any other cancer patient in our community," said Hector Tarraza, chief of the CMH Oncology Institute.

Central Maine Healthcare is under agreement with New En-

gland Cancer Specialists (NECS), a leading provider of oncology services in the Northeast, to enhance medical oncology and infusion services in the central Maine region.

Recognized as the premier hematology and oncology practice in Maine, New England Cancer Specialists is an independent medical organization that is dedicated to the highest quality team-based care for every patient. Comprised of 18 physicians who are nationally recognized for their expertise and experience, they

participate in more clinical trials than any other practice in Maine. NECS is an affiliate member of the Dana-Farber Cancer Institute.

"We feel for the patients who have recently learned their local medical oncology care is no longer available in Lewiston," said Dr. Chiara Battelli, president of New England Cancer Specialists. "As part of this community, our physicians are committed to any patient desiring to continue receiving exceptional care closer to home."

Auburn announces new finance director, city clerk

AUBURN, ME -- City Manager Phillip L. Crowell, Jr. is delighted to announce the appointment of the city's new finance director and city clerk.

Kelsey Earle, who has been serving as the city's deputy finance director and tax collector since 2020, has been appointed as Auburn's finance director. Earle has been with the city since 2017, holding several positions in various departments, including licensing specialist, deputy clerk, and executive assis-

tant to the city manager. She holds a Bachelor of Science degree in Public Administration, a Bachelor of Arts in Humanities, and is a Certified Tax Collector and Treasurer, Notary Public, and Dedimus Justice. She is also a graduate of the Government Finance Officers Association Leadership Academy.

Earle, who is an Auburn resident, has over 15 years of project management, human resources, administrative and customer service experience in various roles with private and public sector or-



Kelsey Earle

ganizations. She replaces longtime finance director Jill Eastman, who retired in February after serving the City of Auburn for a total of 30 years.



Emily Carrington

"Having grown up in Auburn and as a current resident, there is a heightened sense of pride in my work here," said Earle. "Serving the citizens of

my city and contributing to its success is rewarding beyond measure. It is an honor to continue to serve in this new role."

Emily Carrington, who for eight years has served as city clerk and registrar of voters for the City of South Portland, will replace Auburn City Clerk Susan Clements-Dallaire, who will be retiring in early May after 17 years of service to the city.

Carrington, an Auburn resident, holds a Bachelor of Science in Environmental Studies

and a Master's in Management. She is a Certified City Clerk, Notary Public, and Dedimus Justice, and was named "Rookie Clerk of the Year" by the Maine Town & City Clerks Association in 2020.

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

Stand-up comics this weekend at Great Falls Comedy Club

AUBURN, ME -- Make laughter a priority this week at Great Falls Comedy Club on April 26 and 27, with stand-up comedians Liam Hales and Johnny Ater, and Capital City Improv.

On Friday catch local professional funnyman Johnny "Friggin" Ater, fresh off his comedy album recording, as he is joined by McCue's Comedy Club regular, Liam Hales, and our favorite townie, Leonard Kimble for a night of giggles.

Then on Saturday join improv master Dennis Price, as he presents



Capital City Improv's musical comedy show Makes Merry Music!, an evening of your stories and suggestions, and their songs.


Tickets for both shows can be found at <https://www.greatfallscomedyclub.com> or purchased at the door. Great Falls Comedy Club is located inside

Craft Brew Underground at 34 Court Street, Auburn, under the red awning.


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

Send all items for Newsmakers, Names & Faces to the Editor. Deadline is Friday by five.


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Seniors Not Acting Their Age

Stormy Days in Baxter State Park



Bruce Weik struggles to climb ledges on South Branch Mountain

Following three days of remarkable spring-like weather, the final three days of our six-day Baxter State Park expedition in the South Branch Pond region was dominated by challenging weather. On day four, six of us awoke in the South Branch bunkhouse to a rainy forecast. After enjoying exceptional mountain hikes during the previous two days, low elevation treks were our choice.

Unusually warm weather and heavy rainfall preceded our entrance into the park. The result was unpredictable trail conditions that varied between moderately deep snow in some locations to ice, exposed rock, and muddy surfaces in others. Except for park roads, skiing was not

a realistic option. During our ski in on day one, we met park rangers who reported that South Branch Pond was heavily puddled with dangerously thin ice in places. That negated the opportunity to ski the winter Pogoy Notch Trail across the pond, a prized goal for several of us.

Five members of the group decided to hike south on the normal Pogoy Notch Trail and then follow Howe Brook Trail to a succession of waterfalls at the far end. Nursing an arthritic knee, I chose a couple of less ambitious nearby treks.

After my companions departed carrying snowshoes and micro spikes in anticipation of varying trail conditions, I completed some bunkhouse chores be-



A succession of spectacular waterfalls are found on Howe Brook Trail

fore beginning my mini-adventure. Ashes needed to be removed from the woodstove, the wood box required filling, and a fresh supply of water had to be hauled in from the outlet of South Branch Pond.

The domestic tasks completed, I began my outing. The trails in the area were covered with ice or a shallow layer of snow so I elected to wear micro spikes. The Ledges were my first destination.

A hike to the Ledges entails following nearby Middle Fowler Pond Trail for a short distance before joining Ledges Trail on the left. From there it loops for less than a mile to a trailhead high on the South Branch Pond Road. During my wanderings, the path

consisted of snow, ice, and stretches of bare rock. An overlook on the Ledges provides an excellent view of South Branch Falls.

Following completion of the Ledges Loop, I proceeded farther north on South Branch Pond Road to the trailhead leading to South Branch Falls. The half mile slog to the falls was very wet with soft snow of varying depths. Tall rubber boots were ideal footwear for the conditions. I didn't have any. The picturesque falls were worth the effort.

During my return to the bunkhouse, it started to rain. When the rest of the gang arrived, they described marvelous views of several waterfalls during their damp journey to the upper reaches of Howe Brook.

As evening progressed, the rain changed to mixed precipitation. We awoke to steady snow. Concerned about the possibility of insufficient snow for our sled haul and ski out on the last day, the white gold was truly manna from the skies.

When the snowfall diminished, a variety of plans ensued. Three members of the group decided to climb South Branch Mountain, possibly continuing to Black Cat Mountain. Given the new snow accumulation, snowshoes were their footwear of choice.



A hiker hauls his sled out of Baxter State Park



A scenic winter wonderland was experienced skiing South Branch Pond Road

Two others opted to take advantage of the increased snowpack to enjoy an extended ski on park roads. Pacing myself for the demanding final day, I decided on a shorter version of their excursion.

Skiing South Branch Pond Road was an exhilarating experience. Heavy wet snow clinging to trees provided a scenic winter wonderland. The recent rains had an obvious impact. Viewing Trout Brook from a bridge on the Perimeter Road, I found the usually inconsequential stream resembled a sizeable river.

The mountaineering reported moderately challenging conditions on South Branch Mountain. Snowshoes were required throughout and they encountered steep ledges near the summit. Given unplanned delays, they decided to forego continuing to Black Cat Mountain.

The strenuous 2.2 mile sled pull out to the Perimeter Road on our final day went well thanks

to the fresh supply of soft wet snow. The 11 mile ski to the Matagonon winter trailhead was the culmination of another exceptional Baxter State Park expedition. Despite inclement weather during the second half of the outing, we managed to make lemonade out of a lemon.

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

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“Drumming Up Wishes” fundraiser supports Make-A-Wish

LYMAN, ME -- The 4th annual Drumming Up Wishes concert, to benefit Make-A-Wish Maine, will be held noon to 6 p.m., Sunday May 5 at Funky Bow Brewery in Lyman.

Local drummer Jeff Glidden, of South Portland, founded Drumming Up Wishes and organizes it each year. He became involved with Make-A-Wish Maine after his two daughters received wishes.

The Make-A-Wish Foundation’s mission is “to create life-changing wishes for children with critical illnesses.”

Glidden said the foundation’s work not only helped his children, but brought emotional support for his entire family. “I had daughters with health problems and went through a couple of years when I was aimless and angry,” he said. “When people were running away from us, these people (Make-A-Wish) ran right at us.”

“And they did it twice,” he said, referencing the two wishes his family received -- one for each daughter.

“I was incredibly moved by their generosity,” Glidden said. “It had quite an effect. It changes you as a person.”

After experiencing firsthand the impact of Make-A-Wish Maine, Glidden committed himself to helping the foundation. He has raised nearly \$70,000 in the past five years, and is one of the foundation’s top fundraisers in the state, both overall

and each year.

This year, Glidden is hosting Drumming Up Wishes with a theme: “With a Little Help From My Friends.”

Glidden said there is a double meaning behind the theme. All the bands playing the concert are bands Glidden has performed with, but the bands also all have some connection to Make-A-Wish.

Glidden said they are his friends but they are also “friends” of the foundation.

Performing the 4th annual concert are Diamond Sky, Wake Up Mama, Continental Shakedown and Time Pilots.

Diamond Sky is a jam-based band that has played every annual Drumming Up Wishes show. They also played a show to raise money for Make-A-Wish the year before Glidden started the annual concert series.

Wake Up Mama is an Allman Brothers Band tribute that played last year’s event.

Glidden said guitarist Ken Goodman and bassist Charlie Bradbury, of Continental Shakedown “have a long history of supporting Make-A-Wish Maine and our events.”

Rounding out the bill will be Maine’s party band, Time Pilots.

Last year, Drumming Up Wishes raised more than \$4,200 on the day of the concert, and \$16,000 in total, when including the online fundraising Glidden did as part of the founda-



tion’s Walk for Wishes campaign.

Glidden said he feels pressure now because the foundation’s two biggest fundraisers of years past -- Walk for Wishes, and a Lewiston block party -- are being discontinued.

That leaves Drumming Up Wishes as the largest yearly fundraising event for Make-A-Wish Maine.

“There’s always pressure every year,” said Glidden. “You got to try to do at least what you did the year before, make it grow, make it bigger and better every year.”

Glidden said he hopes to double the amount made at last year’s concert and raise \$8,500 in one day -- the cost of one wish.

The concert is free but donations are encouraged and accepted at the event.

Although Walk for Wishes is no longer, Make-

A-Wish Maine agreed to keep the Drumming Up Wishes QR code and donation page online,

Glidden said he hopes to raise at least \$17,000 in total this year -- enough to cover two whole wishes.

According to the Make-A-Wish Maine website, more than 1,750 wishes have been granted in Maine since the chapter’s founding in 1992.

Glidden isn’t the only one performing at Drumming Up Wishes whose family has been comforted by Make-A-Wish Maine. Dan Mayo, of Saco, who plays bass for Diamond Sky, lost his five-year-old daughter to cancer in 1987.

“As a 24-year-old father of two, I thought the world was a challenge,” said Mayo. “Then I found out my two-year-old daughter, Jessica, had cancer.

“The next three years were insane. Doctors, sur-

gery, a bone marrow transplant -- big medicine. We thought we had beat it, but after two years of struggle, the cancer came back hard and fast. The oncologists at Maine Children’s Cancer Program put us in touch with the Make-a-Wish foundation to help put some hope and happiness into our struggling lives.”

Mayo said it was 15 years after Jessica died that he met Glidden when his band needed a fill-in drummer. He said after Glidden’s daughters had life threatening health issues and received wishes, Glidden “wanted to give back what he could.”

Mayo said his band Diamond Sky worked with Glidden to raise money for the cause. They donated their gig money and raised \$1,100 in the first year.

“Make-a-Wish puts smiles on the faces of kids who really need something to smile about,” Mayo said. “We have all lost a loved one.”

Rob Carlson, of Standish, and a guitarist in Diamond Sky, said Glidden approached him years ago to perform at a benefit for the foundation. Eventually, the effort

among Glidden’s musician friends evolved into an annual concert at Funky Bow Brewery in Lyman.

Carlson said Glidden has broken his fundraising goals with Drumming Up Wishes each year.

Glidden said the event grows every year despite that it has never featured a popular nationally-recognized celebrity musician. The bands that have played Drumming Up Wishes have all been local bands who perform for free. As for his efforts to raise funds for a good cause, the drummer said Drumming Up Wishes has become a permanent part of his life that “will never go away.”

“Working for great good is something everybody should do in some way. Anybody can do it. The need never goes away,” he said. “It means everything to these people and can make all the difference in the world.”

For more information on Make-A-Wish Maine, visit <https://wishes.org/maine>; for Glidden’s Drumming Up Wishes donation page, visit <https://tinyurl.com/drummingupwishes>

MaineCF scholarship available to women pursuing science, business

PORTLAND & ELLSWORTH — The Maine Community Foundation (MaineCF) is currently accepting applications for the Lydia R. Laurendeau Scholarship

Fund. Established in 2013, the Laurendeau Fund provides renewable scholarship support to young women who are graduating seniors from high

schools in Maine pursuing post-secondary education in science or engineering at a four-year university. There is a preference for applicants demonstrating an interest and/or actively

participating in their Franco-American heritage.

The deadline for applications is June 1. For more information or to apply, visit www.mainecef.org.

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Arts & Entertainment

Stanton Bird Club to discuss Maine sturgeon species

LEWISTON, ME -- Scientist, Gail Wippelhauser will be the featured speaker at the May 6th meeting of the Stanton Bird Club. Entitled "The Secret Life of Sturgeon", her remarks will focus on the two species of sturgeon found in Maine. Atlantic and Shortnose Sturgeon are often called living fossils as they are among the oldest bony fish with fossils going back 65 million years.

After receiving a Masters and Ph.D. at the

University of Maine, Wippelhauser taught for several years at the University and the College of the Atlantic. She worked for the Department of Marine Resources (DMR) from 1996 until her retirement in January 2022. During her tenure at DMR she represented the department during the relicensing of hydropower facilities; served on the Atlantic State Marine Fisheries Commission technical committees for American Eel, Striped Bass, and Atlantic Stur-



Gail Wippelhauser with Shortnose Sturgeon – photograph provider by speaker



geon; and conducted research on American Eel, Striped Bass, Alewife, Blueback Herring, Shortnose Sturgeon, and Atlantic Sturgeon.

The talk will be held on Monday, May 6th from

4-6pm at the Auburn Public Library. The public is welcome. This lecture is free of charge. The Stanton Bird Club, a leader in environmental awareness, owns and manages the Thorncrag Nature Sanctuary in Lewiston as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield.

More information about other activities of the Club can be found at www.StantonBirdClub.org and on its Facebook page.

Crafting benefit to be held for SHAREcenter

AUBURN, ME -- Paper Crafting Crop will be held on Saturday, May 11 from 8 am to 4 pm at St. Philips Church Hall on 2365 Turner Rd., Auburn.

The event is sponsored by Rev. Louis J. Fortier Council 106. The cost is \$35 per person. There will also be snacks, coffee and water

provided. You can bring an item for the potluck lunch or bring your own lunch.

There will also be 2 FREE Make and Take projects, thank you-gift for each participant, prizes and drawing, Stampin Up Demonstrator and products.

The SHAREcenter will also have lots of

scrapbooking, paper and stamp items for sale to benefit the center.

SHAREcenter's mission is to Rescue, Reusable Resources, by recycling, reducing and diverting waste while also supporting the needs and concerns of Maine's Environment, Education and Economy.

SHAREcenter



Seated is Tracy Audet, paper crafter, standing left to right are Lisa Rodrigue, SHAREcenter director, Corinne Saindon, Stampin Up Demonstrator and Leo Baillargeon, KofC Council 106 both coordinators of the benefit.

serves schools, nonprof- organizations through a its and some for-profit school calendar mem-

bership program. These different groups pay a nominal annual membership fee based on their criteria. Once the membership is paid, staff are allowed to come and gather rescued "in kind" items to supplement their needs at little to mostly no additional charge to their fee.

SHAREcenter was established almost 30 years ago. We are a completely self-funded program. We raise revenue through memberships, grants, fundraisers and benefactors.

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Scholarships for teachers looking to boost outdoor leadership skills

ORONO, ME — With its abundant natural resources, Maine’s K-12 schools have long embraced outdoor education and place-based learning. As the flagship campus of the state’s public university system, the University of Maine also has a long tradition of outdoor leadership and adventure learning.

UMaine’s College of Education and Human Development, the largest teacher preparation and training program in the state, recently launched

a new outdoor leadership and education graduate certificate. The program is intended for practicing teachers and other professionals who want to incorporate more outdoor and experiential learning into their schools or other educational settings.

A generous gift from the Onion Foundation is allowing the college to provide scholarships that will cover part of the cost for teachers who want to take two classes being offered this summer in Oxford County, Bringing



the Classroom Outdoors and Wilderness First Aid (WFA).

“We’re incredibly thankful to the Onion Foundation for their support of teachers’ professional development,” said UMaine outdoor leadership program coordinator Lauren Jacobs. “The outdoors are an essential part of Maine’s

heritage and economy, and educators play a key role in developing the next generation of leaders and stewards who will sustain safe and meaningful outdoor opportunities for all.”

The two courses both lead to state- or national-certification. Bringing the Classroom Outdoors meets the training require-

ments for Maine’s Educational Trip Leader Permit, which allows educators to bring students outdoors in settings that would normally require a Registered Maine Guide Recreation license. WFA certifies students in nationally-recognized WFA and meets the medical training requirements for being a Registered Maine Guide, Maine Camp Trip Leader and Maine Educational Trip Leader.

The scholarships cover most of the overnight food, facility and equip-

ment costs for a weekend trip that is part of Bringing the Classroom Outdoors, as well as most of the tuition, overnight, food, facility, equipment, books and certification costs for the WFA course.

The deadline to apply for a scholarship for Bringing the Classroom Outdoors is April 29, while the deadline to apply for a scholarship for the WFA course is May 23.

For more information, contact Lauren Jacobs, lauren.jacobs@maine.edu.

Summit prioritizes safety during Safe Digging Month

YARMOUTH, ME – April marks National Safe Digging Month and Summit Natural Gas of Maine (Summit) urges customers to prioritize safety by calling 811 before starting any digging projects. It is critically important to contact 811 at least three working days before any digging projects. Calling 811 allows local utilities enough time to mark underground lines before a project begins. You should not dig until you receive notification from all utilities that they have marked their underground facilities or that no underground facilities exist in your dig area.

“Safety is our top priority at Summit, and a simple call to 811 a few days before a yard project can

protect you, your family, and your community from damaging an underground utility line,” said Lizzy Reinhold, SVP of Corporate Affairs, Sustainability, and Marketing at Summit. “It is required by law that every digging project, no matter the size, requires you to contact 811 to make sure the underground utilities are safely marked before projects begin. This includes common projects like planting shrubs, landscaping or installing a new fence.”

When customers contact 811, local utility companies mark the approximate locations of buried lines in their yards, reducing the risk of injuries and service disruptions. It’s crucial to hand dig near marked lines and

avoid using mechanized equipment to prevent damaging underground utilities.

Striking a single line can lead to costly repairs, outages, fines, injuries, and even fatalities. Projects such as installing a mailbox, building a deck, planting a tree, or laying a patio require a free 811 request at least a few days prior to digging.

The depth of utility lines can vary due to erosion, previous projects, and uneven surfaces, making proper markings essential even for shallow digs. For more information on 811 and safe digging practices, visit www.811beforeyoudig.com or <https://www.summitnaturalgasmaine.com/NaturalGasSafety>.

Rocky’s invites customers to “Round Up for Kids” this month

BATH, ME – Rocky’s Ace Hardware, one of the country’s largest family-owned Ace Hardware dealers with 50 locations in nine states, is kicking off its semi-annual “Round Up for Kids” fundraiser. Throughout the month of April, customers are asked to round up their purchase total to the next dollar. The difference is donated to Children’s Miracle Network (CMN) Hospitals.

“The Round Up for Kids has become one of our signature fundraisers each year,” said Rocky’s Ace Hardware President Rocco Falcone. “It’s a cause our customers, staff and community really get behind.

CMN helps more than 12 million kids each year who receive care from a dedicated children’s hospital to get the best possible medical treatment.”

As in the past, 100 percent of the money raised benefits the local CMN Hospital nearest to each store. Funds collected at Rocky’s store in Bath will benefit Barbara Bush Children’s Hospital in Portland.

“This is a busy season for us as folks come in to get what they need for spring cleanup and summer outdoor living,” Falcone said. “It may not seem like a lot to round up a purchase to the next dollar, but every bit adds up. We anticipate another very successful campaign thanks to the gen-

erosity of our customers.”

For more than 40 years, CMN has helped fill funding gaps, raising more than \$8.5 billion for 170 children’s hospitals by empowering and engaging with local communities and businesses. All donations fund what’s needed most, like critical life-saving treatments and healthcare services, innovative research, vital pediatric medical equipment, child life services and financial assistance for families.

Send all items for Newsmakers, Names & Faces to the Editor. Deadline is Friday by five.



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Gov. Mills issues proclamation for Sexual Assault Awareness Month

WHEREAS, sexual assault impacts all communities in Maine, and people of all races, genders, and economic backgrounds; and

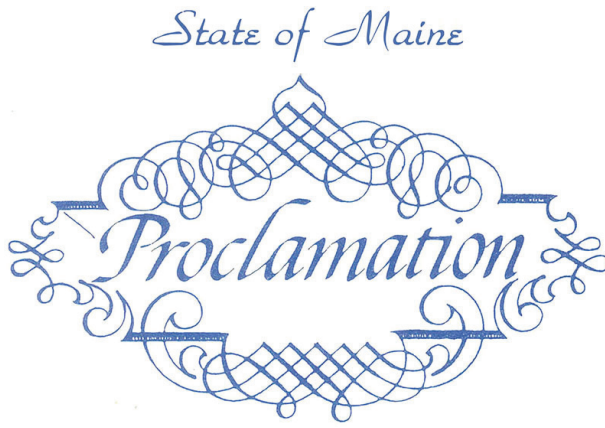
WHEREAS, over 19,000 people in Maine are sexually assaulted each year and one in five Maine citizens will experience sexual violence in their lifetime; and

WHEREAS, the impacts of sexual violence have wide-ranging public health ramifications and societal costs, and survivors

and their loved ones can experience consequences including mental health crises, substance use disorder, homelessness, lost wages, high healthcare costs, and others; and

WHEREAS, systems of support for survivors of sexual assault are often under-resourced and do not provide adequate options for justice and healing; and

WHEREAS, widespread stigma and misconceptions around sexual



violence result in low rates of reporting of crimes, increased isolation and shame of victims, and the continuation of violence; and

WHEREAS, raising awareness in our communities about the causes and responses to sexual violence can lead to long-term positive changes, and building a future free from sexual violence requires us to commit to making changes;

NOW THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim the month of April 2024 as

Sexual Assault Awareness Month

throughout the State of Maine, and I urge all citizens to recognize the importance of working together to educate our communities about sexual violence prevention, support survivors, and speak out against harmful attitudes and actions.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this tenth day of April Two Thousand Twenty-Four
Gov. Janet Mills

SAPARS promotes healing through support groups

Survivors, assaulted as a child, teen or an adult, are often left with strong feelings of guilt, shame and embarrassment. Many feel they have no one to turn to. Sexual Assault Prevention and Response Services (SAPARS) offer support groups in hopes that survivors can feel less isolated and less alone. The purpose of our groups is to provide a safe and supportive environment where survivors can

share personal experiences, discuss information and exchange resources. Through this process we hope to diminish isolation, enhance self-determination, and assist in the healing process.

We offer support groups to people of all, regardless of gender identity. Groups function as mutual-help, peer-support groups where participants take as much responsibility as possible in their own healing process. Groups

offer the opportunity to regain some of the power and control that was taken during the assault. Each group is facilitated by experienced staff whose role is to provide structure, guidance and a safe environment. Before beginning a group, individuals may need to meet with the facilitators to discuss the group, talk about personal goals, and ensure the group is the right fit.

We offer a variety of free and confidential

groups for survivors and concerned others, such as traditional groups, outreach groups, skills based groups, and creative healing groups. For more information please call one of our offices below.

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- Farmington: 207-778-9522
- South Paris: 207-743-9777
- Rumford: 207-507-1016

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Advocacy & safety planning with Safe Voices

Safe Voices' advocates are committed to providing support to those seeking safety from domestic violence, dating violence, human trafficking, and stalking. Each of the outreach offices can provide a secure location for you to have a confidential conversation with someone who can help. Our advocates will take the time to talk with you about your options and help you develop a plan that best fits your needs.

When meeting with

an advocate you can expect: Compassionate, non-judgmental, confidential support; Information, guidance and support for deciding whether or not to report an assault to law enforcement; Support and accompaniment during police interviews and/or meetings with the District Attorney's office; Guidance and information about the criminal justice system; Information about legal options, including how to obtain orders for Protection from Abuse

(PFA) orders; Connection to local community resources and support networks; and Help creating a personalized safety plan.

For more information about our services or to connect with an advocate please call your local office:

- Farmington: (207) 778-6107
- South Paris: (207) 743-5806
- Rumford: (207) 369-0750
- Lewiston-Auburn: (207) 795-6744



SARSSM: Options after an assault

Sexual Assault Response Services of Southern Maine is here for you.

If you have recently experienced sexual violence, you may feel overwhelmed, have questions about your options, or need some time to consider next steps. These feelings are valid and normal, and we are here to listen and support you. We will never judge you, no matter what happened.

To help guide you, we have listed some options below. Our Helpline Advocates are also available 24/7 to answer your questions, or to meet you to a hospital or police department. Contact our free, confidential, 24-

hour helpline at 1-800-871-7741 for assistance.

Time-Sensitive Options: The First 5 Days After an Assault

If you go to the hospital, you can: Receive medical care for any injuries; Receive testing or preventative treatments if you are worried about pregnancy, HIV or other sexually transmitted infections; Have a sexual assault forensic exam (known as a rape kit), to collect evidence of the assault. Ask for drug or alcohol testing within 96 hours after an assault (his is called toxicology testing and is helpful if you are concerned that drugs or alcohol may have been

used in the assault).

Things to know before you go:

These options are time sensitive. The sooner you seek medical care, the more options you will have available to you.

If you are able, try to avoid bathing, showering, using the restroom, changing your clothes, combing your hair, or cleaning up the area. These activities can potentially damage evidence. But don't worry! If you have already done so, you can still have an exam performed.

You will not be required to file a police report if you go to the hospital. You can have

evidence collected, but still choose not to report to police until you are ready.

Options Five or More Days After an Assault

SARSSM will be here for you throughout your entire healing journey. You can always call our helpline to receive support, information resources, or advocacy. Additionally, we offer programs to support your healing, such as support groups, yoga classes, etc., and would encourage you to get involved when you feel ready.

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How to yard your way for the planet

ALEXANDRIA, VA — For fifteen years the TurfMutt Foundation has advocated for the care and use of yards, parks, and other green spaces – what the Foundation calls “backyarding.” The outdoor areas around us makes everyday activities like working, dining, and working out more enjoyable, and they are also good for the planet.

“When properly planted and cared for, our yards and community parks can affect climate change on a microlevel and provide support for backyard wildlife and pollinators,” said Kris Kiser, President & CEO of the TurfMutt Foundation. “Remember, nature starts at your back door, and when done right, your yard is good for peo-

ple, pets and the planet.”

The essential elements that make up your yard and our community parks and public green spaces – including plants, shrubs, trees, and grass – are “environmental superheroes.” Just to name a few benefits, they capture and filter rainwater, produce oxygen, and absorb carbon.

You get to decide how to create a backyard that supports your way of life, shows off your personality, and is designed according to your taste and purpose, adds Kiser. For those with an eco-conscious mindset, here are some tips from TurfMutt to “yard your way” for the planet this spring:

Remember “right plant, right place.” The key



to successful eco-friendly backyarding is selecting plants that support your family’s lifestyle and ones that will thrive in your climate zone (with minimal input from you). Refer to the USDA’s Plant Hardiness Zone Map to find the plants, shrubs and trees

that are best suited for your home.

Choose real grass. Research has shown that yards must be full of live plants to be beneficial to the local environment. Real turfgrass is a major carbon sink. According to this report, an average-sized

home lawn in the U.S. has the potential to sequester 20.3 to 163.4 kg C/lawn/year. Artificial grass, on the other hand, cannot typically be recycled, has to be cleaned and cooled off with water, and is hot.

Plant for pollinators. Bees, butterflies, and birds are not only pretty, they’re also critical to our food system and to maintaining biodiversity in our human-made environments. Selecting a variety of native plants that have evolved for your region that will bloom throughout the year is just one way you can support pollinators with your plantings.

Water wisely. Watering too much is actually bad for turfgrass because over-watered grass gets

lazy, growing roots in a horizontal pattern. With less water, grass sends its roots deeper and vertically to seek water. By working harder, grass does a better job of sequestering carbon and releasing oxygen.

Mowing know-how. You should only cut off about a third of the height of the grass blades per mow to produce a stronger, healthier lawn. That’s because longer grass blades collect more sunlight, resulting in a thicker turf that has a deeper root system. This helps the grass retain moisture and fight off weeds. Scientists have also found that recycling grass clippings on lawns (called grasscycling) will help your grass sequester even more carbon.

\$2.8M grant to support local, regional healthy food

BANGOR, ME – USDA Rural Development Maine State Director Rhiannon Hampson today announced a grant of \$2.8M to help build food system financing capacity in Maine. The grant comes through USDA’s Healthy Food Financing Initiative (HFFI) program. Coastal Enterprises, Inc. (CEI) will lead the project in partnership with the Maine Department of Agriculture, Conservation and Forestry (DACF). The partnership will use the grant to build out the infrastructure of a new food system investment fund and to increase access to existing financial resources and technical assistance.

“USDA Rural Development is proud to partner with the State and CEI to support this transformative work to strategically invest in Maine food and farm businesses,” said Director Hampson. “This grant re-

flects the Biden-Harris Administration’s commitment to increase the resilience of local food production and create fairer markets for all producers. The critical work of structuring financing and grant programs will pay dividends for years to come.”

Through HFFI the USDA helps fund local, state, and regional organizations that partner together to provide financing and technical assistance to food retailers in underserved communities. USDA Deputy Secretary Xochitl Torres Small was in Albuquerque, NM this morning to celebrate the newly announced HFFI projects. Today’s awards include sixteen grants nationwide across twenty states and Washington, D.C. Maine’s \$2.8M grant represents 7% of the total investment.

“No matter where you live across America, you should be able to get af-

fordable, fresh, and healthy food,” said Deputy Secretary Torres Small. “President Biden and USDA are working to strengthen local and regional food systems so affordable, locally grown foods are available closer to home.”

Through the remainder of 2024 and early 2025, CEI will use the HFFI funding to structure the new food system investment fund, including hiring staff, establishing policies, and assembling an advisory council. Once established, the fund will provide loans, credit enhancements, and specialized technical assistance for value-added processing businesses, local distributors, and retail operations. DACF will support that work and will leverage HFFI resources to amplify other economic development programs, including its Resilient Food Systems Infrastructure Program.

The partnership in Maine between CEI and DACF is a robust example of public-private collaboration. Both USDA and DACF have partnered with CEI to finance food processing infrastructure in the past. In 2023, the USDA awarded the nonprofit \$8M under the Meat and Poultry Intermediary Lending Program. Throughout the pandemic, DACF partnered with CEI on major initiatives to support food processing in Maine utilizing federal CARES Act and ARPA funds.

USDA last awarded HFFI grants in Maine in June 2022 to the Cooperative Development Institute in Lewiston, Land and Furrow LLC in Skowhegan, and Good Tern Co-op in Rockland. Together these successful proposals received a total of \$536K.

Land and Furrow LLC was formed in 2021 by Amber Lambke, the

founder and CEO of Maine Grains, to build a permanent indoor space and outdoor plaza for the Skowhegan Farmer’s Market. Land and Furrow used the USDA grant to pay for pre-construction engineering expenses to develop farmers’ market infrastructure in Skowhegan. The 27-year-old market provides local food and nutrition assistance programs for low-income families as well as business opportunities for local farms and food producers. Like the CEI project announced today, this grant helped lay the groundwork for a long-term project that will ultimately expand markets and improve food access.

“As we have seen with prior HFFI grants in Maine, federal funding can accelerate local food initiatives,” said Director Hampson. “Today’s announcement signals an important investment in

Maine’s food system and a win from every perspective. Businesses will benefit from new financing options and technical assistance. For consumers, it will mean a more reliable food chain. Just as importantly, the work will help build a more equitable food system to support health and economic vibrancy for all Mainers.”

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MaineCF scholarships available to adult learners

PORTLAND & ELLSWORTH, ME — Adult learners returning to school may be eligible for scholarships from the Maine Community Foundation (MaineCF).

Eligible scholarship recipients will receive a one or two-year certificate or four-year degree

at the end of the program. They must meet only one of the following requirements: be over the age of 25, work full time while enrolled in school, have dependents, be financially independent, have not received a standard high school diploma, or have delayed college enrollment.

ment.

In 2023, MaineCF awarded 358 scholarships totaling \$675,084.

Deadlines to submit applications are June 15 and Nov. 15. For complete guidelines and to apply, visit www.mainecef.org/scholarships.

The Maine Commu-

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

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Fall head over heels at the Waterville Opera House

WATERVILLE, ME—The 2024 theatrical season at the Waterville Opera House (WOH) continues April 26–May 5 with the outrageous musical comedy *Head Over Heels*.

This genre-bending romp defies theatrical convention to flip just about everything—expectations, the gender binary, some of the characters—on its head. The story reimagines and retells *The Countess of Pembroke’s Arcadia* (a 16th century poem by Sir Philip Sidney, one of Shakespeare’s contemporaries), a fantastical tale of kings and queens, mistaken identities, and burgeoning romances. All that gets dialed up to an 11 in the hands of writers Jeff Whitty and James Magruder, and then up to a 12 or 13 when the whole thing is set to the earworm pop-rock hits of the iconic all-female ’80s group the Go-Go’s.

Audiences will follow the escapades of a royal family on an outrageous journey to save their beloved kingdom from extinction—only to discover the key to their realm’s survival lies within each of their own hearts.

“This story is incredibly fresh, well-written, and robust with love, and I can’t wait to share it with our audiences,” said Isa-



belle Grignon, who returns to the WOH stage for the first time since 2020 to play Pamela in *Head Over Heels*.

Head Over Heels is whacky, colorful, bright, and boppy, but also delivers poignant messages about personal acceptance and the importance of celebrating love in all its forms. These themes and the representation achieved onstage here are crucial to the mission of the Opera House and Waterville Creates.

“This show exists to communicate an acceptance that will hopefully be simply woven into theatre’s onstage future as naturally as it’s been woven into the offstage history,” said veteran WOH actor Jak Peters, who stars as Basilius in this production. “Whether or not the themes of a show are concerned with queer identity

and exploration like *Head Over Heels*, these things have perennially been concerns of the artists and people putting on shows you enjoy. So much better to honor the real spectrum of people who populate the world—and the world of art—with visibility onstage.”

“Representation matters. I am glad that we get to celebrate every uniqueness of society with music, dance, and colorful costumes in this show,” said actor Wee Kiat Chia, who plays the oracle Pythio. “It is elevating to witness such an important, though sensitive, message be demonstrated in a theater with laughter and songs by a group of loving people.”

For regular audience members and newcomers alike, *Head Over Heels* has something for everyone, marrying familiar tunes with truly one-of-a-kind

spectacle for an unforgettable night of theatre.

Head Over Heels opens Friday, April 26, at 7:30pm. Performances follow April 27, May 3, and May 4 at 7:30pm, with matinees April 28 and May 5 at 2pm. ASL interpreted performance on Sunday, April 28 at 2pm.

The Opera House’s

production of *Head Over Heels* is sponsored by Surette Real Estate, New Dimensions FCU, and Maine Savings FCU.

Songs by the Go-Go’s Based on *The Arcadia* by Sir Philip Sidney Conceived and Original Book by Jeff Whitty Adapted by James Magruder Directed by Debra Susi Musical Di-

rection by Shannon Chase Presented by special arrangement with Broadway Licensing, LLC. www.broadwaylicensing.com

Tickets are available now. Visit operahouse.org, call 207.873.7000, or visit the Ed Harris Box Office in the Paul J. Schupf Art Center, 93 Main Street, Waterville, to make reservations.

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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Don’t miss our giveaways!

Lewiston legislative delegation to host public office hours

AUGUSTA, ME – Members of Lewiston’s delegation to the State Legislature will hold constituent office hours at the Lewiston Public Library on Saturday, April 27 from 10:30 a.m. until noon to provide local residents a chance to meet with their elected officials and discuss legislative and state government matters. The dele-

gation will give updates on their work on various policy areas, including the state budget, law enforcement, insurance and financial affairs, taxes, transportation and veterans issues. Office hours are scheduled for the fourth Saturday of every month during the legislative session. This will be the final public office hours event of the year.

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



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Maine's entrepreneurial spirit soars with SCORE

PORTLAND, ME – SCORE Maine, a non-profit organization dedicated to helping entrepreneurs and small business owners succeed, released its 2023 Annual Report today. Despite recent challenges, Maine's entrepreneurial spirit is stronger than ever!

Nearly 4,300 Mainers, fueled by optimism, sought SCORE's expert guidance in 2023.

These small businesses are the backbone of Maine's economy. They create vibrant communities, welcome new residents, and provide job opportunities. Recogniz-



SCORE Client Colleen Hanlon-Smith, Daybreak Growers Alliance

ing this vital role, SCORE connects passionate entrepreneurs with experienced business mentors.

Our dedicated volunteers offer invaluable

guidance, helping to navigate the exciting yet complex journey of business ownership. From crafting a winning business plan to hiring your first employee,



SCORE Client Manasse Shingiro, Casco Bay Cleaning

SCORE mentors empower Maine's entrepreneurs to overcome obstacles and achieve successful outcomes. With SCORE's support, Mainers can

confidently address the challenges and rewards of turning their dreams into thriving businesses.

"SCORE Maine can connect you with a free,

experienced business mentor who can provide you with the tools and guidance you need to succeed," said Strojny.

SCORE is the largest active mentoring organization in Maine. Over 19,000 hours were donated by our dedicated volunteers. With over 115+ volunteers in Maine, our team provides experienced mentors and subject matter experts.

SCORE Maine is a resource partner of the U.S. Small Business Administration. For more information, see <https://www.score.org/southern-maine>

\$525K to support, expand Maine's educator workforce

WASHINGTON, D.C. — U.S. Senator Angus King has announced that Educate Maine been awarded \$525,000 through the bipartisan Fiscal Year 2024 Congressionally-Directed Spending (CDS) appropriations package to establish and develop its Teach Maine Center, which will help to better connect Maine educators in all sixteen counties. The center will also work to implement the Teach Maine Plan — a framework designed to support educators as well as inspire and expand the future educator workforce. Right now, Maine, like the rest of the nation, is fac-

ing a critical an educator shortage and high turnover due to many schools lacking the resources to attract and retain quality teachers. Rural communities, especially, are impacted by this disparity.

The funding is part of the \$454 million — for 185 projects — that the entire Maine delegation secured for state projects in the Fiscal Year 2024 Appropriations Package.

"Our Maine teachers lay the foundation for all our children's success and are invaluable members of the community," said Senator King. "As the son of two public school teach-

ers, I am grateful for all the contributions of educators all across our state. This funding will help Educate Maine better connect and empower our education workforce — providing for our teachers today and preparing the teachers of tomorrow."

The recent approval of our CDS request to develop the Teach Maine Center paves the way for us to address the pressing shortage of teachers in Maine," said Jason Judd, Executive Director of Educate Maine. "We are grateful to Senator Angus King and his dedicated staff for their unwavering

belief in our mission and commitment to supporting Maine's educators. This funding will allow us to continue the vital work to grow, strengthen, and diversify our educator workforce."

Senator King is a strong advocate for teachers across Maine. Last summer, he introduced a bill to expand tax deductions for school supplies teachers purposed out of pocket. He introduced legislation to increase access to mental health resources for educators. He also recently secured more than \$14 million for early learning programs at Penquis

C.A.P., Inc. in Bangor, Aroostook County Action Program in Presque Isle, and Southern Kennebec Child Development Corporation in Farmingdale. He also secured \$5 million for early learning programs in Sanford, Androscoggin Head Start and Child Care in Lewiston, and Midcoast Maine Community Action in Bath. In addition to funding, Senator King has co-sponsored a resolution to honor America's teacher during National Teachers Week.

CDS funding is included in annual federal appropriations bipartisan legislation and provides a

specific amount of discretionary funding to a state, locality, or nonprofit organization for projects with demonstrated civic and community value. Last year, Senator King secured over \$250 million in Congressionally-Directed Spending for 140 Maine projects.

Senator King will begin accepting preliminary requests for FY25 Maine-based Congressionally-Directed Spending projects, pending updated FY25 guidance, in the upcoming weeks. Details on the FY25 CDS opportunity will be available on Senator King's website.

Anthem expands access to specialty mental healthcare

SOUTH PORTLAND, ME — As part of Anthem Blue Cross and Blue Shield in Maine's (Anthem) ongoing work to increase access to mental healthcare and expand treatment capacity in the state, Anthem recently welcomed InStride Health, a pediatric anxiety and obsessive-compulsive disorder (OCD) treatment provider, to its provider network. Anthem is the

first insurance carrier in Maine to offer its members in-network access to InStride Health.

InStride Health treats all severity levels for anxiety and OCD for children and young adults ages 7 to 22, with a focus on those with moderate to severe conditions where anxiety and/or OCD are interfering with functioning and causing additional problems (e.g., social isolation,

school avoidance, physical symptoms, or depression). InStride Health offers evidence-based treatment through individual and family therapy, patient groups, medication management (if needed), and coaching and care coordination delivered by a highly experienced care team of psychiatrists, therapists, and exposure coaches. Care is delivered virtually and typically begins within

one to four weeks of application acceptance.

"We know there is a critical need for more mental health treatment options for children and young adults in Maine, and that's why we are so pleased to welcome InStride Health to the state and to our provider network," said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. "InStride Health's virtual model offers Maine families, especially those in rural areas, a convenient and accessible option for care for pediatric anxiety and OCD. I'm thrilled we can expand the variety of treat-

ment options available to Anthem members throughout Maine."

"Finding the right mental health treatment that is also covered by insurance can feel like looking for a needle in a haystack. We're on a mission to change that. It's incredible to see how much lives change with the right treatment, and we want to make sure that every child, teen, and young adult with anxiety and/or OCD has access to treatment that works, through their insurance. We are grateful to expand our care into Maine and look forward to serving Anthem Maine members," says Dr.

Mona Potter, Chief Medical Officer and co-founder of InStride Health.

Preliminary results demonstrate that 90 percent of InStride Health program graduates with initial elevated anxiety symptoms at baseline experienced a reduction in anxiety following two months of treatment, with an average symptom reduction of 46 percent. Additionally, after three months of enrollment, 82 percent of patients reported reduced functional impairment and symptom severity.

For more information about InStride Health, visit instride.health.



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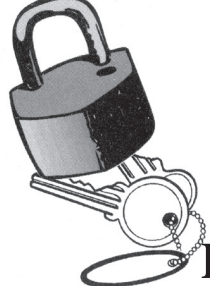
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Fridays through May 10

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 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

AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, April 27th from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

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

Calendar

Send your submissions to the Editor. More online.

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 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

GORHAM -- Public Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, May 4, 4:00-5:30pm. Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$10 adults, \$5 under 12

Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

May 4

BRUNSWICK -- Opus 20 - a fundraiser celebrating Rohan Smith's 20 years as MSO Music Director Saturday, May 4, 2024, 6:30 p.m. - Lemont Hall, 2 Pleasant St., Brunswick. Tickets are \$45 with all proceeds going to support the MSO's free ticket distribution program for students. For more information visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoast-symphony.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 11

BAR MILLS -- CD Release Party: Jennifer Porter "Yes, I do!" at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Saturday, May 11 at 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org

May 12

BAR MILLS -- Vaudeville at SRT: Janoah Bailin in meSSeS at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday May 12 at 2:30 PM. Tickets: \$10 adults, \$5 children 5 to 18, children under 5 free at www.sacorivertheatre.org

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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 Flagg Meadow Road in Gorham, Maine. The silent auction will begin at 10:00 a.m. and the live auction at 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.

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GREAT FALLS FORUM 2023-2024



THURSDAY, APRIL 25, 2024

Jackie Majerus and Linus Unah
Representatives of Youth Journalism International

The 26th season of the Great Falls Forum continues on Thursday, April 25, featuring Youth Journalism International representatives Jackie Majerus and Linus Unah, with a talk entitled "Bringing Youth Voices From LA to the World"

This free, public program will take place from 12 noon to 1 PM in Callahan Hall at the Lewiston Public Library and will also be streamed live via Zoom and the Lewiston Public Library Facebook page.

An award-winning journalist and teacher, Jackie Majerus co-founded the educational non-profit Youth Journalism International in 1994. Based in Auburn, Maine, YJI has students around the globe.

Linus Unah is a journalist, producer, and documentary filmmaker with a passion for crafting powerful stories that foster a deep appreciation for wildlife and the environment. His work has been featured on prominent media platforms, including Mongabay, Al Jazeera, The Guardian, National Public Radio, the Los Angeles Times and Devex, among others.

In their talk, Jackie and Linus will tell the story of YJI and its impact on the youth who are part of it.

Admission is free to all Forum events. The Zoom link will be posted to the Library website and Facebook prior to the event. For more information, please contact the Library's website at LPLonline.org or call 513-3135.

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SENIOR TRIPS

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.

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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