



TWIN CITY TIMES

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Thursday, May 23, 2024 • FREE

Tour Agassiz Village with Poland Historical Society

POLAND, ME – The Poland Historical Society has been invited by Mike Smith, Development Director, to a presentation and tour of Agassiz Village on Saturday, June 1, beginning at 10 AM. Founded in 1935 and located on Thompson Lake in Poland, Agassiz Village continues to serve its original purpose of providing an outdoor Maine experience for children from under-resourced communities. Agassiz Village is located at 71 Agassiz Camp Road, off Johnson Hill Road, in Poland. The presentation will begin in the Main Dining Hall. All are welcome. Please call the Poland Historical Society at 998-5268 for more information.

Big headliners coming to Great Falls Comedy Club



AUBURN, ME – Make laughter a priority this week at Great Falls Comedy Club on May 24, and 25, with two great headliners: Katie Arroyo and A.J. Hapenny.

Arroyo, fresh off her 2024 Boston Comedy Festival appearance, brings her aggressive good-natured act to the stage on Friday along with local favorite and host for the night Mike Gray.

Then on Saturday, don't miss the return of the very popular and unique

A.J. Hapenny who has performed alongside the likes of Jay Leno, Sarah Silverman, and Lenny Clarke.

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

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

CMH welcomes new medical director of trauma

LEWISTON, ME – Central Maine Healthcare has a new medical director of trauma. David Lewis, MD, recently joined the team and will practice at Central Maine Surgical Associates at Central Maine Medical Center (CMMC).

Dr. Lewis completed his undergraduate studies at Williams College in Massachusetts before attending the School of Medicine at Washington University in St. Louis. He completed his residency in Florida at Tampa General Hospital.

Dr. Lewis says while trauma and emergency surgery are difficult fields, he chose them because it's where he can help people when they need it most.

"Those of us who suffer surgical emergencies

or traumas do so without any warning or preparation," Dr. Lewis said. "At one moment, a person is fine, and the next moment, he or she is facing serious injuries and profound uncertainty. I cannot control the bad things that happen to people; however, as an emergency surgeon and trauma surgeon, I can use my knowledge and skills to help make a difficult situation less difficult."

Dr. Lewis is certified by the American Board of Surgery.

CMMC is a regional trauma center for Androscoggin County and surrounding counties. The hospital treated more than a dozen victims of the Oct. 25, 2023 mass casualty event in Lewiston.



9th annual Great Falls Brewfest returns to Lewiston/Auburn

LEWISTON/AUBURN, ME —The Great Falls Brewfest, a beloved tradition in the Lewiston/Auburn area since 2014, is back for its 9th year celebration on Saturday, June 22, 2024. Renowned as one of Maine's largest and most reputable beer events, the

Great Falls Brewfest promises a day filled with craft brews, live music, delicious food, and plenty of fun for attendees. This year's event will feature nearly 50 breweries, cider makers, hard seltzer makers, as well as non-alcoholic breweries, showcasing a diverse selection of beverages for every

palate. Attendees can enjoy live music by local bands and indulge in culinary delights from a selection of food trucks.

Date: Saturday, June 22, 2024

Location: Simard-Payne Memorial Park,

46 Beech St, Lewiston, ME

Hours: VIP Session: 12:00pm - 2:00pm, General Session: 2:00pm - 5:00pm, After Party at The Pub at Baxter Brewing Co!

Live Music By: Silver Heels, Toby McAllister & The Sierra Sounds, Jumpin' Willys

Featured Food Trucks: L/A Taco Truck, Fahrenheit 225, Lucky Cat Coffee, Pinky D's, Bao & Beyond

Sponsored by Big Apple, Rooper's, Compounding Solutions, The Computer Place & Renewal by Andersen.

Tickets can be purchased online through the event website or on the day of the event. VIP Session tickets are available for \$60, General Session tickets for \$45, and Designated Driver tickets for \$15. Purchase your tickets: <https://www.bigtickets.com/events/baxterbrewing/2024-great-falls-brewfest/>

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Newsmakers, Names & Faces

Maine International Film Festival: Passes now on sale

WATERVILLE, ME—The Maine International Film Festival (MIFF) returns to Waterville, Maine, for its 27th edition July 12–21, 2024. Festival passes and packages are now available for preorder online at MIFF.org.

MIFF showcases the best of American and international cinema with world premieres, classic revivals, and inspiring performances and exhibitions. Every year, the festival highlights Maine and New England’s most innovative filmmakers. With 100 films shown across 10 days, festivalgoers can travel the globe while si-

multaneously enjoying a uniquely local Maine experience.

Two tiers of passes are available to patrons this year: the Full Festival Pass, which grants access to individual screening ticket reservations, and the 10-Pass, which gives patrons the opportunity to fully customize their experience, picking and choosing the 10 film tickets that most speak to them.

When the full festival lineup is announced at the beginning of June, passholders will be given a full week of priority ticket reservations before individual tickets go on sale to the general public.



Packages are also available for those who want to make the most of their festival experience by adopt-

ing a film, securing their passes, lining up their priority reservations, procuring their MIFF27 swag, and making a tax-deductible contribution to the festival.

“MIFF marks the most exciting 10 days of film in Maine every year,” said Mike Perreault, executive director of the Maine Film Center. “Throughout the festival, we welcome people from Maine and around the world to experience world premieres, rediscover beloved classics, and celebrate made-in-Maine films and filmmakers. Package and pass holders will have the added benefit of a week of

exclusive ticket reservations once the program is announced in early June.”

This year marks MIFF’s second in the Maine Film Center’s new three-theater home, the recently opened Paul J. Schupf Art Center in downtown Waterville. Together with the Waterville Opera House, Schupf Arts will welcome thousands of movie-lovers for screenings this summer. Festivalgoers will have the opportunity to view the center’s two art galleries, enjoy live music as the Waterville Rocks series kicks off, and explore local businesses in the burgeoning downtown area.

UMaine summer series to inspire, engage K-12 leaders

MAINE -- The University of Maine College of Education and Human Development and Summer University are partnering to offer a series of institutes for K-12 school personnel looking for personal and professional growth and innovative solutions for unique challenges in today’s schools.

The third annual UMaine Educators Institute will be held June 17-18, featuring a keynote speech from Maine Department of Education Commissioner Pender Makin. The event will be held at UMaine for the first time, after being virtual in both 2023 and 2022. Participants can attend workshops in two strands: “Mathematics/STEM Education” and “Social-Emotional Learning and Teacher Wellness.” Associate professor of mathematics education and instructional technology Justin Dimmel will lead educators on visits to the Versant Power Astronomy Center and Jordan

Planetarium, and associate professor of curriculum, assessment and instruction Rebecca Buchanan will deliver a talk on teacher leadership.

The next event in the series is the 2024 Summer Middle-Level Education Institute, June 24-26, also at UMaine. The three-day conference is designed to help middle school educators understand and respond to changes observed in today’s students; rethink and improve student engagement in learning; design wrap-around support for students and adults; and gain tools to inspire positive change in schools and communities. The theme of day one will be “From Vulnerable to Vibrant: Embracing Today’s Young Adolescents;” the day two theme will be “Creating Calm, Engaging and Empowering Learning;” and the theme of day three will be “Breakthrough Change.” Teachers are encouraged to come as a team and bring their own relevant



projects to address during the institute.

“As a former middle school teacher, I’m thrilled to bring this exciting institute to UMaine this summer,” said Penny Bishop, dean of the College of Education and Human Development. “Our expert presenters have incredible knowledge and practical solutions that can help middle-level educators tap into the amazing potential of their students.”

The directors of the Middle-Level Education Institute include Nancy Doda, president and

founder of educational consulting firm Teacher-to-Teacher; Mike Muir, technology director for Maine School Administrative District 44 in western Maine; Caitlin Hutt, an eighth grade social studies teacher at Troy Howard Middle School in Belfast; and Gert Nesin, principal of Old Town’s Leonard Middle School and a former UMaine faculty member.

“One of our goals is for the groups of teachers to bring actionable projects back to their schools,” said Nesin. “As a principal

and long-time middle-level advocate, I’m excited to see what issues they choose to address and the creative problem-solving they come up with to inspire and engage their students and coworkers.”

The last in the series is the 2024 Summer Technology Institute (SummerTech), now in its eighth year as a virtual event held Aug. 6-8. The conference will feature workshops, plenary sessions, community building, networking and learning with leaders in library science and educational technology

from across Maine. The U.S. Educator, author and consultant Carl Hooker will be a featured speaker. His latest book, “Learning Evolution: The New Era of AI in the Classroom,” explores how K-12 educators can thoughtfully and ethically use artificial intelligence to enhance teaching and learning. SummerTech is hosted by the collaborative graduate program in instructional technology, housed at the UMaine College of Education and Human Development with faculty from UMaine, the University of Maine at Farmington and the University of Southern Maine.

Educators who register for the summer institutes can choose to earn professional development contact hours/CEUs, or three graduate credits by enrolling in an accompanying summer course.

More information can be found online or by contacting Raphael Okutoro at um.summerprograms@maine.edu.

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Newsmakers, Names & Faces

Androscoggin rebrands, changes name to Andwell Health Partners

LEWISTON, ME – Maine’s largest independent, nonprofit home healthcare and care management organization has rebranded to Andwell Health Partners.

Founded in 1966, Andwell Health Partners (now formerly known as Androscoggin Home Healthcare and Hospice) started as a home health provider serving the Androscoggin County region. Over its decades-long histo-

ry, it has expanded throughout the state, in all sixteen counties, with services that include in-home hospice care, Maine’s first inpatient hospice facility, the Maine Center for Palliative Medicine, and most recently, community and behavioral health, mobile wound care, in-home care giving, private-duty nursing, therapy care, and maternal and child health.

“As we continue to grow and evolve, we real-

ized that the name Androscoggin Home Healthcare and Hospice no longer accurately reflected who we are, where we are going, and who we serve,” says Andwell board chair Debra Fournier. The new name, Andwell Health Partners, better encompasses everything the organization does. “We’re now the largest independent, nonprofit, home and community-based healthcare organization in Maine,” Fournier says.

The word Andwell is an amalgamation of the organization’s history, mission, and services: “And” honors the Androscoggin County roots, “well” celebrates the focus on health and wellness, and “dwell” highlights the care delivery system of in-home health. The second part of the name, Health Partners, represents the organization’s mission to be a trusted partner to its patients and clients, with a focus on

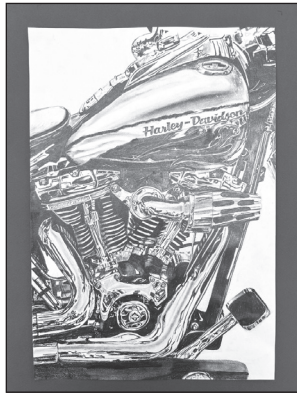
wellness, not illness. And it also serves as health partner to other healthcare organizations who refer to and depend on Andwell. “We collaborate with hospitals, health systems, and other healthcare organizations,” says Andwell president and CEO Ken Albert. “We’re proud they choose us time and again as their preferred partner for home and community-based health care. We take this trust and responsibility seriously.”

“We are proud of our important place on the healthcare continuum, and we know that Andwell Health Partners reflects our true evolution and vision,” says Albert. “Our name may have changed, but our heart hasn’t. We are still the same great people, and we are still committed to enhancing quality of life by providing innovative and compassionate health care for all. We want to serve as your partner in health for life.”

Edward Little HS student/teacher art show at USM Lewiston

LEWISTON, ME – The Atrium Gallery at the University of Southern Maine’s Lewiston Campus hosted an opening reception on Sunday, May 19 for the gallery’s next exhibition, *Creative Collaborations: Honors Art Show ELHS 2024*. The exhibition represents the work of 14 students in Edward Little Art Teacher Matthew Peinado’s 2024 Honors Art class.

Honors Art is conducted in an open studio format. Students research post-secondary art options and portfolio requirements, develop a rigorous semester plan with teacher-approved projects and goals,



Amelia Ross, ELHS

and work diligently and independently with teacher guidance and peer/teacher critiques to create a body of work based on class themes and personal concentration themes. Upon successful completion of Honors Art, students have

a body of work suitable for exhibitions and inclusion in a college art portfolio.

The exhibition process began in fall 2023 and provided opportunities for heightened student engagement and learning in art with teacher-student collaboration and skill-building through mounting a professional show.

“Having Edward Little’s Honors Art exhibition at the Atrium Gallery continues to deepen USM’s relationship with the Lewiston Auburn community by showcasing local artists whenever possible,” said Netty Provost, USM’s Lewiston-Auburn Campus director.

Peinado has been a professional artist and art teacher for more than 20 years, working in the elementary, secondary and university settings. He is often heard telling his students that he believes art saved his life and he wants to bring that love of art to his students. He is originally from Santa Fe, New Mexico, but has lived in Maine for 25 years. He currently works at Edward Little High School as an art teacher mainly working with drawing and painting.

Participating Edward Little students include Myesha Baker, Sophia Bourgoin, Julie Carpentier Erik Carson, Emma

Clark, Elijah Fogg, Ethan Gerry-Johnson, Hailei Hiscock, Kira Josephson, Madilyn Keep, Amelia Ross, Stella Smith, Nora Thompson, and Emma Willigar.

Creative Collaborations: Honors Art Show ELHS 2024, opens with a public reception on May 19 and runs through Friday, July 12. The Atrium Gallery is free and open to the public Monday through Friday, from 9 a.m. to 4:30 p.m., and is accessed through the main campus entrance at 51 Westminster Street.

Special thanks to the Share Center of Lewiston for a donation of materi-

als used by ELHS to mount this exhibition.

Situated in Maine’s economic and cultural center, the University of Southern Maine (USM) is a public university with undergraduate and graduate students taking courses online and at campuses in Portland, Gorham and Lewiston-Auburn. Known for its academic excellence, student focus and engagement with the community, USM provides students with hands-on experience that complements classroom learning and leads to employment opportunities in one of the nation’s most desirable places to live.

Sen. Rotundo Lewiston student as Senate honorary page

AUGUSTA, ME —Sen. Peggy Rotundo, D-Lewiston, and other members of the Legislature recently welcomed Aleyeh Mussa from Lewiston High School to serve as an Honorary Pages during the Senate session. Aleyeh, who is a senior, earned First Honors on Lewiston High School’s first quarter honor roll. He was accompanied by his mother, Iman Haddi. Aleyeh plans on attending the University of New England in the fall.

The Senate Secretary’s Office manages the Honorary Page Program in the Maine State Senate. Pages perform various duties such as delivering messages; distributing documents within the Senate Chamber; interacting with State Senators; and –



Iman Haddi, Sen. Peggy Rotundo and Aleyeh Mussa in the Senate Chamber.

most importantly – taking part in a real world, legislative learning experience. The Maine Legislature recently adjourned and will

not reconvene until January 2025. To sign up to serve as an Honorary Page

for next year, please contact Alex Ferguson after

the 2024 election in November at (207) 287-1540

or Alex.Ferguson@legislature.maine.gov.

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Seniors Not Acting Their Age

High water provides excitement on Kingsbury Stream



Canoeist Mike Timberlake paddles through a turbulent rapid on Kingsbury Stream



Suzanne Cole prepares to kayak down a precipitous descent on Kingsbury Stream



Trip Leader Kyle Duckworth finishes a steep rapid breaking through a hole

For about two decades, Kyle Duckworth has led an April Penobscot Paddle & Chowder Society (PPCS) whitewater trip on Kingsbury Stream near Abbot. Organizing the trip entails evaluating a variety of possible spring conditions. Some years, ice and snow are problems. On other occasions, too little water is an issue. This spring, high water and windy rainy weather were concerns.

In the week leading up to this year's scheduled trip, Maine experienced a major April snowstorm followed by heavy rains. Fortunately, water levels can be closely monitored on the U.S. Geological Survey water data website. The streamflow page reports

current river gauge information for many Maine rivers and streams including Kingsbury. A good range for a trip on Kingsbury is 800 to 1500 cubic feet per second (CFS).

Two days before the trip, the Kingsbury level was about 1400 CFS and climbing. Heavy rain and snowmelt were expected. Those events would likely cause a temporary precipitous rise in the stream. Kyle rescheduled the trip for the following day when water levels were anticipated to diminish. Improving weather was an added benefit of that choice.

His was a good decision. The level rose to 6500 the night before the originally planned trip followed

by an average over 3000 during the period we would have been on the stream. By the time we arrived the following day, it was running 1700 and dropping. The level averaged a very manageable 1500 throughout our outing.

Fifteen enthusiastic paddlers met at the put-in on Route 16 in Kingsbury on a beautiful, seasonably warm sunny spring day. Paddling a lucky 13 boats, we consisted of an eclectic group of canoes, kayaks, and inflatable vessels. My son, Adam, and I paddled a shredder; a two-person inflatable that is very maneuverable in whitewater.

We drove the vehicles to Abbot and left a sufficient number for the return shut-

tle. Our chosen takeout was located next to the stream on the rough pothole-filled River Road.

Returning to the put-in, we began our quest. The outing starts with a steep Class IV ledge descent. Most launched just below, but a few successfully braved the tricky precipitous falls.

A couple of miles of almost continuous Class II/III rapids ensued. We rode rolling waves, ferried around menacing holes, surfed at play sports, and caught eddies to regroup. Given the exceptional weather, this was heaven for avid whitewater devotees.

Rounding a sweeping left turn, the stream narrows and steepens. Chowderheads effectively navigated over breaking waves, around threatening boulders, and through swirling currents to the bottom. Ledges on the left provided an ideal location for a sunny lunch break.

The afternoon began with our merry band carefully negotiating under Coles Corner Road Bridge. Prior experience dictated our decision to follow a narrow route next to the left shore to avoid an intimidating boat devouring hole. Everyone effectively completed the maneuver; no paddlers were consumed.

Easy rapids and a ser-

pentine sector of flatwater led to a narrow gorge containing the most difficult falls of the day. Consisting of a substantial ledge drop, large waves and some gnarly holes, it required careful scouting. Some carried around the ledge while others capably navigated through the complex maze of obstacles.

One more significant rapid remained. The U-shaped descent I call Weymouth Falls takes an abrupt steep right turn partway through. Our group entered one boat at a time and tumbled down standing waves to the finish. The relatively high water flushed out what is usually an exceptional surfing wave at the end.

A prominent cottage is situated high on the left bank. That was the former home of longtime PPCS friends David & Thelma Weymouth. Sadly, the wonderful folks who lived there for much of their 72-year marriage have passed away. We miss them and our frequent visits at the end of the Kingsbury excursion.

Flatwater follows past a couple of camps on the left to the takeout. The carry up the embankment to our waiting vehicles was the culmination of another outstanding Kingsbury adventure. The river gods willing, we'll return again next year.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates numerous whitewater escapades and six multi-day river trips 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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Jr. Celtics Academy hosts summer camp

SOUTH PORTLAND, ME -- Jr. Celtics Academy, presented by New Balance, will be hosting a dynamic co-ed summer camp in South Portland, ME, from July 22 to July 26. This camp welcomes youth of all skill levels, ages 7 to 14, and promises a unique Celtics basketball experience.

Jr. Celtics Academy, the official youth basketball platform of the 17-Time World Champion Boston Celtics, is dedicated to providing positive and inclusive youth basketball experiences. This summer camp aims to treat every participant like an MVP, encouraging self-improvement, teamwork, and fostering a lifelong love for the game.

Participants will engage in high-energy on-court games, drills, and healthy competition, ensuring a fun and exciting environment. The camp will focus on developing game



Grant Williams arrives at camp



Team photo of last year's campers

skills in a safe and inclusive space. For more information, please visit Jr. Celtics Academy at <https://www.nba.com/celtics/jrceltics>



Campers run drills with Grant Williams

[nba.com/celtics/jrceltics](https://www.nba.com/celtics/jrceltics)
South Portland Recreation Center
21 Nelson Rd
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Monday, July 22 –

Friday, July 26
9:00 AM - 3:00 PM
The Jr. Celtics Academy is committed to building future generations of champions and lifelong basketball fans by reward-

ing self-improvement and teamwork. This summer camp is an excellent opportunity for young athletes to grow their skills and enjoy the game in a supportive and dynamic setting.

Support families in honor of Military Appreciation Month

PORTLAND, ME — The American Red Cross provides support to our U.S. military community at every step of their career — from the time a service member takes their oath to navigating life as a veteran and each event in between. You can find Red Cross support of military communities across the globe at military hospitals, on installations locally and overseas and through local chapter offices in every state.

This month, the Red Cross is inviting people around the country to turn your appreciation into action. For those with a military background or just a heart for military and veteran communities, opportunities to volunteer and support are available across Maine. Click here for more information and descriptions of available positions.

"The Red Cross serves our nation's military per-

sonnel and their families, including active duty, National Guard and Reserve, as well as our veterans," said Celeste Stimpson, Service to the Armed Forces program director, Red Cross Northern New England Region. "Red Cross volunteers are at the heart of all this work. Thousands of volunteers help deliver services at Red Cross offices across the country and in more than one hundred military installations around the world."

ANSWER EMERGENCY CALLS WITH THE HERO CARE NETWORK. The Red Cross Hero Care Network is a free 24/7 support system for military and veteran families when they are facing life-changing events like the birth of a child, the death of a loved one, a medical emergency or even a financial crisis. The Red Cross is the only organization to provide this emer-

gency messaging service to separated and active-duty military families.

Volunteers help serve members each day by answering calls, delivering messages and opening cases to support connections to additional resources.

Over the last year, the Red Cross is proud to have assisted over 87,000 families with emergency situations, and nearly 136,000 families received critical community services.

Here in Maine, the Red Cross has provided at least 1,250 emergency and critical community services to more than 850 military families over the last year.

HELP BUILD STRONG FAMILIES AND RESILIENT COMMUNITIES. The Red Cross welcomes volunteers in all of our service areas. However, at this time, there are a few roles that need to be filled most urgently:

Service to the Armed Forces Community Relations and Outreach Lead: Lead the Red Cross team in engaging with community partners to champion support to the military community.

Resiliency Program Volunteer Facilitator: The Red Cross Service to the Armed Forces offers virtual resiliency workshops to help guide members of the military and veteran communities on various topics centered around coping and communication skills.

Hero Care Caseworker: If you are someone with strong listening skills and the ability to work with culturally diverse populations, you can help provide a critical link for families during emergency situations by becoming a Hero Care Network volunteer.

VOLUNTEER TODAY. Turn your appreciation into action by volun-

teering with the Red Cross today. To learn more, visit [redcross.org/volunteer](https://www.redcross.org/volunteer) or contact your local Red Cross chapter to learn about

open positions. Visit www.redcross.org/saf for full information about programs that support military communities.

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Arts & Entertainment

National award-winning author to visit Lewiston Public Library

LEWISTON, ME -- Lewiston Public Library (LPL) will be hosting National Book Award-winning author Jacqueline Woodson for a public event on Thursday, May 30, 2024, at 5:30PM, as part of a national tour in support of her new book, *Remember Us*. Woodson will be joined in conversation with Director and Founder of Diverse BookFinder, Dr. Krista Aronson. The event is offered in partnership with the Maine Humanities Council (MHC), a statewide non-profit organization and Maine's affiliate of the National Endowment for the Humanities (NEH).

Woodson's new book, *Remember Us*, is a beautiful, lyrical novel inspired by her own childhood in Brooklyn's Bushwick neighbor-

hood. Capturing a transformative summer in the life of a twelve-year-old girl as she watches much of her world change, its powerful story delves deeply into life's burning questions about time, memory, and what we take with us into the future.

The public event will take place in Lewiston Public Library's Callahan Hall on the third floor. Admission is free.

About Jacqueline Woodson

Jacqueline Woodson (jacquelinewoodson.com) is the author of more than thirty books for young people and adults including *Another Brooklyn*, *Red At The Bone* and *The Day You Begin*. She received a 2023 Guggenheim Foundation Fellowship, a 2023

E. B. White Award, a 2020 MacArthur Fellowship, the 2020 Hans Christian Andersen Award, the 2018 Astrid Lindgren Memorial Award, and the 2018 Children's Literature Legacy Award, and was the 2018-2019 National Ambassador for Young People's Literature. Her New York Times best-selling memoir, *Brown Girl Dreaming*, won the National Book Award, the Coretta Scott King Award, a Newbery Honor, and the NAACP Image Award. Her books for young readers include *Coretta Scott King Award* and NAACP Image Award winner *Before the Ever After*, New York Times best-sellers *The Day You Begin* and *Harbor Me*, Newbery Honor winners *Feathers*, *Show Way*, and *After Tupac*

An Evening with
JACQUELINE WOODSON
Lewiston Public Library
May 30, 2024
5:30 PM

Photo: John D. and Catherine T. MacArthur Foundation

in conversation with
Krista Aronson

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and D Foster, and *Each Kindness*. In 2018, she founded BALDWIN FOR THE ARTS ([https://bald-](https://baldwinforthearts.org)

baldwinforthearts.org), a residency serving writers, composers, interdisciplinary, and visual artists of the Global

Majority. Her most recent novel, *Remember Us*, is set in the Bushwick section of Brooklyn.

“Oh Lewiston” video debuts at city council meeting

LEWISTON, ME - A song that has stood the test of time, “Oh Lewiston,” composed by Emmy-nominated, renowned music producer Con Fullam, debuted in video form at the Tue., May 21, City Council meeting.

“I wrote ‘Oh Lewiston’ some twenty plus years ago at the request of Lew Colby, then General Manager of WCSH-TV, for a promotional campaign he was creating to celebrate the City of Lewiston. It was not a difficult assignment for me as I had grown up in Waterville which was and still is pretty much a twin. I had not thought about

the song in years until the tragedy of October 25 took place. At that time, the song came back to me, and I felt that its positive message could lift spirits badly in need.”

“The lyrics in ‘Oh Lewiston’ still hold true today and shine a light on city’s heritage, perseverance, and unwavering can-do spirit,” said Mayor Carl Sheline. “We were first introduced to the song when pursuing the All-America City designation and were pleased to be reminded of it when Mr. Fullam reached out.”

“I approached the City about producing a new version of the song featur-

LEWISTON ME

ing the voices of many of Maine’s best known artists including Denny Breau, Brooke LaChance, Eddie Boucher, and Efra Bacerra. Both the City and the artists were excited by the idea, and so we went into the studio and recorded this new version. All of us involved in the making of this music video are deeply honored to be a part of it,” said Fullam.

“For 28 music professionals from throughout the State of Maine to collaborate without hesitation and at no cost to the City is simply extraordinary,”

said Mayor Sheline. “Mr. Fullam said this would be a gift to the City of Lewiston, and it is indeed a real gem. We were also pleased that he gave us the opportunity to submit visuals about our hometown.”

The new musical format was recorded at The Recording Club at The Studio, Portland, Maine, and at Efra Bacerra Studio, Lewiston. Audio producers for the project are Con Fullam, Steve Drown, and Efra Bacerra. Piano is provided by Roy Clark and violin input by Andy Happell and Erica Brown. Sound

mix and mastering is provided by Steve Drown with videographers Reg Groff and Joe Coolbrith. Reg Groff also served as Editor.

Performers in the video are leads Denny Breau and Brooke LaChance, Scott Elliot, Pat Colwell, Sierra Harris, Dan Merrill, Barney Martin, Don Campbell, Firefly, Katie Daggett, Cali Rossen, Ed Boucher, Amina Mahamat, Joan Kennedy, Yvette Faulkner, Anni Clark, Clara Bongamo, Jeanne Martin, Efra Bacerra, Eli Bacerra-Grieve, and Kaylee Kazadi.

Fullam also extends appreciation to numerous others who provided guest appearances, visuals, vid-

eo, and/or creative input: Sen. Susan Collins, Sen. Angus King, Rep. Chellie Pingree, Rep. Jared Golden and family, Gov. Janet Mills, Humorist Tim Sample, Actor Patrick Dempsey, the City of Lewiston, Lewiston Communications Coordinator Dottie Perham-Whittier, Lewiston Highway Operations Manager Reggie Poussard, The Dempsey Center, Richard Plourde Photography, Ryan Ordway, Thom Dickenson, David Hembre, Maine Memory Network, The Androscoggin Historical Society, Lewiston Sun Journal, Mayor Carl L. Sheline, and former Mayor Laurent F. Gilbert, Sr.

Join Auburn-Lewiston YMCA’s Cornhole Tournament

LEWISTON, ME – May, 2024 – Get ready for an evening of fun, games, and community spirit as the YMCA of Auburn-Lewiston hosts its Annual Cornhole Tournament on Friday, June 21 at 6:00 PM at Simard-Payne Memorial Park. This much-anticipated event not only promises an exciting competition but also marks the official launch of the Great Falls Brew Festival, set to start the following day, June

22nd, in Lewiston, Maine.

Event Details:

Date: Friday, June 21, 2024

Time: 6:00 PM (Check-in from 4:30 PM)

Location: Simard-Payne Memorial Park, 46 Beech St, Lewiston, ME

Competitive Division Entry Fee: \$60/team

Social Division Entry Fee: \$40/team

Grab a friend or family member and register your team of two

for an evening of friendly competition and camaraderie. Whether you’re a seasoned Cornhole pro or new to the game, this tournament is open to participants of all skill levels. Enjoy music, food, drinks, and a chance to win cash prizes in both competitive and social divisions.

Competitive Division Prizes:

1st Place: \$400

2nd Place: \$300

3rd Place: \$200

Social Division Priz-

es:

1st Place: \$150

2nd Place: \$100

3rd Place: \$75

Exciting Additions:

This year, the Cornhole Tournament is held on the eve of the Great Falls Brew Festival. Each registration includes a complimentary drink ticket per player, courtesy of Baxter Brewing, and a promo code for 15% off entry to the Brew Festival. Food service will be provided by LA Taco, ensur-

ing that participants have a delightful culinary experience as they compete.

Support a Great Cause:

All proceeds from the tournament will support the YMCA of Auburn-Lewiston’s Summer Programming, including the Kids Summer Camp, making a positive impact on our community’s youth.

Register Now:

Don’t miss out on this exciting event. Gath-

er your team, register today, and join us for an unforgettable evening. Tickets are available on Eventbrite.

The YMCA of Auburn-Lewiston is dedicated to strengthening community through youth development, healthy living, and social responsibility. We offer a wide range of programs and services to support and enrich the lives of individuals and families in the Auburn-Lewiston area.

Road Waves, a sonic adventure, comes to Chocolate Church

BATH, ME -- Experience the sonic adventure that is Road Waves; a dynamic ensemble seamlessly melding the raw energy of rock, the groove of funk, and the sophistication of jazz into an electrifying genre-defying fusion. Conceived a decade ago by visionary front man Ji Sharp, the

band has swiftly ascended as a tour de force in the realm of live performances. This fiery unit has a deep bond with their audience, with each performance delivering an energetic and emotional experience that captivates and energizes listeners. Their live shows skillfully mix precision



and spontaneity, creating a memorable experience that lingers long after the music ends.

Road Waves has been a revelation, entrancing audiences across North America with their unbeatable spirit and musical flair. They invite you on an intimate and thrilling journey with ev-

ery song, leaving an indelible impression on all who partake.

<https://chocolate.na.ticketsearch.com/sales/salesevent/16589>

Road Waves
Fri 31 May 2024,
07:30 PM

The Chocolate Church Arts Center, Bath, ME

OSJL launches bike program for kids of military families

NORTH KINGSTOWN, RI -- Ocean State Job Lot (OSJL), a leading discount retailer with 153 stores across New England and the mid-Atlantic, is pleased to announce a new iteration of its 'Buy, Give, Get' program this spring which will provide Huffy bicycles to children of military families in need.

Beginning Tuesday, May 14th, any customer who buys a Huffy children's bike at any OSJL store for \$100.00 and gives it back to the store as a donation, will get a \$100.00 Crazy Deal Gift Card for free, to be used for a future purchase at any store.



"Riding a bike is one of life's simple joys, and for a kid, there is nothing like the freedom a bike affords," said David Sarlitto, Executive Director, Ocean State Job Lot Charitable Foundation. "We are thrilled to have this opportunity to provide quality Huffy bicycles to children whose parents have sac-

rificed so much, and we thank our loyal customers for their support in this effort."

Ocean State Job Lot will work with the American Legion, Veterans of Foreign Wars, Disabled American Veterans, USA Veterans, and other veteran services to distribute the bikes to military families.

This program supplements OSJL's traditional summer 'Buy, Give, Get' backpack program and its fall 'Buy, Give, Get' winter coat program. Since the start of 'Buy, Give, Get' in 2016, OSJL has provided over 300,000 coats to veterans in need and 200,000 backpacks to children in need, including those from

military families.

Some restrictions apply for the redemption and use of the Crazy Deal Gift Card. Promotion does not apply to Ship-to-Store purchases. Participants must be registered as a Job Lot Insider. Promotion may not be combined with any other discount, offer, or promotion, including but not limited to advertised sale items, Crazy Deals®, Insider coupons, and Insider Executive Deals. No rainchecks. Merchandise credit and Crazy Deal Gift Cards cannot be used as a form of tender during this promotion. Limited product exclusions apply, including Ocean State Job

Lot gift cards, third-party gift cards, clearance items, propane tanks and refills, beer and wine, kayaks, and live plants and flowers. Offer may not be applied to past purchases. All warranty and return rules apply. To find out more Crazy Deals®, please visit: <https://www.oceanstatejoblot.com/crazy-deals-faq>.

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

UMA offers new graduate certificate in DVR

AUGUSTA, ME -- The University of Maine at Augusta, a leader in distance learning for over 30 years, announces its launch of the first public graduate certificate program in Data Visualization & Representation (DVR) in Maine. In line with UMA's mission to provide high-quality distance education and innovative professional programs, students from all over the state can pursue a graduate certificate in DVR, online, gaining in-demand skills in this rapidly growing industry.

While Data Visualization includes charts and graphs, it can also be health infographic posters, maps of snowfall averages, or a comparison of the top 20 most visited tropical vacation sites. "You might be more

interested in business," says Peter Precourt, Professor of Art and Coordinator of the DVR Graduate Certificate Program. "You might be interested in making infographics. You might need to share information with stakeholders of your community group or organization." There is something in this program for almost everyone and the possibilities are nearly endless with, as stated in US News and World Report, an estimated 149 zettabytes (each zettabyte a trillion gigabytes) of data being created, captured, copied or consumed across the globe by 2024. In this 18 credit, six course program, students take two graduate courses in data science, another two in ethical data research methods, and two in art cri-

tique and storytelling. But, according to Precourt, "what really sets this program apart is the open sharing of work in a virtual studio setting. We share our work in real time and give feedback to each other which doesn't just help you get better, but it helps prepare you to be in a public presentation, have your work be questioned, and then respond in a meaningful and thoughtful way."

Data Visualization and Representation is a rapidly growing industry. According to the U.S. Bureau of Labor Statistics, the field of Data Science, which includes Data Visualization Development, is projected to grow 35% from 2022-2032, with over 17,000 jobs to be added annually, and earnings ranging from about \$58,000 to

over \$170,000 per year.

For more information about the Graduate Certificate in Data Visualization and Representation contact Peter Precourt, program coordinator, at peter.precourt@maine.edu or visit <https://www.uma.edu/academics/programs/dvr/>.



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Cast announced for CLT's "Alice in Wonderland"

AUBURN, ME -- Community Little Theatre in Auburn introduces the cast for its upcoming performance of "Alice in Wonderland", adapted by Jason Pizzarello.

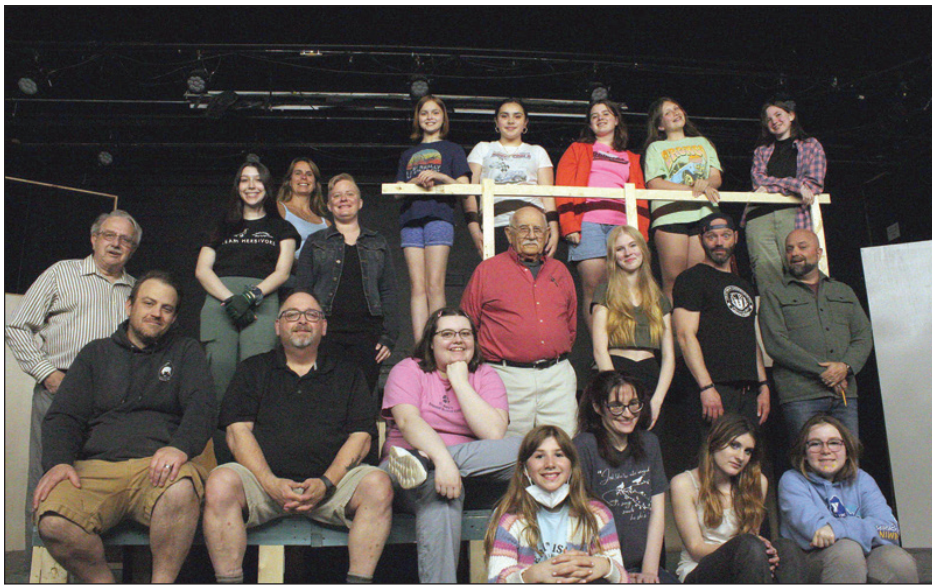
We all know and love the story of Alice, the young girl who falls down a rabbit and learns valuable lessons about life, and herself, through her interactions with colorful and wacky characters. Join Alice as she journeys through Wonderland and, with the help of a Cheshire Cat, an astute Caterpillar, and a righteous Humpty Dumpty, finds her way and discovers who she really is.

Pizzarello's adaptation of Alice in Wonderland has been described as, "A darker, more faithful version of Lewis Carroll's classic tale that re-imagines the experience of Wonder-

land and ends with an unexpected new twist."

This timeless story, along with the unique characters, colorful scenery and creative costumes is ideal for both children and adults.

The cast of Alice in Wonderland: Angela Gallant-Card(7 of Clubs)/Daisy, Anita Charles-The Dutchess/The Rose, Evie True-Knave of Hearts, Jason Pelletier-The Mad Hatter, Dan Kane-Queen of Hearts, Dana Chabot-The White Rabbit, Daphne Cifelli-Daisy/Dance Ensemble, Greg Lambert-March Hair/Gryphon, Hellena McCauley-Sister/Dance Ensemble, Isabella Riggolo-Alice 1, Jacob Osborne-White Knight/Mock Turtle, Jim McKinley-Caterpillar/Old Squirrel, Julia Pfoht-Dormouse, Lea Staedtber-Footman/



Seated front row, L to R: Jacob Osborne, Tony Roy, Shayna Barnhard, Mia Baril, Angela Gallant, Mara Cunningham, Mazie King; Second Row: Jim McKinley, Dana Chabot, Tracy Kuklinski, Lea Staedtler, Phil Vampatella, Helenna McCauley, Greg Lambert, Jason Pelletier; Third Row: Julia Pfohl, Mia Rodriguez, Evie True, Isabella Rizzolo, Link Brown Missing from photo: Oliver Caron, Anita Charles, Lily Johnson, Dan Kane and Maisy Seaver

Card(5 of Clubs), Lily Johnson-Daisy/Dance Ensemble, Link Brown-Card(4 of Spades), Maisy Seaver-Alice 2, Mara Cunningham-Card(6 of Diamonds)/Daisy, Maizy King-Daisy/Dance Ensemble, Mia Baril-Dance Ensemble, Mia Rodriguez-Card(3 of Hearts), Oliver Caron-Tweedle

Dum/Cheshire Cat, Phil Vampatella-Footman/Executioner/Ace of Spades, Shayna Barnhard-Tweedle Dee/Card(2 of Clubs), Tony Roy-King of Hearts/Humpty Dumpty, Tracy Kublinski-Cook/Tiger Lily.

CLT will present "Alice in Wonderland" June 14th, 15th, 20th, and 21st at 7:30 p.m. and June 16th, 22nd and 23rd at 2:00 p.m. Call 783-0958 or visit www.LACLt.com for tickets and information.

L/A Community Little Theatre, located at 30 Academy Street in Auburn, has been producing live theatre since 1940. A volunteer, non-profit organization, our goal is to provide affordable and quality entertainment in the performing arts as well as education, training, and experience in theatre for area youth. www.laclt.com.

Ticonic Gallery opens new interactive exhibition

WATERVILLE, ME—Waterville Creates and Ticonic Gallery + Studios are pleased to present the new exhibition *At Play: Works by Tom Jessen*, in conjunction with the Colby Center for the Arts and Humanities' annual theme of *PLAY*.

At Play: Works by

Tom Jessen is the first interactive exhibition at Ticonic Gallery. Jessen's work invites visitors to become active participants in the creative process, embracing a playful spirit to explore how the act of making art—like the act of playing—incorporates and depends on ele-



ments of chance, mystery, and unknown outcomes. Through a series of public events grounded in

structured gameplay, participants will dismantle, construct, and reconstruct pieces while immersing themselves in a group art-making process.

"I see parallels between the systematic approach one uses in making art works and the rules one follows while playing games," Jessen said. "This observation has motivated me to employ chance operations in determining the final form of each work, often through the act of playing a game. Some pieces are designed to allow others to take the lead in constructing the forms by playing the game."

Whether experienced or aspiring artists, or artists-at-heart, all are invited to bring their creativity, curiosity, and sense of play to shape works in this exhibition. No prior experience is necessary. By inviting people into the gallery to take a central role in the art-making process, Jessen hopes to remove the perception of art as an exclusive activity solely for individuals with a particular background or education. This approach perfectly embodies Waterville Creates' mission of *arts for all*.

"By allowing others to construct the work, my hope is to demystify the art-making process," Jessen said. "These works can be dismantled and re-assembled continuously. Using chance operations ensures the work remains



fluid, allowing each form to always be different. This process also allows me to minimize my own agency, stay present, and keep the experience mysterious."

An opening reception will be held at Ticonic Gallery on Friday, May 24, 4–7pm. *At Play: Works by Tom Jessen* will then be on display in the gallery through August 26.

Jessen will enhance the *At Play* experience by adding a new interactive element to the exhibition during each of the three subsequent First Friday events in downtown Waterville on June 7, July 5, and August 2.

"We are thrilled to begin the summer season with our very first interactive exhibition," said Marie Sugden, exhibition coordinator at Waterville Creates. "Tom's artwork infuses elements of play and

spontaneity, inviting visitors of all ages to actively contribute to the art-making experience. Come play with us this summer!"

At Play: Works by Tom Jessen is sponsored by: Morning Sentinel/Kennebec Journal, Kennebec Savings Bank, City

of Waterville, Colby College Center for the Arts and Humanities.

Ticonic Gallery is open 11am–7pm daily, except Tuesdays and federal holidays.

Learn more about the exhibition at watervillecreates.org/shows/at-play-works-by-tom-jessen.

About Ticonic Gallery + Studios

Ticonic Gallery presents diverse year-round programming that incorporates local, regional, established, and emerging artists as part of gallery exhibitions and associated events. This arrangement of exhibitions allows for a broad representation of artists and media throughout the state of Maine and beyond. Ticonic Studios provide a safe and supportive environment for creative endeavors for all ages and levels of experience and offer a diverse array of educational experiences that enrich, engage, and inspire. Ticonic Gallery + Studios are located in the Paul J. Schuff Art Center, 93 Main Street, Waterville. Learn more at watervillecreates.org/ticonic, or follow Ticonic on Facebook and Instagram @ticonicgalleryandstudios.

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Study: Higher rates of food insecurity in Maine

AUBURN, ME - New data released from Feeding America's annual Map the Meal Gap study this week confirms what people in Maine and the statewide hunger relief network have been experiencing over the past two years: rates of food insecurity are on the rise.

Based on this new data, Good Shepherd Food Bank of Maine reports that population-level rates of food insecurity grew from 10.5 percent in 2021 to 13 percent in 2022, resulting in an estimated additional 35,000 people in Maine struggling to find room in their household budgets for food. All told, one in eight or 180,000 people in Maine experienced food insecurity in 2022, including one in five or 46,000 children.

"While this new data is startling, it is not a surprise based on what we've been hearing from our community partners," says Heather Paquette, president of Good Shepherd Food Bank. "People in Maine experienced drastic increases in the cost of food and other basic needs in 2022, and the more than 600 partners we work with statewide have been seeing steady increases in the number of households depending on them."

Based on trends in the statewide hunger relief network, Good Shepherd Food Bank expects even higher rates of food insecurity as data from



2023 comes to light, as pandemic-era SNAP benefits were rolled back in the first quarter of 2023, compounding the impacts of inflation, and reducing household financial security. A sampling of data from 40 community food pantries shows double-digit percentage increases in both visits and households served between 2022 and 2023, with some partners anecdotally sharing even sharper increases.

In response, the Food Bank is on track to distribute nearly 40 million meals through Maine's charitable food network during its fiscal year ending in June, a 19 percent increase from the prior year.

Map the Meal Gap This newest dataset represents a shift to the highest rates of food insecurity in Maine since before the COVID-19 pandemic. While the pandemic initially caused a sharp spike in food insecurity across Maine communities, multi-pronged public support, including increased SNAP benefits,

quickly mitigated the crisis and ultimately led to the lowest rates of hunger in decades before inflation took hold in 2022.

According to the Map the Meal Gap study, the national average cost per meal has increased to \$3.99, its highest point in the last two decades, even after adjusting for inflation. The average price per meal in Maine grew to \$4.19 in 2022. The study shows that in Maine, the total amount of extra money needed for people who are food insecure to cover their food needs grew 45 percent between 2021 and 2022 to over \$140 million.

"We all know from managing household budgets that food is an area where you can cut back when expenses grow, and that is even more true when food costs are higher," says Paquette. "More and more of our neighbors are relying on the charitable food network to meet their household food needs as they carefully manage their budgets."

This is echoed by



the recent 2023 ALICE in Maine: A Study of Financial Hardship report, produced by the United Ways of Maine, which demonstrates that a striking 42 percent of Maine households struggle to afford the basics, including food, in the communities where they live. The study accounts for households below the poverty line and households categorized as asset limited, income constrained, and employed (ALICE).

According to the Feeding America study, only about half of the people in Maine experiencing food insecurity in 2022 qualified for SNAP benefits, meaning the remaining 50 percent earned more than the threshold to receive benefits but didn't make enough to afford food and other basic needs.

"We have been strategically growing our food distribution for the past decade, including more nutritious and culturally relevant food," shared Paquette, "but growth at this rate and continuing meal distribution at this scale is both unsustainable and not the answer to building food security across our communities."

Paquette says the Food Bank is in regular contact with Maine's congressional delegation and state policy leaders and works in partnership with other leading Maine nonprofits and members of the Feeding America network to bolster federal and state safety net programs. The aim is to strengthen the financial security of Maine households and reduce the demand on the charitable food network.

"Until we as a collective society grapple with the systemic issues that underlie widespread household financial insecurity, we will continue to find ourselves on the hamster wheel of higher demand in the charitable food network," says Paquette.

Feeding America's Map the Meal Gap is the only study that provides local-level estimates of food insecurity and food costs for every county and congressional district. The study builds upon the USDA's latest report of national and state data, which showed a sharp increase in food insecurity in 2022 amidst historically high food prices and the expiration of many pandemic-era programs. Map the Meal Gap emphasizes the urgent call for us to act.



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Bridgton Hospital nurse anesthetist wins award

BRIDGTON, ME -- Seth Rabinowitz, CRNA, a nurse anesthetist at Bridgton Hospital, is this year's winner of the Winnie R. Moore Award.

The Winnie R. Moore Award was established to recognize clinical nursing excellence. Recipients exemplify qualities such as leadership, mentorship and commitment to caring for the Lakes Region. It's named after

Winnie Moore, RN, who spent most of her career in Bridgton, working as a nurse at Northern Cumberland Memorial Hospital which later became Bridgton Hospital. She was the director of nursing at Bridgton Hospital for 29 years and also served on the hospital's board of directors.

For years, Seth Rabinowitz has been delivering anesthesia care to



Seth Rabinowitz surrounded by his fellow team members

Bridgton Hospital's surgical patients. His expertise is widely acknowledged and sought out by providers there.

"Seth has been instrumental in advancing Bridgton Hospital's surgical services," said Bridgton Hospital President Stephany Jacques. "He collaborates closely with our nurses and provides a stabilizing presence for the entire team. He is well de-

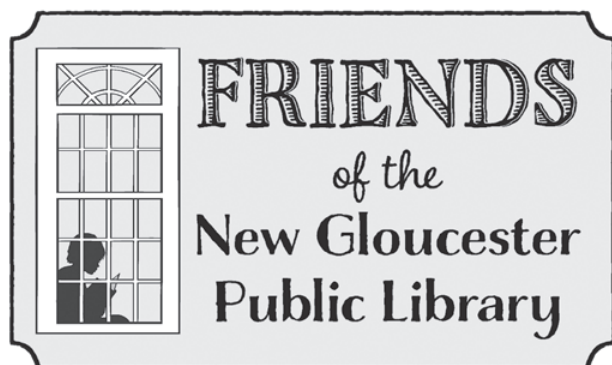
serving of this award.

The award presentation took place during the annual Winnie Moore Breakfast at Bridgton Hospital which is part of Central Maine Healthcare's Nurses Week celebrations. During the ceremony, past Winnie R. Moore Award winners pass a candle along until it reaches the current year's recipient, representing a passing of the torch.

Public invited to spring book, bake sale

NEW GLOUCESTER, ME -- The Friends of the New Gloucester Public Library announce their spring book and bake sale, to be held on Sunday, June 9, 2024, from noon to 3 p.m. at the New Gloucester Community Building, 381 Intervale Road in New Gloucester. Members of the Friends are invited to a preview sale that morning from 11 a.m. to noon. Everyone is welcome to join the Friends that day, if they are not already a member.

The Friends book sales are a cherished tradi-



tion in New Gloucester that may have begun as early as 1960, when discarded books were placed on sale at the library in order to generate a little income. In

the Friends book and bake sales of today, members of the community come together to visit and nibble on homemade cookies and bars while browsing the se-

lections and getting a jump on summer reading.

The public is invited to donate books to the sale by bringing them to the New Gloucester Public Library, located at 379 Intervale Road, during open hours. Of particular interest are children's books, and adult fiction and non-fiction. Please limit donations to two cartons or four grocery-sized bags. Containers will not be returned and library staff will not be available to assist in unloading donations. All materials should be clean and free of

odors, mold, and mildew. The Friends are not accepting Reader's Digest Condensed books, encyclopedias, text books, magazines, VHS tapes, DVDs, or CDs.

While the library has always had a core group of volunteers, the formal organization known as the Friends of the New Gloucester Library was established in 1989. Today a non-profit 501(c)3 organization, the Friends help fund library programming, purchase books and other materials, and sponsor the library's free museum and

park passes. Recent projects include the Friends' popular book and bake sales, offering a raised-bed vegetable garden class, supporting summer-reading programming and book clubs, landscaping library grounds, and participating in town events, such as the Community Fair and Tiny Timber tree lighting. In 2019, the work of the Friends received the Spirit of America Foundation Award, a tribute presented to Maine municipalities, individuals, and organizations for commendable community service.

UMA selected as Remain's 2024 Envision Resilience partner

AUGUSTA, ME — The Envision Resilience Challenge, a multi-university design studio and community engagement initiative founded by philanthropist Wendy Schmidt and her husband, former Google CEO Eric Schmidt, announced today that its fourth year of programming will take place in Maine. University of Maine at Augusta (UMA) has been selected as one of eight university partners to participate in this year's challenge. Other participating universities include Cornell University, Harvard University, University at Buffalo, University of Michigan, University of Virginia, Yale University, and the program's first international partner, University of Toronto.

UMA's Bachelor of Architecture (B.Arch.) program offers the only professional architecture degree in Maine and the only public 5-year professional degree in northern New England. UMA teaches architecture through en-

gagement, educating, and empowering students to explore, investigate, and analyze the built environment. Examples of how students engage in local communities, as well as its accreditation by the National Architectural Accrediting Board program can be found at uma.edu/barch.

Over 25 years ago, Professor Roger Richmond envisioned the architecture program as a two year-plus associate's degree which grew to a full Bachelor of Arts degree in 2001. While maintaining high quality core values of Space, Scale, and Light, and the necessity to Design with Intention, the program began to use more advanced tools and language of architecture. The goal was always to best prepare graduates for further study, professional practice, or immediate employment, and to have successful graduates leave the University with an awareness of the importance of architecture in the development of society, and ar-



Architecture students with 3-D building models

chitecture's power to affect the quality of individual lives.

Portland, South Portland, and the Casco Bay Islands have been chosen as study sites for the 2024 fall design studio, which will convene community stakeholders and teams of students studying architecture, landscape architecture, urban planning, and environmental science. Like coastal communities around the world, Portland and South Portland are at the forefront of a changing climate. The Gulf of Maine waters are warming, and sea levels are rising at three to four times the global average. Winter storms this year have flooded downtowns, damaged wharves, washed away historic

structures and set record high tides.

The 2024 Envision Resilience Portland and South Portland Challenge has worked with the local community to identify several sites that will be the focus of the student teams:

- Portland Working Waterfront
- Portland Industrial
- Portland Public Open Space & Parks
- South Portland Waterfront
- South Portland Industrial
- Casco Bay
- Casco Bay Islands

Building on the success of its previous challenges, the Envision Resilience Challenge will bring to the Greater Portland Region a leading network of students, faculty,

and researchers to engage with municipal and community leaders, business owners, local stakeholders and nonprofit and science organizations. Student participants will spend the fall 2024 semester diving deep into local challenges, researching pathways forward, and proposing adaptive and imaginative solutions to the current and future impacts of climate change.

"Climate change is the defining issue of our time—but instead of fearing the future, this program asks us to reimagine the future we would like to see and then work toward it," said Wendy Schmidt, founder of Remain. "The Envision Resilience program reminds us that when we collaborate and approach challenges with creativity, we can work toward a brighter future. The eight participating university teams bring the ability to merge spatial and social histories, community input and speculative futures that will become hopeful visions for Portland, Maine, and other communities facing similar challenges."

"Being selected to participate in the 2024 Envision Resilience Portland and South Portland Challenge is a great honor. Our students are going to benefit greatly from the incredible resources that Remain provides as part of the Challenge Studio. The ability to collaborate with

the other seven universities will be a great learning experience," says UMA Professor of Architecture Patrick Hansford, a practicing architect with over 38 years of experience, whose most recent project was a shelter for victims of domestic violence and homelessness in his hometown of Troy, Ohio. "Our community design studio focuses on service. Being part of this year's Envision Resilience Challenge will afford our students the opportunity to work with community partners in Portland and South Portland to address important issues facing Maine, New England and beyond."

Following the fall semester design studio, the Envision Resilience Challenge facilitates community programming, events, and an exhibition to showcase the design outcomes to the region. To date, the program has worked with 346 students, 70 community advisors from eight coastal communities and 22 student teams from 13 universities. The public is invited to follow along throughout the duration of the challenge at www.envisionresilience.org and via social media (@envisionresiliencechallenge). To learn more about the previous studios, explore the design outcomes of the 2021 Nantucket, 2022 Narragansett Bay and 2023 New Bedford and Fairhaven student teams.

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TurfMutt Foundation: We need more yards, parks, green spaces

ALEXANDRIA, Va. — For 15 years the TurfMutt Foundation has advocated for the care and use of yards, parks, and other green spaces. These outdoor areas facilitate “backyarding,” the act of taking every day activities that we normally do inside into the outdoor spaces around us such as dining, working, relaxing and more. This not only makes life more enjoyable, but it also improves the health and well-being of people, pets and the planet.

“Over the years, we’ve seen the benefits to families, communities and wildlife by having accessible green space to help

balance our man-made environments,” said TurfMutt CEO & President Kris Kiser. “The benefits of nature — which starts right out our backdoors — are vast, and there is a wealth of scientific evidence to support the argument for growing our green space.”

Here are the top 5 reasons we need more managed green space in our backyards and communities:

Environmental Benefits

Plants, shrubs, trees, and grass are “environmental superheroes” that capture and filter rainwater, produce oxygen, and absorb carbon. The dense canopy and fibrous root system



in a lawn sequesters carbon so well that it outweighs the carbon used for maintaining the grass by as much

as seven-fold. An average-sized home lawn in the U.S. has the potential to sequester 20.3 to 163.4 kg C/lawn/year. Planting trees results in less runoff and erosion, allowing more recharging of the ground water supply and resulting in less sediment and chemicals in streams.

Physical Well-Being

The physical health benefits of spending time in green space are vast. A review of research published between 1976 and 2017 found consistent associations between greater urban green space exposure and decreased mortality, heart rate, and violence, as well as between greater urban green space exposure and increased attention, mood, and physical activity. Living near green spaces could add 2.5 years to your life, according to research published in the peer-reviewed journal Science Advances. Additionally, people living near green spaces, including parks, age slow-

er than those in dense urban environments.

Mental Health

Spending time in green space also makes us happier and improves our mental well-being. According to a systematic review of research, green spaces decrease the risk of psychiatric disorders, including depression, anxiety, dementia, schizophrenia, and ADHD. Additionally, visits to parks, community gardens, and other urban green spaces may lower city dwellers’ use of drugs for anxiety, insomnia, depression, high blood pressure, and asthma.

Financial Advantages

Having more green in your yard can add more green to your pocketbook. According to a study conducted by the Harris Poll for the TurfMutt Foundation, nearly three-quarters of Americans overall (72 percent) say a spacious yard would be at the top of their wish list if they were looking for a new home. A beautiful landscape improves curb appeal, which

can increase home value by as much as 17 percent. Each front yard tree adds one percent to a homeowner’s sale price, while large specimen trees can add 10 percent to property values.

Wildlife Corridors

Wildlife — including pollinating birds, butterflies, bees — have had to adapt to the human-made environment. Having the proper green space that blooms throughout the year in backyards and community parks plays a critical role in helping animals and insects thrive by reconnecting fragmented habitats into a connected ecosystem. To find the best plants to support backyard critters in your area, consult the National Wildlife Federation’s Native Plant Finder.

Backyarding is most beneficial when practicing the “right plant, right place” principle. This means selecting plants that support your family’s lifestyle and ones that will thrive in your climate zone with minimal work on your part. Refer to the USDA’s Plant Hardiness Zone Map to find the plants, shrubs and trees that are best suited for your yard. If pets are in the picture, you will want to choose pet-friendly plantings. The ASPCA has a list of non-toxic plants that are safe for pets.

For more photos, go to: <https://www.dropbox.com/scl/fo/u7goydpvizo-gtlscz1dyp/AAUK-wPFjUNzZ2-cfJaNt-tY0?rlkey=j-t0zz8qlh7m-w15u67ml1el1gn8c&dl=0>

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Calendar

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May 23
AUBURN -- Free public lecture titled, Be Set Free at 7:00pm at the Hilton Garden Inn Riverwatch sponsored by First Church of Christ, Scientist, Lewiston-Auburn. This talk is part of the church's efforts to embrace the community with healing love and prayer in the wake of last fall's shooting. Speaker, Nicole Virgil, CS will examine liberty from a Biblical perspective and show how people can find freedom from all kinds of restrictions--physical, emotional, and circumstantial--that seem beyond their control.

For questions, call 207-782-0012, cschurchauburn@gmail.com

May 24
BAR MILLS -- Don Roy Trio with the Arnotts at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Friday, May 24 at 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org.

May 25
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, May 25, 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.

May 25
BAR MILLS -- Vaudeville at SRT: Michael Trautman in Body Talk at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday May 26 at 2:30 PM. Tickets: \$10 adults, \$5 children 5 to 18, children under 5 free at www.sacorivertheatre.org

May 25
GRAY -- The First Congregational Church of Gray Saturday Night Church Supper, Saturday, May 25, 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 Kidney, Red Hot Dogs, Breads, Assortment of Desserts & Beverages.

May 25
AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, May 25th 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.

May 27
NEW GLOUCESTER -- Memorial Parade & Memorial Service on Monday May 27, 2024 in New Gloucester. We invite you to join us Veterans, Church Groups, Cheerleaders & Dances Groups, Walkers/Marchers, Floats, Classic Vehicles. We start line-up at 8:00 A.M. at Memorial Elementary School on Intervale Rd, New Gloucester, Me. Parade steps off at 9:00 A.M. Sharp! Parade will march to Veterans Memorial Park. The Memorial Service at the Veterans Park. A time to "Honor Our Veterans" and Reminder Loved Ones that pass from our ranks.

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
GORHAM -- Gorham Garden Club Plant sale, June 15th 9AM -12 PM. Location: Baxter Library next to the Gazebo, 71 South St., Gorham, Maine

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.

July 13
GORHAM -- The Maine Iris Society will hold its annual auction of bearded iris rhizomes on Saturday, July 13th, starting at 1:00

pm at the Treworgy Homestead and Garden located at 120 Flagg Meadow Road in Gorham, Maine. A complimentary self-guided tour of the Treworgy Garden is included. This event 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 fami-

lies, 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.

Norway Savings adds \$25K to Lewiston's Trinity Jubilee Center

LEWISTON, ME --Through nutrition services, job and life coaching, medical care, and warm welcomes, the Trinity Jubilee Center in Lewiston has offered support to tens of thousands of people in need since its inception over 30 years ago. Driven by benevolence, the center has provided hope, empowerment, and a better life to visitors in the process.

"In a single day, hundreds of people receive a free meal, hundreds of families gain access to groceries, unhoused individuals are provided with coats and gloves, and a whole group of others are helped as they apply for jobs," said Dan Walsh, President and CEO of Norway Savings Bank. "Their impact is overwhelming."

Trinity Jubilee Center is focused on addressing the unmet needs of underserved people in a variety of ways in the Lewiston/Auburn area. A soup kitchen, food pantry, day shelter, resource center, refugee integration program, and other services are open to anyone in need to help stabilize and improve their lives.

The inspiring mission of the center has drawn

support from individuals, businesses, and organizations across Maine and beyond, including Norway Savings Bank, which recently delivered a \$25,000 check to the center as part of a multi-year commitment to build a spacious new facility right down the street from their current location.

"It's not just food, it's food today, and helping people feed themselves tomorrow. We are so grateful to Norway Savings Bank and all of our donors for making this possible and for believing in our mission, our community, and our neighbors," said Erin Reed, Executive Director of Trinity Jubilee Center. "The support helps people through the toughest times of their lives."

The need is large, but the space is limited in the center's current location in the basement of the Trinity Episcopal Church on Spruce Street. The center is raising money for the new center in downtown Lewiston as part of a capital campaign entitled "Hope Starts Here," a campaign in which NSB is proud to be a contributor.

"The new facility will enable the center to more efficiently serve peo-

ple and will even contain showers, laundry facilities, private meeting spaces, and other services to continue offering the compassion and caring that they're known for in a modern building," said Walsh. "When you hear the staff talk about how much more efficiently they will be able to help and how many additional people they will be able to assist, it really speaks to the importance of the campaign."

"The new center will offer a 1,200 square-foot day shelter, twice the size of our current shelter, a fully equipped doctor's office, a health access center, a client services office, a larger kitchen, and an indoor food distribution area," said Reed. "It will be a new home that is actually designed for service. Contributions from Norway Savings and other institutional donors are quite literally strengthening the fabric of our community."

The campaign has raised \$4 million towards its goal of \$4.9 million, including \$2 million in federal funding that underscores the viability and critical need for the project.

"We're dedicated to helping people survive dif-



ficult situations and build strong futures. Having a facility that will enable us to do that in an even better way is an exciting prospect for our staff and volunteers," said Chris Abbruzzese, the chair of the center's Board of Directors.

"We're so thankful for local businesses and organizations who are moved to help. Their kindness brings smiles and relief to people in need and truly makes a difference that will be felt for generations to come."

To contribute to the

center's campaign for a new and improved facility, please visit www.trinityjubileecenter.org/hope. To learn about the many additional ways in which you can help the center, visit www.trinityjubileecenter.org/contribute.

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this includes all entrance fees, meal tips and bus driver tip.

NOVEMBER 18-20, 2024 - CHRISTMAS IN NEW YORK CITY - Trip includes 2 nights lodging with 3 days in New York City. Breakfasts each morning and 1 dinner in a Manhattan Restaurant is included. We will have a backstage tour of Radio City Music Hall and a guided tour of Lower Manhattan, Times Square, Greenwich Village, Little Italy, Ground Zero and the Financial District. You will also visit the 9/11 Memorial Museum and Rockefeller Center. On Wednesday afternoon it's off to Radio City Music Hall to see the Christmas Spectacular featuring the World-Famous Rockettes. A \$200 deposit per person is due upon registration. Trip price is \$749.00 per person double occupancy which includes guided tours, Radio City Spectacular, included meals and bus driver tip. Make checks payable to White Star Tours.

DECEMBER 13-15, 2024 - WHITE MOUNTAIN HOTEL & RESORT - Trip includes 2 nights lodging with 5 meals. We will visit the Rocks Estate in Beth-

lehem, NH with a Moose and Bear educational program. We will stop at the Bethlehem post office where you will be able to stamp your Christmas cards with the Star of Bethlehem seal and have them mailed from Bethlehem. Trip also includes 1 afternoon comedy show and 2 evening shows. All room and meal taxes and gratuities are included.

Price for a double is \$629.00 per person. Deposit is \$100.00 per person at time of registration. Make checks payable to White Mountain Hotel and Resort.

APRIL 12-20, 2025 - A WEEK IN SPAIN: BARCELONA, MADRID & SEVILLE - Trip includes 7 nights lodging, 7 breakfasts and 3 dinners, 5 sightseeing tours and two train rides. Highlights are Sagrada Familia, Royal Palace, Prado Museum, Cordoba, Olive Oil Tasting, Food Tasting and Royal Alcazar. Deposit to reserve your spot is \$300.00 with trip protection available for \$449.00.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 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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