



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

Thursday, June 13, 2024 • FREE

Central Maine Healthcare shows its pride

LEWISTON, ME -- Pride flags were raised at all three Central Maine Healthcare (CMH) hospitals on Monday to mark the beginning of Pride Month.

Before the flag raisings at Bridgton Hospital, Rumford Hospital and Central Maine Medical Center (CMMC) in Lewiston, representatives from CMH leadership made brief remarks about why it is important for team members to embrace a culture of inclusivity and belonging throughout the healthcare system.

"Pride Month is an acknowledgement of LGBTQ+ culture and the support of LGBTQ+ rights," said Dick Kropp, chief people officer, Central Maine Healthcare. "Here at Central Maine Healthcare, Diversity, Equity and Inclusion are at the forefront of all of our interactions with patients, visitors and team members."

Central Maine



Healthcare also distributed pride flags for team members to display in their workstations and offices.

GoNetspeed completes construction in Twin Cities

LEWISTON AND AUBURN, ME—GoNetspeed announced that construction of the future-proof network serving Lewiston and Auburn is complete with gigabit fiber internet available to more than 11,300 homes and businesses throughout the community. Through GoNetspeed's \$3.2 million investment, Lewiston and Auburn residents now have the option to experience high-speed, symmetrical upload and download internet speeds directly to their home or business. Those interested may visit gonetspeed.com to confirm service availability for their location and to sign up for service installation.

"As we work to ensure that high-speed fiber internet is more accessible throughout Maine, we are proud to now serve thousands of more deserving

residents and businesses throughout the Twin Cities," said Richard Clark, GoNetspeed President and CEO. "With access to high-speed fiber internet, we are able to ensure that more families will have the ability to stay connected when it matters most. Through multi-gigabit speeds, our consumers will have access to the internet necessary for daily life working, learning, streaming, and gaming online."

GoNetspeed is continuing to ensure that more communities throughout Maine have access to high-speed, 100% fiber internet. Currently, Auburn, Bangor, Bath, Biddeford, Brewer, Brunswick, Camden, Cape Elizabeth, Cumberland, Falmouth, Gorham, Gray, Hallowell, Kennebunk, Lewiston, Lisbon, New Gloucester, Old Orchard Beach, Old Town, Orono, Portland, Rockland, Saco,

Scarborough, Topsham, Waterville, Westbrook, Windham, Winslow, and Yarmouth have access to GoNetspeed's service. Many other communities throughout the state are well on their way to having access to GoNetspeed's fiber internet.

With a legacy of innovation and a commitment to customer service, GoNetspeed is excited to accelerate the expansion of its fiber networks throughout nine states, including Maine. GoNetspeed continues to deliver more fiber, more access, more speed, and better reliability to residents and businesses within our footprint. With 100% fiber internet, customers have access to symmetrical upload and download speeds, ranging from 500 Mbps to 2 Gigabits. Learn more about GoNetspeed at gonetspeed.com.

SeniorsPlus announces public hearings

LEWISTON, ME – SeniorsPlus, the designated Area Agency on Aging for Androscoggin, Franklin, and Oxford counties, will hold two public hearings on its 2025-2028 Area Plan that outlines the organization's vision to serve the older and disabled adults populations over the next four years.

The public is invited

to participate. Comments also are welcome via email or US mail. Written comments must be received on or before June 28, 2024, via mail to SeniorsPlus, 8 Falcon Road, Lewiston ME, 04240 or via email to ljohnson@seniorsplus.org. For more information, visit www.seniorsplus.org or call 1-800-427-1241.

Area Plan on Aging public hearings will take place on Thursday, June 20, from 1 to 2 p.m. in-person at 8 Falcon Road, Lewiston, and from 2 to 3 p.m. via Zoom. To register for either option please call 795-4010 or 1-800-427-1241.

An advanced draft plan can be reviewed at www.seniorsplus.org between June 6 and June 20, 2024, or interested parties may request a copy by calling the office of SeniorsPlus at 795-4010 or 1-800-427-1241.

Established in 1972, SeniorsPlus is the Western Maine designated Agency on Aging covering Franklin, Oxford, and Androscoggin counties. The overall program goal of SeniorsPlus, which is headquartered in Lewiston, is to assist older adults and adults with disabilities in Franklin, Oxford, and Androscoggin counties to remain safely at home for as long as possible. Our mission is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

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



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Newsmakers, Names & Faces

Maine Film Center presents Pride film series

MAINE FILM CENTER
PRIDE 2024

SUN JUNE 9 3PM **BREAK THE GAME**

SAT JUNE 15 12PM **QUEER FUTURES**

SUN JUNE 16 3PM **BIG BOYS**

SAT JUNE 23 3PM **THE BIRDCAGE**

SUN JUNE 30 3PM **THE PERSIAN VERSION**

MAINEFILMCENTER.ORG

WATERVILLE, ME—Maine Film Center Presents June Pride Series

The Maine Film Center will be hosting a series of Pride films throughout June. The diverse lineup touches upon a wide range of LGBTQIA+ experiences.

Saturday, June 15 at 12pm—*Queer Futures*: This series of short films centers joy and connection to radically imagine future visions of queer life, exploring gender-affirming healthcare, fat beauty and

liberation, nonbinary ballroom culture, and the anonymous connections of a decades-old LGBTQ hotline.

Sunday, June 16 at 3pm—*Big Boys*: On a camping trip to the northern California woods, awkward 14-year-old Jamie finds himself taking the first steps towards figuring out who he is as he begins to question if he may be gay.

Sunday, June 23 at 3pm—*The Birdcage*: This beloved, laugh-out-loud comedy follows the hilari-

ously deceit-filled meeting between two sets of future in-laws: one couple played by Robin Williams and Nathan Lane, the other by Gene Hackman and Dianne Wiest.

Sunday, June 30 at 3pm—*The Persian Version*: The youngest of nine siblings and the only daughter in the family, openly queer filmmaker Leila feels as though she couldn't be further alienated from her family of Iranian immigrants—that is, until she gets pregnant from a one-night stand after recently separating from her wife.

For tickets and more information, visit maine-filmcenter.org/pride.

Red Cross: Get ready for hurricane season, volunteer

PORTLAND, ME—June 1 marked the start of the Atlantic hurricane season. Northern New England residents should prepare for an extremely active hurricane season as the climate crisis threatens to upend more communities. The best defense during an emergency is to be prepared and the American Red Cross advises everyone to get ready now.

Forecasters warn that the combination of warm sea temperatures and the arrival of La Nina conditions could mean more named storms and an above-average probability for landfall in the U.S.

“With warmer sea surface temperatures, we are getting more intense storms that are building faster,” said Dr. Daniel Gilford, climate scientist, Climate Central. “Also, as the temperature of the atmosphere warms, the tropics expand. That means hurricanes can move further north and regions, like the New England coast, that wouldn't have gotten very many historic hurricanes, are seeing a small uptick in the numbers of storms that reach the region. We expect this trend to continue over time with the climate crisis.”

The number of billion-dollar disasters in the U.S. has increased 85% in just the last decade as disasters grow in frequency and intensity. People across the country are feeling the impact as an estimated 2.5 million were forced from their homes by weather-related disasters in 2023 — with more than a third displaced for longer than a month.

“Today, the Red Cross is responding to more large disasters —



almost twice as many — than we did a decade ago,” said John Montes, regional disaster officer, Red Cross Northern New England Region. “This growing need for help means we need more volunteers trained and ready to support families facing their darkest moments. Additionally, it's critical for residents right here in Maine to make and practice their emergency plans now.”

Comprising 90% of the Red Cross workforce, volunteers are continuously providing shelter, comfort, hot meals, health services and recovery support to families in need across the country. In the last year, the Red Cross of Northern New England saw 549 volunteer deployments — a five-year high and nearly four times the deployments compared to 2019. These Red Cross volunteers supported disasters at home, including historic flooding events in Vermont and Maine, several large-scale, multi-family fires and a mass casualty response. They also deployed outside our region to support a variety of disasters like Hurricane Idalia, Typhoon Mawar, wildfires in California and Hawaii, and tornadoes in Alabama, Arkansas, Mississippi, Tennessee and Texas.

VOLUNTEER TODAY The Red Cross is seeking new volunteers who are team-oriented and want to make an immediate difference. Visit

redcross.org/volunteertoday to sign up. Free online training will be provided, and there is a critical need for these positions:

Local Disaster Action Team volunteers help families in need by providing food, lodging, comfort, recovery assistance and other support.

Shelter Services volunteers support the day-to-day activities in an emergency shelter for those forced from their homes by disasters.

As a Disaster Health or Mental Health Services volunteer, you can use your professional skills as a licensed healthcare provider to deliver hands-on care to people in shelters.

HOW TO PREPARE YOUR HOUSEHOLD With the increasing risk of climate-driven disasters, help keep your family safe by getting prepared today.

Build an emergency kit with bottled water, non-perishable food, a flashlight and battery-powered radio. Also include medications, copies of important papers, cell phone chargers and emergency contact information.

Make an evacuation plan with what to do in case you are separated from your family during an emergency and if you must evacuate. Make sure to coordinate with your child's school, your work and your community's emergency plans — and don't forget your pets.

Know how to stay informed by finding out how local officials will contact you during a disaster and how you will get important information, such as evacuation orders.

Plus, download the free Red Cross First Aid app so you'll know what to do if emergency help is delayed and the free Emergency app for weather alerts, open Red Cross shelter locations and more safety tips. Choose whether you want to view the content in English or Spanish with an easy-to-find language selector. Find these and all the Red Cross apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

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Newsmakers, Names & Faces

Lewiston Public Works issues driveway policy reminder

LEWISTON, ME – For homeowners or commercial owners who are looking to install or reconfigure a driveway, the City of Lewiston Public Works Department reminds owners of the updated policy regarding the required width standards for single or two-family dwellings and commercial or multi-family dwellings. The policy has been updated to ensure that driveway locations promote safe conditions and orderly flow of pedestrians, bicycles, and vehicular traffic; reduce potential traffic hazards resulting

from traffic entering or exiting roadway; and preserve on-street parking, preserve or establish street trees, and maximize opportunities for vegetated stormwater management. “With the City of Lewiston implementing the driveway policy, we are now able to have a set of standards that we can go by and point people to as to locations, widths, and spacing that will help with safety concerns for pedestrians, parking along the roadways, snow plowing concerns, and stormwater issues,” said Justin Bisson, Paving Manager.

The requirements are part of the City’s Driveway Opening Standards and Safety Policy and can be accessed by visiting <https://bit.ly/3wWb2jl>. Permits must be obtained at Lewiston City Hall’s Auditing Department, 27 Pine Street, second floor, weekdays 8:30 AM – 4 PM prior to the start of installation or reconfiguration. If that doesn’t occur, work is suspended until the permit is secured and/or a penalty of \$25 per day until secured. Below are driveway width requirements. Driveway Width

for Single or Two-family Dwelling: 10 feet minimum width with a maximum of 24 feet
 Driveway Width for Commercial or Multi-family Dwelling: One-way Driveway - 10 feet minimum width with a maximum of 24 feet; Two-way Driveway - 20 feet minimum width with a maximum of 36 feet
 The responsibility to remain in compliance with driveway width requirements rests with the homeowner. Public Works has informed contractors, and anyone who has run a Dig Safe request within

the past two years has been emailed about the policy. Prior to a permit being issued, the following information is needed: Completed Driveway Permit Application - <https://bit.ly/3R3MLyR>
 Proof of valid Excavation Permit, including certificate of insurance for the contractor performing the work
 Valid Dig Safe™ number for the work area
 Completed Occupancy Permit if needed, including an approved traffic control plan according to the Manual on Uniform Traffic Control Devices

(MUTCD) <https://bit.ly/3wW632b>
 Applicant shall be current on all financial obligations to the City
 All standards set forward in the Excavation Policy and Occupancy Policy <https://bit.ly/45258tE> are considered in effect for all work done within the City of Lewiston.
 Any questions about the Driveway Opening Standards and Safety Policy may be directed to Justin Bisson, Paving Manager at Lewiston Public Works, (207) 513-3142, X3401.

La Rencontre concert to feature Phil House and Kathy Haley



La Rencontre will feature musical artists Phil House and Kathy Haley in a noontime concert Thursday, June 20, at the Franco Center at 46 Cedar St., Lewiston. Tickets are \$17 per person and include lunch and a concert. Buy tickets before noon June 13 at www.francocenter.org/shows or 207-689-2000. Submitted photo.

LEWISTON, ME— The Franco Center presents its La Rencontre luncheon Thursday, June 20. Doors open at 10:30 a.m. for socializing. Lunch is served at 11:30 a.m. followed by featured musical artists Phil House and Kathy Haley. This event is open to everyone and is meant for the community to connect with each other and with their neighbors of diverse cultures, languages, and backgrounds. The day’s theme will be the national

festival of Quebec: St. Jean Baptiste, that country’s patron saint. Phil House has been playing the organ at the First Universalist Church of Auburn, at weddings at the Poland Spring Resort, and many other venues for more than 35 years. House has shared the stage for about 33 years with his good friend Kathy Haley of Danville. House taught himself to play piano at age 5. By 12 years old he was

the organist for the Bryant Pond Baptist Church. He’s played professionally in Nashville, Tennessee nightclubs at night and church during the day, for more than a decade. When he moved back to Maine, he played piano in Graziano’s lounge until he found a church that needed his talents. He stays busy playing at other venues including senior community living centers.


Kathy Haley began performing early as a church organist, pianist and folk singer with the group Chord Majority. Haley was one of the lead singers with the Top 40 dance band Good and Plenty and then later with the vocal group The Girls of LA. She enjoys musical theater and has performed in the Pit Orchestra for many productions for LA-Community Little Theater and Lewiston High School. Currently, Haley is the accompanist for the Edward Little High School choral groups. Haley’s main role

is organist/choir director at the Court Street Baptist Church of Auburn. Tickets are \$17 and include the meal and entertainment. All seats are reserved. Tickets must be purchased by noon Thursday, June 13, so the number of meals to prepare is known. Tickets will not be sold at the door. Call the box office at 207-689-2000 or visit between 10 a.m. to 1 p.m. Tuesdays and Wednesdays. Purchase online at <http://www.francocenter.org/shows>. La Rencontre series

is sponsored by FACE Foundation, TV5 Monde, and the Quebec Delegation Boston. The Franco Center is at 46 Cedar St., Lewiston. Parking is in the Oxford Street mill lot. Handicap access in on the Lincoln St. Alley side of the building.

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

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jonathan Knowlton
Licensed Agent

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

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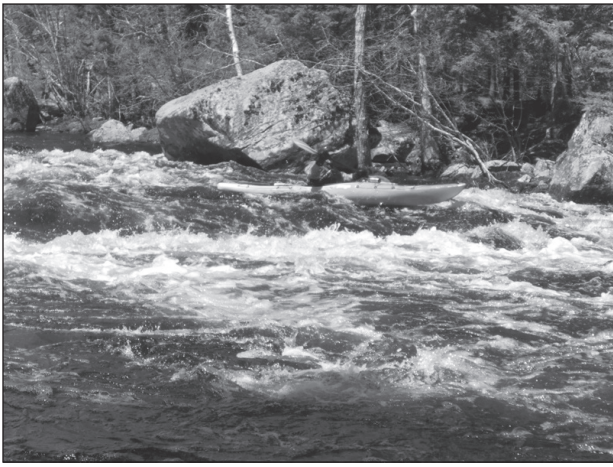
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Seniors Not Acting Their Age

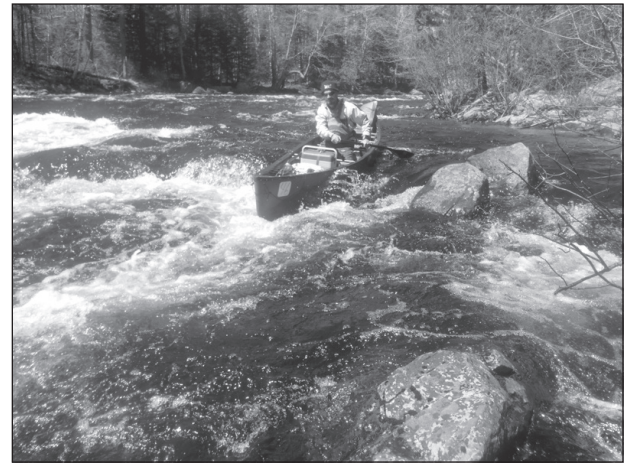
Exciting Wigwam Rapids on the Machias River



Kayaker Ken Gordon avoids as gnarly hole on First Wigwam Rapid



Rick Farnsworth navigates his heavy canoe through a narrow channel on Third Wigwam Rapid



Boulders are avoided by Morgan Baxter on Third Wigwam Rapid

On the second day of our Penobscot Paddle & Chowder Society Machias River trip, four Chowderheads awoke to a welcome cold morning at Little Falls Campsite, arguably the finest site on the river. The temperature was sufficiently cold to freeze the water in one of my pots. I say welcome cold as it was a near guarantee blackflies would not be joining us on the river during the day.

We had acquired a remarkably good weather forecast prior to beginning the trip and it held for day two. The skies were perfectly clear and the temperature quickly rose into the 50s. Our outdoor gourmet, Rick Farnsworth, served a delicious break-

fast. He baked biscuits in a reflector oven and cooked sausage gravy in a Dutch oven. It was a hearty meal but we anticipated burning lots of calories paddling four significant rapids called the Wigwams and completing a demanding carry around Holmes Falls.

Our group consisted of four solo paddlers. Rick and Morgan Baxter were in canoes while Ken Gordon and I paddled expedition kayaks. We had met a tandem canoe team on the river the day before. They would be the only other paddlers we would encounter on the trip.

Our quest to reach Holmes Falls by the end of the day began with a pleasant five-mile stretch

of flatwater to the confluence with Mopang Stream on the right. We were the beneficiaries of the rarest of all winds, a tailwind. A substantial number of eagle and osprey sightings were an entertaining part of the journey.

Wigwam Cabin is on the right around the bend from Mopang. The hut marks the beginning of the First Wigwam Rapid portage trail. We didn't intend to portage but used the trail to scout the Class III high volume falls. Rick and Morgan carried some of their heavier gear.

The upper portion of lengthy First Wigwam consists of large waves pockmarked with gnarly boat flipping holes. After

careful inspection, we decided to proceed along the left shore and ride a wave train that bypassed most of the holes before turning right into the easier lower sector. Our plan worked to perfection and everyone remained dry.

Following a serpentine series of easy rapids, we entered Second Wigwam right center. We maneuvered left of a ledge drop and then drove hard right into standing waves to avoid a second ledge.

A calm pool separates Second Wigwam from Third, a difficult rapid with a precipitous pitch at the finish. After careful scrutiny, we entered left center and proceeded far left through a narrow channel between two boulders in the final drop. A rocky beach at the bottom provided an excellent location for lunch.

Fourth Wigwam was next. Four Chowderheads paddled left center when entering and rode stimulating waves to a pool at the finish. Several miles of flatwater brought us to Holmes Falls.

The Holmes Falls portage is on the left. The trail begins about 75 yards above a bridge. The dangerous falls is just below. The canoeists carried on the normal path. Ken and I

opted to catch a micro-eddy next to the bridge in our kayaks, offering a somewhat shorter portage.

While not a long carry, the portage around the falls is a workout, especially for this arthritic senior citizen. The initial portion is gradually uphill but the final half drops steeply downhill to calm water at the bottom of the falls.

The campsite at Holmes Falls is adequate but doesn't compare with Little Falls. The food continued to be exceptional. Morgan took over as head chef and pan fried a scrumptious steak dinner. Rarely do paddlers gain weight on a river trip but that could happen on this one.

We benefited from another cold night almost ensuring a bug-free day of paddling. The sun was up and the skies clear when we arose the next morning, the precursor to another outstanding weather day.

Morgan continued serving exceptional culinary fare with bacon and cheese bagel sandwiches on the breakfast menu. While eating, plans were made for upcoming encounters with Little Holmes Falls and Great Falls, challenging complex descents.

My book, Maine Al

Fresco: The Fifty Finest Outdoor Adventures in Maine narrates six additional river trips in Maine, including an expedition down the entire Machias River beginning at Fifth Lake.

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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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WinterKids grant applications open for Maine organizations

WESTBROOK, ME— WinterKids, a leading nonprofit organization dedicated to providing programs for children to be active outdoors, is excited to announce the opening of the WinterKids Downhill 24 Outdoor Fund 2024 application window. This marks the third year of the Downhill 24 Outdoor Fund, continuing WinterKids' efforts to expand access to outdoor activities among children throughout Maine.

The WinterKids Downhill 24 Outdoor Fund seeks to remove barriers that prevent children from participating in healthy outdoor activities, such as limited access to proper equipment, clothing, and transportation. This year, WinterKids will distribute

a total of \$25,000 in grants to ten deserving organizations, divided among three Maine public schools, three Maine parks and recreation programs, three Maine nonprofit organizations, and one honorable mention.

"The WinterKids Downhill 24 Outdoor Fund grants allow us to support meaningful outdoor projects or programs that foster a love of active lifestyles and appreciation for the outdoors," said Marion Doyle, WinterKids Education Director. "We are thrilled to invite organizations across Maine to apply and join us in providing children with opportunities to live healthier lives."

Applications for the WinterKids Downhill 24



Outdoor Fund 2024 are now open. Interested organizations are encouraged to apply through the WinterKids website (<http://www.winterkids.org/>) by the application deadline on June 14, 2024. Winners

will be selected through a community voting process and will be announced later in the summer.

WinterKids is grateful for the ongoing support of its sponsors, partners, and community of sup-



porters, whose contribu-

tions make programs like the WinterKids Downhill 24 Outdoor Fund possible.

Great Race Day to celebrate classic cars, community

GARDINER, ME – The City of Gardiner is proud to announce June 30th, 2024, as The Great Race Day, a celebration of classic automobiles and community spirit. Mayor Patricia H. Hart has officially proclaimed this date as a testament to Gardiner's rich contributions and engagement with the Great Race, having been voted best stop in 2018 and now being the finish line!

The highlight of Great Race Day is the arrival of 140 classic cars as they cross the finish line into Gardiner, marking the culmination of a 2,300-mile journey through picturesque landscapes. The race brings together enthusiasts and competitors alike, showcasing the enduring appeal of vintage automobiles.

From 11am to 7pm, Downtown Gardiner will come alive with a showcase of all things local. There will be food trucks offering a wide range of local goodies, art, theatre,



and the opportunity to do a little shopping at the local retail stores!

At 1pm, the festivities rev up with a local classic car cruise-in, inviting enthusiasts to admire some beautiful vintage vehicles.

Then, at 2pm, the anticipated arrival of the Great Race cars begins as

the 140 classic cars cross the finish line!

The day doesn't end there! At 4:30PM, get ready for some live music with the GemsTones! They'll be performing in Waterfront Park until 6:30. Their tunes provide the perfect backdrop for a nice evening by the river!

At 4:30 pm, the mo-

ment everyone has been waiting for arrives—the announcement of the Great Race Winner.

This promises to be an unforgettable experience for all, blending classic cars, live entertain-

ment, local flair, and family-friendly fun all into one day!

We extend our sincerest thanks to our sponsors whose support makes this day possible: Everett J. Prescott, Inc. (Team EJP), Kennebec Valley Chamber of Commerce, G&E Roofing, Pine State Beverage, Charlie's Family of Dealerships, PEP Classic Car Company, Cianbro, City of Gardiner, Cross Insurance, Chapman Trucking, Kennebec Savings Bank, Central Maine Pyrotechnics, and Frank, Anne, and Frank Crooker Jr.

For more information and event updates, visit The Great Race 2024 | Facebook

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

Arts & Entertainment

Area comedy troupes coming to Great Falls Comedy Club

AUBURN, ME – Make laughter a priority this week at Great Falls Comedy Club on June 14 and 15, with two of the area’s best comedy troupes.

On Friday night, join Hey Party People!, Maine’s very own version of Saturday Night Live, as they present No Jerks Allowed!, a sketch comedy show devoted to only the nicest people in the world.

Then on Saturday, Maine’s longest running improv group, Running with Scissors, hits the stage showcasing their unique and time tested improvisational skills for



all to enjoy.

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 infor-

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

Best Source for Arts, Music and Theater! Your Hometown Paper.

WHA at CMMC displays works of local photographer

LEWISTON, ME -- The Woman’s Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the work of local photographer, Bonita Boothby for the month of June.

Boothby is a self-taught Maine photographer who started taking photos of her parents’ flower gardens in Livermore when she was in high school with her first 35MM Canon camera. She enjoys all the captivating sights the outdoors has to offer whether it be an incoming storm, a visiting bird, a flower in bloom or raindrops on grass. One of her favorite activities is wandering around gardens, woodland and coastal areas capturing moments of inspiration from a distance or close up.

“Nature and the out-



“Autumn at Veteran’s Memorial Park”

doors fill me with wonder and photographing it is my passion. Inspiration for my work comes from the details and moments of everyday life whether it’s the colors of new blooms in the garden, the shadows of the forest or the filtered light of sparkling

water.”

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

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

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Fri-Sat, June 14 and 15 at 7:30 pm
 Sun, June 16 at 2:00 pm
 Thu-Fri, June 20 and 21 at 7:30 pm
 Sat-Sun, June 22 and 23 at 2:00 pm

For tickets or info call 783-0958 or visit LACLT.com
 Tickets : \$25 adults • \$22 seniors & students • \$17 (children under 13)
 includes all taxes and fees

Great Falls Performing Arts Center, 30 Academy Street, Auburn, ME

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The Hive to host monthly taco nights at Dandelion Spring Farm

BOWDOINHAM, ME -- Taco Nights at The Hive will be hosted on the third Thursday of each month this summer: June 20, 2024; July 18, 2024; August 15, 2023. Events will take place at 6pm at The Hive at Dandelion Spring Farm, 961 Ridge Road, Bowdoinham, ME 04008.

All are welcome to enjoy creative takes on tacos from local guest chef pop-ups and beer from Oxbow Brewing. Each casual gathering will feature music from local artists and celebrate the bounty of this land and the beauty of summer in Southern Maine. All food sales at our June event will support the annual Maine Fermentation Fair, which celebrates the art and science of fermented food and drink.

Tickets can be purchased here: <https://www.dandelionspringfarm.com/shop/workshops>

About Dandelion Spring Farm

Beth Schiller grew up in rural Maine, and was naturally drawn to the idea of a farm life. After attending college in Ohio, her first job led to a career rooted in Maine's vibrant local agricultur-

al community, and she's never looked back. She founded Dandelion Spring Farm in 2002, moving the farm to its forever home in Bowdoinham in 2018. If you walk with her down the flower-lined farm road, past the greenhouses and around the pond, she will point out all the little projects she is most excited about in the corners of her fields — Beth likes to work in the margins. Even her main crops tend to be unique varieties of vegetables and herbs you won't find elsewhere. Because of this, her Certified Organic products have become favorites for many of the renowned restaurants from Portland to Rockland, and beyond.

@dandelionspringfarm | www.dandelionspringfarm.com

About The Hive

The Hive at Dandelion Spring Farm is a newly built timber-framed barn and community space situated on a working organic farm in Southern Maine. The handicap-accessible space is available for year-round use, designed to uniquely unite organic agriculture and community gathering together on the same land to demonstrate how farming and community are mutually sup-



portive. Just as pollinator hives center nutrition and community, we hope the Hive can provide a space for meaningful experiences that enrich our guests' lives, from out-of-the-box corporate retreats to one-of-a-kind wedding celebrations, memorable birthday and holiday parties to farm-to-table dinners with friends and strangers.

Easily accessible in Bowdoinham, we are also just 40 minutes from Portland, an hour from the Midcoast, and two miles from the Rt. 295 corridor. An aerial view of Dandelion Spring shows 75 acres of mixed forest and active agricultural fields. There

are remnants of an apple orchard from the 40's and a dairy farm in transition that is next door. This land is quintessentially rural, accessible, and open to all.

@thehive_dandelionspringfarm | <https://www.dandelionspringfarm.com/thehive>

About The Chef-Collaborators

Sean Doherty is dedicated to celebrating the wild and local flavors of each season through the art of fermentation. He combines traditional techniques with modern creativity, honoring the cultures that inspire him while crafting bold dishes that tell a story of place and

community. His kitchen is a hub for experimentation and connection, where the beauty of fermented food brings people together.

@naes2020 | fermentationfair.com

Richard Yu-Tang "Dede" Lee is a dumpling-maker + artist living in Portland, ME. The name Little Brother Chinese food comes from Richard's family nickname, "Dede" (meaning "little brother" in Mandarin Chinese). To Richard, Little Brother Chinese Food is both a business and a collaborative public artistic practice.

Claire Guyer is a dumpling maker + sewist living in Portland, ME. A fan of Chinese cuisine from the pu-pu platter hits to the fermented fish deep cuts, Claire has fully embraced the asian palate and style of cooking. With an eye on local ingredients and farm raised proteins, Claire is building an ethical + creative business in the land she loves.

@littlebrotherchinesefood | <https://www.littlebrotherchinesefood.com>

Billy Hager and Hannah Buoye are in the midst of starting their own business, Waxwing Bakery, in Windham, ME. Most recently, Billy was the executive chef at Helm

and Hannah served as the Kitchen Manager at Tandem in Portland, ME. They met working at a seafood restaurant in San Francisco around the last time the Bruins won a Stanley Cup and have over 15 years of culinary experience working in BBQ joints, fine dining restaurants, and french-inspired bakeries. Billy loves cooking over live fire, while Hannah enjoys all things bread and pastry. Their take on taco night will be an ode to the Mexican food they experienced living and working in the Bay Area, keeping it traditionally inspired while utilizing the local bounty of Maine's farms.

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2024 Maine Iris Society's 59th annual Flower Show



AUBURN, ME – The Maine Iris Society will hold its 59th Annual Flower Show on Saturday, June 15th from 1:30 – 4:00 pm at the Auburn Middle

School, 38 Falcon Drive in Auburn, Maine. Many exciting varieties of irises will be on display as well as peonies and hosta leaves. Admission is free

and open to the public.

Potted plants will be available for sale this year along with the very popular \$1.00 rhizomes.

The Maine Iris Society exists to develop the science of horticulture, specifically through the propagation and culture of the genus, Iris, and to stimulate and foster interest in irises through education of the public and our members.

Annual membership dues are \$8.00 per individual and \$10.00 for two in the same household. Members receive the in-

formative MIS newsletter. Annual events include tours of member gardens, a picnic and plant swap, a

photo contest, plant sales and auctions and an annual meeting that typically features a special speaker.

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Lewiston Trades for ME introduces 8th grade girls to trades

LEWISTON, ME—The Lewiston Trades for ME conference welcomed girls in eighth grade to learn about careers in the trades. Schools sending students to the conference included Philip W. Sugg Middle School (Lisbon), Bruce M. Whittier Middle School (Poland); Oak Hill Middle School (Sabattus), Lewiston Middle School Auburn Middle School, and Tripp Middle School (Turner). The conference was hosted by New Ventures Maine (NVME) and Lewiston Regional Technical Center (LRTC) and was held at LRTC.

A dozen workshops were held—from Automotive Technology and Building Construction to Criminal Justice, Firefighting, and Welding—which provided an opportunity for girls and gender-expansive youth to experience trade professions through hands-on activities, presentations, and demonstrations.

Students created home layout designs, put cars on lifts, built wall shelves, learned about crime scene investigation, wired electrical switches, practiced firefighting techniques, and used torches and metals to solder copper

into shapes to take home.

Conference participants commented on their experiences after the event:

“I learned that jobs that are usually known to be for males can be for women too. I had a lot of fun and wow, it was better than I expected.”

“I enjoyed how “hands-on” the experience was and how we got to do a lot of things.”

“I really enjoyed the hands-on experiences that were given...I also enjoyed hearing first-hand how others felt during their time at LRTC.”

Trades for ME conferences are designed to highlight careers in which women are traditionally underrepresented. “This is an opportunity for students to explore career possibilities in the trades,” said Chris Morin, NVME Workforce Specialist and Trades for ME conference organizer. “The students meet women who are working in jobs that may not be on their radar and connect with career opportunities in their county and around the state.”

Conference admission is free. Funding for Trades for ME is provided by Maine Career and Technical Education/Maine-



Photos courtesy of New Ventures Maine

DOE (utilizing federal Carl D. Perkins funds) and the Maine Department of Transportation. Additional support and in-kind contributions are provided by

businesses and community partners, including Oxford Federal Credit Union, General Dynamics Bath Iron Works, Spectrum, Darling’s, and Consigli



Construction.

For more information visit the Trades for ME website at tradesforme.org

or contact Chris Morin at christina.m.morin@maine.edu or 207-753-6531.

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



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The Stanton Bird Club Presents:
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L-A clean water facility rebrands to reflect progress

LEWISTON, ME – To celebrate Clean Water Week and recognize fifty years of environmental milestones, the Lewiston Auburn Water Pollution Control Authority will now be known as the Lewiston Auburn Clean Water Authority (LACWA). Built in 1974, it was one of the first clean water treatment facilities in Maine born from the federal Clean Water Act – today there are over 135 across the state. The facility’s original mission was to create infrastructure that would improve water quality and stop further pollution of the Androscoggin River, which was one of the top ten dirtiest in America. Smelling of rotten eggs, Maine’s second longest river was known for its brown foam, trash, sewage and toxic chemicals floating throughout. The Lewiston Auburn Clean Water Authority cleans all water received by regional businesses and residents and returns it to the Androscoggin River – a process

that was not in place prior to 1974.

“Fifty years ago, we were in a much different place. In the 70s, our daily work was to create processes and infrastructure to prevent pollution from worsening and our name made sense,” said Travis Peaslee, General Manager, Lewiston Auburn Clean Water Authority. “For the last five decades we’ve informed environmentally sound policies, built needed infrastructure, and invested in sustainable technologies – all of that work has led to incredible progress in improved water quality and standards. Today, the words ‘pollution control’ no longer reflect our daily work,” Peaslee said.

Over the decades, there has been a strong collaborative effort between environmentalists, Maine lawmakers, businesses, residents, nonprofits, and public entities like LACWA to restore and protect water quality across Androscoggin



County. Collective progress has been made, and the Maine Department of Environmental Protection is currently reviewing an application to reclassify the river from the lowest Class C to a Class B, which means it is swimmable and fishable.

“When I first laid eyes on our damaged river, I knew it would become my life’s work to restore it,” said environmentalist Peter Rubins. “Our efforts have led to meaningful results and the river is once again the crown jewel of our community, and a hub for recreational events and activities,” Rubins said.

Over the last two decades the cities of Lewiston and Auburn have been undergoing a successful

economic and residential renaissance, which can be reflected by an increase in jobs, overall population and new business growth. Recently, Lewiston adopted a slogan “Opportunity Lives Here” and is refining zoning standards to attract new development, increase housing inventory, and add opportunities to allow small stores and restaurants in some neighborhoods. Auburn is working to bring on 2,000 new housing units by 2025 and increase population by 25-percent.

“Cities and towns need proper infrastructure to grow and attract businesses and residents. Economic growth also requires sustaining our natural assets such as rivers and

lakes,” said Mark Adams, CEO, Sebago Technics, a Maine-based engineering firm. “LACWA has been a leader and instrumental in the growth of the L-A region while preserving and improving our natural assets,” Adams said.

Lewiston Auburn Clean Water Authority treats up to 38 million gallons of water daily. In 2023, it treated over 4 billion gallons of water – enough to fill over 6,000 Olympic-sized swimming pools. In 2012, LACWA was the first in Maine to implement technology that creates and harnesses energy during its water treatment process, which is later used to generate electricity and heat. Annually, LACWA generates enough energy to power 267 Maine households and heat 78 households.

In 2023, Bates College students completed a collaborative study on the water quality coming from the treatment facility to determine the impact on the Androscoggin River. The

student-led study found that the water downstream of the treatment facility was cleaner than the water upstream, which means LACWA is returning water that is cleaner than the river itself.

“We were really surprised by the results and also by the work that happens at the facility,” said Bates Sophomore Aleisha Martinez Sandoval. “Biologists, engineers, and technicians are doing much more climate-minded environmental work than simply serving as a public utility,” Martinez Sandoval said.

Since 1983, Maine has celebrated Clean Water Week during the first week in June to raise awareness for the importance of protecting our state’s waterways and to raise the value placed on clean water statewide. Launched by Maine State Senator Edward Muskie in 1972, Congress passed the Federal Water Pollution Control Act, which was later called the Clean Water Act.

Auburn UU welcomes new members



From left: Maureen Owen, Michelle Parkinson, Fiona Babbit, Lisa Whittemore, Rev. Patrick McLaughlin, Terry Hutchinson and family, and Membership Chair Paula Spruill.

AUBURN, ME – The First Universalist Church of Auburn (Auburn UU) welcomed five new members in June. This committed group learned about the history and principles of Unitarian Universalism, and signed the church’s membership book.

New member sessions are offered by the Membership committee

twice per year. The First Universalist Church of Auburn is located at 169 Pleasant Street in Auburn; enter on Spring Street

across from Dairy Joy. Parking; accessible. For more information, call 783-0461 or see www.auburn.org

Send all items for Names and Faces to the Editor. Deadline is Friday by five.

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Maine International Film Festival announces festival program

WATERVILLE, ME—The Maine International Film Festival (MIFF) has confirmed a full lineup of more than 100 films for its 27th annual 10-day festival held July 12–21, 2024 in Waterville, Maine. A project of the Maine Film Center, MIFF returns this summer to once again showcase a diverse range of Maine-made films, international cinema, rediscoveries of timeless classics, and world premieres. This year’s program draws in part from the record number of submissions ever received in the festival’s history.

“I am so happy to be sharing this year’s 100-film slate with audiences here in central Maine,” said MIFF Programming Director Ken Eisen. “This year’s MIFF proves that cinema is alive and flourishing as never before, as we welcome cinema and filmmakers from Maine and from around the world with a greater diversity

and quality than MIFF or anywhere else in our region has ever seen. Our visiting filmmakers and actors are remarkable, our rediscoveries will open your eyes to the past, and our premieres will open them to the future.”

The festival will open Friday, July 12, with *Every Little Thing*, an infectiously charming documentary about Terry Masear, who dedicates her life, love, and savings to rescue countless tiny hummingbirds. The Maine-made feature film *The Ghost Trap* will serve as this year’s centerpiece on Wednesday, July 17. Gorgeously shot on Maine’s stunning seawaters, the adaptation of K. Stephens’ novel follows a young lobsterman caught in an increasingly threatening industry. Closing out the festival on Sunday, July 21, is Irish feature *Kneecap*. A completely atypical music biopic, *Kneecap* charts the rise of the eponymous Belfast, Northern Ire-



land-based group, starring the band as themselves, and exploring how they sculpted their own defiant sound rapping in their native Irish language.

This year’s program includes a special series spotlighting new Rwandan cinema, including feature films and shorts alike. MIFF and the Maine Film Center’s international reputation has steadily grown over the years as the organizations continue to build working partnerships overseas. Last year, MFC Executive Director Mike Perreault served as a juror in the Mashariki African

Film Festival in Kigali, Rwanda. He made several connections in Kigali and we are excited to welcome Rwandan filmmakers Yuhi Amuli and Myriam Birara to MIFF this year to present the Maine premieres of their films *Citizen Kwame* and *The Bride*, respectively.

Though continually expanding its international footprint, the backbone of MIFF every year is its unique and robust lineup of Maine-made features and shorts, which compete for the annual Tourmaline Prizes of \$5,000 and \$2,500, respectively. The

Tourmaline Prizes are designed to celebrate the best of Maine filmmakers and foster the state’s developing filmmaking industry. This year’s program features three Maine-made full-length features (*The Ghost Trap*, making its

New England premiere, *Carlo...and His Merry Band of Artists*, and *The Ruse*, both making their world premieres), and 19 Maine-made shorts, including narrative films, documentaries, and music films.

“MIFF represents the best 10 days of the summer in Maine,” Perreault said. “With world premieres, brand-new made-in-Maine films, the opportunity to meet the filmmakers themselves, and a host of special events and programs, I’m excited for MIFF to light up downtown Waterville for this 27th annual celebration of film.”

MIFF will welcome back (for the first time since 2006) Canadian filmmaker Mary Harron

to present her with the 2024 Mid-Life Achievement Award. Harron’s films *Daliland*, *Charlie Says*, *The Moth Diaries*, and *American Psycho* will all screen at the festival this year. Dutch auteur Jos Stelling will return to Waterville as the 2024 Lifetime Achievement Award-honoree, having received the inaugural Mid-Life Award in 1999. Stelling brings with him what he says will be his final film, *Natasja’s Dance*, for its U.S. premiere.

MIFF returns to the Paul J. Schupf Art Center, home of the Maine Film Center, and the Waterville Opera House for its 27th edition July 12–21, 2024. Visit MIFF.org for the full festival lineup and to reserve passes and tickets. Those who have already purchased their passes can now enjoy a full week of advanced access to ticket reservations before tickets become available to the public June 14.

AARP Maine holds Dark Secrets hybrid event

BANGOR, ME -- In honor of World Elder Abuse Awareness Day, AARP Maine and Legal Services for Maine Elders (LSE) bring *Dark Secrets: The Terrible Truth About Elder Abuse in the Family* to Bangor’s Gracie Theatre at Husson University. This June 20th event features a keynote address by Philip Marshall, elder justice advocate, whose grandmother, wealthy philanthropist Brooke Astor, was the focus of the landmark elder abuse case involving her son – Marshall’s father.

The Brooke Astor story was chronicled nationally by the press due to

Astor’s public profile and the nature of the allegations, which culminated in a six-month criminal trial that convicted Mr. Marshall’s father as well as one of Mrs. Astor’s attorneys.

Marshall will share his story at this one-date only event in Bangor, which can also be attended virtually over Zoom. The event will culminate with an on-site broadcast of Maine Public’s *Maine Calling*.

Registration is required. Lunch provided to all who attend in person.

WHO and WHAT: AARP Maine and LSE bring elder justice advocate, Philip Marshall, to



Photo credit, Alec Marshall.

Maine to present keynote address on landmark Brooke Astor elder abuse case.

**** Pre-event and/or day-of interview opportunity**

WHERE and WHEN: Bangor, Gracie The-

atre at 180 Circle Drive, Husson University or via Zoom

June 20, 2024 9:45-10:45AM – keynote address

11-12PM – Live, on-site broadcast of *Maine Public’s Maine Calling* ra-



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dio program featuring panelists

Benjamin Jenkins, Litigation Director, LSE

Philip Marshall, Elder Justice Advocate

Kathy Stokes, Direc-

tor, AARP Fraud Prevention Programs

REGISTRATION: For more information and to register for *Dark Secrets*, visit AARP Maine’s website.

Women Who Care Southern Maine donates to Best Buddies

MAINE -- Best Buddies Maine, a nonprofit bringing hope and ending the isolation of students with intellectual and developmental disorders, was selected as the May recipient of charitable donations from 100+ Women Who Care Southern Maine.

Best Buddies Maine was one of three nonprofits to give five-minute presentations about their

organizations at the quarterly meeting of 100+ Women Who Care Southern Maine on May 6th at The Elks Club in Portland. The nonprofit received the most votes from more than 175 in-person attendees with many others joining on Zoom. Best Buddies Maine will receive a \$50 check from each member in the group.

Julia Preston, Deputy Director, Communications & Stewardship of Best Buddies Maine, gave a heartfelt presentation for the nonprofit dedicated to ending the isolation of students and adults with IDD, also known as intellectual and developmental disorders. Best Buddies Maine currently has close to 40 chapters in local schools across the state that provide one-to-one friendship matches between students with and without IDD. The goal of their student programming is to engage students with and without disabilities with one another and forge meaningful friendships between the two groups.

Julia Preston of Best Buddies said “We’re so thankful to have been selected as 100 Women Who



Deb Bergeron, founder of 100+ Women Who Care Southern Maine, Julia Preston, Deputy Director, Communications & Stewardship of Best Buddies Maine. Photo by Susan Gatti

Care Southern Maine’s charitable partner for this quarter! This funding will be put towards the launch of our transitions program, which provides post-sec-

ondary and job skills training to high school students with intellectual and developmental disabilities.”

In addition, the two runner-up organizations - Community Doulas and Birth Roots Maine - each received \$2,000 from the group of philanthropic women.

Deb Bergeron, founder of 100+ Women Who Care said “To date, our group has collected \$15,000 for Best Buddies Maine. And, as a bonus, the nonprofit also qualifies for the \$5000 grant from the generous Richard Schulze Foundation, bringing their total to \$20,000 Deb continued, “We are on track to have the biggest donation yet! Every day I am so grateful for the kindness, compassion and generosity of our members!”

Since the inception of 100+ Women Who Care over nine years ago, the group has raised over \$599,000 and donated to 41 local nonprofits throughout Southern Maine.

For more information on 100+ Women Who Care Southern Maine, visit: www.100womenwhocaresouthernmaine.com

For more information on Best Buddies visit their website at www.BestBuddies.org/Maine.

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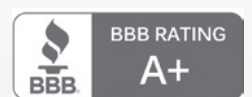
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UMaine Extension launches podcast featuring farm experts

MAINE -- University of Maine Cooperative Extension has launched the Maine Farmcast, a podcast that features weekly conversations with experts from across the country sharing insights and advice for both new and seasoned farmers running operations of any size.

"This is a way to share conversations around the livestock industry that relate to research, production, nutrition, reproduction, diseases, husbandry and economics," explains Colt Knight, associate Extension professor and state livestock specialist, who started the podcast with his colleagues Glenda Pereira, assistant Extension professor and state dairy special-

ist, and Rachel White, assistant Extension professor of sustainable agriculture.

"Our goal is to bring not only expertise, but also practical advice about how to apply cutting-edge research to improve the efficiency and sustainability of farming operations," says Pereira.

Dean of Extension Hannah Carter adds, "One unique aspect of the services Extension provides is the large number of local connections our staff make with people in communities all across the state. As the world relies more and more on digital technologies, especially for communication, we need to embrace new and evolving opportunities to reach out

to the people who benefit most from our work. The Maine Farmcast will do just that."

Topics discussed on the podcast will include latest research results and ongoing projects; practical information about day-to-day operations, as well as guidance about emerging issues like H5N1 outbreaks. Hosts will interview fellow Extension educators from across the country, industry professionals, researchers and farmers.

"Farmers are busy folks who don't always have time to check emails, read scientific journals, or go to educational seminars," says Knight. "Podcasts are a way for farmers to listen to up-to-date in-



AI-generated image courtesy University of Maine Cooperative Extension.

formation on-the-go while working, driving or operating equipment."

A primary focus of the Maine Farmcast is to reach livestock farmers, but the diverse conversations will relate to anyone wanting to learn more about the

ins and outs of livestock production including other extension agents, educators, agricultural service providers and the general public. If you would like to share an idea for a future podcast or have any other questions, email the team

at extension.farmcast@maine.edu.

To learn more and listen to all episodes, visit the podcast website. Maine Farmcast is also available on most major podcast players including Apple and Spotify.

Report: Maine remote work impacts job trends, industry

AUGUSTA, ME - The Maine Department of Labor's Center for Workforce Research and Information (CWRI) has released a new report documenting how remote work has impacted job trends and the industry composition of jobs. The report compares the changes in the number of jobs to the changes in the number of recorded worksites in Maine.

Before the COVID-19 pandemic, jobs and worksites increased at similar rates. The number of worksites in Maine has spiked post-COVID, primarily due to increases in remote work. Much of the net job growth in recent years has been among small worksites with five or fewer employees, many with

only one. Remote workers are likely to be employed in industries in which information and communication technology are commonly used and tasks do not need to be completed onsite. The adoption of remote work has led some jobs to be reallocated into different states and different sectors. This has occurred through the combination of some remote workers choosing to relocate and incumbent residents starting new remote jobs where employers did not previously have an established worksite in Maine.

The shift in growth is due to a combination of people moving to Maine while continuing to work for an employer located elsewhere, and of residents

of Maine gaining jobs that allow them to work remotely for employers located elsewhere. In each of these cases, the employer is required to open an unemployment insurance tax account in Maine on behalf of those individuals, resulting in an increase in the number of worksites. Jobs are reported on the basis of where work is being performed. For remote workers primarily based in Maine and working for an employer located in another state, their employment is counted here rather than where the employer is located.

The full report is available here: <https://www.maine.gov/labor/cwri/blogs/Remote-Work2024.pdf>

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Summer 2024

NORWAY -- Art Exhibition "If You Lived Here, You Would" at the award-winning Gingerbread House, Main Street, Norway, Maine. The show will dialogue with the history of this incredible edifice, which pours out of its every nook and cranny. "If You Lived Here You Would..." is a consideration of the home's past that offers a glimpse into its potential future through a selection of sculptures, paintings, drawings, and mixed-media pieces—brought to western Maine for the very first time—by a group of internationally recognized and acclaimed artists.

July 13

Sampson AFB Veterans and persons with a connection to those who took Air Force Basic Training there will have a get together Thursday, June 13 at the Governor's restaurant at noon time for lunch. All veterans of any branch or era are welcome to join us and share your experiences with us. FMI call 207-657-4909 Bob Sawyer or email wwmk-wkr1933@gmail.com

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

Calendar

Send your submissions to the Editor. More online.

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.

June 20

SOUTH PARIS -- University of Maine Cooperative Extension and McLaughlin Garden and Homestead will host a panel on how climate change impacts plants on Thursday, June 20, 2-3:30 p.m. at 97 Main Street, South Paris.

June 22

GRAY -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, June 22, 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

June 26

LEWISTON -- Birds and Flora of New Zealand talk will be happening at Lewiston Public Library on Wednesday, June 26, 2024, from 11:30 am to 12:30 PM. FMI: <https://lplonline.org/events/lpl-to-host-the-stanton-bird-club/>

July 6

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

July 13, 14

LEWISTON -- Sat. July 13, at 7:30 PM and Sun., July 14, at 2 PM Late and Alone – An unforgettable one-man tribute to Johnny Cash featuring his greatest hits and stories from his life and career performed by Scott Moreau. The Public Theatre, 31 Maple Street - www.thepublictheatre.org

July 17

AUBURN -- Read ME Summer Book Discussions at the Auburn Public Library, Wednesday, July 17, 2024 -- 4:00-5:00 p.m. (Moon in Full)

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.

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Aug 5 - 16

BAR MILLS -- Summer Theater Camps at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, August 5 - August 16. Join us for an enriching experience where children can explore their creativity and develop confidence through the theater. FMI, visit SRT, Jr. — Saco River Theatre

Aug 14

AUBURN -- Read ME Summer Book Discussions at the Auburn Public Library, Wednesday, August 14, 2024 – 4:00-5:00 p.m. (The Road to Dalton)

Sept 14

LEWISTON -- From 12 noon to 3 PM 4th Annual Rally for Recovery hosted by the Lewiston Area Public Health Committee in Kennedy Park

Every 1st, 2nd, and 3rd Monday
LEWISTON -- PRO-

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

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

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

Rinck honored for outstanding 'Sipping Point' campaign



Mackenzie Fritz, Influencer Marketing Manager at Rinck Advertising (left) accepts the Award of Excellence from Ann Andrews Morris, PRSA 2024 Honors and Awards Committee Chair.



Mackenzie Fritz, Influencer Marketing Manager at Rinck Advertising (left) and Katie Greenlaw, APR, Vice President of Public Relations and Influencer Marketing at Rinck Advertising (right) attend the PRSA Anvil Awards.



Anvil Award of Excellence



Rinck Advertising has been honored with an Award of Excellence from the Public Relations Society of America (PRSA) for its exemplary behavioral change work with the Maine CDC on its Sipping Point Campaign.

LEWISTON, ME - Rinck Advertising has been honored with an Award of Excellence from the Public Relations Society of America (PRSA) for its exemplary behavioral change work with the Maine CDC on its Sipping Point Campaign. The PRSA Anvil Awards are the PR industry's most prestigious honor, recognizing the highest level of achievement in public relations practices.

Rinck, a leader in innovative marketing strategies, is proud to employ an award-winning team of strategists focusing on behavioral change marketing. Behavioral change marketing involves strategically influencing individuals' attitudes and behaviors to

achieve positive outcomes. As Nikki Jarvais, SVP, Group Account Director at Rinck Advertising, explains, "Behavioral change marketing is about more than just delivering a message; it's about understanding human behavior and motivations to create campaigns that inspire meaningful action."

Alcohol misuse is a longstanding public health concern, with Maine's binge drinking rates among the highest in the nation. Rinck collaborated with the Maine CDC's substance use prevention program to develop the Sipping Point campaign. The campaign educates Mainers about the negative impacts of alcohol misuse and connects indi-

viduals to resources to cut back or quit drinking.

Utilizing a multifaceted approach, Rinck combined influencer marketing with paid social advertising, driving traffic to a dedicated campaign landing page on the Prevention for ME site. The campaign's messaging, featuring phrases such as "know your sipping point" and "rethink your drink," fostered self-awareness without being preachy or judgmental, resonating with the target audience in a friendly and relatable manner. Influencers shared

authentic and compelling content about their own experiences with alcohol use on platforms such as Instagram, TikTok, and Facebook. This approach increased campaign reach and engagement and, but also facilitated meaningful, real conversations around alcohol consumption.

"We are incredibly honored to receive the Award of Excellence for our work on the Maine CDC Sipping Point Campaign," said Katie Greenlaw, APR & Vice President of Public Relations and Influencer Marketing at

Rinck Advertising. "This campaign was a true testament to the power of strategic communication in driving positive behavior change. We are proud to have played a role in addressing such an important public health issue and are

grateful to PRSA for this prestigious recognition."

For more information about Rinck Advertising and its award-winning campaigns, visit [www.rinckadvertising.com]

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SENIOR TRIPS

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 en-

trance 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 Bethlehem, 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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