



TWIN CITY TIMES

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RSU 16 Adult Education honors graduates

M E C H A N I C FALLS, ME – Seven RSU 16 Adult Education students were honored at a cap and gown graduation ceremony on Friday, June 7, 2024 for meeting High School completion goals. Over 70 friends, family and staff gathered in the Elm Street School gymnasium, as five of the graduates marched to “Pomp and Circumstance.”

Director, Jenny Rose, opened with remarks on the topic, “When one door closes, another door opens.” Teacher, Susan Lasselle, shared anecdotes and thoughts from the classroom about each of the graduates and said it was a privilege to have been able to work with



Pictured L to R: Shaylee R. Ethridge, Mark A.Veilleux, Kai M.B. McQuaide, Timothy J. Koskela Jr., Margo M. Whittier. Photo credit to Jeri Cook.

them to complete their high school education.

Timothy John Koskela Jr. was selected by staff to receive the Courage to Grow award

from Central Maine Community College for academic excellence, perseverance and growth. RSU 16 Adult Education Advisor, Suzette Moulton presented this award, which provides students with a \$100 scholarship that can be applied toward books, a technical device, housing, or other relevant costs.

As part of a long-standing tradition, each graduate took the podium during the ‘flower ceremony’ to personally thank family, friends and staff for supporting them in their educational journey by presenting them with a red rose following a short speech. Diplomas were then awarded by Susan

Lasselle as photos were taken by Administrative Assistant, Jerilyn Cook.

Jenny closed with a charge to graduates to “Go forth with courage and determination in your souls to put yourselves out there and try new things, but above all, go forth with kindness in your hearts.”

The 2024 graduates are: Adelaide J. Childers, Josiah D. Childers, Shaylee R. Ethridge, Timothy J. Koskela Jr., Kai M.B. McQuaide, Mark A.Veilleux, Margo M. Whittier

For more information about Maine Adult Education or to find the program nearest you, visit maineadulted.org.

Unveiling Andwell’s annual Butterfly Release Celebration

LEWISTON, ME – Andwell Health Partners (formerly Androscoggin Home Healthcare + Hospice) is pleased to announce its highly anticipated Annual Butterfly Release Celebration, an extraordinary event designed to honor our loved ones. Set against a backdrop of serenity and natural beauty, this unique gathering promises to be an unforgettable experience for all participants.

The celebration will take place on Saturday, July 13 from 11am to 1pm at Geiger Elementary School, located in the heart of the Lewiston community. Attendees will be treated to an array of activities, including soul-stirring music, light refreshments, and the chance to connect and share treasured memories with others who understand the significance of remembrance.

At the core of this



special occasion is the solemn reading of names, where we honor those for whom the butterflies have been dedicated. As the moment unfolds, the air will be filled with emotion, love, and reflection. The climax of the event will be

the grand release of nearly a thousand butterflies, symbolizing the transformation of life and providing a truly breathtaking sight.

“Andwell’s annual Butterfly Release Celebration offers a uniquely beautiful and meaningful way

to pay tribute to our loved ones,” said Leslie Ogilvie, Community Relations and Development Manager of Andwell. “It allows us to come together as a community, share our stories, and embrace the healing power of remembrance. This event has become a beloved tradition, fostering connections and creating lasting memories for all those who attend.”

To ensure your participation in this poignant cel-

ebration, you can purchase your butterfly on <https://andwell.org/get-involved/butterfly-release/>. Each butterfly can be purchased for \$30, and the proceeds will contribute to the realization of this remarkable event.

This is an opportunity not to be missed, as Andwell’s Butterfly Release Celebration promises to be a source of solace, inspiration, and beauty for all who attend.

Teachers turned comedians this week at Great Falls Comedy Club

AUBURN, ME – Make laughter a priority this weekend at Great Falls Comedy Club on June 21 and 22 with two hilarious shows.

On Friday, the club is excited to welcome The Unteachables Comedy Tour featuring teachers turned comedians, Stephen Taylor and Lou Pharis, one who was voted teacher of the year and the other who was fired for their jokes.

Then on Saturday, from the Commonwealth, Boston comedian, Casey McNeal returns with his mental rants about all of life’s hang-ups. Also appearing, Trevor Dion and Crystal Bernard.

Tickets can be found at <https://www.greatfallscomedyclub.com> or purchased at the door. Great Falls Come-

dy 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.



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Newsmakers, Names & Faces

Community college grads able to transfer to six Maine Colleges

AUGUSTA, ME – Community college graduates in Maine can now transfer directly to degree programs at six of Maine's independent four-year colleges under the new Maine Transfer Guarantee announced last week.

"The Maine Transfer Guarantee takes the guesswork out of higher ed planning for many Maine students and families," said David Daigler, president of the Maine Community College System. "This provides clear benchmarks and guideposts to students and their families mapping out what can often be a confusing higher ed journey. Now they know exactly how to get from their associate degree to a four-year degree and beyond."

Under the program, community college graduates meeting GPA requirements are guaranteed admission in programs at College of the Atlantic, Husson University, Thomas College, Saint Joseph's College of Maine, Unity Environmental University, and University of New England. More detailed information is available at the Maine Transfer Guarantee student portal.

The agreement is the latest statewide Transfer Guarantee program coordinated by the New England Board of Higher



Education. Other New England Transfer Guarantee programs exist in Connecticut, Massachusetts, Rhode Island, and Vermont. A New Hampshire program will launch this year.

"The Maine Transfer Guarantee is a big step forward in simplifying transfer with the goal of helping students stay on track to earn the bachelor's degree they seek by removing barriers that previously slowed them down, such as credits lost in the transfer process that add both cost and time to degree," said James Herbert, president of the Maine Independent Colleges Association and president of the University of New England.

Maine's community colleges already have guaranteed transfer agreements with Maine's public universities, including a block transfer agreement that guarantees transfer of up to 35 credits of general education requirements, and Advantage U, which guarantees community college Liberal Arts graduates admission with advanced standing to a

Maine public university.

The New England Transfer Guarantee initiative, aimed at establishing systemic state transfer programs, is funded by the Teagle Foundation, the Arthur Vining Davis Foundations, the Davis Educational Foundation, and the Lloyd G. Balfour Foundation.

Maine's seven community colleges have the lowest tuition and fees in New England and serve more than 30,000 students a year through early college, short-term workforce training, associate degree, certificate, and advanced certificate programs.

More information about the Maine Transfer Guarantee is available at <https://transfer.mccs.me.edu/>

Maine Transfer Guarantee Partners

"Increasing access to four-year degree pathways will play a key role in helping to ensure the well-being of Maine's diverse communities and overall economic health. College of the Atlantic is pleased to partner with the Maine Community College Sys-

tem on this innovative, vital program," says COA President Dr. Darron Collins '92.

"We are pleased to continue our longstanding history of welcoming transfer students to Husson University with this new guaranteed transfer agreement for Maine community colleges. This will ensure that students seeking to continue their education will have access to scholarships and also receive transfer credits at Husson," said Lynne Coy-Ogan, president-elect, provost, and senior vice president for academic affairs at Husson. "It is our hope that this opportunity will encourage more students to choose Husson as they continue their education beyond community college."

"Saint Joseph's College has a long history of supporting transfer students who have graduated from Maine's community colleges. We are excited to be part of the Maine Transfer Guarantee agreement ensuring that more Maine students can seamlessly transition from



cessible and affordable for even more students," said Thomas College Provost Thomas Edwards.

"The Maine Transfer Guarantee is a big step forward in simplifying transfer with the goal of helping students stay on track to earn the bachelor's degree they seek by removing barriers that previously slowed them down, such as credits lost in the transfer process that add both cost and time to degree," said James Herbert, President of the Maine Independent Colleges Association and President of University of New England.

"We are proud to be a part of the Maine Transfer Guarantee, which opens up new opportunities for community college graduates to seamlessly continue their education at Unity Environmental University or any partnering institution. This initiative aligns perfectly with our mission to provide accessible, high-quality education focused on environmental stewardship. By reducing barriers to transfer, we can help more students achieve their academic and career goals, ultimately contributing to a more educated and environmentally conscious workforce," said Unity Environmental University President, Dr. Melik Peter Khoury.

their community college to Saint Joseph's College. Maine students have terrific higher education options and we are proud to be one of them," said Saint Joseph's College of Maine President Joseph Cassidy.

"Thomas College is pleased to join the Maine Transfer Guarantee. Higher education is the path toward a strong economic future for Maine students and the Maine economy. This guarantee helps remove barriers and makes a baccalaureate degree ac-

Maine National Guard to complete Community Projects

AUGUSTA, ME -- The Maine Army National Guard will complete three community outreach projects throughout Maine during its 2024 annual training season.

The projects are re-

quested by communities as part of the Innovative Readiness Training (IRT) program - a federal initiative which enables the National Guard to train on their mission-related tasks while helping local

communities with desired improvement projects.

The MEARNG completed one such project for the Maine Department of Agriculture Conservation and Forestry, and Bureau of Parks and Lands, in March. The 1136th Transportation Company transported 293 pallets of firewood from Maine's correction-

al facilities through remote terrain to five state parks. This endeavor totaled 21,600 miles and 489 manhours.

"It's incredibly rewarding to give back to the state and people that support us," said Brig. Gen. Diane Dunn, Adjutant General of the Maine National Guard and Commissioner of the

Department of Defense, Veterans, and Emergency Management, "While our Soldiers get to train on their specific skills throughout the year, the IRT program is special because the projects within it are a win for the Soldiers who joined to support their communities and a win for the communities who need

our expertise and capabilities."

This summer, the 262nd Engineer Construction Company (ECC) and 136th Engineer Vertical Construction Company (EVCC) is supporting Lake George Regional Park by completing renovation and restoration work on the West Social Hall, to include the installation of Americans with Disabilities Act-compliant access ramps that access some of the Park's Cabins. The units will also build a roadway from the existing parking area to the Social Hall.

The 185th Engineer Support Company (ESC) is supporting the city of Brewer in development of a firing range for the local police department.

Finally, in Augusta, the 262nd ECC and members of the United States Marines is supporting Maine Bureau of Veterans' Services and Maine Veterans' Cemetery System to expand the Maine Veterans Cemetery.

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Newsmakers, Names & Faces

Rinck Advertising celebrated for outstanding campaigns

LEWISTON, ME – Rinck Advertising has recently been recognized for its great work in public health and healthcare with recognition from Hermes Creative, Aster, Healthcare Ad, Bell Ringer, and the PRSA Anvil Awards. Their expertise in behavior change marketing and dedication to impactful partnerships have led them to collaborate with a range of organizations, creating award-winning campaigns that address critical issues.

Maine Center for Disease Control

Rinck's eight-year partnership with the Maine CDC has produced many impactful campaigns - shaping health choices, providing resources, and improving outcomes across the state. Recent collaborations on important public health issues do not deviate from this standard of excellence.

Sipping Point Campaign: Addressing Maine's high binge drinking rates and brewery culture, this innovative campaign leveraged influencer marketing and social media to raise awareness about the signs of alcohol overuse. Influencers shared their firsthand experience with alcohol use and curiosity of a "sober-curious" lifestyle through authentic

storytelling. Influencers encouraged their audience to learn their "Sipping Point." The campaign generated a 135% increase in website visits where users engaged with content related to alcohol education and were provided with helpful resources. Sipping Point earned a Platinum Hermes Creative Award and a PRSA Anvil Award of Excellence for Integrated Communications.

Substance Impairment Detection Video: This educational tool equips bar and restaurant staff to identify and address substance impairment among patrons, fostering safer environments. The video won a Platinum Hermes Creative Award in the interactive media category.

Filter Out the Noise Campaign: Recognizing Maine's high teen suicide rate, this campaign tackled mental health stigma and encouraged help-seeking behaviors. The campaign drove significant website traffic and video views where visitors were provided with mental health resources and support information. The campaign won a Silver Bell Ringer Award for its impactful paid media strategy.

"We specialize in behavior change marketing

because it has the power to create meaningful, lasting impacts on public health," said Nikki Jarvais, SVP Group Account Director at Rinck Advertising. "Our goal is to develop campaigns that resonate with people and encourage them to make healthier choices."

Beyond Public Health: Making a Difference

In New England, over 5,000 people wait for lifesaving organs. To help bridge this gap, New England Donor Services partnered with Rinck to produce a Driver's Education video focused on organ donation. This award-winning animated video, seamlessly integrated into the curriculum, educates students about the impact of their decision and empowers them to become heroes. The video earned a Gold Hermes Creative Award in the Interactive Media category for Video Animation.

MaineGeneral Health: Highlighting Local Expertise

MaineGeneral partnered with Rinck to raise awareness of their services and highlight the exceptional care and trusted providers available in their community.

Recent award-win-



ning campaigns include:

Cancer Care Campaign: This campaign highlights the convenient and compassionate care offered by the Harold Alfond Center for Cancer Care. The work won a Gold Aster Award and a Silver Healthcare Ad Award.

Surgery Campaign: This campaign, focused on MaineGeneral's commitment to the community and its team of highly qualified surgeons, earned a Gold Aster Award and a Silver Healthcare Ad Award.

"Healthcare access is integral to our communities throughout Maine, helping each of us live our best life," said Kathleen de Silva, VP Account Service at Rinck Advertising. "I am proud to work with MaineGeneral

Health, a partner dedicated to providing high-quality, compassionate care to people in Kennebec Valley and surrounding areas. I am in continuous awe of the passion they bring to their work, most recently, with the expansion of the Harold Alfond Center for Cancer Care. Being able to work with partners like this, who are making a true impact for our fellow Mainers, is why I come to work each and every day."

Rinck Advertising is deeply committed to strengthening, enriching, and maintaining vibrant communities. The agency recognizes clients' invaluable work in healthcare, public health, and social good initiatives. "We are honored to be recognized



for our work and proud to collaborate with esteemed partners who share our commitment to public service," added Laura Rinck, President at Rinck Advertising. "It's a source of immense pride for us to play a role in initiatives that improve the lives of those who call these communities home."

Maine CASA to hold training August 12-16, 2024

MAINE -- Interested in advocating for the best interests of a child? The Maine Court Appointed Special Advocates (CASA) program is holding its summer training for volunteer advocates from August 12th through August 16th, 2024.

This free, five-day training is designed to prepare attendees for certification as volunteer guardians ad litem (GALs) in Maine child protection cases. Trainees may participate virtually or in person. For those who wish to participate in person, the training will be held in Augusta.

Accommodations may be available.

The foundation of a CASA's work is learning about the case and then advising the court what the CASA believes is in the child's best interest. CASAs come from a wide variety of professional and personal backgrounds and are guided throughout the process by CASA program staff. CASAs bring their own unique perspectives to their work as volunteers.

If you are willing to advocate for a child's best interests, we encourage you to apply to become a CASA volunteer. Those

interested in the training must complete an application and, if invited to participate, must also complete criminal and child protection services background checks.

Are you ready to advocate for a child's best interests? If so, we hope you can join us for our August 12-16, 2024 training. For more information about becoming a volunteer, please contact Maine CASA Legal Services Advisor Darren Defoe at 213-2864 or by e-mail at casa@courts.maine.gov.

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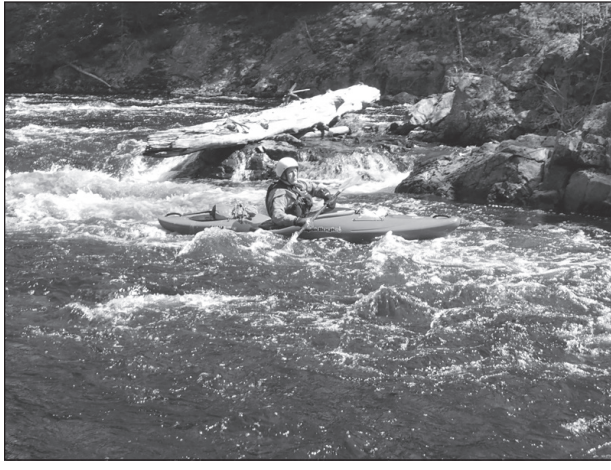


Seniors Not Acting Their Age

Challenging Falls on the Machias River



A canoeist avoids a dangerous hole on Great Falls



A kayaker skirts a log while descending Little Holmes Falls



Morgan Baxter lines his canoe around a pitch on Little Holmes Falls

Four of us were on the third day of a Penobscot Paddle & Chowder Society Machias River expedition. We had just spent the night camping at Holmes Falls and were headed for Little Holmes Falls, a complex challenging whitewater rapid.

For the third consecutive day, we benefited from sunny skies and mild temperatures. While fishing in a pool below the falls, canoeist, Rick Farnsworth, caught a sizeable brook trout. Fried fish would be an appetizer on the evening menu.

The short distance to Little Holmes Falls passes through a narrow impressive sector of cliffs that has the character of a small canyon. Just beyond, we arrived at a wooded island in

the center of the river called Dead Man's Island. This is an excellent place to stop as it provides an opportunity to investigate the upper falls area while paying a visit to a memorial for Obadiah Hill, a pioneer who died in 1786.

From Dead Man's Island, we had a partial view of the two entrances to the falls separated by a rocky prominence. The left channel is very difficult to scout and contains potentially boat flipping holes. The right passage is a technical rapid that can be closely inspected from rugged terrain on the right.

The right channel was our choice. We paddled through a short rapid next to the right side of Dead Man's Island and ferried to the right shore to scout.

The decision was a wise one. The narrow entry was partially blocked by a fallen log. Canoeists Rick and Morgan Baxter lined their larger boats over rocks adjacent to the initial pitch. Paddling smaller expedition kayaks, Ken Gordon and I were able to maneuver around the obstruction and complete the entire falls.

The difficult cataract behind us, we began an extended stretch of flatwater. For several miles, we benefited from a tailwind. After passing the confluence with Old Stream, the river angles southeasterly and we encountered a moderate sea breeze. The pesky headwind would continue for the remainder of the day.

We stopped on ledges next to gentle Getchell Rips

for lunch. A few more miles of flatwater brought us to Smith Landing where we bid farewell to Morgan, who needed to return home a day early.

Three remaining Chowderheads persisted into the headwind to Great Falls, the longest, most challenging big volume rapid on the river. The portage trail is on the right. We used it to access cliffs overlooking the more difficult upper sector.

From the rocky prominence, we studied the falls and debated the best route. The collective decision was to skirt large waves and intimidating holes on the right and catch a substantial eddy on river right. Our plan worked flawlessly. From the eddy, we ferried left through a wave train at the bottom.

The scenic campsite at the foot of the falls is exceptional. A triumphant descent accomplished, clouds and a few sprinkles didn't dampen our spirits. We returned on the portage trail to retrieve heavy gear Rick had left behind.

A tarp was erected in anticipation of rain. The fish was delicious.

Concerns about a change in weather were unnecessary. We awoke the following morning to clear skies and warm temperatures but no blackflies.

We encountered varying winds during our circu-



Large breaking waves are encountered on Great Falls

itous flatwater paddle to the old logging village of Whitneyville. Ancient logging booms marked the approach to a technical Class II rapid that passes under a bridge in town. Concerned about the possibility of debris in the falls, we carefully boat scouted down the steep gradient.

A short section of calm water brought us to a small island with easy rapids on both sides. Beyond, we passed under an old railroad bridge that is now part of the 87-mile Down East Sunrise Trail.

Soon after, we observed two hikers on the left shore. They were workers performing trail maintenance on the Machias River Preserve Trail that connects Whitneyville and Machias; a potential adventure for another day.

Munson Pitch, a Class II ledge drop, was next. We navigated the entertaining rapid on the left. Farther

down, the river makes a left turn and passes through easy rapids to a steep narrow gorge. Descending the lengthy stimulating falls that leads into the Town of Machias was the perfect culmination to another outstanding Machias River expedition.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates five more exciting Maine river trips.

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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MCP announces cast of “Beauty and the Beast”

MONMOUTH, ME -- The Monmouth Community Players, along with Marquis Season Sponsor, Great Falls Federal Credit Union, season sponsors Winthrop Area Federal Credit Union, Readfield Agency, and The Axe Pit (South Portland) and show sponsors Annabessacook Veterinary Clinic and Kennebec Cabin Company, Greenhouse Games, and Birdie Gay, an Affiliate of Academy Travel are thrilled to announce the cast of their summer musical, *Beauty and the Beast*. *Beauty and the Beast* has music by Alan Menken and lyrics by Tim Rice and Howard Ashman. The original Broadway production ran for over thirteen years and was nominated for nine Tony Awards, including Best Musical. At the helm of this production are Josie French as Director, Vanessa Glazier as Assistant Director, Spring Gouette as Music Director and Alex Castonguay as Accompanist. Rounding out the team are Gina Hesse as Choreographer, Hannah McAdam as Stage Manager, Jackie MacDonald as Producer, and Danny Gay, Lighting Design.

Based on the smash hit 1991 Disney animated feature and dating back to a late 18th-century classic French fairy tale, *Beauty and the Beast* tells the story of Belle (Birdie Gay), a beautiful and intelligent young woman who feels out of place in her provincial French village. When her father, Maurice (David Marshall), is imprisoned in a mysterious castle, Belle’s attempt to rescue him leads



Jonny Bolduc and Birdie Gay as Beast & Belle

to her capture by the Beast (Jonny Bolduc), a grisly and fearsome monster, who was long ago trapped in his gruesome form by an enchantress (Ben Simpson). The only way for the Beast to become human once again is if he learns to love and be loved in return. There is a time limit too: once a magical rose loses all of its petals, all hope will be lost and he will stay a Beast forever. The Beast’s enchanted household--populated by such beloved characters as Mrs. Potts (Bryanne MacMillan), Lumiere (Owen Lewis), Cogsworth (Danny Gay), Babette (Hannah Hanson), Madame (Rachel

Scala) and Chip (Connor Coan)--watch anxiously as Belle and the Beast grow to understand and befriend one another. Their feelings grow ever deeper as the clock ticks and petals continue to fall off the enchanted rose--will they confess their love for one another before it is too late?

The multi-talented cast of humans, enchanted objects and more join from all over Central and Southern Maine, including: Birdie Gay, Danny Gay, Brayden Chasse and David Marshall of Monmouth; Jonny Bolduc, Bryanne MacMillan, Rachel Scala, Katy Albert, Archer Slater and Hannah Hanson of

Lewiston; Josh Oakes of Biddeford; Kayla Newmeyer, Phoebe Edwards, Alex Lally, Ken Mansur, Kyle Mansur, Debby Mansur, Tim MacLeod and Lucy MacLeod of Auburn; Kierra Bouchard of Lisbon Falls; Owen Lewis and Connor Coan of Gardiner; Casper Madarasz of Brunswick; Nathaniel Dennison of Whitefield; Jane Mitchell of Greene; Kaitlyn George of Windsor; Maddie Labonte of Livermore; Valorie Lake of Gray; Ginger Smith of Winthrop; Benjamin Simpson of Buckfield; Gabe Lilley of New Gloucester; Victoria Tracey of Randolph; Audrey Tucker of Wayne; and Sophia Partridge of Rome.

Beauty and the Beast will play at the Winthrop Performing Arts Center in Winthrop, July 11-21, 2024. Performances will be at 7:30pm on 7/11, 7/12, 7/13, 7/18 and 7/19, and matinee 2pm shows on 7/14, 7/20 and 7/21. There will be a special sensory friendly performance on Saturday, July 13th at 7:30pm, and an ASL production on Saturday, July 20th at 2pm. Please view the website for updated information. The Winthrop PAC is located at 211 Rambler Rd, Winthrop, ME 04364. *Beauty and the Beast* is presented through special arrangement with Music Theatre International, Inc.. Please keep your eyes on the theater’s social media pages for special events related to the production. For more information, or to purchase tickets, please feel free to email the theater at mcp-boxoffice@gmail.com, call



Hannah Hanson, Danny Gay, Rachel Scala, Owen Lewis and Bryanne MacMillan as the enchanted objects



Casper Madarasz, Josh Oakes, Kayla Newmeyer, Kierra Bouchard, Phoebe Edwards, Kyle Mansur, Tim MacLeod, Katy Albert, Ken Mansur, Debby Mansur, Andy Tolman, Jane Mitchell, Alex Lally, Archer Slater, Maddie Labonte, Nathaniel Dennison in the Mob Scene



Victoria Tracey, Lucy MacLeod, Gabe Lilley, Connor Coan, Audrey Tucker, Sophia Partridge are the kids of MCP’s *Beauty and the Beast*

them at (207)370-9566, or purchase tickets online at www.monmouthcommunityplayers.org.

Extension offers free virtual summer equine speaker series

ORONO, ME – The University of Maine Cooperative Extension welcomes anyone who owns or cares for equines to participate in the virtual Summer Equine Speaker Series.

Three events, all of which will start at 6 p.m., will be held on the following days:

July 11: Alicia Harlov from the Humble Hoof Rehabilitation Center and

podcast will share how movement and nutrition benefits horse health.

Aug. 7: Dr. Jaime Garzon, UMaine Extension’s forage specialist, will discuss hay and forage

testing, pasture care and weed management.

Sept. 13: Elissa Ballman will review various insect pests, ways to mitigate bugs and new research.

The theme for this

year is pasture and system management for healthier horses. Topics include rotational grazing, track systems, pasture health and forage management, nutrition and equine pest con-

trol. Registration is required to receive the webinar links for this free series. For more information and to register, visit the program webpage.

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Arts & Entertainment

43rd band concert season about to start

AUBURN, ME -- The Auburn Community Concert Band, under the direction of Milt Simon, will kick off its annual summer series of weekly outdoor evening concerts at Festival Plaza in downtown Auburn on Wednesday, June 26th.

The 7:00 p.m. performance is the first of 9 concerts scheduled for this Main Street location. The free concerts will continue weekly on Wednesday evenings through August 21st, weather permitting. There is no rain location this summer. In the case of inclement weather, that evening's concert will be cancelled, and an announcement will be posted on the band's

website at www.auburn-communityband.com.

This year marks the organization's 43rd anniversary. Founded by director Milt Simon in the Fall of 1981, the group has varied in size from 24 to over 50 members. This season's 49 volunteer musicians range in age from late teens to early 80's, and collectively represent some 16 central and western Maine communities.

Simon stated that the organization "gives many individuals a chance to utilize musical talents neglected since their high school days, and the entire community benefits." He added that the Auburn group "is one of the larger



community bands in the state of Maine, and often attracts over 300 people to its weekly concerts." The City of Auburn has partnered with the group since

its inception.

Each Wednesday evening, the band will present a 75-minute program featuring popular hit songs from the 60's through the present. Simon predicts that the group's repertoire of songs will appeal to audiences of all ages. "If you have a favorite song that's been heard on the radio or in the movies, chances are good that our band will perform it sometime during the upcoming 9-week concert series", Simon said.

People planning to attend any of the Wednesday evening concerts at Festival Plaza should bring their own lawn chair on which to sit, and are advised to

arrive well before the 7:00 p.m. start time, as large audiences are again expected this summer. Ample free parking is available in the parking garage located across the street from the Plaza. Portable toilets have been located alongside the garage for use by the band's weekly audiences.

For more information, visit the band's website at www.auburncommunityband.com.

The members of this summer's concert band are:

FLUTE: Sharon Blodgett, Olivia Grallert, Barbara Jabaut, Laura Malkin, Julie Mann, Barbara Odiorne, Carrie Palm-

er

CLARINET: Steve Allman, Kiani Camire, Ron Draddy, Bill Galbraith, Denise Leavitt, Eilleen Messina, Patti Pelletier, Rick Rau, Louise Theberge

BASSOON: Hayden Pelletier

ALTO SAXOPHONES: Justin Fortier, David Griswold, Belinda Murchison, Nathan Titus

TENOR SAX: Angela Greenwald, Annabeth Treadwell

BARITONE SAX: Meghann Bilodeau, Jason Toussaint

TRUMPETS: Dominick Cammuso, Elliott Epstein, Nancy Morris, Josh Lampron, Ronald Seguin, Mike Truchon

FRENCH HORNS: Kelly Bickford, Stephanie Burke, Paul Mann, Denise Tabet

TROMBONES: Sonny Begin, Mark Jacobs, David Lantagne, Chip Morrison, Tom Nelson, Mendell Patton

BARITONES: Hadley Blodgett, Jacob Patton, Marsha Stone

TUBAS: Joshua Patton, Duncan Webster

PERCUSSION: Keleigh Belanger, Laurie Swart, Mitch Thomas

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5 ways to support backyard pollinators this summer

ALEXANDRIA, VA — The TurfMutt Foundation, which has advocated for the care and use of yards, parks and other green spaces for 15 years, has long been an advocate of supporting pollinators like bees, butterflies, hummingbirds and bats in managed landscapes. In celebration of National Pollinator Month, TurfMutt reminds everyone about the important role backyards and community green spaces play for these small but mighty backyard critters and their pollinating powers. Pollinators are responsible for one out of every three bites of food we take, according to the Pollinator Partnership.

“Our cities and neighborhoods have disrupted the natural ecosystem pathways that pollinators rely upon, but our backyards and community parks can help by providing these important creatures a vital link to habitat and food,” said Kris Kiser, President & CEO of the TurfMutt Foundation. “We encourage every homeowner and community to

plant flowering plants and shrubs, in addition to trees and grass, in their managed landscapes.”

Here are 5 ways homeowners can support pollinators in their own backyard:

1. Remember Right Plant, Right Place

Select flowering plants that thrive in your yard’s conditions, taking into consideration things like climate zone (check out the USDA’s Plant Hardiness Zone Map), soil type, the sun/shade ratio and average rainfall. If a plant has evolved to thrive in your microclimate, it’s a good bet the pollinators in your community will prefer it, too. The Pollinator Partnership has free pollinator planting guides that anyone can download here.

2. Have a Balanced Landscape

Plant a healthy balance of real grasses, garden flowers, shrubs and trees that bloom at different times of the year. Different colored plants that have their own smell and grow to various heights

Plant It for the Planet
Choose Flowering Plants for Pollinators

Backyards, school yards, green roofs, parks, planted medians and other green spaces provides food and shelter for pollinators

Select flowering plants that thrive in your yard's conditions:
• climate zone
• soil type
• sun/shade ratio
• average rainfall

Plant a healthy balance of grasses, garden flowers, shrubs, and trees

Popular Pollinators
Butterflies, Bees, Bats, Hummingbirds

• 75% of the world's flowering plants depend on pollinators to reproduce
• About 1 out of every 3 bites of food we eat exists because of pollinators
• More than 3,500 species of native bees help increase crop yields

OPEI Powering Good, TurfMutt.com, THE TURFMUTT FOUNDATION

will attract different types of pollinator species. By keeping this in mind and planting accordingly, you

can provide year-round pollinator support.

3. Create a “Target”

Plant in clusters to make plants an easy target for pollinators to find. This will also increase pollination efficiency. It’s easier, faster and less wasteful for pollinators to work on a single plant species in one central area versus having to seek out individual plants.

4. Right-Size Your Effort

Remember, the size of your yard doesn’t matter. Pollinator pit stops can be created anywhere from urban condominium balconies and small home yards, to large estate lots and farms. Creativity is all that is needed. Window planters, patio containers, raised garden boxes, and even hanging planters can all offer nectar to pollinators. If you have no outdoor space to call your own, consider volunteering for a local pollinator organization, at a local park or community garden.

5. Remember the “Extras”

Pollinators are hard-working and they need clean water and a place to rest. Backyard water sources can be in the form of a water feature or birdbath. You can even set out a shallow water container filled with rocks for pollinator perching.

For more, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. To learn more about creating the yard of your dreams, visit TurfMutt.com. Look for Mulligan the TurfMutt on the CBS Lucky Dog television show on Saturday mornings.

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Pasture Walk Series covers dairy farming, forage management

ORONO, ME — University of Maine Cooperative Extension welcomes local farmers, service providers, and Ag stakeholders to participate in the 2024 Maine Pasture Walk Series.

Five events, all of which will start at 11 a.m., will be held on the following days and farms:

The Milkhouse, 445 South Monmouth Road in Monmouth, on Jul 10.

Springside Farm, 577 Anson Valley Road in New Vineyard, on Jul 23.

Faithful Venture Farm, 17 Borough Road in Searsmont, on Aug 06.

The Wolfe’s Neck



Center, 184 Burnett Road in Freeport, on Aug 13.

Grace Pond Farm, 530 Main Street in Thomaston, on Aug 20.

Attendees will learn about dairy production systems, pasture management, forage species identifica-

tion, climate-smart practices, regenerative grazing, and more from forage producers and Assistant Extension Professor Jaime Garzon.

The 2024 Maine Pasture Walk Series is open and free for all participants.

Visit the event webpage for more information and registration. To request a reasonable accommodation,

please contact Melissa Babcock at 207.581.2788 or melissa.libby1@maine.edu.

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ArtVan bringing creativity to Kennedy Park

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June 24
July 1, 8, 15, 22, 29
August 5, 12

ARTVAN - KEEP THE ARTS ROLLING
 READ MAKE EXPLORE
 LEWISTON PUBLIC LIBRARY

LEWISTON, ME -- The Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Kennedy Park this summer for children ages 5-14 on Mondays June 24, July 1, 8, 15, 22, 29 and August 5, 12 at 3:30PM. Children aged 5-8 must be accompanied by an adult.

Participation in this drop-in event counts towards the Library's Summer Reading program.

The 2024 Summer Reading program at Lewiston Public Library runs from Monday, June 24th until Friday, August 17th with the theme of Read, Make, and Explore. We are

encouraging participants not only to read or listen to books but also make a new craft or recipe or explore a favorite place in our beautiful city or a new landmark in our wondrous state.

ArtVan is a mobile art program that brings hands-on creative art opportunities for self-expression, personal growth, and fun. All of their projects aim to inspire art-making with a variety of materials to explore. ArtVan programs engage all age groups, encourage time outside, reduce screen time, help youth stay connected, diminish stress, and provide release for unvented expressions of emotions,

such as loss and confusion.

ArtVan began in 2004 and has provided therapeutic art and strengths-based programs to under-resourced neighborhoods.

Make Art with ArtVan is free, open to the public, and no registration is required. All art supplies will be provided.

Kennedy Park is located at 120 Park Street in Lewiston. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on ArtVan programs is available by contacting the Lewiston Public Library at 513-3133 or LPLKids@lewistonmaine.gov.

B2B Trade Show is back

LEWISTON AUBURN, ME – The Lewiston Auburn Metropolitan Chamber of Commerce is excited to announce the return of the highly anticipated Business to Business (B2B) Trade Show in partnership with Dow Media. This collaboration marks a significant milestone as the Chamber takes the reins of the event, ensuring a smooth transition and continued success for one of the region's most esteemed business gatherings.

The B2B Trade Show has been a cornerstone event in the Lewiston Auburn region for decades, fostering valuable connections and business growth opportunities. Eight years ago, the event was handed over to Dow Media, resulting in a period of transition. Last year, the Chamber began collaborating with Dow Media to bring the show back under its umbrella, aiming to leverage the strengths of both organizations for an even more impactful event.

"We are thrilled to partner with Dow Media to bring the B2B Trade Show back to the Chamber," said Shanna Cox, President + CEO of the LA Metro Chamber of Commerce. "This event has always been about connecting businesses, fostering innovation, and driving economic growth in our

COMING IN MARCH 2025
NORWAY SAVINGS BANK ARENA

Maine B2B Trade Show

LEWISTON AUBURN METROPOLITAN CHAMBER OF COMMERCE

region. With Dow Media's support, we are confident that the 2025 B2B Trade Show will be our best yet."

The next B2B Trade Show is scheduled for Thursday, March 27th, 2025 at the Norway Savings Bank Arena in Auburn, Maine. Attendees can look forward to a dynamic lineup of exhibitors, networking opportunities, and insights from industry leaders. This event is designed to help businesses of all sizes expand their reach, forge new partnerships, and gain valuable market insights.

"We are honored to continue our involvement with the B2B Trade Show and support the Chamber in this transition," said Travis Dow, founder of Dow Me-

dia. "Our combined efforts will ensure that the event remains a premier platform for business development in Maine."

Mark your calendars and save the date for the 2025 B2B Trade Show. Additional details, including registration information and exhibitor opportunities, will be announced in the coming months, and will be directly communicated to those who pre-register. Stay tuned for updates and prepare to be part of an event that celebrates and elevates the business community in Androscoggin County.

For more information, please visit the event site or contact Katie Palmer, Director of Events at Katie@LAMetroChamber.com

Saiqa Choudhry, MD, joins CMH Neurology Team

LEWISTON, ME -- Central Maine Neurology, which is part of Central Maine Healthcare, is excited to welcome Saiqa Choudhry, MD.

Dr. Choudhry will treat patients who have had strokes, epilepsy, migraine headaches, Alzheimer's, Parkinson's, as well as other conditions.

"I treat patients as



family," Dr. Choudhry said. "The care and comfort I offer tends to make my patients feel comfortable and helps build trust. If a patient trusts their doctor, they're more apt to open up, allowing you to get at the root cause and help them to get better."

Dr. Choudhry went to medical school at Uni-

See Saiqa, page 14

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Finding Our Voices to visit Maine islands by Sunbeam

NORTHEAST HARBOR, ME—From Tuesday, June 25 to Thursday, June 27, the grassroots nonprofit Finding Our Voices will accompany Maine Seacoast Mission to outer islands aboard Mission vessel Sunbeam. During the Mission’s regular visitation schedule to provide outreach and health services, Finding Our Voices and Founder and CEO Patrisha McLean will help raise awareness about domestic violence and abuse, and provide opportunities for guidance.

In line with the Mission’s guideline of “meeting people where they are” as well as Island Outreach programmatic activities, the CEO and founder of Finding Our Voices Patrisha McLean as well as the organization’s only full-time staff member Mary Kamradt will join Mission staff in making informal visits with island residents. Both McLean and Kamradt are survivors of domestic abuse. In addition to the visits, Isle au Haut and Frenchboro will host dessert parties and distribute Finding Our Voices literature. On Matinicus, the Mission will host a cookout on the wharf with Finding Our Voices providing opportunities for islanders to learn about domestic violence in a casual way. This island tour is part of the Finding Our Voices 15-stop 2024 “Let’s Talk About It” tour, where domestic abuse survivors break the silence of domestic abuse one community

and conversation at a time across the state.

Finding Our Voices Founder and CEO Patrisha McLean shares, “I can’t thank Maine Seacoast Mission enough for prioritizing domestic abuse as a health issue on Maine islands, for allowing us to connect with the residents through their beloved and trusted organization, and for putting together such a thoughtful program.” McLean is an author and photographer of the 2015 book *My Island*, which celebrates the children of three Maine island communities of Islesboro, North Haven, and Vinalhaven.

Finding Our Voices operates a bold, survivor-powered domestic abuse awareness campaign across Maine that has led to the distribution of posters featuring the photo portraits of 45 Maine survivors to be featured prominently in 90 towns. In addition, the nonprofit offers extensive peer and community support including free, online survivor-run weekly support groups, access to free dental care, and healing experiences. Finding Our Voices also advocates for protective laws and operates the Get Out, Stay Out Fund, which assists women fleeing domestic violence and stabilizing their own, and their families’, lives. In the first four months of 2024, Finding Our Voices disbursed \$44,000 to 100 women.

Director of Island Services Douglas Cornman, MA BC-DMT, says,



“Domestic abuse is aggressively hidden on our islands. These are small communities where everyone knows everyone else’s business, even when you do your best to hide it. By raising awareness and providing avenues for conversation and discussion, communities become more deeply connected and improve mental health in addition to reducing stress, fear, and isolation. The Mission is thankful to Patrisha and Mary for joining us. I hope their presence on the Sunbeam and on our islands might encourage a victim of abuse to find their voice and step forward for support.”

Finding Our Voices marshals survivor voices, and community creativity and compassion to finally move the needle on domestic violence in Maine, and bring safety, justice, freedom, and comfort to Maine women and children. To learn more, please visit <https://findingourvoices.net/>

Rooted in a history of compassionate service and mutual trust, Maine Seacoast Mission seeks



Sunbeam leaving its home port, Northeast Harbor

to strengthen coastal and island communities by educating youth, supporting families, and promoting good health. For more information, please visit <https://seacoastmission.org/>

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Experience 60th family bluegrass festival

LITCHFIELD, ME- Blistered Fingers Bluegrass Festival is celebrating our 60th festival at the Litchfield Fairgrounds (30 Plains Road, Litchfield, Maine). Directions are located on the flyers or on the Web site. The festival grounds have a big stage that was built in 2010, Indoor bathroom facilities, four free hot showers and numerous water hookups throughout the grounds, and electrical hookups. There will be several vendors located on the grounds. The festival location has that 'Welcome Home' Country atmosphere. Everyone who attends loves our camping grounds. We also have a lot of Field picking through the whole time of the festival. We have an extra-large

tent for rain or shine cover. We have the Blistered Fingers Kids Academy. Blistered Fingers has a free, relaxed, informative three day music program for children for ages 6-18. The focus is how to play, sing and perform bluegrass music. Students can bring their own instruments and commit to the three day program. The kids all get a Free T-Shirt and perform a couple of songs as a group on the Main stage. We're all so proud!!

The gates opened Sunday, June 16, 2024. Weekend tickets for each festival will cover four days of great music and camping from Thursday to Saturday and Sunday Morning Gospel Sing Along and Jam. Day tick-



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 Litchfield Fairgrounds - Litchfield, Maine

The Gibson Brothers (NY) S Nothin' Fancy (VA) T, F
 Country Gentlemen Kevin Prater Band (KY) F, S
 Tribute Band (MD) F, S High River F, S
 Hemingway Brothers (ME) T, S Blistered Fingers (ME) T
 Katahdin Valley Boys (ME) F Robinson's Gospel (MA) Sun

Emcee - Sandy Cormier
 Sound - Blistered Fingers

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ets are also available at the gate. There will be several types of vendors located on the grounds and an Extra Large tent for coverage. Just bring your lawn chairs and come have a great time. Don't just hear about it!! Performers: The Gibson Brothers (NY) Nothin' Fancy (VA) Country Gentlemen Tribute Band (MD) Kevin Prater Band (KY) Katahdin Valley Boys (ME) High River (NB) Hemingway Brothers (ME) Robinson's Bluegrass Gospel (MA) Sunday Morning And Your Host Band:

Blistered Fingers (ME) Tickets available at Gate: All four days (Thurs - Sunday) with Music & FREE camping- \$100 Children 16 and under Free with Paying Adult Thursday only- \$25 Music 4 pm - 9 pm Friday only- \$40 Music 10 am - 9 pm Saturday only- \$40 Music 10 am - 9 pm Sunday - FREE with Weekend pass Dogs- \$10 Power- \$35 for your entire stay For additional information, visit the Web site at www.blisteredfingers.com or contact Sandy Cormier at blist-f@blisteredfingers.com, or (207) 873-6539.

MEMIC announces 2024 award winners

PORTLAND, ME - The MEMIC Group, workers' compensation insurance specialists, has announced its 2024 selections for The MEMIC Awards, which honor employers and individuals demonstrating best practices in workforce safety and partnership. Founded in 1994 and nominated annually by MEMIC safety consultants, recipients of The MEMIC Award for Excellence in Safety are considered among the best of more than 20,000 MEMIC policyholders at thoroughly incorporating workforce safety into their culture to prevent on-the-job injuries, increase labor productivity, and relentlessly improve work practices at all levels. L.L.Bean has been selected as the winner of the MEMIC Award for Excellence in Safety for their exceptional participation and partnership in safety workshops, on-site safety assessments, and training programs. Their

commitment to clear communication, accountability, and fostering a culture of safety and care throughout the organization has set a remarkable example for workforce safety practices. In partnership with MEMIC through their broker, Aon, L.L.Bean has not only trained thousands of employees in safety practices, but also established robust safety protocols that prioritize the well-being of their workforce. Their dedication to continuous improvement and safety excellence truly sets them apart as a leader in workforce safety. To learn more about L.L.Bean's dedication to workforce safety and their journey towards excellence, we invite you to watch their profile video on memic.com/awards. Founded in 2021, the fourth-ever MEMIC Award for Workforce Partnership was presented to Cynthia Murphy, the Senior Program Manager for Coastal Enterprises, Inc



(CEI). Cynthia was chosen for her outstanding work in creating and managing the Child Care Business Lab and the Child Care Investment Fund. These programs have helped create new jobs while offering a solution to one of the largest obstacles facing Maine business owners and workers: an inability to secure childcare. Through Cynthia's guidance and support, 32 Child Care Business Lab graduates have launched businesses, creating new jobs and childcare spaces, while empowering parents to pursue their own career

opportunities. Her dedication to workforce skill development and community well-being embodies MEMIC's commitment to employment growth and workforce health. "The MEMIC Awards perfectly exemplify the partnership between MEMIC and our policyholders when it comes to workers' compensation," The MEMIC Group President and CEO Michael Bourque said. "At the end of the day, the relationship with our policyholders is more about protecting the health and safety of their most important asset



- their people - than it is about insurance." "No one wants workers to get hurt, or if they do get hurt, to lose their livelihoods over it," Bourque said. "That's the MEMIC difference. We relentlessly partner with our policyholders to instill best practices appropriate to their industries to avoid injuries, save money, and create a caring workplace culture. The people we're recognizing with MEMIC Awards do it all." Nominees for all

awards are MEMIC-insured employers recommended by their Safety Management Consultants and Claims specialists, their independent agents, and MEMIC management. All awards are given annually. The 2024 MEMIC Awards for Excellence in Safety and Workforce Partnership were handed out at the Annual Meeting of Policyholders in Portland, Maine on Monday, June 10. Learn more at memic.com/awards.

Congressional Gold Medal awarded to Maine Vets

WASHINGTON, D.C. - Last week, the U.S. Senate unanimously passed a bipartisan bill, cosponsored by U.S. Senators Susan Collins and Angus King, to collectively award a group of Vietnam War veterans known as

"Dustoff" crews with the Congressional Gold Medal. The legislation honoring the helicopter-borne medical evacuation teams now heads to the House of Representatives for consideration. If this bill becomes

law, two Maine residents would be recipients of this Congressional Gold Medal. "Dustoff medevac crews were responsible for rescuing thousands of wounded soldiers from the chaotic battlefields of Vietnam," said Senator Collins. "Day or night, Dustoff crews worked through treacherous conditions and risked their lives to save their fellow soldiers. I am proud to join this effort, memorializing the work of these brave patriots with our nation's highest civilian honor." "It is an honor to join my colleagues in recognizing the incredible bravery

of the Dustoff crew heroes who risked their lives to save thousands during the Vietnam War," said Senator King. "For many on the ground, there were few sounds more welcome than a Dustoff helicopter on its way with a team of medics. I am proud to join this bipartisan effort to forever memorialize the patriotism and sacrifices of these courageous men." This year marks

the 51st anniversary of the Paris Peace Accords, which ended U.S. combat operations in the Vietnam War. Called "Dustoff" crews due to their radio call sign, these rescue teams saved wounded soldiers and America's South Vietnamese allies from dangerous locations. Between 1962 through 1973, Dustoff crews were responsible for transporting 17,700 United States casualties. During

this period, soldiers assigned to Dustoff crews had a one-in-three chance of being wounded or killed. The Dustoff Crews of the Vietnam War Congressional Gold Medal Act is supported by the Veterans of Foreign Wars, American Legion, AMVETS, Association of the United States Army, Army Aviation Association of America, DUSTOFF Association, and Vietnam Dustoff Association.

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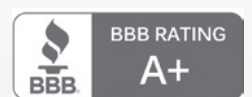
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Maine DOE celebrates 2024 RISE Award honorees, finalists

DEER ISLE AND PORTLAND, ME—Maine Education Commissioner Pender Makin joined School Union 76 school leaders and staff to honor Food Service Coordinator Sheila Nevells, and Deputy Commissioner Dan Chuhta joined Deering High School and Portland Public School leaders and staff to honor Administrative Secretary Liana Littig with the Recognizing Inspiring School Employees (RISE) Award for the extraordinary contributions they have made to their students, schools, and communities. Both honorees are known for their dedication to their communities and their support for colleagues and students.

Created by Congress in 2019 and overseen by the U.S. Department of Education, the prestigious RISE Award honors non-teaching school employees who provide exemplary service. Nevells and Littig were selected as the two state-level honorees out of ten finalists. Nearly 70 nominations were submitted to the Maine Department of Education (DOE) by colleagues and community members. Nevells and Littig were selected to represent Maine for consideration for the national RISE Award.

“I am in awe of Shei-

la. You are a true hero, a champion of education, and a champion of making sure kids get fed. The most fundamental thing that can happen for any of us is the food that feeds our souls and our bodies, and fuels us for learning. You have consistently gone so far above and beyond to make sure the kids in your school and community are fed,” said Maine Education Commissioner Pender Makin while presenting the honor to Nevells.

“You make my job easy. I enjoy cooking for every one of you. I enjoy talking with every one of you every day. I am humbled and very appreciative of this award,” said School Union 76 Food Service Coordinator and Maine’s 2024 RISE Award State Honoree Sheila Nevells.

“Liana’s day-to-day dedication to the students, families, and staff at Deering High School has been described by her colleagues as ‘unmatched’. You are an essential part of the school, a valued community member, and a true example of a public servant,” said Maine Department of Education Deputy Commissioner Dan Chuhta while presenting the honor to Littig.

“Everyone who knows Liana says she is remarkable. She has especially impacted our

Portuguese students and embraced them warmly, connecting them with the resources they need. She is so helpful and never makes anyone feel less than for needing help. We all adore her,” said Deering High School Assistant Principal Halima Noor.

“I feel so loved and appreciated. This is such a good place. They are so good to me,” said Deering High School Administrative Secretary and Maine’s 2024 RISE Award State Honoree Liana Littig.

RISE nominees demonstrate excellence in the following areas: (A) Work performance; (B) School and community involvement; (C) Leadership and commitment; (D) Local support (from co-workers, school administrators, community members, etc., who speak to the nominee’s exemplary work); (E) Enhancement of classified school employees’ image in the community and schools.

Maine’s Two RISE State Honorees

Liana Littig, Administrative Secretary, Portland Public Schools

From Liana’s nomination: Liana’s involvement in school and community is unmatched. She is the first person students and staff see when they walk in the door. For many of our newcomer students

who speak Portuguese, it is the first time someone in the school system stops and has a deep, kind and welcoming conversation with them in Portuguese. All students know if they have a question to find Ms. Littig in the main office because she always has the answer or knows who does! No student is turned away without receiving a thoughtful response when she is in the office.

Liana is not a gatekeeper of knowledge but rather imparts knowledge and the know-hows of all she does to better equip staff, students and parents with what they need to have a successful day at school. Liana has also become well known in the community, especially with immigrant families.

Liana’s sense of confidence and calm demeanor has ensured our students, staff, parents and building are able to withstand even the most challenging disruptions with ease. That air of confidence and calmness shrouds the entire building and allows every single person to genuinely feel like everything is under control. That is credit to Ms. Littig!

Sheila Nevells, Food Service Coordinator, School Union 76

From Sheila’s nomination: Since Sheila took over as Food Service Co-

ordinator in 2017, her work performance and leadership and commitment have been exemplary. She quickly learned all the ins and outs of USDA and our food service funding, and then took it upon herself to see that no child on our island ever went hungry. Sheila learned how to write grants, and then found every way available to provide food for everyone. CACFP, No Kid Hungry, summer food program -she went after them and worked hard to provide all these opportunities for our children and families. She organized an amazing food delivery service during the COVID lockdown and continues to provide comprehensive food service despite a number of administrative changes. Sheila goes above and beyond, and it all comes from her big heart and love for this. Sheila is a quiet leader, but the programming that she does gets some great PR. She is a role model for all of us in the school system and to our children and families who come in contact with her every day. Her work ethic, ambition and drive to help others, and her big smile and caring heart impact us all.

Sheila has also done all the extra work of getting grants and running extra programming on top of her everyday work of also

being Head Cook at Deer Isle-Stonington Elementary School. Sheila doesn’t sit in an office all day - she cooks and serves and talks to all the kids, cleans up, and then she sits in her office after hours getting all the paperwork done and finding new ways to feed our families. Sheila is Lunch Lady Extraordinaire!

Maine’s RISE State Finalists

Sarah Beam, School Social Worker, Talbot Community School, Portland Public Schools

Kerrie Edgerton, Executive Assistant to the Superintendent, Biddeford School Department

Kadija Fulli, Custodian, Portland High School, Portland Public Schools

Ben Jacobson, Food Service Director, RSU 26

David Martin, Director of Maintenance, Maine School of Science and Mathematics

Tanya Ouellette, Secretary, Sabattus Primary, RSU 4

Nicole Richard, Ed Tech, Veazie Community School

Christine Small, Nurse’s Assistant, Portland High School, Portland Public Schools

Shelley Tinker, Transportation/Bus Driver, Lubec, SAD 19

Bangor Symphony Orchestra renews Maestro’s contract

BANGOR, ME – The Bangor Symphony Orchestra (BSO) is thrilled to announce the renewal of Music Director Lucas Richman’s contract through June 2029, marking a celebrated continuation of his remarkable 14-year tenure with the orchestra. Under Maestro Richman’s direction, the BSO has reached new heights in artistic excellence and community engagement.

“Lucas Richman’s

visionary leadership has not only elevated our orchestra’s profile but has significantly deepened our connection with the community,” says Elizabeth Sutherland, President of the BSO Board of Directors. “His renewed commitment ensures that the future of the Bangor Symphony Orchestra shines as brightly as the talents we showcase.”

During his leadership, the Grammy Award-winning Maestro Richman has

been pivotal in enhancing the BSO’s programming diversity, notably championing works by female composers, including Elfrida Andrée and Jessie Montgomery, this past season. This commitment to equity in the arts has enriched the symphonic repertoire and provided our audiences with a richer, more inclusive musical experience.

In April, the BSO and Maestro Richman presented the “Paths to Dignity

Project,” a groundbreaking initiative that builds musical bridges with the unsheltered community. The project culminated in a Masterworks performance featuring Maestro Richman’s own “Concerto for Violin: Paths to Dignity,” receiving high praise from patrons and musicians alike. The concert, featuring solely Richman’s compositions, underscored his significant impact on both the BSO and the wider community.

Looking ahead, Maestro Richman will continue to captivate audiences with innovative programming, including an exciting performance of John

Williams’ legendary Star Wars: A New Hope In Concert score played live in sync with the film, scheduled for May of next year.

Renia Shterenberg, Executive Director of the BSO, added, “Lucas’ ability to blend traditional symphonic music with innovative community projects like the Paths to Dignity has been transformative. We are excited to see how his creativity will continue to enhance our programming and outreach in the years to come.”

“It has been a great honor and joy for me to collaborate with the wonderful musicians of the Bangor Symphony Orches-

tra all these years,” shares Lucas Richman. “It’s been an incredibly fulfilling partnership and I am excited about creating even more opportunities for furthering the enrichment of our region through the power of music.”

“The BSO looks forward to many more seasons of exceptional music-making under Maestro Richman’s leadership,” said Sutherland

The BSO’s 2024-2025 season has been announced and season subscriptions are now available. Both can be found online at <https://www.bangorsymphony.org/schedule/>.



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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 Water-side 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

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