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CMH wins national award for commitment to quality



LEWISTON, ME -- Central Maine Healthcare (CMH), which includes Central Maine Medical Center (CMMC) in Lewiston, Bridgton Hospital, Rumford Hospital and numerous healthcare practices, is a recipient of the 2024 IPRO Quality Award. The award from the Island Peer Review Organization recognizes commitment to and success in improving patient outcomes and reduc-

ing readmissions. Central Maine Healthcare is committed to improving outcomes and reducing readmissions, in part by improving transition plans from the hospital to home, consistently following up with patients after they are discharged and by making referrals to care management providers within our network, among other efforts.

"This award really says a lot about the work



Angela Dubuc, system director of quality services, Central Maine Healthcare, accepts IPRO award.

being done by Quality Services and others here at CMH," said John Alexander, MD, chief operating officer, Central Maine Healthcare.

"Reducing readmissions means reducing healthcare costs, but more importantly, it means our team members are making sure our patients are cared for while they are in our hospitals and that they get the care they need after they leave so they can stay home and stay well."

"Central Maine Healthcare exemplifies the dedication of healthcare providers across the spectrum who have committed themselves to providing the highest quality of care," said Clare Bradley, MD, IPRO's senior vice president and chief medical officer. "It has done so

despite the challenges presented by the COVID-19 pandemic, staffing shortages, an aging workforce and growing number of patients with complex needs."

IPRO is a non-profit organization that works with government agencies, providers and patients to implement innovative programs that bring policy ideas to life. IPRO holds contracts with federal, state and local government agencies, as well as private-sector clients, in more than 34 states and the District of Columbia.

Balloon Fest announces Emerson Toyota as top sponsor

LEWISTON, ME -- The Lewiston-Auburn Balloon Festival, hosted by the City of Lewiston and in partnership with the City of Auburn, announced today that Auburn-based car dealership Emerson Toyota has agreed to serve as Front Gate Top Sponsor, the highest level of sponsorship of this year's festival. Last week, festival organizers named former Lewiston Mayor Mark Cayer and former Auburn Mayor Jason Levesque as co-chairs of the festival's sponsorship committee and within the first week following the announcement, the committee secured its top tier sponsor.



Sponsorship at this level includes a \$20,000 donation to the festival, signage at the front gate, an estimated 1 million television and OTT impressions, extensive social media promotion, and high visi-



bility brand placement in a variety of ways during the event. The event's website and logo will be updated to include the phrasing "Lewiston-Auburn Balloon Festival presented by Emerson Toyota".

"At Emerson Toyota, we believe in the power of community and the magic of tradition," said Nick Elwell, General Manager of Emerson Toyota. "When we heard the Balloon festival was at risk of being cancelled, we knew we had to step in. Supporting this event means more than keeping balloons in the air; it's about lifting the spirits of our community and creating lasting memories for everyone. We're proud to help ensure this cherished

festival will continue for its 30th year."

"Emerson Toyota's generous sponsorship of this year's festival displays their significant contribution to our region's economic and cultural future," said former Auburn Mayor Jason Levesque. "On behalf of the sponsorship committee, I thank them and encourage other businesses to take their lead."

The sponsorship committee has a goal to raise \$180,000 in private funds to support costs of operating the festival. With the top sponsorship secured, organizers have secured \$49,000 in pledges. Individuals and entities who would like to consider sponsorship can

visit www.lalloonfest.org for more information.

Cayer and Levesque serve as co-chairs of the festival's sponsorship committee and lead efforts to secure sponsorships and private donations for the iconic three-day event in Lewiston-Auburn that draws over 100,000 attendees annually with an estimated \$2 million economic impact.

The Lewiston Auburn Balloon Festival, organized by the City of Lewiston and in partnership with the City of Auburn, seeks to build on the 29 incredible years of tradition that this beloved event has brought to our community. Both cities look forward to helping support local non-profits and welcoming countless visitors to the area to enjoy not only the magnificent balloons, but the parade, live music, food, fun and festivities over three beautiful days in August.

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Newsmakers, Names & Faces

Maine CDC updates PFAS freshwater fish advisories

AUGUSTA, ME — The Maine Center for Disease Control and Prevention (Maine CDC) today issued updated and additional freshwater fish consumption advisories following ongoing PFAS testing of water bodies across the state.

Testing of fish in these locations found levels of per- and polyfluoroalkyl substances, known as PFAS, above Maine CDC's recommended levels for regular consumption. Based on the results of those tests, the Maine CDC now recommends limiting consumption of all fish or certain fish from the seven waterbodies listed below. Three of the advisories are expansions of those issued last year and four bodies of water are new additions. With these updates and additions, a total of 16 waterbodies in Maine currently have a freshwater fish consumption advisory. All fish consumption advisories are listed on Maine CDC's

website.

Elevated levels of the PFAS called perfluorooctane sulfonic acid (PFOS) were detected in fish tissue samples from McGrath Pond and Salm-on Lake in Belgrade and Oakland, Aroostook River in Caribou, Kenduskeag Stream in Kenduskeag and Bangor, Kennebec River in Waterville, Limestone Stream in Fort Fairfield, Annabessacook Lake in Monmouth and Winthrop, and Sandy and Halfmoon Streams in Unity and Thorndike. The new fish consumption advisories, listed on the CDC's website, apply to game fish caught in these waterbodies.

"These updates and expansions of Maine's fish consumption advisories are part of our broader work to limit Maine people's exposure to PFAS," said Dr. Puthiery Va, Director of the Maine CDC. "They are designed to protect the health of Maine anglers, their families and

friends, and everyone who enjoys eating freshwater fish from these bodies of water."

"Maine has over 32,000 miles of rivers and streams, and 6,000 lakes and ponds," said Judy Camuso, Commissioner of the Maine Department of Inland Fisheries and Wildlife (MDIFW). "This revised advisory provides Maine's 360,000 anglers the information they need when choosing to have a meal of freshwater fish."

Fishing in these specific waterbodies remains a safe activity, in accordance with the consumption advisories, along with other recreational activities such as swimming, wading, and boating. The Maine CDC recommends that anglers review all existing fish consumption advisories for Maine waters.

The Maine Department of Environmental Protection (DEP) collected and tested fish from these waterbodies for PFAS because they are located

where historical PFAS contamination has been found in groundwater, surface water, and/or soils. The testing this year included testing of new waterbodies and expanded testing of waterbodies to better inform consumption advisories. The Maine CDC continually consults with Maine DEP and MDIFW to develop plans for additional sampling of fish as part of the State's ongoing investigation of PFAS.

PFAS are a group of man-made chemicals found in a variety of consumer products throughout the world. Based on a report from the National Academies of Sciences, Engineering, and Medicine, exposure to certain PFAS chemicals has been associated with changes in liver and kidney function, changes in cholesterol levels, decreased immune response to vaccines in children, complications during pregnancy, increased risk of kidney cancer and possibly testicular cancer.

Three months after taking office in 2019, Governor Janet Mills signed an Executive Order creating a Governor's Task Force to review the prevalence of PFAS in Maine and to put forward a plan to address it. That Task Force has led to aggressive actions to address PFAS contamination in Maine, including:

- implementing one of the nation's earliest and strictest standards for PFAS in drinking water;

- securing tens of millions more dollars in State funding to remediate PFAS contamination, including testing and remediation efforts through drinking water treatment systems;

- establishing screening levels for PFAS in soil, fish and game, milk, and beef;

- signing a first-in-the-nation law prohibiting the spreading of sludge, a widespread source of PFAS;

- establishing a \$60 million PFAS Fund to support farmers whose land

and/or water are contaminated with PFAS;

- dedicating funds to assess the impact of PFAS on Maine's fish and wildlife, allowing for the testing of hundreds of deer, turkeys and fish that documented how PFAS in the environment impacts Maine's fish and wildlife;

- expanding the statute of limitations for Maine citizens to file claims for PFAS contamination; and supporting Attorney General Aaron Frey's lawsuit against PFAS manufacturers.

In total, the Mills Administration and the Legislature have dedicated more than \$100 million over the past several years to address PFAS.

For more information about the fish consumption advisories and PFAS, please go to:

- Maine CDC PFAS Fish Consumption Advisory FAQ

- Maine CDC Scientific Brief: 2023 PFAS Fish Consumption Advisories

SMAA opening new service hub in Sanford/Springvale

SANFORD, ME — To address the growing need for services for older adults in Maine, Southern Maine Agency on Aging (SMAA) is opening a new service hub in the Anderson Learning Center in Springvale this summer. The new location will make services more accessible to people living in Acton, Alfred, Lebanon, Newfield, N. Berwick, Sanford, Springvale, Shapleigh, and Waterboro.

A recent report from

the Federal Reserve Bank of Boston shows the rapid rate that nursing homes in New England — and especially in Maine — are closing. This data illustrates the importance of strengthening local supports that allow people to "age in place" at home, an option that is not only preferred by over 75% of older adults according to AARP, but also saves money both for their families and taxpayers. This is what Maine's Agencies on Aging, including



SMAA, have been doing for over 51 years.

"While we provide services for all older adults and caregivers in southern Maine, it's important to us that we focus on serving individuals and families with the highest social and economic need," said Megan Walton, SMAA CEO. "Through our continuous attention to needs assessments and other data as well as

conversations with fellow service providers, it became clear that the Sanford/Springvale area would really benefit from an increase of services for this population."

Programming at SMAA's Sanford/Springvale Hub will include an Adult Day Program for individuals with Alzheimer's and other dementias, Nutrition Services including Meals on

Wheels and Community Cafés, Falls Prevention exercise classes, and Medicare Counseling. Resource Specialists will also be available on site to help older adults and caregivers navigate issues with housing, healthcare, benefits, and other components of the complex network of services available in southern Maine.

Diane Small, Executive Director, Sanford Housing Authority shared, "As our population ages, the need for comprehensive services for older adults becomes increasingly critical. The opening of SMAA's Sanford Hub signifies their commit-

ment to addressing these needs and ensuring that older adults in our community have access to the support and resources necessary to thrive. Sanford Housing looks forward to this necessary and wonderful resource."

"The City of Sanford is excited for the expansion of programming by Southern Maine Agency on Aging into the Anderson Learning Center in Springvale," said Steven Buck, Sanford City Manager. The Adult Day Programming and other resources align with the public mission of the Center and greatly addresses the needs of older adults within the region."

SMAA is planning to open another service hub in Cumberland County in 2025.

Southern Maine Agency on Aging is the central resource for older adults in York and Cumberland Counties. They provide meals, family caregiver support, expert advice on insurance and drug benefits, classes to help folks age well, and information on critical community resources. These services help individuals remain securely housed and active participants in their communities at a fraction of the cost of nursing home or institutional care alternatives. www.smaa.org

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Newsmakers, Names & Faces

Lisbon Credit Union raises \$19K for Campaign For Ending Hunger

LISBON, ME – A total of \$19,146.94 was raised for the Ending Hunger in Maine Campaign in 2023 by the Lisbon Credit Union and its Members. Funds were recently distributed to Lisbon Area Christian Outreach (LACO) of Lisbon Falls in the amount of \$14,360.21, and St. Mary's Food Pantry of Lewiston in the amount of \$4,786.73. Both organizations support the ongoing mission of feeding those facing food insecurity.

The biggest fundraisers last year were a fall Cash Calendar, a sum-



LACO Volunteers accept a donation check from Ron Hood, Marketing Officer of Lisbon Credit Union. (L to R): Ron Hood, LCFCU, Glen Hill, Debbie Hill, & Ted Laverdiere from LACO.

mer Basket Raffle, and the employee's "Pay to wear jeans day." The Campaign

For Ending Hunger is a collaborative effort between all of Maine's credit



St. Mary's Food Pantry accepts a donation check from Derek Roberts of Lisbon Credit Union. (L to R): Derek Roberts, LCFCU, Peter Voisine, Sherie Blumenthal, Randy Hord, John Pietila, Helena Colai & Kirsten Walters from St. Mary's Food Pantry.

unions. Participating credit unions raise funds for the campaign at various times

throughout the year. All money raised is distributed to hunger organizations

and food pantries throughout Maine. 100% of all the money raised by credit unions stays in Maine and goes directly to the cause of ending hunger.

If you want to be part of the "Campaign For Ending Hunger," contact Lisbon Credit Union at 207-353-4144 or visit their website at www.lisboncu.org/hunger. You can also follow their updates and announcements on Facebook and Instagram. If you want to donate to the Campaign For Ending Hunger, go to <https://campaignforendinghunger.org/lisboncu/>

Sen. Rotundo attends Lewiston Adult Ed graduation



Student Speaker Ryan Turcotte with Sen. Peggy Rotundo.

AUGUSTA, ME— On Tuesday, June 4, Sen. Peggy Rotundo, D-Lewiston, attended the graduation ceremony at Lewiston High School for 42 students who were awarded high school equivalency degrees from Lewiston Adult Education.

"The graduation ceremony was truly inspiration-

al — I am so proud of all of these students, many of whom overcame significant challenges to get their degrees," said Sen. Rotundo. "I was particularly moved by Ryan Turcotte's speech detailing his motivation to be the first in his family in many generations to finish high school. I wish all of

these bright students the best in the future."

According to the Lewiston Adult Education website, students "may earn their high school equivalency degree by taking the HiSET, which is a test like the GED, or earn credits for a diploma. Both options are free."

Poland Historical Society visiting Empire Grove Campground

EAST POLAND, ME -- The Poland Historical Society will be visiting the Empire Grove Campground located off Empire Road in East Poland on Saturday, July 13 at 10

AM. Reverend Raymond Anderson will present the history of the campground followed by a walking tour of the grounds. Established in 1834, camp meetings continue to be held, main-

taining the campground's original purpose and mission for 190 years. This event is free and open to the public.

Sabattus Rec Club to hold two summer 5K events

SABATTUS, ME - The Sabattus Rec Club Running Program will once again hold its two summer 5K events this year. This will be the 11th year for these two fun, family-friendly events. The low registration cost of \$5 per person and great prizes offer chances for family members of all ages to get out and get moving. Participants can race, run easy, or walk, and still win something.

The first event is the Blackjack 5K, to be held on Thursday, July 18. Participants will collect two cards

on the course. If they get Blackjack, they win a prize. They can get a third card at the finish to make a total of 21 and win that way. After those winners, more prizes will be drawn.


The Prediction 5K will be held on Thursday, August 15. Participants will predict their finish time when they sign up, and will cover the course without any electronic devices, watches, music, etc. The top ten with the closest guesses to their actual finish time win prizes. Then, more prizes will be drawn.

For those who like to race, the top male and female in each event will win a prize.

Both events will be held at the Oak Hill Middle School on Ballpark Rd in Sabattus. There is no pre-registration. These are show-up, sign-up events. Proceeds help the running program's annual costs for insurance, scholarships, web site, equipment, etc.


FMI, check out the Sabattus Rec Club Running Program on Facebook, or email running@sabattusrec.com

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Seniors Not Acting Their Age

White Mountain Whitewater Rocks



Kevin McKenzie kayaks one of many rapids on the Upper Saco



Suzanne Cole uses a low brace to stay upright in Tweedle Dum Falls



Canoeists Krea and Ryan Galway complete a rapid on the Upper Saco

The White Mountains in New Hampshire have more to offer than great hiking, climbing and skiing. In the spring, melting snow drains into the steep streams and rivers flowing out of the tall peaks. For a few weeks in late April and May, they provide some of the best whitewater paddling in New England.

Over the years, Chowderheads with the Penobscot Paddle & Chowder Society have avidly pursued the many paddling options the White Mountains furnish. The East Branch of the Pemigewasset in Lincoln and the Swift River near Conway are two of our

favorites. The Peabody, Ellis, Rocky Branch, and East Branch of the Saco are less frequented because they rarely have sufficient water. All have a commonality; they're rocky descents with steeper gradients than most Maine Rivers.

Another popular New Hampshire spring freshet is the Upper Saco. Headwater of the substantial Saco River that progresses to the ocean in Maine, the Upper begins in Crawford Notch and tumbles downhill to the Town of Bartlett. Barring heavy rains, the Upper is only available for a short period each spring, usually in May. Prospective pad-

dlers look for a flow in the range of 650 to 1500 cubic feet per second on the U.S. Geological Survey gauge in Bartlett. Lower levels are impassable and higher volumes can be downright scary.

After studying water levels, club member Craig McKinnon announced an Upper Saco trip in May. Although snow accumulations were less than normal in the Whites this past winter, Craig identified a day when the flow was sufficient for an exhilarating adventure.

Nine Chowderheads met at a small parking area next to a bridge over the Saco on the River Road in Bartlett on a cloudy cool

day. Our paddling entourage consisted of six kayakers and two canoes. All participants were in solo boats except Ryan Galway and his teenage daughter, Krea, who paddled a tandem canoe. Sufficient vehicles were left at the takeout for the return shuttle and we drove north on Route 302 for about five miles to the Mount Nancy Trailhead.

We elected to avoid the usual put-in farther north near Davis Path because a long portage around a difficult gorge is normally necessary. Instead, we carried and hauled our boats through the woods to the river. In retrospect, the portage is probably easier as our choice turned out to be more arduous than anticipated and required lowering boats down a steep embankment.

We enthusiastically launched in the steep, narrow boulder-strewn stream. From the outset, choosing the best routes through the rocky labyrinths was challenging. Carefully watching for fallen trees and other debris in the almost continuous whitewater was a necessity. Situated higher in his canoe than the kayakers, Craig probed a majority of the rapids.

The first rapid was indicative of what was to follow. From the top, it was almost impossible to determine the proper passage. We eddy hopped as far downriver as practicable before identifying a narrow diagonal rock-infested channel through a precipitous boulder pile. Everyone nailed it.

More exacting descents ensued. Our determined band replicated the successful technique as we plummeted through one rocky falls after another.

Those of us who were veterans of previous Upper Saco adventures were guardedly watching for two more difficult falls comically called Tweedle Dee and Tweedle Dum. Arriving at the finish of a long rapid where the Sawyer River enters on the right, we were close.

Tweedle Dee is a twisting descent that requires navigating between several huge boulders and around some intimidating holes at the end. Our crew handled it flawlessly.

The approach to Tweedle Dum is deceptive. From upstream, it appears quite benign. We boat scouted and eddy hopped to the top of an abrupt right turn. A rocky prominence on the right obscures a clear view un-

til the last moment. Nine capable Chowderheads plunged through a circuitous passage while avoiding potentially boat flipping holes and several threatening boulders.

The gradient moderates below. However, it remained a busy stimulating river. After angling southeasterly, the river widens. Route finding was more complex and the threat of dangerous debris obstructing the river greater. Our intrepid group was up to the task and we completed a truly outstanding White Mountain whitewater adventure.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates many more exciting whitewater exploits around Maine.

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

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Augusta Symphony celebrates with a Capital Fourth



AUGUSTA, ME -- Please join the ASO for our first Maine Capital Fourth Event held at the Augusta Civic Center! The event will be held on July 4th from 3-5 PM. There will be full concessions available with activities, an instru-

ment petting zoo, and small ensembles playing, leading up to an ASO concert. The concert will feature traditional holiday music, marches, and pops medleys. You don't want to miss it!

The Augusta Civic Center venue offers plenty

of free parking, concessions, and air conditioning! Please visit augustasyphonymaine.org and augustaciviccenter.org for more information. ASO concerts are always free with donations gratefully accepted.

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Strawberry Festival comes to Nathaniel Hawthorne's home

RAYMOND, ME – One of southern Maine's beloved annual events—the Strawberry Festival at Nathaniel Hawthorne's Boyhood Home in Raymond (40 Hawthorne Road)—returns this year on Saturday, June 29, from 6 p.m. to 7:45 p.m. This year's special guest speaker will be award-winning author/editor Tess Chakkalal, professor of Africana Studies and English at Bowdoin College. Ms.



Nathaniel Hawthorne's Boyhood Home in Raymond, Maine. "Image courtesy of the Hawthorne Community Association."

Chakkalal is creator and co-host of this summer's podcast series from Maine Public Radio entitled "Dead Writers: Great American Authors and Where They Lived."

Admission is \$15 for adults and \$5 for children aged 8 and under, with reservations at Hawthorne@Maine.RR.com or by calling 207-329-0537 strongly recommended. Walk-ins also are welcome.

Wrapping up the

event, all attendees will enjoy yummy homemade strawberry shortcake, served with coffee, punch, and lots of friendly smiles!

How to Donate to Nathaniel Hawthorne's Boyhood Home

Those who would like to donate to the ongoing restoration of Nathaniel Hawthorne's Boyhood Home in Raymond may do so by sending a much-appreciated check

payable to "Hawthorne Community Association" to: Hawthorne Community Association / PO Box 185 / South Casco, ME 04077. Secure credit card, debit card, and PayPal donations may be made online at: <https://www.hawthorneassoc.com>.

For reservations and other information, please send email to

Hawthorne@Maine.RR.com or call (207) 329-0537.

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 com-

munity," 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 Andree 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 Orchestra 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/>.

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

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Arts & Entertainment

Scott Moreau is Johnny Cash in tribute show at TPT

LEWISTON, ME -- The Public Theatre in Lewiston will present Litchfield, Maine-native Scott Moreau and his one-man show, "Late and Alone: An Intimate Portrait of Johnny Cash," on July 13 and 14. Moreau has traveled the world performing as Johnny Cash for over a decade and is regarded as one of the foremost interpreters of Johnny Cash's iconic

music. Initial sales for the event have proven so successful that The Public Theatre has added an additional matinee on Saturday, July 13 at 3:00 pm. "Late And Alone" had its world premiere in 2018 at New York City's famed Feinstein's/54 Below. Moreau embodies "The Man in Black" as he performs all of Cash's



Scott Moreau as Johnny Cash, photo from Scott Moreau

hits plus some "deep cuts" while telling anecdotes and more in-depth stories spanning nearly 50 years of Cash's musical life. You'll hear songs from the American Recordings, including his iconic epitaph, "Hurt." Exclusive to these shows at The Public Theatre in Lewiston, Moreau has prepared two new songs for his set.

In addition to his

solo career performing as Johnny Cash, Moreau has appeared nationally as Johnny Cash in regional productions of the Broadway hit, "Million Dollar Quartet."

"Late and Alone: An Intimate Portrait of Johnny Cash" will be performed at The Public Theatre on Saturday, July 13 at 3:00 pm & 7:30 pm, and Sunday, July 14 at 2:00 pm. Tick-

ets are \$33. Discounted Student and Youth ticket prices available. For tickets call 782-3200 or visit ThePublicTheatre.org. Theatre Location: 31 Maple St, Lewiston.

"Late And Alone" is sponsored by Uncle Andy's Digest/Lydia Media and Baxter Brewing. Season Underwriters: Sun Journal, Platz Associates, and Bennett Radio Group.

Funds support Safe Voices this weekend at comedy club

AUBURN, ME -- Make laughter a priority this weekend at Great Falls Comedy Club on June 28 and 29.

Friday night, come on down to the club for a good cause with a funny

fundraiser show for local non-profit, Safe Voices with comedians Tamara Lilly, Mike Levinsky, Bricana Woodward, and Janet McNamara.

Then on Saturday, it's the much-anticipat-

ed Album Release Party and Comedy Show for one of Maine's best, Johnny Ater. Be there to celebrate Johnny's first album, "What the Frig!" and enjoy a night of laughter and merriment



with one of the club's favorites.

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

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

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

New Manufacturing Technology short-term training offered

AUBURN, ME -- Central Maine Community College (CMCC) is excited to announce the launch of a new Manufacturing Technology short-term training

program, in partnership with General Dynamics Bath Iron Works. This innovative program aims to provide students with essential skills and hands-on

experience, preparing them for rewarding careers in the manufacturing industry.

Program Details:
Duration: 3 weeks
Schedule: 40 hours

per week, for a total of 120 hours

Incentive: Students will receive a \$500 attendance incentive each week
Cost: 100% free

No previous experience is necessary to enroll in the program. The training curriculum covers a comprehensive range of topics, including:

- Technical math
- Hand & power tool operation & safety
- Operation of air tools
- Oxy cutting
- Track welding
- Basic layout
- Material handling

Drilling & fastening
And other essential manufacturing skills

This program is designed to be a gateway to a high-wage career with excellent benefits. Upon successful completion of the training, qualified students will have the opportunity to interview with General Dynamics Bath Iron Works, a leader in the manufacturing industry. Those interested should contact Kerry Fitzgerald, Student Navigator, at kfitzgerald@cmcc.edu or 207-755-5229.

"We are thrilled to offer this new short-term

training program in Manufacturing Technology in partnership with General Dynamics Bath Iron Works. Our goal is to provide accessible, high-quality training that not only equips students with valuable skills but also offers immediate financial incentives and career opportunities. This program exemplifies our commitment to fostering economic growth and providing pathways to success for Mainers," said Dwayne Conway, Dean of Workforce Development of Central Maine Community College.

YMCA Camp of Maine celebrates 50 years

MAINE -- Staff from Maine and around the world are eagerly awaited the arrival of the first campers on June 23rd as we open for our 109th season. This summer the YMCA Camp of Maine is celebrating 50 years of co-ed camping with a dinner, dance and silent auction event at the camp on Saturday, July 27th at 5:30pm.

Established in 1915, the YCamp of Maine has provided access to the outdoors and camping to countless youth from Maine and beyond. The camp was one of the first YMCA facilities built in the state and served as the overnight camping program of the State YMCA of Maine. Before cities and towns had swim and gym facilities, boys from "Y Clubs"

spent summers learning leadership skills, how to work with their hands in the wood shop, on agricultural fields and swimming and boating on the lake.

Youth and staff from around the world continue to gather together along the shores of Lake Cobosseeconte each summer. While a large contingent of campers come from Maine, many come from across the country and internationally, making for a robust experience rich with diverse cultures and languages from around the world. YCamp offers co-ed traditional camp sessions ranging from four days to two weeks for youth ages 7-15, as well as leadership programs for teens.

With leadership from Dave and Jean Dellert and

Larry Guardella, the camp admitted girls for the first time in 1974. This equitable access, which we take for granted today, was a novelty back then. Because of this leadership, thousands of girls and young women have had wonderful experiences at YCamp. Women and girls have been able to partake in skill building, leadership development, increased confidence and sense of self. Girls at YCamp forged Lifelong friendships on the sports field, at the waterfront, at the pottery wheel and across tables at dinner time. For many, these experiences and relationships have been fundamental in their lives and careers.

Julia Munsey, Alum, former staff and board member, said, "From my

first summer as a camper in 1974, YCamp gave me the opportunity to make friends with people from all over the state of Maine, the country, and the world. To this day as a YCamp alum I am still connected with so many of them and it has made my life richer in so many ways. As campers we were given the opportunity to learn outdoor skills, sports and arts skills, and to develop leadership skills based on core values and character development. My experience at YCamp was so impactful and to this day I am grateful to have had the opportunity to attend."

Jeff Gleason, CEO and Camp Director shares that he's, "thrilled to celebrate 50 years of co-ed camping. The YMCA

Camp of Maine was founded in 1915 as the "Camp of Character." We have always believed in leading with integrity. We know that everyone can bring grace, talent and perspective to our world. That is why we strive to create a place where people can grow and thrive. Co-ed camping helps youth learn to work collaboratively with individuals of different genders and challenge and break down gendered stereotypes. Progress is a shared responsibility that requires us to listen and learn, while sharing the actions we take as we move forward."

While we celebrate fifty years of girls and women at camp, accessibility for all remains fundamental to our mission. Proceeds from this celebration

event will go towards the camp's capital campaign, to preserve camp for the next generation. The campaign addresses three initiatives of growing the endowment to \$1M, funding the completion of a list of necessary capital improvements and fully funding our annual 'fill the beds' campership program. Over 60% of campers receive partial or full scholarships. More about the campaign can be found here: <https://www.maineypcamp.org>

Tickets for the event can be purchased here: <https://www.givesignup.org/TicketEvent/Alumni-DinnerDance50thanniversary>

Passamaquoddy Tribe secures \$4.3M for eel aquaculture facility

BANGOR, ME—U.S. Department of Agriculture (USDA) Rural Development Maine State Director Rhiannon Hampson announced a \$4.3 million grant to the Passamaquoddy Tribe at Indian Township in Princeton. The Tribe plans to build an aquaculture facility to farm eels as an alternative to wild harvesting. The award was one of eight across the nation made possible through Rural Development's Indigenous Animals Harvesting and Meat Processing Grants (IAG).

Director Hampson hailed the grant as an important investment in the Tribal business and a critical step for a heritage industry. "Investments such as this highlight the commitment of the Biden-Harris Administration to include Indigenous voices and values in a modernized food system," she said. "Resilience is rooted in diversity and innovation. By supporting this partnership, we

are celebrating traditional resource harvesting while recognizing that innovation helps to achieve our goals for sustainable market access."

USDA's IAG program supports the priorities of Tribal Nations utilizing traditional harvesting methods and indigenous animals. It also expands processing opportunities for animals that are native to North America like bison, reindeer, salmon, and American eels. The latter are valued as a traditional Native food while also being highly sought after in the global marketplace. However, hydroelectric dams in the New England region and other ecosystem challenges have severely impacted the species and resulted in sharp population declines in recent decades.

In Princeton, the Passamaquoddy Tribe will use the latest technology to grow eels in a controlled environment and create value-added products such as filet and kabayaki (mar-

inated eel), a Japanese delicacy. A partnership with American Unagi, the only land-based eel aquaculture company in the U.S., will create jobs for members of the tribe and economic opportunities for hundreds of harvesters. This partnership will help the tribe increase profits that support its programs and services and achieve full sovereignty using natural and cultural resources.

USDA Rural Development designed the Indigenous Animals Harvesting and Meat Processing Grants program (www.usda.gov/iag) to support priorities voiced by Tribal Nations during consultations held over two years. The program reflects the Biden-Harris Administration's commitment to work in partnership with Tribal Nations to advance prosperity and dignity for all Native peoples. Grants announced today also will benefit Tribes in Alaska, Montana, Nebraska, North Carolina, Oregon, and Washington.

To strengthen Tribal sovereignty and make our overall food system more resilient, today USDA Secretary Tom Vilsack outlined a related series of agency actions. He announced grants through the Tribal Forest Protection Act and grants to support access to Indigenous foods in school meal programs. He also welcomed a class of summer interns recruited to focus on Tribal agriculture.

Speaking in Cherokee, North Carolina at the National Congress of American Indians (NCAI)

2024 Mid-Year Convention and Marketplace, the Secretary reaffirmed USDA's commitment to Tribal self-governance and self-determination. "USDA has worked hand-in-hand with Tribal Nations to ensure our programs incorporate Indigenous knowledge and perspectives," Secretary Vilsack said. "As part of our commitment to Tribes, we are making good on our promises and investing in projects that advance food sovereignty and self-determination for Tribal Nations."

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Home At Last celebrates Auburn office with ribbon cutting



Home At Last Team: Tim Ervin, Elizabeth Splane, Michelle Gosselin Ervin, Marlene Jolicoeur and Shanna Cox, LA Chamber President. Photo Credit: Leah's Lens Photography

AUBURN, ME -- Home At Last-Maine Real Real Estate Co's newest Branch Office celebrated its Ribbon Cutting and Grand Open-

ing on Wednesday, June 12th, with more than 100 attendees throughout the day. Michelle Gosselin, the Branch Owner, along with the L/A Chamber

of Commerce, organized the event. The guests included local dignitaries, Board Members, Mayor Harmon, as well as numerous family members,

friends, and business associates. Michelle Gosselin and her teammates, Elizabeth Splane & Tim Ervin invite you to stop by to receive a free gift during the month of June. The branch office is located at 229 Center Street, Suite 9, Auburn.



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Congratulations

to our 2024 \$1,500 scholarship winners!



Alyssa Tremblay
Maine College of Health Professionals
Pictured with Board Chair, Joe Grube



Madeleine Albert
Southern Maine Community College
Pictured with MFCU Employee, Karen St. Pierre

Best wishes to the entire Class of 2024!



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L-A ask residents and workers to weigh in on safer streets



LEWISTON, AUBURN, ME -- In 2023, seven people died in traffic crashes in Lewiston and Auburn. In the past decade, 46 people have died in crashes in the two communities.

“We do not believe any number of deaths are acceptable,” said Jonathan LaBonté, Auburn’s Director of Transportation Systems. “That’s why our city council passed a resolve demonstrating our commitment to Vision Zero principles and supporting the Safe Streets and Roads for All grant process.”

As part of the process, Lewiston and Auburn are asking people who live, work, and play in either city to take a 5-minute survey to identify their biggest road safety concerns. The survey asks respondents to identify where they feel unsafe walking, using a wheelchair, bicycling and riding in a vehicle on local streets.

The survey is the first of a number of events, meetings, and public opportunities to shape individual Safety Action Plans for each community. Led by the Androscoggin Trans-

portation Resource Center (ATRC), the Lewiston-Auburn Complete Streets Committee, and staff from both cities - the plans will outline the changes needed to make streets safer for everyone.

The Safety Action Plans are funded through a Safe Streets and Roads for All (SS4A) grant from the Federal Highway Administration. The grant requires that local communities follow the Safe System Approach, which sets a goal of zero deaths or serious injuries on roadways - also often known by the term “Vision Zero.”

“Input from residents is critical,” said Kevin Gagné, Lewiston Public Works Director. “Our crews drive these roads every day and in all conditions, but hearing directly from residents provides us with first-hand knowledge of your experience. Also, your voice helps us with a holistic view of road safety issues from those who face unique challenges that are not always evident in general traffic data. Your input will lead to a more inclusive approach to road safety planning.”

“When we’re done

with these plans, both cities will be eligible for follow-up funding from the same program - so we can get to work building those needed sidewalks, safer intersections, trails, and safer bike routes, etc.” said Larry Allen, Transportation Director at ATRC.

The development of Auburn and Lewiston’s Safety Action Plans is taking place in a similar timeframe as other Safe Streets and Roads for All grant work in Greater Portland, Sanford/Springvale and the Bangor area.

You can complete the survey online. Paper copies of the survey in English, French, Portuguese, Somali, and Spanish are available at the Clerk’s Office at both City Halls, and both cities’ public libraries. It should not take more than 5-10 minutes to complete and all answers are confidential. The survey will be open through July 20th.

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

Auburn UU awards two Rose Window honors



Luke Lunt (left) and Paula Spruill (right) celebrate their Rose Window award.

AUBURN, ME -- The First Universalist Church of Auburn has awarded its 2024 Rose Window honors to Paula Spruill, of Sabattus, and Luke Lunt, of Lewiston, for making a significant impact on the health and vibrancy of the church.

Paula Spruill serves as chair of the Membership Committee, welcoming newcomers and making

them feel at home. Spruill organizes two membership sessions per year, and maintains the directory for the congregation. She has also become the basket queen, leading a team that assembles the church’s signature gifts for the holiday fair.

Luke Lunt is the founder and chair of the Hospitality Committee, promoting fun and fellow-

ship within church community. He shares his baking skills, and hosts game nights and trivia contests, livening up any event with his positive attitude and good humor. Lunt also serves as a worship associate, assisting the minister with Sunday services.

FMI about the First Universalist Church of Auburn, contact 783-0461 or www.auburnuu.org.

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Secretary of the Air Force visits Bangor Air National Guard Base

BANGOR AIR NATIONAL GUARD BASE, ME -- Secretary of the Air Force Frank Kendall visited the Maine Air National Guard's 101st Air Refueling Wing on June 7, 2024, as part of a senior leader visit and invitation from U.S. Senator Susan Collins.

During his installation visit, Secretary Kendall was joined by Senator Collins, Brig. Gen. Diane Dunn, Adjutant General of the Maine National Guard, and Col. Byron Newell, 101st Air Refueling Wing commander.

Secretary Kendall met with senior leaders of the 101st Air Refueling Wing along with community leaders from the greater Bangor area. Secretary Kendall had the opportunity to join Airmen for lunch at the installation dining facility, received a mission brief from the Wing commander and participated in an award ceremony for local Airmen.

"Meeting Airmen and Guardians is one of my favorite parts of serving as the Secretary," said Secretary Kendall. "Spending time with the Air Guardsmen of the 101st was special-it was clear to me their dedication to the mission and commitment to professionalism."

Following the award presentation, both Senator Collins and Secretary Kendall delivered official

remarks as part of a base-wide meeting with the 101st Air Refueling Wing. The Secretary spoke on the importance of an agile, disciplined and multi-capable force, and the 101st Air Refueling Wing's impact on Air Mobility Command and aerial refueling.

"Our total force of Active Duty, Reserve and Guard is formidable," said Secretary Kendall. "Together we are one team, focused on the one fight-providing for our nation's defense and security. It was clear to me the Air Guardsmen of Bangor are focused on this task."

After making comments and answering several questions from the audience, the official party exited the hangar for Secretary Kendall to board his departing flight on the nearby runway.

"It was an incredible honor to have both Secretary Kendall and Senator Collins visit the MAINEiacs," said Brig. Gen. Dunn. "We are grateful Secretary Kendall was able to meet with our Airmen and local and state leaders to witness firsthand the amount of community support the Maine National Guard receives."

The mission of the approximately 1,000 members of the 101st Air Refueling Wing is to deploy and employ air refueling, airlift, expeditionary aerospace,



The Secretary of the Air Force, Frank Kendall, delivered remarks to over 600 members of the 101st Air Refueling Wing in Bangor, Maine, on June 7, 2024. Secretary Kendall commented on the future of the Air Force and answered several questions from the audience. Kendall toured the 101st ARW at the invitation of U.S. Senator Susan Collins, who joined him during his visit. (Maine Air National Guard photo by Staff Sgt. Erick Green)



Secretary of the Air Force, Frank Kendall, presents a challenge coin to Sr. Master Sgt. Joseph Busque, 101st Air Refueling Wing Inspector General Superintendent, as Brig. Gen. Diane Dunn, Maine Adjutant General, and Col. Byron Newell, 101st ARW Commander, applaud Busque's accomplishments at the 101st ARW, Bangor, Maine, on June 7, 2024. Busque was presented with the coin in recognition of receiving the Lt. Gen. Howard W. Leaf Inspector General Award, which is the highest honor awarded to IG Airmen. (Maine Air National Guard photo by Master Sgt. Andrew Sinclair)

and combat support forces around the world, while supporting National Security, Homeland Defense, and State of Maine objectives at home.



The Secretary of the Air Force, Frank Kendall, is greeted by Colonel Byron Newell, 101st Air Refueling Wing commander, at Bangor Air National Guard Base, Maine, on June 7, 2024. Kendall toured the Wing at the invitation of U.S. Senator Susan Collins, who joined him during his visit. (Maine Air National Guard photo by Master Sgt. Andrew Sinclair)



Secretary of the Air Force Frank Kendall, right, and U.S. Senator Susan Collins hold model KC-135's created by Tech. Sgt. Christopher Look, a Metals Technology Machinist, and members of the 101st Maintenance Squadron, at the 101st Air Refueling Wing, Bangor, Maine, on June 7, 2024. The 101st ARW has become a leader in 3-D printing aircraft parts for the U.S. Air Force. Kendall toured the 101st ARW at the invitation of U.S. Senator Susan Collins, who joined him during his visit. (Maine Air National Guard photo by Staff Sgt. Erick Green)

Maine home sales, values up in May

AUGUSTA, ME -- Single-family existing homes across Maine were highly sought-after in May 2024. Realtors report that 1,180 homes changed hands last month, up 3.96%, and according to Maine Listings, the median sales price (MSP) for those sales increased 7.06 percent to \$398,250 compared

to May 2023. The MSP indicates that half of the homes were sold for more and half sold for less.

"Sellers have become more active in 2024," says Paul McKee, 2024 President of the Maine Association of REALTORS® and Broker affiliated with Keller Williams Realty in Portland. "For the

fourth consecutive month, year-over-year home sales have increased.

"The 3,896 homes for sale in May were the highest number since August 2022—21 months ago—and the second-highest in 32-months, since September 2021," adds McKee. "With more homes for sale, more transactions are hap-

pening. In limited markets across Maine, buyers may have more options and some flexibility in negotiations. In other markets, for-sale inventory remains tight, and sellers continue to experience multiple offer situations, continuing the pressure on pricing," says McKee.

The National As-

sociation of Realtors announced a national sales dip of 2.1 percent in May 2024 compared to May 2023. Home prices across the country rose 5.7 percent to a national MSP of \$424,500. Regionally, sales in the Northeast were down 4.0 percent while the regional MSP increased 9.2 percent to \$479,200 com-

paring May 2024 to May 2023.

"Working with a local REALTOR® is important for keeping you well-informed of the available inventory, current market conditions, and navigating you through the entire process for a successful real estate transaction, whether selling or buying."

Healthy Living for Maine awarded grant

AUGUSTA, ME—Healthy Living for ME (HL4ME®) was selected as one of 20 grantees for USAging's Center of Excellence to Align Health and Social Care (COE). Everyone in Maine should have the chance to attain their full health potential, regardless of their socially

determined circumstance. This is the very definition of health equity! With the funding received through the COE, we will be able to further develop HL4ME's capabilities, capacities, and support infrastructure to better coordinate health and social care service deliveries for people in

Maine. This will include coordinating and collaborating with current network partners and onboarding additional network partners of the Community Care Hub (CCH), as well as contracting with health-care and insurance systems to provide social care coordination (Learn more). The COE is supported by the U.S. Administration for Community Living (ACL) and will support CCHs in their work to assess and address individuals' health-related social needs and promote whole-person care.

The intent of these awards is to provide infrastructure funding to the selected CCHs like

HL4ME in support of their contracting efforts with health care organizations for coordinated access to and delivery of social care programs and services (including support for hospital-to-home care transition programs) that assess and address health-related social needs and improve health equity and inclusion for individuals, families, and/or caregivers. These efforts will also enhance No Wrong Door access systems and coordinate with local and/or state public health departments.

Gerard Queally, Managing Partner for HL4ME states, "HL4ME is excited to be a part of this continued, national

effort to establish CCHs in key geographic areas of the country. Coordination and collaboration between the healthcare enterprise and community-based organizations in addressing health related social needs is key to improving patient care in Maine. HL4ME is excited to be recognized as a leader in this critical work."

"USAging is thrilled to award grants to these 20 outstanding CCHs," said USAging CEO Sandy Markwood. "CCHs provide critical administrative and operational supports for networks of Area Agencies on Aging, Centers for Independent Living and other community-based

organizations providing services addressing the health-related social needs of individuals with complex care needs and their caregivers. This funding will bolster the vital work CCHs do in their communities every day to align health and social care to meet people's needs," Markwood continued.

"Health care providers and plans are increasingly prioritizing screening for health-related social needs such as food insecurity, housing instability, unaffordable utilities and lack of transportation, and the aging and disability networks are critical partners in connecting people to

See Grant, page 12

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Summer art exhibition at the Gingerbread House

NORWAY, ME -- Between its restored exterior and the cracking, crumbling plaster; the palimpsest of wallpapers; and the original wood floors and moldings reside the many past lives of the Gingerbread House, an historic landmark residence in Norway, Maine. Thought to be built around 1855, it was home to several generations of families. At one point it was divided up into apartments and, sometime later, turned into an auxiliary storage facility for the town's newspaper. Indeed, the spectral residues of this place are palpable. Recently, The Friends of the Gingerbread House launched a campaign to stabilize and



restore the exterior, resulting in a Historic Preservation award in 2024.

As the Gingerbread House prepares for its next stage of existence, Drive By Space will present "If You Lived Here You Would..." a four-person exhibition featuring work by:

- Michelle Grabner
- Valerie Hegarty
- Alex Jovanovich
- Adam Payne

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.

"If You Lived Here You Would..." opened on May 19 and will be on view until the end of summer. Seeing this show will allow visitors a new experience with the Gingerbread House before its next chapter gets written.

For further information, contact: Drivebyspacenorway@gmail.com or call 203-644-2004. For opening days and hours, contact: norwaylandmarks@gmail.com.

Catholic Charities Maine joins national campaign

PORTLAND, ME – Catholic Charities Maine is joining with the Catholic Charities network around the country to participate in We Are There, a national awareness campaign highlighting the safety net of social and human services Catholic Charities agencies provide in their local communities.

"Since 1966, Catholic Charities Maine has brought comfort, hope, and relief to our neighbors, regardless of their faith, throughout the state," said Stephen Letourneau, CEO, Catholic Charities Maine. "Being part of the We Are

There campaign is one more opportunity to spread the word about the good work our nearly 500 staff and 500+ volunteers are doing every day to uplift the most vulnerable people in Maine. Being a part of the nation-wide Catholic Charities USA network helps us learn from others, tap national resources, and work toward a greater good with initiatives like this one."

As one of the largest and most diverse statewide private human service agencies in the state, Catholic Charities Maine provides leadership programs

and services to reduce poverty, support families, advocate for justice in social structures. Our work includes providing behavioral and mental health services for adults and children, supporting services in substance use disorder treatment and recovery, strengthening and growing services for Maine's aging population, welcoming and supporting New Mainers in integrating into local communities, creating program models for emergency assistance services, and addressing hunger/food security issues, among other services.

Our goal is to serve those in need with special emphasis on Maine's most vulnerable populations — the poor, elderly, and children. Catholic Charities Maine's work is mirrored by services provided at Catholic Charities agencies around the country. There are 168 independent Catholic Charities agencies and 3,900 collective locations spread out across the United States and its five territories. Collectively, the Catholic Charities network served more than 15 million people last year and provided more than 30 million meals to those in

need. The dedicated, selfless staff of Catholic Charities agencies are aided in this work by the indispensable contributions of more than 215,000 volunteers nationwide. The services offered by each local Catholic Charities agency differ because they are tailored to the specific needs of the vulnerable members of their individual communities.

Catholic Charities USA, the national membership organization for Catholic Charities agencies, organized and launched the We Are There campaign. Over the

coming months, the campaign will raise awareness for the work of Catholic Charities through a variety of national media outlets. Here in Maine, Catholic Charities Maine will continue to highlight the different ways we aid and accompany our neighbors in need.

To learn more about the We Are There campaign, visit WeAreThere.US.

To learn how to volunteer or make a gift supporting the work of Catholic Charities Maine, visit <https://www.ccmaine.org/WeAreThere>

Seasonal service to Old Orchard Beach resumes

PORTLAND, ME - The Northern New England Passenger Rail Authority (NNEPRA) announced that the Amtrak Downeaster seasonal service to Old Orchard Beach began Monday, May 20, 2024. From expansive beaches to amusement parks and the famous pier fries, there's something for

everyone to enjoy within walking distance of the Old Orchard Beach train platform.

The Amtrak Downeaster reports a 38% increase in ridership to the Old Orchard Beach station since 2020 and a 148% increase since Downeaster service began to Old Orchard Beach in 2002.

Downeaster adult fares within Maine range from just \$3 - \$11 one-way. Seniors (65+) and children (2-12) ride for half price every day. Additionally, the Discover Maine Rail Pass, valid for 10 one-way trips on the Amtrak Downeaster within a 7-day period for just \$19 per person is avail-

able for purchase.

"The Downeaster stops in so many great and walkable destinations like, Freeport, Old Orchard Beach, Saco, and Brunswick. This pass gives locals, as well as visitors spending multiple nights in the area, the flexibility to travel without the hassle and expense of driving and

parking," said Marketing Director, Taylor Belanger. The Discover Maine Rail Pass is available through all of Amtrak's distribution channels including online, mobile app, station ticketing kiosks and call center.

Additionally, effective May 20th, Downeaster Trains 689/699/1689 will operate as L stops at all sta-

tions north of Woburn. An L-Stop allows the train to leave stations north of Woburn up to 10 minutes early if there are no reserved passengers expected. This change reinforces the need for passengers to make reservations on late night trains.

For information visit AmtrakDowneaster.com.



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Grant

Continued from page 10

the services and programs needed to address them," said Alison Barkoff, who leads ACL. "It has been truly amazing to see the speed

at which this work has advanced, thanks in large part to our network's creation of CCHs, which are establishing partnerships and contracts between community-based orga-

nizations and health care organizations across the nation. ACL looks forward to ongoing collaboration with the COE to continue growing CCHs across the entire country."



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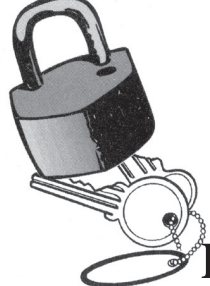
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Summer 2024

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.

Mondays through Aug 12

LEWISTON -- ARTVAN IN KENNEDY PARK, Mondays, June 24, July 1, 8, 15, 22, 29 and August 5, 12 at 3:30PM

ArtVan will be providing hands-on creative art programs this summer in Kennedy Park for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun.

Free. All art supplies will be provided.

June 29

BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, June 29, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

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

June 29

Calendar

Send your submissions to the Editor. More online.

AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, June 29th from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

July 1-15

PORT CLYDE, ME -- Barbara Prey Projects is pleased to open their 24th season with ABSTRACTING FROM NATURE by celebrated artist Barbara Ernst Prey featuring two distinct series; never before seen oil paintings and newly released limited edition prints highlighting her distinct American vision.

July 1 — 15 | 10:00 am – 5:00 pm, daily

Main St., Port Clyde, ME 04855, 207-372-8087

July 2-7

MAINE -- The DaPonte Quartet is joined by violist Marcus Thompson and cellist Scott Kluksdahl in a delightful evening dedicated to the two gorgeous sextets of Johannes Brahms.

Tuesday July 2 at 7:00, Sanford-Springvale Historical Society, 505 Main Street, Springvale, Me

Wednesday July 3 at 7:00, St. Paul's Union Chapel, 1065 Dutch Neck Rd., Waldoboro, ME

Friday July 5 at 7:00, Portland Conservatory of Music, 28 Neal St., Port-

land, ME

Saturday July 6 at 7:00, Bayside Community Hall, 813 Shore Rd. Northport, ME

Sunday July 7 at 4:00, Surry Arts & Events at the Barn, 8 Cross Rd., Surry, ME

Additional information and tickets available from dapontequartet.org

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 10, 23; Aug 6, 13, 20

MAINE -- 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 identification, 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.

July 10

LEWISTON -- Craft Night at Lewiston Public Library on July 10, 2024, from 5 pm to 6pm. FMI: <https://lplonline.org/events/craft-night-at-lpl-terracotta-lighthouse/>

July 11, Aug 7, Sept 13

ONLINE -- The University of Maine Cooperative Extension's 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.

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

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

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and stories from his life and career performed by Scott Moreau. The Public Theatre, 31 Maple Street - www.thepublictheatre.org

July 13

EAST POLAND -- The Poland Historical Society will be visiting the Empire Grove Campground located off Empire Road in East Poland on Saturday, July 13 at 10 AM. Reverend Raymond

Anderson will present the history of the campground followed by a walking tour of the grounds. Established in 1834, camp meetings continue to be held, maintaining the campground's original purpose and mission for 190 years. This event is free and open to the public.

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)

July 19-21, 25-28

BAR MILLS -- The Original's present Private Lives, a play by Noel Coward at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, July 19, 20, 25, 26, 27 @ 7:30 PM and July 21 & 28 at 2:30pm. Tickets: \$15 General Admission at www.sacorivertheatre.org.

Thursdays Aug 1 – Sept 5

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

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

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@lewiston-maine.gov

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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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