



TWIN CITY TIMES

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CLT notables recognized at annual meeting



Outgoing CLT Board President Ashleigh St. Pierre (left) presented the prestigious President's Award to incoming president Danielle Eaton.



New CLT directors Danny Gay and Britny Anderson pose with their official director's chairs.

LEWISTON, AUBURN, ME -- The Lewiston-Auburn Community Little Theatre (CLT) held its annual membership meeting recently at the theater on 30 Academy Street in Auburn. Danny Gay and Britny Anderson were presented with their official director's chairs in recognition of their successful

directorial debuts during the 2023-24 season. Gay directed the Agatha Christie murder mystery "And Then There Were None" and Anderson directed the timeless classic "Alice in Wonderland."

Outgoing CLT Board President Ashleigh St. Pierre presented the prestigious President's Award to

Danielle Eaton in recognition of her countless contributions to CLT, including as a performer, producer, and in development. Eaton is now the new president of the CLT Board of Directors.

Those in attendance at the annual meeting also had the opportunity to meet the cast of CLT's upcoming production of the musical

"1776" as they performed "Sit Down, John," a musical number from the show. There was also a musical preview from "Nunsense" and an inside look at "The Little Prince" and "SpongeBob: The Musical," the other shows in CLT's 85th season. More information and tickets available at l-clt.com.

SeniorsPlus to offer vaccination clinics this fall

LEWISTON, ME - The AgeWise Maine Initiative, a collaboration of Maine's five Area Agencies on Aging (AAA) in partnership with Northern Light Health, will offer statewide vaccination clinics this fall, including several in Androscoggin County.

Launched in 2023 and powered by USAging grant funding, AgeWise Maine offers vaccine clinics in communities across Maine with the goal of ensuring that thousands of residents get immunized to stay healthy and focused on doing the things they love.

The CDC recommends getting the updated 2024-2025 COVID-19 and Flu vaccinations in Fall

2024 to protect yourself and your community. Both vaccinations are currently available and offered at AgeWise Maine clinics across the state. It is safe to receive COVID-19 and flu vaccines at the same visit.

"One of the best things you can do to keep yourself and your family healthy is to get vaccinated early on. We've heard of people who prefer to 'wait it out' and see how the flu season is playing out, but it's important to remember that vaccines are the best way to prevent serious illness before you get sick," said Carly Williams, Director, AgeWise Maine. "We're glad we have the opportunity to support Mainers through

a second vaccination season this fall, and we hope many of them will take advantage of visiting one of our upcoming clinics."

Upcoming vaccination clinics include:

SeniorsPlus
8 Falcon Road, Lewiston

October 4; 10:00 AM - 12:00 PM

Blake Street Towers

70 Blake Street, Lewiston

October 10; 11:00 AM - 1:00 PM

SeniorsPlus
8 Falcon Road, Lewiston

October 23; 10:00 AM - 12:00 PM

A searchable database of upcoming vaccination clinics around the state is available online at AgeWiseMaine.org.

Dempsey Challenge Photo Spread Pages 8-9



Out-of-towners on stage at Great Falls Comedy Club

AUBURN, ME - Make laughter a priority this week at Great Falls Comedy Club on Saturday night with a Worcester, Massachusetts microphone takeover presenting some of that area's best stand-up comics.

The club welcomes Kevin Knightly, Kevin Lamory, John Tyler, and Tim Champa as they trek up the highway to work for your laughs.

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.

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Newsmakers, Names & Faces

MCP to bring "Dracula" to Historic Cumston Hall

MONMOUTH, ME
 -- The Monmouth Community Players, along with Marquis Season Sponsor Great Falls Federal Credit Union, season sponsors Winthrop Area Federal Credit Union, Readfield Insurance Agency, and The Axe Pit (South Portland) are thrilled to announce the cast of their fall production of Dracula. Dracula is a stage play written by the Irish actor and playwright Hamilton Deane in 1924, then revised by the American writer John L. Balderston in 1927. It was the first authorized adaptation of Bram Stoker's 1897 novel Dracula.



Cast of "Dracula", left to right: Tim MacLeod, Nick Farrand, Birdie Gay, Brittany Bazinet, Leigh Wilkinson III, Bryanne MacMillan, Phillip Easterbrooks and Allie Lerch.

In Balderson's adaptation of Dracula, Abraham Van Helsing (Tim MacLeod) investigates the mysterious illness of a young woman, Lucy Seward (Allie Lerch), with the help of her father and

fiancé. He discovers she is the victim of Count Dracula (Leigh Wilkinson III), a powerful vampire who is feeding on her blood. The men follow one of Dracula's servants to the vampire's hiding place, where



they kill him with a stake to the heart.

The cast of Dracula includes: Bryanne MacMillan and Nick Farrand of Lewiston; Tim MacLeod of Auburn; Allie Lerch of Litchfield; Birdie Gay of

North Monmouth; Leigh Wilkinson III of Hallowell; Brittany Bazinet of Greene; and Phillip Easterbrooks of Winthrop.

Performances will take place the weekends of November 1-10, 2024.

Performances will be at 7:30 pm on November 1st, 2nd and 8th, and at 2pm on the 3rd, 9th and 10th. All performances will occur at Cumston Hall, 796 Main St, Monmouth, ME 04259. Please be aware that due to the installation of the new HVAC system at Cumston Hall, a suggestion of light layers for comfort is recommended.

For more information about the show, please contact the MCP Box Office at mcpboxoffice@gmail.com or call at 207-370-9566. Tickets are available for purchase on the MCP website at: www.monmouth-communityplayers.org

Walk To End Alzheimer's in Lewiston raises \$45k

LEWISTON, ME
 -- More than 240 residents from Lewiston, Auburn, and surrounding communities participated in this year's Lakes and Mountains Walk to End Alzheimer's on September 14 at Simard Payne Park. Participants raised more than \$45,000 to support the care, support and research programs of the

Alzheimer's Association. "The Alzheimer's Association Maine Chapter sincerely thanks the many dedicated Walk participants, volunteers and sponsors who made this year's Walk to End Alzheimer's a tremendous success," said Drew Wyman, Executive Director of the Alzheimer's Association Maine Chapter.

"The funds raised will help fuel disease research while also providing critical care and support to individuals and families affected by Alzheimer's and other dementia."

Participants honored those affected by Alzheimer's with the poignant Promise Garden ceremony -- a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden flowers represent people's connection to Alzheimer's -- their personal reasons to end the disease.

The Lakes and Mountains Walk to End Alzheimer's is keeping up the momentum and continuing

to raise critical funds and awareness with the goal of reaching \$50,000 by the end of the year. Although Walk Day has passed, individuals are encouraged to still register, walk in their own neighborhoods, and continue to fundraise. Donations are being accepted through December 31.

Nearly 7 million

Americans are living with Alzheimer's disease -- a leading cause of death in the United States. Additionally, more than 11 million family members and friends provide care to people living with Alzheimer's and other dementias. In Maine, there are more than 29,600 people living with the disease and 51,000 caregivers.

Red Cross: Blood donors needed now to help combat critical need

PORTLAND, ME — The American Red Cross continues to amplify the ongoing critical need for blood and platelets to keep the blood supply stable as fall begins. Donors of all blood types, especially those with type O blood, those giving platelets and those who have never given before, are needed now.

Only 3 out of 100 Americans donate blood. With the blood supply still at critical levels, every single donation is key to mak-

ing sure all patients relying on lifesaving transfusions, including car accident victims and those living with sickle cell disease, get the care they need.

Fall into donating blood or platelets. Make an appointment to give now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

Those who come to give Oct. 1-31 will receive a \$10 Amazon.com Gift Card by email, plus be automati-

cally entered for a chance to win one of three \$5,000 gift cards. For full details, visit RedCrossBlood.org/Treat.

Upcoming blood donation opportunities Oct. 3-Oct. 15:

Androscoggin
 Lewiston
 10/14/2024: 10 a.m.



American Red Cross

- 3 p.m., CMMC, 12 High Street, Lower Level

Lisbon Falls
 10/7/2024: 11:30 a.m. - 4 p.m., Lisbon United Methodist Church, 14 School St.

Cumberland
 Freeport
 10/10/2024: 12 p.m.

- 4:30 p.m., Freeport Harra-seekeet Grange #9, 13 Elm St

Gorham
 10/4/2024: 10 a.m. - 2:30 p.m., Brooks Student Center, 32 Campus Avenue
 New Gloucester
 10/9/2024: 9 a.m. - 2 p.m., The Commons, 59 Pineland Drive

Scarborough
 10/12/2024: 9 a.m.

- 1:30 p.m., Throttle Car Club, 10 Dynamic Drive
 South Portland
 10/8/2024: 10 a.m. - 4

p.m., Southern Maine Community College Campus Center, 2 Fort Road
 Standish

10/14/2024: 12 p.m. - 5 p.m., Gardenside Condo Association, 12 Gardenside Drive

Westbrook
 10/11/2024: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street

Yarmouth
 10/4/2024: 12 p.m. - 4:30 p.m., American Legion Post 91, 196 Main St

UMaine Extension hosts Climate Series

MAINE--University of Maine Cooperative Extension 4-H will lead

a 3-part, virtual series on climate change action for youth ages 12-18. Ses-

sions will take place on Mondays, October 28, November 14 and November

11 from 4:30 - 5:30 p.m. This series will be held via Zoom.

Participants will learn about climate change from global and local perspectives and explore opportunities for individual action to make a difference. This will involve hands-on, minds-on learning to unpack this big topic.

The series is hosted by 4-H staff joined by an international graduate student with expertise in climate and public policy. Participation is free though donations are accepted. Learn more or register by visiting the event webpage.

For more information or to request a reasonable accommodation, contact 207.581.8206; sarah.sparks@maine.edu.

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Newsmakers, Names & Faces

Rinck wins 5 Golden Arrows, Best in Show

LEWISTON, ME—Rinck Advertising’s commitment to audience-centric strategies and impactful storytelling earned the agency five Golden Arrows at the 2024 Maine Public Relations Council Golden Arrow Awards that took place at the University of New England Portland campus on Tuesday, September 10.

The Golden Arrows recognize the best work of communications, public relations, and marketing professionals based in Maine. The submitted work is judged by members of a Public Relations Society of America chapter based elsewhere in the U.S. with Bronze, Silver, and Gold Awards being awarded based on judge’s scores (70-79 for Bronze, 80-89 for Silver, and 90 and above for Gold) and a Best in Show Award selected from all Gold Award winners. Over 60 entries were submitted with 35 earning recognition.

The standout of the night was Rinck’s “Filter Out the Noise” campaign for the Maine CDC, which received a Gold Award in the Communications Campaign Category and the coveted Best in Show Award. Additionally, Rinck’s strategic media



pitching for VetriScience earned three Gold Golden Arrows: two for targeted media placements with Spruce Pets and Chewy and another for their overarching earned media campaign for the pet supplement brand.

Text BoxA group of women holding trophies-Description automatically generatedTaking the time to deeply understand the target audience is at the heart of every Rinck campaign. Whether creating impactful messages for at-risk youth in crisis or reaching dedicated pet parents seeking trusted care for their animals, the Rinck team does its homework to ensure every strategy resonates. By immersing themselves in the unique needs and behaviors of these audiences, the team

crafts messaging that not only speaks directly to the intended audience but is delivered through the channels they engage with most. This thoughtful, data-driven approach ensures that critical information reaches those who need and want to hear it, maximizing impact and connection.

The “Filter Out the Noise” campaign was created for the Maine Center for Disease Control to address Maine’s urgent youth mental health crisis, where suicide remains the second leading cause of death among individuals aged 10-24. Maine’s teen suicide rate has consistently surpassed the national average, and recent data from the Maine Integrated Youth Health Survey revealed that 18.5% of high schoolers



President of Rinck Advertising. “These awards are a testament to our deep commitment to understanding and connecting with audiences on their terms, using strategic messaging that meets them where they are.”

These awards highlight Rinck Advertising’s ability to craft and deliver campaigns that address critical societal issues like youth mental health and support commercial clients in achieving measurable business growth.

For more information on Rinck Advertising’s award-winning campaigns and services, visit www.rinckadvertising.com.

had seriously considered VetriScience in the past year. Rinck’s campaign targeted at-risk populations, especially LGBTQ+ youth, utilizing digital platforms to promote messages of hope and resources for help. The campaign exceeded objectives, reaching over 16 million impressions and driving over 21,000 engagements through crisis support resources.

VetriScience, meanwhile, saw significant earned media success with strategic media pitches from Rinck. In an increasingly competitive pet supplement market,

the agency helped VetriScience stand out by securing media placements that brought attention to the brand’s products and expert voices, driving sales on key platforms like Amazon and Chewy. The team’s strategic efforts included positioning VetriExperts—veterinarians and pet care professionals—as credible sources in pet health articles, which resulted in VetriScience being featured in 39 media stories.

“At Rinck, we pride ourselves on listening—not just to our clients but to the people they want to reach,” said Laura Rinck,

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AREA meeting notice October 9, 2024

LEWISTON, ME -- The Androscoggin Retired Educators’ Association will meet at 10:30 a.m. on Wednesday, October 9, 2024 at the Green Ladle at Lewiston High School.

This meeting will be our annual scholarship auction. Members are asked to bring an item to be auctioned. Items may be seasonal decorations, knick knacks, white elephant items, food items are always a big hit, such as pumpkin bread and other seasonal breads, fudge, cookies, brownies, etc. Books and puzzles are always popular. The income from all of these items enables AREA

to offer scholarships to young people entering college in the field of education. Please bring items to be auctioned by 10:00.

Lunch will be served by the young people at the Green Ladle. The cost of this meal is \$22. If any member finds this cost is more than they can afford, contact Gina Fuller at 207-783-9091.

Send reservation to Gina Fuller, 36 Elliott Ave, Lewiston, Maine 04240.

AREA meets five times per year: September, October, November, March and April. Dues for the year are \$10 for educator and \$6 for non-educator spouse or partner.

Those members who are 85 years or older no longer need to pay dues. You need not have taught in Androscoggin County or even in the State of Maine. All Educators are welcome: teachers, ed techs, administrators, secretaries, librarians, guidance counselors, anyone who has worked with children.

For new members, with your registration (or reservation) please include your address, e-mail, phone number, birth date, and the major educational school district or school where you were located.

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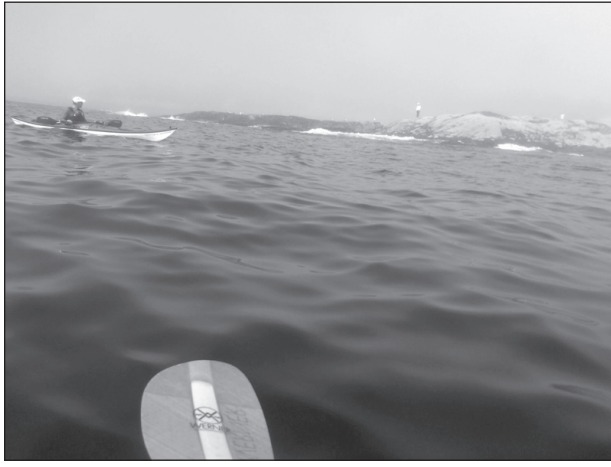


Seniors Not Acting Their Age

Rounding Pemaquid Point in the Fog



Kayakers venture into a fog bank on the west side of Pemaquid Point



A hiker can be seen on Pemaquid Point ledges



Kayakers leave Pemaquid Harbor

When I was a kid back in the fifties, my family used to visit Pemaquid Point each summer. My Dad would cook lobsters and clams between boulders high on the point. While he was cooking, my brothers and I would scramble over the gigantic rocks. My mother would entertain our infant sister while periodically calling us back when we got too close to the water. They're wonderful memories.

I began sea kayaking about twenty years ago and have often contemplated navigating around Pemaquid Point. Since the point has a reputation for turbulent waters, I needed strong paddling

companions and a forecast for good conditions. Time marches on. I recently realized I needed to complete the adventure soon while still capable.

I wanted a forecast with light winds and calm seas preferably including sunny skies. After studying the weather for a couple of weeks, I identified what appeared to be the perfect day. I invited a handful of good friends who were also strong paddlers. Mark Nelson and Jean Miller answered the call.

My plan was to launch at the landing near Pemaquid Harbor and complete a traverse around the point to Round

Pond, what appeared to be about 11 miles. The very favorable forecast called for light winds early in the morning followed by a moderate sea breeze picking up midday from the southwest. My strategy was to begin early and turn the point in the morning at about mid tide. Low tide would occur at noon and the subsequent incoming tide would begin pushing us north on the east side of the peninsula where we would be protected from the southwest winds. Ah, the best laid plans of mice and men.

On the morning of our scheduled paddle, I awoke to a foggy forecast ending around nine. I

called my companions and we agreed to postpone our meeting time in Round Pond until 9:30. When we arrived, dense fog covered the area. After a lengthy discussion, we decided to complete a shuttle to Pemaquid Harbor on the optimistic assumption the fog would soon lift.

The fog was slowly thinning when we reached the landing at the mouth of the Pemaquid River. By the time we unloaded our boats and gear, the launch area was free of fog. The trip was on!

Leaving the river, we entered Pemaquid Harbor and passed Fort William Henry on our left. Progressing south along the west shore in calm seas and a light headwind, we soon ventured into a fog bank. While not dense, patchy fog would plague us for the remainder of the trip. The wonderful anticipated views of the boulder-strewn point were not going to be.

We approached the rocky point with about a quarter mile of visibility. Two hours behind the original schedule, an incoming tide and the sea breeze began as we were rounding the majestic peninsula. While never perilous, the changes caused some turbulence.

We needed to be on our game.

After avoiding crashing waves at the tip of the point, I began looking for Pemaquid Point Lighthouse. My faded recollection remembered the lighthouse being a short distance east of the point. Focused on maneuvering through the unpredictable waves and struggling to see in the fog, I thought I'd missed it. Then I noticed some hikers at the end of a narrow stretch of ledges. Just beyond, the lighthouse was visible atop some cliffs partially hidden by the fog.

The powerful tide began propelling us north along imposing cliffs. The anticipated southwest winds appeared to be from the southeast and stronger than predicted. The combination caused choppy seas and erratic swells. We were laboring in fluctuating conditions and had little time to enjoy the views.

Traveling in excess of four miles per hour, we soon passed New Harbor. Shortly beyond, a welcome sandy beach was found in Long Cove where we stopped for lunch and a rest.

We encountered a strong headwind leaving the cove but enjoyed a

favorable push north to Round Pond. The harbor was free of fog when we entered. My estimate of the trip distance was erroneous. Mark measured it to be almost 14 miles on his GPS. Despite the obstacles, a longtime goal had been realized.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates eight more Maine coastal kayaking excursions including treacherous seas encountered near Isle au Haute and Great Wass Island.

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

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

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Maine National Guard supports suicide prevention awareness

BANGOR, ME -- Soldiers and Airmen from the Maine National Guard gathered at the Bangor Air National Guard Base on Sept. 20, 2024, to participate in the third annual Ruck to Remember event. This event, held during Suicide Prevention Month, is part of ongoing efforts to raise awareness of mental health issues and suicide prevention among veterans.



Soldiers and Airmen from the Maine National Guard gathered at the Bangor Air National Guard Base on Sept. 20, 2024, to participate in the third annual Ruck to Remember event. Participants completed a 22-kilometer ruck march, symbolizing those 22 lives, while promoting open dialogue and mental health support.

The event honors the 22 veterans who tragically lose their lives to suicide each day. Participants completed a 22-kilometer ruck march, symbolizing those 22 lives, while promoting open dialogue and mental health support.

The Ruck to Remember underscores the commitment of the Maine National Guard to address the mental health challenges faced by service members and veterans. By fostering a compassionate and supportive environment, events like this aim to reduce stigma and encourage those in need to seek

help.

Service members face unique challenges such as deployments, high-stakes responsibilities, and the pressures of military life, which can contribute to mental health struggles. Fostering an environment where seeking help is encouraged and free from stigma is critical to addressing this crisis.

“The CDC reports veterans have a higher rate of suicide attempts than

the general United States population, and suicide is the second leading cause of death among veterans under the age of 45,” said Carla Mowat, the Maine National Guard’s Integrated Primary Prevention Officer. “According to the 2023 National Suicide Prevention Annual Report, veteran suicide rates increased by 11.6% from 2020 to an alarming 22 lives lost each day.”

One participant, Staff

Sgt. Andrea Burrows, an Electrical and Environmental Specialist with the 101st Air Refueling Wing in Bangor, shared her personal connection to the cause. Burrows, an Electrical and Environmental Specialist who joined the Maine Air National Guard a year ago, completed the event for the first time. Having served 17 years in the United States Navy, Burrows tragically lost her boyfriend to suicide six



Members of the Maine National Guard participated in a 22-kilometer Ruck to Remember event to honor the 22 veterans who tragically lose their lives to suicide every day. The Ruck to Remember underscores the commitment of the Maine National Guard to address the mental health challenges faced by service members and veterans. Photos by Tech. Sgt. Sarah Myrick, Maine National Guard.

years ago.

“I do these events because I feel it’s important to raise suicide awareness and remove the stigma around suicide,” said Burrows. “If sharing my story can help someone else out, then it’s well worth it.”

Burrows also participated in the Out of the Darkness Walk in 2019 in South Portland, another event aimed at raising suicide awareness. Events like these serve as remind-

ers that seeking help is a sign of strength.

“If you’re struggling, it’s important to reach out,” Burrows encouraged. “Just know that nothing bad lasts forever, and there are people out there who care.”

“Each life lost is a tragedy that demands improved services, programming, policies, and awareness efforts such as the Ruck to Remember,” added Mowat.

Census shows most Mainers ahead compared to pre-pandemic

MAINE -- New data released by the US Census Bureau shows inflation-adjusted incomes in Maine rising faster than the national average. The number of Mainers without health insurance remains below national averages, but challenges remain.

According to the American Community Survey, median household income in Maine was just under \$74,000 in 2023, a 5% increase from 2019 after accounting for the effects of inflation. Nationally, median income is still 1% below 2019 levels. However, for Mainers in the bottom 20%, incomes dropped 1% from 2019 to just over \$17,000,

likely reflecting barriers like caregiving or medical issues that kept some from being able to participate in the strong labor market.

Maine’s poverty rate remains equivalent to pre-pandemic levels, at 10.4%, though there are indicators that particularly disadvantaged groups are seeing progress. Child poverty remains at historically low levels in Maine (12.6%). The poverty rate for Mainers who identify as Black alone (21%) is approximately half what it was in 2016, but is still much higher than the rate for white non-Hispanic Mainers.

Maine continued to have a historically low share of its population

without health insurance, at just 5.9% in 2023. While this still leaves 80,000 Mainers without health insurance, this is down from 107,000 Mainers in 2019 and shows the success of Maine’s Medicaid expansion and extended Affordable Care Act subsidies at the federal level.

“While the data shows progress, lawmakers shouldn’t celebrate too soon,” said James Myall, economic policy analyst at the Maine Center for Economic Policy. “Many low-income Mainers still face tough choices amid rising costs.”

MECEP will share more analysis in the days to come.

OUT Maine awards scholarships to local college students



LIFTING UP MAINE'S QUEER YOUTH

ROCKLAND, ME — OUT Maine has awarded scholarships to four Maine students for the 2024-2025 school year, totaling over \$42,000 in coverage of college tuition and housing costs.

Two of the four students are second-year college students. OUT Maine awards these scholarships on a yearly basis, renewing

them to meet their recipients’ unique financial needs for every year that they attend a higher education institution. The other two awardees are first year students.

Ty Delong and Sasha Saedan are sophomores at Bennington College in Vermont, and second year recipients of OUT Maine’s scholarship.

Rose Chaloult, hailing

from Mountain Valley High School in Rumford, is now a freshman at St. Michael’s College in Vermont benefiting from a scholarship from OUT Maine.

Hunter Hillard is a graduate of Traip Academy in Kittery, and now attends Southern Maine Community College as a first year student receiving an OUT Maine scholarship.

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Arts & Entertainment

AHS announces community art installation

LEWISTON, ME - The Androscoggin Historical Society (AHS) has entered the final phase of a \$750,000 fundraising campaign to support the purchase of 93 Lisbon Street in Lewiston, relocation from the third floor of the County Courthouse in Auburn, and the first three years of expanded operations in its new home.

The "Family Initiative" includes a 9-foot mural installed in the main gallery at 93 Lisbon Street and the opportunity for donors making a gift of \$5,000 to include their family name on the mural with an accompanying family history added to a special section in the archives. The mural, titled "People of the Androscoggin Build Community: Past, Present & Future," identifies each of the towns united by the Androscoggin River and its tributaries with the date of incorporation as well as a photograph. The photographs will change periodically

and feature themes such as grange halls, schoolhouses, churches and local businesses, as part of the gallery's rotating exhibitions.

While AHS freely accepts genealogical materials, donors to the "Family Initiative" will receive assistance documenting their family story and curating photographs as well as being acknowledged on the mural. The history of Androscoggin County is enriched by generations--past and present--of iconic small businesses, civic and political leaders, educators and successful athletes. The mural will not only provide visitors to AHS the map of Androscoggin County but also the names of families who have been part of the County's heritage and are contributing to its future prosperity.

Ten donors have already stepped forward to participate. Rebecca Swanson Conrad from Auburn notes, "I am honoring my husband's family name



"People of the Androscoggin Build Community: Past, Present & Future," (Androscoggin Historical Society)

with a gift to the Family Initiative. I cannot think of a better way to capture the story of his business contributions to the region and to ensure that the photographs of Austin's Fine Wines and Foods in the former First National Bank building in downtown Auburn are ar-

chived in perpetuity."

Gifts may be made by one individual or a family group with up to two family names. Contributions may be paid over one, two or three years.

The Androscoggin Historical Society preserves the histories of the 14 towns in Androscoggin County and periodically convenes

the "Society of Societies" to promote collaboration among the individual historical societies located in towns across the County. As an archival repository for records, genealogy, maps and photographs, AHS responds to research questions both locally and from around the world by providing in-

formation for individuals seeking family history to scholars searching for primary historical sources about the region to local K-12, home-schooled and college students. Additionally, the Society conducts lectures and open-house programs, walking and historic house tours, and hands-on interactive experiences at its two historic properties in Auburn: the Knight House and the West Auburn one-room schoolhouse.

The Society's 93 Lisbon Street museum, library and archives are open to the public, free of charge Wednesdays 9:00am -1:00pm; Fridays Noon - 4:00 pm; and Saturdays 9:00am -1:00pm and in the summer and fall during each last Friday Art Walk. For more information, to volunteer or make a gift, or to learn about upcoming special programs, please visit the Society's website androhistory.org, send an email to info@androhistory.org or call 207-784-0586.

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5 brain healthy habits for healthy aging

NEW YORK--September was Healthy Aging Month, and as part of that, the Alzheimer's Foundation of America (AFA) is providing 5 brain healthy habits to promote healthy aging and reduce the risk of developing dementia.

"Building good habits, even incrementally, goes a long way towards promoting healthy aging and good brain health," said Dr. Allison B. Reiss, a member of AFA's Medical, Scientific, and Memory Screening Advisory Board. "Taking a few sim-

ple steps, in ways that work for you, will make a positive difference, and healthy aging month is a great time to start."

AFA encourages individuals to take the following five brain healthy steps:

Get out of the house. Do not sit in front of the TV or computer all day. Get some fresh air and enjoy time surrounded by nature.

Vitamin D is important for the brain. People whose levels are low are more likely to develop Alzheimer's and other forms



of dementia. Although sunlight is the most common source of vitamin D, many people avoid sun exposure. Even though milk is fortified with vitamin D, a lot of yogurt brands are not, so check labels. Mushrooms are also an excellent source of natural vitamin D and a

good dietary option, especially for someone who is vegan.

Avoid empty calories. If you crave sweets, make sure there is at least some nutritional value and some component that is filling and satiating, rather than just eating candy or

junk food. Good examples are strawberries or banana slices dipped in chocolate (at least you get some fruit), a peanut butter and chocolate combo, a mix of nuts and chocolate, and a brownie recipe made with beans or zucchini.

Avoid head injury. Traumatic brain injury increases the risk of developing dementia and is a big problem that can be averted with care, helmets and other headgear, seatbelts and measures to prevent falls. If you do sustain a concussion, follow all

protocols outlined by your health care provider and take every precaution to steer clear of another one.

Keep in touch with friends and family. Nurture relationships. These connections enrich your life and keep you thinking. Combat loneliness with a support network.

Individuals wishing to learn more about healthy aging and promoting good brain health can contact the Alzheimer's Foundation of America's Helpline at 866-232-8484 or visit AFA's website, www.alzfdn.org.

DHHS issues \$30M to Maine nursing facilities

AUGUSTA, ME—The Maine Department of Health and Human Services (DHHS) announced that it has issued \$30 million in one-time Medicaid (MaineCare) payments to Maine nursing facilities to help them address unforeseen increases in staffing and other operating expenses in the wake of the pandemic.

The State and Federal matching funding, provided through the supplemental budget passed by the Legislature and signed by Governor Mills in April, was distributed to eligible nursing facilities last week, based on each facility's Medicaid (MaineCare) costs and direct care hours in 2023.

"This \$30 million 'extraordinary circum-

stance allowance' payment means Maine's nursing facilities can use this funding to offset both past and expected costs, including for direct care staff, capital costs, and other expenses," said Sara Gagné-Holmes, Acting Commissioner of the Department of Health and Human Services. "As with prior supplemental payments the Department has issued to nursing facilities, the funding is intended to help stabilize the industry and support care for MaineCare members."

"The Maine Health Care Association is very grateful to the Mills Administration and the legislature for providing this necessary support to nursing homes that are continuing to struggle with inflation and a historic la-

bor shortage," said Angela Westhoff, President and CEO of the Maine Health Care Association. "We're hopeful that next year's reformed reimbursement model will provide the sustained resources needed to ensure that Maine's older adults continue to have access to the care they deserve."

The payment issued last week is part of the Mills Administration's substantial investment in nursing facilities, culminating in a reform of nursing facility reimbursement rates through MaineCare that takes effect January 1, 2025. These rate reforms look beyond the immediate term to support the direct care workforce, incentivize permanent staff, and promote quality care and pos-

itive health outcomes for Maine residents who live in nursing facilities.

The reforms disincentivize the long-term use of temporary staff and promote permanent employment and salaries of nurses and nursing assistants. This builds on other efforts to support direct care staff in residential and home- and community-based settings such as a law that ensures rates support at least 125 percent of minimum wage for such workers, and an investment in training and workforce development. These efforts contributed to Maine being in the top five of states on direct care worker policies and supports.

The reforms are funded through the supplemental budget, which

includes a new Nursing Facility Reform Transition Fund to support nursing facilities as MaineCare phases in these comprehensive rate changes. Funded with \$72.8 million (\$27.6 million state share) from the supplemental budget, the Fund spans three years from 2025 to 2027, to support time-limited payment policies to all eligible facilities that reward quality or assist with the transition to permanent staffing targets, for example. This investment is in addition to \$29 million provided previously for rate reform efforts as well as \$10 million (\$3.2 million general fund) that was additionally provided in the supplemental budget earlier this year.

This builds on the more than 50 percent in-

crease in average Maine-Care rates for nursing facilities from 2019 to 2024. Additionally, a 4.9 percent cost of living increase was provided to facilities starting on July 1, 2024. In addition to rate increases, nursing facilities have received substantial supplemental payments over the years to support operations, including \$19 million in December 2023 to support direct care workers.

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

Anthem, CMHC partner to keep healthcare affordable, accessible



SOUTH PORTLAND, ME — Anthem Blue Cross and Blue Shield in Maine (Anthem) and Central Maine Healthcare (CMHC) are working together on new initiatives aimed at expanding the availability and affordability of critical healthcare services for consumers in central Maine.

The organizations have also signed a multi-year agreement that continues in-network access to CMHC facilities and physicians for Anthem members, and that links payment to quality. CMHC and Anthem have long partnered on value-based care delivery and quality-based payment models, reflecting both organizations' ongoing commitment to delivering high-quality, affordable care.

In addition, Anthem

and CMHC are working on initiatives to expand access to important services such as colorectal cancer screenings, oncology care, and joint procedures. Since January 2024, CMHC has partnered with New England Cancer Specialists, recognized nationally for its expertise in hematology and oncology, an affiliate member of the Dana-Farber Cancer Institute. Together with NECS, Central Maine has expanded services available at the Central Maine Cancer Center, enabling more patients in central Maine to get cancer care close to home.

"Our team at Anthem Blue Cross and Blue Shield is committed to doing all we can to provide Mainers access to high-quality, affordable healthcare, and our growing partnership with Cen-

tral Maine Healthcare will do just that," said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. "Working together with innovative partners like Central Maine Healthcare, we can advance better health outcomes for the people we mutually serve and protect healthcare affordability at the same time. That's a win-win for all Mainers."

"We are pleased to continue our relationship with Anthem and to partner on initiatives that support the availability of high-quality care," said Steven Littleton, president and CEO of Central Maine Healthcare. "We are committed to the communities we serve, and the initiatives we are working on with Anthem will provide important access to high-quality affordable care."

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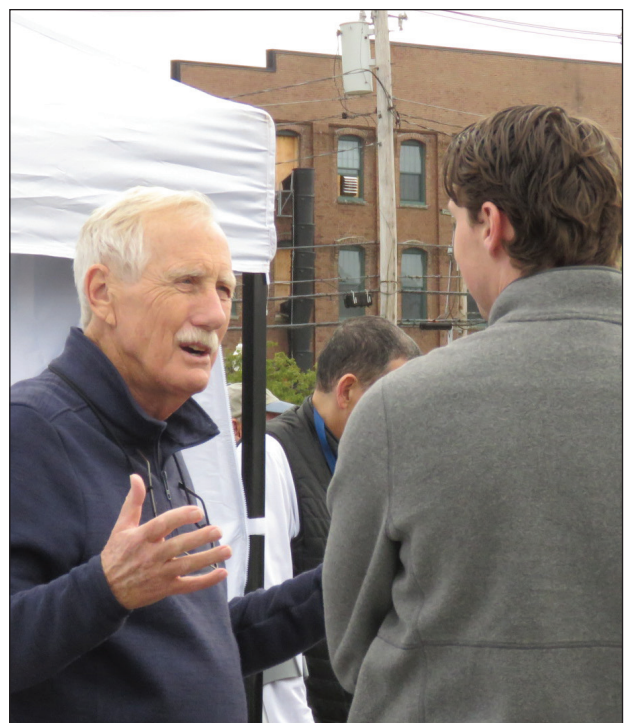
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Collins, King announce \$2M for Maine police departments

WASHINGTON, D.C. – U.S. Senators Susan Collins, Vice Chair of the Senate Appropriations Committee, and Angus King announced that six Maine police departments have been awarded a total of \$2,075,000 through the U.S. Department of Justice’s (DOJ) Office of Community Oriented Policing Services (COPS) grant programs. The various programs overseen by the COPS office support numerous initiatives for local police departments, including improved hiring practices, school violence prevention, community

policing development, and mental health wellness for law enforcement officers and their families. “Law enforcement officers willingly place themselves in harm’s way to protect our communities. It is our responsibility to equip them with the resources they need,” said Senators Collins and King. “This important funding will help improve community policing across the State of Maine, enhance school safety, and provide essential mental health support for law enforcement officers.” The COPS grant

funding awarded to Maine law enforcement agencies falls into four distinct categories: COPS Hiring Program (CHP): More than \$157 million was awarded to 235 agencies nationwide to hire nearly 1,200 entry-level law enforcement officers, aimed at increasing community policing capacity and crime prevention efforts. In Maine, the recipients include: Town of Rangeley: \$125,000 Rumford Police Department: \$250,000 City of Westbrook:

\$250,000 School Violence Prevention Program (SVPP): Approximately \$73 million was awarded to 203 school districts and government entities across the country to enhance security on school grounds, improving safety measures for students and staff. In Maine, the recipients include: Lewiston Public Schools: \$500,000 Maine School Administrative District 17: \$500,000 Community Policing Development (CPD): This program provided

more than \$25.1 million nationwide to support crisis intervention teams, accreditation efforts, and innovative policing strategies, all aimed at improving community relations and law enforcement capabilities. In Maine, the recipient of this funding is: Rumford Police Department (supporting law enforcement agencies seeking accreditation in Oxford County): \$250,000 Law Enforcement Mental Health and Wellness (LEMHWA) Program: More than \$9 million was awarded na-

tionwide to improve the delivery of mental health and wellness services for law enforcement officers and support staff. In Maine, the recipient of this funding is: Maine Indian Township Tribal Government: \$200,000 These grants are part of a broader national effort by the DOJ’s COPS office to combat opioid and methamphetamine distribution, prepare for active shooter situations, and support technical assistance and hiring programs for law enforcement agencies.

DHS grant funds USM threat assessment training

PORTLAND, ME -- An initiative at the University of Southern Maine (USM) is underway to identify and counteract potential threats to its campuses. The program is made possible by a grant from the U.S. Department of Homeland Security (DHS). USM is the first applicant from Maine to receive a Targeted Violence and Terrorism Prevention (TVTP) Grant. It will be used to create and enact a Behavioral Threat Assess-

ment Management (BTAM) model at USM. The idea for the BTAM initiative originated with Dr. Gráinne Perkins, chief of police and vice president of Public Safety at USM. A major motivating factor in her application for the grant was the mass shooting in Lewiston, Maine, on October 25, 2023. The event had a profound impact on USM, with campuses across town in Lewiston, as well as Portland and Gorham. The

BTAM initiative is meant to provide USM with a new layer of protection against similar incidents. “By training everyone to recognize warning signs and act early, we can create a safer, more proactive campus community where different teams—like mental health professionals, administrators, and law enforcement—work together effectively,” Perkins said. Along with oversight from Perkins, several campus partners are key

to the project’s success. The Office of Intercultural Affairs, under Director Meghan Barrett, will host workshops for minority and vulnerable groups that often experience threats of violence. Senior Human Resources Partner Chris Williams will use his background in conflict resolution and coalition building to coordinate training practices across USM’s diverse community. Maureen Wissman, the assistant director of USM’s Research

Service Center, helped navigate the application process. The one-time grant totals \$403,501. It will enable ongoing training to educate campus community members about the new policy and their roles in it. BTAM team members will attend specialized conferences. A campus police officer will return to the classroom for a master’s level course in online threat detection. Faculty, staff and students will receive periodic refreshers

on the basics of situational awareness and verbal threat de-escalation. DHS distributed \$18 million to 35 TVTP Grant recipients across the country this year. Since launching in 2020, the grant program has issued 178 awards totaling \$90 million. It is the only federal grant program solely dedicated to helping local communities develop and strengthen their targeted violence and terrorism prevention capabilities.

Maine-ly Harmony looking for women who love to sing

MAINE -- Maine-ly Harmony women’s barbershop chorus, directed by Kathy Greason, had the great pleasure of performing for the residents of the Inn at City Hall in Augusta on September 11th. Audience members greeted the singers as they left the stage to show their appreciation.



Photo by Bob Staples

Soon, the holidays will be upon us and it’s time to begin rehearsing music for the season. Maine-ly Harmony invites women of all ages who love to sing to come to rehearsals beginning Wednesday, October 16, to December 4, at the Highland Avenue United Methodist Church,

31 Highland Ave, Gardiner ME starting at 6:30 PM. Our members will support you and answer any questions you may have. Then, join us in our holiday performance on Sunday, December 8. Treat yourself to singing with our friendly,

supportive group of women who will share their love of a capella music in the barbershop style! Contact Barb at becombs@comcast.net or 207-844-3516 for more details. Learn more about us at <http://www.maine-ly-harmony.org/>

Maine’s minimum wage to increase to \$14.65 next year



by Economic Policy Analyst James Myall New data from the US Bureau of Labor Statistics shows Maine’s minimum wage will increase by 50 cents per hour in 2025 to keep pace with increased costs of living. MECEP estimates this increase will boost the wages of 96,000 workers in Maine who are earning at or just above the new minimum wage.

Today, the BLS announced that index increased by 3.6%, which means that on January 1 Maine’s statewide minimum wage will increase from the current \$14.15 per hour to \$14.65. For workers who are paid primarily in tips, the base minimum wage paid by an employer will increase from \$7.08 per hour to \$7.33.

who earn up to 15% more than the minimum wage and will see a smaller increase in their hourly rate as employers stay competitive with the new minimum wage. Finally, around 9,000 tipped workers in the state will see a small increase to their base wage.

Maine’s minimum wage law, passed by citizens’ initiative in 2016, automatically updates the minimum wage each January 1 to reflect increased cost of living. To do so, it uses the annual percentage change in the Consumer Price Index for Clerical Workers in the Northeast Region be-

For a full-time, year-round worker, the increase is equivalent to slightly more than an extra \$1,000 a year in wages.

This number represents around one in six employees in Maine, which is one of the smallest impacts of a minimum wage increase in the state in years. This is because wage growth has been unusually strong for Mainers in low-income occupations in recent years, resulting in fewer Mainers than ever earning at or near the state minimum. Nonetheless, the fact that tens of thousands of workers are impacted demonstrates the need to maintain a robust minimum wage so that no one is left behind.

The cities of Portland and Rockland have their own minimum wage ordinances which currently set a floor of \$15 per hour. Both are indexed to inflation using the Consumer Price Index for All Urban Consumers, which rose 3.4%, meaning the minimum wage in both cities will rise to \$15.50 on January 1.

The number of workers impacted statewide includes 37,000 workers directly impacted — those who earn below the new minimum wage and will see a full 50 cent per hour increase — plus 50,000 indirectly-impacted workers

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STEP grants to boost Maine small business exports

WASHINGTON – Administrator Isabel Casillas Guzman, head of the U.S. Small Business Administration (SBA) and the voice for America’s more than 34 million small businesses in President Biden’s Cabinet, announced \$20 million in State Trade Expansion Program (STEP) grants have been awarded to 43 state and territory international trade agencies to provide financial support to small businesses in growing the volume and value of exports. States may start to solicit applications from small businesses now, and funding became available to small businesses beginning Sept.

30. “With 95% of the world’s consumers based outside of the United States, our small businesses need access to markets abroad to grow and create good jobs in America. Through SBA’s STEP funding to states, small businesses can get grants to export to new markets and grow their revenues through marketing, trade missions and more,” said Administrator Guzman. “STEP delivers against the Biden-Harris Administration’s efforts to increase exports and helps ensure that we can strengthen our small businesses, ensure our economy is more resil-

ient and increase our global competitiveness.” Locally, Maine International Trade Center (MITC) was awarded \$275,000 to help provide small businesses with the information and tools they need to succeed in export-related activities. Exporting activities include participating in foreign trade missions, market sales trips, designing international marketing campaigns, participating in export trade show exhibits, and attending training workshops, as well as other important means of engagement. “One of the great strengths we have here in

Maine is the amazing network of organizations that assist our entrepreneurs as they start up and grow their businesses,” said Diane Sturgeon, SBA District Director for Maine. “Maine International Trade Center is an incredibly active part of that network, and we are happy to provide them with the funding they need to help Maine businesses access international markets.” These 43 awardees were selected after a competitive application process to STEP. New grants will help local entrepreneurs enter and thrive in the global marketplace by providing small businesses

with the information and tools they need to succeed in export-related activities. Qualifying exporting activities include participating in foreign trade missions and market sales trips, designing international marketing campaigns, participating in export trade show exhibits, and attending training workshops. Since its creation in 2010 as part of The Small Business Jobs Act, STEP has awarded \$255 million in grants and recorded over \$6.8 billion in exports with more than 18,000 small businesses receiving grants to fund their export opportunities and increase their footprint in over 100

countries. Last year, for every \$1 in funding for STEP, businesses benefited from \$27 in export sales. As states improve their exporting skills, the returns on investment keep improving. Individual STEP awards are managed at the local level by state government organizations. To find out if your state or territory has earned an award, and to apply for funding opportunities, please visit: www.sba.gov/STEP. To explore how small business counseling can help inform your export strategy, connect with your local SBA district office and our network of resource partners.

\$1.3M for providers serving rural Maine

WASHINGTON, D.C. – U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that six health care organizations in Maine have been awarded a total of \$1,376,188 through the Health Resources and Services Administration’s (HRSA) Rural Northern Border Region Outreach

Program. This funding will support critical initiatives aimed at improving access to health care services for rural and underserved communities across Maine. “Health care organizations across Maine are working tirelessly to improve the well-being of our residents,” said Senator Collins. “This funding will provide vital resources to

local health care providers, enabling them to address key health challenges and better ensure that even our most rural communities receive the care they need.” The grant funding is allocated as follows: Healthy Acadia - Ellsworth, ME - \$250,000 Rangeley Region Health and Wellness Partnership - Rangeley, ME -

\$250,000 The Harry E. Davis Partnership for Children’s Oral Health - Yarmouth, ME - \$250,000 Medical Care Development Inc. - Hallowell, ME - \$249,972 Northern Light Health - Brewer, ME - \$208,882 MaineHealth - Portland, ME - \$167,334 HRSA’s Rural North-

ern Border Region Outreach Program is designed to increase the availability of health care services for rural and underserved populations in the rural Northern Border Regional Commission areas of Maine, New Hampshire, New York, and Vermont. Through this initiative, residents in rural areas will benefit from enhanced care and access to

essential health programs, contributing to population-level health outcome improvements. As Vice Chair of the Senate Appropriations Committee, Senator Collins secured increased funding for the HRSA Rural Northern Border Region Outreach Program in Fiscal Year 2024 funding legislation.

MDF presents Champion Awards for exemplary leadership

LEWISTON, ME — Maine Development Foundation (MDF), is thrilled to announce our 2024 Champion Award winners. These awards recognize exemplary leadership toward economic improvement and systemic change necessary for each Mainer to thrive and prosper. This year’s awards focused on individuals, businesses, and organizations helping make Maine a magnet for young workers and their families. “The winners of this year’s awards are shining examples of innovative, inspiring ways to build long-term relation-

ships, trust, and a sense of community that young workers and their families crave,” says Yellow Light Breen, MDF’s President and CEO. “Each of our awardees is leading actionable and scalable efforts that help Maine be a magnet by creating pathways where young workers can progress in their careers so they and their families can thrive and prosper.” MDF proudly bestowed the following awards during Magnetize: MDF’s 46th Annual Meeting & Champion Awards Celebration, held recently at the Franco Center in Lewiston:

mdf 2024 Champion of Education and Workforce Development to the FAME (Finance Authority of Maine) College Access and Financial Education (CAFE) Team for their steadfast, systematic approach to meeting each college-bound student and their families where they are and helping each navigate the financial aid application process during the last year, which was an extremely complicated and

CONNECTING PEOPLE & STRATEGIES TO DRIVE MAINE’S ECONOMY confusing year. As a result, the financial aid form completion rate for Maine high school seniors increased 9 full percentage points to 61%; 2023 Champion of Rural Economic Development to Deb Rountree, Executive Director of Rural Development Initiatives with Eastern Maine Community College and U-Maine-Augusta for her decades-long work to support displaced rural workers, adult learners, and young families in the Katahdin Region so they can pursue certifications, degrees, good-paying jobs, and further their careers.

An example is the childcare center at Katahdin Higher Education Center in East Millinocket that Deb helped establish which has provided quality, affordable early childhood development for thousands of children, removing a major barrier to success for their parents and families; 2024 Dirigo Rising Young Professional Award to Samantha Burdick, Communications Director with Maine Education Association, for demonstrating exceptional leadership and dedication to strengthening the state’s economy and her community with efforts to attract and retain young people. Sam serves on numerous boards, including the Waterville Homeless Shelter, United Way of Kennebec Valley, the Waterville Planning

Board, and is in her 5th year on the Steering Committee of KV Connect, one of seven regional chapters of MDF’s Realize Maine Network. This year’s event is a breakfast festivity and served as a kickoff to the 2024 Magnetize Maine conference, hosted by Uplift LA in conjunction with MDF’s Realize Maine Network. To find out more about the broad range of programs, coalitions, and initiatives MDF leads, go to mdf.org.

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



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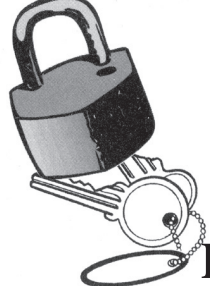
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Thursdays

LEWISTON -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

Recommended for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

Oct 5

GORHAM -- Public Homemade Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham Saturday, October 5. 4:00-5:30pm

Eat in or take out. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

Oct 11, 12, 17, 18, 19

BAR MILLS -- The

Calendar

Send your submissions to the Editor. More online.

Original's present Molly Sweeney, a play by Brian Friel at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Oct 11, 12, 17, 18, 19 @ 7:30 PM

and Oct 13 & 20 at 2:30pm. Tickets: \$15 General Admission at www.sacorivertheatre.org.

Oct 19

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to https://www.uubrunswick.org/events/.

Sally Rogers & Claudia Schmidt - Sat, Oct 19, 2024 at 7:30 pm. Doors open 7:00 pm.

For decades, Sally and Claudia have been playing at prestigious folk venues around the world and were regulars on Garrison Keillor's Prairie Home Companion. They are well-known for beautiful harmonies, dulcimer & guitar duets, and a wide repertoire of originals and

traditional songs.

Tickets are \$20 in advance, \$25 at the door, \$10 students/children. Tickets are available at the church office, Gulf of Maine Books, or online at https://ticketstripe.com/sallyrogers.

Oct 25, 26, 27, 31; Nov 1, 2, 3

AUBURN - Opening night of the Community Little Theatre production of the musical '1776.' The curtain rises at 7:30 p.m. as the Founding Fathers come alive in this classic American musical. Performances will also be held at 7:30 p.m. on October 26, 31, and November 1, 2. Matinees will be held at 2:00 p.m. on October 27 and November 3. Tickets are \$25 for adults, \$22 for seniors/students, and \$17 for children aged 13 and under. Tickets and more information are available online at https://www.laact.com/.

Oct 26, 27

LEWISTON, TOPSHAM -- "Majestic Earth Movements"

Saturday, Oct. 26, 2024, 7:00 p.m. - Franco Center, Lewiston

Sunday, Oct. 27, 2024, 2:30 p.m. - Orion Performing Arts Center,

Topsham

Courtney Bryan - Bridges

Wolfgang Amadeus Mozart - Sinfonia Concertante in E Flat Major, K. 364 (Robert Lehmann, violinist, and Kimberly Lehmann, violist)

Jean Sibelius - Symphony No. 5 in E Flat Major, Op. 82

Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for anyone 25 and under. For more information visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoast-symphony.org

Nov 23

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to https://www.uubrunswick.org/events/.

Novel Jazz Septet - Sat, Nov 23, 2024 at 7:30 pm. Doors open 7:00 pm.

Novel Jazz Septet, one of Maine's premiere jazz groups, is now in their 20th year of keeping the musical legacy of Duke Ellington and Billy Strayhorn alive and swinging. The band embarked on a project to go through the massive archives at the Smithsonian Museum of American History as well as the Strayhorn Collection at the Library of Congress, finding compositions by

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Ellington and Strayhorn, transcribing some lesser-known gems for the band and reinterpreting them with a 21st century sound.

Tickets are \$20 in advance, \$25 at the door, and \$10 for students/children and will be available at the church office, Gulf of Maine Books, or online at ticketstripe.com/novel-jazz7.

Jan 11

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to https://www.uubrunswick.org/events/.

David Mallett - Sat, January 11, 2025 at 7:30 pm. Doors open 7:00 pm.

Maine's own singer-songwriter David Mallett is one of America's true troubadours. In a career that spans four decades, David Mallett has record-

ed 17 albums and has performed in clubs, concert halls and festivals across the US, Canada and Europe. He has appeared on numerous broadcasts, including National Public Radio's A Prairie Home Companion. Known for his carefully written, poetic offerings, his body of work has provided material for more than 150 artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and even the Muppets, and his "Garden Song" has become an American folk classic.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at https://ticketstripe.com/pousette.

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



Discovering fulfilling work—and a second family



When Success moved to Maine seven years ago, thoughts of her aging mother back home in Nigeria weighed heavily on her mind. "I was supposed to be there taking care of her," Success said.

That's how Success became interested in working as a Direct Support Professional at a small group home in Auburn. "I felt since I wasn't able to take care of my mother, I should take care of people here," Success said.

Success is one of scores of individuals who has found rewarding work in the field of Direct Support, ensuring Mainers with age-related, physical, behavioral, intellectual, and cognitive health needs have the support they require to stay safe, independent, and empowered to achieve their personal goals.

In Maine, there are many flexible full-time, part-time, or per-diem positions available. This work happens outside of a hospital or nursing home setting, and training opportunities are widely available. Most of these positions don't require advanced degrees.

"I feel fulfilled, and I feel so excited because I know I've achieved a lot."

In her role as a Direct Support Professional, Success works with adults who are living with Intellectual and Developmental Disabilities. She provides whatever support they need with activities of daily living, so they can live as independently as possible. Her work can vary widely from day to day. She administers medication, gets them ready for bed, and does laundry. She also checks on them throughout the night. In the morning, she makes them breakfast and takes them to their programs.

For Success, seeing her clients' joy when she supports them in attaining a new milestone brings her joy, too. "After a good day at work, I feel fulfilled," Success said. "I feel so excited because I know I've achieved a lot."

This work has also given Success a chance to do something positive in her adopted home. "This is an opportunity for you to give back to the community you are coming into," Success said.

Success says in many ways, this job has given her a second family—through the friendships she has forged with her colleagues and the connections she has made with her clients. "When I walk into work, I see the excitement on the faces of those people I'm taking care of," Success said. "These are the families I have here in the U.S."

To learn more about full-time, part-time, and per-diem opportunities in your community, go to MaineCareersWithPurpose.org or Follow @MaineCareersWithPurpose on Facebook & Instagram.

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Winter ready: Storm preparedness for homes & pets

AUBURN, ME -- Winter is coming. Are you prepared? Join community partners at the Auburn Public Library for an essential presentation on winter storm preparedness tailored for homeowners, renters, and pet owners in Maine. Learn practical tips and strategies to keep your family, including your furry friends, safe during the harsh winter months.

To help you prepare, this program will cover everything from emergency

supplies to sheltering your pets. Presenters will also share local resources available before and after a storm.

A survival kit worth \$200 will be raffled off at this event!

If you require language services, please contact Healthy Androscoggin before the event at 207-795-5990.

This program will take place on Wednesday, October 9, from 5-6 p.m. in the Androscoggin Community Room (ground floor).

No registration is required. This program is sponsored by Healthy Androscoggin, Greater Androscoggin Humane Society, Strength-enME, the City of Auburn, and the Auburn Public Library. For more information, contact Hannah Dieterich at Hannah.Dieterich@cmhc.org.

For more information on other upcoming programs at the Auburn Public Library, visit their website at <https://www.auburnpubliclibrary.org/events/>

Author talk: Philip Baker on *Hunger Hill*

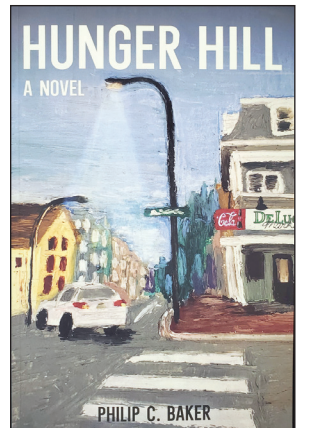
AUBURN, ME -- Local author, Philip C. Baker, will be at the Auburn Public Library on Monday, October 7, from 5-6 p.m., to talk about his new book, *Hunger Hill*. In this exciting crime thriller set in Portland, Maine, Detective Basil Keene must solve the murder of the unlikeable butcher of Hunger Hill. The cast of characters ranges from the sinister Russian, Silk Rhenko, to the charming Eileen Mack, an under-aged bartender, to oligarch Fyodor Umarov, the mastermind behind an underground scheme of money laundering and human trafficking.

Philip C. Baker's first classes in creative writing were at Colby College. He has attended workshops in the thriller genre in New York. Philip has studied further in New York, Boston, and Portland with several best-selling authors. He grew up in Falmouth, Maine sailing on Casco Bay and enjoying where the land meets the sea. Now, he lives in southern Maine with his family and two rescued beagles. This




is Philip Baker's first, full-length novel.

This program will take place in the Auburn Public Library Conference Room. No registration is required. For more information about this and other programs offered at the Auburn Public Library, visit their website at www.auburnpubliclibrary.org or call the Reference Desk at 207-333-6640, ext. 4.



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

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