



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

Thursday, October 10, 2024 • FREE

Dracula: A comedy of terrors at The Public Theatre!

LEWISTON, ME -- Get ready for FANG-tastic fun when The Public Theatre kicks off the Halloween season, with the Maine premiere of the recent Off-Broadway hit, DRACULA: A COMEDY OF TERRORS playing October 11-27.

Imagine putting the legendary story of Dracula into a blender with Mel Brooks, Monty Python and The Carol Burnett Show! You'll scream with laughter as five actors sink their teeth into dozens of characters in this fast-paced, laugh-out-loud version of Dracula perfect for audiences of all blood types.

When Mina Westfeldt

falls mysteriously ill, her father calls on well-known vampire hunter Doctor Jean Van Helsing to help them find the elusive and seductive Count Dracula. Filled with imaginative staging, silliness, and special effects, this delightful comedy is the perfect way to get spooky this season!

The cast of fully professional Equity actors includes Luke Sholl as Dracula, Jessica DiGiovanni as Lucy/ Kitty/Driver, Mark Cartier as Dr. Westfeldt/Renfield/Sea Captain, Kevin Cristaldi as Mina/Van Helsing and Ian Gould as Jonathan/Bosun/Grave Digger/Suitors. All five actors have had an exten-



From left to right – Mark Cartier, Kevin Cristaldi, Luke Sholl, Ian Gould and Jessica DiGiovanni

sive career Off-Broadway and in regional theatres as well as television and film.

The world of Transylvania and England will be brought to life by the set

design of Michael Reidy, spooky lighting by Matt Cost, the soundscape of Charles Coes and costumes by Kevin Hutchins. At the helm of this wacky world

will be Director and Artistic Director of The Public Theatre, Janet Mitchko who promises many similarities in style and tone to previous Public Theatre comic hits such as Hound of the Baskervilles and Around the World in 80 Days.

In the spirit of encouraging community engagement and connection, The Public Theatre will also be offering a pre-show wine tasting held in the lobby included with the price of your ticket on Thursday Oct 17th and a pre-show beer sampling at the Saturday evening performance on Oct 19th.

Dracula: A Comedy

of Terrors, playing at The Public Theatre, Lewiston/Auburn's Professional Theatre, Oct 11 - 27. Thurs-Friday at 7:00pm, Sat at 3pm, Sun at 2pm with a Sat evening show on Oct 19 at 7:30pm. Tickets: \$35 Adults, \$20 (ages 19-35), \$15 (18 and under). Group rates (10+) are available. Tickets can be purchased online at thepublictheatre.org or by calling 782-3200. The Theatre is located at 31 Maple St. Lewiston.

Sponsored by Austin Associates, Berubes Complete Auto Care, NAPA Coastal Auto Parts, O'Reilly Auto Parts, Sun Journal, Bennett Radio Group and Platz Associates.

Absentee ballots, early voting hours now available

LEWISTON, ME – The State Candidate and Referendum election will be held on Tuesday, November 5. Absentee ballots for this election are currently available for Lewiston voters. The City Clerk's Office mailed over 2,500 absentee ballots on Tuesday to fill orders that have been submitted since August. Voters should expect to see these in their mailboxes over the next few days. Ballots can be returned via the mail or delivered to the absentee ballot drop box at City Hall.

Registered voters wishing to obtain an absentee

ballot may order one via four methods:

- 1) Calling the City Clerk's Office at 513-3124
- 2) Submitting an application form via the mail or red City Hall drop box; application can be downloaded from the City's website
- 3) In person at the City Clerk's Office, located on the second floor of City Hall; office hours are Monday, Wednesday, Thursday - 7:45am - 4:00pm and Tuesdays 7:45am -5:30pm
- 4) Online at the City's election website

The statewide deadline to request an absentee

LEWISTON ME

ballot is Thursday, October 31.

The City's Early Voting Polling Place will be open Monday through Thursday during the dates of October 8 – 31. The hours are 8am – 4pm and the voting will take place in the City Council Chambers, first floor, City Hall. There will be 13 voting booths to accommodate the volume of voters. "Residents really appreciate the convenience of coming into City Hall to vote early during our elections, they

find the space to be a quieter place to vote and a calmer pace than at the polls on a busy election day. Many residents look forward to this option every year and we are happy to provide this service", said Lewiston City Clerk Kathy Montejo.

Before voting, residents are encouraged to familiarize themselves with the candidate races and five state referendum questions. The City's website contains sample ballots as well as information on



ranked choice voting, directions to the polling places and other information that voters may find useful. The website address is: [\[maine.gov/117/Elections\]\(https://www.lewiston-maine.gov/117/Elections\)
Voters are encouraged to contact the City Clerk's Office at 513-3124 with any questions they may have.](https://www.lewiston-</p></div>
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SeniorsPlus seeks new members for its Advisory Council

LEWISTON, ME - SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, seeks dedicated individuals to join its Advisory Council.

The Advisory Council, a requirement under the Older Americans Act, provides valuable advice on issues concerning older adults and Older Americans Act programs. Council members play a crucial

role in advocating for the interests of older people, identifying service gaps, and influencing policies and programs that affect older people.

The SeniorsPlus Advisory Council meets five times a year (in person or via Zoom if preferred) and offers opportunities to engage with local, state, and federal elected officials, make community presentations, and testify at public hearings.

If you're interested in joining our Advisory Council and making a difference in the lives of older adults in

your community, please get in touch with Laure Johnson, Community Services Director, at ljohnson@seniorsplus.org or by calling 207 795-4010.

Established in 1972 and headquartered in Lew-

iston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 19,000 individuals and fields 160,000 phone inquiries.

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Newsmakers, Names & Faces

Lecture-recital explores composers & politics

AUGUSTA, ME – Through a unique blend of lecture and piano performance, Dr. Christine Letcher, assistant professor of music at the University of Maine at Augusta (UMA), will explore how the political climate affects the work of classical composers. The event will take place on Thursday, Oct. 24, 2024, at 7 p.m. on the UMA campus at the Farber Forum Auditorium in Jewett Hall.

While popular musicians like Taylor Swift and Beyoncé have used their music as political state-

ments, how do classical composers view their role in society as responders to the social and political environment? Letcher interviewed American classical composers to explore their perspectives on how the social, cultural, and political environments influence the music they compose. She then compared these findings to those of the New Deal and early Cold War eras.

In this lecture-recital, Letcher will discuss the social and political influences on select composers



Dr. Christine Letcher, assistant professor of music at UMA

from both the 1930s and the early 2000s, and will demonstrate how these influences showed up in

the music as she performs solo piano works by Ruth Crawford-Seeger, Aaron Copland, Florence Price,



Martin Bresnick, Reena Esmail, Jerome Kitzke, and more. Special guests for two of the pieces are Dr. Anita Jerosch, trombone, and Eliza Meyer, cello.

The lecture-recital “Promoting Community Connection” is free and open to the public on the UMA campus, at the Farber Forum Auditorium, Jewett Hall, 46 University Drive, Augusta. Thursday, Oct. 24, 2024, at 7 p.m.,

and will be livestreamed on UMA Augusta - YouTube. This lecture-recital will be repeated on Oct. 29, at 7 p.m., at Minsky Hall, University of Maine, in Orono.

UMA transforms the lives of students of every age and background across the state of Maine and beyond through access to high-quality distance and on-site education, excellence in student support, civic engagement, and professional and liberal arts programs. For more information, please visit <https://www.uma.edu/>.

2025 WinterKids Winter Games application opens

MAINE -- The application window for the 2025 WinterKids Winter Games is now open! As Maine’s only nonprofit dedicated to increasing outdoor physical activity for children during winter, WinterKids invites schools across the state to participate in this fun, educational, and active challenge.

The Winter Games will run from January 13 to February 7, 2025, and we’ll be selecting 16 schools to join in on the action! This is a unique opportunity for your school community to encourage students in grades Pre-K through 8 to embrace the outdoors, build teamwork, and celebrate being outside during Maine’s BEST season.

Highlights:
4-week competition with exciting, school-wide outdoor challenges

This year’s theme: “Weather”—inspiring creative outdoor learning!

A free Winter Games toolkit for participating schools, including PLAY-Books and incentives

Over \$20,000 in cash and prizes, with the top school receiving \$5,000!

We hear every year from teachers how much their students love the Winter Games, and how it transforms the winter season into a vibrant time of activity and learning.

The application deadline is October 20, 2024. Schools can apply now by visiting WinterKids.org.

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.

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



Photo by Bob Staples

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-lyharmony.org/>

MaineCF scholarships available to adult learners

PORTLAND & ELLSWORTH, ME — Adult learners returning to school may be eligible

for scholarships from the Maine Community Foundation (MaineCF). Eligible scholarship

recipients will receive a one or two-year certificate or four-year degree at the end of the program and

meet one of the following requirements: be over the age of 25, work full time while enrolled in school, have dependents, be financially independent, have not received a standard high school diploma or delayed college enrollment.

In 2022, MaineCF awarded 358 adult learner scholarships totaling \$675,084.

The application deadline is Friday, Nov. 15. For complete guidelines and to apply, visit www.mainecef.org/scholarships.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.mainecef.org.

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Newsmakers, Names & Faces

Speaker coming to Genealogical Society's fall meeting

AUBURN, ME -- The Maine Franco-American Genealogical Society [MFGS] is pleased to have Dr. Joseph Hall, Associate Professor of History at Bates College, as its guest speaker at its fall general membership meeting on October 26th at 10:00 am in the Androscoggin Community Room of the Auburn Public Library, 49 Spring St., Auburn.

Dr. Hall's presentation will begin at approximately 11:00 am after a brief business meeting and

light refreshments.

Admission is free and open to the public.

Dr. Hall focuses his research on the history of Wabanaki in Maine, particularly the ways that they have maintained relationships with their colonized homelands. He notes that Wabanakis is the collective term for the Penobscots, Passamaquodies, Mi'kmaqs, and Maliseets not only of Maine, but also New Brunswick, Nova Scotia and eastern Quebec.

Dr. Hall's presenta-

tion is titled:

Does Descent Mean Belonging? Incomplete Thoughts on the Relationship between Genealogical Heritage and Contemporary Wabanaki Communities

Many people in Maine have ancestors who were Wabanaki. Some have used these genealogical connections to claim that they belong to Wabanaki communities.

While there are connections between French Canadian and Wabanaki



Dr. Joseph Hall, Associate Professor of History, Bates College

family histories, these connections can have many potential meanings, and many of these meanings are deeply contested. What is the relationship between membership in a Wabanaki nation and having Wabanaki ancestors? Dr. Hall's talk will not resolve this question, but he will do his best to explain why the answers are so complicated.

There will be time for a question-and-answer session at the end of Dr. Hall's presentation.

MFGS is a 501(c)3 non-profit organization whose purpose is to promote the study of Franco-American genealogy and genealogical research in the state of Maine.

For more information about MFGS visit www.mfgen.org

For more information about the meeting, contact Connie Hitchcock at cahitchco@aol.com.

For parking information at the Auburn Public Library, visit www.auburnpubliclibrary.org

Watercolor workshop coming to Nathaniel Hawthorne home

RAYMOND, ME -- Have you always wanted to learn the art of watercolor painting? Or do you want to brush up on your skills? Suitable for any skill level, Kathleen Gerdes' watercolor workshop is coming to Nathaniel Hawthorne's Boyhood Home in Raymond (40 Hawthorne Road) on Saturday, October 12, from 10 a.m. to 1 p.m. Cost

is \$45 per student, which includes the use of the instructor's supplies and materials. Everyone wishing to participate is asked to please register in advance by emailing workshop instructor Kathleen Gerdes at gerkat214@gmail.com.

Designed to be a fun, stress-free community experience among fellow artists, Ms. Gerdes'



Image courtesy of Kathleen Gerdes.

workshop will cover, step-by-step, what each student needs to know about paints, brushes, paper, and basic watercolor skills and techniques. Plenty of time will be offered to practice what you learn, and each student will leave with his or her own painting, along with the knowledge and skills needed to continue painting at home.

More about Kathleen

Gerdes

Kathleen Gerdes of Naples is a mostly self-taught artist who teaches watercolor classes at Scarborough Adult Education. A painter for more than 20 years, Kathleen believes that everyone is an artist and her love of teaching reflects that. Her work is unique and whimsical, and she loves to paint everyday objects

that have lots of color. Her upcoming workshop at Nathaniel Hawthorne's Boyhood Home in Raymond reflects her hope to expand and share her work throughout the Naples-Raymond-Bridgton area.

For more information, please visit www.hawthorneassoc.com or send email to gerkat214@gmail.com

'One Lewiston' commemorative blood drive dates set



LEWISTON, ME -- The Lewiston mass casualty event of Oct. 25, 2023 underscored the critical need for maintaining an adequate blood supply.

On that evening, Central Maine Medical Center (CMMC) relied not only on its own supplies, but on the resources of the American Red Cross and other community partners, as well. Simply put, blood donations save lives.

With that in mind, Central Maine Healthcare is partnering with the American Red Cross of Northern New England and LifeFlight of Maine

to hold a "One Lewiston" blood drive in October in honor of the victims. The locations and times are:

Location: Central Maine Medical Center, 12 Main St. Conference Room A,B,C

Dates: Oct. 14 and 18 10 a.m.-3 p.m.

As Oct. 25 approaches, our goal is to collect 1,025 (10/25) units of blood during this drive.

To donate blood, visit <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=lifeflight>

To volunteer, visit <https://www>.

signupgenius.com/go/10C084AA9A623A5FDC25-51734436-stronger#

We encourage community members to use the hashtag #oneLewiston in social media activity related to this event.

To donate to CMMC's Compassionate Care Fund, established in the days following the tragedy to support patients, caregivers and the community in the wake of a mass casualty incident, please visit www.cmhc.org/cmmc/ways-to-give.

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



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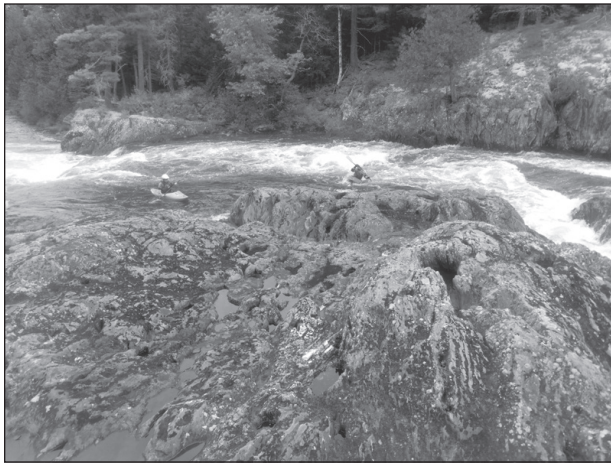
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Seniors Not Acting Their Age

Rollicking Canada Falls



Kayaker Mark Nelson plunges down The Slide on Canada Falls



Paddlers navigate through complex Cabin Rapid



A raft team enters Cabin Rapid

Canada Falls is the most difficult and exciting whitewater that my outdoor club, the Penobscot Paddle & Chowder Society (PPCS), regularly paddles. Although not located in Canada, it's not far away. The 3.8-mile section of the South Branch of the Penobscot River is situated northeast of Jackman in a remote area a few miles east of the Canadian border.

Generally considered the authority on all things whitewater, the American Whitewater Association (AWA) rates Canada Falls Class III-V. Whitewater difficulty levels are subjective and some may disagree with that rating, but

it's certainly a challenging stretch of rapids.

Canada Falls Dam at the outlet of Canada Falls Lake controls the flow of water. As a result of licensing negotiations with paddling representatives, the dam operator, Brookfield Renewable Energy, is required to provide releases on most Saturdays during the summer, pool levels on the lake permitting. Releases vary from 500 to 750 cubic feet per second (CFS). A personal friend, Tom Christopher, was a major player in those negotiations. Tom was also instrumental in brokering whitewater releases on several additional rivers around the country.

Absent his assertive style, I doubt Maine paddlers would have the substantial river access they currently enjoy.

This year, my son Adam was PPCS Trip Coordinator for the Labor Day Weekend Canada Falls release. The scheduled level was 600 CFS and Brookfield confirmed that would be the flow.

Trips on Canada Falls are quite popular and turnout tends to be high. That is particularly true on Labor Day Weekend. So, it was no surprise when nine kayakers, four shredder teams, a small raft, and a canoeist signed on to the trip, a total of 22 paddlers.

Getting to Canada

Falls is an ambitious undertaking. A four hour drive from central Maine, the last portion is on rough logging roads to the take-out near Pittston Farm, a historic logging community. From there, one must travel on North Maine Woods controlled lands to a launch site below Canada Falls Dam. Gaining access through the gated entrance requires paperwork and fees. Good news for us seniors (70 and over), we get in free!

We had cool sunny weather for our day on the river. I had a connection with the Trip Coordinator and we were one of the shredder teams. Adam and I usually share a shredder a couple of times a year but this was the first time since Kingsbury Stream in April. We needed to be on our game.

The first few rapids are a good warmup but just a taste of what's to follow. Progressing right around a small island, we approached a horizon line. AWA names this falls Surprise but everyone I know calls it The Slide. The steep slide ends with an explosive wave and an undulating boil followed by more powerful waves. Most people consider the best route to be down the middle angled left but the

outcome varies. For some the plunge is like a magic carpet ride while others end with a trashy upside down experience.

Kayaker Mark Nelson broke the ice with a picture perfect run. Paddlers followed one after another. Some had easy descents while others capsized. Kayaker Gary Cole was ejected high into the air but rolled. Another paddler swam but was quickly reunited with his boat. Adam and I thought we had the ideal line but were almost flipped by the menacing wave. Fortunately, a low brace saved the day.

Cabin Rapid is the next difficult falls on the agenda. The complex rapid requires negotiating through a steep wave train that flows directly into a very unpleasant almost river-wide hole. For most, the strategy is to catch a problematic eddy above the hole and then navigate left. Our crew successfully executed the challenging maneuvers.

The ensuing sector is a continuum of steep, technical falls with few opportunities to regroup. Adam announced "follow us and go left, left, left." Fifteen vessels successfully plumbed through Upper and Lower Split Decision and

made the obligatory hard left turn at Megahole. The final Class III rapid was easy in comparison.

At the takeout, high fives were exchanged all around. Success on Canada Falls is very satisfying and not guaranteed.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting whitewater escapades including a descent of the Class V Gulf Hags waterfalls.

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

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

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Guild Fine Craft Show returns for its 8th season

BRUNSWICK, ME
 -- Proudly presenting a juried collection of handcrafted items by the Guild level members of the Maine Crafts Association, browse the work of 35+ of the states' finest craft artists in a beautiful setting, with opportunities to meet the artists and purchase unique handcrafted items.

The Guild shows are a well-established artist marketplace welcoming the public to see, collect and learn about the highest quality craft objects made by a membership of dedi-



cated, talented and skilled craft artists. Join us for a celebration of exceptional craftsmanship, artistry and innovation, featuring a diverse array of fine crafts including basketry, ceramics, fiber (decorative + wearable), glass, jewelry, light-



ing, metal, mixed media, paper and wood.

Show director, Lizz Brown of Shop Maine Craft said, "Join us in celebrating the artistry and passion that thrive in our community at this year's Brunswick Guild fine craft



show. We invite everyone to discover the unique stories and backgrounds behind each artists' work."

\$5 Saturday + Sunday admission, and those under 18 may attend free of charge. SAT 10/26 +

SUN 10/27, 10am - 4pm. Fort Andross Mill, 14 Maine Street, Brunswick, ME. For more information, please email: Lizz Brown, Show Director at lizz@shopmainecraft.com or visit shopmainecraft.com



Augusta Symphony Orchestra to perform fall concert

AUGUSTA, ME -- It's concert season again! The Augusta Symphony Orchestra with Conductor and Music Director Jinwook Park, will present this season's opening concert on Sunday, October 27 at 3 pm at Cony High School, 60 Pierce Dr. in Augusta. We'll begin with the rousing Overture to the Russian opera Ruslan and Lyudmila by Mikhael Glinka. Piano Concerto No. 23 by Mozart is up next, featuring Morgan Lee as soloist. Following intermission, the ASO will perform Alexander Borodin's Symphony No 2.

Piano soloist Morgan Lee has built a dynamic musical career as

a soloist, collaborator, and teacher. In 2022 she received her Doctor of Musical Arts in piano performance from the University of Connecticut, where she studied with Dr. Angelina Gadeliya. Dr. Lee also holds a Master of Music from Mannes School of Music and a Bachelor of Arts from Brown University. She has participated and competed in numerous music festivals in the US and abroad and has performed recitals in New York City, Italy, Spain, France, and the Kennedy Center in Washington, D.C.

An experienced collaborator, Dr. Lee is the pianist for the Maine Music Society Chorale

OVERTURE TO RUSLAN AND LYUDMILA - GLINKA
 PIANO CONCERTO NO. 23 - MOZART
 PIANO SOLOIST MORGAN LEE
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and the August Unitarian Universalist Community Church Choir and frequently performs as keyboardist with the Portland Symphony Orchestra. She has previously served as staff collaborative pianist for the University of Southern Maine Osher School of Music and the University of Connecticut Music Department.

Dr. Lee has over ten years of private teaching experience and has served as an adjunct faculty member at Eastern Connecticut State University, piano faculty at the Bronx Conservatory of Music, and a teaching fellow at Mannes School of Music. She is currently a piano instructor at Col-

by College, as well as Bay Chamber Music School and Stone Coast Music.

Dr. Lee is passionate about finding new, unconventional ways to engage with classical repertoire and wrote her dissertation on interdisciplinary collaboration as creative practice for classical musicians. She is committed to continuing this work to inspire her students and connect with new audiences here in Maine. You can learn more about her work at morganleepianist.com.

Admission is free with donations gratefully accepted. Please join the Augusta Symphony Orchestra for an afternoon of great music!

Protect your home for Fire Prevention Week

PORTLAND, ME
 — During Fire Prevention Week (October 6-12), the American Red Cross of Northern New England reminds everyone home fires claim more lives in a typical year than all natural disasters combined. To help protect your household, test your smoke alarms each month and practice your escape plan until everyone can get out in less

than two minutes. "Fire now travels faster through homes, largely due to popular open-concept layouts and synthetic materials," said John Montes, Red Cross regional disaster officer. "The sooner an alarm alerts you to a fire, the sooner you can get out. This is critical because fire experts say you may have less than two minutes to

escape a burning home before it's too late."

Tips for creating your home fire escape plan and practicing your 2-minute drill:

Everyone in your household should know two ways to escape from each room in your home.

Smoke is dangerous. Get low and go!

Decide where to meet once you get outside. Se-

lect a meeting spot at a safe distance away from your home, such as a neighbor's home or landmark like a specific tree in your front yard, where everyone knows to meet.

Get out and stay out. Never go back inside for people, pets or things.

If a fire starts, you may have less than two minutes to get to safety. Time your fire drill and

find out: what's your escape time?

While practicing your escape plan, teach children what a smoke alarm sounds like. Talk about fire safety and what to do in an emergency.

Smoke alarm safety:

Place smoke alarms on each level of your home, including inside and outside bedrooms and sleeping areas.

In addition to testing your alarms once a month, change the batteries at least once a year, if your model requires it.

Also check the manufacturer's date of your smoke alarms. If they're 10 years or older, they need to be replaced because the sensor becomes less sensitive over time. Follow the manufacturer's instructions.

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Arts & Entertainment

Fleetwood Mac tribute band to perform Oct. 12 at Franco Center

LEWISTON, ME—Crystal Vision, a Fleetwood Mac tribute band, will perform at the Franco Center at 7 p.m. Saturday, Oct. 12. Mark McNeil, band member and publicist for Crystal Vision: Fleetwood Mac Tribute Band, said, “A few years ago after a rehearsal for [a musical production] ... an idea blossomed among members of the production’s music pit to form a Fleetwood Mac tribute band. Of course, it was a great idea!” McNeil added, “Jane Clukey’s piano skills and smooth, mellow vocals are a perfect match for Christine McVie. Lisa Wheeler, who some say sounds more like Stevie Nicks than Stevie does, handles ‘Rhiannon’

and other Nicks favorites. Brendan Bracy provides searing lead guitar work, intricate finger picking, and vocals on Lindsey Buckingham’s songs. Dan Willertz’s drumming skills make him a perfect Mick Fleetwood.”

These band members noted that McNeil’s bass playing style and demeanor mesh beautifully with John McVie’s, while also adding harmony vocals and guitar. McNeil added, “Wanda McNeil fills out the lineup as one of Fleetwood Mac’s long-time back-up singers Sharon Celani, while also adding keyboard and percussion parts.”

A press release for the band states, “There are

many Fleetwood Mac cover bands across the country and around the world, but Crystal Vision’s particular claim to fame is the resemblance of the three primary vocals to the originals. Wheeler as Stevie, Clukey as Christine, and Bracy as Lindsey all sound very much like their counterparts, and the blend of all the voices, with Mark and Wanda adding back-ups and harmonies, can be stunning!”

Tickets are \$25 in advance and \$30 at the door day of show. Tickets can be purchased in advance online at www.francocenter.org, by phone at 207-689-2000, or in person at the Franco Center’s box office which is open Tues-



Photo credit: Julie Frances Photography

days and Wednesdays from 10:30 a.m. to 1 p.m.

Parking is in the Oxford Street mill lot and in the nearby Chestnut Street

parking garage. Handicap parking is available near the elevator on the Lincoln St. Alley side of the building and also in the parking

lot.

Tickets direct link: <https://app.arts-peo-ple.com/index.php?show=244662>

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1776

Book by Peter Stone
Music by Sherman Edwards
Lyrics by Sherman Edwards
Based on a conception of Sherman Edwards

Director
Celeste Philippon

Assistant Director
Mark Hazard

Music Director
Linda Vaillancourt

Asst. Dir./Choreographer
Eileen Messina

Stage Manager
Brandon Chaloux

Producer
Jane Mitchell

Fri-Sat, Oct 25 -26, 2024 at 7:30 p.m.
Sun, Oct 27, 2024 at 2:00 p.m.
Thu-Sat, Oct 31, Nov 1-2, 2024 at 7:30 p.m.
Sun, Nov 3, 2024 at 2:00 p.m.

For tickets or info call 783-0958 or visit LACLT.com
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UUCB Concerts for a Cause: Sally Rogers & Claudia Schmidt

BRUNSWICK, ME — Sally and Claudia, both Michigan natives, have each shared their talents as solo artists and as a duo. For over 4 decades, they have been performing together, demonstrating a deep musical connection onstage. They have played at prestigious folk venues around the world and were regulars on Garrison Keillor's Prairie Home Companion. Their beautiful harmonies, fascinating double dulcimer work, and the mix of 6 and 12 string guitars make up their wide repertoire of originals and traditional songs.

Sally Rogers is a remarkably accomplished musician, songwriter,



UUCB Concerts for a Cause presents an evening with the renowned folk singers, Sally Rogers and Claudia Schmidt at the Brunswick UU Church, 1 Middle Street, on October 19th at 7:30 pm. All proceeds from the concert will be given to this season's charities, Brunswick Area Teen Center and Maine Family Planning.

storyteller, and educator. Over her career, she has recorded more than a dozen albums and has established herself as a preeminent voice in folk music. She began her career as a full-time touring musician in 1979, after encouragement from Stan Rogers, the legendary Canadian singer-songwriter. Rogers has toured extensively, performing as well as teaching workshops with adults and children. She has also appeared many times on A Prairie Home Companion and Mountain Stage and is a favorite at folk and storytelling festivals.

Claudia Schmidt is a powerful vocalist who describes herself as a "cre-

ative noisemaker," engaging audiences with folk classics, jazz, blues, bawdy verses and humorous parodies. She has recorded 16 of her own albums, and four with Sally Rogers. Her widely acclaimed folk and jazz-based compositions have found their way into radio, TV, film and theater productions. Her musical theater performances include "Gales of November," a 2005 retelling of the tragic 1975 sinking of the ship Edmund Fitzgerald. Like Sally Rogers, Claudia has appeared numerous times on A Prairie Home Companion, solo and as a duo with Sally. Garrison Keillor once said. "When Claudia sings a song, it

stays sung." Sally and Claudia's 1987 album "Closing the Distance" was voted by public radio stations throughout the country as one of the 10 most popular albums of the year. They recently released their fourth collaborative album "We are Welcomed," which celebrates love, friendship and social justice, themes that have been the cornerstone of their intertwined careers for decades.

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

"Light the World in Teal" for Alzheimer's awareness

NEW YORK — The Alzheimer's Foundation of America (AFA) announced plans to "Light the World in Teal" for Alzheimer's awareness on Friday November 1 to kick off National Alzheimer's Awareness Month. Sites around the world – from skyscrapers and stadiums to small

businesses, town halls, and homes – are invited to sign up to illuminate in teal by contacting AFA at 866-232-8484 or visiting www.lighttheworldinteal.com. Teal is AFA's Alzheimer's awareness color.

"Light the World in Teal aims to literally shine a spotlight on Alzheimer's

disease and show support for the millions of people living with it," said Charles J. Fuschillo, Jr., AFA's President and CEO. "Every site that signs up, whether it's a multi-story building or a single-family home, helps to highlight the issue of Alzheimer's disease. Sign up to shine

up in teal for Alzheimer's awareness on November 1."

AFA's Light the World in Teal initiative is designed to shine a spotlight on this growing, international health issue, which impacts more than 6.7 million Americans and more than 55 million peo-

ple worldwide. The annual program, one of AFA's signature Alzheimer's awareness initiatives, takes place in November as part of Alzheimer's Awareness Month. Last year, more than 1,000 sites around the world participated in the initiative, including sites in all 50 states in the U.S. and

13 foreign countries. Sites interested in participating in the 2024 Light the World in Teal Alzheimer's Awareness program on November 1 can sign up by visiting www.lighttheworldinteal.com or contacting the Alzheimer's Foundation of America at 866-232-8484.

Maine-based insurer chairman named Professional of the Year

BANGOR, ME — Royce Cross, who has overseen the growth of his family's Bangor-based company into one of New England's largest insurance providers, has been honored as The Insurance Library Association of Boston's 2024 Insurance Professional of the Year. The award recognizes Mr. Cross's leadership within and dedication to the industry.

Cross Insurance, with some 1,100 employees in more than 50 offices in eight states, offers personal and commercial policies, as well as employee benefit and student health plans. Cross's Maine offices are in Bangor, Portland, Augusta, Lewiston, Auburn, Brewer, New Gloucester, Union, Windham, and Trenton.

Company CEO Jon-



athan Cross, Royce's son, said his father "is at his best when he's doing a deal. For several years now I have challenged others in the industry to find me someone else that loves

this business more than my father, and so far, nobody has yet to find one."

Cross Insurance is the naming rights sponsor of Portland's Cross Insurance Arena and the official

insurance broker of the Portland Sea Dogs, Boston Bruins, Boston Red Sox, New England Patriots, New England Revolution, and Gillette Stadium. In May, the company acquired the naming rights to Gillette Stadium's premier

event day hospitality club. The Insurance Library Association of Boston, a nonprofit founded in 1887, is the country's first, and only remaining, independent library dedicated solely to the industry. The library has a unique collec-

tion of print and digital insurance-related resources, including treatises, periodicals, hard-to-find policy forms, a rare collection of A.M. Best Reports going back to 1900, and many insurance artifacts and memorabilia.

Skelton Taintor & Abbott welcomes Alexandra W. Winter

LEWISTON, ME — Skelton Taintor & Abbott is pleased to welcome litigation attorney Alexandra W. Winter to the firm. Alexandra is joining the firm's litigation group as an Associate Attorney. After graduating from Brandeis University and earning a Juris Doctor degree from the City University of New York School of Law, Alexandra began her career at the Law Offices of Thaddeus Day before joining the District Attorney's Office in Maine's District III. Alex-

andra served in the District Attorney's Office for more than 9 years, with more than 8 years as the Assistant District Attorney and an 8-month period as the Interim District Attorney.

Alexandra's practice at Skelton Taintor & Abbott will focus on commercial and business litigation, general civil litigation, probate litigation, creditor representation and collections, and foreclosures and repossessions.

Firm President, Sarah Mitchell, stated, "We are

excited to welcome Alex to the Skelton Taintor & Abbott team. She is a successful and well-respected attorney and will be a key addition to our litigation practice."

Skelton Taintor & Abbott is a full-service trial and general practice law firm representing clients throughout Maine. With the addition of Attorney Winter, the firm consists of 13 attorneys practicing in virtually all fields of law and in both federal and state courts.

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Getting in costume for the CLT musical '1776'

AUBURN, ME -- Cast members of the upcoming Community Little Theatre (CLT) musical "1776," are donning 18th-century attire as they get ready for the October 25th opening of the show. Producer/costumer Jane Mitchell, second from left, has been working closely with the cast to ensure each has the proper look for their real-life characters. From left in this photo are Tony Morin (John Hancock), Joe Cormier (Robert Livingston), and

Grayson Smith (Thomas Jefferson). Kicking off CLT's 85th consecutive season, "1776" tells the story of John Adams, Benjamin Franklin, Thomas Jefferson, and others as they fight for independence against a deadlocked Continental Congress in a musical filled with humor, romance, and tension. The seminal event in American history blazes to life in this unconventional Broadway hit, which won three Tony Awards, including Best



Musical. "1776" puts a human face on the pages of history as we see the real men behind the names we



have known for so long. The show is directed by Celeste Philippon, who is assisted by musical director Linda Vaillancourt, producer/costumer Jane Mitchell, stage manager Brandon Chaloux, assistant director Mark Hazard, and assistant director/cho-

reographer Eileen Messina. Performances will start at 7:30 p.m. on October 25, 26, 31, November 1 and 2. Matinees will be held on October 27 and November 3 beginning at 2:00 p.m. Tickets are \$25 for adults, \$22 for seniors/students, and \$17 for children aged 13 and under. All performances will be held at CLT on 30 Academy Street in Auburn. Tickets and more information are available online at la-clt.com.

Lisbon Credit Union establishes grant for nonprofits

LISBON, ME – The Board of Directors of Lisbon Community Federal Credit Union are proud to announce the establishment of a community grant to support local nonprofit organizations that directly impact people in the credit union's field of membership. This grant is created in honor of Lisbon Credit Union President/CEO George Roy, who retired July 1st after 38 years of dedicated service. "We are honored to launch the George Roy Community Grant in recognition of George's extraordinary contribu-

tions," said Tim Plummer, Chairman of the Lisbon Credit Union Board of Directors. "This grant reflects his commitment and caring for the communities we serve." Throughout his remarkable career, George has displayed outstanding leadership and community engagement. His vision and commitment has significantly contributed to the growth and success of the Lisbon Credit Union and its Membership. "It has been a privilege to serve Lisbon Credit Union and this wonderful community," George said, "I am hon-

ored having my name representing this grant and look forward to seeing the positive impact this grant will have on local nonprofits." Grant Details: Grant Amount: \$5,000. will be awarded to one nonprofit Eligibility: Nonprofit organizations operating within Lisbon Credit Union's field of membership, which includes, Lisbon, Lewiston, Auburn, Durham, Bowdoin, Sabbathus, Topsham, and Pownal. Purpose: Improving the lives of citizens in the Greater Lisbon Area and



George Roy Lewiston/Auburn by promoting health, wellness and growth in the community. Application Pro-

cess: Interested nonprofits can apply by visiting the Lisbon Credit Union website at www.lisboncu.org/grant and submitting the application form by November 1, 2024. Selection Process: A selection committee comprised of George & Judy Roy, Lisbon Credit Union staff, and LCFCU board members will review all applications. The recipient of the grant will be announced on December 20, 2024. For more information on the George Roy Community Grant, con-

tact Lisbon Credit Union at 207-353-4144 or visit their website at <http://www.lisboncu.org/grant>. You can also follow their updates and announcements on Facebook and Instagram.


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

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Investing in Local Heroes

The George Roy Community Grant is your opportunity to receive \$5,000 to further your nonprofit's mission.

Apply today and continue your impactful work.



Application & Info:
Lisboncu.org/grant

Application Deadline:
November 1, 2024

Grant Announcement:
December 20, 2024





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811 West Auburn Road, Auburn, Maine
9:00 am to 2:00 pm
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If you have questions, or to register, please contact Florrie Mileikis
cell: 207-577-9734 email: mileikisf@gmail.com

Andwell launches substance use disorder services

LEWISTON, ME – Andwell Community & Behavioral Health, a division of Andwell Health Partners, is pleased to announce the launch of outpatient substance use disorder services, designed for individuals of all ages.

Based out of our outpatient facility located at 710 Main Street in Lewiston, 498 Essex Street in Bangor and 284 Main St. Suite 390 in Wilton, Andwell's services are designed to be 100% confidential, client-centered,

and strength-based, with a strong focus on recovery and the promotion of optimal health and wellbeing of the individual and affected others.

"October is Substance Use Prevention month and we are honored to add to our continuum of behavioral health offerings outpatient substance use disorder services," said Bill Robinson, LCPC, director of Andwell Community & Behavioral Health. "Our goal is to be a partner and valued resource in our lo-



Formerly known as Androscoggin Home Healthcare + Hospice

cal communities, offering evidence-based methods of prevention and treatment of substance use disorder. We seek not only to care for those working towards healing and optimal well-being, but also be a support to those affected by a loved one suffering

from substance use disorder. Nearly 10% of Mainers over the age of 12 suffer from substance use disorder."

Andwell's comprehensive outpatient counseling program offers both individual and group sessions, tailored to meet the

unique needs of each client. Our team of highly trained and licensed professionals is committed to assessing individual needs and supporting clients in developing and achieving their personal recovery goals. We believe in a collaborative approach to healing and are dedicated to partnering with clients on their recovery journey.

Our substance use disorder services include:
Assessment
Relapse prevention
Recovery groups

Co-dependency support

Support for family members (Affected Others)

Access to comprehensive resources

Andwell Community & Behavioral Health is committed to providing a supportive and empowering environment for those seeking to overcome substance use challenges. We invite individuals and families to take the first step towards recovery by reaching out to us for more information about our services.

WHA Rotating Art Gallery at Central Maine



"Lewiston Skyline with Full Moon" – Richard Plourde (image provided by Plourde)



"Great Egret Preening" - Gene Hamm (image provided by Hamm)

LEWISTON, ME - The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the Gene Hamm and Richard Plourde during the

month of October. Hamm developed an interest in photography thirty-five years ago. After retiring from the Navy, he has spent the last twenty years traveling and photographing throughout the

United States and Canada, spending time in every state but Hawaii. As a member of the Photographic Society of America (PSA), he has successfully competed in photo salons in the United States and

Internationally. He has ob-

tained a PSA Five (5) Star Rating in the Nature Provisions. Memberships in various camera clubs has kept him motivated. Recently his photos have been displayed in the Fort Myers Beach Library and Broadway Palms Theater in Fort Myers, Florida and in the Topsham Library in Maine.

Plourde has had a lifelong passion for being artistically creative. The former Art Director for the Geiger owned, Lewiston-based publication, "Farmers' Almanac", he designed each annual edition. A Lewiston-based digital artist and photographer, he loves capturing and sharing moments in time. He has become locally known for his stunning photos of Lewiston-Auburn highlighting popular locations and iconic structures including the Bernard Lown Peace Bridge and the Basilica of Saints Peter and

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

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Auburn native directs female-led documentary, "Axe Women"

AUBURN-LEWISTON, ME — *Axe Women: The Modern Lumberjill*, a high-octane documentary that explores the intersection of feminism and athleticism through the lens of female timber sports athletes, is actively seeking charitable, tax-deductible donations and corporate sponsors to fund its production.

In October 2023, documentarian Breanna Wing and producer Indeana Underhill embarked on filming the initial proof of concept shoots, establishing the foundation for their feature documentary. Driven by a passion to illuminate the untold stories of remarkable women—both past and present—who defy societal norms with their strength and resilience, they are committed to bringing these powerful narratives to light.

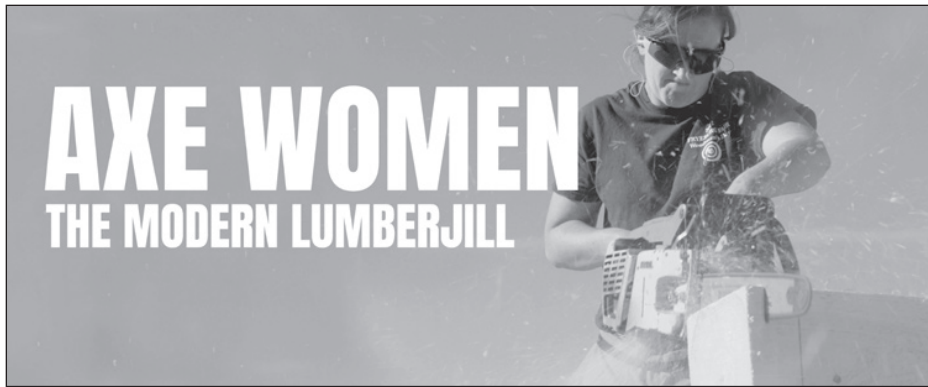
Overview of the Documentary:

Title: *Axe Women: The Modern Lumberjill*

Director: Breanna Wing (Auburn, Maine native) www.breannawing.com

Producer: Indeana Underhill www.indeanaunderhill.com

Status: Proof of concept completed; currently raising funds for feature production



Trailer: Watch Now (www.axewomenfilm.com)

From woodchips flying to sawdust spraying, *Axe Women: The Modern Lumberjill* captures the full force of the lumberjill experience. Since 1917, these women have made significant contributions to the timber industry, yet their story remains largely untold. This documentary delves into their history, from vital wartime roles in the Women's Timber Corps to modern athletes challenging gender stereotypes.

Through intimate interviews and behind-the-scenes footage, *Axe Women* explores the balance between home life and competition, examining how these women navigate societal perceptions, family responsibilities, and their identities. The film also highlights the evolution of timber sports—from logrolling's origins



Lumberjill Alissa Wetherbee of Axe Women Loggers of Maine Logrolling

in the logging industry to its modern push for Olympic inclusion—showcasing the sport's diversity across gender, race, age, and body type.

After capturing key footage in Wales, Ellsworth, Lewiston, Auburn, Turner, Peru, and the Fryeburg Fair, the team spent the past year immersed in meetings, interviews, research, and writing to develop the feature treatment. Their goal is to secure full funding by Spring 2025, allowing them to commence

filming in early summer.

To bring this empowering, informative, and historically significant story to life—including the essential crew for filming competition events, post-production efforts, and distribution plans—they need to raise just under one million dollars. The continuation of filming is contingent upon raising these funds, and they invite those interested in supporting the project to make a tax-deductible donation at www.axewomenfilm.com.



Director Breanna Wing interviews Lumberjill Brenda Stevens



Lumberjill Alissa Wetherbee and Mike Wetherbee with Breanna Wing and Indeana Underhill

The film will explore timber sports through a community engagement lens—highlighting local fairs, competitions, entertainment, and educational opportunities—while also examining the elite competitive landscape worldwide. From YMCAs teaching log rolling to world champions earning international acclaim, we aim to raise awareness of this

sport at every level.

Help bring this important story to life. Your donation will help us continue filming and share this documentary's educational message with the world. Join us in making this film a reality—every size contribution makes a difference.

Please donate or share at www.axewomenfilm.com.

\$191M army contract for General Dynamics' Saco defense facility

BANGOR, ME— U.S. Senator Susan Collins, the Vice Chair of the Senate Appropriations Committee and Ranking Member of the Subcommittee on Defense, announced that the General Dynamics facility in Saco has been awarded a \$191 million Army contract

to produce more than 160 "Iron Fist" Active Protection Systems. These systems, used in Army Bradley Infantry Fighting Vehicles, will support 20 new jobs in Saco, a nearly ten percent increase in the facility's current workforce of more than 200.

"The contract awarded to General Dynamics' Saco Facility is especially good news for the skilled workers who will be responsible for the assembly of these critical weapons protection systems," said Senator Collins. "The 'Iron-Fist' systems are designed to defeat

rocket-propelled grenades and anti-tank guided missiles, improving the safety of our soldiers' in combat zones. I am pleased that the Army has chosen the dedicated and talented workers at the General Dynamics' Saco facility to carry out this important work that

contributes directly to our nation's security."

This contract award is supported by funding appropriated in the FY24 National Security Supplemental that Senator Collins negotiated, and it builds on the \$40 million she secured for an additional systems last year.

The contracted work is expected to be completed by 2027.

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

Funds to raise awareness of reproductive health services

AUGUSTA, ME — The Maine Department of Health and Human Services' (DHHS) today announced that it has received a nearly \$600,000 grant to expand outreach about reproductive, childbirth, and post-pregnancy coverage options available through state health coverage. The grant will be implemented in partnership with Maine's Medicaid program, MaineCare.

The two-year, \$595,297 grant was awarded by the U.S. Centers for

Medicare & Medicaid Services (CMS) to Maine's Bureau of Insurance, which is providing the funding to the Office of the Health Insurance Marketplace (OHIM) in DHHS. The grant will ensure that individuals with health coverage through Maine's insurance marketplace, CoverME.gov, and MaineCare are aware of the reproductive and maternal health benefits offered and how the coverage options differ.

"This federal grant al-

lows OHIM to partner with MaineCare on outreach and education efforts for the next two years as we work to ensure consumers have the tools they need to make informed choices when selecting health coverage," said OHIM Director Hilary Schneider. "We will work with community partners, providers, and other trusted messengers to raise awareness among people of childbearing age about the coverage options available through CoverME.gov."

"Maine's Office of MaineCare Services welcomes the opportunity to partner with OHIM as we bring greater education and awareness about the pregnancy, childbirth and post-pregnancy benefits available through MaineCare," said MaineCare Director, Michelle Probert. "Helping individuals and families better under-

stand the range of services available to them through MaineCare and CoverME.gov means pregnant people, parents and children across Maine, will have more opportunities for improved health."

"Expanding outreach and education to better inform people about affordable options for coverage of women's health services will benefit thousands of women," said Bob Carey, Superintendent of Insurance for Maine's Department of Professional and Financial Regulation. "A broad range of women's health services – such as contraceptives and preventive screenings – are covered with no cost sharing, but many people are not aware of this. We're hopeful this grant will help better inform women of these benefits, and we're pleased to collaborate with Maine's Department of Health and

Human Services on this important initiative."

OHIM is Maine's official health insurance marketplace and is designed to help individuals and families find affordable health insurance coverage. Through CoverME.gov, Maine residents can compare qualified health insurance plans that include a comprehensive set of benefits and apply for savings to lower the cost of coverage.

CoverME.gov begins its annual Open Enrollment Period on November 1 and it runs through January 15. Any Maine resident can apply for coverage through CoverME.gov. To apply for coverage outside of the Open Enrollment Period, consumers must experience a Qualifying Life Event to be eligible to enroll, such as having a baby or losing employer-based coverage. More

information about qualifying outside of the Open Enrollment Period is available on the Special Enrollment Periods page.

Visit CoverME.gov for more information about plan options and financial savings available to make coverage affordable.

For a prescreening tool and to learn more about applying for benefits provided by MaineCare, visit MyMaineConnection.

This grant is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$595,297 and is 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

Jason Hodsdon Masonry

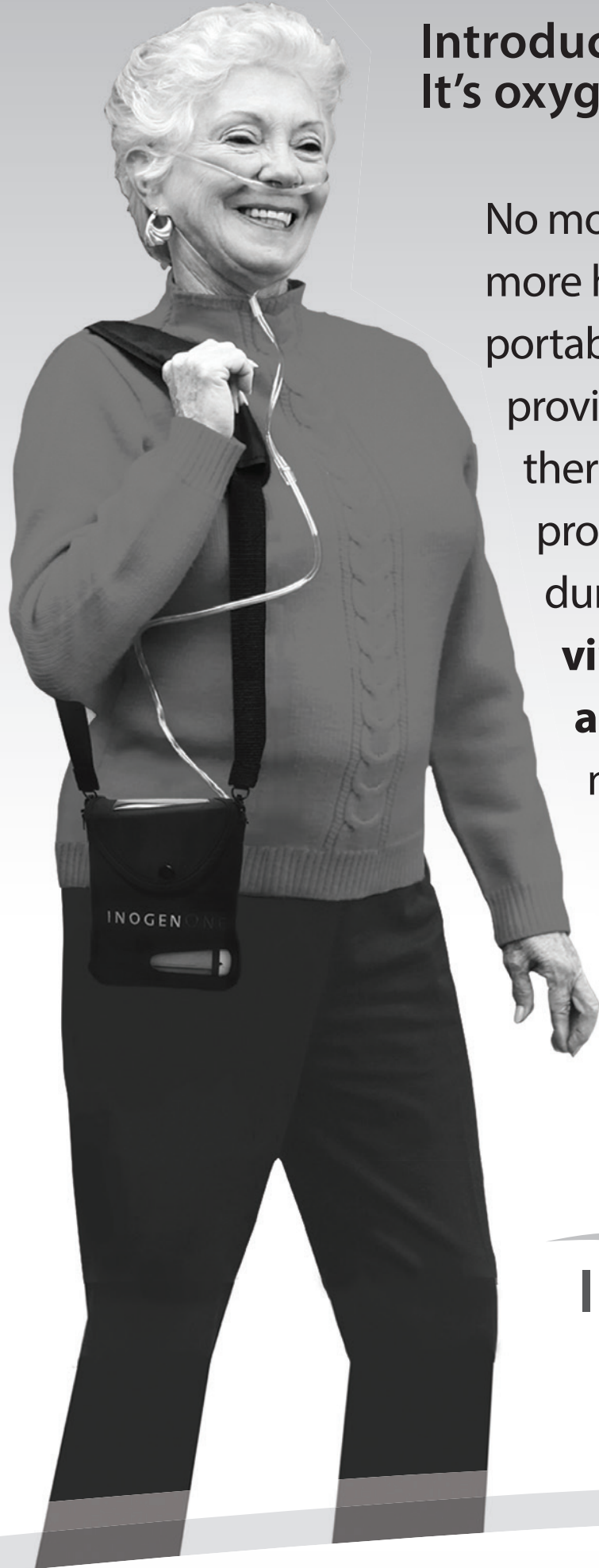
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Five tips to help reduce health care costs

By Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of New England

As the annual open enrollment season approaches, a concerning finding sheds light on a health issue that affects millions of people. A staggering 88% of U.S. adults lack sufficient health literacy to effectively navigate the health care system.1

If that's the case for you, this lack of understanding may not just affect your health – it could also impact your bank account. The Center for Health Policy Research at George Washington University found that not quite getting health-related information can cost up to \$238 billion annually in higher health care costs.2

Empowering yourself with knowledge about your health care options during open enrollment is crucial to optimizing your benefits and managing

costs. Better understanding your available plans and their benefits can help you make informed decisions that support your physical, mental, and financial health.

Here are some tips to help bridge the knowledge gap and help you save money on health care.

Make the most of your yearly checkup

Regular preventive visits are generally covered by your health insurance plan and can play a crucial role in early disease detection. That can be a win-win for your health and your pocketbook. That's because identifying issues as early as possible may lead to more effective treatments and can also help avoid more costly services in the future. But here's part of where that "understanding" piece is critical. Come to your doctor visit with a list of questions and let him or her know if

you have any health concerns. Take notes to make sure you're getting all the information you need and review them once you return home.

Make sure you understand your plan and health care costs

It's also important to understand your deductible, your out-of-pocket expenses, and other specifics of your health insurance plan. This glossary defines thousands of health care terms to help you make informed decisions. New health plan models are now available to help drive a more affordable and simplified experience. Some eliminate deductibles and provide clear, upfront cost and coverage information before treatment begins. Such clarity in pricing helps make health care more affordable for people of all ages and with various common conditions and comorbidities.

Shop around for pharmacies

First make sure your pharmacy is in your insurance plan's network, otherwise you might have to pay more for your prescriptions. Then, do some comparison shopping. You may be surprised at how much variance you'll find from one pharmacy to another in terms of prices of the medications you may need. Also, investigate generic options for those prescriptions, which are usually less expensive than brand-name versions. And look into online pharmacies, which ship nationally and, because they have less overhead than brick-and-mortar stores, may offer better prices.

Take advantage of your Employee Assistance Program (EAP)

Health literacy and financial literacy are closely linked, as they both play a critical role in our ability to make well-informed

decisions about our health and financial well-being. Many employee assistance programs offer financial resources and tools to help narrow financial literacy gaps, such as tax planning, debt management, and savings guidance. EAPs can also help address behavioral health issues, which can affect cognitive functions and the ability to understand health information.

Use telehealth

Virtual visits have emerged as a go-to option to remotely access medical services, including primary, urgent and specialist care. Not only are these visits typically more convenient than in-person options, but they may also be available through your health plan. Virtual visits can help with the treatment of allergies, urinary tract infections, flu, rashes and more, from the comfort of your home without the hassle of sitting in an

urgent care waiting room. Of course, there are times when an in-person visit is necessary, especially for chronic or complex conditions, emergencies or issues requiring hands-on exams, lab tests or X-rays. Check your health plan to determine what kinds of virtual care resources may be available to you.

It all boils down to gaining a greater awareness of your options and understanding your own health. Using that knowledge may help improve health outcomes and enable you to save on health care costs, creating a true win-win.

1 Milken Institute, 2022, https://milkeninstitute.org/sites/default/files/2022-05/Health_Literacy_United_States_Final_Report.pdf

2 BMC Health Services Research, 2022, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9465902>

Evergreen Credit Union welcomes new hire

PORTLAND, ME - Evergreen Credit Union is excited to announce the addition of Chelsea Watson as the Community Engagement Specialist.

Watson is serving as a contact for over 140 dealerships that Evergreen Credit Union works with as a part of the Local Lending Partners program. She will also be developing programming for young

professionals in southern Maine.

With eight years of experience in leadership roles in the banking industry, Watson brings a wealth of banking knowledge and a passion for delivering excellent customer service.

Joining Evergreen Credit Union marks the transition from a large bank environment to a locally-run credit union,



where she can align her career with a company that shares her values of prioritizing both members and business clients. "I am excited to take my experience in banking operations and apply it to a community and member focus," said Watson.

The team is looking forward to bringing Evergreen's community-focused mission and values to a larger audience. "We

are confident that her presence will help Evergreen expand its reach, allowing us to better serve our members and make an even bigger impact in the communities we are proud to serve," said Brenda Pollock, Evergreen's VP of Community Engagement.

Evergreen Credit Union's Community Engagement team focuses on building and maintaining relationships with dealers, community leaders, and more where they serve. Evergreen Credit Union is Maine's 5th largest credit union serving over 30,000 members across 6 counties.



Chelsea Watson, Community Engagement Specialist at Evergreen Credit Union

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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,

Calendar

Send your submissions to the Editor. More online.

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 11, 12, 17, 18, 19

BAR MILLS -- The Original's present Molly Sweeney, a play by Bri-

an 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.lact.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

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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 Ameri-

can History as well as the Strayhorn Collection at the Library of Congress. finding compositions by 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




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Author Talk: Ed Judd
Three Music Stories from Maine

THURSDAY, OCTOBER 10TH
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Join local author Ed Judd to hear about his newest book, "Three Music Stories From Maine," which features three fictional novellas wherein the main character in each story is, or will become, a music teacher.


Discovering fulfilling work—and a second family



Careers with Purpose
Connecting lives, advancing community

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.

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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