



# TWIN CITY TIMES

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## CLT presents Tony Award-winning musical '1776'

AUBURN, ME -- The Community Little Theatre (CLT) opens its 85th consecutive season on Friday, October 25 with the musical "1776." Winner of three Tony Awards, including Best Musical, "1776" puts a human—and often humorous—face on the pages of history as we see the real men behind the names we have known for so long.

It's the summer of 1776, and the nation is ready to declare independence... if only our Founding Fathers can agree to do it! John Adams, Benjamin Franklin, Thomas Jefferson, and others struggle to convince the members of the Second Continental Congress to vote for independence from the shackles of the British monarchy by signing the Declaration of Independence.



At right John Adams (Mark Dils) attempts to hand the quill pen to Ben Franklin (Roger Philippon) during the musical number "But, Mr. Adams" in the CLT production of "1776." Looking on from left are Thomas Jefferson (Grayson Smith) and Robert Livingston (Joe Cormier). The show will run from October 25-November 3.

"I have wanted to bring "1776" to the CLT stage for a long time. It is one of my favorite musicals, by turns witty, wise, entertaining, and even suspenseful," says director Celeste Philippon. "The Dec-

laration has been described as a deeply aspirational divorce decree and its authors as heroic radicals attempting to start a country on a noble idea. And many were risking their lives to do it," Philippon adds.

## Domestic Violence Awareness Month pages 8-9



In a scene from CLT's "1776," three members of the Continental Congress discuss amendments to the Declaration of Independence. From left are Edward Rutledge (Gerry Therrien), Joseph Hewes (Nicole Emery), and John Dickenson (John Blanchette).

With music and lyrics by Sherman Edwards and a book by Peter Stone, the show premiered on Broadway in 1969 and was made into a film adaptation in 1972. The original production and movie starred William Daniels as Adams, Ken Howard as Thomas

Jefferson, and Howard Da Silva as Benjamin Franklin.

Through song, humor, and at times tense drama, "1776" portrays the founders as real and relatable men. "Once our audience hears amusing songs such as "Sit Down, John" and

"But, Mr. Adams" early in the first act, they will know that these men are not going to be treated as demigods or cardboard cutouts," says Philippon.

The show also deals with the uncomfortable fact that the Declaration deprived one-fifth of the population of their own inalienable right to liberty. An unsettling moment in the show comes courtesy of South Carolina slave owner Edward Rutledge singing "Molasses to Rum," a brutally honest reminder that indicts the northern colonies for their complicity in the trafficking of slaves.

Philippon and her crew have been working for weeks with their large cast of 27 actors. "Working with this talented and experienced group of people has been a joy! I am eager

See 1776, page 6

## 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

## LEWISTON ME

7:45am - 5:30pm

4) Online at the City's election website

The statewide deadline to request an absentee 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 Cham-

bers, 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: <https://www.lewistonmaine.gov/117/Elections>

Voters are encouraged to contact the City Clerk's Office at 513-3124 with any questions they may have.

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# Newsmakers, Names & Faces

## King urges review of suicide prevention efforts

WASHINGTON, D.C. — U.S. Senator Angus King (I-Maine), a member of the Senate Armed Services Committee (SASC), has written a letter to Comptroller General Gene Dodaro urging the U.S. Government Accountability Office (GAO) to begin work on a report that reviews suicide prevention matters of the reserve component of the Department of Defense (DOD). The Fiscal Year 2025 National Defense Authorization Act (NDAA) requires the GAO to conduct a review of suicide prevention and response policies for reserve personnel, and the extent to which the DOD

and military services have coordinated these policies at the federal, state and local levels. Senator King's letter comes just weeks ahead of the first anniversary of the Lewiston shooting that was carried out by an Army reservist, who failed to receive adequate mental health care. Over one-third of U.S. military service members serve in the reserve component, which provides trained units and qualified personnel in times of war or national emergency, or to fill the needs of the Armed Forces whenever more units and personnel are needed. In 2023, the DOD reported that the suicide rate



among reserve component personnel was generally similar to that of the U.S. population. However, reserve component personnel offices often have limited access to military suicide prevention resources. "It has been nearly a year since Sergeant First Class (SFC) Robert Card II committed the deadliest mass shooting in Maine's history, killing 18 and wounding 13 on October 25, 2023, in Lewiston, Maine. Since the tragedy, multiple press

reports, investigations by the Army, and the Governor of Maine's special commission have revealed troubling matters. I urge you to consider these investigations and to meet with all stakeholders as you conduct your review," wrote Senator King. "Service members in reserve status are critical to our Armed Forces and represent nearly one-third of the total force. I am concerned that they experience limited access to military-supported suicide prevention resources.

Authorities can be confusing and blurred for service members including commanders at all echelons. Effective coordination between unit commanders and local authorities is misunderstood, yet it is critical to ensuring public safety and that service members receive the care that is needed," continued Senator King. Representing one of the states with the highest rates of veterans per capita, Senator King is a staunch advocate for America's servicemembers and veterans. He has been among the Senate's most prominent voices on the need to address veterans suicide, and has

repeatedly pressed for action from top Department of Defense officials on this issue. Most recently, at the request of Senator King, the Department of Defense (DoD) released a new report breaking down suicide rates in the Armed Service by job function. Additionally, he recently wrote a letter urging further investments in traumatic brain injury research, the signature wound of the Iraq and Afghanistan wars that has unfortunately led to a high number of veteran suicides. This past August, he introduced legislation to provide safe firearm storage for veterans in an effort to reduce suicides.

## Donors vital in response to Hurricane Helene impact

PORTLAND, ME — The American Red Cross continues to work to restock critically needed blood products uncollected due to the ongoing impact of Hurricane Helene's devastation in the Southeast. Donors outside of affected areas are encouraged to make an appointment to give now and help keep the blood supply stable in the weeks to come. Since making landfall, the storm and its aftermath have led to the cancellation of more than 100 blood drives, causing thousands of blood and platelet donations to go uncollected. For so many people living with urgent medical

care needs, blood transfusions are essential, and donations in the Southeast are key to keeping our nationwide network stocked. The Red Cross operates through a national inventory with the ability to move blood wherever and whenever it is needed most. The time to give blood or platelets is now. Bring hope to those in need by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App. As the Red Cross continues to urge people to give blood or platelets now, our teams are also on the ground providing vital relief — like food, water,

shelter and support — in communities devastated by Hurricane Helene. If you're able to help those impacted by disasters big and small across the country, like Helene, please consider making a gift of any amount. All who come to give blood, platelets or plasma Oct. 1-31 will receive a \$10 Amazon.com Gift Card by email, plus be automatically entered for a chance to win one of three \$5,000 gift cards. For full details, visit RedCrossBlood.org/Treat.



### American Red Cross

Upcoming blood donation opportunities through Oct. 31:

- Androscoggin**  
Auburn  
10/31/2024: 9 a.m. - 1:30 p.m., Central Maine Community College, 1250 Turner St
- Cumberland**  
Brunswick  
10/25/2024: 9 a.m. - 1:30 p.m., American Legion Post 20, 1 Columbus Drive  
10/30/2024: 12 p.m. - 5 p.m., Bowdoin Col-

- lege, 8 Polar Loop, Morrell Lounge BLDG.  
Gorham  
10/24/2024: 1 p.m. - 6 p.m., Cressey Road Christian Church, 81 Cressey Road  
North Yarmouth  
10/25/2024: 10 a.m. - 2:30 p.m., Wescustogo Hall and Community Center, 120 Memorial Hwy  
Portland  
10/25/2024: 9 a.m. - 3 p.m., Partners for World Health, 40 Walch Dr  
10/29/2024: 9 a.m. - 2 p.m., Cambria Hotel, 25 Hancock St  
Scarborough  
10/24/2024: 9 a.m. - 2 p.m., Scarborough Community Services, 418

- Payne Rd  
10/29/2024: 12 p.m. - 5 p.m., Saint Maximilian Church, 150 Black Point Rd  
South Portland  
10/29/2024: 9 a.m. - 1:30 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy  
Standish  
10/30/2024: 11 a.m. - 4 p.m., Saint Josephs College - Alford Center, 278 Whites Bridge Rd  
10/31/2024: 8 a.m. - 1 p.m., Bonny Eagle High School, 700 Saco Road  
Westbrook  
10/25/2024: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street

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## Free classes with New Ventures Maine

AUGUSTA, ME -- New Ventures Maine is offering free workshops and classes statewide in October in three program areas: career building, starting businesses, and financial education. NVME's redesigned website provides

information about classes, instructors, and locations as well as individual coaching and matched savings programs. Upcoming classes include (partial list):

- Build Your Career**  
My Next Career

- Move (self-paced)  
Building Confidence (one-hour online workshop)
- Start Your Business**  
Tax Readiness for the Self-Employed (one-hour workshop)  
Build Your Business

- Website (six sessions)  
Bookkeeping Solutions (one-hour workshop)
- Manage Your Money**  
Matched Savings Information Session (one-hour workshop)  
My Money Works (five sessions)

Let's Talk About Credit (one-hour workshop)

A schedule of free workshops and classes is regularly updated and accessible online. To learn more and choose a class that's right for you, visit [newventuresmaine.org](http://newventuresmaine.org) or call 207-621-3440.

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



# Newsmakers, Names & Faces

## Construction underway on \$30M Androscoggin River project

**LEWISTON, ME** – Lewiston Auburn Clean Water Authority (LACWA) has announced that construction is underway on a historic infrastructure project that will improve public health, and preserve the cleanliness of the Androscoggin River. The project will expand the cities' treatment capacity by 20-percent and offer a 2.1 million gallon 'combined sewer overflow' (CSO) tank to serve as a relief system during wet weather events. Lewiston and Auburn are among 34 clean water utilities in Maine with aging pipe infrastructure that carry both sewer and storm waters through the same network to treatment facilities. When storms increase water volume, untreated raw waters can automatically bypass these facilities and be diverted into rivers, oceans, watersheds and bays.

"This is one of the most important projects of its kind in the state of Maine right now," said Michael Riley, Senior Environmental Engineer, Maine Department of Environmental Protection. "The first inch of rain from a storm carries 80-percent of the pollution, so to be able to prevent that from entering Maine's waterways is critical for the protection of both public health and our natural resources," Riley added.

In 2023, rain events forced 197 million gallons of untreated water and sewage into the Androscoggin River. A 2023 report by the Maine DEP says 745 million gallons of raw waters polluted Maine waterbodies – a 244-percent increase from 2022. Storm events brought a record 57 inches of rain in 2023 and the impact caused water quality issues and closures at beaches and fishing sites statewide.



"This project is another example of our communities' dedication to the protection and restoration of our river," said Kevin Gagne, Director, Public Works Department, City of Lewiston.

A collaborative effort has been underway for 50 years to restore water quality in the Androscoggin, which was one of the top 10 most polluted rivers in the United States. After 5 decades of remediation, MDEP is currently reviewing an application to reclassify the entire river from the lowest Class C to a Class B,

which means it is swimmable and fishable.

"All the communities along the banks of the Androscoggin will benefit from the economic and residential renaissance that's underway here, which is reflected by an increase in jobs, population and new business growth," said Ferg Lea, Androscoggin River Watershed Council. "The river is a key part of our success, and it is once again the jewel of our communities," Lea said.

Lewiston recently adopted a slogan "Opportunity Lives Here" and is refining

zoning standards to attract new development, increase housing inventory, and add opportunities to allow small stores and restaurants in some neighborhoods. Auburn is working to bring on 2,000 new housing units by 2025 and increase population by 25-percent.

"Residents can be proud of this project because it embodies our continued commitment to building infrastructure that protects our future," said Mike Broadbent, Superintendent, Auburn Water and Sewer District.

Since 1989, the Environmental Protection Agency and Maine DEP have been actively working to limit overflow events. In 2007, over 2.5 billion gallons of raw storm and sewer waters entered Maine waters – in 2022, there was less than 400 million gallons. Since the program started 35 years ago, thirteen com-

munities have reached zero pollution events and significant progress has been made.

"The trendline has certainly been positive in our community and statewide, but we have work left to do. Our project is a great example of how communities can work together to continue to protect clean water in Maine," said Travis Peaslee, General Manager, LACWA.

As one of the first and largest clean water facilities in Maine, LACWA cleans up to 32 million gallons of water received daily from regional businesses and residents before safely returning to the river. The CSO tank project will increase plant capacity to 38 million gallons per day and is funded through a series of state, federal and municipal bonds and grants. It is expected to be completed by early 2026.

## Railroad Club to sponsor Christmas ExTRAINaganza

**AUBURN, ME** -- The Great Falls Model Railroad Club of Auburn is holding its annual "ExTRAINaganza" at 144 Mill Street in Auburn on the weekends before and after Thanksgiving. The handicapped-accessible club house, across from the Barker Mill in New Auburn, will be decorated as a Winter Wonderland with trains of various sizes operating on five permanent layouts throughout the two-story building. ExTRAINaganza will be held from 10 to 4 on Saturday, November 23; Sunday, November 24; Friday, November 29; Saturday, November 30; and Sunday, December 1.

From the moment they walk through the door and see trains running on multiple tracks and through the tunnels of the large G-gauge layout, children are fascinated by the sights and sounds. The interactive ski slope is a highlight of the attractive winter scene. Around the corner, young children can enjoy Thomas the Tank Engine on a separate layout in the G-gauge room, with other engines



from the Thomas series running on the upper trestle. Adults and children will discover that the G-gauge layout has many features that were hidden from their first vantage point, including intricate trestles created by club members. The club's permanent layout for

the smaller n-scale is in the next room. Trains will also be operating in the hallway on the O-Gauge Lionel layout, which incorporates a variety of unique structures. The club's extensive

HO layout downstairs is an engineering marvel. Members continue to develop new and expanded details. Long-time residents of the area will recognize many of the 1950's scenes reproduced in the Lewiston Lower section of the layout, including Bates Mill #5 and the former Portland Union

Station. Children can sign up to be "Guest Engineers" and operate one of the HO trains.

Train-related items can be purchased at the club's store including locomotives and rolling stock in a variety of scales, railroad hats, whistles, T-shirts, locomotive earrings, books,

and other train-themed items.

Admission is by donation, suggested as \$5 for adults and free for children 12 and under. For more details and photos of the ExTRAINaganza in previous years, visit our website: [www.greatfallsmodelrrclub.org](http://www.greatfallsmodelrrclub.org)

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



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## TWIN CITY TIMES

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# 7 tips for choosing your health benefits for 2025

By Suzi Swoop, CEO, Medicare & Retirement, UnitedHealthcare of New England

As millions of Americans now evaluate their health plan options during this fall's open enrollment season, a new survey finds that 3 in 5 Americans incorrectly defined key health care terms. This knowledge gap may result in less-than-ideal selections, which could cause you to miss out on plans that might better suit your needs and offer potential cost savings.

**Enrollment timing:** For people with coverage from their employer, open enrollment typically happens during a two- or three-week period between September and December. For those eligible for Medicare, the Medicare Annual Enrollment Period runs from Oct. 15- Dec. 7 each year. Coverage selections made during the fall will take effect on Jan. 1, 2025. For people shopping for individual plans on the Health Insurance Marketplace, open enrollment begins Nov. 1, 2024, and ends Jan. 15, 2025, in most states. Enroll by Dec. 15,

for active coverage on Jan. 1, 2025.

This is a crucial time to select optimal health coverage. Here are a few tips to consider when choosing a plan that may help lead you to better health and cost savings:

**Plan ahead.** Take time to understand and compare the benefits, services and costs of plans available to you – including anything that might have changed with your current coverage. Pay attention to more than just the monthly premium, also understanding what out-of-pocket costs, including the deductible, copays and coinsurance, you may be responsible for.

**Medicare members and caregivers:** As you weigh your options, assess the differences between Original Medicare and Medicare Advantage.<sup>1</sup> If you need a review, visit MedicareEducation.com — an online resource with answers to questions about eligibility, plan choices, prescription coverage and more.

**Get to know the terms.** If you're overwhelmed by health care language, there

are resources to help. As a start, check out this Just Plain Clear Glossary (in English, Spanish and Portuguese) to help you make informed decisions.

**Medicare members and caregivers:** There's a lot to learn about Medicare and Medicare Made Clear can help you understand the basics, the complexities and everything in between.

**Help prevent unexpected costs.** Before choosing a plan, check if your doctor is in your plan's provider network, since visiting in-network providers can help reduce out-of-pocket costs. Make sure your medications will be covered next year by the plan you choose – even if you don't expect to change plans. And consider filling your prescriptions at a participating network pharmacy or with home delivery – both of which are more cost-efficient options. You can also look for plans specifically designed to help you better manage health care costs.<sup>2</sup>

**Medicare members and caregivers:** You may be surprised to learn Original Medicare doesn't generally cover prescription

drugs. Consider enrolling in a Medicare Advantage plan with prescription drug coverage to help keep your medication costs in check.

**Explore mental health coverage.** In addition to in-person mental health care, you may have access to a large virtual network of therapists and psychiatrists. Some health insurers also have specially trained advocates available to help members find the right type of behavioral health care or resources.<sup>3</sup>

**Medicare members and caregivers:** Look for plans that offer virtual mental health care with a \$0 copay.

**Look into specialty benefits.** Additional benefits, such as dental, vision, hearing, financial protection or critical illness insurance, are often available and may contribute to overall well-being.

**Medicare members and caregivers:** You may be surprised that Original Medicare doesn't cover most dental, vision and hearing services, but many Medicare Advantage plans do.

**Consider wellness programs.** Many health

plans offer incentives for taking healthier actions, such as completing a health survey, exercising or avoiding nicotine. Others provide real-time insights and personalized support to those living with common chronic conditions like Type 2 diabetes.<sup>4</sup>

**Medicare members and caregivers:** Many Medicare Advantage plans also offer gym memberships and wellness programs for members at no additional cost.

**Embrace digital capabilities.** If you're busy or prefer connecting with a doctor from the convenience of your home, consider a plan that includes 24/7 virtual care.<sup>5</sup> Digital enhancements have also helped ease in-network provider search and cost comparison. Digital health solutions for everything from wellness visits to weight loss and maternal health care are often available in one place<sup>6</sup> – so be sure your plan offers these capabilities.

**Medicare members and caregivers:** Older adults are more digitally savvy than ever, and health plan apps can enable ev-

erything from reviewing claims to accessing rewards to refilling prescriptions.

<sup>1</sup> UnitedHealthcare, Original Medicare vs. Medicare Advantage, 2024, <https://www.uhc.com/news-articles/medicare-articles/medicare-advantage-compare>

<sup>2</sup> UnitedHealthcare, Surest, 2023, <https://www.uhc.com/news-articles/benefits-and-coverage/surest-pregnancy-support>

<sup>3</sup> UnitedHealthcare, Member support and advocacy resources, <https://www.uhc.com/member-resources/health-care-programs/member-support-and-advocacy-resources>

<sup>4</sup> UnitedHealthcare, Level2 Assured Value, 2024, <https://www.uhc.com/news-articles/benefits-and-coverage/level2-assured-value>

<sup>5</sup> UnitedHealthcare, Virtual Visits, <https://www.uhc.com/member-resources/health-care-tools/telehealth-virtual-care>

<sup>6</sup> UnitedHealthcare, UHC Hub, 2024, <https://www.uhc.com/news-articles/benefits-and-coverage/uhc-hub>

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## HART announces new shelter manager

**CUMBERLAND, ME** - - The Homeless Animal Rescue Team (HART) of Maine, an adoption center & shelter for cats in Cumberland, is pleased to announce that Claudia Meyer-Maaseidvaag has joined HART as their new Shelter Manager, where she will focus on volunteer coordination and shelter operations. Claudia joins HART from the Pennsylvania Society for the Prevention of Cruelty to Animals, where she excelled as the Manager of Lifesaving. Her impressive background includes work with

Thoroughbred Aftercare Retirement and volunteer experience with the non-profits Forgotten Cats and Stray Cat Blues. Claudia Meyer-Maaseidvaag has joined HART as their new Shelter Manager, where she will focus on volunteer coordination and shelter operations. Claudia joins HART from the Pennsylvania Society for the Prevention of Cruelty to Animals, where she excelled as the Manager of Lifesaving. Her impressive background includes work with

for HART in our future and look forward to meeting more members of our community." Lisa Gamage, long-time volunteer and President of the HART Board of Directors adds, "HART is excited to have Claudia join our organization. She brings compassion and knowledge of animal welfare to help us achieve our mission. We look forward to her fresh perspective on shelter management and collaboration with our Medical Manager and volunteers to help as many cats as possible."

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Lisa Gamage, long-time volunteer and President of the HART Board of Directors adds, "HART is excited to have Claudia join our organization. She brings compassion and knowledge of animal welfare to help us achieve our mission. We look forward to her fresh perspective on shelter management and collaboration with our Medical Manager and volunteers to help as many cats as possible."

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# Seniors Not Acting Their Age

## A Challenging Day on the Petawawa River



Ken Gordon enters Upper Rollway Rapid on the Petawawa River

Six of us awoke to another beautiful day on the Petawawa River in Ontario. This was the third day of our trip and based on the river description it would be the most challenging one we would face.

We were located at a campsite just above the beginning of Grillade Rapid, expected to be an easy descent. Shortly after, three difficult stretches of whitewater were to follow in quick succession. Each would require careful scouting and possible portages.

As anticipated, Grillade Rapid was easily navigated and we soon arrived at the start of the mile-long portage trail for Crooked Chute Rapids. Park officials and the shuttle service had warned us that some or all of Crooked Chute would need to be carried. There are three potential take outs before the actual chute, a mandatory portage. The third takeout is the last stop before entering the perilous chute.

We decided to boat scout to the second takeout. Pat Hamlin, who sat higher in his solo canoe than the rest of the group, probed as we carefully negotiated downriver in easy whitewater. Encountering no difficulties, we progressed around a bend past the sec-

ond takeout. Boat scouting continued to go smoothly to the final takeout. As a result of our cautious efforts, we managed to avoid about three-quarters of the portage.

A long tedious inspection of the chute and the remainder of the portage trail ensued. Most of us were able to line our empty boats down the right shore for about 100 yards to the top of the chute. From there, we hauled them over ledges to a pool above the next rapid called Lower Chute.

Returning, we carried our gear to the bottom of Lower Chute. Although the portage trail is in good condition, a steep hill must be climbed.

Starting at the end of the portage trail, we hiked upstream along the shore to scout Lower Chute. From above, it appeared to be quite difficult. However, closer inspection indicated a narrow technical route that was navigable. We returned to our boats and one-by-one successfully maneuvered through the tricky rapid.

After reloading our boats, we progressed in flatwater to Rollway Rapid. Again, we had been advised that most paddlers carry the upper portion before launching below a



Paddlers scout dangerous Crooked Chute

ledge drop about midway. Our crew followed the portage trail on the right and spent a lengthy time investigating the rapid from various locations. What constituted the ledge drop was unclear, but we identified a route through the upper half that seemed feasible with full boats. The lower portion appeared to be easy rock dodging.

The sector we had carefully scouted went well. However, the lower end turned out to be more complex than anticipated. Most of us struggled to maneuver our heavy boats through narrow twisting channels in an extensive boulder garden. Despite the obstacles, our capable band made it through with just one momentary pin.

One major impediment remained, The Natch Rapids. Shortly beyond Rollway, the river narrows where a canyon begins. A horizon line just beyond the portage trail on the left marks the start of two steep ledge drops that constitute upper Natch. While scouting from the portage trail, we decided to take advantage of a campsite next to the trail.

The preferable route for upper Natch is to plunge between two boulders angled left to miss an unpleasant appearing pour

over at the bottom of the first ledge. Exposed rocks must be avoided immediately downstream on the second ledge. After carefully scouting the complex falls, four of us decided to line our boats down the left shore, while the other two left their boats at the top. They would make their decision on whether or not to run it in the morning.

Settling into the campsite for the evening, we assessed the day. We had only paddled about four miles the entire day and probably hiked and portaged gear another two miles. Despite the short distance, we had earned a good night's sleep.

A surprising thing happened that evening, it rained for a few minutes. That was the only precipitation we received during our five-day journey.

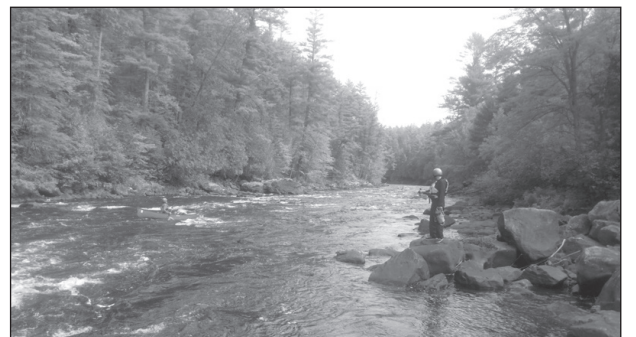
My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine describes the five best river trips in Maine. One expedition down Webster Stream and the East Branch of the Penobscot includes several difficult rapids and six portages.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at

Ron Chase maneuvers through tricky Lower Chute

[countrypress.com/maine-al-fresco](http://countrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and

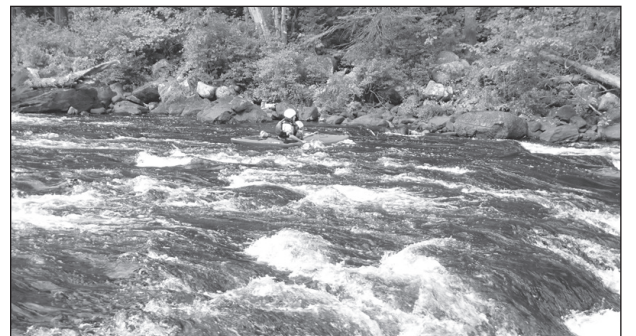
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Bill Blauvelt holds a throw bag as Eggman DeCoster begins Lower Rollway Rapid



Paddlers line a kayak around Upper Natch Falls



Ron Chase kayaks Lower Rollway Rapid



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# Arts & Entertainment

## NSB contributes \$2.5K to The Public Theatre in Lewiston

**LEWISTON, ME**—Nearly 100 years ago, a local social club purchased the old brick building on 31 Maple Street, then an automotive garage, and turned its ground floor into a stylish movie house. The Ritz Theater, as it was named, quickly became a venue that drew countless moviegoers of all ages, including a young Stephen King.

A century later, the building, now known as The Public Theatre, is still offering inspiring entertainment to those who gather there. The non-profit organization engages and enriches community members and visitors through live productions, educational programs, and artistic excellence, helping participants and audiences see the world in new ways.

The Public Theatre has brought the spirit of Hollywood and Broadway to the old Ritz since 1992, and thanks to a partnership with Actor's Equity Association, the theatre is able to showcase some of the country's best actors in its productions.

It's a remarkable success story that brings joy and cultural connections to over 15,000 audience members each year, and one that Norway Savings Bank has been proud to support for decades, including a \$2,500 contribution this month and over \$30,000 in the last decade.

"The Public Theatre is a beloved institution, not just in Lewiston, but across the state and region," said Dan Walsh, President and

CEO of Norway Savings. "I'm always amazed at how they manage to incorporate youth programming throughout the year as well as summer theatre camps to help build a connection to the arts in our young people. That education is invaluable and certainly worth supporting and celebrating."

Through workshops, student matinees, and writing projects, The Public Theatre helps local students express their creativity and find their voice in addition to launching and presenting memorable productions, including upcoming shows that have already been announced: Dracula: A Comedy of Terrors (October 11-27), A Christmas Carol (December 10-12), Every Brilliant Thing (January

24-February 2), Halfway There (March 14-23), and Now and Then (May 2-11). More special events will be added in the coming months.

The former auto shop has steadily grown into a driving force in the world of performing arts.

"The Public Theatre is revered by performers and crowds alike and we're honored to help preserve this cultural institution and historic building," said Walsh.

To make a contribution in support of The Public Theatre, visit [www.thepublictheatre.org/individual-giving](http://www.thepublictheatre.org/individual-giving).

To explore volunteer opportunities, head to [www.thepublictheatre.org/volunteer](http://www.thepublictheatre.org/volunteer). To purchase tickets to an upcoming production, call 207-782-3200 or visit [www.thepublictheatre.org](http://www.thepublictheatre.org).

### 1776

*Continued from page 1*

for the audience to see and hear the great voices we have on stage. When the large ensemble sings together, it's powerful," notes the director.

Philippon is assisted by musical director Linda Vaillancourt, producer/costumer Jane Mitchell, stage manager Brandon Chaloux, assistant director/choreographer Eileen Messina.

Philippon believes that the real timelessness of "1776" is its insights into human nature and just how hard it is—and how necessary—for a group of people to work together for a common purpose,




something often lacking in our current political climate. This is a wonderful musical about a seminal event in American history - on our stage just days before a divisive national election!

Performances of "1776" 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. A special "talk-back" with the cast and crew will be held following the October 27 matinee. 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 [laclt.com](http://laclt.com).

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# 1776





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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.**  
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# Waterville Opera House announces 2025 theatrical season

**WATERVILLE, ME**—The Waterville Opera House (WOH) is excited to announce its full 2025 theatrical season. Beginning in January of next year, WOH will present four community theatre productions, including two musicals and two straight plays: new romantic comedy *The Cottage* by Sandy Rustin in January and February; Roald Dahl's *Matilda the Musical*, adapting the beloved children's book, in April and May; dark comedy mystery-thriller *Deathtrap* by Ira Levin in August and September; and finally the beloved holiday musical Irving Berlin's *White Christmas* in November.

"I'm excited to bring this amazing selection of theatrical productions to life for our community," said Michelle Sweet, WOH's executive director. "From laugh-a-minute comedy, to suspense-filled mystery, to full-on musical spectacle, there truly is something for everyone to enjoy!"

Now in its 122nd year, the Opera House

prides itself on its ability to routinely stage professional-caliber productions showcasing the very best of the local theatre community, from the actors on stage captivating audiences to the creative teams that design and assemble eye-catching costumes and sets. The 2025 season promises to push WOH's creative achievements to new heights.

January 31–February 9: *The Cottage* by Sandy Rustin

This brand-new, side-splitting romp is an outrageous tale of sex, betrayal, and desire as one woman decides to expose her latest affair to both her husband—and to her lover's wife. The true meaning of fate and faith, identity and infidelity, love and marriage are all called into question as a surprising and hilarious web of secrets unravels in this ridiculously funny romantic comedy.

April 25–May 4: Roald Dahl's *Matilda the Musical*

*Matilda* is a little girl with astonishing wit, intel-



ligence, and psychokinetic powers. She's unloved by her cruel parents but impresses her schoolteacher Miss Honey. During her first term at school, the two forge a bond as Miss Honey begins to recognize and appreciate *Matilda's* extraordinary personality. *Matilda's* school life isn't completely smooth sailing, however—the school's mean headmistress, Miss Trunchbull, hates children and just loves to punish those who don't abide by

her rules. But *Matilda* has courage and cleverness in equal measure, and could be her classmates' saving grace! Inspired by the twisted genius of Roald Dahl, the Tony Award-winning Roald Dahl's *Matilda the Musical* is a captivating masterpiece for both children and adults alike.

August 29–September 7: *Deathtrap* by Ira Levin

Comfortably ensconced in his charming Connecticut home, Sidney

Bruhl, a successful writer of Broadway thrillers, is struggling to overcome a dry spell that has resulted in a string of failures and a shortage of funds. A possible break in his fortunes occurs when he receives a script from a student in the seminar he has been conducting at a nearby college—a thriller that Sidney recognizes immediately as a potential Broadway smash. Sidney's plan, devised with his wife's help, is to offer collaboration to the student for co-credit. Or is it? *Deathtrap* provides twists and turns of devilish cleverness, and offers hilariously sudden shocks in such abundance that audiences will be spellbound until the very last moment.

November 14–30: Irving Berlin's *White Christmas*

Based on the timeless and beloved film, *White Christmas* follows veterans Bob Wallace and Phil Davis, who launch a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful

singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. *White Christmas* is an uplifting, wholesome musical that will delight audiences of all ages.

"Our reputation for top-notch storytelling has created a robust audience base for our outstanding community theatre performers to dazzle with their talents and 2025's theatrical offerings include an array of excellent roles for a variety of ages," Sweet said. "*Matilda* will provide many opportunities for our younger performers and *White Christmas* will grace our stage with an extended run of nine performances, as I have no doubt our community will come out in droves for this holiday themed family favorite."

Season Passes are now on sale at [operahouse.org](http://operahouse.org). Theatregoers can enjoy a 20% discount on their purchase when they reserve tickets to all four productions in one transaction.

## Maine author publishes story of first White House menorah

**MAINE -- BEAM OF LIGHT: THE STORY OF THE FIRST WHITE HOUSE MENORAH** by Emmy-winning journalist and local Maine author Elisa Boxer, illustrated by Jewish Ukrainian-American artist Sofia Moore went on sale last week. This nonfiction picture book tells the history and

importance of the first official White House menorah, and how it has become a symbol of strength and perseverance against seemingly insurmountable odds.

Publishers Weekly just ran an insightful interview with Elisa Boxer and Kirkus praised the book as "poignant," "moving," and "an inspired and stirring

tale to share at Hanukkah—or any time of year."

*BEAM OF LIGHT* provides the backstory of the first Jewish artifact in the White House permanent collection, fashioned from a wooden beam stored during Truman-era renovations. That beam of White House wood sat in storage for seventy years,

through thirteen different presidents, and recounts history it witnessed.

Sofia Moore's striking illustrations heighten the emotional content of this book beautifully. With earnest prose and meticulous care with her research,

Boxer and Moore cast that beam as the narrating protagonist, imbuing it with a perspective that connects its own arc of resilience and renewal ("I was supposed to be destroyed," it repeats) with the history of Jewish people during

WWII. "I am the centerpiece of the story of the oil that lasted longer than anyone expected," the beam-turned-menorah says, "a beam of light, a reminder of the miracle, a symbol of strength."

See *Menorah*, page 10

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# Domestic Violence Awareness Month

## Advocacy & safety planning with Safe Voices

Safe Voices' advocates are committed to providing support to those seeking safety from domestic violence, dating violence, human trafficking, and stalking. Each of the outreach offices can provide a secure location for you to have a confidential conversation with someone who can help. Our advocates will take the time to

talk with you about your options and help you develop a plan that best fits your needs.

When meeting with an advocate you can expect:

Compassionate, non-judgmental, confidential support.

Information, guidance and support for deciding whether or not to report

an assault to law enforcement.

Support and accompaniment during police interviews and/or meetings with the District Attorney's office.

Guidance and information about the criminal justice system.

Information about legal options, including how to obtain orders for Protection from Abuse (PFA) orders

Connection to local community resources and support networks

Help creating a personalized safety plan

For more information about our services or to connect with an advocate please call your local office:

Farmington: (207) 778-6107

South Paris: (207) 743-5806

Rumford: (207) 369-

0750

Lewiston-Auburn: (207) 795-6744

About Safe Voices

Safe Voices currently operates the only shelter and support services for victims of domestic violence and sex trafficking and exploitation in Andro-

scoggin, Franklin, and Oxford counties. Our offices provide one-on-one safety planning, support groups, information and referral, court advocacy, transportation and accommodation for shelter, community education, and professional trainings.

We appreciate the generous support from our donors and involvement from community members. Your contributions make a difference. Safe Voices provides over 10,000 hours annually supporting survivors of domestic abuse and sex trafficking.

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## Safe Voices: Domestic violence is an issue of community safety

Often, our community sees violence against women as isolated incidents that are private in nature, while in fact, data shows that domestic violence is a profound indicator of risks to the broader community.

In an issue where our communities have first-hand, tragic, and still fresh-in-our-minds experience, nearly 70% of mass shooters have a history of domestic abuse. In roughly 20% of domestic violence related homicides, victims included not only the intimate partners themselves, but family members, friends, neighbors, or persons who intervened, including law enforcement.

In the last decade, 9% of law enforcement officers who were killed in the line of duty were killed while

responding to domestic violence reports. In decades prior, that number has been as high as 22%.

These numbers are clear. Rather than being isolated incidents, or "crimes of passion," severe domestic violence is one end of a spectrum of abuse that has been continuing, and escalating, over time. And far from being a private matter, domestic abuse is, in some ways, rehearsal for wider violence. Committed in the home, with people — women and children — who are socially expected to endure it, this behavior escalates over time with the people in the home, and all too often it escalates to move outside the home and into our communities.

Workers in the domestic violence intervention and prevention field know all too well about the shortage of resources to address

these issues. Funding for your local domestic violence resource center, like Safe Voices, is continually under threat and increasingly reliant on private donations. Mental health resources for survivors who must process PTSD and trauma, or for abusers who have co-occurring mental health issues alongside their decision to use abuse, are critically low in Maine.

When we add these issues to the current pressures on our legal system the tensions become untenable. Situations we have seen in recent months, with defendants released on low bail due to a lack of public defenders, as well as the constant funding stress nonprofits are under while providing vital relief services for victims and survivors are the natural result of austerity measures that remove funding from areas that, far from

being safety nets for a small contingent of individuals, are in fact protective measures for all of us.

Domestic violence prevention is a uniquely bipartisan issue, with vocal advocates on both sides of the aisle. Everyone seems to agree that domestic violence is wrong and we must work to end it.

When it comes to funding the work, however, domestic violence resource centers like Safe Voices are facing state and federal funding that has remained flat, or has even decreased, for the last several years. All while our call volumes have increased more than 50%. When we hold a desire to end domestic violence as a vital truth, but we fail to bolster that truth with the funding necessary to achieve it, that is a failing of all of us, not just one person, one party, or one side.

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# Domestic Violence Awareness Month

## Safe Voices to honor Augusta Resident J.J. Jackson on Oct. 24

LEWISTON, ME - Safe Voices, the domestic violence and sex trafficking resource center serving Androscoggin, Franklin, and Oxford Counties, will honor Augusta resident and Gardiner native J.J. Jackson as one of two awardees at the agency's Fall Fête and Community Awards on Oct. 24. Jackson will receive the agency's Shining Star Staff Award for his ded-

ication and leadership in his position as Certified Domestic Violence Intervention Program class facilitator.

In his work with Safe Voices' CDVIP classes, Jackson works with domestic violence offenders to examine the personal beliefs and behaviors that contributed to their choice to abuse their partner. With a focus on responsibility and

accountability, Jackson and other CDVIP facilitators lead class members through exercised aimed at identifying controlling and abusive behaviors, their root cause, and alternatives for the future. The work requires dedication, patience, and a true belief in people's ability to change. Zach Griffith, CDVIP Coordinator at Safe Voices who joined the agency earlier this

year, said he saw all of these qualities and more in Jackson even from his early days in his role.

"J.J. was the clear choice to nominate for this award," Griffith said. "I don't know how I would have managed transitioning into my role if J.J. hadn't been part of the crew. Even with his new supervisor running around like a chicken with its head cut off, J.J.

kept the program running more smoothly than we could have hoped."

The Shining Star Staff Award aims to recognize and honor the expertise that Safe Voices staff bring to the work of ending domestic abuse and sex trafficking in Maine, and the agency is honored to present the 2024 award to Jackson.

The Fall Fête is Safe Voices' annual fundrais-

ing gala and awards ceremony. Joining Jackson as an honoree that night will be Good Shepherd Food Bank of Maine, which will be awarded the Kimberley Wilson Community Partner Award.

For more information about the Safe Voices Fall Fête, please contact Grace Kendall at [gkendall@safevoices.org](mailto:gkendall@safevoices.org) or visit [bit.ly/tickets\\_SV](https://bit.ly/tickets_SV) for tickets.

## Safe Voices to honor Good Shepherd Food Bank of Maine

LEWISTON, ME - Safe Voices, the domestic violence and sex trafficking resource center serving Androscoggin, Franklin, and Oxford Counties, will honor Good Shepherd Food Bank of Maine as one of two awardees at the agency's Fall Fête and Community Awards on October 24. Good Shepherd Food Bank will receive the agency's Kimberley Wilson Community Partner Award for their years-long partnership with the agency in providing nutritious food for its shelter facilities.

In addition to the provision of food supplies, staff at Good Shepherd Food Bank continually check in with Safe Voices shelter staff to see how things are going and ensure needs are being met. They regularly share grant opportunities that Safe Voices may qualify for, and their staff truly embody the belief of "rising tides lifting all boats." Good Shepherd Food Bank has a network of in-depth partnerships and resources throughout the state of Maine, and they make connections between organizations and businesses that can help lift each other up in the work to end hunger in our state.

"We are deeply honored to receive the Kimberley Wilson Community Partner Award from Safe Voices," stated Heather Paquette, president of Good Shepherd Food Bank of Maine. "Our partnership with Safe Voices has always been about more than just providing access to food - it's about ensuring that survivors of domestic violence and trafficking have the support

and resources they need to thrive. Together, we're working to build stronger, more food secure communities, and we're incredibly grateful for the opportunity to stand alongside Safe Voices in this mission."

The Safe Voices Fall Fête, happening October 24 from 5-8pm at the Hilton Garden Inn Riverwatch in Auburn, please contact Grace Kendall at [gkendall@safevoices.org](mailto:gkendall@safevoices.org) or visit [bit.ly/tickets\\_SV](https://bit.ly/tickets_SV) for tickets.



**2024 Safe Voices Fall Fête**

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# Political Portal launched to empower young Maine leaders

**MAINE** -- Maine Youth Action has just launched the Maine Youth Political Portal (MYPP) as of October 11th, 2024. The MYPP is an online resource and inspiration made by and for young Mainers interested in civic engagement, especially those looking to run for publicly elected political office. It consists of a library of informational and training resources, a list of contacts for endorsements and networking with politically savvy mentors, and an intuitive candidate builder page that will enable users to walk through the process

of planning their campaigns. Maine has the oldest population of any state in the country, which is reflected in our decision-making bodies' demographics. Yet a 2021 poll determined that 44.3% of the population is under 35. Youth are an important bloc of voters, workers, taxpayers, and visionaries. Politicians often craft legislation and policy with the next election cycle in mind. This is known as democratic myopia and can be combated by electing young politicians who consider the long-term. This leads to better decision-making,



climate-focused policy, and nuanced solutions to complex problems.

"I believe that youth are not only society's future but its present. The Maine Youth Political Portal will help young Mainers become civic leaders and take charge of their futures in a time of unstable democracy, distrust in governments, and

a decline of civic education in schools," says Anna Siegel, the former Advocacy Director of Maine Youth Action and an MYPP project lead.

The launch of the Maine Youth Political Portal was intentionally timed with the upcoming U.S. presidential election in November. Comprehensive and ex-

periential civics education improves voter turnout. Providing young people with the tools to run for office makes them more likely to understand the importance of elections, research and evaluate the candidates on their ballot, and volunteer at election booths.

This project also won the national Call For Kindness competition sponsored by Riley's Way Foundation. Additional funding was awarded by the Youth Grant-Making Council of the Maine Youth Action Network. The project was also highlighted in a recent

episode of the top-rated podcast Simple Acts, Big Impact.

"The Maine Youth Political Portal is such an important project and valuable resource for my generation. Youth want our voices to be heard, but getting involved in public policy as a young person can be very daunting," said a high school-aged volunteer who helped develop website content alongside over a dozen other youth volunteers, Maine Youth Action staff, and a hired intern who created the Maine Youth Political Portal.

# Funding to provide clean water to Maine schools, homes

**BOSTON, MA** – The Biden-Harris Administration issued a final rule requiring drinking water systems across the country to identify and replace lead pipes within 10 years. The Lead and Copper Rule Improvements (LCRI) also require more rigorous testing of drinking water and a lower threshold for communities to take action on lead in drinking water to protect people from lead exposure. In addition, the final rule improves communication within communities so that families are better informed about the risk of lead in drinking water, the location of lead pipes, and plans for replacing them. This final rule is part of the President's commitment to replace every lead pipe in the country

within a decade, making sure that all communities can turn on the tap and drink clean water.

Alongside the Lead and Copper Rule Improvements, EPA is announcing \$24,898,000 in newly available drinking water infrastructure funding for Maine through the Bipartisan Infrastructure Law. This funding will flow through the drinking water state revolving funds (DWSRFs) and is available to support lead pipe replacement and inventory projects. Additionally, 49% of the funding must be provided to disadvantaged communities as grant funding or principal forgiveness that does not have to be repaid. EPA is also announcing the availability of \$35 million in com-

petitive grant funding for reducing lead in drinking water. Communities are invited to apply directly for grant funding through this program. Additional federal funding is available to support lead pipe replacement projects and EPA has developed a website identifying available funding sources.

EPA estimates that up to 9 million homes are served through legacy lead pipes across the country, many of which are located in lower-income communities and communities of color, creating disproportionate lead exposure burden for these families. Eliminating lead exposure from the air people breathe, the water people drink, and the homes people live in is a crucial component of the Biden-Harris Administration's historic commitment to advancing environmental justice.

The Lead and Copper Rule Improvements establish achievable, common-sense practices which have been implemented by several states and cities. The public health and economic benefits of the final rule are estimated to be up to 13 times greater than the costs, and together with new funding announced today under Biden-Harris Administration's Bipartisan Infrastructure Law, water systems will be able to accelerate removal of lead pipes and create good-pay-

ing local jobs in the process.

"We've known for decades that lead exposure has serious long-term impacts for children's health. And yet, millions of lead service lines are still delivering drinking water to homes," said EPA Administrator Michael S. Regan. "President Biden is putting an end to this generational public health problem. With the Lead and Copper Rule Improvements and historic investments in lead pipe replacement, the Biden-Harris Administration is fulfilling its commitment that no community, regardless of race, geography, or wealth, should have to worry about lead-contaminated water in their homes."

"Everyone deserves safe, clean water in their homes, no matter where they live or how much they earn. Today, we're announcing improvements to the Lead and Copper Rule that require better testing and quicker action, while also providing critical funding to Maine," said EPA Regional Administrator David W. Cash. "These important changes, alongside funding from the Biden-Harris Administration, are helping to ensure that families and communities across New England are getting the support they need to create a safer, lead-free future for our children."

The science is clear: Lead is a potent neurotoxin and there is no safe level of lead exposure, particularly for children. In children, lead can severely harm mental and physical development, slow down learning, and irreversibly damage the brain. In adults, lead can cause increased blood pressure, heart disease, decreased kidney function, and cancer. If someone is impacted by lead exposure, there is no known antidote, according to the Centers for Disease Control. The Lead and Copper Rule Improvements strengthen nationwide requirements to protect children and adults from these significant and irreversible health effects from lead in drinking water.

Communities across the country have already begun to tackle lead pipes.

Milwaukee Water Works is on track to replace all remaining lead pipes within the EPA's ten-year timeframe. In 2024 alone, Milwaukee received approximately \$30 million in Bipartisan Infrastructure Law funding to replace 3,400 lead service lines.

The Detroit Water and Sewerage Department has received \$90 million from the Administration and will replace more than 8,000 lead service lines this year, putting the city on track to replace all lead pipes in 10 years.

The Erie, Pennsyl-

vania Water Works has received \$49 million from EPA to enable the city to replace all lead pipes within 5 years instead of 25 years.

Denver Water has accelerated its efforts through \$76 million from the Bipartisan Infrastructure Law, allowing the city to be on track to replace all lead pipes within a decade.

The Lead and Copper Rule Improvements will help protect millions of Americans from exposure to lead in drinking water. EPA estimates that on average, every year after the LCRI is issued it will:

protect up to 900,000 infants from having low birthweight;

prevent Attention-Deficit Hyperactivity Disorder (ADHD) in up to 2,600 children;

reduce up to 1,500 cases of premature death from heart disease;

and prevent up to 200,000 IQ points lost in children.

Investments in identifying lead pipes, planning for their removal, and replacing them will create jobs in local communities while strengthening the foundation of safe drinking water that supports economic opportunity.

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### Menorah

Continued from page 7

In 2022, it was transformed into a menorah that will shine its beams of light every year, celebrating the resilience and survival of the Jewish people. An author's note and bibliography are included. With its historical focus, this holiday tale will be welcomed by 3rd and 4th grade teachers wanting to represent Hanukkah in a way that has relevance to all students.



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# DFD Russell Medical Center to expand services

**BRIDGTON, ME** - DFD Russell Medical Center is pleased to announce the expansion of its behavioral health and medication-assisted treatment services in Bridgton, Maine. This expansion is made possible by federal grant funding from

the Health Resources and Services Administration (HRSA). The funding and subsequent expansion are intended to enhance access to crucial behavioral health and substance use disorder treatment services for individuals in Central and Western Maine.

As part of HRSA's nationwide initiative, grants were awarded to more than 400 community health centers across the country that care for more than 10 million people. Funding aims to integrate mental health and substance use disorder treat-

ment into primary care. DFD Russell Medical Center remains steadfast in its commitment to providing stigma-free, culturally competent, and accessible behavioral health and substance use services to individuals in need. The expansion will help ad-

dress the mental health and opioid crisis impacting Maine communities. In line with the expansion efforts, DFD is now seeking to hire a Licensed Clinical Social Worker (LCSW) at its Bridgton location. The LCSW will play a crucial

role in providing comprehensive psychotherapy, counseling, and support services to patients in need. Interested candidates are encouraged to learn more on DFD's website at [www.dfdrussell.org/career-opportunities/employment-openings/](http://www.dfdrussell.org/career-opportunities/employment-openings/).

# \$2M to train next generation of fishermen, women

**WASHINGTON, D.C.** - U.S. Senators Susan Collins and Angus King and U.S. Representatives Chellie Pingree and Jared Golden announced that two commercial fishing associations have been awarded a combined \$2,067,434 in grant funding to support training and workforce development for the next generation of Maine fishermen and women. The grants were awarded through the National Oceanic and Atmospheric Administration's (NOAA) Young Fishermen's Development Program.

thanks to the generations of hardworking men and women who have sustained it," said Collins, King, Pingree, and Golden. "These investments in youth workforce development will help ensure that young Mainers entering the commercial fishing sector have the skills and support they need to succeed, preserving the strength of this vital industry now and into the future."

"MCFA's mission of advocating for sustainable fisheries and vibrant fishing communities is focused on doing this work with the goal of building a brighter future for the next generation of fishermen and fish-

ing businesses in Maine. The Young Fishermen's Development Act, which was identified as a priority by the Fishing Communities Coalition, provides much needed resources to invest in our next generation and we are pleased to be able to deploy funds to create educational tools to advance fishermen wellness," said Ben Martens, Executive Director of the Maine Coast Fishermen's Association. "Thank you Senator Collins, Senator King, Representative Pingree, and Representative Golden who co-sponsored this important legislation and who have continued to lead in ensuring it is annu-

ally funded." "Thanks to YFDA support, MCCF's Eastern Maine Skippers Program will be able to continue to meet our next generation where they are, and provide them with very authentic maritime and marine science learning to support future maritime careers, including fishing and science - skills that directly translate into the workforce here in Maine, and elsewhere," said Alexa M. Dayton, Ph.D., Executive Director of Maine Center for Coastal Fisheries. "The future of lobstering and maritime careers in Maine is bright, and this program is helping to keep kids in

school to complete their education, and providing mentorship to help them put it all together for the long run. The great news is, we have demand for the program from teachers, students, families and that's a signal that we're still going strong with a vibrant fisheries economy in Maine."

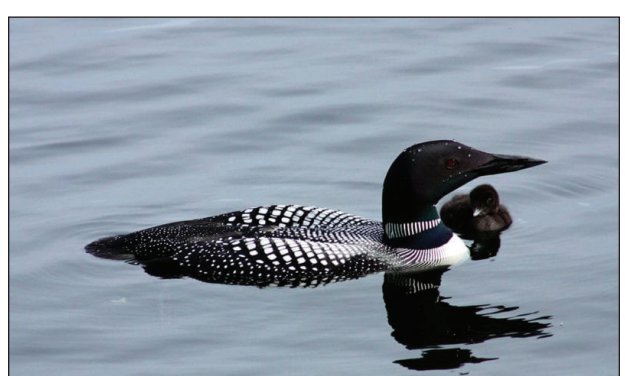
The funding is allocated as follows: Maine Coast Fishermen's Association - \$1,771,092 to establish an online knowledge hub targeted toward young fishermen and women that will include educational training content focused on career development and caring for your physical and

mental wellbeing as part of the commercial fishing industry. Eastern Maine Skippers Program - \$296,342 to provide targeted career development opportunities for young fishers. The program will serve eight rural Maine coastal schools and train 80 high school students and 16 post-graduates annually through workshops, vessel-based activities and mentorship. NOAA's Young Fishermen's Development Program was established by the Young Fishermen's Development Act, legislation that the entire Maine Delegation helped lead to final passage in 2020.

# Stanton Bird Club November monthly meeting

**AUBURN, ME** -- On November 4th, the Stanton Bird Club will be hosting the first in its 2024-25 lecture series with featured speaker, Nick Lund, Maine Audubon's Advocacy and Outreach Manager. Entitled "State of the Birds: Decades of Change", he will be discussing the changing population of

Maine birds over the last few decades focusing on which species are disappearing, which are increasing, and what the future of Maine birds might be. A Falmouth native and a graduate of the University of Maine School of Law in 2010, Lund is the author of several books, including the Ameri-



Common Loon (photo supplied by speaker)

can Birding Association Field Guide to the Birds of Maine, and The Ultimate Biography of Earth. An avid birder and nature writer, his articles have appeared in Down East magazine, Slate.com, The Washington Post, National Geographic, and other outlets.

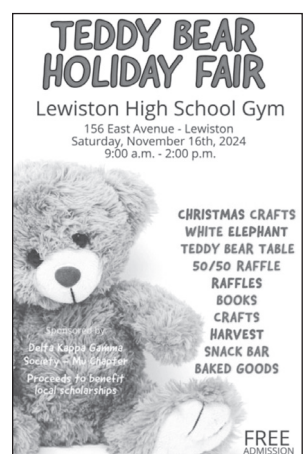
The talk will be held

on Monday, November 4th from 4-6pm at the Auburn Public Library. The public is welcome. The lecture series is free of charge. The Stanton Bird Club, a leader in environmental awareness, owns and manages the Thorncrag Nature Sanctuary in Lewiston as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. More information about other activities of the Club can be found at [www.StantonBirdClub.org](http://www.StantonBirdClub.org) and on its Facebook page.

# DKG Teddy Bear Fair back in Lewiston

**LEWISTON, ME** -- The Ladies of Mu Chapter of Delta Kappa Gamma International is bringing back their annual Teddy Bear Fair on November 16 from 9:00 to 2:00 at the Lewiston High School gym. The Ladies of Mu are all Educators, active and retired, from the Lewiston/Auburn area. Money generated by our Fair goes to scholarships, one for a graduating senior from one of the high schools in the Twin Cities and surrounding communities, who plans to go into education; the other goes to a DKG Member who is working on an advanced degree.

The Ladies of Mu will sell Baked Goods such as cookies, cakes, pies, bread and an assortment of candies and pastries; Used Books & DVDs; White Elephant items; Harvest items such as jellies, jams, salsas, pickles; gently loved



stuffed animals; crafts including knitted scarves, hats & mittens, baby layettes, as well as kitchen towels and dishcloths; and holiday crafts: Christmas and Thanksgiving decorations. They will also have a raffle table with hand-made items, gift certificates for lobster and gas, a children's craft basket, and many other treasures. We hope many will come out to see us and support our efforts to raise scholarship money.

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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 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

# Calendar

Send your submissions to the Editor. More online.

information are available online at <https://www.lact.com/>.

**Oct 26**

**GRAY** -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, October 26, 2024 at 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped Accessible. Meals are Single-sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans & Red Kidney, Red Hot Dogs, Breads, & Assortment of Desserts & Beverages.

**Oct 26**

**AUBURN** -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, October 26th from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

**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](http://MidcoastSymphony.org), call 207-315-1712, or e-mail [info@midcoastsymphony.org](mailto:info@midcoastsymphony.org)

**Nov 1**

**TURNER** -- We are having a Bean Supper on Friday, Nov. 1st at the Turner Center Universalist Church on Route #17 across from the Gazebo from 4:30 to 7:00. We're having two kinds of Beans, Hotdogs, Coleslaw, Rolls, Beverages, and Desserts. The cost is \$10 and \$5 for children 10 and under

**Nov 2**

**AUGUSTA** -- Join us for HOME for the Holidays Craft Fair on November 2, 2024 from 9am to 4pm at the American Legion, 396 Eastern Ave., Augusta! Enjoy browsing many different vendors as you get into the holiday season!

**Nov 16**

**SABATTUS** -- Our Lady of the Rosary Christmas Craft Fair at 131 High st. in Sabattus is running 9-3 on Saturday, November 16th. 28 vendors, raffles, and a bake sale, come enjoy this small town Christmas Fair charm!

**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

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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](http://ticketstripe.com/novel-jazz7).

**Nov 23**

**LEWISTON** -- Visit with Daniel Tiger at the Lewiston Public Library on Saturday, November 23rd at 11am in Callahan Hall! This event is in partnership with Maine Public Radio and PBS Kids.

Daniel is so excited to visit the Lewiston Public Library for an hour of creativity, book giveaways and literacy. Join us for storytime fun with children's author Chris Van Dusen and playtime making

masks. Daniel is certain he is going to have a Griffric time and can't wait to meet and take a photo with you! Don't forget your FREE ticket to the event at the link below.

This event is free and open to the public. Registration required on Eventbrite: <https://tinyurl.com/2w47jfpw>

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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](http://MaineCareersWithPurpose.org) or Follow @MaineCareersWithPurpose on Facebook & Instagram.

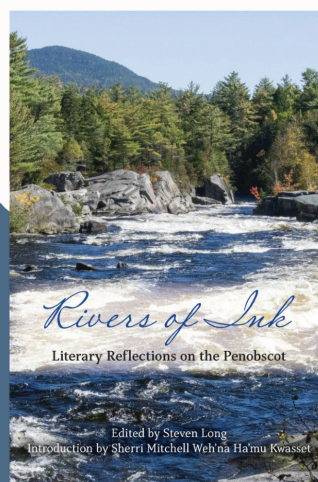
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