

Commission on Cancer gives CMH oncology program seal of approval

LEWISTON, ME -- Central Maine Healthcare's cancer care program is among the best in the nation, according to the Commission on Cancer (CoC).

The CoC is a consortium of professional organizations dedicated to improving survival and quality of life for patients with cancer by setting and raising standards. The organization promotes cancer prevention, research, education and monitoring of comprehensive quality care.

"As a participant of the Commission on Cancer (CoC), your hospital has earned distinction as an American College of Surgeons Surgical Quality Partner. This designation recognizes that your institution is dedicated to maintaining the highest standards in surgical care," a statement from the CoC reads.

"This is great news and confirmation of what we already know: our oncology team members are among the best in the nation," said Tim Counihan, MD, chief of surgery. "This accreditation should serve as further proof to our cancer patients that they are in great hands at Central Maine Healthcare."

"The Commission on Cancer has incredibly high standards, so it's especially



gratifying to receive this accreditation," said John Hamilton, senior vice president of service line operations at CMH. "This recognition not only highlights our dedication to quality but also reinforces our role as leaders in advancing cancer care and improving outcomes for our patients."

The Central Maine Comprehensive Cancer Center is committed to providing high-quality care close to home. In order to offer the best care available, our interdisciplinary team of caregiv-



ers continually researches new technologies, meets regularly to discuss case presentations and uses data from the cancer registry to monitor patient outcomes. CMH's cancer care program has earned numerous accreditations and distinctions—recognizing our cancer care teams who work tirelessly to help patients conquer this devastating disease.

Androscoggin Retired Educators' Association to meet in April

LEWISTON, ME -- The Androscoggin Retired Educators' Association will meet at 10:30 on Wednesday April 16th at Montello Heights, 55 College St., Lewiston, Maine. Coffee will be available at 10:00, so come early and socialize with friends. The cost of the luncheon meal is \$12. Checks should be

made out to AREA.A

Androscoggin Retired Educators' Association meets five times per year: September, October, November, March, and April. Dues are \$10 per year for educators, \$6 per year for non-educator spouses. Due are payable in September.

You need not have

taught in Androscoggin County, or even in the state of Maine. All educators are welcome: teachers, assistant teachers, ed techs, librarians, principals, guidance counselors, secretaries, anyone who has worked with children.

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



Sexual Assault Awareness Month Pages 7-9

Shop into Spring Craft and Vendor Fair this weekend

AUBURN, ME -- The "Shop into Spring Craft and Vendor Fair" will take place on Saturday, April 12, 2025, at the Auburn Mall from 10 AM to 3 PM. A diverse group of crafters and vendors will be showcasing a wide range of unique items. It's the ideal opportunity to find the perfect gifts for springtime occasions such as Mother's Day, birthdays, weddings, and graduations. Admission is free, and raffle tickets will be



available for purchase. All proceeds from the event will benefit the Greater Androscoggin Humane

Society. Additionally, we will be collecting physical donations for the shelter on that day.

Register now for Big Brothers Big Sisters' Bowl for Kids' Sake

MAINE -- Big Brothers Big Sisters of Mid-Maine (BBBSMM) invites local businesses, organizations, families, and individuals to sign up to Bowl For Kids' Sake. The 2025 seven-county multiple-bowl event major sponsors are: Camden National Bank, the Masonic Charitable Foundation and Quirk Auto Group.

Every year, half a million people across America come together to have fun and raise money to support Big Brothers Big Sisters. The Bowl for Kids' Sake is a fun and easy way for individuals and companies to make an impact on the local community, and has been held nationally for over fifty years.

The local Androscoggin bowling event will be held Thursday, May 8th at Just-In-Time Recreation in Lewiston. Teams of bowlers raise funds for youth mentoring programs in An-



droscoggin, and then have a great time at the Bowl for Kids' Sake event joining other local teams on the lanes.

According to BBBSMM Executive Director, Tade Sullivan, every Big and Little match the agency creates and professionally supports, costs about \$2,000 annually. "The funds raised at our Bowl for Kids' Sake events support matches between the Bigs and their Littles in our programs here in Androscoggin."

"Proceeds from Bowl for Kids' Sake events make it possible for our agency to provide mentoring services free of charge to children and families," said Jennifer Cartmell, the Androscoggin Manager. "Whether you bowl, volunteer or support an event with a sponsorship, you will be supporting a local child. Big Brothers Big Sisters, fosters strong and enduring relationships, filled with support, friendship and fun with creative activities."

Businesses and individuals can register a team online at bbbbsmidmaine.org, select a desired bowling time, form a team of four bowlers and create personal fundraising pages where supporters can make safe electronic donations. Teams that register early will receive a 2025 Bowl for Kids' Sake t-shirts at the event.

Local businesses support Bowl for Kids' Sake Androscoggin by becoming sponsors, donating prizes and forming teams to participate, but event volunteers are also welcome. Contact Cartmell for more information. Additionally, Cartmell would welcome the chance to meet with your organization or business to discuss BBBS programs and how you can support the event and help local children. Call Jennifer Cartmell at 207-653-3857 or email jennifer@bbbbsmidmaine.org. For more information on Big Brothers Big Sisters of Mid-Maine, visit bbbbsmidmaine.org.

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Letter to the Editor: Bill could impose time of use charges for electricity

Rising electricity rates continue to be a burden on Mainers which is why I am writing to express concern regarding LD 186, “An Act to Clarify the Public Utilities Commission’s (PUC) Authority to Establish Time of Use Pricing for Standard Offer Service.” This bill could have a significant impact on older Mainers’ electric bills.

The bill would allow the PUC to impose time of use (TOU) rates for Standard Offer Service (the supply of electricity for nearly all Maine electric customers). TOU involves charging different rates for electricity usage during peak and off-peak hours. This is something the Commission has publicly stated they wish to do, even though a full analysis has yet to be completed in Maine.

Shifting to TOU would disproportionately impact retirees, family caregivers, and those who work from home. Individuals who are home during peak hours could find it difficult to shift their energy usage to off-peak times.

Also, many Mainers have switched to heat pumps or are thinking about making the switch. TOU pricing would make home heating even more expensive since these devices are 100% electric.

As part of a 2022 proceeding, the PUC ordered Central Maine Power to evaluate various rate design offerings (including TOU) and submit recommendations by December 2025. We question why the PUC is pushing a move towards TOU before this analysis and its subsequent recommendations have been completed.

I was made aware of this pending legislation through my volunteer work with AARP Maine. I urge all readers to join AARP in opposing LD 186. Please contact your legislators and encourage them to vote against this bill. It is crucial that we protect our older residents from policies that could harm their financial stability and well-being.

John White
Lead Utilities Advocacy Volunteer, AARP Maine
Greene, Maine

Newsmakers, Names & Faces

Public comment open for Monarch Butterfly Endangered Species Act

MAINE -- The U.S. Fish and Wildlife Service is reopening the public comment period for a proposed rule to list the monarch butterfly as a threatened species under the Endangered Species Act. The proposed rule includes species-specific protections and flexibilities to encourage conservation of the butterfly under section 4(d) of the ESA. The comment period will be reopened for 60 days, until May 19, 2025, to give all interested parties an additional opportunity to comment on the proposed rule, which was published on December 12, 2024. Comments that were previously submitted do not need to be resubmitted as they are already incorporated into the public record and will be fully considered in the final listing determination.

Public comments are an integral part of the ESA listing determination process, and the Service recognizes the complexity of the information requested for public comment in the proposed rule. By reopening the public comment period, the agency is ensuring everyone has a chance to share information relevant to the conservation status of the species, including the associated 4(d) rule and proposed critical habitat designation.

The reopening of the public comment period for the monarch butterfly will publish in the Federal Register Reading Room. A reopened 60-day comment period will open on March 19, 2025, and will close on May 19, 2025. Information about how to submit comments can be found on regulations.gov by searching for docket number FWS-R3-ES-2024-0137.

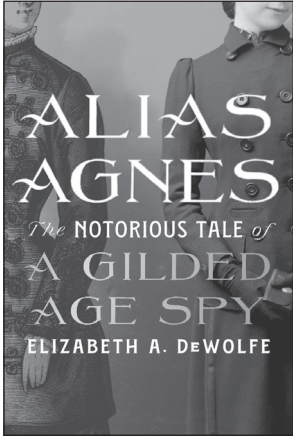
Everyone can play a role in saving the monarch butterfly. Because of the species’ general habitat use and wide distribution, all sectors of society have an opportunity to participate in a broad range of conservation efforts throughout the butterfly’s range. You can learn more about the monarch butterfly, the monarch listing proposal, and how to help conserve monarch butterflies at [fws.gov/monarch](https://www.fws.gov/monarch).

The U.S. Fish and Wildlife Service works with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. For more information, visit www.fws.gov and connect with us on social media: Facebook, Instagram, X, LinkedIn, Flickr, and YouTube.

UNE professor publishes new book, will speak in Auburn

AUBURN, ME -- UNE Professor Elizabeth DeWolfe unearths the secret story of a Maine-born detective and her unsuspecting target in *Alias Agnes: The Notorious Tale of A Gilded Age Spy*. Maine-native Jane Tucker was a stenographer scrambling to get by when she took a job as an undercover detective. Her target: Madeleine Pollard, former mistress of Congressman W. C. P. Breckinridge, whom she had sued for breach of promise when he failed to marry her as pledged. The trial was a national sensation, but Tucker, alias Agnes Parker, was so successful that no one discovered her secret task or her real identity until historian Elizabeth DeWolfe’s deep research in US and UK archives uncovered Tucker’s work and Pollard’s amazing post-trial life. Written in engaging prose with all the intrigue and suspense of a detective tale, *Alias Agnes* chronicles the lives of two women at the cusp of the twentieth century—the opportunities that beckoned and the challenges that thwarted their dreams.

DeWolfe has three upcoming events and



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Stories (Kent State University Press), about the unfortunate death in Saco of a textile mill operative in 1849, and *Shaking the Faith* (Palgrave) about the nineteenth-century anti-Shaker campaign of Mary Marshall Dyer, a former member. DeWolfe’s passion is to uncover the extraordinary stories of ordinary women. In addition to her books, she has also published in *Down East*, *Historic New England*, *Maine Women* and online on *Nursing Clio* and *Farmer-ish*. She makes her home in southern Maine with her husband, a rare books seller at DeWolfe and Wood Books.

“This is a stirring tale of secrecy, betrayal, ambition, jilted love, and the many barriers — political, financial, legal — faced by young women in nineteenth-century America. In *Alias Agnes*, Elizabeth DeWolfe has deftly wrapped fascinating social history around a page-turning courtroom drama.” — Matthew Goodman, *New York Times* bestselling author of *Eighty Days: Nellie Bly and Elizabeth Bisland’s History-Making Race Around the World*

“Through the riveting tale of a jilted lover and the spy dispatched to entrap her, DeWolfe unveils two narratives of justice and betrayal surrounding women who were striving to break free from the constraints of their time.” — Amy Stewart, *NY Times* bestselling author of *Girl Waits with Gun*.

“I tore right through this courtroom drama of two ambitious women trying to forge a path through the restrictions placed on their lives in 1890s America. Letters, trial transcripts, newspaper coverage, all provide details and insight, making for gripping narrative nonfiction.” — Kim Todd, award-winning author of *Sensational: The Hidden History of America’s “Girl Stunt Reporters*

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News-makers, Names & Faces

Literacy Volunteers to hold 25th annual Scrabble Fest

AUBURN, ME -- Scrabble fans are invited to help raise money for Literacy Volunteers by playing their favorite board game on April 27 at the High Street Congregational Church, Auburn.

This is Scrabble with a twist, as the competition features teams of two to four players collaborating over the same letter tray to try and out-score another team.

Participants can either form a team or register as an individual and be matched with a team that needs a player. In honor of our 25th Anniversary, we have added a Master division for those who compete at tournament level. For players that are accomplished but do not



Congratulations LRTC junior, Cora Moody, for creating the winning design for Literacy Volunteers 25th Annual Letters for Literacy Scrabble Fest.

compete at tournament level we have the Pro category, while more relaxed players should choose the Social division. Players collect pledges to benefit adult literacy services in

Androscoggin County, and the top fundraisers have a wonderful array of prizes to choose from.

All proceeds raised by players are used to provide critically needed literacy services for adults in our community. Join us on April 27 at the High Street Congregational Church, 106 Pleasant St., Auburn, for an enjoyable afternoon of refreshments, prizes, and good-natured Scrabble competition. Arrive at 1:00 p.m. to sign in as gameplay begins at 1:30. The Scrabble Fest ends at 4:30 p.m. Preregistration is required by April 21. For more information, call 753-6658 or email scrabble@literacyvolunteersandro.org or go to the website: www.literacyvolunteersandro.org.

Two local painters on display at WHA's Rotating Art Gallery

LEWISTON, ME

-- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is displaying the paintings of local artists, Jennifer Gammon and Nancy Clark during the month of April.

Gammon is an artist based in Lewiston, Maine. With a background in painting, ceramics, and pottery, she creates works that reflect her deep connection to nature. Her newest series of watercolors is an exploration of plants, symbolism, and abstract geometric forms. The central focus of the new series is a diverse range of plants, each chosen for their significance and beauty. These natural forms are set against abstract geometric patterns that both complement and contrast with the colors and shapes of the plants. In this series, Gammon carefully considers the symbolism of each plant, allowing these meanings to inform the abstract elements surrounding them. The result is a dynamic interplay between the organic and the geometric, inviting viewers to engage in a dialogue about the relationship between

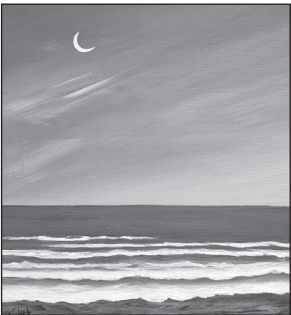


'Daffodil' - Jennifer Gammon- image supplied by artist

nature, symbolism, and abstraction.

As in previous works, the watercolors are framed in antique, reclaimed frames that carry their own history and imperfections. This deliberate choice of framing reflects Gammon's commitment to environmental sustainability and the desire to give new life to objects that have already served a purpose.

Clark draws boundless inspiration from the natural beauty of Maine where she was born and raised. "Living in Maine, I am surrounded by the natural beauty of layered mountains, expansive fields, flowing rivers, sparkling ponds and the



'Crescent Moon'- Nancy Clark - image supplied by artist

magnificent, ever-moving ocean. My intention as an artist is to offer a sense of peace and tranquility through the use of colors and light". As an artist she continues to grow and explore varied means of expression whether it's with her semi-abstract paintings, her collages or with fiber art.

When not in her studio, Clark also teaches children ages 8 and up through the SAD 52 Community Education program offering classes on a variety of artistic medium including watercolor painting and pastels.

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.

St. John's Honor Roll announced

BRUNSWICK, ME- St. John's Catholic School is pleased to announce the Honor Roll and Special Award recipients for the Second Trimester of the 2024-2025 Academic School Year.

St. John's Catholic School is incredibly proud of their students for their achievements this semester in the classroom and beyond. Anchored by faith and empowered by service, the students' hard work reflects positively on them as individuals and as a school community. St. John's also would like to acknowledge the efforts of all their students, including those not listed below, that made substantial growths in their individual educational journeys.

St. John's Honor Roll for the Second Trimester of the 2024-2025 School Year:

- 8th Grade High Honors
 - Joseph Stratman
- 7th Grade High Honors
 - Jesse Davis, Audrey Le, Nathan Salko, Mary Kathleen Setchell, Gweneth Smith, Madigan Wright
- 7th Grade Honors

Patrick Ballog, Zoe Beal, Aria Golletti, Isabel-la Isnardi, Allie Loubier
6th Grade High Honors

Madeline Barone, Clare Buchwalter, Margaret Lusk, Gracelynn Stratman, Reagan Thompson
6th Grade Honors

- Murphy Frye, Barbara Jantorno, Max Rybny, Maia Tabor

Viking Award
The Viking award is given to students in first through eighth grade for academic excellence in all subjects as well as giving their best effort and being a kind person.

The Viking Awards recognized: 2nd Grade- Alena Simmler, 3rd Grade- Patrick Smith, 4th Grade- Madalyn Weiss, 5th Grade- Sadie Anderson, 6th Grade- Gracelynn Stratman, 7th/8th Grades- Joseph Stratman.

P.R.A.Y. Award
The PRAY award is given to students in grades

1-8 who live out our daily school philosophy of St. John's students PRAY every day. We practice peace, respect self and others, accept responsibility, and yearn to learn. These students have exceptional character and support the St. John's school community by representing our mission each day.

The PRAY Awards recognized: 2nd Grade- Cam Goodwin, 3rd Grade- Vera Lewis, 5th Grade- Ariel Chambers, 6th Grade- Graham King, 7th/8th Grades- Ellie Hammer.

Send all items for Names and Faces to the Editor. Deadline is Friday by five.

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Seniors Not Acting Their Age

Unique Skiing on Titcomb Mountain



A skier descends a Titcomb Mountain trail

I’ve been aware of Titcomb Mountain in Farmington as a winter recreation destination for years. However, I didn’t realize they had an extensive network of cross-country ski trails. I recently met a skier who praised the quality of the Titcomb Ski Area trails and added that it was possible to ride the alpine ski lift to the high point and descend the Nordic Trails. I decided to investigate.

My online research turned up some interesting information about Titcomb Mountain. The Titcomb Ski Area is run by the Farmington Ski Club and was established in 1939. The Maine Office of Tourism reports the mountain

as the oldest club-operated ski area in Maine.

The Titcomb Mountain website indicates the 750-foot mountain slope includes 16 alpine trails with two ski lifts – one closed this winter. Fat tire biking is permitted when conditions allow and the trails are open for hiking, running and biking in the summer. Important to me, over 10 miles of groomed Nordic trails provide options for beginners through advanced skiers as they branch out from the base lodge and rise to the top of the alpine trails. Unable to recruit companions, I decided on a solo visit.

The ski area provides unique trail access for Nor-



The Titcomb Mountain trails were exceptionally well-groomed

dic skiers. Trails are open 24/7 and skiers are asked to leave a \$10 donation in a drop box located outside the lodge. Lift tickets are free for seniors 70 and over; an incentive for me.

When I arrived early afternoon on a cool, cloudy March day, only a handful of vehicles were parked next to the Nordic ski trailhead where two skiers were departing. The alpine ski lifts were not operating and the lodge was closed, but a helpful trail worker directed me to the donation drop box.

Prior to leaving home, I printed a trail map from the ski area website. My goal was to ski long gradual trails on the left

of the downhill section to the top of the mountain and then complete a loop by descending the shorter steeper Nordic trails on the opposite side. If time permitted and the lift was running when I finished, I planned to ride it to the top and complete a second descent.

A skier was returning as I started on the well-groomed, easy Cedar Swamp Trail. He advised that continuing on the exterior trails would provide the easiest climb to the summit. I found the quality of the grooming to be exceptional throughout my journey.

A gentle upward gradient continued when I entered Turnpike Trail. The tracks were fast and I quickly glided along to a sharp right turn onto Ridge Road Trail which began with a steep ascent. Initially, I used the herring-bone technique to climb Ridge Road. However, a kick and glide was effective on the remainder of the primarily moderate incline.

Overall, the signage



Farmington school students assembled at Titcomb Mountain Ski Area

on the trail system is quite good. However, according to the trail map, skiers who want to continue up the ridge must follow Stonewall Alley to Roller Coaster Trail before arriving at the top of the alpine section. I never found a sign for Stonewall Alley but assume I skied it. The views of western Maine from the summit were outstanding.

Nordic skiers can choose between an intermediate and advanced descent on the steep side of the trail network. I selected the intermediate Wild Acres Trail. It was a good choice for me as I found the twisting, sometimes precipitous, path stimulating but challenging. The excellent grooming was invaluable for controlling my speed.

The scene was dramatically different when I returned to the base lodge. The parking lot was full, the ski lift running, and scores of youngsters from Farmington schools were assembled in groups at the foot of the mountain. The students were obviously

training for both Nordic and downhill ski racing. Much of the trail network was crowded with determined young competitors.

I decided to bypass the ski lift and retrace my original route to upper Ridge Road and back. I wasn’t alone as several parents and grandparents were enjoying the less traveled route. Next time, I’ll start skiing earlier in the day.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* features several chapters about the best Nordic skiing in Maine.

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

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TSA requiring federal ID for domestic flights May 7

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

As sure as April showers bring May flowers, warmer weather brings our minds to summer vacations and travel. Many of us have favorite spots to visit along the Maine coast or mountain lakes. However, if we plan to fly within the United States for our vacation we will need to have the new Real ID requirements for domestic air travel.

Starting on May 7, 2025, the Transportation Security Administration (TSA) will require domestic airline travelers to show a federally

approved identification card or document to pass through TSA screening. The Maine REAL ID driver's license, ID Card, a passport or passport card will meet the TSA requirement.

Maine residents can apply for the REAL ID driver's license or ID card at their local Bureau of Motor Vehicles Office (BMV). Residents will need to bring documentation that shows proof of identity and citizenship, Social Security number, and proof of residency. A birth certificate or passport are examples of documents to show identity and citizenship. Residency documents

can include an unexpired Maine driver's license, W2 forms or utility bills. Maine's BMV website has a complete list of acceptable documents at: <https://www.maine.gov/sos/bmv/forms/MVL-8-Rev-12-22.pdf>.

Maine residents who have changed their names will also need to bring the appropriate court or government documents to provide evidence of the name change. For example, a marriage license would document a name change (from marriage).

How can we determine if our driver's license or ID card is a REAL ID or not? The Maine REAL ID driver's license and ID



card have a gold state of Maine with a white star in the top right-hand corner. A driver's license with the words, 'Not Intended for Federal Purposes', in the right-hand corner, is not a REAL ID.

Getting a REAL ID remains optional. However, those who often fly



domestically might find it easier to carry the REAL ID instead of a passport. Appointments can be made online to apply for your REAL ID through a link on the Maine BMV website at maine.gov. It takes about 4 weeks to receive your REAL ID, so planning ahead is important.

As always, the AARP local coffees and

other events are in full swing, and we welcome anyone to join us. We hope to see you soon!

Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma's Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.

Please use the following web address to find more information about AARP Maine and events near you: aarp.org/me · me@aarp.org · [@aarpmaine](https://www.facebook.com/aarpmaine) · 866-554-538

Registration open for Bath Savings Paddle for Pine Tree Camp

OLON AND BRUNSWICK, ME – The 29th Annual Bath Savings Paddle for Pine Tree Camp returns in June with one goal in mind: to raise funds for Maine kids and adults with disabilities to experience freedom and independence at Pine Tree Camp.

On Saturday, June 7, paddlers will reunite in Solon for the traditional route down the Kennebec River. On Sunday, June 8, paddlers will come together to loop the Androscoggin River in Brunswick. Both paddles are family-friendly and perfect for all ages, skill levels and abilities.

Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay. This is one of our largest fundraisers of the year and 100% of proceeds support our open door policy.

Register for the paddle at this link: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

On Thursday, May 29, the 3rd Annual Hammond Lumber Company Cornhole for a Cause and Party for the Paddle to

benefit Pine Tree Camp will take place at The Woodshed in Manchester. For more details and to register for this cash prize competition, please visit: <https://pinetreesociety.org/pts-events/cornhole-for-a-cause/>

29th Annual Bath Savings Paddle for Pine Tree Camp

Saturday, June 7

9:30am

Solon: Traditional route down the Kennebec River

Paddle begins at The Evergreens Campground in Solon (202 Ferry Street, off Route 201A) and ends in North Anson on the Patterson Bridge Road. This is a three mile, two-hour paddle.

Register: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

Sunday, June 8

9:30am

Brunswick: Loop on the Androscoggin River

Paddle begins and ends at the Water Street Boat Landing (located at the end of Water Street) in Brunswick. This is a two mile, two-hour loop.



Kathy Clement and Steven Everett, both from Starks, paddled the Kennebec River in Solon in 2024 to support Pine Tree Camp. The 29th Annual Bath Savings Paddle for Pine Tree Camp Weekend will take place Saturday, June 7 in Solon and Sunday, June 8 in Brunswick. All proceeds support the camp's tuition fund which ensures Maine kids and adults with disabilities can attend Pine Tree Camp regardless of their ability to pay.

Register: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

More About Pine Tree Camp: Pine Tree Camp, which celebrates its 80th anniversary in 2025, is a program of Pine Tree Society and an American Camp Association-accredited camp for people with disabilities. Every year,

dle for Pine Tree Camp include: Bath Savings, Hammond Lumber Company, The Woodshed, HUB, Franklin Savings, Central Maine Power, Harvard Pilgrim Healthcare, Evergreens Campground, Marden's, NRF Distributors, Seaspray Kayaking and Paddleboarding, Assistance Plus, Brookfield Renewable and Alice's Awesome Adventures.

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Arts & Entertainment

South African musician returns to Bradley Backstage April 17

FRYEBURG, ME — South African musician McCoy Mrubata will be returning to the LHE/PAC's Bradley Backstage on April 17th, at 7:00PM. Mrubata will be joined by his musical collaborator, guitarist Gary Wittner. Once a member of the legendary Hugh Masekela's band, McCoy Mrubata has established himself as a saxophonist, bandleader and touring/recording artist.

A recent recipient of the South African Music Association's Lifetime Achievement Award and the Kennedy Center's International Arts Gold Medal, McCoy Mrubata has released over 20 CDs of original South African jazz and has toured the African continent and Europe extensively. His music blends traditional African roots with American jazz.



Guitarist Gary Wittner, a faculty member at the University of South-

ern Maine School of Music and Bowdoin College, has performed worldwide

on 5 continents. He has officially represented the USA multiple times as a Kennedy Center Jazz Ambassador, Fulbright Specialist, and US Embassy Outreach Artist. Gary has released 7 CDs as a leader. He performs original music, instrumental and vocal jazz, Blues and Americana, Latin and Middle Eastern music. His book, *Thelonious Monk for Guitar*,

published in 1999, has been a favorite of guitarists worldwide. Bradley Backstage tickets are \$25 for adults and \$5 for students. Purchase tickets online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

Monmouth Community Players to present “Ride the Cyclone”

MONMOUTH, ME -- The Monmouth Community Players, along with Marquis Sponsor, Great Falls Regional Federal Credit Union, and season sponsors Winthrop Area Federal Credit Union and Readfield Insurance Agency, invite you to join them for their performance of Jacob Richmond and Brooke Maxwell's *Ride The Cyclone*. Spearheading this production in her MCP directorial debut is Hannah Hanson (Lewiston). Her

creative team includes music directors Rachel Scala-Bolduc (Lewiston) and Moll Brown (Lewiston), choreographer Julie Sanborn (Bath), stage manager Pascal Ford (Brunswick), and producer Tim MacLeod (Auburn). In this hilarious and outlandish story, the lives of six teenagers from a Canadian chamber choir are cut short in a freak accident aboard a roller coaster. When they awake in limbo, a mechanical fortune

teller invites each to tell a story to win a prize like no other — the chance to return to life. This popular musical is a funny, moving look at what makes a life well-lived! Audience attendance is highly suggested at 18+ but will be left to parental discretion due to the mature themes listed above. The selection of competitors is portrayed by a multi-talented cast of actors from all over Maine, including: Julia Badaraco



Front row: Bryanne MacMillan, Birdie Gay, Anthony Delorme, Archer Slater, Meghan Rivard, Casper Madaraz and Madeline Labonte; Back row: Jonny Bolduc, Abram Dwyer, Owen Lewis, Lou Ford, Julia Badaraco, and Hillary Perry; Missing: Ben Simpson

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by Sean Grennan

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of Waterville; Bryanne MacMillan, Archer Slater and Jonny Bolduc of Lewiston; Hillary Perry of Buckfield; Anthony Delorme of Auburn; Owen Lewis of Gardiner; Casper Madarasz of Brunswick; Ben Simpson and Meghan Rivard of Turner; Madeline Labonte of Mechanic Falls; Abram Dwyer of North Yarmouth; Birdie Gay of Monmouth; and Lou Ford of Bath.

Ride the Cyclone, by Jacob Richmond and Brooke Maxwell, is presented through special arrangement with Broadway Licensing. www.broadwaylicensing.com

Ride The Cyclone will be performing in the beautiful, historic Cumston Hall at 796 Main Street, Monmouth, April 18th - 27th, 2025. Performances will be at 7:30PM on 4/18, 4/19, 4/25, and 4/26, with matinee 2PM shows on 4/19, 4/20, 4/26, and 4/27. Understudy performances will be the afternoon of 19th and evening of the 26th. The additionally interpreted ASL performance will also be on April 26 for the matinee performance. For more information, or to purchase tickets, please feel free to email the theater at mcp-boxoffice@gmail.com, call them at (207)370-9566, or purchase tickets online at www.monmouthcommunityplayers.org.

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

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April is Sexual Assault Awareness Month

April declared Sexual Assault Awareness Month

State of Maine Proclamation

WHEREAS, sexual assault affects people of all races, genders, and economic backgrounds in every Maine community; and

WHEREAS, more than 19,000 people in Maine will experience sexual violence this year, and one in five Mainers will be impacted in their lifetime;

and

WHEREAS, sexual violence has far-reaching public health and societal costs, with impacts on survivors, their loved ones and their communities, often resulting in mental health struggles, substance use, housing insecurity, lost wages, and healthcare costs; and

WHEREAS, Maine’s

support systems for survivors are under-resourced, leaving too many without the justice and healing they deserve; and

WHEREAS, widespread stigma, shame, and misinformation about sexual violence lead to low reporting rates of these crimes, further isolating survivors and allowing violence to continue; and

State of Maine

Proclamation

WHEREAS, raising awareness and educating our communities about sexual violence can create meaningful, long-term change, and ending sexual

violence requires the commitment of every person in our state;

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim the month of April 2025 as Sexual Assault Awareness Month throughout the State of Maine, and I urge all citizens to work together to

prevent sexual violence, support survivors, and challenge harmful attitudes and actions.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this second day of April Two Thousand Twenty-Five

Governor Janet Mills of Maine

RAINN advocates for solutions to tech-enabled sexual abuse

WASHINGTON, D.C. – This April RAINN, the nation’s largest anti-sexual violence organization, marks Sexual Assault Awareness and Prevention Month (SAAPM), and we’re shining the spotlight on the emerging realities, mental health impacts, and possible solutions to tech-enabled sexual abuse.

A rapidly growing form of sexual violence, tech-enabled sexual abuse includes non-consensual

intimate images shared online like ‘deepfakes’ created with AI technology or child sexual abuse material (CSAM) posted to websites and social media accounts.

“With every advancement in technology, there are those who will abuse it to harm others, and that is exactly what we’re seeing with tech-enabled sexual abuse,” said Jennifer Simmons Kaleba, vice president of communications for RAINN. “While many

things stand out about this kind of sexual abuse—the fact that anyone from a celebrity to a classmate can be a victim, or that internet platforms aren’t required to do anything about it when it’s reported—the ease with which someone can cause so much havoc and harm is possibly the most shocking.”

Take the case of Ellison Berry in Texas, who was 14 when an image-swapping app was used to turn

RAINN

an innocuous photo of her into a nude image and then shared with her classmate. RAINN has worked with lawmakers to create legislation that would give survivors like Berry a tool to not only make this act a crime, but hold tech platforms accountable to take down the material within 48-hours of reporting. Take

it Down has passed the Senate unanimously and RAINN and advocate partners are calling for its full passage.

“We’ve worked with fierce determination for the past year to bring this bill forward because we know—and survivors know—that AI-assisted sexual abuse is sexual abuse and real harm is being done; real pain is caused,” said Stefan Turkheimer, RAINN vice pres-

ident of public policy.

This SAAPM, RAINN is calling on supporters to help “take back our tech.” Tech-enabled sexual abuse is a violation of your rights, dignity, and safety. It robs individuals of control over their image, voice, and personal boundaries. Together, we can fight tech-enabled sexual abuse and build a safer world for everyone.

Learn more at [RAINN.org/saapm-2025](https://rainn.org/saapm-2025).

Tips for talking with survivors of sexual assault

Contributed by RAINN

It’s not always easy to know what to say when someone tells you they’ve been sexually assaulted, especially if they are a friend or family member. For a survivor, disclosing to someone they care about can be very difficult, so we encourage you to be as supportive and non-judgmental as possible.

Sometimes support means providing resources, such as how to reach the National Sexual Assault Hotline, seek medical attention, or report the crime to the police. But often listening is the best way to support a survivor.

Here are some specific phrases RAINN’s National Sexual Assault Hotline staff recommend to be supportive through a survivor’s healing process.

“I believe you. / It took a lot of courage to tell me about this.” It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned that they won’t be believed, or worried they’ll be blamed. Leave any “why” questions or investigations to the experts—your job is to support this person. Be careful not to interpret calmness as a sign that the event did not occur—everyone responds to traumatic events differently. The best thing you can do is to believe them.

“It’s not your fault. / You didn’t do anything to

deserve this.” Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.

“You are not alone. / I care about you and am here to listen or help in any way I can.” Let the survivor know that you are there for them and willing to listen to their story if they are comfortable sharing it. Assess if there are people in their life they feel comfortable going to, and remind them that there are service providers who will be able to support them as they heal from the experience.

“I’m sorry this happened. / This shouldn’t have happened to you.” Acknowledge that the experience has affected their life. Phrases like “This must be really tough for you,” and, “I’m so glad you are sharing this with me,” help to communicate empathy.

There’s no timetable when it comes to recovering from sexual violence. If someone trusted you enough to disclose the event to you, consider the following ways to show your continued support.

Avoid judgment. It can be difficult to watch a survivor struggle with the effects of sexual assault for an extended period of time. Avoid phrases that suggest they’re taking too long to recover such as, “You’ve been acting like this for a while now,” or “How much longer will you feel this





way?”

Check in periodically. The event may have happened a long time ago, but that doesn’t mean the pain is gone. Check in with the survivor to remind them you still care about their well-being and believe their story.

Know your resources. You’re a strong supporter, but that doesn’t mean you’re equipped to manage someone else’s health. Become familiar with resources you can recommend to a survivor, such as the National Sexual Assault Hotline 800.656.HOPE (4673) and online.rainn.org, es.rainn.org y rainn.org/es in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

24/7 through the National Sexual Assault Hotline at 1-800-656-HOPE or visit the Online Hotline, [en español a rainn.org/es](https://es.rainn.org).

RAINN (Rape, Abuse & Incest National Network) is the nation’s largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.



**NATIONAL
SEXUAL
ASSAULT
HOTLINE**

If you were affected by sexual assault, **you are not alone.**

**online.rainn.org
800.656.HOPE**

National Sexual Assault Hotline

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Telephone
800.656.HOPE

- Talk to a trained staff member or connect with a local sexual assault service provider.
- Get direct, personal, one-on-one support.

Online chat
online.rainn.org

- Chat one-on-one with a trained support specialist.
- Secure technology, accessible from any device.

RAINN

The National Sexual Assault Hotline is operated by RAINN, the nation's largest anti-sexual violence organization. This postcard was produced by RAINN under Grant No. 2014-AV-BE-0024, awarded by the Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this postcard are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

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April is Sexual Assault Awareness Month

The history of Sexual Assault Awareness Month

April 2025 marks the official 24th anniversary of National Sexual Violence Resource Center’s (NSVRC’s) Sexual Assault Awareness Month — but did you know we can trace its history even longer?

Even before its official declaration, SAAM was about both awareness and prevention of sexual assault, harassment, and abuse. Looking at the history of the movement to end sexual violence, it’s clear why: It’s impossible to prevent an issue no one knows about, and it’s difficult to make people aware of a problem without providing a solution. The two work in tandem, and they always have. From the civil rights movement to the founding of the first rape crisis centers to national legislation and beyond, the roots of SAAM run deep.

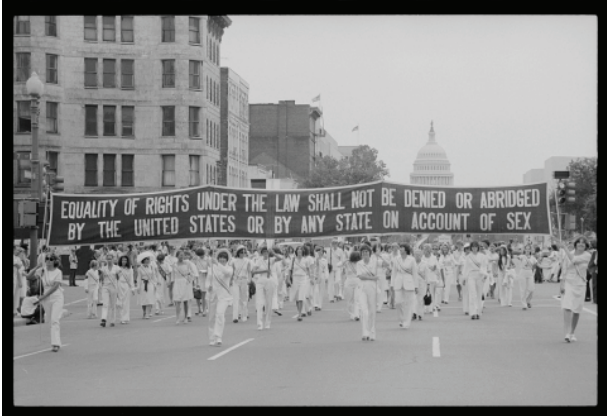
Roots of the Movement

As long as there have been people who care about making the world a better place, there have been individuals advo-

cating for sexual assault prevention. In the United States, movements for social change and equality began to gain traction in the 1940s and 50s with the civil rights era. Although open discussion of the realities of sexual assault and domestic violence were limited at these times, activists for equal rights began to challenge the status quo.

Efforts during this time were championed by Black women and women of color. Advocates like Rosa Parks worked at the intersections of race-based and gender-based violence (a framework that years later in 1989, advocate and professor Kimberlé Crenshaw would call “intersectionality”).

Wide social activism around the issue of sexual assault continued into the 1970s, bringing with it support for survivors and heightened awareness. The first rape crisis center was founded in San Francisco in 1971, the same city where the first U.S. Take Back the Night event was



Women’s Equal Rights Parade, 1977 (Library of Congress) held seven years later.

The following decades mobilized survivors and advocates to call for legislation and funding that would support survivors, such as the Violence Against Women Act of 1993 (VAWA).

Monumental changes like VAWA demonstrated that national efforts promoting sexual violence prevention were needed. Even before SAAM was first nationally observed in 2001, advocates had been holding events, marches, and observances related to sexual violence during the month of April, sometimes during a week-long “Sex-

ual Assault Awareness Week.”

In an effort to further coordinate awareness and prevention efforts, in 2000, the newly launched National Sexual Violence Resource Center and the Resource Sharing Project polled sexual violence coalitions. They asked organizations about their preferred color, symbol, and month for sexual assault awareness activities. The results showed that those in the movement preferred a teal ribbon as a symbol for sexual assault awareness, and SAAM as we know it was born.

NSVRC’s Role

For advocates at state coalitions, college cam-



The Rape Crisis Council for the Lehigh Valley holds an event, 1980

pus, or other community organizations, funding and time are often barriers to developing campaigns or resources related to awareness and prevention. That is why, each year, NSVRC coordinates a national SAAM campaign complete with the resources, graphics, and tools needed to hold an event or otherwise raise awareness.

Each year, NSVRC solicits feedback on SAAM, asking constituents about preferred topics to focus on. This feedback then informs the creation of the theme, which spans from the slogan to the de-

sign elements to the type of resources created. Once those resources and supplies are created, NSVRC shares them with a wide range of state, territory, and local organizations working to end sexual violence as well as individuals who want to make change in their communities.

Awareness & Prevention

In the early 2000s, the primary goal of SAAM was awareness — both raising visibility of the teal ribbon and the meaning behind it. By the mid-2000s, SAAM incor-

See History, see next page

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April is Sexual Assault Awareness Month

History

Continued from previous page

porated prevention more heavily, focusing on areas such as communities, workplaces, and college campuses. These campaigns discussed ways that individuals and communities can stop sexual assault before it happens by changing behaviors and promoting respect.

These two goals of awareness and prevention carried over into the

2010s, laying the groundwork for the SAAM that we see today. While each campaign has a different theme, they all share same common goals: to raise visibility about sexual assault and share how it can be prevented, whether that's through education about healthy sexuality, consent, or bystander intervention.

Previous SAAM materials: a CD cover, water bottles that say "Sexual As-

sault Awareness Month" in English and Spanish, a poster that says "It's time...to get involved," and stickers that say "It's time...to talk about ____!" and "Es hora...de hablar sobre ____"

Expanding Audiences

In more recent years, SAAM has focused on bringing in audiences beyond advocates — those who may not realize they play an important role in preventing sexual violence. Recent resources have focused on how people like parents, faith leaders, and coaches can become agents of change, while sharing the practical things each of us can do to prevent sexual assault.

SAAM has also branched out to Spanish-speaking audiences as well, with campaigns in recent years that include Spanish content. Whether that's resources that cover the same information from the English campaign in Spanish, a different theme and style of resources, or a combination of the two, SAAM en español has helped even more communities get involved in prevention.

The Future of SAAM
The history of

SAAM has shown us that, no matter what, those who want to end sexual assault and abuse will always find ways to advocate for awareness and prevention. Looking forward, we can be sure that SAAM will continue to grow and adapt, reaching even more audiences with the message that a world free of sexual assault and abuse is possible.



Join us for an unforgettable night of fun, dancing, and community at the SAPARS Spring Soiree! This special event supports Sexual Assault Prevention and Response Services, helping to create a safer and more supportive community for all. Dance the night away with us as we honor and award champions of change in our community. You can also bid to win exclusive items in our silent auction! Get your tickets now and be part of an incredible evening for a great cause! 18+ event

When: April 12, 2025
Where: Roderick-Crosby American Legion Post 28, 158 High St, Farmington, ME
Time: 6:30-9:30pm, doors open at 6:30 CASH BAR

Scan the QR code for tickets!

Where to Eat & Drink this SAAM!

- April 17th: Dine to Donate @ 290 Maine Street Restaurant at 290 Maine St, Norway, ME, from 4pm to close. 10% of proceeds to our work!
- April 22nd: Calzadito Pasta Co. at 284 Main St, Suite 1, Wilton, ME. 10% of the day's proceeds will support SAPARS work.
- All of April:
 - Meg's Sweets, 109 Fairview Ave, Farmington, ME will be donating their tip jar for the month of April
 - L/A Nutrition, 250 Center Street, Suite 4, Auburn, ME will be donating \$1 from each custom SAAM tea sold in April
 - The Root, 187 Main St, Farmington, ME will be donating \$1 from each sale of their custom Fearless-Rita or Survivor Spritz sold in April
 - My Dad's Place, 458 Old Joy Hill Rd, Jay, ME will be donating \$2 from each Coconut Colada, Electric Lemonade, or Power Margarita sold in April
 - Freedom's Kitchen & Bar, 103 Narrow Gauge Sq., Farmington, ME will be donating \$1 from each of their custom SAAM cocktail sold in April!

April 1
SAAM Day of Action!
Send a photo of you wearing teal to heather.turner@sopars.org to be included in our socials!

April is also Child Abuse Prevention Month (CAPM), make sure you're following @CACAF01 on Facebook!

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FAME launches Financial Literacy Month contest

AUGUSTA, ME – Maine has room for growth when it comes to K-12 financial education. Currently, only 15.2% of Maine high school students are required to complete a personal finance course prior to graduation. As a result, many students leave high school unable to successfully manage their money and make informed financial decisions, impacting their ability to pursue training and education after high school. To help raise awareness of the importance of teaching financial skills as early as elementary school, the Finance Authority of Maine (FAME) has launched its first-ever Design Your Dream Money Contest.

The contest, which was created in partnership with the Alfond Scholarship Foundation, will open on April 1st. Students in grades one through six are invited to create their own \$500 bill using a template created by FAME.

All contest submissions will receive a water bottle sticker from FAME and one student from each grade level state-wide will be selected as a grand prize winner and will receive a fun pack from FAME. In addition, each school that submits an entry will be entered into a school giveaway. The winning school will receive an Invest in ME Reads event hosted by FAME.

The purpose of the contest is to raise awareness of the importance of lifelong financial education and to engage families and students early in the topic in elementary school. FAME offers a variety of free resources to help families take small steps to build strong money skills at home. Many of these students were born Maine residents and have already received the \$500 Alfond Grant for higher education, underscoring the significance of this initiative.

“When it comes to money skills, parents and caregivers are the most important influence in a child’s life,” said Mary Dyer, FAME’s Financial Education Programs Manager. “Our goal is to make teaching about money fun and easy, and we have created a variety of programs that do just that. Through Invest in ME Reads, families will find extensive games, activities, and conversation starters to help them begin the money conversation at home. The Design Your Dream Money Contest is just another way to inspire young people to learn about money and dream about their future.”

Dyer emphasized the importance of family discussions about career pathways and education after high school, highlighting the \$500 Alfond Grant as a pivotal investment in the children’s futures. “We hope to encourage conversations at home that help kids and families to dream big about their future,” she added.

In addition to the contest, FAME offers a variety of resources and events to support financial wellness in Maine:

Invest in ME Reads: This free family financial wellness program was created by FAME to help parents and caregivers teach early financial skills. As part of the program, FAME provides free books, educational resources, activities, and tips to all Maine public school students in grades one through six to share at home with their families. Invest in ME Reads is now reaching over 84,000 elementary students across Maine.

Financial Check-in with FAME Seminar on April 4th: Personal Finance Foundations Part II: From Emergency Funds to Investing. You’re on a budget and have a solid emergency fund in place. What’s next? Are you ready to invest or start long-term savings for a home, education, or retirement? Perhaps you are still managing debt? Join us as we discuss intermediate steps on the road to personal financial wellness. Individuals can sign up here.

Free Online Personal Financial Education: FAME offers free online financial education to support Maine people during high school, college, and beyond. Any Maine resident can create their own account and use the interactive modules to learn their money personality, complete a course, create budgets, and more.

Claim Your Future®: Created by FAME, Claim Your Future encourages students to explore education after high school, future careers and money management. It includes career comparison tools, expanded student loan decision-making, and career videos. This free program is available as both a classroom game and an online resource.

Maine Jumpstart Fostering Financial Education in Maine Schools Conference: FAME is proud to continue its support of the Maine Jumpstart Coalition for Personal Financial Literacy will be hosting the 16th Annual Fostering Financial Education in Maine Schools Conference on May 9th.

Registration opens for UMaine Summer Educators Institute

MAINE -- The University of Maine College of Education and Human Development is accepting registrants for the 2025 UMaine Summer Educators Institute, which will be held June 25-27 on campus.

This year’s conference will feature experts from the college, as well as thought-leaders in the field of K-12 education from Maine and beyond, who will hold a series of workshops and talks around the theme “Learning Without Limits: Elevating Education Across Communities.” Attendees can choose from sessions in three strands: Cultivating Rural Teacher Leadership, Middle-Level Education and Reaching All Learners. During the conference, the college’s Center for Applied Research on Education and Schools (CARES) will host a meeting of its Rural Teacher-Leader Support Network.

Alex Shevrin Venet, a Vermont-based educator, professional learning facilitator and writer, is this year’s keynote speaker. Shevrin Venet is the author of two books, “Equity-Centered, Trauma-Informed Education” and “Becoming and Everyday Changemaker: Healing and Justice at School,” as well as numerous articles for publications like Edutopia and Mindshift. She is founder of the website Unconditional Learning and co-founder of Nurturing the Nurturers, which helps support teacher well-being. She teaches graduate-level courses for educators at Vermont State University and Antioch University New England.

Educators who participate in the institute are eligible for 25 contact hours or 2.5 continuing education units (CEUs). The cost to attend the three-day conference is \$595. Educators who register before May 1 will pay the early bird discount rate of \$525. There’s also a group discount rate of \$499 per person for three or more people from the same school, district or other organization. Participants are also eligible for a discount rate at Hotel Ursa, located on campus.

More information, including a link to register, is available online.

Maine community college students named to Academic Team

AUGUSTA, ME – Twenty-six Maine community college students have been named to the All-Maine Academic Team in recognition of their outstanding academic achievement, leadership, and service.

The students receiving the award and a \$500 scholarship from the MCCS Board of Trustees are:

Emma Dionne, Auburn, Central Maine Community College in Auburn

Ivy Hutchinson, New Vineyard, Central Maine Community College

Logan Levesque, Greene, Central Maine Community College

Zulma Lizarazo, South Portland, Central Maine Community College

Georgiana Baker, Frankfort, Eastern Maine Community College in Bangor

Emma Brezovsky, Bucksport, Eastern Maine Community College

Samuel Meyers, Corinth, Eastern Maine Community College

Stephanie Wright, Oakland, Eastern Maine Community College

Skye Havey, Somerville, Kennebec Valley Community College in Fairfield/Hinckley

Andrea King, Unity, Kennebec Valley Community College

Jaikari Rada-Gonzalez, Palermo, Kennebec Valley Community College

Jasmine Sanders, Augusta, Kennebec Valley Community College

Logan Bernier, New Canada, Northern Maine Community College in Presque Isle

Grace Flewelling, Easton, Northern Maine Community College

Robert Giles, Bangor, Northern Maine Community College

Ethan Thibeault, Mapleton, Northern Maine Community College

Emily Berry, New Gloucester, Southern Maine Community College in South Portland/Brunswick

Callie Chambers, Portland, Southern Maine Community College

Tyler LaFontaine, Bridgton, Southern Maine Community College

Anne Martucci, Bath, Southern Maine Community College

Jordyn Bray, Springfield, Washington County Community College in Calais

Chelsey Megquier, Calais, Washington County Community College

Nataleigh Blackman, Sanford, York County Community College in Wells

Pamela Meads, Kennebunk, York County Community College

Andrew Melendez, Berwick, York County Community College

Dionne was recognized for her academic achievements, campus and community engagement, and overall leadership. Dionne will be recognized during the American Association of Community Colleges’ (AACC) annual convention in Nashville in April.

The New Century Pathway Scholarship program is sponsored by The Coca-Cola Foundation, The Coca-Cola Scholars Foundation, the American Association of Community Colleges, and Phi Theta Kappa. Only one New Century Transfer and Workforce Scholar is selected from each state.

The All-Maine Academic Team is a program of Phi Theta Kappa, an international honor society for two-year colleges. Students are nominated and selected for the team by their college.

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Send all items for Arts & Entertainment to the editor.
Deadline is Friday by five pm.

Auburn Fire Chief Robert L. Chase named Chief of the Year

AUBURN, ME – The Maine Fire Chiefs’ Association (MFCFA) has named Chief Robert L. Chase of the Auburn Fire Department as the 2024 Maine Fire Chief of the Year. This prestigious recognition honors Chief Chase’s extraordinary leadership, his significant contributions to firefighter health and wellness, and his dedication to serving the Auburn community, the region, and the state of Maine.

Chief Chase has been a steadfast leader since taking the position as Auburn Fire Chief in April 2018, following his tenure as Fire Chief of Rumford for seven years. Chief Chase’s commitment to firefighter health has been a central tenet of his career. As the leader of MFCFA’s Health & Wellness Committee, he spearheaded efforts to enhance cancer screenings for firefighters across the state and his proactive approach led to the creation of a grant funded, comprehensive cancer and heart disease screening program for Auburn’s public safety personnel.

Beyond the firehouse, his work during the Covid-19 pandemic was instrumental in securing vaccine allotments for Auburn and Androscoggin County, and he led the cre-



ation of a vaccination clinic at the Auburn Mall that administered over 64,000 doses. Chief Chase also helped create the “Project Support You” initiative, which addresses addiction and homelessness by connecting individuals with appropriate social service agencies, reducing public safety calls in the process. Additionally, Chief Chase played a critical role in overseeing EMS services and was instrumental in establishing a reunification site for victims’ families after the 2023 mass shooting in Lewiston.

“Chief Chase believes in providing excellent service and that each crisis provides an opportunity to learn and improve on the services that need to be delivered,” said Auburn Mayor Jeffrey D. Harmon. “Chief Chase’s focus on mental health support for first responders during this crisis demonstrated

his deep concern for both the victims and the public safety personnel working tirelessly in difficult circumstances.”

A true advocate for professional development, Chief Chase’s commitment to training is unwavering. He is a HAZMAT instructor, a NIMS trainer, and holds numerous leadership positions, including serving as the Director of the Androscoggin County Local Emergency Planning Committee and a member of the Maine Fire Chiefs’ Association Board.

Chief Chase is widely known for his honesty, compassion, and unassuming nature, and he is highly respected by his peers, colleagues, and staff. “Chief Chase is a true professional who consistently goes above and beyond in every aspect of his role,” said City Manager Phil Crowell. “His unwavering commitment to the safety,

health, and well-being of his team and the citizens of Auburn is unparalleled. We are incredibly proud of his achievements, and we are thrilled that he has been named the 2024 Maine Fire Chief of the Year.”
See Fire Chief, page 14

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Keep the blood supply blooming: Give blood or platelets now

PORTLAND, ME — This April, the American Red Cross urges individuals to give lifesaving blood or platelets now as seasonal travel ramps up. The impact of busy spring calendars comes on the heels of an incredibly challenging winter, during which tens of thousands of blood products went uncollected due to weather. With upcoming holiday celebrations and record-breaking spring break travel expected in the coming weeks, donors of all blood types are needed, especially those with type O blood and those giving platelets.

Blood has a shelf life of only 42 days. With no substitute for blood and no way to manufacture it, volunteer donors are essential to patient care. Spring plans can disrupt normal giving patterns, but the need for blood is constant.

Help hope bloom this spring – book a time

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

All who come to give in April will be automatically entered for a chance to win a \$5,000 gift card. There will be three lucky winners. Additionally, those who come to give April 1-13, 2025, will receive a \$15 Amazon.com Gift Card by email. All who come to give later in the month, April 14-30, 2025, will receive an exclusive Red Cross T-shirt, while supplies last. See RedCrossBlood.org/Hope for details on all three offers.

Upcoming blood donation opportunities April 1-16

Androscoggin
Auburn
4/14/2025: 9 a.m. - 2 p.m., Edward Little High School, 77 Harris St

Lisbon Falls
4/14/2025: 12:30 p.m. - 5 p.m., Lisbon United Methodist Church, 14 School St.
Poland
4/15/2025: 9 a.m. - 2 p.m., Poland Regional High School, 1457 Maine St Route 26

Cumberland
Cape Elizabeth
4/10/2025: 12 p.m. - 4:30 p.m., Saint Bartholomew Church, 8 Two Lights Rd
South Portland
4/15/2025: 9 a.m. - 1:30 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy
Westbrook
4/11/2025: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street
Windham
4/16/2025: 12 p.m. - 5 p.m., North Windham Veterans Center, 35 Veterans Memorial Drive

Maine DOL holding Renewable Energy Career Fair

MAINE - Join The Maine Department of Labor at the Inaugural Renewable Energy Career Fair on Wednesday, April 16th, from 9 a.m. to 12 p.m. at the Greater Portland CareerCenter!

This event will bring together top professionals from the renewable energy sector and talented job seekers, creating an incredible opportunity to network, connect, and explore exciting career prospects.

In addition to job opportunities, you'll also discover available training

MAINE DEPARTMENT OF LABOR

opportunities to help you grow and advance in this rapidly expanding industry.

Discover training programs to boost your career

Be a part of the renewable energy sector!

Hope to see you there!

Meet industry leaders
Explore job opportunities

Explore Maine's growing renewable energy sector

April 16th
9:00 A.M. TO 12:00 P.M.

Greater Portland CareerCenter
151 Jetport Blvd., Portland, ME

Why Attend?

- Connect with leading employers in renewable energy
- Explore career pathways in a growing industry
- Discover training available at low or no cost for Maine residents
- Learn about opportunities for women in non-traditional occupations
- Find out how foreign-trained professionals can break into the field

Don't miss out on this exciting opportunity to jumpstart your future with a sustainable career in the renewable energy sector!

Are you looking to start a career in renewable energy?

Join us for a dynamic Renewable Energy Opportunities Career Fair designed for job seekers of all backgrounds interested in employment and training in this growing industry.

Whether you're a recent graduate eager to launch your career or have no prior work experience and training in the renewable energy sector.

COASTAL COUNTIES WORKFORCE, INC.

This workforce product and services are 100% funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The product was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor.

CareerCenter
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UMaine Extension hosting 4-H Ag Symposium for teens

ORONO, ME — University of Maine Cooperative Extension will host the 4th annual 4-H Agricultural Symposium for Maine teens on April 21–22.

The symposium is an overnight experience for youth ages 14-18. Participants will engage with industry professionals on the UMaine campus in Orono, develop leadership skills and nurture friendships with teens from around the state. Youth will participate in hands-on learning experiences like visiting a lab to examine parasites related to animal health, exploring cellulose nanomaterials from tree pulp at the Process Development Center, joining fun activities with Maine Bound



Mariah J. from Franklin County and Hannah J. from Cumberland County take a closer look at specimens from UMaine Extension's Diagnostic Research Laboratory, a highlight of the annual 4-H Agricultural Symposium. Photo courtesy University of Maine Cooperative Extension.

Adventure and more.

Previous 4-H membership is not required. Assistance with transportation can be provided upon request. The program is free but space is limited. Registration is required at

the program webpage.

For more information or to request a reasonable accommodation, contact Alisha Targonski at 207.622.7546 or extension.4hagleadership@maine.edu.

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

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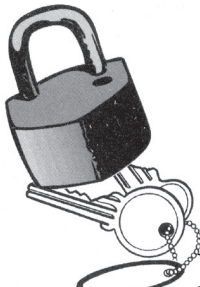
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Wednesdays
GORHAM – Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

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.

Saturdays
AUBURN -- Books! Books! Books! The Auburn Public Library Bookstore is now open on Saturday mornings. from 9:30-1:00. Choose from hundreds of gently used books, with most prices under \$3. We have books for children, teens, and adults, fiction and non-fiction. We often have puzzles, CDs, and DVDs, too. Stop in and browse our ever changing

Calendar

Send your submissions to the Editor. More online.

selection! Auburn Public Library, 49 Spring Street.

Apr 12
AUBURN -- The “Shop into Spring Craft and Vendor Fair” will take place on Saturday, April 12, 2025, at the Auburn Mall from 10 AM to 3 PM. A diverse group of crafters and vendors will be showcasing a wide range of unique items. It’s the ideal opportunity to find the perfect gifts for springtime occasions such as Mother’s Day, birthdays, weddings, and graduations. Admission is free, and raffle tickets will be available for purchase. All proceeds from the event will benefit the Greater Androscoggin Humane Society. Additionally, we will be collecting physical donations for the shelter on that day.

Apr 12
LEED -- Leeds Volunteer Fire Department Spring Pancake and French Toast Breakfast 6:30 am - 10 am, Serving: French Toast, Pancakes, Eggs, Bacon, Sausage, Ham, Home Fries, Coffee, Cider and OJ

Adults \$10, kids 4-12 \$6, under 4 Free. Funds Raised will purchase Personal Protective Gear

Apr 12
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/>.

Guy Davis - Sat, April 12, 2025 at 7:30 pm. Doors open 7:00 pm.

Guy Davis is a two-time, back-to-back Grammy nominee for Best Traditional Blues, a musician, actor, author, and songwriter. Guy uses a blend of Roots, Blues, Folk, Rock, Rap, Spoken Word, and World Music to comment on, and address, the frustrations of social injustice, touching on historical events, and common life struggles.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office, Gulf of Maine Books, or at ticketstripe.com/guy-davis.

Apr 15
TURNER -- Music for Mavis” hosts 2025 Cabin Fever Concerts at 98 MATHEWS WAY, OFF

RT. 117 TURNER CENTER. 6:00-7:30 PM. Leave the winter blues behind and enjoy music with your fellow music lovers, right beside the gazebo, downstairs in the TPLibrary Building. The music is as follows:

April 15: Jim Galant and Billy Belskis, Instrumentals/blues/Celtic/a mix

Apr 16
LEWISTON -- The Androscoggin Retired Educators’ Association will meet at 10:30 on Wednesday April 16th at Montello Heights, 55 College St., Lewiston, Maine. Coffee will be available at 10:00, so come early and socialize with friends. The cost of the luncheon meal is \$12. Checks should be made out to AREA. Send reservations to Gina Fuller, 36 Eliott Ave, Lewiston, Maine 04240.

Apr 17
FRYEBURG — South African musician McCoy Mrubata will be returning to the LHE/PAC’s Bradley Backstage on April 17th, at 7:00PM. Mrubata will be joined by his musical collaborator, guitarist Gary Wittner.

Apr 22
LEWISTON -- Celebrate Earth Day at the Lewiston Public Library in the Children’s Department on Tuesday, April 22, from 5:00 p.m. to 6:30 p.m. Children will learn about the importance of Earth Day and the ways they can reduce, reuse, and recycle. By using bottle caps, recycled paper, and plastic bags, children can create stylish friendship bracelets, goofy puppets, or adorable mini pets. This program is recommended for elementary-aged kids 6-14 years old. Free. No registration required. Bring recycled materials.

Apr 22
LEWISTON -- At 11am Chewonki will present their traveling natural history program, Owls of Maine: Habits and Adaptations of Maine’s Native Owls in Callahan Hall at Lewiston Public Library. This program includes an

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intimate and detailed look at a live owl, bringing these creatures of the night into the light! Free. No registration required. All ages are welcome to attend.

Apr 22-26
LEWISTON -- Join us at the Lewiston Public Library for Make an Owl Friend in the Children’s Department on the 3rd floor from April 22nd-26th. Come create your very own owl friend out of paper and feathers. Make an owl to take home or create one for display at the Lewiston Public Library. Use crayons, colored pencils, feathers and glue to decorate your paper owl. All materials are provided. Free. In person. For more information contact the Children’s Department at 513-3133 or LPLKids@LewistonMaine.gov

Apr 24
LEWISTON -- At 12PM at the Lewiston Public Library, don’t miss SPRING BREAK STEM: DISSECT AN OWL PELLET. Owls swallow their food whole but cannot digest bones and fur so these are separated by the owl’s gizzard. After several hours, the owl regurgitates a pellet of the undigested material. The pellets have been professionally sanitized and arrive ready for dissection, offering participants the chance to identify the bones of the owl’s previous meals. Free. No registration required. Gloves and dissection materials will be provided, as well as one owl pellet per participant. This activity is recommended for

kids ages 8 and older.

Apr 25
LEWISTON -- 10:00am at the Lewiston Public Library: SOME BUNNY LOVES YOU KEEPSAKE. Use your young child’s footprints to create a spring bunny keepsake. Free. No registration required. Recommended for caregivers and their children between the ages of birth-5 years old. 513-3133; www.LPLonline.org

Apr 26
TOPSHAM -- “All Aboard for the 2025 Great Falls Model Railroad Club Train Show! 10:00 AM - 3:00 PM, Mt. Ararat High School, 68 Eagles Way, Topsham, ME 04086 (Handicapped Accessible). Admission: Just \$5 per person (kids under 12 free with an adult.

Get ready to immerse yourself in the world of model railroads at the Great Falls Model Railroad Club Train Show in Topsham, ME! With over 100 tables featuring new and used trains, tracks, buildings, books, and more, you’ll find something for every enthusiast. From N to HO, S, O, and G scales, there’s something for everyone to enjoy.

May 3
BRUNSWICK— Get ready to set sail for an enchanting night at St. John’s Catholic School’s annual auction, “Treasures of the Deep”! Dive into the enchanted seas into the transformed St. John’s Community Center as year’s event promises to be an unforgettable celebration featuring incredible auction items, delectable cuisine from Cook’s, and top-tier entertainment-all in support of our students and school community. This much-anticipated gathering promises an enchanting evening under the sea!

May 3, 2025 at 5:30PM at St. John’s Community Center

Fire Chief
Continued from page 11

Chief Chase accepted this prestigious award at the annual Maine Fire Chiefs’ Association Professional Development Conference this week where he was joined by his family, City of Auburn staff, and fire chiefs from around the state and New England.



Finding meaningful work that’s flexible and close to home

Direct Support workers help Mainers stay connected to their communities

From her earliest memories, Kathleen’s mother, Alice, has been independent. Having raised four children largely on her own, Alice worked until she was 85 and is a fixture in their island community.

But as Alice aged, her vision began to deteriorate. She wanted to continue living independently in the home and community she loved, but she and her kids knew that she needed a helping hand to remain safe and happy.

For the family, that helping hand came from Jim, a Direct Support worker, who lives nearby, and now visits Alice for a few hours, several days a week. He supports her with a variety of household tasks, including shopping and preparing meals. Often, the most valuable support is the conversation and camaraderie he provides.

“Jim is my godsend,” Alice said. “I look forward to him every single week.”

Jim is part of the growing field of Direct Support, ensuring that Mainers with age-related, physical, behavioral, intellectual and cognitive health needs have the support they need to stay safe, independent and empowered to achieve their personal goals.

For Jim, this is the ideal encore career. At 65, he retired from his full-time job; but after two years, he began to feel restless.

“If you have too much time you can overthink things and feel like you’re missing out on something,” he said. “But when you’re helping somebody, it feels like you’re in exactly the right spot. And that’s such a good feeling.”

For Dakota, 24, the steady presence of a Personal Support Specialist, Sonya, has made all the difference in the world. Dakota, who lives with intellectual and developmental disabilities, says that Sonya’s support has allowed him to gain the independence and a sense of connection to the community that he didn’t have before. In addition to assisting with activities of daily living, her support allows him to go to the movies, go to bookstores and do many other activities he loves.

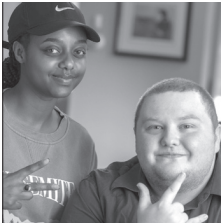
“It makes me feel so happy to be a part of society,” he said. “With her support, I really feel like I’ve been able to flourish.”

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



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“It makes me feel so happy to be a part of society,”



Leeds Volunteer Fire Department

Spring Pancake and French Toast Breakfast

Saturday, April 12th!

6:30 am - 10 am



Serving: French Toast, Pancakes, Eggs, Bacon, Sausage, Ham, Home Fries, Coffee, Cider and OJ



Come join us @ Leeds Fire Station, Route 106 + Ridge Road, Leeds
Adults \$10, Kids 4-12 \$6, under 4 Free



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SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SEPTEMBER 15 - 18, 2025 - THE GRAND CANYON OF PENNSYLVANIA - Trip includes 3 nights lodging, 3 breakfasts and 3 dinners including the historic Peter Herdic House and The Carriage House. Highlights of this tour are Susquehanna River Cruise, Pennsylvania Grand Canyon Wagon Tour, Millionaires Row Tour, Thomas Taber Mu-

seum, Historic Rowley House and much more. A \$75.00 deposit is due upon signing up. Price of this trip is \$769.00 pp double occupancy and \$918.00 for a single. Final payment is due July 17, 2025.

OCTOBER 6 – 10, 2025 – ATLANTIC CITY, CAPE MAY, & PHILADELPHIA - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble. Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy.**

Final Payment is due 7/30/25.

NOVEMBER 16-26, 2025 – CLASSICAL GREECE - Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners). Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

APRIL 14 - 22, 2026 - HOLLAND AND BELGIUM SPRINGTIME CRUISE - Trip includes 9 days and 20 meals. Highlights are 7 Night River Cruise, Amsterdam with Canal Cruise, Keukenhof Gardens, Middelburg, Belgium Waterways, Scenic Sail, Bruges, Antwerp, Kinderdijk Windmills. Ship is the MS Amadeus Brilliant. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$898.00 pp plus \$699.00 if you

want travel protection. Rates vary depending on the cabin category you choose.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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

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Start Here, Stay Here: Understanding MaineCare

A LUNCH & LEARN

THURSDAY, APRIL 17
11:30 A.M. REGISTRATION
NOON PRESENTATION
440 Minot Avenue | Auburn, ME 04210

Navigating the MaineCare system can be a challenge, but we're here to help simplify the process! Join us for lunch and a presentation on how to navigate the system, from understanding what documents you need to collect to how the spend-down process works.

It's one of the many ways we're here to support you. Space is limited.



RSVP as soon as possible. These events fill up fast!
207-367-3679

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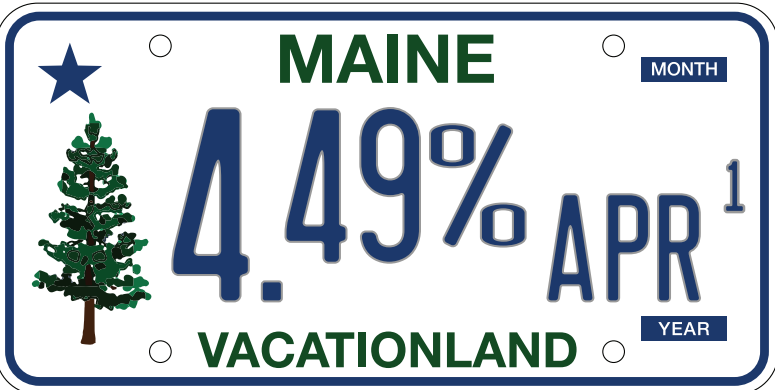
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