

L/A Community Little Theatre to present *The Little Prince*

AUBURN, ME -- L/A Community Little Theatre in Auburn will present *The Little Prince*, opening on May 9, 2025.

In this children's classic, a young man and an Aviator visit various planets, learning about loneliness, friendship, love, and loss. The two have a whirlwind adventure together, and by the end, both the "little man" and the Aviator must go home—each with a new understanding of how to laugh, cry, and love again.

The performance dates for *The Little Prince* are May 9th, 10th, 15th, 16th, and 17th 2025 at 7:30 pm, and May 11th, and 18th at 2:00pm. Tickets and subscriptions are available online at www.lact.com/box-office-1 or by calling 783-0958. Ticket prices (including all fees) are \$25.00 for adults, \$22.00 for seniors and students, and \$17.00 for children ages 13 and under.



Front left to right: Elliot Manfrim, Hazel Flynn, Evelyn Lenherth Back row: Tony Roy, Ken Mansur, Nicole Emery and Kevin Bolduc

Affordable internet after the ACP

LEWISTON, ME -- In partnership with the National Digital Equity Center, the Lewiston Public Library will host an internet connectivity class, Affordable Internet After the ACP, on Wednesday, April 23rd from 4pm to 5pm in the 2nd floor Idea Lab.

Over 20 million US households utilized the Affordable Connectivity Program while it was in effect. When the program's termination was announced in June 2024, many were left with questions about affordable internet access.


In this one-hour class we will look at the timeline published by the FCC regarding the Affordable Connectivity Program winddown, so you know what to expect. We will also look at several options


AFFORDABLE INTERNET
AFTER THE ACP

Wednesday, April 23rd
4:00-5:00pm
2nd Floor Idea Lab

Free. Registration Required.

Contact us at 513-3135 for
registration assistance.





which may help you get the internet access you need at a price you can afford.

Requirements for this class: No devices are required; just bring yourself. This is a free class, and registration with the National Digital Equity Center is required. Registration is available here: https://digitalequitycenter.org/classes/class/affordable-internet/?instance_id=5764 If you need help

registering, please contact Adult Services at 513-3135, LPLReference@gmail.com, or visit us at the reference desk on the second floor.


The National Digital Equity Center provides Digital Literacy classes that provide opportunities for professional growth, personal enrichment, the development of computer skills, and preparation for professional careers in a supportive environment. For more information, please visit <https://digitalequitycenter.org/>

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on this program is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewis-tonmaine.gov.

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Sexual Assault Awareness Month Pages 7-9

Junior volunteers answer the call to serve at St. Mary's

LEWISTON, ME -- At St. Mary's Health System, a new generation of caregivers is learning what it means to help others. Wearing their distinctive volunteer badges, these dedicated teenagers navigate the hospital halls with purpose, bringing smiles and support to patients and staff.



The Junior Volunteer Program has flourished with 17 young volunteers making their mark last summer by dedicating 1,435 hours. Nine of these volunteers achieved the milestone of 100+ hours of volunteering.

"Although I've always been interested in the medical field, this opened my eyes to the vast scope of opportunities that I have to help patients in the future," says one of the junior volunteers. Open to teens ages 14-17, the program requires volunteers to work at least one 8-hour shift a week during sum-

mer, though many choose to continue volunteering their time through the school year. These ambitious young people assist with patient transportation, flower deliveries, errands, mail deliveries and special projects at the hospital or support resident engagement activities at d'Youville Pavilion, St. Mary's rehabilitation and long-term care residences.

Volunteers' orientation covers St. Mary's heritage, core values, mission and essential healthcare protocols. Many participants are exploring healthcare careers, while others

have family connections to St. Mary's or simply want to give back to their community.

"Our staff and patients genuinely appreciate our junior volunteers," says Mariah Rinck, patient experience manager and former junior volunteer. "They bring a refreshing sense of energy, optimism, caring and humor that directly translates to improving the patient experience at St. Mary's."

Learn more about St. Mary's volunteer opportunities by visiting their website: <https://stmarysmaine.com/>

Greater Androscoggin Humane Society Dog Walk & 5K Run

LEWISTON, ME -- The Greater Androscoggin Humane Society is now accepting registrations for people and their canine friends to walk in the Strutt your Mutt or run in the Dash for Dogs 5K on Sunday, April 27th

Both events will take place at the Greater Androscoggin Humane Society. Registration begins at 8:00am with the timed run and walk (the walk is not timed) starting at 9:00am. Cost to pre-register for

both the 5K and the Walk is \$30 in advance or \$35 onsite the day of the event. The money raised from this day stays right here in our community and directly benefits the homeless, abandoned and abused animals at the Humane Society for their food, shelter, veterinary care and a chance at a new home.

This is a casual "people" run/walk along the Androscoggin Riverside Trail; dogs are welcome, but not necessary. Participating as a team through your business or with your friends is also encouraged. Dogs must be leashed on leads no longer than 6' (no retractable leashes allowed) and have their current rabies vaccination. No dogs in heat please. Sign up information is available at www.gahumane.org/dashfordogs/

The Greater Androscoggin Humane Society, located at 55 Strawberry Street, is a 501(c)(3) non-profit organization. See Run, page 14

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to the editor.

Newsmakers, Names & Faces

Blankets on display for Homeless Memorial Blanket Project

SOUTH PORTLAND, ME — The Homeless Memorial Blanket Project (<https://memorialblanket.org>) will display handmade blankets and quilts at Maine Mall in South Portland, Maine on Tuesday, April 22 to highlight the link between homelessness and domestic violence.

The display inside Maine Mall (Center Concourse) in South Portland, Maine is one of many events planned for the Housing NOW! National Day of Action organized by National Coalition for the Homeless (<https://nationalhomeless.org/housing-now-national-day-of-action/>). The blankets on display were created by artisans from Pennsylvania, New Jersey, Massachusetts, and Maine.

Organizers of the blanket display, partnering with Through These Doors (<https://www.throughthese>

[seddoors.org](https://www.throughtheseddoors.org)), said that escaping domestic violence is a primary cause of homelessness for women.

“Domestic violence is a crime forcing countless adults and their children to live on the street,” Blanket Project organizer Pat LaMarche. “Now that the Supreme Court has criminalized homelessness, this vulnerable population can be assaulted by their government as well. Our blanket makers have taken notice and want to gift their blankets to Through These Doors and other domestic violence shelters so that the victims know that they are not forgotten.”

After the display, the blankets and quilts will be donated to domestic violence shelters.

The April 22 date marks the one-year anniversary of the Supreme Court’s hearing of oral arguments in the Johnson v. Grants Pass case, in which

the city of Grants Pass in California defended a law that effectively criminalized homelessness.

The court sided with Grants Pass and against the right of people experiencing homelessness not to be ticketed, harassed, arrested, or jailed or to lose all their belongings because of their lack of housing. Among those endangered by the ruling are women and children fleeing abuse in their homes, with nowhere else to go.

Founded in 1977, Through These Doors serves victims and survivors of domestic abuse, dating violence, and stalking. Its core service is a free, confidential, anonymous 24-hour helpline.

“We are pleased that the Memorial Blanket Project chose our community this year to highlight the plight of unhoused individuals, particularly those who are homeless

due to domestic violence,” said Rebecca Hobbs, co-director of Through These Doors, the only regional domestic violence resource center in Cumberland County, Maine. “Domestic violence is the primary cause of homelessness for women and in our community, we are not able to meet the need for shelter beds or safe affordable housing after shelter.”

“We thank the Memorial Blanket Project and the Charles Bruce Foundation for the moving demonstrations they create all over the county of real people of all ages and genders who too often resort to fleeing their home and facing life on the street or their car to stay safe. None of us should have to make those choices,” said Ms. Hobbs.

Donations of blankets and quilts for April 22

The Homeless Memorial Blanket Project’s

last display took place at Independence National Historic Park in Philadelphia, Pennsylvania on December 21, 2024. More than one thousand donated handmade blankets and quilts covered the lawn and were thereafter distributed to families and individuals without homes.

Those who would like to contribute their skills to the April 22, 2025 display can create blankets and quilts using any method they prefer — by knitting, crocheting, quilting, or sewing — and can donate them through the Memorial Blanket Initiative.

The blankets can be either 45 inches x 80 inches for individuals or 60 inches x 80 inches for family blankets. The Memorial Blanket newsletter at <https://memorialblanket.org> will provide information on transporting blankets to the display location.

In Maine, Pastor Mi-

chael Rhyne of Redeemer Lutheran Church, 504 Essex Street in Bangor, will be setting up pick ups around the state for people with handmade blankets they’d like to gift to a person fleeing domestic violence.

For those unable to make blankets but still eager to contribute, financial donations are also accepted to help cover shipping costs, materials for others to turn into blankets and to support other organizational efforts. Donations can be made directly at <https://memorialblanket.org>.

The Homeless Memorial Blanket Project is hosted by the Charles Bruce Foundation (<https://charlesbrucefoundation.com>), which is located in central Pennsylvania. The April 22 display will be an arts installation by this nonprofit 501(c)(3) organization.

April is Safe Digging Month: Call 811 before you dig

PORTLAND, ME – April is National Safe Digging Month, and Summit Natural Gas of Maine (Summit) is reminding customers across Maine to protect themselves and their communities by notifying 811 before starting any digging project.

Whether you are

planting a tree, building a fence, or taking on a bigger landscaping project, contacting 811 before you dig is not just smart, it’s the law. In Maine, homeowners and contractors must call three working days before digging.

“When you contact 811, utility operators

come out and mark their underground facilities so you can dig safely without risking serious injury or service disruptions,” said Fred Kirkwood, Chief Customer Experience Officer at Summit. “A phone call to 811 can prevent accidents and keep your home and neighborhood

safe.”

Even small projects can pose big risks. Accidentally hitting a buried utility line can result in expensive repairs, outages, and even serious injuries. That is why Summit urges customers to hand dig, which means to use manual tools like a shovel,

within 18 inches of utility marks and avoid using mechanized equipment when working within a foot and a half to those areas.

Here’s what to remember:

Call 811 before you dig. It is free and easy.

Wait for utility lines

to be marked to know what is underground.

Respect the marks and always dig with care.

Learn more about how 811 works and how to dig safely at www.811beforeyoudig.com and www.summitnaturalgasmaine.com/NaturalGasSafety.

Applications open for immigrant-led organizations fund

MAINE -- The ILO Fund at Maine Initiatives is a participatory grantmaking program that funds, strengthens, and convenes immigrant, refugee, and migrant non-profit organizations in Maine, uncaded

Wabanaki Territory.

The 10 immigrant-led organizations chosen for the 2025 cohort will each receive a \$45,000 unrestricted grant paid out over 3 years (August 2025 - August 2028), in addition

to opportunities for peer learning, training, capacity building, and community outreach activities with their fellow grantees.

Interested organizations are encouraged to:

Download and review the Funding Opportunity Announcement to learn more about eligibility requirements, award terms, and application instructions.

Click here to register for the Wednesday, April 9th applicant information session from 12:00pm-1:00pm.

Submit your application on Maine Initiatives grantmaking portal by May 9th, 2025 11:59pm ET. You can refer to this How to Apply pdf to support your application process.

Immigrants have and



2024 Immigrant-Led Organizations Fund Grantee In Her Presence

continue to be essential for the social and economic development of Maine.

Since its inception in 2018, the ILO Fund has forged deep relationships with the multifaceted, highly skilled, and robust ecosystem of immigrant-led organizations in our state. The continual growth of this ecosystem was one of the driving forces behind the ILO Fund’s transition from rapid-response, short-term awards to multi-year, unrestricted grants in 2024. This shift reflects the ILO Fund’s steadfast belief that immigrant flourishing is vital to advancing racial justice and equity statewide.

Feel free to contact ilofund@maineinitiatives.org if you have any questions after reading the Funding Opportunity Announcement.

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Letter to the Editor:

Proposed legislation will help address student behaviors

School suspension or expulsions, while intended to address problematic behavior, often fail to do so. They actually can make things worse and lead to increased academic struggles, higher dropout rates, and potential involvement in the criminal justice system later in life. Although overall Maine has lowered our statistics for suspensions, we also still have the second-highest rate of preschool student expulsions in the country. This is problematic because we are already aware of the potential harm suspensions can cause, and we are still using this type of disciplinary action to handle our youngest students. Most of which are in their first year of a structured education setting and are still developing and learning important social and emotional skills on top of so many other important skills and fundamental competencies. Most school districts in Maine do not have a structured multidisciplinary approach when it comes to difficult behaviors and threats of violence, making it more difficult to effectively deal with each scenario.

Currently Maine state legislators have proposed “An Act to Update the Provision of Law Concerning Student Codes of Conduct in Order to Reflect Best Practices Regarding Behavioral Threat Assessment and Response”. This amendment to the current laws would allow schools to put into place a structured multidisciplinary approach to assess and handle behavioral threats of violence. Instead of putting pressure onto our principals or lead staff to make a critical decision solely, this new law would ensure that schools have a committee of people that oversee these critical issues. As a group they can meet, assess the situation, determine what level of follow up and discipline is needed that would be appropriate for each situation uniquely. By implementing a team of people to assess behaviors and the threat to other staff and students, schools can continue to reduce these negative outcomes that come from punitive punishments, while being able to also keep a safe and supportive environment that promotes learning and growth. I strongly recommend the people of Maine to get out, advocate to your representatives to have this Act passed in order to have our Maine law updated and more importantly so that we can take the pressure off of others to make the right decision and ensure we have a whole group of people to oversee these important events. But most importantly we should be advocating to do right by our children of all ages, and ensure they have the best learning experience possible.

Nicole Magioncaldaa,
University of Maine,
Masters of Social Work Student

We want to hear from you!

Please submit your letter to the editor by 5pm on Friday for next weeks edition.

Email: editor@twincitytimes.com

Skowhegan Savings promotes James Alberico

SKOWHEGAN, ME -- Skowhegan Savings Bank is pleased to announce the promotion of James Alberico to senior vice president chief risk officer, overseeing credit analysis and risk for the bank.

“James has been an integral part of Skowhegan Savings for over 26 years,” said Vicki Alward, executive vice president chief operating officer.


“During that time, he has worked in several different departments within the bank and has a vast knowledge of the banking industry as a whole that along with his dedication to our customers makes him a valuable addition to our senior management team in this position.”

Alberico started at the bank out of high school and has held positions in deposit operations, accounting, indirect lending, mortgage lending, commercial credit and most recently as the vice president risk management officer.

Alberico expressed gratitude for their career at the bank, highlighting the company’s commitment to internal growth and its dedication to their customers and communities, “I really found a career here at the bank and it’s been an honor to work for a company that deeply cares about their employees, customers and communities.”

“I look forward to the challenges of this new roll’s responsibilities in continuing to further protect our both our personal and business customer’s financial well being in a manner that helps them reach their goals.”

Alberico graduated Sigma Beta Delta from Thomas College with an associates degree in business administration, his tuition fully paid by the Skowhegan Savings’ employee educational program. He serves on the boards of the Kennebec Valley Community Action Program, Skowhegan Rotary Club and Skowhegan Area Cal Ripken Baseball. Alberico resides in Skowhegan with his wife and three children.



Ryan Clark joins Fontaine Family Team

MAINE -- Fontaine Family - The Real Estate Leader is proud to announce Ryan Clark as the newest addition to their growing Scarborough team.

With a diverse professional background and a passion for helping people, Ryan brings a unique blend of dedication, creativity, and heart to the world of real estate.

Ryan grew up in Sanford, Maine, where he attended Sanford High School before continuing his education at the University of Southern Maine. He holds a Master’s Degree in Occupational Therapy and previously served as an Occupational Therapist within the Sanford School Department. His drive to serve others and his entrepreneurial spirit also led him to start his own painting business, Fine Point Painting, while also working as a Dental Representative for Procter and Gamble.

Now residing in Eliot, Maine, Ryan shares his home with his wife, Alexandra, and their two beloved cats, Chowder and Goose. Ryan is the youngest of four siblings, with a twin sister, and treasures the strong family roots that shaped him. In his downtime, Ryan is an avid outdoorsman who enjoys hunting, fishing, playing basketball, surfing, and spending time at the beach or lake. He also loves exploring new restaurants, exercising, and catching a game with friends.

For real estate opportunities with Ryan Clark, he can be contacted by phone at (207) 206-9090 or email Ryanclark@fontaineteam.com

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



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Seniors Not Acting Their Age

A Blustery Hike on Bald Mountain



A couple approaches treeline on blustery Bald Mountain

There are a lot of Bald Mountains in Maine. I count at least four: Bald Mountain in Oquossoc, Bald Mountain in Weld, Bald Mountain in Acadia National Park on Mount Desert Island, and Bald Mountain in the Camden Hills. There may be more.

The four Bald Mountains have a similarity. All of them are relatively short mountain hikes with excellent views. I suspect they're bald as a result of forest fires. Balding myself (not the result of a forest fire), I've enjoyed multiple hikes on each of them.

Bald Mountain in the Camden Hills is closest to my home in Topsham; hence the one I hike most

frequently. That Bald Mountain is located in Rockport and situated between Ragged Mountain and Mount Megunticook and not to be confused with Bald Rock Mountain on the northeastern end of the Camden Hills Range in Lincolnville.

Camden Hills Bald Mountain has special appeal for me because it's a short scenic mountain hike that I can complete in a half day, including the drive time. Although a little under 3 miles roundtrip, the hike encompasses several features of much taller peaks. Rock scrambling, sheer cliffs, and spectacular views are all part of the small mountain experience.



An open ridge on Bald Mountain offers spectacular views of Ragged Mountain and Penobscot Bay

The 1,280-foot mountain has the distinction of being the fifth highest peak on the eastern seaboard of the United States. Ownership of the wilderness area is unclear to me as there is conflicting signage; however, it appears the current owner is Bald Mountain Preserve, an affiliate of Coastal Mountains Land Trust.

When hiking Bald, it's also possible to connect with Ragged Mountain via a side trail and complete a two-mountain excursion; something I've had the good fortune to do on several occasions. However, in recent years I've normally hiked them

separately; a function of old age.

In need of a March mountain fix, I decided on Camden Hills Bald. Since I only had an afternoon of availability, the short scenic outing was the ideal choice. None of the usual suspects were able to join me so I elected to go solo.

Gusty winds were blowing when I arrived at the trailhead parking lot on Barnstown Road in Rockport on a cool, gray day. Much of the itinerary is protected from the wind so that issue was not a significant concern. The parking area was covered with ice so I decided to wear micro spikes from the outset and used them throughout the hike.

I immediately crossed Barnstown Road and traversed an ice and snow-covered field before entering a mixed hardwood and conifer forest. With the exception of barren boulders and ledges, snow and ice covered surfaces were experienced the entire trek.

Initially, the winding trail crosses a couple of short wooden bridges and then connects with a side path that leads to Ragged Mountain. The gradient increased as I turned left onto narrow Bald Mountain Trail and soon passed



A steep boulder garden must be ascended on Bald Mountain

two scenic overlooks facing the lower slopes of Ragged Mountain.

After some easy hiking, I reached the foot of a long, steep boulder garden. Although much of the rocky ascent was free of snow, I still needed micro spikes on several icy spots as I scrambled up the demanding incline.

Wonderful views along the cliffs of an extended open ridge were my reward. I paused to enjoy a panoramic vista of the Snow Bowl Ski Area on Ragged Mountain, Hosmer Pond below and western Penobscot Bay in the distance.

Progressing into a forested area, the trail steepened and narrowed. I could hear powerful winds blowing as I approached tree line. I added a parka and balaclava in anticipation of an arctic blast.

I estimated the gusty northwest winds were in the 50-mile per hour range when I crossed over the bald summit and found refuge on east-facing ledges for a snack. The view of Penobscot Bay from that location was spectacular and the exciting windy environment very stimulating.

Shortly after descending below tree line, I met a couple approaching

the summit. We agreed that the blustery weather added an invigorating element to the hiking experience.

Gusty winds howled above me during my descent. They were a welcome distraction from soreness that developed in an ailing knee. Likely my last mountain hike of the winter, it was certainly a memorable one.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* describes nine of the best mountain treks 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.ronchase-outdoors.com or he can be reached at ronchase-outdoors@comcast.net

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

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UMA Augusta honors graduates at 2025 commencement ceremony

AUGUSTA, ME — The University of Maine at Augusta (UMA) will celebrate the achievements of its Class of 2025 at this year’s commencement ceremony, recognizing approximately 500 graduates and honoring several distinguished leaders in the community.

UMA is honored to welcome Michael-Corey F. Hinton, a respected attorney and citizen of the Passamaquoddy Tribe at Sipayik, as this year’s keynote speaker. Hinton leads the Tribal Nations Practice Group at Drummond Woodsum in Portland, advising Tribal Nations on federal Indian law, environmental policy and economic development.

His career includes prior roles with the National Indian Gaming Commission and the Senate Committee on Indian Affairs, as well as ongoing work as a trustee of the Abbe Museum and member of the Thompson Brothers’ 4 the Future Foundation Executive Committee. Hinton’s work reflects a deep commitment to service, advocacy

and leadership.

UMA President Jenifer Cushman praised the graduating class for their dedication and perseverance. “UMA’s Class of 2025 represents the strength and determination it takes to pursue higher education in today’s world,” she said. “We are proud to celebrate their achievements and confident they will make a meaningful impact in their communities and careers.”

In addition to celebrating its graduates, UMA will recognize several individuals for their exceptional contributions to their communities and fields:

Student speaker Shannon “Mac” McNamara, graduating with a Bachelor of Architecture degree, will address her fellow classmates. Known for her creativity, perseverance and passion for using design as a force for good, McNamara embodies the innovative spirit of UMA’s architecture program.

UMA will confer an honorary degree on Chuck Hays, a transformative leader in Maine’s health-



University of Maine at Augusta Commencement | photo by Duncan Persons

care landscape. UMA recognizes his longstanding commitment to accessible, community-based care.

Distinguished Alumni Awards will be presented to Justin Chenette and Mary Gibson.

Justin Chenette ’21, is a dynamic public servant, communications leader, author and founder of a nonprofit scholarship fund that empowers future leaders. Through his personal and professional work, Chenette champions civic engagement, mental health and expanding educational access. He has earned national recognition, including 40 Under 40 honors from The Advo-

cate and MaineBiz, as well as Presidential Volunteer Service Awards from Presidents Bush and Obama. Chenette completed his postbaccalaureate in public administration at UMA in 2021.

Mary Gibson ’07, founder of the Noowuh Knowledge Center, is an advocate for Indigenous rights and cultural preservation. She works to protect the language, heritage and history of the Western Shoshone people while advancing human rights both locally and internationally. She has represented her community at the United Nations and leads youth and community efforts in



cultural education and environmental justice. Her work reflects her commitment to keeping Indigenous knowledge alive through grassroots action and global advocacy. Gibson earned her bachelor’s degree in information and library science from UMA in 2007.

UMA’s 2025 commencement ceremony will be held Saturday, May 10, at 10 a.m. at the Augusta Civic Center, 76 Community Drive, Augusta.

For those unable to attend in person, the ceremony will be livestreamed and available for later viewing at uma.edu/commencement, where additional details about the event can also be found.

UMA is committed to making commencement accessible to all. American Sign Language (ASL) interpretation will be available throughout

the ceremony, and the Augusta Civic Center is ADA compliant. Family members and guests who need accommodations are encouraged to contact Sydney Olson by April 28 at 207-262-7825, toll-free at 1-877-862-1234, ext. 7825, or via email at sydney.olson@maine.edu.

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Take steps now to prevent black bears from coming to you

MAINE -- The spring weather has finally arrived and wildlife is wasting no time shedding winter’s grip to enjoy the spring season!

For many of these animals, such as black bears, they have lost a significant amount of body weight and are on the move looking for food after emerging from their winter dens. While denning, black bears enter a state of torpor, slowing their metabolism and respiration, breathing only once per 15 to 45 seconds, and dropping their heart rate to 8-21 beats per minute. Even with a lowered metabolic rate, bears still lose significant body fat. Unlike true hiberna-

tors, bears don’t eat, drink, urinate, or defecate during this time.

Once spring comes and bears emerge from their dens, they are working to regulate their bodily functions slowly until normal activity ensues. Bears will seek out limited springtime foods such as insects, grasses, sedges, leftover hard mast from the fall, and other early spring vegetation. While natural foods are limited, bears may take the risk and wander into backyards in search of easily accessible food. It is especially important be proactive about securing and removing backyard attractants this time of year to prevent

conflicts with black bears.

Take steps now to prevent black bears from coming to your yard:

Remove birdfeeders between April 1 and November 1; Rake up unused bird seed from the ground; Learn how to plant natural foods to attract birds, not bears

Store garbage cans in a building or enclosed by electric fence; Take cans to the curb on morning of pickup; Keep dumpster lids and doors closed and latched; Use bear-resistant dumpsters or garbage cans; Keep outbuilding and garage doors closed at all times and repair broken windows and doors

Clean grills thor-



oughly after use; Store grill inside when not in use; If you are having bear

conflicts, stop grilling until bear moves on

Feed pets inside; Store livestock and pet food inside; Keep livestock in buildings at night

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LEWISTON, ME -- Share a laugh, shed a tear and warm your heart with the magical romantic comedy *Now and Then* playing May 2 – 11 at The Public Theatre in Lewiston.

They say there are no “do-overs” in life, but if you could get one, would you take it? Late one night in an Irish pub in Chicago, a young bartender and his girlfriend receive an intriguing proposition from a mysterious last-minute customer offering them \$2,000 to sit and talk with him for an hour. What follows is an unexpected emotional time-warp filled with laughter, romance, tears and a valuable life lesson. Don’t miss this magical and wise romantic comedy about listening to your heart

Featuring a fully professional cast of actors with Broadway credits, *Now and Then* is a deeply romantic, thought-pro-

voking and satisfying play offering humor, heart, and a mystery that will keep the cleverest theatregoer intrigued. Artistic Director Janet Mitchko says, “*Now and Then* looks at love through the eyes of a couple in their 20’s as well as in their 60’s and offers an important piece of advice for audiences of all ages.”

Starring as the mysterious old man is MITCH POULOS. Mitch appeared in the National Tour of *Billy Elliot* as well as on tv in *Curb your Enthusiasm*, *The Office*, *Criminal Minds* and *Arrested Development*. Playing the equally mysterious older woman is LINDA MARIE LARSON. Linda has appeared on Broadway in *Vanya and Sonia* and *Masha and Spike*; Gary: A Sequel to *Titus Andronicus*; *Deuce and Jackie: An American Life*. Her television credits include *Succession*, *House of Cards*, *Blue Bloods* and

Masters of Sex, among others.

Playing the romantic piano-playing young bartender Jaime is DYLAN S. WALLACH. Born in Maine, Dylan has appeared on Broadway in the Tony Award winning play *Leopoldstadt*, and *Betrayal* with Tom Hiddleston. His delightfully spirited girlfriend Abby will be played by ALLISON ALTMAN. Allison appeared on Broadway in *Birthday Candles* starring Deborah Messing and recently performed in the Huntington Theatre’s hit *Triumph of Love*.

The Irish pub in which the plays takes place is created by Courtney Smith, lighting by Michael Reidy, sound design by Charles Coes and costumes by Frederica Jepson.

Filled with humor, heart and romance, *Now and Then* makes the perfect

See Theatre, page 14

Auditions opening for CLT’s *The Spongebob Musical*

AUBURN, ME -- L/A Community Little Theatre is excited to announce open auditions for *The Spongebob Musical*, to be presented at our theater home at 30 Academy Street in Auburn, ME.

Production Team: Director - Brandon Chaloux Assistant Director - Cody Watson Vocal Director - Moll Brown Choreographer - Karianna Merrill Stage Manager - Sarah Chaloux Audition Date - May 11 & 12 6:30 Show Dates: August 8-10 & 14-17

Vocal auditions will be heard privately. Please have at least 32 bars from the show prepared that best show your voice. A capella auditions will not be heard.

There will be a dance audition. If applicable, please bring tap shoes to present a brief self-taught routine to demonstrate your skills. Cold reads will be heard following the dance audition.

We welcome performers of all ages, gender identities, body types, abilities, and ethnicities to audition. The *SpongeBob Musical* celebrates individuality, community, and creativity—and we believe our cast should too! Whether you’re a seasoned performer or it’s your first time on stage, we’d love to see you at auditions.

Please contact the Director, Brandon Chaloux, with any questions at bchaloux1992@gmail.com

Show Synopsis: Dive under the sea with *The SpongeBob Musical*, a colorful and heartwarming stage adventure based on the beloved animated series! In the undersea city of Bikini Bottom, *SpongeBob SquarePants* and his quirky friends face their biggest challenge yet: a volcanic eruption threatens to destroy their entire home. As panic spreads, heroes rise in the most unlikely forms. With the fate of Bikini Bottom hanging in the balance, *SpongeBob*, Patrick, Sandy, and even Squid-

ward must band together to prove that optimism, friendship, and a little bit of science can save the day.

Bursting with original songs by an all-star lineup of music legends—like Sara Bareilles, Steve Tyler, Cyndi Lauper, David Bowie, Panic! At The Disco, and more—this high-energy musical is a celebration of creativity, community, and the power of being yourself. Whimsical, hilarious, and full of heart, *The SpongeBob Musical* is a one-of-a-kind theatrical experience for performers and audiences of all ages.

Characters: *SpongeBob SquarePants* Vocal Part: Tenor (C3–B4, with strong belt/mix) An optimistic, energetic, and endlessly hopeful sea sponge. Always sees the best in every situation. Requires physical comedy, agility, and a genuine sense of wonder.

Patrick Star Vocal Part: Bari-Tenor (Bb2–Bb4) *SpongeBob’s* best friend. Simple-minded, sweet, and surprisingly profound at times. Strong comedic chops with a lovable presence.

Sandy Cheeks Vocal Part: Mezzo-Soprano (A3–E5, strong mix/belt) A brainy, tough Texan squirrel who’s also a scientist and martial artist. Smart, self-assured, and courageous. Strong vocalist and mover.

Squidward Q. Tentacles Vocal Part: Bari-Tenor (A2–F#4, with good character range) A grumpy, frustrated artist who longs to be famous. Often misunderstood. Must have strong comedic timing and tap dance ability.

Sheldon J. Plankton Vocal Part: Tenor/Rap (B2–G4) The scheming, comically evil owner of the Chum Bucket. Fast-talking and flamboyant. Needs rhythm and character-driven vocals.

Karen the Computer Vocal Part: Mezzo-Soprano (G3–F5, strong mix) Plankton’s sarcastic,

tech-savvy wife. Witty, dry humor with a high-tech aesthetic. Good comedic timing and chemistry with Plankton.

Mr. Krabs Vocal Part: Baritone (B2–B4) The greedy but good-hearted owner of the Krusty Krab. Obsessed with money but cares for his daughter, Pearl. Big voice and larger-than-life presence.

Pearl Krabs Vocal Part: Mezzo-Soprano/Pop Belt (Bb3–F5) Mr. Krabs’ teenage daughter. A strong, independent young woman who loves pop music and dreams of a bigger life. Pop diva energy required.

Mayor of Bikini Bottom Vocal Part: Mezzo-Soprano or Tenor (flexible) Overwhelmed and panicky, the Mayor is trying (and failing) to hold the town together. A high-energy comedic role for a character actor of any gender.

Patchy the Pirate Vocal Part: Bari-Tenor (flexible) A goofy, enthusiastic narrator and *SpongeBob* superfan. Breaks the fourth wall and interacts with the audience. Requires improv skills and a big personality.

Electric Skates Vocal Part: Tenor/Alto (Rock vocals) A punk rock band that *SpongeBob* seeks out for help. Edgy, cool, and loud. Great for dancers with strong character choices and vocal grit.

Ensemble (Citizens of Bikini Bottom) All ages and voice parts – Soprano, Alto, Tenor, Bass Includes fishy townspeople, sardines, security guards, jellyfish, and MUCH more! Strong dancers and vocalists needed to bring the world of Bikini Bottom to life.

A special THANK YOU to our audition accompanist, Paul G. Caron

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



NOW and THEN

by Sean Grennan

May 2-11

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April is Sexual Assault Awareness Month

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-judgemental 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 shar-

RAINN

ing 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 sup-

porter, 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, y en español a rainn.org/es.

It's often helpful to contact your local sexual assault service provider for advice on medical care and laws surrounding sexual assault. If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.

If someone you care about is considering suicide, learn the warning signs, and offer help and support. For more information about suicide prevention please visit the National Suicide Prevention Lifeline or call 800.273.TALK (8255) any time, day or night.

Encourage them to

practice good self-care during this difficult time.

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline at 1-800-656-HOPE or visit the Online Hotline, y en español a rainn.org/es.

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.

Is sexual assault a problem in Maine?

Yes. One in five Mainers will experience sexual assault at some point in their lifetime. [1] Each year, 19,000 Mainers will experience sexual violence. [2] However, in 2019, only 514 rapes or attempted rapes were reported to Maine law enforcement. [3]

CHILDREN

In a study of girls who were committed and/or detained at Maine's Long Creek Youth Development Center between December 2001 and September 2002, 20% of the girls reported a history of sexual abuse or rape. [4]

In 2019, approximately 50% of calls to Maine's sexual assault crisis and support line related to child sexual abuse. [5]

According to the Children's Safety Network and Data Analysis Resource Center, the comprehensive costs of sexual abuse of children in Maine in 2004 were \$138,057,000. This estimate takes into consideration future earnings, medical and mental health expenses, and public programs, among other things. [6]

Approximately 7.5% of Maine high school students (10.8% of girls and 4.0% of boys) report that they have been physically forced to have sexual intercourse. 11.9% – 18.4% of girls and 5.6% of boys – report having been forced

to have sexual contact in any way in their lifetime. [7]

18.4% of Maine high school students – 26.4% of girls and 10.6% of boys – report having been the target of offensive sexual comments at school or on the way to or from school in their lifetime. [8]

In FY 2018 and FY2019 combined, Maine's sexual assault crisis and support centers provided prevention education sessions to almost 70,000 Maine K-12 students. [9]

ADULTS

A recent study found that nearly one in five adult Maine residents reports that they have been the victim of rape or attempted rape during their lifetime; 35.7% of female respondents and 10.1% of male respondents have experienced this devastating crime at some point in their lives. [10]

Roughly 14,000 Maine residents may be the victim of rape or unwanted sexual activity during any 12 month period. [11]

In 2019, about 20% of callers to Maine's sexual assault crisis and support line were men. [12]

Preble Street Resource Center, located in Portland, Maine, reports that 44% of women interviewed for their report Women and Homelessness reported being a victim of

sexual assault since becoming homeless. [13]

MENTAL HEALTH/ SUBSTANCE USE

48.6% of adult Maine sexual assault survivors report that they have ever been diagnosed as depressed, as opposed to 17.5% individuals who have never been sexually assaulted. [14]

38.3% of adult Maine sexual assault survivors report that they have ever been diagnosed with an anxiety disorder, as opposed to 14.2% of individuals who have never been sexually assaulted. [15]

28.7% of women sexual assault survivors in Maine report they drank heavily in the past month (compared to 4.4% of individuals who have never been sexually assaulted). [16]

Of Maine youth who experience forced sexual contact OR forced sex, 35-37% consider suicide, as compared with only 9-10% of their peers who have not experienced sexual violence. [17]

Citations 1-17

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mecasa

MAINE COALITION AGAINST SEXUAL ASSAULT

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April is Sexual Assault Awareness Month

SAPARS: Maine 24/7 helpline is 1-800-871-7741

You don't have to report, to get support, we are here for you!

Sexual Assault Prevention and Response Services (SAPARS) mission is to prevent all forms of sexual violence and to empower all people affected by sexual violence to find a path to healing.

Since 2011, Sexual Assault Prevention and Response Services (SA-

PARS) has been supporting survivors and providing prevention education in Androscoggin, Franklin, and Oxford Counties and the towns of Bridgton and Harrison. Our free and private services include:

A 24/7 Helpline for people who have experienced sexual violence and the people supporting survivors.

One to one support

(by phone, over zoom, and/or in person)

Support groups

Support and advocacy at the hospital, reporting to the police, filing for a protection order, and accessing civil legal services.

The Children's Advocacy Center of Androscoggin, Franklin, and Oxford Counties

Prevention education

programming in schools and communities

Connection to other local supports and resources

A free, confidential* 24-hour Helpline with advocates who are understanding and ready to help (Call 1-800-871-7741 to speak to an advocate now: TTY #1-888-458-5599)

Daytime text or online chat support

Accompaniment for survivors who go to the hospital, police, or court

Training for local agencies and organizations

Community and school-based education

In-person and online peer support groups

Information and referrals to different resources

Urgent support to survivors and their families and friends anytime

*We are mandated reporters. That means we have to follow Maine state reporting laws. If we think you are under 18 or an adult dependent on care from others, and you tell us any information that makes us think you are being abused or neglected, we may have to share this with other adults to help keep you safe.

SAPARS supports local schools through prevention education

SAPARS provides school-based prevention education that works with all grade levels to help create a safer school environment. We provide both classroom educational presentations to students, as well as specialized training to help teachers and administrators recognize and respond to sexual harassment, acquaintance rape,

and child sexual abuse.

Children ages 12 to 17 years of age account for approximately a third of all reported rapes, with teens 16 to 19 years of age being three and a half times more likely than the general population to be the victims of rape or sexual assault. Through our school-based programs, school students can receive on-site sup-

port. Face-to-face communication and advocacy helps young victim-survivors cope and heal.

Educators also provide Drop-In Services, within the school building for students to access should the need arise.

Comprehensive in scope, our presentations include, but are not limited to:

“Space Ships” - Personal Space Curriculum

Personal Body Safety

Friendship Issues

Positive and Healthy Boundaries

Bullying Prevention

Sexual Harassment Prevention

Healthy Relationships

Respecting Sexual Limits: Understanding Consent

Recognizing and Responding: A Workshop for Teachers

Technology Safety

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April is Sexual Assault Awareness Month

Sex trafficking and exploitation assistance in L-A

There are an estimated 300-400 victims of sex trafficking in Maine every year. If you or someone you know needs support or resources, SAPARS advocates are here to help! 1-800-871-7741

Warning Signs for Trafficking May Include:

- A controlling and dominating partner who the victim has to frequently check-in with
- Sexually explicit profiles on websites
- Prepaid/multiple cell phones; key cards
- Frequent STIs, pregnancies, abortions

- Unusual tattoos/brandings/scars
- New clothes/accessories/gifts with no explanation; unexplained shopping trips
- Unexplained injuries, bruises, cuts, etc.
- Hyper-vigilant or paranoid behavior
- Secrecy about whereabouts; unaccounted-for time; vagueness or defensiveness in response to questions or concerns
- Late nights and/or unusual hours
- A sex trafficker can be:
- A supposed professional modeling agent, photographer, or filmmaker
- An older boyfriend or partner who pretends to be loving but passes their victim on to other people for sex, or to other traffickers
- A relative or family friend who wants the victim to "give back" to the family

What can SAPARS Sex Trafficking and Exploitation Advocate do?

- Crisis intervention and ongoing support services to survivors of sex trafficking and exploitation
- Accompaniment and support for survivors

during forensic medical procedures, police interviews and/or court proceedings (civil and criminal)

Follow-up assistance and support to survivors

Assist survivors with developing and implementing a comprehensive safety plan.

Assess the needs of survivors

Referrals and warm hand offs to other social service agencies as appropriate

Help survivors file for victim compensation whenever appropriate

Establish regular office hours in the Sex Trafficking Safe House to further assist survivors in reaching their identified goals

Supporting survivors during their stay, work with survivors after they have ended their stay, in the Sex Trafficking Safe House, providing continuity and ongoing assessment and referral, and helping to modify their safety plan as needed.

Healing through SAPARS support groups

SAPARS offer support groups to people of all, regardless of gender identity. Groups function as mutual-help, peer-support groups where participants take as much responsibility as possible in their own healing process. Groups offer the opportunity to regain some of the power and control that was taken during the assault. Each group is facilitated by experienced staff whose role is to provide structure, guidance and a safe environment. Before beginning a group, individuals may need to meet with the facilitators to discuss the group, talk about personal goals, and ensure the group is the right fit.

We offer a variety of free and confidential groups for survivors and concerned others, such as traditional groups, outreach groups, skills based groups, and creative healing groups. For more information please call one of our offices below.

Lewiston: 207-784-5272

Farmington: 207-778-9522

Norway: 207-743-9777

Upcoming Support Groups: For our next support group, reach out at 207-784-5272

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Celebrate National Donate Life Month, become an organ donor

Contributed by Governor Janet Mills

Earlier this month, I joined organ donors and their loved ones at the State House. We proclaimed April as “Organ Donation Month” in Maine.

The number of Maine people who received organ transplants has nearly doubled from 66 to 124, just in the last five years. I read recently about one of those transplant recipients, an eight-year-old girl named Emily from Sanford. While they were waiting for Emily’s lung transplant, her mother said she remembered thinking “I may not have a daughter on Mother’s Day. We were planning for her funeral.”

Well, no family should ever have to experience that kind of fear, not when each of us can give the gift of life to someone in need just by signing up to be an organ donor.

When Emily’s mom got the call that a matching donor had been found for her daughter, she said, “In that moment, the only feeling was one of hope.”

Last year, 648 donors saved more than 1,500 lives in New England. I am proud that about 700,000 Maine people, including myself, are signed up to be organ donors. That’s half of Maine’s population. But there are still thousands of people who are praying this very minute for a matching donor and for the chance to live a long and healthy life. You could be the answer to those prayers.

Just one organ donor can save up to eight lives and can improve the quality of life of many other people through tissue donation. I’ve heard many donor families say that in the aftermath of the loss of their loved one, it brings them some solace to know that their loved one’s legacy lives on through the lives they touched, and healed, and helped.

Sign up to be an organ donor simply by checking that box whenever you renew your license at the Bureau of Motor Vehicles. And/or sign up on the National Donate Life Registry at www.RegisterMe.org. It’s a very simple form to fill out.

There are people waiting now for a kidney donation or tissue donation that you can give now. That’s www.RegisterMe.org to see if you are a match for someone else in need.

Celebrate National Donate Life Month by becoming an organ donor today. Give the gift of hope, and the gift of life, and health to families across Maine and across this country.

Drummer hosts 5th Make-A-Wish fundraiser concert

LYMAN, ME -- The 5th annual Drumming Up Wishes concert, to benefit Make-A-Wish Maine, will be held noon to 6 p.m., Sunday May 4 at Funky Bow Brewery in Lyman.

Drummer Jeff Glidden, of South Portland, founded Drumming Up Wishes and organizes it each year. He became involved with Make-A-Wish Maine after his two daughters received wishes.

The Make-A-Wish Foundation’s mission is “to create life-changing wishes for children with critical illnesses.”

Glidden said the foundation not only helped his children, but brought emotional support for his entire family.

“I had daughters with health problems and went through a couple of years when I was aimless and angry,” he said. “When people were running away from us, these people (Make-A-Wish) ran right at us.”

“And they did it twice,” he said, referencing the two wishes his family received -- one for each daughter.

“I was incredibly moved by their generosity,” Glidden said. “It had quite an effect. It changes you as a person.”

The organization’s generosity and support moved Glidden to pass that same generosity and support forward to other families by hosting fundraising concerts for Make-A-Wish Maine.

Glidden has raised \$80,000 in the past five years, and is one of the foundation’s top fundraisers in the state, both overall and each year.

This year, Glidden is hosting Drumming Up Wishes with a theme -- “Sisters in the Name of Love” -- featuring Maine bands led by female singers.

Performing the 5th annual concert are Bonnie Edwards and the Practical Cats, Ruby Dame and the Easy Money Band, and Julia Gagnon and the Time Pilots.

“These are three really great female singers,” Glidden said of the band-leaders.

Edwards, who grew up in Lewiston and now lives in Auburn, describes herself as a “blue-eyed soul singer” with “a gutsy blues vocal style and dynamic stage presence.” The Practical Cats got their start in Portland, Maine as an R&B band with horns in the 1970s and have toured the U.S. and Canada.

She is known as “Maine’s Number One Lady of the Blues,” said Glidden. “She’s a Maine legend.”

Glidden said he will be keeping time on the drums for Ruby Dame and the Easy Money Band.

Glidden said of Dame, who grew up in North Waterboro and now lives in Kennebunk, “She’s just amazing. I just can’t believe the voice on this woman. She just, she just knocks me out. And they do a great variety of music, upbeat.”

Another band Glidden performs with, The Time Pilots, will be fronted by Julia Gagnon at this year’s Drumming Up Wishes concert.

“She’s gonna sing with with us, which is pretty cool because she’s a rising star, and it’s pretty great to have her involved,” he said of Gagnon.

Last year, Drumming Up Wishes raised \$10,765 for Make-A-Wish Maine, despite the concert being held during pouring rain with bands performing in the venue’s indoor facility.

The event is otherwise held outside at Funky Bow, if the weather allows. The concert draws hundreds of people each year.

Glidden said the average cost for Make-A-Wish Maine to provide one wish to a child is \$8,500 and his primary goal is to raise \$17,000 this year so that two children in Maine can receive a wish.

However, Glidden noted that if he were to raise \$20,000, it would put the Drumming Up Wishes cumulative total over the \$100,000 mark for all-time money raised.

One change this year, added Glidden, is that the concert has a corporate sponsor for the first time -- Mexicali Blues, a Maine-based clothing and wares store with six locations statewide in Bangor, Freeport, Kittery, Portland, Newcastle and Raymond.

Glidden said Mexicali Blues has a long history of donating to charitable causes and will be developing some in-store promotions to help raise money for the children’s wishes.

The May 4 concert is free but donations are encouraged and accepted at the event, with a suggestion of \$20.

People who can’t attend the concert may also donate independently, on behalf of Drumming Up Wishes, by using a Quick Response code published on the concert’s promotional materials and online event listings. Glidden said scanning the QR code will direct users how to donate.

According to the Make-A-Wish Maine website, more than 1,850 wishes have been granted in Maine since the chapter’s founding in 1992.

Glidden said the event grows every year despite that it has never featured a popular nationally-recognized celebrity musician. The bands that have played Drumming Up Wishes have all been local bands who perform for free. As for his efforts to raise funds for a good cause, the drummer said Drumming Up Wishes has become a permanent part of his life that “will never go away.”

“Working for a greater good is something everybody should do in some way. Anybody can do it. The need never goes away,” he said. “It means everything to these people and can make all the difference in the world.”

For more information on Make-A-Wish Maine, visit <https://wishes.org/maine>. For Glidden’s Drumming Up Wishes donation page, visit <https://tinyurl.com/drummingup-wishes>



**5th Annual
Drumming Up Wishes**

SUNDAY, MAY 4, 2025
Funky Bow Brewery and Beer Company
21 Ledgewood Lane in Lyman
12:00 - 6:00 PM

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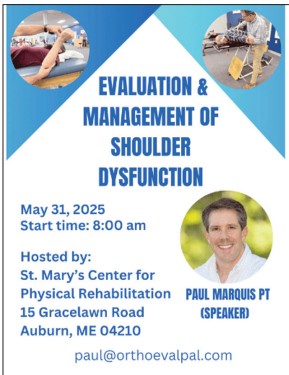
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St. Mary’s Center for Physical Rehab hosts leading PT expert

AUBURN, ME -- Physical therapists seeking to enhance their orthopedic evaluation skills have a unique opportunity to learn from a leading expert in the field. Paul Marquis, PT, founder of Ortho Eval Pal and host of the Ortho Eval Pal Podcast, will be leading a hands-on course, Evaluation & Management of Shoulder Dysfunction, on May 31, 2025, from 8:00 AM to 3:00 PM, at the St. Mary’s

Center for Physical Rehabilitation, 15 Gracelawn Road, Auburn, ME 04210. Designed specifically for physical therapists, this course offers practical training to improve assessment techniques and build confidence in diagnosing and managing shoulder dysfunction. With over 30 years of experience in orthopedic and sports-related evaluations, Marquis is committed to helping PTs refine



their skills and enhance patient care. Attendees will gain hands-on experience

with advanced evaluation methods, learning effective strategies that can be immediately applied in practice. Whether you’re an experienced clinician or looking to strengthen your orthopedic assessment skills, this course will provide the tools and knowledge needed to excel. For more information or to register, visit orthoevalpal.com

Dine to Donate tonight and support SAPARS

MAINE – April is Sexual Assault Awareness Month, and there are many local fundraisers which are supporting the work of Sexual Assault Prevention and Response Services (SAPARS): 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: Calzolaio Pasta Co. at 284 Main St, Suite 1, Wilton, ME. 10% of the day’s proceeds will

support SAPARS work. April 30th: Burnt Ends at 120 Center St, Auburn, ME We are still working out details of support 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 Roost, 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 Jay 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!

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Disabled American Veterans holding convention

MAINE -- Members of DAV (Disabled American Veterans) from throughout the state of Maine will hold their 50th annual department convention in Newry, ME from 24-26 April 2025 at the Grand Summit Hotel, Sunday River. They will be charting the course for how the state will serve its veterans throughout the year.

More than 100 DAV members—including many ill and injured veterans of World War II, Korea, Vietnam, the Persian Gulf War, Iraq and Afghanistan—are expected to attend.

According to Craig Florey, DAV Department of Maine commander, convention business sessions will include adoption of resolutions to be submitted to DAV’s annual national convention.

Several of these mandates are expected to concentrate on improvements in the rights and benefits earned by more than 4 million veterans disabled in wartime service to their country. DAV leaders are deeply concerned about fully funding the Department of Veterans Affairs and properly implementing the Honoring our PACT Act.

The convention’s highlight will be a banquet held Saturday at 6pm, and a discussion session Saturday Morning 10am at which featured speakers will be Senator Collins, Senator King, Representative Golden, Governor Mills and Brigadier General Dunn.

Election of new DAV state-level officers for the coming year will be held Saturday afternoon as well. DAV empowers veterans to lead high-quality lives with respect and dignity. It is dedicated to a single purpose: keeping our promise to America’s veterans.

DAV does this by ensuring that veterans and their families can access the full range of benefits available to them, assisting them with employment, fighting for the interests of America’s injured heroes on Capitol Hill, and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life. DAV, a nonprofit organization with nearly 1 million members, was founded in 1920 and chartered by the U.S. Congress in 1932. Learn more at www.DAV.org.

Salvation Army Emergency Disaster Services April events

PORTLAND, ME — The Salvation Army Emergency Disaster Services (EDS) is expanding its footprint across the Commonwealth and throughout The Salvation Army’s Northern New England Division, which includes Maine, New Hampshire, and Vermont, through its participation in two major events this April: the Lex250 Celebration and the 129th Boston Marathon.

This month’s participation in two of Massachusetts’ most iconic events highlights the evolution of The Salvation Army’s Emergency Disaster Services, not just as a responder to natural and manmade disasters, but as an active partner in community well-being and emergency preparedness across the state and region. Through its expanded footprint, The Salvation Army is growing its ability to respond, support, and serve all those in need during moments of crisis and celebration alike.

“We are proud of the expanded reach of our Emergency Disaster Services teams in recent years, and we’re excited to bring in additional teams and volunteers from other divisions across our region,” said Emily Mew, Director, Emergency Disaster Services, The Salvation Army Massachusetts Division. “Through our presence and involvement with the Lex250 and Boston Marathon, we will be able to connect with thousands of individuals, offering our unwavering support in moments of celebration and emergency preparedness. These events allow us to showcase the compassion, resilience and services that The Salvation Army continues to bring to the Commonwealth and New England.”

In line with its ongoing commitment to support local communities during times of need, The Salvation Army’s involvement in these events underscores the organization’s growing presence across the Commonwealth, the Northern New England Division, and its capacity to respond throughout the Eastern Territory. It also emphasizes The Salvation Army’s rapid response capabilities and dedication to serving emergency management partners through community events in addition to those affected by emergencies or crises.

Lex250 Celebration

The Lex250 events commemorate the historic 250th Anniversary of the American Revolution, bringing together thousands of people from near and far to honor the rich history of the town. Over the past year and a half, EDS staff from The Salvation Army Massachusetts Division have joined federal, state, and local partners as part of public safety planning groups to support the National Park Service and local municipal events for the weekend of April 19, 2025. Additionally, The Salvation Army will join MEMA at the Unified Coordination Center in Lexington throughout the weekend to facilitate timely response to any public safety needs.

From offering hydration, snacks and over 4,000 meals throughout Patriots Day weekend, to providing support through its trained disaster response personnel from Massachusetts, The Salvation Army’s presence at this significant historical event reflects the division’s growing role in serving local communities. This year, trained EDS volunteers from New Jersey, New York, and the Northern New England Division will join the Massachusetts team. The Salvation Army Eastern Territory’s largest feeding response vehicle will be brought in special from New Jersey to help serve thousands of meals in Lexington and Concord.

Boston Marathon

When the 30,000 participants from around the world get ready to run the 129th Boston Marathon presented by Bank of America on Monday, April 21, 2025, dozens of EDS volunteers and six Salvation Army canteens from Massachusetts and the Northern New England Division will be located strategically along the route, as a sign of help, hope, and healing. The Boston Marathon, a global sporting event that draws an international crowd, is another prime opportunity for The Salvation Army Massachusetts Division to extend its support to the community.

This year, in addition to their traditional work, more than 60 trained Salvation Army volunteers and staff from across New England — including the Northern New England Division — will play an increasingly pivotal role in supporting B.A.A. volunteers and first responders. Working alongside the B.A.A., Mass Emergency Management (MEMA), and a host of agencies, they are prepared to serve more than 4,000 meals and hydration to medical volunteers and first responders along the 26.2 miles. The Salvation Army’s mobile feeding units, also known as canteens, are prepared to provide hundreds of additional meals and other emergency services should a course disruption occur. Because the mobile feeding unit includes ovens, refrigerators, power, and water, Salvation Army Emergency Disaster Services can use these vehicles for events other than emergencies. Since the 2013 Boston Marathon Bombings, The Salvation Army’s footprint in emergency management and New England has grown substantially.

“No matter when, where, or what the crisis or community event may be, The Salvation Army’s dedicated team consistently steps up to support those in need,” said MEMA Director Dawn Brantley.

As one of the largest non-profit social service providers in the United States, The Salvation Army is committed to serving every zip code in the nation. By providing food for the hungry, emergency relief for disaster survivors, emotional and spiritual care, plus clothing and shelter for people in need, The Salvation Army is doing the most good to help all of our neighbors during their greatest times of need.

More information on how to volunteer or support The Salvation Army Emergency Disaster Services can be found at <https://sal-army.us/NNE-EDS>.

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

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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! 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,

Calendar

Send your submissions to the Editor. More online.

and adults, fiction and non-fiction. We often have puzzles, CDs, and DVDs, too. Stop in and browse our ever changing selection! Auburn Public Library, 49 Spring Street.

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
AUBURN -- Auburn Public Library: Budgeting & Managing Credit to be taking place on Tuesday, April 22, 2025 from 4:00 to 5:00 PM.

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 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
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, April 26, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.

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.

Apr 26
GRAY -- The First Congregational Church of Gray Saturday Night Church Supper, 5:00 at the Parish House, 5 Brown

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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.

Apr 30
LEWISTON -- LA Arts is pleased to present a mid-week, post-punk/goth show featuring Rosegarden Funeral Party with guests Trigger Discipline & Summore in our Lisbon Street performance space. This rare, all-ages show on Wednesday, April 30, is the next event in our 2025 Downstage Music Series.

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

May 4
LYMAN -- 5th Annual Drumming Up Wishes benefiting Make-A-Wish Maine at Funky Bow Brewery, Lyman, ME on Sunday, May 4, from noon to 6 p.m. Donations requested for admission

May 9, 10
AUGUSTA -- Homeschoolers of Maine’s convention returns for another year as the Maine Homeschool Exchange—May 9th and 10th in Augusta. This is HOME’s 35th year providing encouraging and informational workshops, family-friendly activities, and fellowship for homeschool families.

Bring the entire family for a full range of experiences for all ages! You won’t want to miss the opportunity

to come together and connect with fellow homeschoolers throughout Maine and beyond! For more information, see homeschoolersofmaine.org/events-services/annual-convention/

Sundays, Starting May 11
LEWISTON -- Lewiston Farmers’ Market held every Sunday, May 11th-November 23rd from 9:30am-1:00pm. Hours change to 11:00am-1:00pm beginning first Sunday in November. Located at 2 Oxford St., Lewiston

Theatre

Continued from page 6

gift to bring your mother to on Mother’s Day. Don’t forget to visit the Silent Auction happening in the lobby during the show as well as online.

Now and Then will be performed at The Public Theatre, Lewiston’s Professional Theatre May 2 – 11. Showtimes are Thurs & Fri at 7 pm, Sat at 3 pm, Sun at 2 pm and Sat May 10 at 3 & 7:30 pm. For tickets call 782-3200 or visit thepublictheatre.org. The Public Theatre is located at 31 Maple St., Lewiston.

Run

Continued from page 1

ry Avenue in Lewiston, provides a safe haven for nearly 3,000 sick, homeless and abused animals in the greater Androscoggin area per a year. The primary support for the shelter comes from fundraising events, such as Strutt your Mutt and the Dash for Dogs 5K and donations of concerned citizens. If you are interested in learning more about volunteering at the shelter or adopting an animal call 783-2311 or visit the website at www.SavingPetsInMaine.org. You can also join them on www.facebook.com/GAHumane.

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



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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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.

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What's Going On
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“Evening of Global Jazz” at Nathaniel Hawthorne home

RAYMOND, ME – Spot­light­ing its new role as a com­mu­nity and cul­tural arts cen­ter for the Seba­go Lake area, Nathaniel Hawthorne’s Boyhood Home in Raymond (40 Hawthorne Road) will show­case an “Evening of Global Jazz” with the McCoy Mrubata / Gary Wittner Duo on Fri­day, April 18, start­ing at 7 p.m. Admis­sion is \$25 per per­son, pay­able at the door in cash or with a check pay­able to “Hawthorne Com­mu­nity Asso­ciation.”

Space is limited to 50 peo­ple, so the Hawthorne House strongly sug­gests that folks RSVP at info@hawthorneassoc.com or by call­ing Becky at (207) 329-0537.

About the McCoy Mrubata / Gary Wittner Duo

South African saxo­phonist/composer McCoy Mrubata and his friend, guitar­ist Gary Wittner, have been per­form­ing to­gether since 2006. Mr. Mrubata is a recent recip­

ient of the South African Music Asso­ciation’s Life-time Achiev­ement Award and the Kennedy Center In­ter­na­tional Arts Gold Med­al. He was a mem­ber of the leg­endary Hugh Masekela’s band in the 1990s, and has re­leased more than 20 al­bums that com­bine jazz and ele­ments of tra­di­tional South African music.

Gary Wittner has per­formed on five con­ti­nents, rep­re­sent­ing the U.S. as a Kennedy Center Jazz Am­bas­sador, a Fulbright Spe­

cialist, and a US Em­bas­sy Out­reach Artist. He has per­formed with num­erous jazz lu­minaries, and has re­leased seven al­bums as well as the pop­ular book Thelonious Monk for Gui­tar. He is a music fac­ulty mem­ber at the Uni­ver­sity of Southern Maine School of Music and at Bowdoin Col­lege.

For more in­for­ma­tion, please visit <https://hawthorneassoc.com/> or email info@hawthorneassoc.com.



McCoy Mrubata/Gary Wittner Duo. Photo courtesy of Gary Wittner.

Upcoming April children’s events at Lewiston Public Library

April 22nd – April 26th: MAKE AN OWL FRIEND IN THE CHILDREN’S DEPARTMENT ON THE 3RD FLOOR

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.

April 22nd at 11am at the Lewiston Public Library: CHEWONKI’S - OWLS OF MAINE: HABITS AND ADAPTATIONS OF MAINE’S NATIVE OWLS

Chewonki will present their traveling natural histo-

ry program, Owls of Maine: Habits and Adaptations of Maine’s Native Owls in Callahan Hall. This program includes an 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.

April 22nd at 5p.m. at the Lewiston Public Library: DON’T LOSE IT, REUSE IT!

Celebrate Earth Day at the Lewiston Public Library in the Children’s Department. 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.

April 24th at 12PM at the Lewiston Public Library SPRING BREAK STEM: DISSECT AN OWL PELLET

LPL’s Children’s Department will be offering the program Spring Break STEM: Dissect an Owl Pellet. Owl’s 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 mate-

rial. 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.

April 25th at 10AM at the Lewiston Public Library: SOME BUNNY LOVES YOU KEEP-

SAKE

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.

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Central Maine Healthcare
Secure Our Future

Public Information Session

Central Maine Healthcare and Prime Healthcare Foundation:
Securing the Future of Healthcare
in central Maine

Tuesday, April 22, 2025 | Doors open 5 p.m. Presentation 5:30 p.m.
The Franco Center, 46 Cedar Street, Lewiston
RSVP: secureourfuture@cmhc.org

Central Maine Healthcare | **Prime Healthcare Foundation**

www.cmhc.org/SecureOurFuture

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