

# Andwell Health Partners selected to test Dementia Care Model

MAINE -- Today, Andwell Health Partners announced they have been selected by the Centers for Medicare & Medicaid Services (CMS) to participate in a new Medicare alternative payment model designed to support people living with dementia and their caregivers. Under CMS' Guiding an Improved Dementia Experience (GUIDE) Model, Andwell Health Partners will be one of almost 400 participants building Dementia Care Programs (DCPs) across the country, working to increase care coordination and improve access to services and supports, including respite care, for people living with dementia and their caregivers.

"CMS is excited to partner with Andwell Health Partners under the GUIDE Model," said CMS Administrator Chiquita Brooks-LaSure. "GUIDE is a new approach to how Medicare will pay for the care of people living with dementia. The GUIDE participants are envisioning new ways to support not only people living with dementia, but also to reduce strain on the people who care for them, so that more Americans can remain in their homes and communities, rather than in institutions."

Launched on July 1, 2024, the GUIDE Model will test a new payment approach for key supportive services furnished to people living with dementia, including: comprehensive,



Formerly known as Androscoggin Home Healthcare + Hospice

person-centered assessments and care plans; care coordination; 24/7 access to an interdisciplinary care team member or help line; and certain respite services to support caregivers. People with dementia and their caregivers will have the assistance and support of a Care Navigator to help them access clinical and non-clinical services such as meals and transportation through community-based organizations.

"Andwell Health Partners is excited to serve dementia patients and their caregivers across central, western, and southern Maine. GUIDE is a natural extension of Andwell Health Partner's mission and our existing service offerings, providing care management to patients and their loved ones who are medically complex. The clinical expertise and compassion our clinicians provide to patients and their loved ones remain at the center of all Andwell does," shares Carol Weir, RN, MSN, MBA, Chief Clinical Officer and executive leader for the GUIDE program. "Individuals with dementia and their caregivers can learn more by calling us at (207) 777-7740 or visiting [www.andwell.org](http://www.andwell.org)."

Andwell Health Part-

ners' participation in the GUIDE Model will help people living with dementia and their caregivers have access to education and support, such as training programs on best practices for caring for a loved one living with dementia. The GUIDE Model also provides respite services for certain people, enabling caregivers to take temporary breaks from their caregiving responsibilities. Respite is being tested under the GUIDE Model to assess its effect on helping caregivers continue to care for their loved ones at home, preventing or delaying the need for facility care.

GUIDE Participants represent a wide range of health care providers, including large academic medical centers, small group practices, community-based organizations, health systems, hospice agencies, and other practices.

This model delivers on a promise in the Biden Administration's Executive Order on Increasing Access to High-Quality Care and Supporting Caregivers and aligns with the National Plan to Address Alzheimer's Disease. For more information on CMS' GUIDE Model, please visit: <https://www.cms.gov/priorities/innovation/innovation-models/guide>.

# B2B Trade Show held at Norway Savings Bank Arena in Auburn

AUBURN, ME -- The Maine B2B Trade Show, a premier business-to-business event, lit up the Norway Savings Bank Arena on Thursday, March 27, 2025, drawing professionals from across the region. Hosted by the LA Metro Chamber of Commerce, the event ran from 11:00 AM to 5:30 PM, offering a dynamic platform for networking, collaboration, and growth.

See more photos page 8-9



Jennifer Fogg, Cyndi Robbins and Mark Bosse from Poland Springs Resort (TCT Photo by Chris and Laurie Allen)

# Free varicose vein screening at St. Mary's on May 15

LEWISTON, ME -- St. Mary's Health System is hosting a free varicose vein screening and information session on Thursday, May 15 from 5 to 7 p.m. at the Lepage Conference Center, 99 Campus Avenue in Lewiston.

Appointments are required and available every

10 minutes. During the session, attendees will have the opportunity to meet with members of the vascular care team to discuss common symptoms such as leg heaviness, aching, fatigue, numbness, swelling and the appearance of spider or varicose veins.

This free screening

is designed to help identify potential circulation concerns and provide expert guidance on treatment options and next steps for those experiencing symptoms.

To reserve your spot, call (207) 777-4469 or sign up online at [stmarysmaine.com/vascularcare](http://stmarysmaine.com/vascularcare)

# May 13 is Lewiston School Budget Validation Referendum Election

LEWISTON, ME -- The Lewiston School Budget Validation Referendum Election will be held on Tue., May 13. The polls open from 7 AM to 8 PM and all in-person voting will take place at the Longley School, 145 Birch St. Registered voters may also request an absentee ballot.

In accordance with state law, the City Clerk may not accept completed

ballots until the City Council adopts the school budget, scheduled for Tue., May 6 at 7 PM. This means registered voters should turn in their completed ballots to City Clerk's office starting Wed., May 7.

For registered voters who wish to vote absentee, the deadline to request an absentee ballot is Thu., May 8 at 4 PM. There are three ways for registered

voters to request an absentee ballot:

Visit the City Clerk's Office in City Hall, 27 Pine St., second floor. City Hall is open Mondays through Thursdays from 7:45 AM to 4 PM; on Tuesdays, closes at 5:30 PM; closed on Fridays.

Call the Clerk's Office at 207-513-3124. After confirming your registration status, the Clerk's office will mail your ballot.

Print the application at [www.lewistonmaine.gov/elections](http://www.lewistonmaine.gov/elections). Return your completed application to the Clerk's office.

Sample ballots, registration information and more details are available online at [www.lewistonmaine.gov/elections](http://www.lewistonmaine.gov/elections). Voters are encouraged to contact the City Clerk's Office at 207-513-3124 with any questions they may have.

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Send all items for What's Going On to the Editor.

Deadline is Friday by five.



# Newsmakers, Names & Faces

## Free classes for career building, financial education

**AUGUSTA, ME—** New Ventures Maine will offer free online workshops and classes in May that are designed to help people in Maine gain the skills, knowledge, and confidence to build a career, start a business, and manage money.

The full class schedule is accessible at [bit.ly/NVMEClasses](https://bit.ly/NVMEClasses). Single- and multi-session workshops include (partial list):

**Building Careers**  
Making Career Choices: Tuesday, May 6, 6:00 – 7:00 p.m. Online. Ready for a career change but don't know where to start? This one-hour workshop will point you



in the right direction. We will cover what to consider when making a career choice and resources to help you succeed.

**My Next Career Move:** Wednesdays, May 7 - 28 (4 sessions), 12:00 – 1:30 p.m. Online. In four weekly Zoom sessions of lively activities and discussion, you will assess your own skills, interests, and

experiences to figure out what career options might be best and create an action plan that will help you achieve success.

**Starting Businesses**  
Exploring Self-Employment: Thursday, May 8, 6:00 - 7:00 p.m. Online. This one-hour workshop covers the pros and cons of owning your own business, the steps needed for start-



**Build Your Biz Website Workshop.** Photo by Molly Haley

up, the major elements of a business plan, and the many resources available to help you succeed. (Also offered May 20)

**Build Your Business Website:** Sign up anytime; complete by June 30, 2025.

Online. This class provides business owners with tools to create a professional website that meets your business's needs.

**Managing Money**  
Money Management Workshops: Thursdays,

May 1 - 15, 12:00 – 1:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for any or all three workshops. May 1: Budgeting Basics; May 8: Let's Talk About Credit; May 15: Build Your Savings

**My Money Works:** Tuesdays, May 13 – June 10 (5 sessions), 6:00 - 7:00 a.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, save, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability.

To learn more, visit [newventuresmaine.org](https://newventuresmaine.org) or call 207-621-3440.

## Pine Tree Camp celebrates 80 years, holds open house

**ROME, ME –** Pine Tree Camp's summer sessions return this June for the 80th year; bringing Maine kids and adults with disabilities together to experience barrier-free access to the outdoors filled with friendship, fun and freedom to explore.

On Saturday, May 17 between 10:00am and 4:00pm, parents, families and caregivers are invited to Pine Tree Camp (114 Pine Tree Camp Road, Rome, Maine) to meet the team and experience Pine Tree Camp first hand. Tours will be offered throughout the day and visitors will have the chance to check out cabins, see the dining hall, explore campus

and experience fully accessible activities, including: biking, archery, hiking and a special scavenger hunt.

Some families will be seeing Pine Tree Camp for the first time and some will be seasoned camp families available to share their personal experience.

Open house activities include:

- Adaptive biking
- Hiking
- Archery
- Eagle spotting
- Farm animals
- Outdoor fire stations with s'mores
- Indoor crafts
- Yard games

Pine Tree Camp celebrates its 80th anniversary



In 2024, Pine Tree Camper Cassie Oakes (Alexander, ME) spent a barrier-free week of fully accessible summer camp on the shores of North Pond making new friends and spending time with counselors from Maine and abroad, including: Brandi Place (Morrill, ME), Daniela Ochoa-Diaz (Rionegro, Colombia), Lauren Grant (Gardiner, ME) and Marina Rodriguez (Andalusia, Spain).

in 2025 and, since 1945, no camper has ever been turned away due to their ability to pay.



Pine Tree Camp's fully accessible campus on the shores of North Pond in Rome, ME provides barrier-free access for Maine kids and adults with disabilities. On Saturday, May 17th, parents, families and caregivers are invited to meet the staff and experience Pine Tree Camp first hand. More information at [www.pinetreesociety.org](https://www.pinetreesociety.org). Photo courtesy of Pine Tree Camp.

## UMaine Extension report highlights tick-borne disease risk

**ORONO, ME —** In 2024, University of Maine Cooperative Extension Tick Lab processed 4,776 tick submissions including samples from 398 towns,

representing all of Maine's 16 counties. The majority (3,650) were identified as deer ticks, also known as blacklegged ticks, while American dog ticks account-

ed for 1,045 samples. Laboratory testing showed that 41.5 percent of the deer ticks analyzed carried *Borrelia burgdorferi*, the bacterium that causes Lyme disease, while significant proportions also carried *Babesia microti* (12 percent), *Anaplasma phagocytophilum* (9.7 per-

cent) and Powassan virus (1.1 percent).

Most tick exposures occurred close to home with 68 percent reported from the submitter's own property. Yardwork was the most commonly cited activity at the time of tick encounter, accounting for one-third of

all incidents. Despite this, only 16 percent of individuals reported using any protective measures against ticks.

"These data confirm that Lyme and other tick-borne diseases remain a serious, statewide public health concern," said

Tick Lab Coordinator Grif-fin Dill, who urged residents to wear protective clothing, apply repellents and conduct tick checks after outdoor activities. The full 16-page report is available on the Tick Lab's website.

Thanks to ongoing funding supported by the Governor and Maine Legislature, the UMaine Extension Tick Lab keeps its comprehensive tick testing service affordable at just \$20 per tick, ensuring that cost is not a barrier to public participation.

Through educational outreach programs including the 4-H Tick Project, the Tick Lab engages youth and communities statewide, sharing practical prevention strategies through webinars, workshops and print resources.

More information on ticks in Maine and how to submit tick samples to the lab is available online at [ticks.umaine.edu](https://ticks.umaine.edu) or by contacting 207.581.3880; [tick-ID@maine.edu](mailto:tick-ID@maine.edu).

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# Newsmakers, Names & Faces

## Director of Lewiston Regional Technical Center recognized

**AUGUSTA, ME** — On Tuesday, March 11, Sen. Stacy Brenner, D-Scarborough, and Sen. Peggy Rotundo, D-Lewiston presented a legislative sentiment to Robert Callahan of Gorham, Director of the Lewiston Regional Technical Center (LRTC), in recognition of his being named the 2024 Career and Technical Education Administrator of the Year by the Maine Association of Career Technical Education.

“The work Rob has done for the students of Lewiston and surrounding communities is so important,” said Sen. Rotundo.

“LRTC provides valuable experience that students will use in the classroom, in college and in their careers after high school. This award is a testament to the hard work he has put in, and how much value he adds to Lewiston’s educational curriculum. I cannot thank him enough for the effort he puts into educating our future generations.”

Callahan was nominated by his peers at the Technical Center on the Lewiston High School campus. Following the nomination, the executive committee of the Maine Association of Career



Sen. Stacy Brenner, D-Scarborough, (left) and Sen. Peggy Rotundo, D-Lewiston, (right) with Robert Callahan (center).

Technical Education voted for him to receive the award.

“It was a pleasure to welcome Mr. Callahan to the Maine Senate,” said Sen. Brenner. “Career and technical education equips students with hands-on skills needed to

succeed both in the classroom and in the future workforce.”

The LRTC is a part of the national Career and Technical Education program. LRTC provides hands-on, immersive education opportunities that prepare Lewiston High School students for a variety of careers and college.

Callahan has been an active participant in policy discussion about Career and Technical Education centers at both the state and national level. He has also contributed to educational forums and shared best practices with fellow educators. Callahan has been credited with influencing positive changes in CTE policies and funding, which have been beneficial to students and educators across the state.

The CTE Excellence Awards are administered through Maine Administrators of Career and Technical Education and the Maine Association for Career and Technical Education. Callahan will now advance to the regional level of recognition for a chance to progress to the national level through the national Association of Career and Technical Education.

## CMMC’s Woman’s Hospital Association is back

**LEWISTON, ME** - After a hiatus due to the COVID 19 pandemic, the Woman’s Hospital Association (WHA) is back. The WHA has a long history of raising funds for critical medical equipment and programs at Central Maine Medical Center in Lewiston, as well as Maine College of Health Professions (MCHP).

To announce their comeback, members held a



WHA members from left to right: Sharon Poulin, Terri McLean, and current president June Van Mourik

spring bake sale at CMMC on April 16 to raise money for scholarships for students attending MCHP.

“The bake sale was a terrific success, and it’s just the beginning of a new chapter of fundraising for CMMC,” said June Van Mourik, president of the WHA. “The pioneering women who started the WHA back in the late 1800s were instrumental in establishing what is now

CMMC. We are excited to continue their legacy.”

From mammography machines to defibrillators, the organization has raised \$1.2 million for the hospital.

“The WHA’s contributions—from the funds they’ve raised to their role as goodwill ambassadors and passionate advocates for both CMMC and the community—are truly invaluable,” said Lisa LaVallee, system director of Philanthropy at CMH. “We’re deeply grateful for everything they’ve done over the years to support this hospital and its patients.”

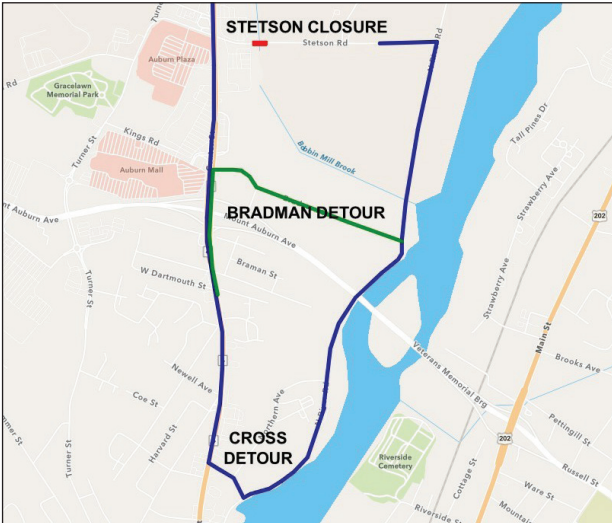
The group is looking for people who want to make a difference in their community and join the WHA. Those interested can learn more by emailing [giving@cmhc.org](mailto:giving@cmhc.org).

## Take extra time in road construction season

**AUBURN, ME** – Stetson Road in Auburn will be closed to all traffic beginning at 9:00AM on Tuesday, April 22. Upon continuous inspection and monitoring, it has been determined that a culvert near the Center Street end of Stetson Road is failing.

“For the safety of the traveling public, Stetson Road will be closed while repairs are made,” said Auburn Public Works Director Scott Holland.

Those traveling northbound on Center Street will detour onto Bradman Street, then take North River Road to Stetson. Those traveling southbound on Center Street will detour onto Cross Street, then take North River Road to Stetson Road. Ample signage will be in place to clearly



mark the detour route. Businesses located on Stetson Road have been notified of the closure.

Motorists are reminded that the Lewiston Water Main project is also underway on North River Road. Delays should be expected.

“Please be sure to leave extra time to get where you’re going,” said Holland. “We know this will be a challenging summer with the closures and various construction projects,

but safety is our first priority. Please have patience with your fellow motorists and with the crews who are working hard to take care of our infrastructure.”

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

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# Seniors Not Acting Their Age

## A Challenging Paddle on Crooked River



A canoeist navigates one of several difficult rapids on Crooked River



Snowy banks and debris in the river were common on Crooked River



Crooked River derives its name from the many twists and turns

Paddling the Crooked River near East Waterford has been on my mind for decades. When my friend, Paul Plumer, suggested joining him and Eggman DeCoster for a trip down Crooked River in late March, I quickly agreed. Neither Eggman nor I had paddled Crooked, and Paul's only experience was in the summer of 1990

at very low water, so this was essentially a first descent for all of us. I consulted my old copy of the Appalachian Mountain Club (AMC) Maine River Guide for information which stated it was last inspected in 1986. Rivers don't usually change much but I wondered how reliable their report was.

None of us found any additional information on the infrequently paddled waterway.

We identified a moderately warm day for the planned trip. The river gods threw us a curve ball the day before delivering six inches of snow with cold weather predicted. Despite the setback, we decided to go.

The area was blanketed with a thick carpet of snow and the temperature was around freezing when we met in the tiny village of Bolsters Mills, the planned takeout. An inspection of the shoreline indicated there was no suitable place to disembark. We drove a few miles upriver to a location called Two Bridges where we found an acceptable take-

out at a snow-covered picnic area. The now ten-mile trip was on!

Traveling north, we located a site to start just off Route 118 in East Waterford. After obtaining permission from the landowner, we dragged our boats across the snow and launched into the chilly water.

We quickly realized why the river was named crooked; there are a multitude of exaggerated twists and turns for several miles. Unwanted were a succession of blowdowns that seemed to be around every bend; two had to be carried. When not portaging, we found ourselves bouncing over submerged logs or plowing through fallen debris. Our strenuous efforts kept us warm despite the cold air.

After approximately two hours of paddling, we began looking for a series of difficult rapids reported in the AMC guidebook. That edition recommends scouting the first rapid on the left. Rounding a sharp bend, we were in pushy whitewater before finding a good eddy. Boat scouting on the fly was our best choice. Paul quickly dropped out of sight. Eggman and I followed. What we found was a multi-stage, Z-turn pitch with numerous hazards that thoroughly tested our skills but we remained upright.

A reportedly more dif-

ficult rapid called McDaniel's Rips was next. This time, we caught the recommended eddy on the right to scout. Eggman waded through snow while walking down the rocky shore and signaled from a large boulder to paddle hard right. Again, Paul dropped out of sight. Hard right was definitely the best choice as perilous obstructions were just to the left as I tumbled down a boulder-strewn channel and punched through a sticky hole. Two less convoluted ledge drops followed to the bottom where the guidebook warned of a dangerous broaching rock we never found.

We started looking for yet another challenging falls. This one began with a horizon line. After scouting from a steep bank on the right, we carefully navigated through a long maze of holes and boulders until reaching a pool where we regrouped. Two easier rapids followed to Sodom Road Bridge, the approximate half-way point.

Below the bridge, a three-mile stretch of flat water ensued. Mercifully, this section was relatively straight forward and free of blowdowns.

The guidebook cautioned to watch for a power line because two demanding rapids were just below. As predicted, they appeared shortly after. Compared

to the rapids above Sodom Road Bridge, these were less complex and more easily negotiated.

Milder whitewater continued to Two Bridges. Catching an eddy in shallow quick water at the picnic area was no easy task. Hauling our boats up the steep snow-covered embankment was an arduous, slippery endeavor.

At the top, we congratulated ourselves on completing an exceptional spring whitewater day reminiscent of those in years past. We had successfully overcome cold air, colder water, snowy banks, numerous blowdowns and challenging rapids. A day to remember!

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates exciting whitewater escapades on nine more Maine rivers.

*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](http://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](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)*



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# passivhausMAINE launches Pre-Apprenticeship Program

**FREEPORT, ME** – passivhausMAINE is excited to announce the launch of its new Pre-Apprenticeship Program, a six-month training initiative designed to introduce students to Passive House principles and connect them with industry leaders in high-performance building. With the demand for sustainable, energy-efficient construction rapidly growing, this program offers a unique hands-on opportunity for students to gain real-world experience and explore career pathways in green building.

The phME Pre-Apprenticeship Program will run from May 14 through November and is open to students interested in building science, architecture, construction, and sustainable development. Participants will receive both technical training and direct exposure to Passive House design and construction through phME's network of partner firms, including Portland-based Juniper Design + Build and Bethel-based Maine Passive House.

**Program Highlights:**

- Flexible Learning** – Students can attend either a mid-month in-person training session or a repeat virtual session at the end of each month, ensuring accessibility for all participants. The first session runs three hours, while subsequent sessions are approximately two hours.
- Real-World Job Shadowing** – Each month, students will visit a partner business or an active job site to observe how passive building projects are designed and made. These sessions provide an inside look at sustainable building techniques, project management and industry best practices.
- Industry Connections** – The program offers a direct pipeline to potential apprenticeships, internships and future employment by fostering relationships between students and Maine's top passive builders, designers and developers.
- Financial Support** – A stipend will be available to help students participate in the program.

"This program is a great opportunity for students to gain a strong foundation in sustainable building while making real connections with industry professionals," said Erin Scally, passivhausMAINE's Training Director. "We're excited to help train the next generation of high-performance builders and designers and give students a chance to explore careers in this important field."

As Maine continues to lead in sustainable construction and energy efficiency, the phME Pre-Apprenticeship Program aims to build a skilled workforce ready to meet the growing demand for passive house design and construction.

Registration is now open for the inaugural cohort. To learn more or apply, visit <https://passivhausmaine.org/pre-apprenticeship-program>. For questions about the program, please email Erin Scally at [erin@passivhausmaine.org](mailto:erin@passivhausmaine.org).

# World War II soldier from Maine accounted for

**WASHINGTON**—The Defense POW/MIA Accounting Agency announced that U.S. Army Pvt. Willard D. Merrill, 21, of Dover-Foxcroft, Maine, who was captured and died as a prisoner of war during World War II, was accounted for August 19, 2024.

Merrill's family recently received their full briefing on his identification, therefore, additional details on his identification can be shared.

In late 1941, Merrill was a member of the 2nd Observation Squadron when Japanese forces invaded the Philippine Islands in December. Intense fighting continued until the surrender of the Bataan peninsula on April 9, 1942, and of Corregidor Island on May 6, 1942.

Thousands of U.S. and Filipino service members were captured and interned at POW camps. Merrill was among those reported captured when U.S. forces in Bataan surrendered to the Japanese. They were subjected to the 65-mile Bataan Death March and then held at the Cabanatuan POW Camp #1. More than 2,500 POWs perished in this camp during the war.

According to prison camp and other historical records, Merrill died Nov. 14, 1942, and was buried along with other deceased prisoners in the local Cabanatuan Camp Cemetery in Common Grave 305.

Following the war, American Graves Registration Service (AGRS) personnel exhumed those buried at the Cabanatuan cemetery and relocated the remains to a temporary U.S. military mausoleum near Manila. In 1947, the AGRS examined the remains in an attempt to identify them. Three sets of remains from Common Grave 305 were declared unidentifiable. These unidentified remains were buried at the Manila American Cemetery and Memorial (MACM) as Unknowns.

In January 2019, as part of the Cabanatuan Project, DPAA exhumed the remains associated with Common Grave 305 and sent them to the DPAA laboratory for analysis.

To identify Merrill's remains, scientists from DPAA used dental and anthropological analysis, as well as circumstantial evidence. Additionally, scientists from the Armed Forces Medical Examiner System used mitochondrial DNA and Y-chromosome DNA analysis.

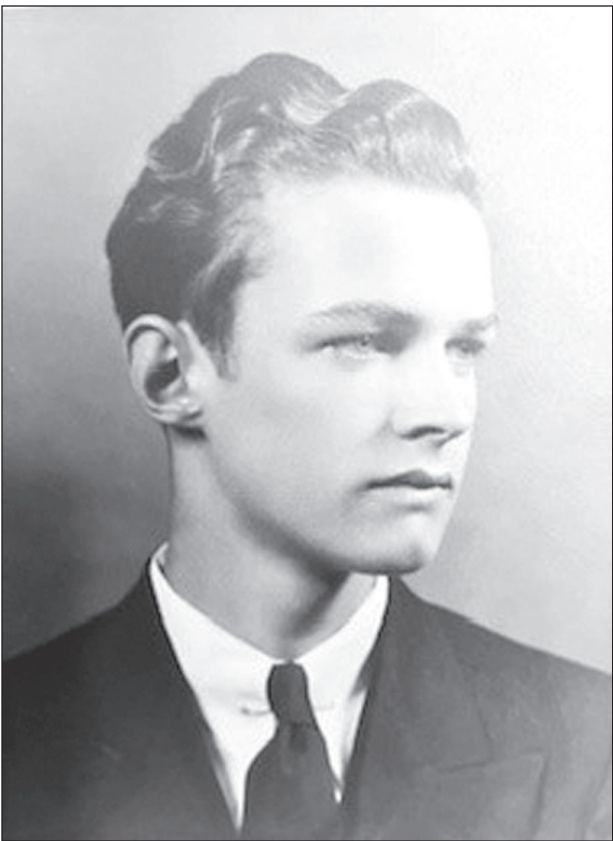
Although interred as an Unknown in MACM, Merrill's grave was meticulously cared for over the past 70 years by the American Battle Monuments Commission (ABMC). Today, Merrill is memorialized on the Walls of the Missing at the Manila American Cemetery and Memorial in the Philippines. A rosette will be placed next to his name to indicate he has been accounted for.

Merrill will be buried in Dover-Foxcroft, Maine, in June 2025.

For family and funeral information, contact the Army Casualty Office at (800) 892-2490.

DPAA is grateful to the ABMC and the United States Army for their partnership in this mission.

For additional information on the Defense Department's mission to account for Americans who went missing while serving their country, visit the DPAA website at [www.dpaa.mil](http://www.dpaa.mil) or on social media at [www.facebook.com/dodpaa](http://www.facebook.com/dodpaa), <https://www.linkedin.com/company/dodpaa>, <https://www.instagram.com/dodpaa/>, or <https://x.com/dodpaa>.



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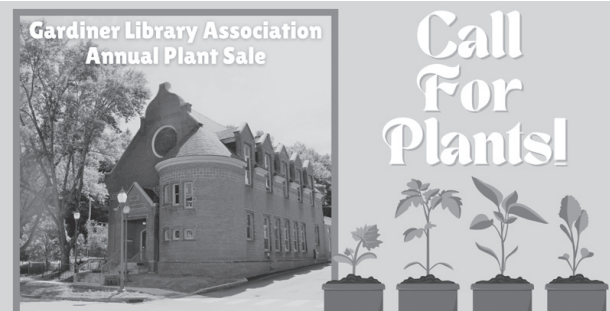
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# Arts & Entertainment

## Call for plants with Gardiner Library Association

**GARDINER, ME**  
-- The Gardiner Library Association will be holding their Annual Plant Sale on Saturday, May 17th. They will need plenty of plants and would love it if you would share some of yours! All types of outdoor plants are welcome- natives, cuttings, seedlings, divided perennials, herbs and vegetables. Plants need to be healthy and pest free, no invasive species please and be aware of such critters as the jumping worm. All plants must be in pots and labeled. Plants will sell for \$1, \$3, \$5 & \$10 and proceeds will go directly to the Gardiner Library Association which maintains the library

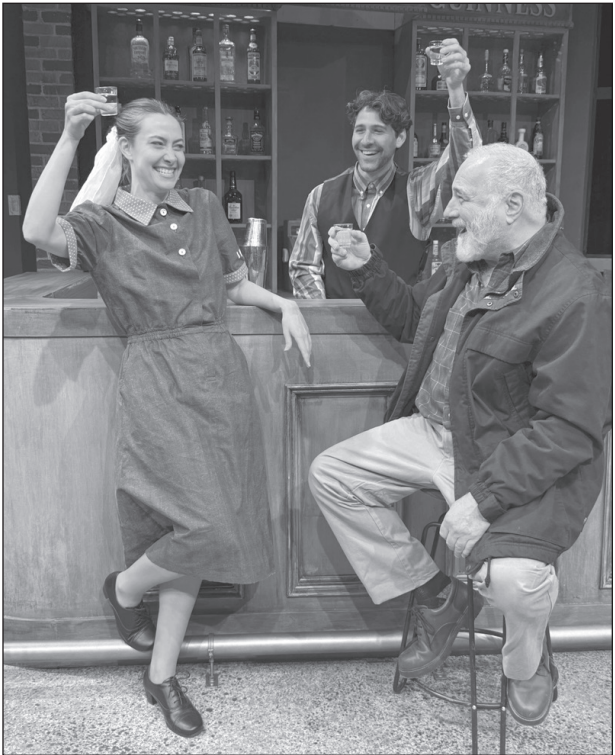


building and grounds. Plants can be delivered to the library on Friday, May 16th from 3:00-7:00pm or on Saturday, May 17th before 7:30am. Volunteers will be on-site to assist you. The sale will start at 8:00am on Saturday. If you have any questions please contact John; 207-592-0692 or Kathy; 443-739-6458

Thank you in advance for making this a memorable event!  
\*Visit <https://extension.umaine.edu/publications/2518e/> for more information on current garden pests  
\*\*Visit <https://www.maine.gov/dacf/php/horticulture/invasiveplants.shtml> for a list of invasive plants

## Now and Then opens this weekend at The Public Theatre!

**LEWISTON, ME**  
-- Humor, heart and romance happen this weekend when the magical love story *Now and Then* opens 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 a Chicago pub, a young bartender and his girlfriend receive an intriguing proposition from a mysterious last-minute customer offering them \$2,000 to talk with him for an hour. What follows is a magical love story filled with laughter, romance, tears and a mystery that will keep the cleverest theatre-goer intrigued.



Featuring a fully professional cast of actors with Broadway credits, 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.” *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](http://thepublictheatre.org). The Public Theatre is located at 31 Maple St., Lewiston.

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May 15, 16 & 17 at 7:30 pm • May 18 at 2:00 pm

BY RICK CUMMINS AND JOHN SCOULLAR.  
ADAPTED FROM THE BOOK BY ANTOINE DE SAINT-EXUPÉRY.



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# NOW and THEN

by Sean Grennan

THIS WEEKEND!


May 2-11

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# 18 Maine non-profits collaborate on “Full Speed Ahead” Festival

**WATERVILLE, ME**—Movies and trains have a long and productive relationship; more than 300 films have captured the anticipation and thrill of leaving, travelling, and returning by train.

From May 6–11, a collaboration of 18 non-profit Maine cinemas, museums, and schools will come together to produce Full Speed Ahead, a statewide festival of entertainment, information, and recreation coinciding with National Train Day (May 10) and presenting 24 movies and live activities in 16 locations.

“The festival program spans more than 125 years of history and includes beloved films of every kind for all ages, with live programs and activities related to Maine’s unique railroad heritage,” said Mike Perreault, executive director of Maine Film Center. A chronological schedule follows. The festival trailer and all program details including ticketing information can be found at [www.MaineTrainFest.com](http://www.MaineTrainFest.com)

Filmmakers Love Trains

From Alfred Hitchcock to Wes Anderson, directors have always been attracted to trains as settings for every kind of movie. Three Hitchcock thrillers will play in the festival—North by Northwest (1959), Strangers on a Train (1951), and The Lady Vanishes (1938)—along with Anderson’s comedy The Darjeeling

Limited (2007), classic film noir The Narrow Margin (1952), and the first all-star film adaptation of Agatha Christie’s Murder on the Orient Express (1974). Train travel and movies promise the potential for discovery and romance as in these festival selections: David Lean’s film of Noel Coward’s Brief Encounter (1945), named “Most Romantic Movie of All Time” in Time Out Magazine’s 2025 critics poll; Judy Garland’s rousing musical The Harvey Girls (1946), featuring the Academy Award-winning song “On the Atchison, Topeka and the Santa Fe”; Billy Wilder’s crime comedy Some Like It Hot (1959); Robert Redford’s portrayal of a mythical baseball player in The Natural (1984); and the coming-of-age drama Stand by Me (1986), based on Stephen King’s novella.

Several festival movies are inspired by historical events and do not contain a digit of CG—every stunt and visual effect is real: Anthony Mann’s 1951 historic noir The Tall Target (based on a plot to assassinate Abraham Lincoln before his first inaugural), John Frankenheimer’s action drama The Train (1964; a Nazi plan to transport priceless French art to Germany), and two sprawling epics set against the construction of the Transcontinental Railroad (its completion marked by National Train Day)—Cecil B. DeMille’s Union Pacific (1939) and Sergio Leone’s

Once Upon a Time in the West (1968).

Guest Speakers and Discussion

Screening hosts and guest experts include cinema studies professors Jonathan Cavallero of Bates College and Tricia Welsch from Bowdoin College; Maine International Film Festival’s co-founder Ken Eisen; biographer and film historian Mark Griffin; novelist and screenwriter Michael Koryta; artist and filmmaker Alan Magee; and author and host on Turner Classic Movies Alicia Malone.

The festival poster was created by Bob Staake, illustrator of 23 covers for The New Yorker and more than 75 children’s books.

“Movies allow us to engage in discussion on an endless variety of topics,” said Christina Belknap, executive director of Lincoln Theater in Damariscotta. “Hopefully the train festival encourages a conversation about more passenger service throughout Maine. For Midcoast arts organizations like ours, having the train extended to Rockland would be life-changing.”

Maine’s Unique Railroad Heritage

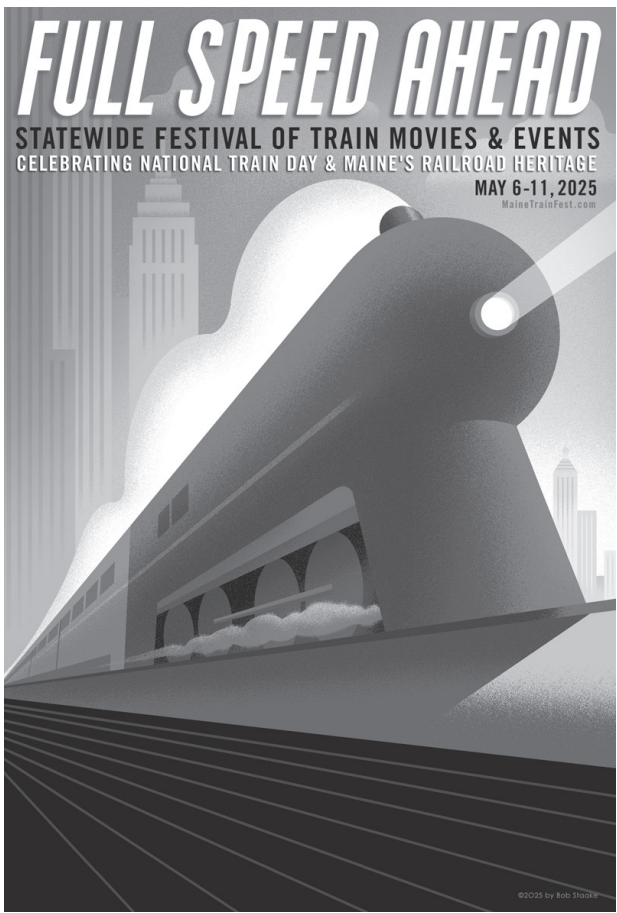
Maine once had five narrow-gauge railroads carrying passengers and freight on small two-foot-wide tracks. Several of these railroads are gone although engines and other equipment representing all five lines still exist. Wiscasset, Waterville & Farm-

ington Railway Museum (WW&F) in Alna supports an ambitious building and restoration program that adheres to historic accuracy, the subject of a May 9 Maine Historical Society live stream. And in Western Maine a group recently formed to rebuild part of what was the Bridgton & Saco River Railroad.

“Trains are like big, living toys,” said best-selling author-illustrator Chris Van Dusen, who is hosting “If I Built a Train,” inspired by his “If I Built” book series—a May 10 program about WW&F building from scratch a full-size 1900 locomotive and 1894 passenger car. That same day, WW&F will also offer train rides to its open-air pavilion for a catered Mother’s Day Tea.

Free and Discounted Programs

On May 9–11, Boothbay Harbor will present a weekend of free events, starting with Harbor Theater’s screenings of Thomas and the Magic Railroad (2000) on May 9, The Train on May 10, and Union Pacific on May 11. On May 10, Railway Village Museum will offer train rides, light refreshments, and commemoration of their historic Merci Train (Gratitude Train) box car. (In 1949, each state received one of these box cars filled with personal gifts from beleaguered but appreciative post-War French and Italians. Maine State Museum holds the box car’s contents.)



Other free movies are The Natural (Lewiston); Brief Encounter (Brunswick); and The General (Portland, free for students 21 and under).

On May 10, a special STEM Saturday at Owls Head Transportation Museum (free with daily admission) will challenge kids to make play-dough trains and equip them with Squishy Circuits train horns. All aboard for a lot of beeping!

Also on May 10, Belfast & Moosehead Lake Railroad will offer half-price train rides from its Unity station.

And Amtrak

Downeaster is providing festival attendees with a promo code (v503) for 15% off travel on all Downeaster trains, May 1–Sept. 30, 2025, with three-day advance purchase.

“Every organization taking part in Full Speed Ahead is integral to the social, educational, and cultural lives of their towns and cities,” Perreault said. “This wide-ranging community-building project demonstrates how numerous non-profits can work together to create something bigger than they might do alone—and that’s also something to celebrate.”

# Three steps to consider this spring for a healthier lifestyle

By Dr. Greg Carnevale, Chief Medical Officer, UnitedHealthcare of Maine

Spring into health this season by refreshing your well-being routine and building healthier habits for the rest of the year. While many Americans make health a primary focus of their New Year’s resolutions<sup>1</sup>, 57% of recent survey respondents said they take up healthier lifestyle choices only after having a medical concern<sup>2</sup>.

As the days get longer and the weather gets warmer, it’s a great time to get moving and focus on living a healthier lifestyle. There’s no better time to get started than today.

Here are three steps you may start taking right away:

Choose a primary care provider and access preventive screenings.

A primary care provider can help guide you on your health journey, and studies suggest that access to primary care providers may help people live longer<sup>3</sup>. Yet more than 30% of American adults don’t

have a primary care provider<sup>4</sup>.

One important item to check off your health care checklist each year is an annual wellness visit with a primary care provider – even if you feel healthy. A preventive care visit may help you better understand your health and detect any problems early. If you don’t currently have a primary care provider, check with your health plan for in-network doctors in your area or other options for accessing care like virtual care options. Health plans usually cover preventive care, which means you may pay \$0 out of pocket for certain covered preventive services if you go to an in-network provider.

You may also be eligible to earn rewards through your health plan for activities like your annual wellness visit, getting certain preventive screenings or completing a health survey. Some health plans also offer coverage for certain health screenings like those for breast cancer and colorectal cancer.

Check with your health plan to understand your coverage and eligibility and talk to your employer about benefits and wellness programs that may be available to you.

Walk 15 to 30 minutes each day.

Getting outside during the day and enjoying the sunshine may be an important source of Vitamin D, boost your mood and help you sleep better<sup>5</sup>.

Taking regular walks, even for 15 to 30 minutes, may be a simple way to get some sun and fresh air, get your steps in and keep your body moving. In fact, a recent study found that walking more may help extend life expectancy by up to 11 years<sup>6</sup>. Ideally, adults should aim each week for at least 150 minutes of moderate-intensity physical activity like a brisk walk, or 75 minutes of vigorous-intensity activity like jogging or running<sup>7</sup>.

Some employers now offer wellness programs as part of the health benefits available to their employ-

ees.

Track and improve your sleep.

Many people struggle with their sleeping habits, with more than one-third of adults in the U.S. reporting regularly not getting enough sleep<sup>8</sup>. Experts recommend adults get 7 or more hours of sleep a night<sup>9</sup>. Maintaining healthy sleeping habits may be beneficial for both your physical and mental well-being, from helping to reduce stress and improve your mood to lowering risk for some chronic conditions<sup>10</sup>.

To help improve your sleep, consider avoiding alcohol, caffeine and too much screen time before going to bed, and try to go to sleep and wake up at the same time every day<sup>11</sup>.

Adding these tips into your daily routine may be a great way to boost your overall health and well-being this spring.

1 Ipsos, 2024, <https://www.ipsos.com/en-us/americans-want-live-healthier-2025-her->

[es-what-looks-alcohol-exercise](https://www.ipsos.com/en-us/americans-want-live-healthier-2025-her-)

2 Amway, 2024, <https://www.amway-global.com/habits-and-healthspan-survey/>

3 Canadian Medical Association Journal, 2019, <https://pmc.ncbi.nlm.nih.gov/articles/PMC6435370/>

4 Milbank Memorial Fund, 2025, <https://www.milbank.org/publications/the-health-of-us-primary-care-2025-scorecard-report-the-cost-of-neglect/>

5 Cleveland Clinic, 2025, <https://health.clevelandclinic.org/how-much-sunshine-you-need-daily>

6 British Journal of Sports Medicine, 2024, <https://bjsm.bmj.com/content/59/5/333#T2>

7 American Heart Association, 2024, <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

8 America’s Health Rankings, 2024, <https://www.americashealthrankings.org/explore/measures/sleep>

9 Mayo Clinic, 2025, <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/how-many-hours-of-sleep-are-enough/faq-20057898>

10 Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/sleep/about/index.html>

11 Cleveland Clinic, 2025, <https://health.clevelandclinic.org/how-to-get-better-sleep>

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# B2B Trade Show held at Norway Savings Bank Arena in Auburn



Courtney Luce and Aaron Hagan from Northeast Bank (TCT Photo by Chris and Laurie Allen)



Grant Sperry, Joline Dubuc, Jeff Gosselin, Lesley Warn and Caitlin Ouellette from Maine Community Bank (TCT Photo by Chris and Laurie Allen)



Jon Mercier from Maine Source Homes & Realty (TCT Photo by Chris and Laurie Allen)



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Laurie and Chris Allen, Publishers of Twin City Times and Gorham Weekly (TCT Photo)

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Kristina Bennett, Kacey Lepage and Nicole Lajoe Caron from Champoux Insurance Group (TCT Photo by Chris and Laurie Allen)



Heather Turner and Meg Hatch from SAPARS (TCT Photo by Chris and Laurie Allen)



Erik Archambault, Randy Bell and Ron Morgan from Boots2Roots (TCT Photo by Chris and Laurie Allen)



Kenn & Shelly Quinn from Premiere Pools & Spas (TCT Photo by Chris and Laurie Allen)



Victoria Young and Andy Maier from Northeast Charter & Tour Co., Inc. (TCT Photo by Chris and Laurie Allen)



Lin Dehetre and Kelly Sturmer from Norway Savings Bank (TCT Photo by Chris and Laurie Allen)

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



Daniel J. Costantino Jr., David Palazzolo and Joshua Adams from Camden National Bank (TCT Photo by Chris and Laurie Allen)

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# Don’t wait! – Start planning Medicare coverage at 64

By Dr. Steve Angelo, Chief Medical Officer, UnitedHealthcare Medicare & Retirement of Maine

If you’re retiring soon or know someone who is, you’re not alone. In 2025, a record 4.18 million Americans will reach retirement age, which equates to over 11,000 people turning 65 each day<sup>1</sup>. This phenomenon is sometimes referred to as “Peak 65” or the “Silver Tsunami,” which began in 2024 and will continue over the next several years. This means a lot of people and their families will be looking for answers about Medicare.

Companies advertising Medicare plans and Medicare enrollment opportunities may open their commercials with someone asking – “I just turned 65. What are my coverage options?” With all the coverage options and first-time enrollment deadlines, people should begin planning early – and not wait until their 65th birthdays to begin thinking about their retirement health insurance needs and options.

While there are resources that can help guide one’s decisions, following are some tips to help you, a loved one or an employee begin planning for post-retirement health care and to enroll in Medicare.

Think 3-1-3 – You are eligible to apply for Medicare coverage starting the first three months before your 65th birthday – the month you turn 65 – and the three months after you turn 65. This is referred to as your Initial Enrollment Period (IEP).

Understand consequences of your choices – While you don’t have to enroll in Medicare when you turn 65, if you decide not to enroll at that time and do not qualify for a Special Enrollment Period, there may be penalties when you do enroll – and these can be costly.

Celebrate your 64th birthday – Thinking about retiring and what the future holds can be stressful so take time to enjoy your birthday, and then start planning.

Begin planning soon after your 64th birthday – Following are some questions to get you started.

Am I required to get Medicare coverage?

Can I get dental, vision and drug coverage as well as medical coverage?

What if I cannot afford Medicare?

Are you planning to work past 65? Do you have coverage through your employer or spouse?

How long am I covered under the plan I enrolled in during the IEP?

What if my birthday falls during the Annual Enrollment Period? Or just before? Do I need to enroll twice?

What if I do not enroll in a Medicare plan before the end of my IEP deadline?

While beginning to plan early should help avoid the consequences of not enrolling on time, choosing the right Medicare plan may still seem confusing. Many pre-retirees may never have shopped for their own health insurance, having had health care coverage through their employers.

As you begin your research, Medicare.gov is one place to start. UnitedHealthcare’s Medicare Made Clear also provides information on plan benefits, details on various enrollment periods and other resources to answer your questions.

Medicare plays a key role in the lives of people as they age. Making the right decisions right from the start and in a timely manner can have positive long-term financial and health consequences. So, plan early so you may enjoy your 65th birthday.

[1] Alliance for Lifetime Income

# BBB: Use caution when posting on social media

Better Business Bureau reminds consumers to use extra caution when publicly posting on social media to resolve an issue with a business. With impostor scams on the rise, fraudsters are creating fake customer support accounts, including for BBB, to target users seeking business resolutions.

How the scam works

You log on to your social media account to post about an issue with a business’s product or service, hoping for a quick resolution. You tag the business and await a response. In a few minutes, you notice a reply to your post from an account that appears to be for the business’ customer support team. You may even receive multiple responses from several different customer support accounts, each claiming they can help you resolve the issue if you direct message (DM) them with all the details, including personal information like your phone number.

In reality, the customer support account is fake. If you message one of these accounts, instead of resolving the issue with the business as you anticipated, you may end up with a bigger headache after handing over your personal or financial information to a scammer.

How to avoid customer support impostor scams

Look at the customer support account’s profile. Most impostor accounts were recently created to attempt to fool consumers. Check to see how long the account has been active and how many friends or followers it has. Real customer support accounts typically have a long history and have many followers. Remember, verification is now a paid service, so thoroughly inspect the account before you act. Telltale signs of a fake account include spelling or grammar errors, stock image profile pictures, and social media handles that look illegitimate.

Use caution if you receive multiple responses. If you reach out to a business publicly on social media and receive several responses from multiple “customer service” accounts, take that as a major red flag. Do your due diligence and check whether the business’ real customer service account responded. If the accounts look fake, ignore them.

Don’t fall for fake account recovery services. If the issue you’re looking to resolve with a business involves recovering a login or account, watch out for fake account recovery services responding to your post. You should never have to pay to recover your accounts.

Never provide personal or financial information to a stranger. If an account you’re messaging starts asking for your personal or financial information that has nothing to do with the issue at hand, stop communication with them.

Don’t click any links that are sent to you. If the “customer support agent” sends you a link to a website to resolve your issue, think twice before clicking. Scammers are easily able to make fake websites and URLs that look legitimate but are actually created to steal your information or install malware on your device. Refrain from downloading attachments, too.

When in doubt, stop communication and contact customer service on your own. If you’re questioning who you’re messaging on social media, your best bet is to go to the business’s real website and find their customer support contact information there. Even if social media is your preferred method of communication, calling the business may be the safer route.

For more information

Read more about social media scams and how to spot a scam.

Impostor scams are everywhere – read helpful tips to identify and avoid them.

If you’ve seen or experienced a scam, help warn others by reporting it to BBB Scam Tracker.

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# Red Cross asks Mainers to fill disaster posts

**PORTLAND, ME** -- Volunteers are more critical now than ever as the Red Cross responds to a new major disaster about every two weeks. These massive events, like storms and wildfires, are on top of the home fires which occur multiple times every day across the country. To make sure no one faces an emergency alone, the Red Cross has a crucial need for disaster volunteers and is actively recruiting to be ready for disasters of all sizes.

Just like the people served, the Red Cross is proud that its volunteers represent a wide array of cultures, backgrounds, ages, lifestyles and beliefs. Everyone is welcome at the Red Cross. While volunteers of all types are needed, there is a strong need for people to support disaster operations and blood collection efforts.

These are the most needed positions:

Disaster Action Team (DAT): Help families in your community after a home fire or other disaster. DAT team members provide emotional support, emergency financial assistance and information to help families begin to recover.

Shelter Volunteers: Ensure needs of shelter residents are met and help them access additional services.

Blood donor ambassadors: Engage with blood donors by greeting them at blood drives, helping them register, answering questions, providing information and assisting them at the refreshments table.

Blood transportation specialists: Volunteer transportation specialists support hospital patients by delivering blood from our facilities to local hospitals. If you have a little free time, love driving and enjoy meeting new people, the Red Cross has a great volunteer spot waiting for you.

You’re invited to put on a red vest and join the Red Cross team. Visit [redcross.org/volunteer](https://redcross.org/volunteer) to get started today. Free online training will be provided.

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



# UUCB Concerts for a Cause presents House of Hamill

**BRUNSWICK, ME** -- UUCB Concerts for a Cause presents the award-winning Celtic folk trio House of Hamill at the Unitarian Universalist Church of Brunswick on Saturday, May 17 at 7:30 p.m. to raise money for Brunswick Teen Center and Maine Family Planning.

Pennsylvania-based House of Hamill features Brian Buchanan and Rose Baldino of the Celtic folk-rock band Enter the Haggis. They are both

accomplished traditional fiddle players and classical violinists with over 25 years of writing and performance experience between them. They write unusual new fiddle tunes and exciting, unpredictable original songs while breathing new life into traditional and contemporary songs. A third full-time member, Caroline Browning, recently joined the duo, playing bass, mandolin, and vocals. Their music occupies a space between traditional Irish and



sophisticated indie folk. House of Hamill is a fixture on festival stages across the US, and have

shared their music and stories on the country's premier folk stages. Their original song "Banks of

the Brandywine" was a Grand Prize winner in the 2024 John Lennon Songwriting Contest, and the video for their all-violin cover of "Sweet Child O' Mine" amassed over 16 million views on Facebook, where it was shared over 400,000 times. In 2024 they had the #1 album, "Wildfire," and #1 song, "Highway Man," in the FAI Folk Charts and were a finalist in the International Acoustic Music Awards.

Whether they're rip-

ping through a set of original jigs and reels, adding lush three-part harmonies into traditional folk ballads, or cracking up an audience with stories from the road, House of Hamill puts on a show that captivates audiences from the very first note.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children and will be available at the church office, Gulf of Maine Books, or online at [ticketstripe.com/houseofhamill3](https://www.ticketstripe.com/houseofhamill3).

## Healthy eating on a budget free class at APL

**AUBURN, ME** -- Join Healthy Androscoggin Nutrition Educator, Becca Schoen, for Healthy Eating on a Budget - a free class to be held at the Auburn Public Library.

Share and learn ways to shop, cook, and eat healthy within your budget! Topics include reading a nutrition facts label, using unit pricing, and MyPlate recommendations.

Join for both days of this two-part workshop, enjoy a tasty lunch recipe each day, and come away with resources, new ideas, and incentives!

NOTE: This is a 2-class series, please plan to attend both sessions -- Tuesday, May 6 and Wednesday, May 7. Registration is required and space is limited. To register, contact the Auburn Public Library by visiting their website at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org) or call the Reference Desk at 207-333-6640, ext. 4.

This program will

Join Healthy Androscoggin Nutrition Educator, Becca Schoen for


### HEALTHY EATING ON A BUDGET

- FREE CLASS -

Auburn Public Library, Androscoggin Room (basement)

Two-day workshop: May 6 and 7, 11:30am-1pm

Share and learn ways to shop, cook and eat healthy within your budget! Topics include reading a nutrition facts label, using unit pricing, and MyPlate recommendations. Join us for both days of this two-part workshop, enjoy a tasty lunch recipe each day, and come away with resources, new ideas, and incentives!



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[www.auburnpubliclibrary.org/events/upcoming](http://www.auburnpubliclibrary.org/events/upcoming)

take place in the Androscoggin Community Room at the Auburn Public Library.

For more information about this and other pro-

grams offered at the Auburn Public Library, visit their website at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org) or call the Reference Desk at 207-333-6640, ext. 4.

## Lewiston's Jordan Wood launches campaign for U.S. Senate

**BRISTOL, ME** -- Jordan Wood (D) has announced his campaign against Senator Susan Collins. Wood, who was born and raised in Lewiston by a teacher and a pastor, has spent the last decade fighting corruption and working to return political power to the people by founding democracyFIRST, a bipartisan pro-democracy organization, working as a

Vice President of End Citizens United, and serving as Chief of Staff to a Member of Congress.

"I was born and raised in Lewiston. My dad was a pastor, and my mom a teacher. Now I'm raising my family in Maine. I've spent the last decade taking on the powerful and well-connected, fighting to get big money out of our politics and trying to

fix a broken system," said Wood. "This is a make or break moment for Maine. And Susan Collins? She says she's worried, she's concerned. Maine needs more than concern. I'm running for Senate because we need a leader who is up for the fight and can stand up to bullies, like we always have in Maine. It's time for courage, not concern."

## MaineCF scholarship available to Androscoggin County students

**PORTLAND & ELLSWORTH, ME** -- The Maine Community Foundation (MaineCF) is accepting scholarship applications from Androscoggin County students pursuing two or four-year degrees for the Annette M. Brown Scholarship Fund.

Eligible applicants must demonstrate a level of academic achievement suitable for predicting success in college; strong

character and family values; and financial need. Preference will be given to first-generation college students and those attending accredited colleges in Androscoggin County, with secondary preference to those attending schools elsewhere in Maine. Applications from students attending school outside Maine will be given the lowest priority.

Annette M. Brown

taught in the Lewiston-Auburn area in the early 1900s. In her 1916 will, she left \$16,000 to establish a scholarship fund to benefit students. Since then, the fund has given thousands of dollars to Androscoggin County students pursuing higher education.

The application deadline is June 1. For more information or to apply, visit [www.maine.org/scholarships](http://www.maine.org/scholarships).

# Major accomplishment for CMMC breast health team

**LEWISTON, ME** -- An enormous achievement for CMMC's breast health team: they have been awarded re-accreditation status by the National Accreditation Program for Breast Centers (NAPBC), following a recent site visit by the organization.

"As a participant of the NAPBC, your breast center has earned distinction as an ACS Surgical Quality Partner. This designation recognizes that your institution is dedicat-

ed to maintaining the highest standards in surgical care," a statement from the NAPBC says.

"This re-accreditation is confirmation of what our patients already know: they are in good hands with the breast care professionals at CMMC," said Renee Pinette, MD, OB/GYN and breast surgical oncologist on Central Maine Healthcare. "A breast cancer diagnosis can be devastating, but this seal of approval from NAPBC



demonstrates our patients can trust they're receiving comprehensive, compassionate and coordinated care from a dedicated team of specialists."

"It's wonderful to hear the dedication of our team to providing exceptional care has been recognized," said Jessica Gironi, oncology accredi-

tation manager for Central Maine Healthcare. "The reviewer's comments highlight the strengths of the program, especially the offering of in-house services and the proactive steps taken to support patients."

Central Maine Healthcare offers a full range of breast care treatment, including diagnosis and advanced diagnosis, prevention, treatment, ultrasounds and MRIs, biopsies and breast cancer surgery and reconstruction.

## MEMIC announces partnership with Portland Hearts of Pine

**PORTLAND, ME** -- The MEMIC Group announces its official partnership with Portland Hearts of Pine, Maine's first professional soccer team. This collaboration unites two Maine organizations with shared community commitments.

Portland Hearts of Pine was founded with a clear vision: to bring professional

soccer to Portland, Maine. Today, it has evolved into a thriving organization dedicated to driving economic, cultural, and community impact throughout the state. In partnership with MEMIC, Portland Hearts of Pine is focused on strengthening Maine's communities and leading with purpose to create lasting, positive change.

"We are excited to welcome MEMIC as our Official Safety Partner," said Kevin Schohl, President and Chief Business Officer at Portland Hearts of Pine. "The wellness of our players is of utmost importance, and MEMIC has over 30 years of experience promoting safety in Maine's workplaces. As a MEMIC client, we've seen

their unwavering commitment to workplace safety both on and off the field, so it was an easy choice to strengthen that relationship with this official partnership."

Founded in 1993 during Maine's workers' compensation crisis, MEMIC has spent more than 30 years revolution-

izing workplace safety and reducing lost-time injuries by more than 60%. Now, as Portland Hearts of Pine prepares for its inaugural season, MEMIC is proud to support this new chapter in Maine's sporting history.

"This partnership is a natural fit because it aligns with our mission to keep people safe and healthy—

whether at work or on the field," said Lily Hanstein, Senior Vice President of Strategy & Communications at The MEMIC Group. "Portland Hearts of Pine is bringing something special to Maine, and we are thrilled to support a team that shares our commitment to building strong, resilient communities."



# The right equipment for storms, unpredictable spring weather

ALEXANDRIA, VA. – Weather is more unpredictable than ever before, and homeowners should take stock of the outdoor power equipment they have in their garages and sheds to handle ensuing damage left behind. Preparation is key—before a storm and unseasonable weather hits a community.

“Today it’s not enough to just prepare for each season. We’re seeing powerful storms in places that normally don’t get them—and too often leaving behind crippling damage,” says Kris Kiser, President and CEO of the Outdoor Power Equipment Institute (OPEI). “Being equipped with the right outdoor power equipment is critical for when hurricane-force weather events bring water and wind, ice and snow put you at a standstill, and power goes out.”

To help people pre-

pare, OPEI encourages homeowners to educate themselves by visiting [WeatherItBetter.com](http://WeatherItBetter.com), which includes tips on having the right outdoor power equipment, severe weather and emergency cleanup, and safety measures, such as:

Have the right equipment on hand—before you need it. Acquire equipment based on weather, seasons and individual preferences before an emergency arises.

Know all equipment is not the same. Understand your equipment and its unique safety and usage requirements before using it. Review your owner’s manual and follow all instructions.

Inspect equipment before use. Check the air filter, oil level, gasoline tank or batteries. Stored equipment should be put away without fuel in the tank. Watch for missing



or damaged parts. Tighten chainsaw chains. Replace damaged parts or take equipment to a qualified service representative.

Walk through your yard and work areas. Seek and remove objects, sticks, dog toys, and other items that could create a hazard.

Always keep children and pets away from running equipment. Hire a professional if a job is beyond your abilities.

Never alter or disable equipment’s safety protection. Stay safe and follow the manufacturer’s safety measures at all times.

Use fuel and batteries designed for the equipment. Use E10 or less in gasoline-powered equipment unless it’s designed otherwise. Only use batteries or chargers that are manufacturer-specified.

Store fuel and batteries safely. Use containers

designed for fuel and label them with the purchase date and ethanol content. Use up fuel before it’s thirty days old and run equipment dry of fuel before storage.

Keep battery packs away from other metal objects, like paper clips, coins, keys, nails, or screws, that can make a connection from one terminal to another. Keep batteries stored away from one another.

Clean equipment before storing. Remove dirt, oil or grass before using and storing equipment. Store it in a dry place, avoiding damp or wet environments.

Plan ahead for safe placement of generators. NEVER place a generator in a home, garage, carport, or near an open window or door. Have on hand and use outdoor-rated power cords long enough to keep it a safe distance from the house.

# Maine Veterans Homes receive reimbursement for care

WASHINGTON, D.C. — U.S. Senators Susan Collins and Angus King, and Representatives Chellie Pingree and Jared Golden

announced that Maine Veterans’ Homes (MVH) has received full reimbursement due to them from the Department of Veterans Affairs (VA) for domiciliary care provided to veterans since 2021. In 2020, Congress passed legislation authorizing the VA to cover the costs of nursing home care provided by state veterans’ homes for veterans with early-stage dementia after it abruptly stopped covering these payments in 2019. Unfortunately, the VA delayed the required rulemaking by more than two years. This lag forced MVH to pay out-of-pocket for the care costing approximately \$130,000 per month and over \$3 million since 2019.

“For decades, Maine Veterans’ Homes (MVH) has provided quality care to Maine veterans; working hard to make good on

our nation’s promise to give back to those who served,” said Senators Collins and King and Representatives Pingree and Golden. “However, for years, MVH has faced financial strain due to the Department of Veterans Affairs (VA) delay in reimbursing it for nursing home care for veterans battling dementia, putting additional burdens on Maine veterans and their families. We are excited to share that MVH has finally received full reimbursement from the VA for this care — an important step that will ensure its doors can stay open, and our veterans can continue to access important care and support.”

Domiciliary care was established by the VA after the Civil War as a type of assisted living that is provided to older veterans who are independently mobile, or semi-mobile and incapable of living alone. Over 115 MVH residents receive domiciliary care, 80 percent of whom are on Medicaid.

The Veterans Health Care and Benefits Improvement Act, signed into law on January 5, 2021, authorized the VA to resume reimbursements for domiciliary care at state homes like MVH. Since then, the Maine Congressional delegation has continuously pushed the Department of Veterans Affairs (VA) to reimburse Maine Veterans’ Homes. In spring of 2023, the delegation introduced the Reimburse Veterans for Domiciliary Care Act, which would require the VA to restart payments for current care as mandated by law and retroactively provide MVH with the reimbursements for past care. Months later, the delegation received news the VA had agreed to resume reimbursing Maine Veterans’ Homes (MVH) for domiciliary care, but did not follow through on delivering the funds. After pressure from the Maine delegation, in September 2023 the VA announced a proposed rule that would retroactively reimburse MVH for the care they’ve

provided back to January 2020. Last spring, the delegation wrote a letter to the former Department of Veterans Affairs (VA) Secretary Denis McDonough requested an update on the rule and in October 2024, the VA announced the finalized rule that would provide retroactive reimbursement for MVH.

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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.

**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 6, 7**  
AUBURN -- Auburn Public Library: Healthy Eating on a Budget to be taking place on Tuesday, May 6th & Wednesday, May 7, 2025

from 11:30 AM to 1:00 PM.

**May 9, 10**  
AUGUSTA -- Home-schoolers 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/](https://homeschoolersofmaine.org/events-services/annual-convention/)

**May 10**  
LEWISTON -- Join us at the Lewiston Public Library for Painting Class: Spring is in the Air! in the 2nd floor Idea Lab on Saturday, May 10th at 11am. Recommended for children ages 8 – 14 years old.

Come learn how to paint a spring scene with step-by-step instruction by local artist, Nicole Ann. Get creative by painting a floral scene using acrylic paints on canvas panels, perfect for

gifts on Mother’s Day. All materials are provided. This program is free, open to the public, and no registration is required.

**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

**May 15**  
AUBURN -- “Moving past fear—to healing”, a talk at 7:00 pm by practitioner of Christian Science healing and international speaker, Lisa Troseth at First Church of Christ, Scientist, 79 Lake St., Auburn. The talk will focus on universal healing precepts found in the Holy Bible, especially in Christ Jesus’ life and teachings, showing how they are available for anyone to understand and experience through the lens of Christian Science. This event is free, open to the public, and sponsored by First Church of Christ, Scientist, Auburn-Lewiston. Child care available upon request: 207-782-0012

**May 15**  
BUXTON -- Thursday, May 15, 5PM Buxton Town Hall, 185 Portland Road. Buxton Library Writers’ Presentation Melody ML Norris, Author, Designer & Photo Preservationist Presents The Fine Art of Creating Attention Grabbing Book Covers; Sue Cassidy, Author, Discusses her journey to publishing a children’s book: Ladybugs and Ellie Go Camping. “Campfire Tales and Trails” A kids guide to reading and activities in the great outdoors. Light Refreshments. Free. FMI: Lorraine Lindstedt [lindcabin@gmail.com](mailto:lindcabin@gmail.com)

**May 17**  
LEWISTON, TOPSHAM -- “Ethereal Weaves of Air” Saturday, May 17, 2025, 7:00 p.m. - Franco Center, Lewiston and Sunday, May 18, 2025, 2:30 p.m. - Orion Performing Arts Center, Topsham

Coleridge-Taylor Perkinson: Rondo: Allegro Furioso (from Sinfonietta No. 1); Joseph Haydn: Symphony No. 83 “La Poule”; Sergei Prokofiev: Symphony No. 5 in B flat, Op. 100; Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for anyone 25 and under.

Student Musicians in the Heritage Hall at the Franco Center (part of the “More with Midcoast” series) Saturday, May 17, 6:15pm - pianist Ryan Sweet; Saturday, May 17, intermission - cellist Ronan Sands and violinist Linnea Turesson

Open Rehearsal with Music Director Rohan Smith (part of the “More

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with Midcoast” series) Sunday, May 18, 2025, 1:30 p.m. - Orion Performing Arts Center, Topsham

For more information about the concert or “More with Midcoast,” visit [MidcoastSymphony.org](https://MidcoastSymphony.org), call 207-315-1712, or e-mail [info@midcoastsymphony.org](mailto:info@midcoastsymphony.org).

**May 17**  
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/>.

House of Hamill - Sat, May 17, 2025 at 7:30 pm. Doors open 7:00 pm.

The upcycled Celtic folk trio, House of Hamill, features Brian Buchanan and Rose Baldino of the Celtic folk-rock band Enter the Haggis. They are both accomplished traditional fiddle players and classical violinists, with over 25 years of writing and performance experience between them. They write unusual new fiddle tunes and exciting, unpredictable original songs while breathing new life into traditional and contemporary songs. A third full-time member, Caroline Browning, recently joined the duo, playing bass, mandolin, and vocals. Their music occupies a space between traditional Irish and sophisticated indie folk.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office, Gulf of Maine Books, or online at [ticketstripe.com/house](https://ticketstripe.com/house).

**May 24**  
AUBURN -- Maine Iris Society presents its 44th Median Iris and Spring Flower Show, Saturday, May 24, 2025 at the Auburn Middle School, 38 Falcon Drive, Auburn, ME. 1:30 to 4:00 pm. Admission is free!

**May 31**  
LEWISTON -- Join us for a Dinosaur Party Saturday, May 31st from 11am-12:30pm the Lewiston Public Library Children’s Department will be hosting a Dinosaur Party for children and families!

During this program, children will be able to en-

gage in a variety of hands-on activities featuring dinosaurs. Some of the activities include a fossil dig, hatching dinosaurs from coffee ground eggs, creating dinosaur shadow lanterns, and making handprint dinosaurs. Attendees will also be able to take photos in front of a Jurassic backdrop.

One take home bag of dinosaur goodies will be given to each child until supplies run out.

This program will take place in Callahan Hall on the third floor of the library. The program is free, all materials will be provided, and there is no registration required.

**June 14**  
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/>.

Susan Werner - Sat, June 14, 2025 at 7:30 pm. Doors open 7:00 pm.

Susan Werner is a singer/songwriter, guitarist, and pianist who has built a reputation as one of the country’s most compelling live performers. She has been playing to sold-out audiences across the country for 27 years. Renowned as a charismatic performer, she’s known above all for challenging herself to conquer new styles every few years. She writes ambitious concept albums with subject matter and sounds to match. She has produced 18 albums of songs that effortlessly slide between folk/rock, jazz, Tin Pan Alley to gospel, country, and pop, all delivered with sassy wit and classic Midwestern charm.

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

**June 22**  
AUBURN -- About Love: Grief & Loss, 11:30-1pm. First Universalist Church of Auburn, 169 Pleasant St. (enter on Spring St. across from Dairy Joy). Freewill donations accepted. Parking; accessible. FMI 783-0461.



## 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](https://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.**

**Send all  
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What's Going On  
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# SHOE SHOW features footwear-focused art

**BLUE HILL, ME**  
-- Who hasn't marveled at a shoe and its miniature architecture? Another venue for form and function to duke it out. A shoe, like a chair, becomes an extension of the human body, exuding symbolic power, universal appeal, humor and beauty. Shoes-- these everpresent functional sculptures-- are always a ripe vessel for fresh interpretation.

Beginning May 9th, Working Loose x Rachel Sees Snail Shoes will present "SHOE SHOW", a multi-faceted group exhibition at Working Loose, in Blue Hill, Maine. It will showcase contemporary shoemakers working completely by hand including Bonnie Andrus, Laura Schoorl, Stella Harry Lee, Lauren Brinkers, Maya Miel, Jeremy Atkinson, Mollie Silva, Rachel Sees

Snail Shoes, Reid Elrod, Jane Addams, and Vicky D'Incecco. It will include footwear-focused artwork by Lane Walkup, Elena Samuelson, Chris Fallon, Sam Finkelstein, Ariela Nomi Kuh, Cassie McGettican, Megan Reed, Mallory Anita Lawson and Adriana Lozano Roman. We will also feature colorful historical folk footwear from across the last century, and a few pairs of designer/ vintage pieces curated by James Rowland Shop. At the culmination of the show in June, Rachel Sees Snail Shoes will host 2 immersive sandal-making workshops for those who want to bring their own designs to life. SHOE SHOW promises to be an energizing view on the traditional art and allure of the handmade shoe.

Opening Reception: May 9th 5-7pm Sandal



Workshops | Cost: \$350/person  
Session I - Sunday June 8th, 10am - 5pm  
Session II - Monday June 9th, 10am - 5pm  
Pre-registration required, more information can be found at [www.workingloose.com](http://www.workingloose.com)

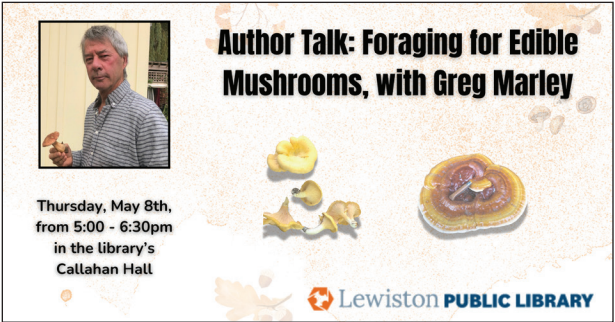
Working Loose 49 Main Street, Blue Hill, ME  
Gallery Hours | Tuesday - Saturday 10am - 5pm (closed daily from 1pm-2pm for lunch/dog walk)

# Foraging for edible mushrooms, with Greg Marley

**LEWISTON, ME**  
-- On May 8th, 2025, the Lewiston Public Library will be hosting author Greg Marley for his presentation titled, Foraging for Edible Mushrooms: Starting with a Foolproof Few for Your Area. It will take place from 5:00 - 6:30pm in the library's Callahan Hall.

Collecting and eating wild mushrooms is an intimidating prospect for the beginner. There are so many different mushrooms, and some of them are devilishly difficult to tell apart. Some of them are poisonous, a few dangerously toxic. But there are a number of common mushrooms that are great edibles, easily identified and without toxic look-alikes. These foolproof mushrooms can provide you with all the mushrooms you ever want! Join mushrooming author and teacher Greg Marley for a talk devoted to some common "foolproof" mushrooms found in the Northeastern US.

Greg Marley has been collecting, studying, eating, growing, and teaching mushrooms for over 50 years. He shares his knowledge of mushrooms through walks,



talks, and classes held across New England and beyond. Marley authored the award-winning book, Chanterelle Dreams, Amanita Nightmares: The Love, Lore, and Mystique of Mushrooms, (Chelsea Green, 2010). As a volunteer mushroom identification consultant to Poison Centers across New England, he provides expertise in mushroom poisoning cases. He is a frequent lecturer to college groups and an occasional mushrooming foray faculty member. When not mushrooming, Marley works as a mental health clinician specializing in suicide prevention and response after a loss.

Admission is free to all. No registration is required to attend this program.

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](mailto:LPLReference@lewis-tonmaine.gov).

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