CNA spreads **SUNSHINE**

EMMC honors Larrabee for nursing excellence

BANGOR — Eastern landing in the NICU in 2002. Maine Medical Center re- He spends numerous hours cently held a ceremony to honor this year's nursing technicians nominated for SUNSHINE Award, which stands for Smiling, Understanding, and Nurturing while Sharing a Helping

hand In Nursing Excellence. This year's winner is Richard Larrabee, CNA, from the Neonatal Intensive Care Unit.

both work and volunteer, to improve the Carter's Quiet Care Cuddlers program.

"I feel very honored," Richard said after the ceremony. "All the technicians I work with on a regular basis do a great job, and I'm just overwhelmed that [I was chosen out] of all the technicians."

The SUNSHINE Award nominees all exhibit the fol-Larrabee has been with lowing qualifications: pro-EMMC since 1997, eventually vides compassionate care to



COURTESY OF EASTERN MAINE MEDICAL CENTER

Eastern Maine Medical Center in Bangor has named Richard Larrabee, CNA, from the Neonatal Intensive Care Unit this year's winner of the SUNSHINE Award. Pictured from left is Deborah Sanford, RN, MSN, MBA, vice president and chief nursing officer; Richard Larrabee, CNA, nursing technician, NICU; Mikele Neal, RN, BSN, nurse manager, Women's and Children's Services; and Aida Poblador-Stevens, RN, MSN, director of nursing, Women's and Children's Services.

patients and their families; provides exemplary service to patients and the care

team; and exemplifies the continued journey to nursing excellence.

Anniversary of Occupy Movement

Gathering to be held Sept. 17

BANGOR — Sept. 17 is the fifth anniversary of the beginning of the Occupy Movement in the United States. The first one was held Sept. 17, 2011, in Zuccotti Park in New York City.

Many of those involved in the Occupy Movement in Bangor, as well as others who support what Occupy stood for, will gather in Bangor to celebrate that anniversary 10-11:30 a.m. Saturday, Sept. 17, at Peirce Park, the site of the 2011 occupation in Bangor. The park is next to the Bangor Public Library on Harlow Street.

Similar gatherings on that day are planned for Capitol Park in Augusta and Lincoln Park in downtown Portland.

Former occupiers and others concerned about the increasing division between rich and poor in the United States will participate in a vigil and speakout. They will be talking about the influence of money on the national political system and how public policies



Members of Occupy Bangor meet at general assembly on Monday, Nov. 28, 2011 to discuss the pros and cons of shutting down the Occupy encampment at Peirce Park in Bangor.

benefit the wealthy 1 percent of the population at the expense of the other 99 percent.

"We need an economy that raises all boats, those of the 99 percent as well as the yachts of the 1 percent," stated Larry Dansinger, a veteran of the occupation of Peirce Park in Bangor in 2011, in a press release.

Following the Occupy gathering in Peirce Park, there will be a potluck lunch at the Peace and Justice Center, located across the street from the park at 96 Harlow St. No. 100 in Bangor.

Participants are urged to join the Peace and Justice Center's "End Violence Together" march and rally scheduled for 1 p.m. the same day in West Market Square.

For information: Larry Dansinger, larryd@myfairpoint.net or call 262-3706.

Theatre invites all to take a seat

Bangor Opera House plans to replace seats at historic home

Theatre Company invited patrons during its preview on Aug. 25 to take their seats - literally-kicking off a campaign to replace the chairs at the historic Bangor Opera House, many of which are held fast by duct tape and generally dilapidated.

"It's time to match the quality of our audience's seating experience to the quality we produce on stage," said Executive Director Mary Budd, in a press release. "Our seats have supported a lot of seats - more than 30,000 annually in recent years and they are worn out. With specially designated gifts, patrons can help shape the next chapter of our theatre's history while enhancing their own experience in a very tangible way.'

The new seats will feature brass plaques on the recognizing armrests Take a Seat Campaign participants who contribute at the seat sponsorship level: \$350 for one seat or \$650 for two. The historic Bangor

Opera House, owned and operated by Penobscot Theatre Company since 1997, was built in 1920, and the seats date back at least to the mid-1960s when the building was converted to a cinema house.

"Documentation of the original purchase and installation is missing," explained Budd, "but some claim the seats came to the Opera House from a defunct adult movie palace. Today, lots are torn and with no replacement parts, we have resorted to duct tape repairs, and many squeak and thump as patrons seek comfortable positions."

Through this campaign, the theater aims to raise

BANGOR — Penobscot \$100,000, which will cover the cost of purchase and installation of state-ofthe-art seats made in Maine by industry leader Hussey Seating Co.

"We have a model of the new seat we've selected on display in our lobby," said Budd, "and we invite community members to try it out.'

Ergonomically neered and designed to last, the chairs have a timeless sculptured appearance that harmonizes with the building's art deco architectural features.

The Take a Seat Campaign complements a larger effort to address the theater's most urgent facility needs. In addition to seat replacement, funds raised through the public campaign will help offset the cost of replacing the building's heating and cooling system; insulating bare walls; and upgrading the company's theatrical lighting to LED, the new industry standard.

"Altogether, heating, seating, and LED-ing, are going to cost about \$300,000," Budd projected.
"Last spring, the theater received a \$100,000 award through the Grants to Green program, jointly administered by the Maine Community Foundation, the Maine Development Foundation, and Efficiency Maine, which really got the ball rolling; followed by a \$30,000 award from the Quimby Family Foundation. Our goal is ambitious, but with the community's support and a concerted push for the tush, we can ensure excellent theatrical experiences for decades to come."

Those wishing to participate in the Take a Seat Campaign or to learn more are encouraged to contact the box office at

Show

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Marley, 8 p.m. Friday, Oct. 21. Basetrack Live, experimental theater piece about veterans

and war, 8 p.m. Sat., Oct. 29. - 20th anniversary touring production of the musical "Rent," 8 p.m. Friday, Nov. 4.

- Ailey II, modern dance troupe, 7 p.m. Sunday, Nov. 6. Mike Daisey's new one-

man show, "Moby Dick," 8 p.m. Saturday, Nov. 12. Big Daddy Weave, Christian band, 7 p.m. Wednesday,

- "Cirque Mechanics: Pedal Punk," acrobatics show, 7 p.m.

Sunday, Dec. 4. "A Christmas Carol," touring show, 7 p.m. Thursday, Dec. 8.

- Windham Hill Winter Solstice Ensemble, new age/ world music, 7 p.m. Wednesday, Dec. 21.

Guitar legend Pat Metheny with Antonio Sanchez, Linda Oh and Gwilym Simcock, 7 p.m. Sunday, Jan. 15.

- The O'Connor Band, folk ensemble, 8 p.m. Sat., Feb. 4.

- "Once," touring Broadway musical, 7 p.m. Tuesday,

show, 7 p.m. Thursday, Feb. 9. - "Selected Shorts," NPR

- Caladh Nua, Celtic band, 8

- Body Traffic, contempo-

sical act, 8 p.m. Saturday,

8 p.m. Wednesday, April 26.

7 p.m. Tuesday, May 9. **Chamber Music**

Pianist Christopher

- Danish String Quartet, 3 p.m. Sunday, Jan. 29.

- Telegraph String Quartet, 3 p.m. Sunday, April 2.

Broadcasts

- Neil Simon's "The Last of the Red Hot Lovers," touring

radio broadcast, 8 p.m. Satur-

p.m. Friday, March 17.

rary dance troupe, 7 p.m. Sunday, March 19. - The Doo Wop Project, mu-

- "Annie," touring musical,

- "Pippin," touring musical,

Performances (at Minsky Recital Hall)

O'Riley, 3 p.m. Sunday, Oct. 23.

Olga Vocal Ensemble, 3 p.m. Sunday, Feb. 19.

NT Live and Met Opera

und Isolde," noon Sunday,

- The Met in HD: "Don Giovanni," 1 p.m. Saturday, Oct. 22

 NT Live: "Frankenstein, starring Benedict Cumberbatch and Jonny Lee Miller, 7 p.m. Monday, Oct. 31.

- NT Live: "Hamlet," starring Benedict Cumberbatch, 7 p.m. Tuesday, Nov. 22.

- NT Live: "War Horse," 7 p.m. Tuesday, Dec. 6. - The Met in HD: "Nabucco,"

1 p.m. Saturday, Jan. 7.
- The Met in HD: "Romeo and Juliet," 1 p.m. Saturday,

Jan. 28. -The Met in HD: "L'amour de Loin," 1 p.m. Sunday, Feb. 26.

- The Met in HD: "Ideomeneo," 1 p.m. Saturday,

March 25. - The Met in HD: "Eugene Onegen," 1 p.m. Saturday,

April 22. - The Met in HD: "La Traviata," 1 p.m. Saturday, April 29. - The Met in HD: "Rusalka,"

noon Sunday, May 21. - The Met in HD: "Der Rosenklavier," 1 p.m. Saturday, June 10.

EMCC gifts Literacy Volunteers with additional office space

BANGOR — Literacy being part of the EMCC Volunteers of Bangor just got a big anniversary gift. Since it moved onto the Eastern Maine Community College campus last summer, the program has enjoyed its headquarters in a small, new building. This summer, EMCC doubled the space available to

the agency. It's a wonderful gift, says Mary Lyon, Executive Director of Literacy Volunteers. "Having the entire building is a dream come true. It gives the staff some much-needed elbow room. But more imto offer all our services, as well as our resource library, on the first floor, which makes them accessible to anyone who needs

campus community, which brings advantages to students in both organiza-

EMCC President Lisa Larson sees the on-campus partnership with Literacy Volunteers as another set of resources for its students and a partnership it can extend to the community. "As Literacy Volunteers works with adults who are overcoming literacy barriers, we hope they identify EMCC as a next step in their educational journey. We work together, so they'll have the comportantly, we're now able bined support from Literacy Volunteers and EMCC resources.'

Lurene, a musician, teacher, and reading and writing coach of many them." She also empha- years, finds her work with sized the importance of college students as a Liter-

acy Volunteer stimulating and rewarding. "I learn a lot of new things as I work alongside these wonderful students, and get to know first-hand that managing their time is extremely important to their daily success. So each day that we meet, the challenge is to quickly assess the various reading and writing challenges that show up in their coursework, and to help them to meet those challenges, one assignment at a time. Eventually, they become more able to meet those challenges independently and their confidence grows as their abil-

ity increases." Community members interested in volunteering as a tutor can learn more at www.lvbangor.org/volunteer or by calling 207-947-8451.



