

Tuesday, November 7th from 12pm-1pm on zoom: [bit.ly/mefg23](https://bit.ly/mefg23)

*The Maine Educational Opportunity Association presents...*

**TRiO**



# You CAN Get There from Here:

a statewide zoom panel featuring

## First Gen Success Stories from Maine



M A N A   A B D I

**Maine State Representative and  
Intercultural Education  
Coordinator, Bates College**

**Mana Abdi** is the first Somali-American to be elected to the Maine Legislature. Mana is ethnically Somali but was born in Kenya before moving to the United States at the age of 11. She has lived in Lewiston for the past 15 years. Mana attended the University of Maine at Farmington (UMF) where she participated in the TRIO Johnson Scholars Program and earned a Bachelor's Degree in Political Science and International and Global Studies. It was at UMF that she found the power of her voice. She realized nobody else was coming to change things on campus and it was up to people like her to build an environment where all students would have the same opportunities for success. In addition to serving her first term in the Maine House of Representatives, Mana is the Program Coordinator for Bates College's Office of Intercultural Education. Her professional goals and personal vision are one and the same – to create a just, safe, sustainable and collaborative community and world. Representative Abdi is particularly passionate about social justice, equitable housing and education, and supporting young entrepreneurs.



T I N A N A D E A U

**Criminal Defense Attorney,  
The Law Office of Tina Nadeau**

**Tina Heather Nadeau** is a solo attorney in Portland who specializes exclusively in criminal defense. Since 2017, Tina has also served as the Executive Director of the Maine Association of Criminal Defense Lawyers, during which time she has been involved in significant work on legislation impacting adults and youth accused of crimes. Before opening her office, Tina worked in a small private firm and earlier was employed as a law clerk with the Maine Supreme Judicial Court. Prior to starting law school, Tina worked as a high school teacher in the Mississippi Delta and a reporter and sports editor in far northern Maine, in her hometown of Madawaska (Go Owls! Allons-y les hiboux!). Tina graduated with honors from Bowdoin College (2001) and the University of Maine School of Law (2010), where she was elected as the Editor-in-Chief of the Maine Law Review. In addition to MACDL, Tina is a member of the National Association of Criminal Defense Lawyers, the National College of DUI Defense, the National Criminal Defense College, and the National Association for Public Defense. Most importantly, Tina attended the Bowdoin College Upward Bound program in the summers of 1995 and 1996--the experience changed her life.



M Y L E S O U E L L E T T E

**Clinical Supervisor,  
Presque Isle Comprehensive  
Treatment Center**

**Myles Ouellette**, MBA, CCS is a Clinical Supervisor at the Comprehensive Treatment Center in Presque Isle Maine, specializing in Outpatient Treatment for individuals suffering from Substance Use Disorders. Myles graduated from the University of Maine Augusta with a BA in Applied Science and from Husson University with a Masters in Business Administration and a concentration in Healthcare Management. Myles is an alumnus of four TRIO Programs: Talent Search, Upward Bound, Student Support Services and the Educational Opportunity Center.