

Fantasy photoshoots for frontline workers



Kim Chapman Dionne of Kim Chapman Photography in Scarborough is in the middle of a project she calls “Fantasy Photoshoots of Frontline Workers”. She teamed up with a make-up artist and a clothing stylist to create glamour portraits of nurses, firefighters and other frontline workers. (Tsukroff photo)



Kim Chapman Dionne of Kim Chapman Photography in Scarborough reviews a promotional photo album she created for Grand Central Wine Bar in Gorham, owned by her friend, Karen Nason. (Tsukroff photo)

By Nathan Tsukroff

SCARBOROUGH – Kim Chapman Dionne of Gorham opened her studio in Scarborough in July 2020, right in the middle of the pandemic.

“The wedding season was just destroyed by COVID-19, and I was primarily just a wedding photographer,” she said. “I’ve always wanted a studio,” so she took over the second-floor space from a fellow photographer in a building on Holly Street in Scarborough, near Pine Point.

Called Kim Chapman Photography, the studio is a single large room with space for portrait sessions beside an area for clients to relax while they review their portraits.

Business all but stopped during the pandemic – she photographed “a couple of seniors during the summer” – and Chapman said she was at home “doing nothing”, and watching frontline workers confronting the pandemic. So she asked herself, “What can I do to help?”

And that’s when she decided to do a

project she calls “Fantasy Photoshoots for Frontline Workers”.

Collaborating with a traveling hair and makeup artist, Jessica Griffin, and a clothing stylist, Hannah Martin from the Fashion Cookbook, Chapman put out a call for nominations for “deserving frontline workers” to be photographed for the project.

Ten frontline workers were selected “based on their stories,” she said.

One of the frontline workers described having “five foster kids, trying to homeschool them and be a nurse at the same time.” She was photographed recently, Chapman said.

The Fantasy Photoshoots “bring out a different personality” when the frontline workers are in front of the camera, she said. One of the workers, in her early sixties, said that during the photography, she “forgot all about her job. It was really great!”

The workers received a free make-up and hair session, and were dressed in

See *Photoshoots*, page 9

Buxton charitable foundation accepting applications

From NNOF

BUXTON - The Narragansett Number One Foundation, a private charitable foundation located in Buxton, is accepting applications through April 1.

Organizations must be government entities, or quality as 501(c)(3) status not-for-profits groups under Internal Revenue Service rules.

The purpose of the foundation is to provide assistance to schools, fire departments, police departments, parks, recreational facilities, religious organizations, libraries, organizations supporting homeless and abused persons, food pantries, and shelters for animals.

It was established by Pat and Erwin Wales in September 2001 after they won the national Powerball lottery drawing. The Wales family donated \$5 million in creating the foundation, and invites other individuals, organizations or companies to donate to the charity.

The foundation provides funds for start-up expenses, new or special projects, other projects, or general operating support.

The application form can be downloaded at <http://bitly.ws/bVdj>, or in person at the Buxton, Hollis, Limington, or Standish Town Halls during normal business hours.

Completed applications should be delivered to NNOF, PO Box 779, Bar Mills, Maine 04004, by April 1.

More information about the Foundation, including an application and eligibility requirements, can be found on the Foundation’s website at www.NNOF.org.

Haddock Supper March 27

From LW Church

BUXTON - Living Waters Church, Parker Farm Road, Buxton, is hosting its next Haddock Supper Buffet on Saturday, Mar. 27, starting at 5 p.m.

Suggested donations are \$8 for Adults, \$4 for Child, and \$20 for a Family.

The church will offer the option of takeout containers for those who do not want to come inside for seating.

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Newsmakers, Names & Faces

Guest Column

Crafting a New Budget Requires Collaboration

By Sen. Timberlake

Recently, Governor Mills presented the State of the Budget address to the people of Maine and highlighted some of her priorities for the upcoming biennial budget that will serve state government for the next two years.

Every two years, the Legislature must pass a budget so that it will be in place by July 1st. The party in control can pass a budget with a simple majority vote of both legislative chambers; but this has to be done by the first of April in order for the budget to go into effect on time.

If enacted after April 1st, the budget must have 2/3 support for passage. Since the current makeup of the House and Senate do not give any one party a majority of that size, it will take a bipartisan effort to reach any agreement on spending over the next two years.

Not only is it neces-

sary that the Governor and the Legislature work together to find solutions as a team, it is what is expected of us.

When elected, the Governor assured Mainers she would not raise taxes; and Senate Republicans intend to hold her to it. This means complete tax conformity, including full conformity with regard to the federal Paycheck Protection Program (PPP) funds. This equates to more than 40,000 hardworking Mainers and more than 250 businesses. We will do all we can to protect our neighbors and communities.

An issue we have continually advocated for during my years in Augusta is funding for nursing homes. These facilities and their employees have been neglected time and time again. They suffer from serious shortages in both staffing and funds. Why is it that even though Maine is the oldest state in the nation, funding for nurs-

ing homes is repeatedly ignored?

Maine received approximately \$1.25 billion in federal CARES ACT money to assist during the pandemic, yet almost none of these funds were allocated to aid these struggling facilities. According to the U.S. Centers for Medicare and Medicaid Services, half of all of the deaths in Maine related to COVID-19 since last May have been among nursing home residents. We need to address this chronic funding shortfall and the dire situation it has created.

Regarding excess borrowing, the Governor has proposed a \$111 million bond package. With the state currently carrying \$7.6 billion in debt, this is not the time for major borrowing that adds interest payments to our already overburdened state budget. Surely, we can prioritize the \$111 million the Governor wants to use to support the next biennial bud-

get without using the state credit card. We cannot turn a blind eye to avoid making difficult choices. Every family and household needs to budget and scale back at times. So must state government.

For example, let's talk broadband. Who doesn't agree that Maine needs to invest in broadband? These investments need to be made in order for Maine to educate our students and attract a large-scale workforce and business community. However, we must put a plan in place that includes looking at options beyond fiber optic cable, such as satellite and cellular, before we add more to our debt.

As of this writing, the U.S. House of Representatives has passed a \$1.9 trillion COVID relief package. If the Senate also approves the bill in the same language, Maine could receive as much as \$1.6 billion for COVID-related expenses. While the State

of Maine welcomes the assistance from the federal government, we need to be very careful when it comes to allocating the funds.

Using this one-time money to fund new programs will create future budget gaps. If we use this new money to grow the size of government in this budget, we will not have the money to pay for it in the next one. This problem will only be compounded when new government stimulus programs lead to inflation and the cost of everything goes up. Many economists have already raised warnings about inflation.

Responsible spending would use the federal money as it was intended – to backfill things affected by the pandemic – while we use budget funds to find ways to do things like save the paper mill in Jay. The federal stimulus money should be used to keep businesses open and employing Maine workers so

the people of our state have a place to earn a good living in the future.


Sen. Jeff Timberlake (R-Androscoggin) represents Maine State Senate District 22, which encompasses the towns of Durham, Greene, Leeds, Lisbon, Litchfield, Sabattus, Turner, Wales, and Wayne.

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Newsmakers, Names & Faces

Free meals for Children through the summer

From Maine DOE

AUGUSTA - The United States Department of Agriculture (USDA) recently released a continuation of needed flexibilities for the Summer Food Service Program (SFSP) and the National School Lunch Program (NSLP) through Summer 2021.

“We are so grateful for the USDA waiver extensions through this incredibly difficult time,” said Walter Beesley, Maine Department of Education’s Director of Child Nutrition. “The newest extension will allow Maine schools to continue to provide complimentary emergency meals in creative ways at school, remotely, and on weekends to children of all

ages through the summer months.”

The USDA said, “As we complete a full year of Child Nutrition Program operations during the novel coronavirus (COVID-19) pandemic, we want to acknowledge the creativity, dedication, and tireless efforts of program operators and administrators at all levels to ensure access to healthy meals during what has been, for many of us, one of the most challenging years of our lifetimes. Over the past year, the Child Nutrition Program community has overcome a myriad of obstacles and has continued to provide daily meals for millions of our nation’s children and vulnerable adults. The USDA Food and Nutrition Service

(FNS) extends a heartfelt thank you to everyone who has dedicated time and energy in service to their communities through the Child Nutrition Programs over this past year.”

In response to the needs of program operators and State administrators, FNS has released a series of waivers to maximize flexibility and limit exposure to COVID-19, while maintaining accountability. The waivers are currently scheduled to expire on June 30, 2021, the statutory end of the school year. These flexibilities will remain necessary to operate our programs this summer given the ongoing public health and economic crisis. Understanding that program operators are now planning how

to best deploy child nutrition programs during the upcoming summer months, FNS is issuing the following updated waivers specifically for summer meal program operations in 2021.

While the current waivers are in effect through June 30, new waivers that go into effect on July 1 include:

#74 Nationwide Waiver to Allow Meal Pattern Flexibilities for Summer 2021 Operations

#75 Nationwide Waiver to Allow Non-Congregate Feeding for Summer 2021 Operations

#76 Nationwide Waiver to Allow Parents and Guardians to Pick Up Meals for Children for Summer 2021 Operations

#77 Nationwide

Waiver to Extend Area Eligibility Waivers for Summer 2021 Operations

#78 Nationwide Waiver of Meal Service Time Restrictions for Summer 2021 Operations

#79 Nationwide Waiver to Allow Offer Versus Serve Flexibilities in the Summer Food Service Program for Summer 2021 Operations

#80 Nationwide Waiver to Allow Area Eligibility for Closed Enrolled Sites for Summer 2021 Operations

#81 Nationwide Waiver to Waive First Week Site Visits in the Summer Food Service Program for Summer 2021 Operations

“Statewide we have seen a down-tick in families accepting the meals

that are available at no cost to them. This has prompted schools to adapt their menus, delivery options, and advertising methods to encourage families to take advantage of this valuable service, especially during these tough times,” added Beesley. “We are hopeful that now that we know the flexibilities and funding will continue through the summer, more families will take advantage of the really great, complimentary food options from school.”

Maine Department of Education Child Nutrition staff stand ready to support Maine Child Nutrition Providers in their continued efforts to supply safe, nutritious meals to Maine’s children and adolescents through Summer 2021.

Reconstruction of Exit 45 interchange begins

From MTA

SOUTH PORTLAND - A \$28 million project that will reconstruct Maine Turnpike’s Exit 45 Interchange in South Portland was scheduled to begin this week.

The Exit 45 Interchange is being reconstructed with additional capacity for future traffic volumes and will relocate toll payment to two new ramp plazas. It also

includes a new, higher and wider bridge, which will be raised to provide a 16.5-foot clearance over the Maine Turnpike.

“When completed, Exit 45 will have a more efficient diamond interchange, a brand new bridge with increased clearance, and ramp toll plazas giving drivers a safer, more fluid connection to the Turnpike,” said Maine Turnpike Authority Exec-

utive Director, Peter Mills. “It is also the last plaza on the Pike to receive tolling system upgrades. Once all the plazas are on the same platform it gives us greater flexibility to enhance our electronic tolling capabilities – all which benefit our customers,” said Mills.

The contract, awarded to CPM Constructors of Freeport, is one of two projects related to the reconstruc-

tion efforts. Work on the new Exit 45 Interchange began in the fall of 2019 when the embankment pre-load contract was awarded. This \$14.8 million project awarded to Sargent Corporation focused on “pre-loading” the site with gravel and other materials, as well as installing nearly 30,000 wick drains to minimize settlement before beginning construction of the new interchange.

“Because the area around Exit 45 has soils that are mostly clay, building in this environment causes an undesirable amount of settlement. By pre-loading and installing wick drains, we were able to compress the soils by as much as six feet in some locations, and this work has allowed us to start the much-needed reconstruction sooner,” said Chief Operations Officer, Peter Merfeld.

Over the next few weeks, construction crews will begin setting concrete barriers, restriping the roadway, shifting traffic away from the median and mobilizing equipment, followed by some ramp closures in April. The new interchange is scheduled to be completed by September of 2022. Work on demolition of the existing plazas and old bridge will continue into 2023.

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Guest Column

Social Security's Ticket To Work program

From NAPSI

New York, NY - About 40.7 million Americans have some kind of disability, according to the U.S. Census Bureau.

If you or someone you care about has a disability, you may wonder what it means for employment. You may be encouraged to know that there are supports and services available that can help you or your loved ones pursue work and reach your goals through Social Security's Ticket to

Work (Ticket) program.

The Ticket program supports career development for people ages 18 through 64 who receive Social Security disability benefits and want to work. This program is free and voluntary.

Program participants select a service provider to help them prepare for, and find, a job. The provider may be a State Vocational Rehabilitation (VR) agency or an Employment Network (EN)—a public or private organization that has an

agreement with Social Security—to offer:

- Career planning
- Job placement assistance
- Ongoing employment support.

These career development services and supports are unique to each individual. Participants work with their service providers to develop a customized plan and identify the supports they need to reach their work goals.

Finding A Path To Financial Independence

The road to financial independence looks different for everyone. Whether joining the workforce for the first time or returning after a difficult diagnosis, there are challenges that each person must navigate. Working with a Benefits Counselor and Ticket to Work service provider can help you remove some of the obstacles and learn more about the resources available to you.

This could include Social Security Work Incentives, which are de-

signed to help you transition to the workplace. A Benefits Counselor can help you learn more about Work Incentives, including which ones you qualify for, and discuss how working will affect your benefits.

If you connect with an EN, the EN can help you find answers to questions, whether they're about reporting your wages to Social Security, requesting job accommodations, or even how you can advance your career to earn even more money.

With the knowledge, support and services of a Ticket to Work service provider, you may find yourself on the path to success and financial independence through work.

For further information about the Ticket program, call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday.

This column is provided by North American Pre-cis Syndicate, New York, NY.

'A Congregation of Birds' in Bath



A piece of artwork title "Crow Solo" is among the various works of art at exhibition at the Chocolate Church Arts Center in Bath from April 2-May15. (Image courtesy of Chocolate Church)

From Chocolate Church

BATH – "A Congregation of Birds" is an exhibition featuring four Maine artists who are exploring birds as a theme in their work, with each using a different medium.

Encaustic, linocut and pigment, collograph

and mobiles are all included in the gallery for this show, which features the work of Kathleen Buchanan, Berri Kramer, Karina Steele, and Susan Wilder.

The exhibition runs April 2- May 15 in the Gallery at the Chocolate Church Arts Center at 804 Washington Street in Bath.

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From NNOF

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

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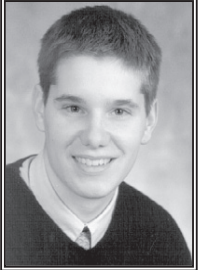
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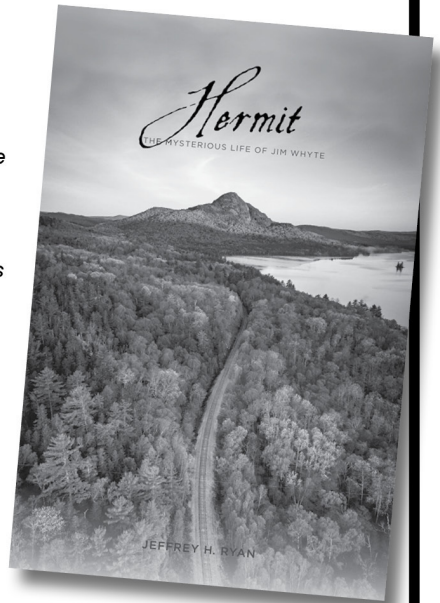
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— George Smith, Bangor Daily News



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Arts & Entertainment

Movie magic in Gorham

By Nathan Tsukroff

GORHAM – Movie magic is returning to Gorham next week at Spire 29 On The Square.

Located in a renovated church near the center of Gorham at 29 School Street, the planned weekly events are being hosted by Ghost Karen’s Kitchens and Fort Hill Community Church.

The building is now an elegant catering facility with a stage area at one end of the main room and a bar at the other end.

Karen Nason of Ghost

Karen’s Kitchens said she and the church collaborated for the events after the local Cinemagic movie theaters abruptly closed at the end of February.

Cinemagic had announced what it called an “intermission” at the beginning of February, and several weeks later decided to close its entire chain of cinemas, including theaters in Saco, Westbrook, and South Portland, as well as five other locations in New Hampshire and Massachusetts.

Fort Hill Community Church has Sunday services and Thursday-night bible studies in the building each week, providing a projector and screen to supplement the sound system at the venue.

With the large room, “We’ll be able to seat people safely, away from each other,” Nason said. “And we also kind of want to do this as an homage to the fact that Cinemagic is closing. You know, families have nowhere to go anymore.”

Nason said she and the church wanted to create a space in Gorham where families with children could spend the evening.

The concept is similar to Smitty’s Cinema, a chain of movie theaters in Windham, Sanford, Topsham and Tilton that has table-seating for guests and serves meals before the movie.

For the Spire 29 movie nights, guests can order from six different menus at Ghost Kitchens, which is located in a building attached to the church. “Ghost Kitchens can walk right in here and bring your food to your table,” Nason said. Guests can purchase wines and beers at the bar.

The movie nights will be Fridays and Saturdays, starting March 19 and 20 and again on March 26 and 27. “We’re going to try this out for two weeks. If it works well, Karen’s Ghost Kitchens is going to be here every weekend for families and friends in town,” Nason said.

The movie nights are free, so the only costs for

families will be for food and drink, Nason said. Doors will open at 6 p.m. for seating, with the movies expected to start at 6:30 p.m., Nason said. “We want to get all the orders in for the foods, (and) dim the lights,” before the movie begins. The servers will be available throughout the evening.

Fort Hill CC Pastor Aaron Manning said the church will provide the popcorn for the movie nights, and “it’s going to be family-friendly.”

Nason and Manning are working on the selection of movies. The only definite showing right now is the 2018 edition of the live-action animated comedy film Peter Rabbit on March 27, to celebrate the Easter season, Manning said.

Seating is limited to a total of 50 guests the first weekend, under current pandemic guidelines put in place by the State of Maine. However, the governor’s office announced last week that the capacity for indoor gatherings will change on March 26 to allow for capacity of up to 50 percent of the allowable for a venue. That will change to 75 percent on May 24.

Ghost Karen’s Kitchens provides meals for take-out, curbside pick-up, or delivery, to bring “the restaurant experience to your home,” Nason said.

Ghost Kitchens “re-stored this beautiful event space that’s sitting here doing absolutely nothing,” she said. “We want to use it, so people come in and see this space that could be used for an intimate wedding of 20 to 25 people.” She has already booked two weddings for later this spring.



Karen Nason grabs a slice of the Brooklyn Benny’s pizza that Ghost Karen’s Kitchens will have available for guests at movie nights at Spire 29 near the center of Gorham on March 19, 20, 26, and 27. (Tsukroff photo)



Karen Nason of Ghost Karen’s Kitchens holds one of the pizzas that will be available to families on movie nights at Spire 29 On The Square in Gorham on March 19, 20, 26, and 27. The movies are sponsored by Ghost Kitchens and Fort Hill Community Church. (Tsukroff photo)

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

Norlands Celebrates Maine Maple Sunday



A woman wears a 19th century costume as she collects sap for the Maine Maple Sunday event Norlands Living History Center on March 28. (Photo courtesy of Norlands)

From Norlands

LIVERMORE - The Norlands Living History Center will celebrate Maine Maple Sunday on March 28 with a new spin on the traditional pancake breakfast.

This year, Norlands Maple Syrup and Pancake Mix can be ordered online at Norlands.org/shop and by phone at 207- 897-4366.

Orders can be picked-up from 11 a.m.-2 p.m. at 290 Norlands Road, Livermore, on March 28 at the drive-thru, contact-free Maine Maple Sunday event.

Visitors are asked to wear their masks as they come say hello to the new Executive Director at Norlands, Rachel Bidstrup.

All orders directly

support Norlands living history programs and restoration efforts.

The Norlands Living History Center is a multifaceted historic site, museum, and working farm where costumed interpreters portray real people who lived in the Norlands' neighborhood in the 1800s.

Norlands is Maine's oldest living history center and is listed on the National Register of Historic Places. Norlands' mission is to preserve the heritage and traditions of rural life in Maine's past, celebrate the achievements of Livermore's Washburn family and use living history methods to make the values, activities, and issues of the past relevant to present and future generations.

Schools remain 'green' in latest COVID-19 advisory

From Maine DOE

AUGUSTA – Last Friday, the Mills Administration released its bi-weekly update to the color-coded Health Advisory System that classifies counties' relative risk of COVID-19 transmission to assist schools as they continue with their plans to deliver instruction and support to students safely.

Maine's Department of Education said the Maine Department of Health and Human Services (DHHS) and Maine Center for Disease Control and Prevention (Maine CDC) assessed COVID-19 data and trends by county and all counties remain green.

However trends in Piscataquis County will be closely monitored. The positivity rate in Piscataquis County has been above 5% each of the past two weeks, and the new

case rate is two times higher than the next highest county.

DHHS and Maine CDC continue to review evidence that indicates lower transmission of COVID-19 in schools compared to the general population.

Over the last 30 days, the rate of new cases for school staff or students is 22 per 10,000, 35 percent lower than a new case rate of 34 per 10,000 for the general population. This continues to demonstrate that in-person learning in schools that follow public health precautions can be conducted safely, without increased transmission of COVID-19, and supports schools' adherence to the six requirements for returning to in-person instruction, regardless of their county's designation.

These designations are provided for the consideration of school admin-

istrative units in their decisions to deliver instruction.

The county-level assessments are based on both quantitative and qualitative data, including but not limited to recent case rates, positivity rates, and syndromic data (e.g., symptoms of influenza or COVID-19). Those data are publicly posted every week on the Maine CDC website. DHHS and Maine CDC also consider qualitative factors, such as the presence of outbreaks that may potentially affect school-age children.

Categorization as "green" suggests that the county has a relatively low risk of COVID-19 spread and that schools may consider in-person instruction, as long as they are able to implement the required health and safety measures. Schools in a "green" county may need to use hybrid instruction models if there is insufficient capac-

ity or other factors (facilities, staffing, geography/transportation, etc.) that may prevent full implementation of the health and safety requirements.

Categorization as "yellow" suggests that the county has an elevated risk of COVID-19 spread and that schools may consider additional precautions and/or hybrid instructional models to reduce the number of people in schools and classrooms at any one time.

Categorization as "red" suggests that the county has a high risk of COVID-19 spread and that in-person instruction is not advisable.

The next update will be provided on Mar. 26. Updating this advisory on a two-week basis aligns with the incubation period for COVID-19 and allows for greater stability in the trend data for small counties.

CMH acquires Spectrum Orthopaedics-Auburn

From CMH

LEWISTON - You know their faces and you know about the great orthopedic care they provide. Now, they'll be joining with the other trusted name for healthcare in Central and Western Maine: Central Maine Healthcare.

The first-rate group of providers of Spectrum Orthopaedics-Auburn, formerly Central Maine Orthopaedics,

is now part of the Central Maine Healthcare team and is adopting a new name: Central Maine Healthcare Orthopedics.

"We are thrilled to welcome these talented professionals to Central Maine Healthcare. Their addition to the team extends our ability to provide our patients with coordinated, high-quality orthopedic care close to home," said Jeffrey L. Brickman, FACHE, president and CEO

of Central Maine Healthcare. "It's part of our vision of making exceptional, affordable and convenient care available to more Maine people."

Joining the CMH team are eight orthopedic surgeons, four physician assistants and more than 80 experienced team members. The practice will continue to provide convenient, exceptional outpatient care at its current Minot Avenue and Rumford

locations.

The addition of the practice, the largest orthopedic provider in Androscoggin County, significantly expands Central Maine Healthcare's footprint of orthopedic services and its orthopedic staff. The system plans to build on this foundation to offer a full range of services to support the complex needs of patients with wide variety of orthopedic, spine, pain management and physical therapy needs.



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Junction Bowl league scores

From Junction Bowl

GORHAM – League scores from Junction Bowl on Railroad Avenue in Gorham.

Scores include the player handicap.

Week 8 Monday Night Strikes

Kaitlyn Lemieux rolled for 612 to lead Split Happens to 2 games and the weekly team series over Two Finger Death Punch with 1 game, 2287-2156.

Split Happens
Heather Bryant
193-183-206 – 582
Kaitlyn Lemieux
189-222-201 – 612

Erica Jackson
215-167-182 – 564
Elisabeth Maxfield
208-138-183 – 529

Two Finger Death Punch

Jon Talbot
185-184-154 – 523
Charlie Pasquerillo
172-157-148 – 477
Substitute
166-238-176 – 580
Substitute
226-175-175 – 576

Hammond Eggs had a strong showing from Alex Benner with 711 to grab all 3 games and the weekly team series from Right Lane, 2313-2089. Benner plays in the league with just a 24 handicap.

Hammond Eggs
Substitute
183-171-158 – 512

Ryan Stuart
159-166-220 – 545
Bobby Brown
187-162-226 – 545
Alex Benner
250-267-194 – 711

Right Lane

Brian Gonneville
170-183-176 – 529
Adam Homan
197-147-144 – 488
Colin McLean
178-164-178 – 520
Bill Haskell
195-186-171 – 552

Pin Me Please got edged out in the final game but still took 2 games and the weekly team series against Cobra Kai with 1 game, 2378-2339.

Pin Me Please
Ashley Calvert
166-229-223 – 618
Rick Cormier

See Junction Bowl, page 11



Gary LaPierre led The Gutter Rats with a 625, although his team ultimately lost to The (League) Office, 2294-2237, in Monday night league play at Junction Bowl on Railroad Avenue in Gorham last week. (Tsukroff photo)



“Bass” Pettitt delivers for The (League) Office in a Monday night league game against The Gutter Rats at Junction Bowl on Railroad Avenue in Gorham last week. Pettitt’s team rolled for 2 games and the team series, 2294-2237, over The Gutter Rats. (Tsukroff photo)



Junction Bowl owner, Ben Smith, rolls for The Gutter Rats in a Monday night league game against The (League) Office at Junction Bowl on Railroad Avenue in Gorham last week. The (League) Office took 2 games and the weekly team series over The Gutter Rats, 2294-2237. (Tsukroff photo)



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Photoshoots

Continued from page 1

glamorous clothing at no charge. They all received a complimentary portrait to share with family and friends.

While there was no expectation that her subjects would purchase additional portraits, some have invested in photographs for family and friends, Chapman said.

Claire Dufort, a Brunswick firefighter, was featured recently in a piece on TV station WCSH News Center Maine. Chapman captured Dufort's dramatic transformation with her camera.

There are still some frontline workers to be photographed, Chapman said.

Chapman grew up in Gorham, the daughter of Walter Stump, a theater professor at the University of Southern Maine.

She started her career in 1997 as a children's photographer with the name "Once Upon a Child". She created hand-colored black-and-

white photographs, that "took me hours and hours" to make. She started photographing weddings in 2003, realizing "it's actually kind of fun!" and has photographed hundreds of weddings since then.

While living in Colorado, she worked with another photographer to photograph extreme sports events. She returned to Maine, got married and lived in Portland before returning with her family to Gorham.

She recently created a promotional photo album for the Grand Central Wine Bar on Railroad Avenue in Gorham, which is owned by her friend, Karen Nason. Chapman also created photographs of Nason's wedding venue at Spire 29, a restored church near the center of Gorham.

Chapman describes herself as self-taught, but has worked with other photographers and taken multiple on-line courses to hone her craft and her marketing skills. Her work reveals her rapport with her subjects, and her skill with



Kim Chapman sets out portraits of Brunswick firefighter Claire Dufort from a recent portrait session in Chapman's project to create glamour portraits for frontline workers. Called "Fantasy Photoshoots for Frontline Workers", Chapman has help from a local make-up artist and a clothing stylist to transform her subjects for their portraits. (Tsukroff photo)

lighting.

She already has about 30 high school seniors lined up for the spring and summer, plus weddings, as her business ramps up again.



Kim Chapman holds a photo album she created recently as a promotional piece for Grand Central Wine Bar on Railroad Avenue in Gorham. (Tsukroff photo)



Kim Chapman adjusts a studio light for a portrait session for one of her "Fantasy Photoshoots for Frontline Workers" at her studio, Kim Chapman Photography, in Scarborough. (Tsukroff photo)

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March ideal for ice fishing

From Maine DIFW

AUGUSTA - February was a memorable month of ice fishing in Maine with beginner and experienced anglers alike across the state, as well as those jumping back into the sport.

The Maine Department of Inland Fisheries and Wildlife last week thanked everyone who brought someone fishing for the first time during Free Fishing License Week or earlier this season – sharing knowledge with others is integral to continuing Maine’s unique ice fishing heritage.

The Maine DIFW said that as we head into March there is still plenty of ice fishing opportunity and the warmer days are ideal for bringing beginners and children.

Remember, access to many Maine lakes and ponds are over private roads, and roads can get very muddy or unpassable this time of year. Please treat private land and landowners with respect.

Check out the monthly fishing report at <http://bitly.ws/bJR2> for recommended places to

try and fishing tips.

Ice season dates

Remember that most of Maine’s lakes and ponds open to ice fishing, remain open through the month of April.

South Zone: Under General Law in the South Zone, lakes and ponds are open to ice fishing and open water fishing year-round (unless otherwise stated in the special fishing laws section).

North Zone: In the North Zone, lakes and ponds with special season code “A” or “B” are open to ice fishing through April 30. Click here to search Maine’s special fishing laws (Search “A (Open)” or “B (Open)” in the regulation column to find which waters are open to ice fishing through April) or use the map-based Fishing Laws Online Angling Tool (FLOAT). After April 1, once the ice disappears, you can open water fish on most lakes and ponds in the North Zone.

Ice fishing shacks: A person who owns any shack or temporary structure used for ice fishing must remove the shack or structure (1) In any area of the State in which there

is a closed ice fishing season, by ice out or 3 days after the close of the ice fishing season, whichever is earlier; and (2) In any area of the State in which there is no close of the ice fishing season, by ice out or March 31st, whichever is earlier.

Tips

There is no question, ice fishing is a large part of Maine’s outdoor heritage. Enjoy your ice fishing trip, and remember:

Leave no trace – Carry out all that you carry in.

Park in public or designated areas - Don’t block paths or other roads.

Respect private property – Utilize public access sites or areas where you have permission to park or access.

Be prepared – Check the weather, bring what you need for the day, and let someone know where you are going and when you expect to return.

Bring some of your catch home – In certain waters, the Department encourages the harvest of fish in order to maintain healthy fish populations and improve the fishery. Bring some of your catch home for dinner or



A father and son on a recent ice-fishing excursion in Maine. (Photo courtesy of Maine DIFW)

share it with a friend.

Ice safety

Remember to always use extreme caution when venturing onto Maine’s waterways. Accessing lakes and ponds should be avoided unless you can be certain of ice conditions by checking ice thickness.

Before stepping out, use a chisel or auger to test ice thickness in several places. Remember that ice seldom freezes uniformly and conditions are always changing and can vary from one location

to the next. Ice that forms over flowing water and currents, especially near streams, bridges and culverts, can be particularly dangerous.

Before you head for a day of ice fishing, ALWAYS tell someone where you are going and when you will return.

Please enjoy the Maine outdoors safely and responsibly!

Check the laws

Maine’s fishing laws are online for your convenience. Before you go,

check the laws and download a copy of the book to your phone: 2021 Fishing Law Book (PDF)

The Department has created new tools to make finding the special fishing laws easier. Check out the map-based display of special fishing laws: Fishing Laws Online Angling Tool (FLOAT) or use the new search function. Remember, you still need to view the general fishing laws in addition to the special fishing laws for the specific water body.

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Bipartisan group introduces mental health bill for health care workers

From Sen. Collins

WASHINGTON, D.C. — U.S. Senators Susan Collins (R-Maine) and Angus King (I-Maine) joined a bipartisan group in introducing the Dr. Lorna Breen Health Care Provider Protection Act.

This comprehensive, bipartisan legislation would help to reduce and prevent suicide, burnout, and mental and behavioral health conditions among health care professionals.

Health care professionals have long experienced high levels of stress and burnout, and throughout the past year, the COVID-19 pandemic has only further exacerbated the problem. While helping their patients fight for their lives, many health care professionals have been coping with their own trauma of losing patients and colleagues and fear for their own health and safety.

The issue captured national attention in April 2020 when Dr. Lorna Breen, a physician from Charlottesville, Virginia, working on the frontlines of the pandemic in New York, died by suicide.

“Working on the frontlines of the COVID-19 pandemic, health care professionals put themselves at increased risk, endure enormous pressure, and witness heartbreaking tragedies to keep our communities safe,” said Senators Collins and King in a joint statement. “Our nation is grateful for the countless and often unseen sacrifices they have made during the pandemic. This bipartisan bill would provide health care professionals with resource-

es to improve their wellbeing and mental health.”

“Our health care heroes have long experienced high levels of stress and burnout, and COVID-19 has only exacerbated the problem. Not until the death of my beloved sister, did we learn of the pervasiveness of mental health issues among medical professionals,” said Jennifer Breen Feist, co-founder of the Dr. Lorna Breen Heroes’ Foundation. “The Dr. Lorna Breen Health Care Provider Protection Act legislation is a critical step in building the policy framework to address mental health concerns facing our healthcare providers during this challenging time. We are encouraged by the bipartisan support this legislation has garnered and hopeful that this important issue is at last generating the attention it deserves.”

Specifically, the Dr. Lorna Breen Health Care Provider Protection Act would:

- Establish grants for training health profession students, residents, or health care professionals in evidence-informed strategies to reduce and prevent suicide, burnout, mental health conditions, and substance use disorders. The grants would also help improve health care professionals’ well-being and job satisfaction.
- Seek to identify and disseminate evidence-informed best practices for reducing and preventing suicide and burnout among

health care professionals, training health care professionals in appropriate strategies, and promoting their mental and behavioral health and job satisfaction.

- Establish a national evidence-based education and awareness campaign targeting health care professionals to encourage them to seek support and treatment for mental and behavioral health concerns.

- Establish grants for employee education, peer-support programming, and mental and behavioral health treatment; health care providers in current or former COVID-19 hotspots will be prioritized.

- Establish a comprehensive study on health care professional mental and behavioral health and burnout, including the impact of the COVID-19 pandemic on such professionals’ health.

In addition to Senators Collins and King, the legislation was also introduced by Senators Tim Kaine (D-VA), Todd Young (R-IN), Jack Reed (D-RI), Bill Cassidy (R-LA), Tammy Baldwin (D-WI), Mark R. Warner (D-VA), Tina Smith (D-MN), Shelley Moore Capito (R-WV), Jacky Rosen (D-NV), Kirsten Gillibrand (D-NY), Kyrsten Sinema (D-AZ), Debbie Stabenow (D-MI), Chris Van Hollen (D-MD), Mark Kelly (D-AZ), and Jon Tester (D-MT).

Junction Bowl

Continued from page 8

202-190-217 – 609
Heather Lavallee
214-202-179 – 595
Brendan Gow
187-189-180 – 556

Cobra Kai

Romeo Jalbert
161-180-215 – 556
Eric Bretton
184-211-212 – 607
Kenneth Reno
213-217-178 – 608
Substitute
190-182-196 – 568

Despite missing two players, The (League) Office was able to squeak out wins in 2 games for the weekly team series over The Gutter Rats with 1 game, 2294-2237.

The (League) Office

Sebastian Pettitt
201-224-187 – 612
Blind
179-179-179 - 537
Nick Calvert
175-191-239 – 605
Vacant
180-180-180 – 540

The Gutter Rats

Ben Smith
179-170-199 – 548
Amy Pompeo
166-183-203 – 552
Shawna LaPierre
161-190-161 – 512
Gary LaPierre
205-236-184 – 625

Thursday Night Dynamite

Minds In The Gutter rolled for 2 games and the

weekly team series against Split Happens with 1 game, 2308-2225/

Minds In The Gutter

Scott Verrill
191-175-211 – 577
Jay Sutton
192-206-159 – 557
Doug Mercier
205-211-178 -594
Matt Ferrante
196-203-181 - 580

Split Happens

Denise Williams
177-169-188 – 534
Chris Lee
188-213-202 – 603
Matt Lelansky
149-191-193 – 533
Duayne Frank
165-192-198 - 555

Strike First had a good showing with all 3 games and the weekly team series over Smelt Camp Swim Team, 2269-2120

Strike First

Romeo Jalbert
204-197-197 – 598
Kenneth Reno
191-180-200 – 571
Sherry Coyne
143-213-190 – 546
Roni Bretton
177-180-197 – 554

Smelt Camp Swim Team

Kevin Kassa
154-182-165 – 501
Blind
181-181-181 – 543
Tonya Kassa
159-172-203 – 534
Jenn Leanhart
183-201-158 – 542

XXX Turkeys were edged out in the middle

game for 2 games and the weekly team series over Bowler? I Barely Know Her! with 1 game, 2323-2158

XXX Turkeys

Ken Foss
177-200-226 – 603
Terry Moore
216-158-186 – 560
Jake Ouellette
232-183-211 – 626
Peter Luciano
181-179-174 – 534

Bowler? I Barely Know Her!

Dylann Swisley
173-184-169 – 526
Deanna Boisvert
160-199-184 – 543
Substitute
170-211-183 – 564
Blind
175-175-175 – 525

House Balls had a solid night with three players over 600 to take 2 games and the weekly team series against Sexy Ginger with 1 game, 2390-2199.

House Balls

Bruce Russell
191-224-196 – 611
Reena Russell
214-197-202 – 613
Christian DeLuca
201-234-201 – 636
Anna DeLuca
200-173-157 – 530

Sexy Ginger

Jacob Bourgeois
213-196-190 – 599
PT
186-158-198 – 542
Clayton Farrin
160-178-233 – 561
Substitute
159-181-157 – 497

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Online farming course March 29

From U. of Maine

ORONO - University of Maine Cooperative Extension will offer a seven-session online course for aspiring farmers starting March 29.

The class meets from 5:30–7:30 p.m. twice per week through April 22. Individual consultations will be scheduled April 26 and April 29.

“So You Want to Farm in Maine?” is designed for those wanting to start or expand to a profitable farm operation. Topics include starting a land-

based business, business planning and record-keeping, marketing and available resources. Instructors include UMaine Extension educators and guest experts. Successful course completion qualifies participants for USDA Farm Service Agency Borrower Training credit.

The sliding-scale fee is \$50–\$150 per person; registration is limited to 40 participants. Register on the program webpage. The required text, “Building a Sustainable Business” by SARE, is available for free download. For more infor-

mation or to request a reasonable accommodation, contact Melissa Freeman, 207.353.5550; melissa.freeman@maine.edu.

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine’s land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy

The University of Maine, founded in Orono



University of Maine Cooperative Extension will offer a seven-session online course for aspiring farmers starting March 29. (Photo courtesy of U. of Maine)

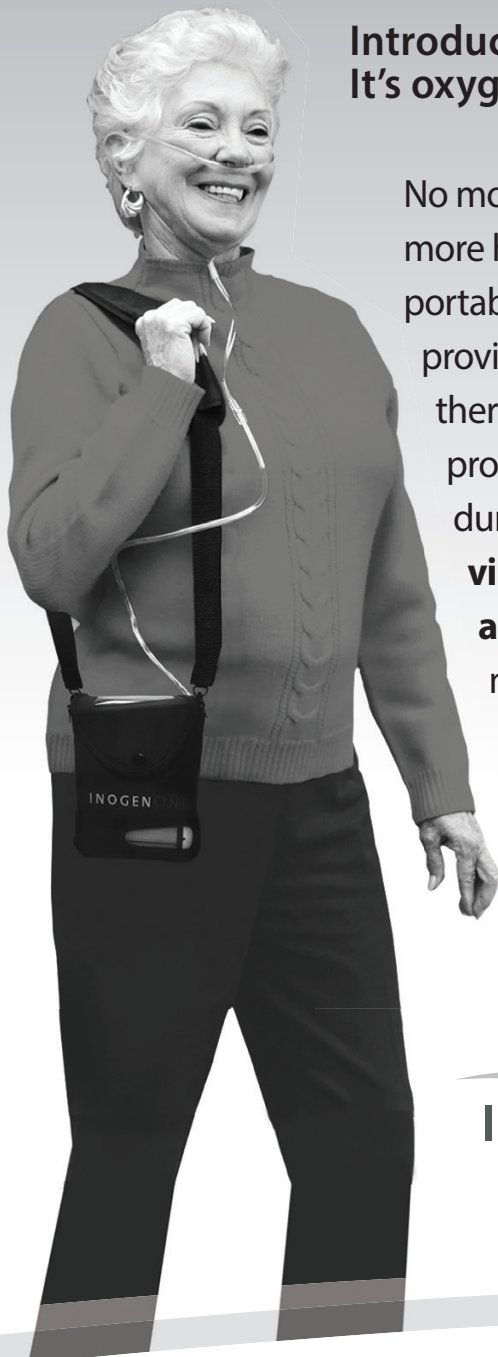
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Guest Column

What to do with those highfalutin hyphenations

By Grammar Guy

Do you ever find yourself in a situation where you don’t know something so you just avoid it altogether? For instance, because I don’t know how to swim, I avoid parties on megayachts. I can’t tell you how many yacht-vitations I’ve turned down over the years because of my lackluster swimming abilities.

How many of us avoid writing words that may or may not need hyphens because we don’t know the rules? I know it’s not just me. Today I’m going to focus on when to hyphenate those tricky adverb phrases known as compound modifiers.

The main reason we know about the existence of adverbs is because we played Mad Libs on family road trips growing up. A compound modifier is what we get when a hyphen connects an adjective with an adverb: a well-known salsa dancer. In this case, “well” is the adverb that modifies the adjective “known.”

When it comes to the compound modifier “newly elected,” as in the example “newly elected president,” we don’t need a hyphen. Why is this? Look, I didn’t come up with the rules, but compound modifiers containing “-ly” adverbs do not need hyphens. I suppose this is because it seems redundant to add a hyphen to a compound modifier with an adverb ending in “-ly.” We already know

that the adverb is modifying the word next to it.

Because we’re not sure about this rule, we tend to add the hyphen anyway. You’d think that the compound modifier “rarely seen” photos of Bigfoot needs a hyphen and you don’t want to seem unintelligent when you email the photos to your friends in the Bigfoot Photo Society, so you drop in the hyphen just to be safe.

Adding the hyphen just because you don’t want your fellow BPS members to think you’re dumb is a classic example of hypercorrection. We want to appear smart, so we overcorrect our speech or writing.

Here’s the way to think about compound modifiers with “-ly” adverbs: treat the adverb like you would the word “very.” Although the word “very” is usually a lazy word to drop in to your syntax, you would never be tempted to add a hyphen between it and the adjective it modifies: a very tired toll booth worker. When it comes to “-ly” adverbs, think about them the same way as you would the word “very.” When you do, you’ll impress your Bigfoot-loving friends with your newly discovered word knowledge.

Curtis Honeycutt is a syndicated humor columnist. He is the author of “Good Grammar is the Life of the Party: Tips for a Wildly Successful Life”. Find more at curtishoneycutt.com.

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**EVERY TUESDAY
10:30-11:15 a.m.**

LEWISTON – Lewiston Public Library - Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

**1ST AND 3RD
TUESDAYS
11:30 a.m.**

LEWISTON – Lewiston Public Library - Virtual Book Chat. Join LPL staff via Facebook Live for a conversation about what we're reading. Make suggestions, share your thoughts, find resources, and get personalized recommendations from our librarians!

**THURSDAY
Mar. 18**

Calendar

Send your submissions to the Editor. More online.

8 a.m.

AUBURN – 9-1-1 Committee meeting.

Noon-1 p.m.

LEWISTON – Lewiston Public Library - Great Falls Forum, a free, monthly series featuring statewide and regional leaders in public policy, business, academia and the arts streaming virtually via Zoom and streamed to the Lewiston Public Library Facebook page. This month's forum features Rose Barboza and Jerry Edwards.

6:30 p.m.

GORHAM – Board of Appeals meeting via Zoom.

7 p.m.

Community Forest

Subcommittee meeting.

**FRIDAY
Mar. 19**

7:30-9 a.m.

VIRTUAL - Fill the Plate Breakfast to benefit Meals on Wheels of SeniorPlus. Tickets for this virtual event are \$20 per person; available at <http://bitly.ws/bQnD> or by calling 207-795-4010. Advance registration required by March 17. Attendees who register by March 1 will receive a goody bag with a ticket for "door" prizes.

**MONDAY
Mar. 22**

5:30 p.m.

LEWISTON – Planning Board meeting via Zoom.

5:30-6:30 p.m.

LEWISTON – Finance Committee meeting at City Hall Administrator's Conference Room.

6 p.m.

LEWISTON - City Council meeting, via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at publiccomment@lewistonmaine.gov.

**TUESDAY
Mar. 23**

5:30 p.m.

AUBURN – Agriculture Committee Meeting.

**MONDAY
Mar. 29**

7:30 a.m.

AUBURN – Auburn Housing Authority Board of Commissioners meeting.

5:30 p.m.

GORHAM – Finance Committee meeting via Zoom.

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6 p.m.

AUBURN – Complete Streets Committee meeting.

**WEDNESDAY
Mar. 31**

Noon

LEWISTON – Lewiston Public Library - Read Your Mind: Exploring Mental Health in Teen Books - a monthly, virtual series

focusing on teen mental health & wellness with YA authors and community health experts. In March we will host authors Ceylan Scott & Julia Drake to discuss self-harm behaviors, the influence of guilt and loss, and honest portrayals of hospitalization experiences. Contact hchance@lewistonmaine.gov or call 207-513-3135 to register.

American Rescue Plan Elevates Small Business Support

From US SBA

WASHINGTON, D.C. - "The American Rescue Plan Act enables the SBA to continue to lift up the cornerstones of our communities," the U.S. Small Business Administration's Senior Advisor Michael Roth said after President Biden signed the American Rescue Plan Act of 2021 into law last week.

"The mom-and-pop businesses and nonprofits that provide essential services for our everyday lives, hire from within neighborhoods, and more," he said. "Our nation's more than 30 million small businesses are the economic engine of this country and, in alignment with the Biden-Harris Administration's focus

on equitable treatment, the SBA will work tirelessly to ensure eligible borrowers will get access to this critical economic relief."

The American Rescue Plan Act provides additional relief for the nation's small businesses and hard-hit industries for programs the SBA is currently administering and adds new efforts, including:

\$7.25 billion additional for the Paycheck Protection Program, including to expand eligibility to additional nonprofits and digital news services.

Additional funds are allocated for the Shuttered Venue Operators Grant program, and now

allows businesses to apply for both a PPP loan after Dec. 27, 2020, and the SVOG

\$15 billion additional for Targeted Economic Injury Disaster Loan Advance (EIDL) payments, including NEW \$5 billion for Supplemental Targeted EIDL Advance payments for those hardest hit

NEW: \$28.6 billion for the Restaurant Revitalization Fund for industry-focused grants

NEW: \$100 million to establish a Community Navigator pilot program; grants will go to eligible or-

ganizations supporting efforts to improve access to COVID-19 pandemic assistance programs and resources.

"This legislation will continue the strong efforts of SBA to support our Maine small business community. Beyond allowing SVOG applicants to also access PPP funding, continuing PPP lending will expand the list of over 10,000 businesses in our state that have accessed assistance of nearly \$700 million so far in 2021," said Diane Sturgeon, SBA Acting District Director for Maine.

SBA's current relief efforts can be found at <http://bitly.ws/cbAS>, along with more details about these program up-

dates and new efforts the SBA will administer in the coming weeks.

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations.

To learn more, visit www.sba.gov.

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Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

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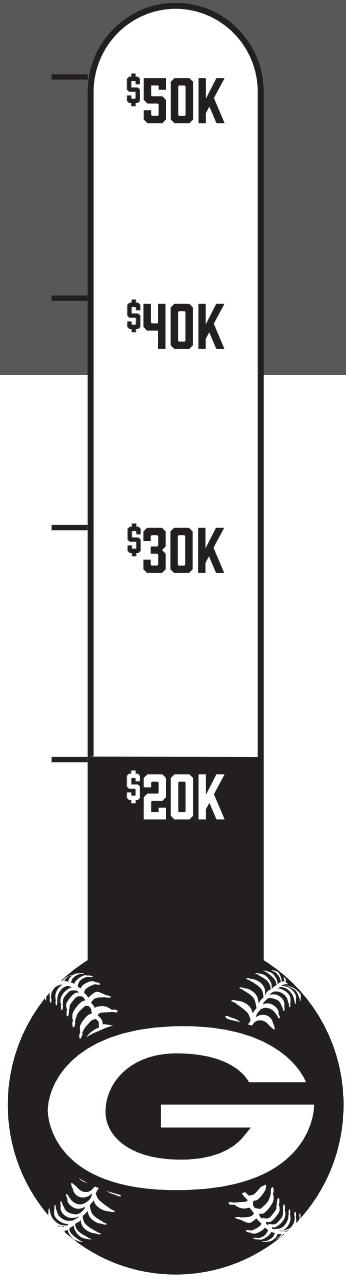
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