

Baxter Library book sale, meeting

From Baxter Library

GORHAM – Baxter Memorial Library will host a series of events in May, including the Friends of Baxter Memorial Library Annual Meeting on May 13.

The Friends of Baxter Memorial Library Book Sale will take place May 7 and 8.

Tuesday, May 4

9:30 a.m.

Preschool Discovery Time

If you love picture books watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

Thursday, May 6

9:30 a.m.

Toddler Discovery Time

Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18months-3 yrs).

Friday May 7

9 a.m.-6 p.m.

Book Sale

The Friends of Baxter Memorial Library Book Sale will take place on Friday, May 7 from 9 am to 6 pm, and Saturday, May 8 from 9 am to 1 pm in Shaw Gym.

Saturday May 8

9 a.m.-1 p.m.

Book Sale

The Friends of Baxter Memorial Library Book Sale will take place on Friday, May 7 from 9 am to 6 pm, and Saturday, May 8 from 9 am to 1 pm in Shaw Gym.

Tuesday May 11

9:30 a.m.

Preschool Discovery Time

If you love picture books watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

Thursday May 13

9:30 a.m.

Toddler Discovery Time

Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18months-3 yrs).

Thursday May 13

6-7 p.m.

Friends of Baxter Memorial Library Annual Meeting

The Friends of Baxter Memorial Library invite all members to their Annual Meeting on May 13th at 6 pm on the lawn next to the library. Social distancing and masks are requested.

Tuesday May 18

See Library, page 11

Sexual Assault Awareness Month

Pages 8-9

First-timer crowned as Mrs. Maine America

By Nathan Tsukroff

DURHAM – A suggestion from a former Mrs. Maine America prompted Durham resident Alecia Jack to compete in her first-ever pageant, and she emerged the winner for 2021.

“I was approached by a former 20210 Mrs. Maine America (Christine Blake) and she asked if this was something I would be interested in,” Jack said.

“I asked if this is just a beauty contest, or is there more to it?” and was told there was “totally more to it.”

“There’s a lot of interaction with other women. These other women are very accomplished women, they are ‘power women’ and there’s a lot of networking between them and the business community. And so that’s what intrigued me,” Jack said.

Working as a Senior Claims Adjuster in the Property & Casualty Insurance world, Jack, 36 years old, has been married to her husband, Jason, for 13 years. They share two “fun-loving boys”, Bryson, 10, and Dawson, 6.

The pageant is part of the Mrs. World organization and took place earlier this month at the Doubletree Hotel in South Portland. As this year’s winner, Jack will go on to compete in the Mrs. America pageant in Las Vegas in November. The winner of that pageant will then compete for the international title of Mrs. World.

Traditionally a spring event, last year’s Mrs. Maine America pageant had been postponed three times, taking place in September.

Getting to the pageant involved community service and meeting with the other contestants to learn more about the competition, Jack said.

The Mrs. Maine America judging was in three parts. Each contestant had a four-minute interview with each of the four judges, which counted as 50% of their final score. A swimsuit competition based on stage presence, style, confidence, and beauty was 25% of the score. The final 25% of the score was the evening gown competition, based on the competitor’s poise, posture, grace, elegance, confidence, beauty, how well they carried



Alecia Jack of Durham was crowned Mrs. Maine America in a pageant at the Doubletree Hotel in South Portland in early April. She will compete in the national Mrs. America competition in Las Vegas in November, with the winner of that pageant going on to the Mrs. World competition. (Photo courtesy of Alecia Jack)

themselves, and how well the gown complimented them.

“The interview was being real and true to the judges, answering honestly, and presenting what you can offer to the community,” Jack said.

“My goal is to represent the state, so at the national competition, I want to be able to express what our state represents,” she said. “I want to be involved with the (local) community as much as I can.”

Jack was going to help with community clean up this past weekend, but that event was cancelled due to the bad weather. Her next event will be with the Habitat for Humanity, she said.

Jack’s platform for the competition was mental and physical health. She spoke about Breathe To Perform, a local

organization that “focuses on really simple breathing techniques for an individual to do, whether it’s in sport to help with endurance, or it comes down to daily anxiety – breathing techniques that can help manage that. And furthermore, like physical activity, like simple things that people can do in their everyday life, and simple nutrition that they can do to have a better lifestyle (and) live longer.”

She said this platform is “a passion of mine. It always has been! I am somebody that I don’t like to go to an extreme level for fitness or nutrition. I want something to be easy, something you don’t have to think about too hard.”

When her boys were babies, she would “find really simple things to incorporate veggies in colors on their plate, so it was something they were used to since they were little.” She would make quesadillas with tufts of broccoli and peppers, and “they saw the colors, they loved the flavors,” she said.

Jack said she is reaching out to local schools and organizations, starting with Physiology First, which bills itself as a nonprofit organization that shares leading-edge tools to mitigate stress and anxiety and peak cognitive performance with students, parents, and educational leaders. Located in Portland, Physiology First is a sister organization to Breathe to Perform. “I’ve partnered with them to get awareness out there,” she said.

There were five women competing for the Mrs. Maine America title this year, and five competing for the Miss Maine for America strong title. The field was smaller this year, due to the COVID-19 pandemic.

Patricia Schimpf, competing as Miss Hancock County, took the title this year for the Miss Maine for America strong pageant, which crowned its first winner in 2019. Debra Pronovost, executive state director of the Maine pageants for Mrs. America and Miss for America strong, said that national director David Marmell wanted to highlight single women 18 and over and give them a system to celebrate their accomplishments and a platform to continue initiatives in their communities that are

See Crowned, page 16

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Newsmakers, Names & Faces

Guest Column

Don't forget your shacket

By Grammar Guy

It's that time of year: is it spring yet? Or is it summer? Wait, is it going to get cold again? What? There's snow in the forecast this week? Maypril in Central Indiana is like a box of chocolates, assuming that box of chocolates was insane and had a personal vendetta against you and your garden.

Enter the shacket. While in New England, a shacket is another name for a yellowjacket or hornet, I'm not talking about fly-

ing insects with miniature needles on their butts. No, I'm talking about a piece of clothing that is the hybrid of a shirt and a jacket. It's a shacket. Picture a thick, slightly oversized flannel shirt for which retailers can charge \$130 and you'll get a good idea of what the shacket is all about.

Is it too cold to go out with just your regular shirt on? Grab a shacket. Is it too warm for your hoodie? Shacket time. In case you're not following the right Instagram influencers, just know that

the shacket is blowing up everyone's feeds, stories and reels these days. Yes, this year the shacket is just the clothing item that will get you through this tricky time of the season when Mother Nature decides to hit you with a late frost around the time you're scheduling your Memorial Day plans.

What kind of word is "shacket"? If this were the year 2010, we'd call it a "mash-up," but "Glee" is not on the air anymore. First of all, "shacket" is a neologism, which is a fan-

cy way of saying "a newly coined word." After thorough internet research, I couldn't find the origin of "shacket" as an article of clothing, but I wouldn't be surprised if the poetic product description writers over at the J. Peterman catalog came up with the term. If anyone out there reading this has a connection to the person who hires people to write for the J. Peterman catalog, let them know I want to work with them.

More specifically, "shacket" is a type of

"word blend" or "portmanteau." Believe it or not, both of these terms mean the same thing. Use "portmanteau" if you're trying to impress a group of ascot-wearing Harvard grads playing a round of weekend yacht polo in the Hamptons; use "word blend" if you don't want to have to explain what "portmanteau" means.

Whether you call them "word blends" or "portmanteaus," this type of word is everywhere. From "jorts" (jeans + shorts) to "turducken" (tur-

key + duck + chicken) the novelty of newly-coined word blends - especially in the case of the shacket - makes for a great hashtag that will make all your Instagram frenemies green with envy.

Curtis Honeycutt is a syndicated humor columnist and treasurer of the National Society of Newspaper Columnists. He is the author of "Good Grammar is the Life of the Party: Tips for a Wildly Successful Life". Find more at curtishoneycutt.com.

History Weaver at Museum L-A

From Museum L-A

LEWISTON - Museum L-A recently launched History Weaver, a new suite of online resources, including virtual tours, mini-exhibits, and lesson plans at the elementary, middle, and high school levels.

All digital resources are provided by Museum L-A to the community at no cost.

Visitors to the website

at: www.historyweaver.net can explore permanent and temporary museum galleries virtually.

New virtual tours are being added, including the current Androscoggin River exhibit.

New digital resources, such as the Character Card program and digital Traveling Exhibit, will enable students to learn more about the Franco-American immigrant experience and

the life of L-A workers.

new digital courses with elementary, middle and high school level lesson plans can be utilized to lead a unit about immigration, child labor, or working in textile mills.

Museum L-A supports educators and students as they learn about the history of Lewiston and Auburn while the museum physical spaces are closed during the COVID-19 pandemic.

Guest Column

Home Country

By Slim Randles

Like a doctor removing something important, Herb Collins gently peeled the wrapper back from the root ball and tenderly placed the baby tree in the hole. Then he stood and walked around it to see which way he should align it. Actually, looks pretty good just the way it is.

So he took his bucket of mixed sand and compost and began sprinkling it down onto the roots and then packing it in gently with his fist.

Every few minutes he'd stop and read the directions again. When he ordered the tree, the nurseryman had written back "Are you sure?" Well, that made ol' Herb laugh. Yes, he was sure. He's always sure this time of year.

He was still chuckling to himself when Janice Thomas walked along the sidewalk.

"Hi Herb," said the

high school art teacher. "What is it this year?"

"Papaya, Janice. Nice healthy one, don't you think?"

Janice took a close look at the little dark green tree.

Papaya. "Isn't that a tropical tree?"

"Sure is," he said, tucking more dirt around the roots. "I have to read the instructions carefully to get this right."

Janice thought carefully before speaking. "Papayas sure taste good, Herb."

"Sure do. Wouldn't it be nice if this lives long enough to produce fruit?"

"But you're not expecting..."

"Of course not. The first nippy day in autumn will turn this little guy belly up."

He looked up and smiled at Janice's consternation.

"You know that ba-

nana tree almost made it to Christmas last year. That was my best so far. We'll see how this little guy makes out."

Each year Herb plants something in the front yard that has no chance at all of being there the following spring. He's done it for years. It gives the neighborhood something to look at and talk about, and it's fun.

"You know, Herb, if you're looking for fruit, a cherry tree will produce..."

"I'm not looking for fruit, Janice," he said, gently. "I'm looking for glory. Glory!"

He laughed. "Where's the glory in planting something that will grow here? Anyone can do that. But a papaya? Ha! There's glory in that."

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Newsmakers, Names & Faces

Belvedere grants available from Maine CF



One of the Meetinghouse windows newly restored at the Biddeford Historical Society under a grant from the Maine Community Foundation. (Photo courtesy of BHS)

From Maine CF

ELLSWORTH & PORTLAND — The Maine Community Foundation seeks grant proposals to its Belvedere Historic Preservation and Energy Efficiency Grant Program.

The program invests in the preservation, restoration, and retrofitting of historic buildings in Maine.

Grant awards of up to \$20,000 are available for the preservation and reuse of historic buildings that serve as civic, cultural, or economic hubs for Maine communities. All proposed projects must be for historic buildings listed or declared eligible for the National Register of Historic Places or contributing buildings within a federally designated historic district. The building must be owned by

an eligible nonprofit.

The deadline for grant applications is June 1. Application and a list of recent grants are available at www.maineef.org. Applicants are encouraged to read eligibility and grant guidelines. Questions should be directed to Senior Program Officer Maggie Drummond-Bahl at mbahl@mainecf.org or (207) 412-0839.

In 2020, The Belvedere Fund awarded over \$345,000 to 25 different projects in all regions of the state. Grantees included the Biddeford Historical Society, to protect the

Meetinghouse by reglazing three windows and painting two exterior walls; Friends of Isle au Haut Lighthouse, to repoint and restore the damaged granite base of the Isle au Haut Lighthouse tower; and Kezar Falls Circulating Library, to restore the eleven windows of the 95-year-old Kezar Falls Library.

When the late Deborah Pulliam of Castine established her fund at MaineCF, she named it “Belvedere,” an architectural term that reflected her appreciation for historic buildings.

Since 2008, the pres-

ervation fund has awarded more than \$3 million to museums, libraries, churches, and other historic structures.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, Rockport, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people.

To learn more about the foundation, visit www.maineef.org.

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Study will look at health of new mothers USM researcher wins \$400k grant

From USM

PORTLAND, Maine - An assistant research professor with the Public Health Program at the University of Southern Maine's Muskie School of Public Service has received a major three-year, \$400,000 grant from the National Institutes of Health.

The grant will be used for a study on the health outcomes of new mothers in Maine.

Kate Ahrens' work will focus on about 90,000 women who were pregnant between 2006 and 2020. She and her team will use all-payer health insurance data to look at the women's diagnoses and medical care up to 24 months after giving birth and compare the results of those women living in rural Maine to those in more urban parts of the state.

The ultimate goal is to find where health dispar-

ities exist so those issues can be fixed.

“This is really to inform the interventions that are being developed,” Ahrens said.

Ahrens has focused her research on maternal-child health for more than 10 years. This is the largest grant she has received and her first competitive grant from NIH, a federal agency responsible for some of the most sought-after biomedical and public health research grants in the country.

The grant will help pay for her time as a researcher and the time of her two collaborators, one at Yale School of Medicine and one at HealthPartners Institute for Medical Education in Minneapolis. The funding will also pay for a USM graduate student to work on the project part time.

Ahrens is focusing her research on Maine women both because their

data is readily available — the Maine All Payer Claims Database is accessible to researchers in the state — and because 60% of Mainers live in rural areas, making Maine ideal for a rural-urban comparison.

Ahrens plans to begin her work as soon as possible.

Situated in Maine's economic and cultural center, the University of Southern Maine (USM) is a public university with 8,000 undergraduate and graduate students taking courses online and at campuses in Portland, Gorham and Lewiston-Auburn. Known for its academic excellence, student focus and engagement with the community, USM provides students with hands-on experience that complements classroom learning and leads to employment opportunities in one of the nation's most desirable places to live.

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Laurie A. Steele
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Laurie@GorhamWeekly.com



Lillian Baker
 Office Manager
Lillian@GorhamWeekly.com



Nathan Tsukroff
 Managing Editor
Editor@GorhamWeekly.com



Lacey Rollins
 Outside Rep
Info@GorhamWeekly.com

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Androscoggin, Kennebec, Oxford and Somerset counties now 'yellow'

From Maine DOE

AUGUSTA - The Mills Administration updated to its color-coded Health Advisory System last week to classify Androscoggin, Kennebec, Oxford, and Somerset counties as 'yellow'.

The Maine Department of Education said that Maine's Department of Health and Human Services (DHHS) and Center for Disease Control and Prevention (Maine CDC) had assessed COVID-19 data and trends for all counties.

Androscoggin county has experienced a sharp rise in cases over the last two weeks, with a new

case rate more than double the statewide average. Kennebec, Oxford and Somerset counties all have new case rates that exceed the state average, and both Oxford and Somerset counties have two-week positivity rates that exceed the state average.

Franklin County has a rising new case rate and York County's positivity rate is increasing, and infection rates in those counties will be closely monitored.

All other counties, including Cumberland County, remain green.

These designations are made out of an abundance of caution and for the consideration of school

administrative units in their decisions to deliver instruction. 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 and students has risen to 45 per 10,000, but remains about 40 percent lower than a new case rate of 74 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, when schools use proven health and safety protocols and resources.

The Health Advisory System categorizations are defined as follows:

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

YELLOW: Categorization as "yellow" suggests that 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.

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

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.

The next update will be provided on May 7. Updating the 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.

LifeFlight welcomes new aircraft



LifeFlight recently added two new helicopters as part of a larger project to upgrade and standardize its frontline fleet of helicopters. The Agusta 109 SP models carry more weight and have more workspace for patient care. (Photo courtesy of LifeFlight)

From LifeFlight

CAMDEN - LifeFlight has recently purchased two new, state-of-the-art helicopters to transport critically ill and injured patients in Maine.

The Agusta 109 SP model aircraft have a greater weight-carrying capacity, more workspace for patient care, and can fly faster than the older

aircraft.

The new helicopters, tail numbers N901LF and N901XM, are part of a larger project to upgrade and standardize LifeFlight's frontline fleet of helicopters.

N901LF arrived last fall and transported its first patient on November 6. More than 6,000 donors made this possible, including several large gifts from

individuals and foundations, hundreds of smaller gifts, and thousands of donations made to the annual Cross for LifeFlight (formerly Islesboro Crossing) fundraising event over the last three years. It will replace one of LifeFlight's two older models which were purchased back in 2004 and have seen 16 years of hard work in service to Maine. A fundraising campaign is now underway to secure funds to purchase the next needed helicopter.

N901XM went into service in March and was the result of a compelling offer from long time aviation partner, Leonardo Helicopters, to upgrade one of LifeFlight's older helicopters to the newest generation model.

The enhanced workspace in the SP models, coupled with the ongoing miniaturization of medical technology, allow for new therapies for very complex

patients to be added. Additional hi-tech features create the platform for "connected" helicopters to facilitate remote diagnostic decision-making (think in-flight telehealth) and establish an infrastructure to support future medical equipment and treatments.

The new models also boast state-of-the-art aviation technology necessary to achieve a new level of safety and reliability on every mission. Maine's harsh and unpredictable weather conditions have long been a challenge LifeFlight has worked to overcome. Recently, LifeFlight has partnered with the FAA to establish a national demonstration project for new precision flight routes at much lower altitudes than what has existed for the last several decades. These low-level routes will give pilots more options to safely and reliably transport patients.

However, only he-

licopters with advanced avionics technology will be able to access the new routes. That's where the SP models come in. Unlike older models, N901LF and N901XM have a 4-axis autopilot and the ability to receive vertical guidance from GPS which allows the aircraft to operate at low-level precision instrument flight routes. This means LifeFlight can answer more calls for help, transporting hundreds of additional patients every year.

LifeFlight of Maine operates three helicopters and one airplane from bases in Bangor, Lewiston and Sanford. LifeFlight also partners with local ground ambulance partners to answer calls via ground when the aircraft are unavailable.

The LifeFlight Foundation is dedicated to ensuring that everyone in Maine has access to emergency medical care when

they need it most. The LifeFlight Foundation supports LifeFlight of Maine, the state's only air medical and critical care transport organization which brings high-level care and advanced equipment directly to the patient. LifeFlight cared for more than 2,200 patients last year and has transported more than 30,000 patients since it was launched in 1998. By raising philanthropic dollars and community awareness, the LifeFlight Foundation helps ensure that Maine's most vulnerable patients receive the highest quality care when every minute counts. The Foundation raises funds for aircraft, medical equipment, statewide aviation improvements, and educational outreach programs offered by the LifeFlight of Maine crew. The LifeFlight Foundation and LifeFlight of Maine operate as separate 501(c)3 nonprofit organizations.

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UMaine Extension online classes start in May



UMaine Extension 4-H will offer a citizen science club for grades 4-8 starting May 5. (Photo courtesy of UMaine)

From UMaine

ORONO – University of Maine Cooperative Extension is offering a variety of online classes, starting in May.

Citizen science club May 5

UMaine Extension 4-H will offer a citizen science club for grades 4-8 meeting weekly 3:30-4:30 p.m. from May 5-June 9.

This virtual 4-H citizen scientists club encourages youth to practice citizen science in their own backyard, with a variety of citizen science opportunities to consider, and report their observations while making connections with fellow citizen scientists in their community and around the state. Youth will need online access and the ability to take and share photos.

The club is free to join; enrollment is limited to 15 members. Register on the 4-H club webpage at <http://bitly.ws/cV3d>. For more information or to request a reasonable accommodation, contact 207.581.8206; sarah.sparks@maine.edu.

Healthy recipe series May 5

MACHIAS - UMa-

ine Extension is offering a free, online nutrition series for families in Washington, Hancock, Androscoggin and Sagadahoc counties from 3:30-4:30 p.m. starting May 5, continuing each Wednesday through June 23.

“Create Family Meals” will include family-friendly recipes and tips for making healthy meal choices. Participants who join four or more classes will receive a gift bag with cooking supplies and a cookbook.

The classes are free; registration is required. Register on the program webpage at <http://bitly.ws/cV3m>. For more information or to request a reasonable accommodation, contact 207.255.3345 or email rita.stephenson@maine.edu.

Weed-free garden prep May 12

ORONO - UMaine Extension and University of New Hampshire Cooperative Extension will offer a webinar for home gardeners on garden preparation to deter weeds from 6-7:15 p.m., May 12.

“Preparing Your Garden Site: Getting Ahead of Weeds” will cover practices such as tarping, deep

tillage, double-digging, sheet mulching and raised beds. Nick Rowley, UNH Extension food and agriculture field specialist, will lead the workshop.

Registration is required; a sliding scale program fee is optional. Register on the event webpage at <http://bitly.ws/cV3q> to attend live or receive a link to the recording. This is the third in a six-part spring gardening webinar series offered every other Wednesday through June for Maine and New Hampshire gardeners. For more information or to request a reasonable accommodation, contact Pamela Hargest, 207.781.6099; extension.gardening@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. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Orono in 1865, is the state’s land grant, sea grant and space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As Maine’s

flagship public university, UMaine has a statewide mission of teaching, research and economic

development, and community service. UMaine is the state’s only public research university and

among the most comprehensive higher education institutions in the Northeast.




UMaine Extension and University of New Hampshire Cooperative Extension will offer a webinar for home gardeners on garden preparation to deter weeds, on May 12. (Photo courtesy of UMaine)




A virtual program called “Create Family Meals” will include family-friendly recipes, presented by UMaine Extension starting May 5. (Photo courtesy of UMaine)

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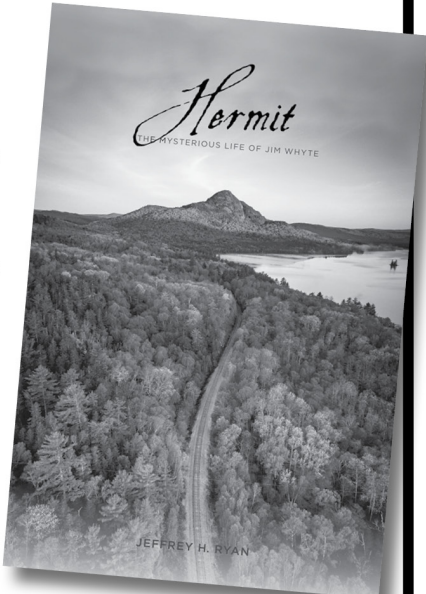
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“I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when Hermit was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio.”
— George Smith, *Bangor Daily News*

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Arts & Entertainment

Junction Bowl league scores

From Junction Bowl

GORHAM – The Junction Bowl on Railroad Avenue in Gorham welcomed a new league for Tuesday night play a couple of weeks ago.

The inaugural night of play saw seven teams competing at the start of an eight-game season.

Scores include the player handicap.

Tuesday Night Shootout

Week 1 of play

Bonnie's Team took all 3 games and the weekly team series from Bumper

Babes, 2151-1613.

Bonnie's Team

Bonnie Datson
167-222-157 – 547
Tiffany Chapman
193-165-166 – 524
Vacant
540
Vacant
540

Bumper Babes

Terry Whyte
169-190-185 – 544
Sue Marston
188-191-170 – 549
Amy Sullivan
225-141-184 – 550

Blind

(-30)

Team Walker won the third game by 80 points to

take 1 game and the weekly team series against The High Rollers with 2 games, 2248-2238.

Team Walker

Todd Walker
169-164-213 – 546
Scott Stevens
191-183-185 – 559
Dean Walker
184-178-216 – 578

Matt Nelson

178-195-192 – 565

The High Rollers

Ben Smith
178-196-182 – 556
Nate Smith
199-175-190 – 564
Anthony Dugan
173-221-167 – 561
Matt Reno

192-178-187 – 557
Rigonometry rolled for 2 games and the weekly team series against Dolls with Balls with 1 game, 2269-2153.

Rigonometry

Derek Haney
191-172-215 – 578
Keenan Hendricks
202-213-157 – 572
Cody Hawes

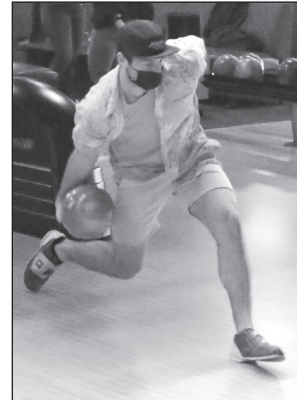
186-186-167 – 539

Sebastian Pettitt

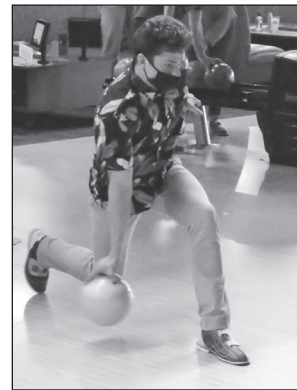
164-212-204 – 580

Dolls with Balls

Melissa Dubois
154-186-209 – 549
Michelle Ferris
184-158-204 – 549



Derek Haney rolls for Rigonometry in a recent game as the Tuesday Night Shootout league began play at the Junction Bowl on Railroad Avenue in Gorham. Rigonometry won its first game of league play, beating Dolls with Balls, 2269-2153. (Tsukroff photo)



Keenan Hendricks delivers for Rigonometry on a recent Tuesday night as Junction Bowl on Railroad Avenue in Gorham welcomed a new league, Tuesday Night Shootout. (Tsukroff photo)

173-187-189 – 549
Erica Jackson
159-189-178 – 526
Elisabeth Maxfield
147-256-178 – 581

Hammond Eggs

Scott Merrill
171-160-195 – 526
Ryan Stuart
175-194-178 – 547
Blind
558
Blind
537

Right Lane was right on with all 3 games and the weekly team series in a match against Two Finger Death Punch, 2304-2191.

Right Lane

Brian Gonneville
186-217-217 – 599
Adam Homan
221-164-181 – 566
Colin McLean
196-178-192 – 566
Bill Haskell
175-226-172 – 573

Two Finger Death Punch

Jon Talbot
190-167-198 – 555
Charlie Pasquerillo
180-199-184 – 563
Substitute
176-186-190 – 552
Scott Smart
155-189-177 – 521

Big games from Nick Calvert with a 658 and Aidan Underwood with a 619 helped The (League) Office to 2 games and the weekly team series over Cobra Kai with 1 game, 2379-2271.

The (League) Office

Nick Calvert
196-264-198 – 658
Aidan Underwood
237-218-164 – 619
Sebastian Pettitt
203-202-157 – 562
Vacant
540

Cobra Kai

Kenneth Reno
202-195-169 – 566
Eric Bretton
194-195-254 – 643
Romeo Jalbert
179-169-160 – 508
Substitute
201-170-183 – 554

Pin Me Please rolled without an opponent, taking all 3 games and the weekly team series, 2263.

Pin Me Please

Ashley Calvert
190-168-173 – 531
Rick Cormier
196-197-186 – 579
Heather Lavallee

See Junction Bowl, page 11

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Maine International Film Festival is July 9-18



No caption. Please include with article only if space allows.

From MFC

WATERVILLE - The 24th annual Maine International Film Festival will take place July 9-18 in Waterville and Skowhegan, presented by the Maine Film Center.

Films will be shown in Waterville, Maine at Railroad Square Cinema and the Waterville Opera House, in Skowhegan at the Skowhegan Drive-In Theater, and online.

Festival passes and packages are now available to pre-order via the Festival website, MIFF.org.

Railroad Square Cinema will reopen in July, starting with this film festival.

Throughout 10 days in July, Festival attendees will have the opportunity to see a unique slate of films, including premieres, made-in-Maine features,

classic revivals, and short films from around the world.

All venues will adhere to Maine CDC guidelines for the COVID-19 pandemic. At Railroad Square Cinema and Waterville Opera House, total capacity will be reduced to allow for socially-distanced indoor seating, and more time will be allotted between screenings for increased cleaning and air circulation.

"It's been a tremendously difficult year for movie theaters and filmmakers, and we can't think of a better way to reopen the doors of Railroad Square Cinema than in celebration of the best films from around the world at MIFF," said Mike Perreault, executive director of MFC. "This year there are more ways to take part in MIFF than ever before, and we're committed to providing a safe, enjoyable, and accessible experience, whether indoors, outdoors, or online."

The complete Festival lineup and individual ticket sales will be available mid-June.

Railroad Square Cinema will resume its regular year-round programming after the conclusion of the Festival.

Presenting sponsors of MIFF are Colby College, the Lawry Family Foundation, and Waterville Creates. The Festival's branding was produced by All Over It.

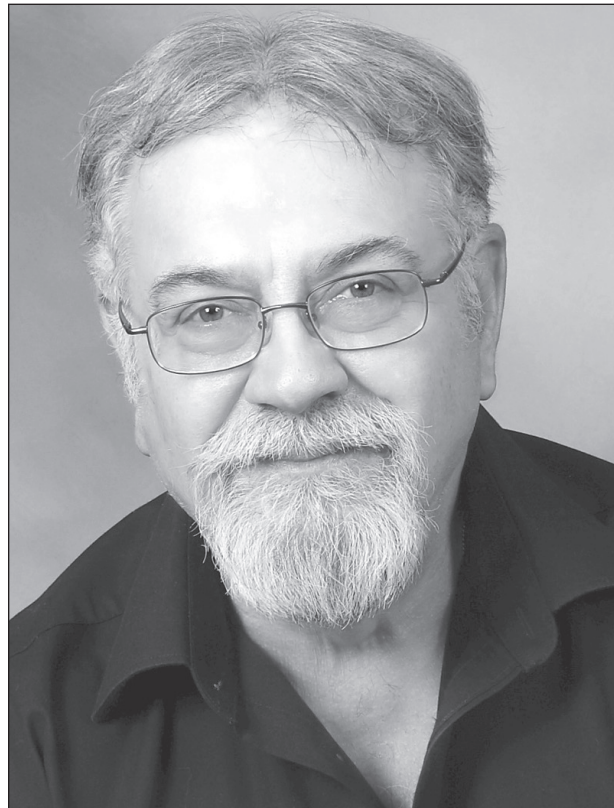
The Maine Film Center brings world-class independent film to Central Maine through Railroad Square Cinema, the only Sundance Art House Project cinema in Maine; the annual Maine International Film Festival, a 10-day celebration that attracts filmmakers and film aficionados from around the world; and by delivering impactful, accessible film exhibition and education programs.

MFC believes that art and culture have the power to enrich lives, strengthen community bonds, and serve as an economic engine.

MFC is a division of Waterville Creates. For more information, visit www.MaineFilmCenter.org.

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Local Photographer Receives National Award



Jim Walker of Jim Walker Photography in Auburn recently a national award for outstanding service to professional photography, from the Professional Photographers of America. (Jim Walker photo)

From Maine PPA

AUBURN - Jim Walker was recently honored with the Professional Photographers of America (PPA) National Award for

outstanding service to professional photography.

The bronze and walnut plaque was recently presented to him by the Maine Professional Photographers Association

(MPPA), a PPA Affiliated Association, at their annual convention at the end of March.

The National Award is offered by PPA to state, regional, national and international affiliated organizations on a yearly basis.

First made available in 1958, the award recognizes those who generously contribute their time and talents to the service of their profession, their affiliated organization and their fellow photographers. Selections of the award are determined by the recipient's peers, adding to its distinction and value.

Professional Photographers of America (PPA) is the largest and longest-standing nonprofit photography trade association, founded in 1868. It currently helps 30,000+ pros elevate their craft and grow their business with resources, protection, and education, all under PPA's core guiding principle of bridging the gap between photographers and consumers.

Jim Walker Photography can be reached at jim@jimwphotos.com

Documentary spotlights Passamaquoddy elder

From Upstander Project

LOS ANGELES, CA - "Dear Georgina", a short documentary about Passamaquoddy elder Georgina Sappier-Richardson, who was removed from her home and community in downeast Maine by child protection services at the age of 2, is set for streaming release on May 7.

The film follows Georgina as she attempts to re-integrate herself into the community she barely knew. It is released in honor of Mental Health Awareness month on Upstander Project.

Produced by Upstander Project and directed by award-winning filmmakers Adam Mazo and Ben Pender-Cudlip, "Dear Georgina" is a follow-up to the Emmy® award-winning documentary, "Dawnland" (2018), in which Georgina told a portion of her harrowing

story of surviving foster care.

"Mom had a special quality to her. She talked to and listened to anybody. Storytelling was always part of her healing," said Dwight Parrett, Georgina's son. "She was witness to a lot of things in her youth. So from that moment when the film first premiered at Camden [International Film Festival] was good healing. For her to see herself on that screen was good medicine. Even though she isn't with us today, it still means the world to know that Dear Georgina is being shared widely and that she is still being heard."

A series of community-focused preview screenings and panel discussions will lead up to the wide release of Dear Georgina including a special screening on April 28th with Portland Press Herald and the Abbe Museum. The screening will be followed by a live

Q&A with Penobscot Nation Tribal Ambassador Maulian Dana and filmmaker and Upstander Project director Adam Mazo, moderated by Portland Press Herald Arts Reporter Bob Keyes.

"Georgina's experiences and way of storytelling resonated so deeply with us. Our hope is that viewers will be inspired by Georgina to explore their own family history's and hear stories from their elders. We have witnessed how Georgina's healing process has encouraged others to share their stories and there is medicine and power in that experience for the storyteller and those listening. Our highest aspiration is that watching Dear Georgina prompts deep reflection and societal change to address the ongoing crisis of Indigenous child removal," said film co-director and producer Adam Mazo.

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Sexual assault awareness groups teach and help

By Nathan Tsukroff

AUBURN – April is Sexual Assault Awareness Month, highlighting local groups that have been reaching out to Mainers to educate them about sexual assault and violence.

Sexual assault goes well beyond the obvious rape of a woman or an attack on an LGBTQ+ person.

Sexual assault can be something as simple as touching someone without permission, or body-shaming a person by calling them ugly or fat.

And sexual assault at any level can have lasting psychological effects, sometimes leading to dangerous and inappropriate behavior such as self-harming, drug use, and unsafe sexual activity.

Being aware that someone else's behavior is wrong can help a person to avoid being assaulted, or report that behavior to prevent further assaults.

That's where the advocates from Sexual Assault Prevention and Response Services (SAPARS) provide help. Starting with young children in elementary school, the advocates provide education and a place for people to report assaults and violence. At schools, the SAPARS advocates teach classes on

proper behavior with fellow students, such as maintaining personal space.

SAPARS provides services in Androscoggin, Oxford and Franklin Counties, and the communities of Bridgton and Harrison.

There is a 24-hour Maine Sexual Assault helpline at 1-800-871-7741 for anyone who has been recently assaulted, or is suffering from the effects of a previous assault. There is also a statewide text and chat service, but it has apparently been suspended since January for maintenance/

The outreach at schools and in the local communities has changed dramatically under the COVID-19 pandemic restrictions. Previously, advocates from SAPARS were available at schools throughout Androscoggin, Oxford and Franklin counties for students to drop in and talk about personal concerns or issues. Under pandemic rules, SAPARS advocates now work remotely via computer virtual sessions.

"What I have seen is a lot of struggle and lack of access to services," said Bridget McAlonan, the Prevention Education Coordinator for SAPARS. She would be in various Lewiston schools daily, but "we are no longer to be out in the community" during the pandemic.

"In schools, in the churches, in drop-in centers, assisted-living homes, all the places that we would be normally be doing outreach . . . we are not there," she said.

"One of my workers is the outreach coordinator (Jamie Demers) works with underserved populations . . . LGBTQ folks, folks in assisted living," but Demers is no longer allowed to see drop-in visitors, McAlonan said. "She would go into the housing communities, into the assisted-living places, and just sit and do drop-in, and someone could come and just sit with her, and gradually know that it was safe to talk to her." That's not being allowed during the pandemic.

This lack of access is a problem for many students and marginalized people. For example, "When I would go into schools, kids would see me and they could say 'Hey, I want to talk to you,'" which is not possible now, she said. "We're talking about folks that don't have access to telephones, that don't have access to computers, that are dependent on someone else to get their needs met. And the way that they accessed our services was 'casually', and they're not able to do that if it's not safe for us to go out into the public."

National studies have shown an increase in sex-

ual assaults and violence during emergencies, such as a flood or hurricane. While McAlonan said she did not have specific information about increases in assaults in Maine under the pandemic, she said she thinks "that there has been compounding of everything" due to the isolation under the pandemic, which would "compound any trauma that might have happened."

There are multiple agencies providing support for people throughout Maine. Sexual Assault Response Services of Southern Maine (SARSSM) provides free services in York and Cumberland counties to anyone affected by sexual harassment, sexual abuse, or sexual assault, through prevention programs, support, education, and advocacy.

Both SAPARS and SARSSM provide child advocacy services.

"If I think about unsupported LGBTQ youth who are living in a home where they can't be who they are . . . the way that they got their support before was in Outright LA's drop-in groups on Friday nights, or by going to the public library, where the library had a drop-in book group, or seeing their favorite adult who called them by their name in school . . . those things are missing,"



Bridget McAlonan, the Prevention Education Coordinator for Sexual Assault Prevention and Response Services in Androscoggin, Oxford, and Franklin counties, listens as a person shares her story. Advocates from SAPARS provide outreach to adults and children to help prevent assaults, and to assist after a sexual assault or violence has occurred. (Photo courtesy of SAPARS)

McAlonan said.

The mission of Outright Lewiston/Auburn is to create safe and affirming environments for youth ages 12-21 who are lesbian, gay, bisexual, transgender, and/or questioning.

Public advocates from support groups like SAPARS and SARSSM have to be careful about meeting in person during the pandemic, since they would normally see a wide variety of people in multiple locations throughout the week. Keeping isolated protects everyone, but means that

many who are seeking help don't have access to resources. "It's kind of a Solomon's Choice!" McAlonan said.

To address that, SAPARS provides as much internet and remote services as possible, Starting last June and working throughout the summer, the SAPARS educators "figured out the best solutions to be able to go into the schools and offer remote programming." They rewrote the curricula for their presentations at schools to provide a better remote experience for

See Awareness, page 14




*Supporting
Sexual Assault
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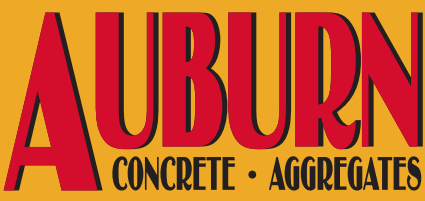


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Safe Voices helps victims escape domestic violence, sexual trafficking

200 to 300 youths and adults are exploited each year in Maine

By Nathan Tsukroff

LEWISTON - "Human Trafficking"

When someone is forced to work, or to perform sexual acts, in exchange for the basic necessities of life, they are being trafficked.

This labor or abuse is often accompanied by physical violence, and similar tactics are used in personal relationships, leading to what we know as sexual or domestic violence.

"Often what we're seeing is people who have been living in Maine - perhaps lived here their whole lives - are being trafficked, right here in our state," said Elise Johansen from Safe Voices, a non-profit group whose mission is to support and empower those affected by domestic violence in Androscoggin, Franklin, and Oxford counties. The group also works to engage communities in creating social change.

Maine's first human trafficking needs assessment was conducted in 2015 by Hornby Zeller Associates, Inc., using known statistics, surveys with members of law enforcement, and interviews with service providers, stakeholders and survivors.

The majority of information for the assessment related to sex trafficking, which occurs when someone benefits from the sale of another person for sex acts through force, fraud, coercion, threats, or manipulation, or when the person is a minor.

Johansen said there are about 200-300 victims of sex trafficking in Maine per year. The vast majority of these crimes in Maine go unreported, and researchers estimate that only 14 percent of trafficking victims report the crimes committed against them, according to a February 2017 report by a Maine Advisory Committee to the U.S. Commission on Civil Rights.

Sexual exploitation is the exchange of sex acts for anything of value where the individual is manipulated into the agreement as a result of addiction or desperation. This exploitation may then lead the victim into being trafficked.

The 2015 assessment

did not have enough information to determine the level of labor trafficking in Maine at that time. Labor trafficking occurs when a person is forced to work or provide services through the use of force, fraud, or coercion. Most of the focus on labor trafficking in Maine concentrates on agriculture, according to the assessment.

Victims of sex trafficking in Maine are typically girls and women 14 to 30 years old, from both rural and urban communities, with a history of sexual or physical abuse, and lacking basic needs and an emotional support system, according to the assessment.

Survival sex and trafficking are often interchangeable. Victims and survivors said they would rather do things they didn't want to do in exchange for meeting basic needs. For many, they were led into sex trafficking with the belief they were in a personal, intimate relationship with the trafficker.

One of the ways traffickers control their victims is through drug addiction. And some victims turn to drugs as a way to escape the pain and self-loathing from being trafficked.

"There is a federal definition of (sex) trafficking, and we do see that in Maine," Johansen said. "And we also see a lot of sexual exploitation, where someone might say, 'Hey, you can come sleep on my couch and live with me

because I know you have nowhere to go, but in order for you to do that, you need to have sex with me.'"

Or a victim may be told, "I'll give you some drugs, but you need to do this with my friend over there," Johansen said. "Or, 'If you want to live here, then you need to go and start doing this with a bunch of other people, and all the cash needs to come home to me.'"

Recognizing they are being exploited or traffic is a first step for a victim to start their escape from their situation, and Safe Voices provides resources for victims of sex trafficking and sexual exploitation.

Safe Voices provides the only safe house in the area for these victims, Johansen said. "So we do allow and have people live there, but most of what we do is provide advocacy, legal support in the criminal and civil courtrooms, and we provide support groups."

The group also assists people in safety planning and learning about community resources. "So all of the same scope of services that we provide to victims of sexual abuse and violence, we also provide to victims of sexual trafficking and exploitation," Johansen said.

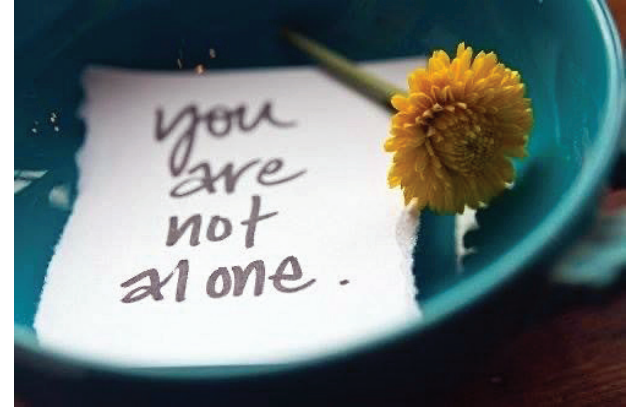
Escaping from the trafficker can be difficult for the victim. "A lot of times, victims will interact with law enforcement, and law en-

forcement is really committed to ending human trafficking in Maine and seeing people being affected by it as victims and not as perpetrators of crime," Johansen said. Instead of charging sex trafficking victims with the crime of prostitution, police officers are now connecting the people they are finding on the streets with Safe Voices and other community resources.

"And so we get referrals that way. We get referrals from other community service organizations, human service organizations, case managers, churches, and sometimes people just call our help line," Johansen said.

Hospitals will provide the help line number to patients that may be victims of exploitation or trafficking. A nurse in an emergency room may ask a patient, "Hey, something's going on. What's going on? Do you want to talk to me a little bit about it?" And then the victim will be able to call the Safe Voices help line where the advocate will ask questions to help determine the victim's specific situation.

Asking someone if they are being trafficked doesn't provide real answers, Johansen said. "They'll say, 'Hey, I don't even have a car. I can't speed!'" But asking a possible victim if they ever had to trade sex for food, or trade sex just



A message of hope from Sexual Assault Prevent and Response Services. (Photo courtesy of SAPARS)

for a place to take a shower, or if they have been told their immigration documentation will be withheld if they don't have sex, clearly identifies them as a victim.

Often, victims are afraid to reach out for help because of the real possibility of beatings and other abuse if their call for help is discovered by the trafficker. Contacting Safe Voices or other community groups from a phone away from the trafficker, or using a computer at a public place such as a library, are safe options for the victim to use in calling for help.

Johansen said she thinks that youth at risk that are specifically coming out of foster systems, and a lot of LGBTQ youth that are homeless, are at greater risk of being trafficked. However, traffickers

will create situations where none existed before in order to lure in victims of any age.

Safe Voices was created in 1977 to help battered women and children who did not have refuge, and opened its first emergency shelter in 1979 with funding help from the federal Comprehensive Education and Training Act. The organization changed its name to Safe Voices in 2010 to recognize that men are victims, too, and to have a name reflecting hope and empowerment, according to its website.

The 24/7 Helpline for Safe Voices is 1-800-559-2927. Online chat services are available during business hours Monday through Friday by going to the Safe Voices website: safevoices.org and selecting the Get Help tab at the top.

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Augusta Center for Kids receives major donations

From Children's Ctr

AUGUSTA – Children's Center, an early childhood intervention and family support services organization for children with special needs, has announced three major gifts toward its fundraising efforts to expand its primary location in Augusta.

The gifts of \$250,000 each come from two families and a business in the Augusta area who have all seen the importance of the work being done at Children's Center, and under-

stand there is greater demand in the region.

"We are proud to strengthen our long-standing commitment to the Children's Center with a lead gift," said Andrew Silsby, President & CEO of Kennebec Savings Bank. "When I heard the campaign presentation, I was struck by the fact that there are over 100 children on waiting lists due to capacity issues. We know that early intervention is critical to helping children with special needs lead full lives. The children on these

waiting lists simply cannot get that critical time back in their development. This capital project will make it possible for the Children's Center to ensure no child in our community has to wait to receive the services they need. We must all act now to ensure success."

"The work that is being done at Children's Center is beyond essential," said Norm Elvin, a major donor along with his wife Teresa. Elvin is also owner of G&E Roofing in Augusta. "Because the work of Children's Center

is so essential, they have grown beyond their own walls. This expansion will help many more children and families access vital services for early childhood development for kids with special needs. It will also help to create a brighter path for success for kids in Central Maine."

"A child's earliest years are critical to their long-term prospects," said David Flanagan, another major donor along with his wife Kay. "There are things beyond our control -- creating physical space for ev-

ery child in our community who needs access to early childhood intervention services isn't one of them. Kaye and I feel called to be part of the solution for these kids and families and the way we are able to do that is through this gift and our continued support of this mission."

Children's Center announced its plans last month to expand its primary location in Augusta to meet demand. The organization provides center-based services for children ages six weeks to five

years old and outpatient services, including occupational therapy, speech therapy, outpatient mental health for children and families, and case management support to kids up to age 21. Annually, the Center serves more than 250 children between its four sites: Augusta, Farmington, Skowhegan and Waterville. All sites have waiting lists with Augusta's being the largest at nearly 100 children in need of center-based or outpatient services at any given time.

Legislation to Allow Drugs from Canada

From Sen. Collins

WASHINGTON, D.C. – U.S. Senators Susan Collins (R-ME) and Angus King (I-ME) recently joined Senators Chuck Grassley (R-IA) and Amy Klobuchar (D-MN) in introducing the *Safe and Affordable Drugs from Canada Act*, legislation that would allow individuals to safely import prescription drugs from Canada, creating savings

for consumers and bringing greater competition into the pharmaceutical market.

"Skyrocketing drug prices are making it more and more difficult for Americans to access the treatments they require. As a member of the Senate Health Committee, addressing the rising costs of these medications is one of my top priorities," said Senator Collins. "The *Safe and Affordable Drugs*

from Canada Act combats the gaming that some brand companies engage in to unlawfully extend their market power and pricing controls by allowing the importation of medications from Canada. This bipartisan bill will lower the cost of prescription drugs and allow Americans to have more options at the pharmacy."

"Prescription drugs continue to be too costly for many Maine people,

forcing impossible decisions between filling a prescription or putting food on the table," said Senator King. "Making matters worse, our neighbors to the North – who many Mainers conduct commerce with on a regular basis – have access to much more affordable medications, but outdated regulations prevent our citizens from accessing these lower-priced lifesaving drugs. Enough is enough – in the fight to reduce the burden of prescription drug prices on Maine people, we need to look for every possible opportunity to cut consumer costs, and allowing our

citizens to import more affordable medications from Canada is one potential option. This is a bipartisan bill that can make a real impact on the life of Maine people; to support the health of our people, the Senate should quickly take up this important legislation."

The Safe and Affordable Drugs from Canada Act would align federal policy with legislation passed in the State of Maine.

In addition to Senators Collins, King, Grassley, and Klobuchar, the bipartisan legislation is cosponsored by Senators

Tammy Baldwin (D-WI), Sherrod Brown (D-OH), Maggie Hassan (D-NH), Patrick Leahy (D-VT), Jeff Merkley (D-OR), Jeanne Shaheen (D-NH), Sheldon Whitehouse (D-RI), Ron Wyden (D-OR), and Gary Peters (D-MI).

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

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Junction Bowl
Continued from page 6

199-216-203 – 618
Brendan Gow
180-166-189 – 535

Thursday Night Dynamite

Week 13 of play

Minds in the Gutter grabbed 2 games and the weekly team series from Sexy Ginger with 1 game, 2277-2246.

Minds In The Gutter

Scott Verrill
156-182-230 – 570
Jay Sutton
206-229-187 – 622
Doug Mercier
129-206-192 – 527
Matt Ferrante
184-203-171 – 558

Sexy Ginger

Shawn McCurdy
193-166-179 – 538
Substitute
203-191-157 – 551
PT
181-204-211 – 596
Clayton Farrin
161-200-200 – 561
Smelt Camp Swim Team splashed along for

2 games and the weekly teams against XXX Turkeys, 2201-2193.

Smelt Camp Swim Team

Kevin Kassa
227-250-169 – 646
Brian Waild
157-170-191 – 518
Substitute
194-161-182 – 537
Jenn Leanhart
167-162-171 – 500

XXX Turkeys

Pete Luciano
173-197-174 – 544
Terry Moore
225-200-175 – 600
Jake Ouellette
155-183-176 – 514
Substitute
188-173-174 – 535
Bowler? I Barely

Know Her! struck hard for all 3 games and the weekly team series against Strike First, 2330-2285.

Bowler? I Barely

Know Her!

Dylann Swisley
201-215-187 – 603
Deanna Boisvert
183-220-225 – 628
Ari Bouchard
206-159-195 – 560
Substitute

191-165-183 – 539
Strike First

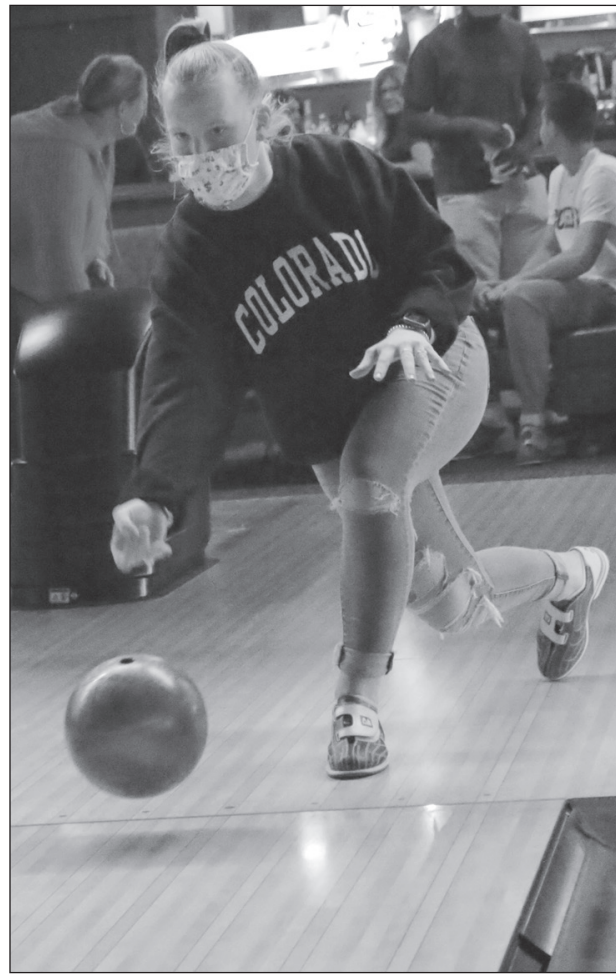
Sherry Coyne
184-183-165 – 532
Roni Bretton
193-164-209 – 566
Kenneth Reno
193-173-168 – 534
Romeo Jalbert
189-230-234 – 653

Split Happens took all 3 games and the weekly team series against an absent House Balls, 2207-2106.

Split Happens

Denise Williams
165-205-188 – 558
Chris Lee
183-217-199 – 599
Matt Lelansky
149-166-140 – 465
Duayne Frank
218-172-205 – 595

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



Julia Wareham takes to the lanes for Gutter Gang last week as the Tuesday Night Shootout League started play at Junction Bowl on Railroad Avenue in Gorham. (Tsukroff photo)

Library

Continued from page 1

9:30 a.m.

Preschool Discovery Time

If you love picture books watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

Thursday May 20

9:30 a.m.

Toddler Discovery Time

Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18months-3 yrs).

Tuesday May 25

9:30 a.m.

Preschool Discovery Time

If you love picture books watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

Thursday May 27

9:30 a.m.

Toddler Discovery Time

Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18months-3 yrs).

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USDA Boosts Food Assistance for Homeless Young Adults

From USDA

WASHINGTON, D.C.—The U.S. Department of Agriculture (USDA) recently announced that young adults under the age of 25 experiencing homelessness will now be able to receive meals at emergency shelters participating in the Child and Adult Care Food Program (CACFP).

Under normal circumstances, USDA only reimburses shelters for meals served to children through age 18, but the American Rescue Plan (ARP) Act expanded several nutrition as-

sistance programs to reach the most vulnerable populations experiencing food hardship due to the pandemic, including homeless young adults.

CACFP is a federal program that provides child care centers, day care homes, and adult day care centers reimbursements for nutritious meals and snacks they serve to eligible children and adults enrolled at their facilities. CACFP also provides reimbursements for meals served to children and youth participating in afterschool care programs, children living in emergen-

cy shelters, and adults over the age of 60 or living with a disability and enrolled in day care facilities.

“The pandemic has exposed how hunger can afflict anyone during tough times — including young adults who may not be equipped to cope with the financial challenges that this global pandemic may throw at them,” said Agriculture Secretary Tom Vilsack. “The American Rescue Plan not only is proving to be one of the most powerful anti-poverty pieces of legislation in history, it is also driving down

food insecurity with a host of new tools that help the most vulnerable among us.”

This provision of the ARP ensures CACFP facilities will be reimbursed by USDA for the meals they serve these residents for the duration of the public health emergency.

The risk of hunger has increased throughout the pandemic, with recent data suggesting approximately 23 million adults and as many as 12 million children are living in a household where they may not always have enough to

eat. The pandemic has also worsened longstanding inequalities in food insecurity: Black and Latino adults are more than twice as likely as white adults to report that their households did not get enough to eat.

ARP includes more than \$12 billion to bolster food security during the pandemic with a variety of programs and interventions, from nutrition assistance programs to purchase food commodities for donation to food banks, to help and support for workers in the food supply chain.

“The Act ensures that we get the economy on track for everyone, especially those who have been marginalized, who are hurting, who have been overlooked or shut out in the past,” said Stacy Dean, deputy undersecretary of food, nutrition, and consumer services. “USDA stands ready to implement these important provisions and is providing states with new guidance to help them put these new benefits in place.”

For more information about CACFP, visit: www.fns.usda.gov/cacfp

Legislature won't advertise hearings

From Maine Legislature

AUGUSTA — Last week, Maine Senate President Troy Jackson of Allagash and Maine House Speaker Ryan Fecteau of Biddeford announced that the newspaper advertising requirement for public hearings has been waived for the remainder of the legislative session beginning April 26.

This announcement is consistent with the past precedent set by previous presiding officers of both political parties to ensure the Maine Legislature is able to complete its work in an efficient manner.

The announcement was made in a memo sent out to the 130th Legisla-

ture. In 2019, President Jackson and then-House Speaker Sara Gideon, D-Freeport, waived the two-week notice requirement on April 22.

In 2017, then-Senate President Mike Thibodeau, R-Winterport, and Speaker Gideon waived the two-week hearing notice on May 2.

Public hearing notices will continue to be posted online. Members of the public can ask to be added to interested parties lists for committee calendars and notices. Members of the public interested in testifying on a bill can sign up to deliver written or oral testimony here: www.mainelegislature.org/testimony.

USDA Issues Pandemic Flexibilities for Schools

From USDA

WASHINGTON, D.C. - The U.S. Department of Agriculture (USDA) last week issued a broad range of flexibilities to allow school meal programs and childcare institutions across the country to return to serving healthy meals this fall.

As part of the Biden-Harris Administration's commitment to reopen schools safely, several meal service flexibilities that enable social distancing are now extended through June 30, 2022. The waivers continue the Administration's commitment to provide safe, healthy meals free of charge to children as the pandemic continues to

threaten the food and nutrition security of our most vulnerable.

“USDA will remain relentless in ensuring our nation's children get the critical nutrition they need,” said Agriculture Secretary Tom Vilsack. “States and districts wanted waivers extended to plan for safe reopening in the fall. USDA answered the call to help America's schools and childcare institutions serve high quality meals while being responsive to their local needs as children safely return to their regular routines. This action also increases the reimbursement rate to school meal operators so they can serve healthy foods to our kids. It's a win-win for kids, parents

and schools.”

A recent study from Tufts University found that in 2018, schools were the single healthiest source of U.S. food consumed across a sample of children and adults. The 2018 study found that diet quality for foods from schools improved significantly from a similar study conducted in 2003-2004.

Schools nationwide will be allowed to serve meals through USDA's National School Lunch Program Seamless Summer Option (SSO), which is typically only available during the summer months. This option maintains the nutrition standards of the standard school meal pro-

grams — including a strong emphasis on providing fruits and vegetables, fluid milk, whole grains, and sensible calorie levels, while allowing schools to serve free meals to all children. In addition, schools that choose this option will receive higher-than-normal meal reimbursements for every meal they serve, which will support them in serving the most nutritious meals possible while managing increased costs associated with pandemic-related operational and supply chain challenges. This option also affords schools the financial flexibility to further customize their meal service design to fit their local needs.



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IN RE: ROSEMARY BELLE ZEKOVITCH V. MICHAEL TIMOTHY ZEKOVITCH, JR. NO. 202021-3 IN THE CHANCERY COURT FOR KNOX COUNTY, TENNESSEE

In this Cause appearing from the Complaint filed, which is sworn to, that the defendant MICHAEL TIMOTHY ZEKOVITCH, JR., is a non-resident of the State of Tennessee, or whose whereabouts cannot be ascertained upon diligent search and inquiry, so that the ordinary process of law cannot be served upon MICHAEL TIMOTHY ZEKOVITCH, JR., it is ordered that said defendant MICHAEL TIMOTHY ZEKOVITCH, JR., file an answer with the Clerk and Master of the Chancery Court in Knoxville, Tennessee, and with CAROLE COLE, an Attorney whose address is 135 Fox Road, Suite A, Knoxville, TN 37922, within thirty (30) days of the last date of publication. If the Defendant fails to file an answer within the time limit the Plaintiff shall be permitted to file a notice of Default Judgment and serve the Defendant by leaving a copy of said notice with the clerk of this court. This cause will be set for hearing Ex-Parte as to you before Chancellor Christopher D. Heagerty in the Knox County Chancery Court, Part III, 400 W. Main Street, Suite 125 Knoxville, Tennessee 37902. This notice will be published in The Twin City Times Newspaper for four (4) consecutive weeks. This the 8th day of April 2021.

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Calendar

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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!

FRIDAY Apr. 30
GORHAM – FY 21-22 Proposed Budget due to Town Council.

MONDAY May 3 5:30 p.m.
AUBURN – City Council workshop and

meeting.
7 p.m.
GORHAM – Planning Board meeting, via Zoom.

TUESDAY May 4 9:30 a.m.
GORHAM – Baxter Memorial Library. Preschool Discovery Time – If you love picture books, watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

5:30 p.m.
AUBURN – Age-Friendly Committee meeting.
6 p.m.
LEWISTON – City Council meeting. **CAN BE VIEWED REMOTELY VIA ZOOM:** Due to necessary COVID19 precautions, the May 4 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at publiccomment@lewistonmaine.gov The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

6:30 p.m.

GORHAM – Regular Town Council meeting, via Zoom.

WEDNESDAY May 5 4 p.m.
AUBURN – Auburn Farmers' Market.
6 p.m.
AUBURN – School Committee meeting.

THURSDAY May 6 9:30 a.m.
GORHAM – Baxter Memorial Library. Toddler Discovery Time - Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months-3 yrs).
4 p.m.
AUBURN – Cable TV Advisory Board meeting.
5:30 p.m.
AUBURN – Auburn-Lewiston Airport Board meeting.

FRIDAY May 7 9 a.m.-6 p.m.
GORHAM – Baxter Memorial Library. Book Sale in Shaw Gym - The Friends of Baxter Memorial Library Book Sale.

Awareness

Continued from page 8

students. In the younger grades, students are taught about consent and personal space through games.

“So we are still in the schools! We are in the schools remotely. They are seeing our faces on their Zoom screen,” she said. SAPARS has worked intensely with schools in Lewiston and Lisbon, and the high schools in Turner and Poland, “to get back in their classroom.”

Presentations now require two or three educators, instead of the single educator who could speak the class in person prior to the pandemic. “So it’s very labor-intensive.”

Being at the schools in person gave students a sense of familiarity, which let them feel comfortable speaking to advocates about issues they were experiencing. McAlonan said. She talked about a six-year-old boy came to her for support after getting in trouble for punching a fellow student who encroached on his personal space. She was able to help him find better ways of dealing with that situation.

Starting last summer, the advocates from SAPARS partnered with the YWCA Central Maine in Lewiston to provide weekly remote guidance on social and emotional consent. The advocates are available remotely in the drop-in room at the YWCA, through a laptop computer set on one the desks.

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Sexual assault and violence include rape, attempted rape, sexual contact and sexual coercion. Studies have shown that sexual victimization may lead to lowered self-esteem, eating disorders, and negative feelings about a person’s own body.

Teaching youth about personal space is part of preventing or reporting assault. Children are taught “they get to say ‘yes’ or ‘no’ to a hug or a handshake,” McAlonan said. “We are making it so that if someone was going to try to exploit them or harm them, they might have an inkling (that) ‘this is not okay.’”

The prevalence of sexual assault is much like an

iceberg, she explained. “All the sexual assaults above the waterline are the things that we have decided are illegal. We have made laws against them. Below the waterline are all the sexual assaults that are still legal.”

McAlonan spoke about the poem “Piñata” by Pag-es Matam, where he speaks about hearing a man on a bus tell a woman, “You’re too ugly to be raped.” That statement is legal, “it’s under the waterline.”

Cultural mores do not seem to affect the levels of sexual assault, she said. “The idea of personal space and creating safety translates globally.”

She has spoken with parents of European descent, and immigrants from other parts of the world, and the conversations about personal space and safety do not differ, she said.

GORHAM LITTLE LEAGUE

Field Funding Campaign

The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
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- Add scoreboards

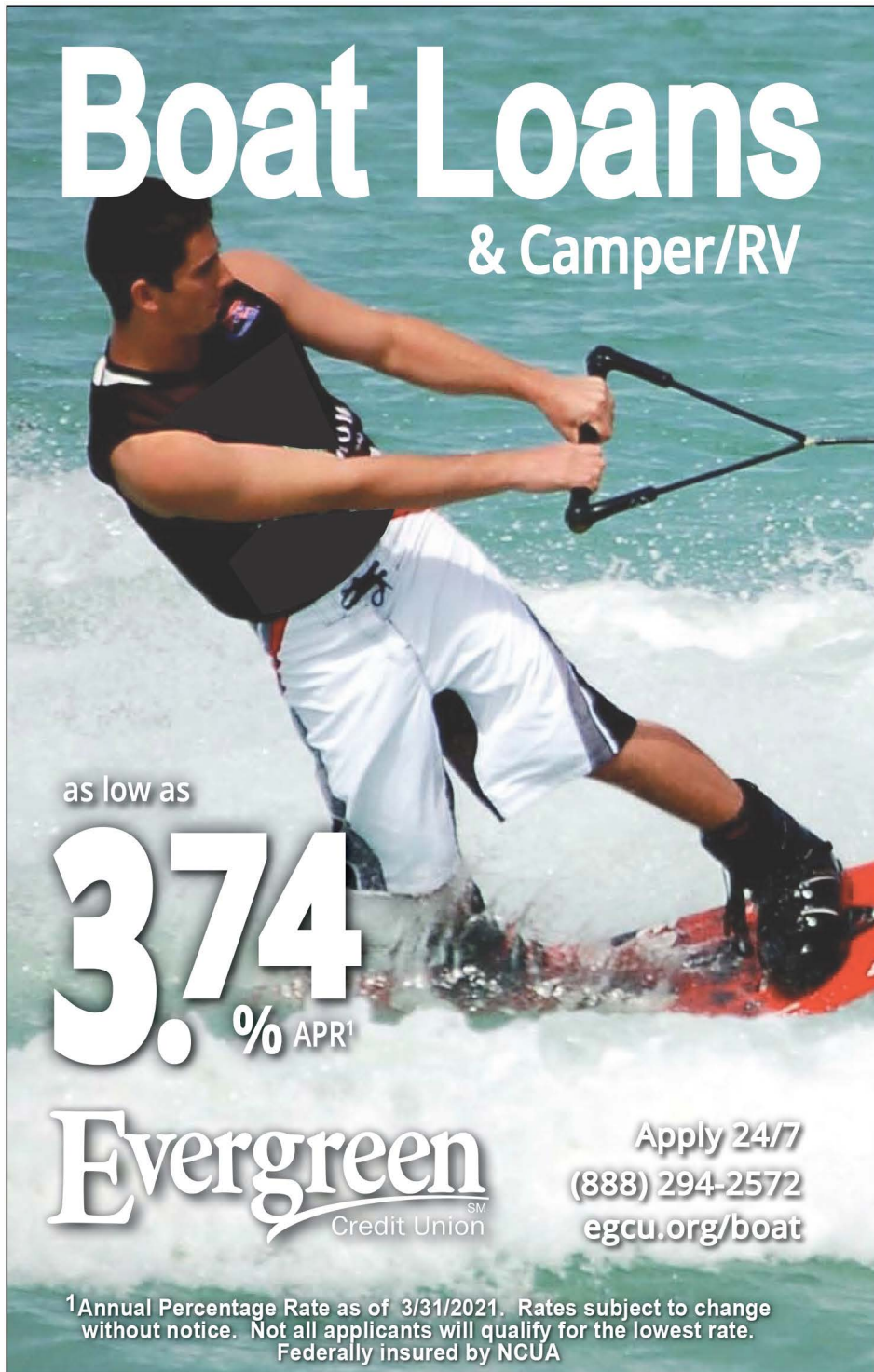
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Crowned

Continued from page 1

important to them. The Mrs. Maine America runner-up, Amanda Shepard of Boothbay Harbor, was given the title of Mrs. Maine American.

Jack's family will accompany her to the national competition in Las Vegas.

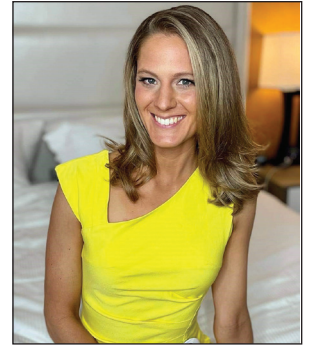
In a rare controversy at the beginning of April, the reigning Mrs. World, Caroline Jurie, who captured the title last year after winning as Mrs. Sri Lanka World, ripped the crown from the head of the newly-chosen 2021 Mrs. Sri Lanka World,

Pushpika de Silva, in Colombo, Sri Lanka.

Jurie claimed that deSilva was divorced and therefore not qualified for the title, which is for married women. The Mrs. World organization confirmed deSilva is only separated from her husband, and is correctly the Sri Lanka winner.

Jurie was arrested by Sri Lankan police, and later gave up her world-title crown.

The Miss USA organization conducts annual pageants as part of the Miss Universe competition, which is separate from the Mrs. World pageants.



Alecia Jack of Durham takes a few moments to relax before competing for the Mrs. Maine America title in early April. She took the title in the competition at the Doubletree Hotel in South Portland, and will go on to compete in the Mrs. America pageant in Las Vegas in November. (Photo courtesy of Alecia Jack)

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