

## Sebago Brewing introduces Pressed For Time



Sebago Brewing's latest year-round beer is called Pressed For Time. (Photo courtesy of Sebago Brewing)

GORHAM - Sebago Brewing recently released their latest year-round beer called Pressed For Time.

This juicy IPA is their biggest release since Haze Forward, a modern take on the New England IPA that's proven to be popular with Maine craft beer enthusiasts.

Pressed For Time features Idaho7 and El Dorado hops, which give it strong citrus and peach aromas and flavors – and some sweet candy notes too, like orange fruit slices and peach gummy rings.

Sebago brewers have been fine-tuning the Pressed For Time hop blend in small batches to arrive at the perfect citrus and tropical fruit characteristics, although the beer doesn't contain any fruit.

"We were really excited to use the Idaho7 hop in a beer that we could can and release at scale," said Peter Dahlen, Sebago's Director of Brewery Operations. "We've experimented with it a lot on our pilot system, and now with Pressed For Time we can offer it to everyone!"

Six-packs and cases of Pressed For Time are available at all Sebago locations and at stores. The new beer is also available on draft and in growlers to go at the brewpubs and the Tasting Room on Main Street in Gorham.

## Guest Essay

# There is always 'HOPE'

By Cynthia Chadwick-Granger

SACO - As I sit in my home looking across the living room, I cannot miss the large wooden sign leaning on the fireplace with large, beautiful green letters spelling the word "HOPE".

I had seen this decorative piece and fell in love with it.

I felt I needed to display it where I could see it everyday. It reminds me that is has been a very tough year for all of us who have survived, but even harder for those who have lost loved ones.

Yet, we all have something in common - "HOPE" - a desire for things to change for the better. And we want that "Better" very much!

So don't feel hopeless and discouraged. Instead, encourage and inspire others



to do acts of kindness. And remember to take deep breaths, look around you and take it all in.

Listen to your favorite music and dance if you want to.

It's okay to say "Good morning" to a stranger... make someone smile!

Spend time with your children or a friend. Walk your dog. Hug your spouse or partner. Tell a story.

And always remember to laugh!

Most of all, never give up, for there is always "HOPE", and I promise you that better days are coming . . .

*Cynthia Chadwick-Granger is the marketing manager for Bay Area Title in Portland. She is also a wedding officiant at Vows for You by Cynthia. She can be reached at [vowsforyou@maine.rr.com](mailto:vowsforyou@maine.rr.com) or 207-408-2329.*

## STEAM events at Baxter Library in May

### From Baxter Library

GORHAM – Baxter Memorial Library on South Street in Gorham hosts a virtual Science, Technology, Engineering, the Arts and Mathematics (STEAM) event every Wednesday morning.

**For Wednesday, May 12**, join Ms. Deb at 10 a.m. on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity – Wind Chimes. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. Bring some peaceful sounds to your backyard with these homemade wind chimes. We'll repurpose (upcycle) small objects around your house, so start looking for buttons, beads, bottle caps, nuts, bolts, washers, canning lids, even old kitchen utensils or small pieces of wood. It'll be music to our ears!

**On Thursday, May 13**, at 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). <http://bitly.ws/d2uS>

**Also on Thursday, May 13**,

Friends of Baxter Memorial Library Annual Meeting from 6-7 p.m. The Friends of Baxter Memorial Library invite all members to their Annual Meeting on the lawn next to the library. Social distancing and masks are requested.

**On Tuesday, May 18**, at 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). <http://bitly.ws/d2uS>

**For Wednesday, May 19**, join Ms. Deb at 10 a.m. on Facebook for a virtual STEAM activity – Homemade Granola. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. In this program, we'll prepare easy, delicious granola that will be great to pack for your many upcoming outdoor picnics, hikes, and other adventures this summer! BONUS: We'll have a special guest, one who's well-known in the area for her granola, and she'll join us to share tips in the kitchen! <http://bitly.ws/d2uS>

**On Thursday, May 20**, at 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). <http://bitly.ws/d2uS>

**On Tuesday, May 25**, at 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). <http://bitly.ws/d2uS>

**For Wednesday, May 26**, join Ms. Deb at 10 a.m. on Facebook for a virtual STEAM activity - Building a Simple Shelter. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. Who wouldn't want a special place to call their own? In this program, we'll create a backyard hideaway that'll be perfect for reading, playing games, or just relaxing. We'll use materials from nature, building a quick, simple shelter you can finish in a short amount of time or you can spend days customizing just so. <http://bitly.ws/d2uS>

**On Thursday, May 27**, at 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). <http://bitly.ws/d2uS>

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# Newsmakers, Names & Faces

## Guest Column

### Once upon a time

By Grammar Guy

Have you ever heard or uttered a sentence and then thought, “I’ll bet no one’s ever said that before”? For instance, yesterday I was playing with my daughter, Maeve, who is three-and-a-half. She has some stretchy, colorful toys called Monkey Noodles. Maeve has a vivid imagination, but I’ll spare the details of the game she invented only to say the game ended with me exclaiming, “We don’t put Monkey Noodles in our mouths after we bake them in our tummy ovens!” I doubt the same words had ever been put together in the same order in the same sentence before, and I doubt they’ll ever need to be uttered again.

I think about these kinds of sentences all the time. Do you know that there’s a version of this “once-in-a-lifetime” occasion for standalone words? They’re called “nonce” words, or “occasionalisms.” Nonce words are born when one word gets invented and subsequently utilized one time for one occurrence in one work of writing. These a la carte words are served up once and then they’re done forever.

The word “nonce” means “for the once,” or “for one purpose.” Yes, back in the day, regular people knew what “nonce” meant. James Murray, editor of the 1884 “New English Dictionary on Historical Principles” (which, in later editions, changed its title to the Oxford English Dictionary), coined the term “nonce-word.”

Lewis Carroll’s 1871 poem “Jabberwocky” includes several nonsensical words that — up until that point — hadn’t been invented, let alone used. The poem introduces us to one-time terms including “brillig,” “frabjous,” “frumious” and “manxome.” While I wasn’t there when Carroll penned this work, which would later be included in “Through the Looking-Glass,” I doubt he intended these nonce words to exist outside the universe of Alice’s Wonderland.

Irish author James Joyce came up with words constantly in his writing. In “Ulysses” alone, Joyce coined the words “mrkgn-ao,” “poppysmic,” “ringroundabout” and “yogibogeybox.” While this makes me want to start (and not finish) reading “Ulysses” again, I find it even more interesting that one of

Joyce’s nonce words became a “real” word: quark.

As everyone already knows, quarks are subatomic particles that science people consider one of the building blocks for all matter. Physicist Murray Gell-Mann, who discovered quarks in the early 1960s, referred to these tiny particles as “quorks” until he came across the word “quark” in Joyce’s book “Finnegan’s Wake.” From then on, “quark” stuck.

So, a word to writers: unless you’re ready for them to take on lives of their own, be careful not to throw nonce words around all zoodle-zazzle.

*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](http://curtishoneycutt.com).*

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

### New poet laureate to be selected

#### From Maine Arts

AUGUSTA - The Maine Arts Commission requests applications to select a new state poet laureate for a five-year term.

Maine’s Poet Laureate position is an appointment designed to promote poetry throughout the state while honoring a Maine poet whose work can inspire an understanding and appreciation of the craft of poetry for the people of our state.

Current Poet Laureate Stuart Kestenbaum completes his five-year term in 2021. Kestenbaum, a resident of Deer Isle, has used his position to share poetry in many different mediums, including his Poems from Here collaboration with Maine Public, which features a new Maine poem each week. Kestenbaum is the author of five collections of poems, most recently *How to Start Over* (Deerbrook Editions, 2019). He is also the author of the essay collection *The View from Here* (Brynmore Press, 2012).

“We are so grateful to Stu for his wonderful work at Poet Laureate,” said Arts Commission Executive Director, David Greenham. Greenham will facilitate the process for selecting Maine’s next

poet laureate. “We see this as a wonderful opportunity to recognize another member of Maine’s thriving community of poets,” he added.

The poet laureate position was established by Maine statute in 1995. The specific duties are minimal to ensure incumbents have maximum freedom to work on their own projects during their tenure. While the position does not include a stipend, all expenses are paid for appearances and programs, which include, an annual lecture and reading of his or her poetry; participation in the Maine Arts Commission’s administration of the national Poetry Out Loud project; as well as appearances and events to broaden appreciation and understanding of, and participation in, poetry in Maine communities. Each poet laureate brings a different emphasis to the position.

To be considered for this appointment, poets must be full-time Maine residents and have a distinguished body of poetic work. Applicants must submit up to five poems, totaling no more than 10 pages, as well as a one-page statement outlining your vision for your public role as poet laureate and a copy of your resume no

later than June 1, 2021.

Apply at: <https://forms.gle/NCTAQx9kN-WJLNAKr6>.

The Maine Poet Laureate review committee will be Janet Mills, Governor (and poet); Samaa Abdurraqib, Maine Humanities Council; Susan Minot, Author and Poet; Gibson Fay-LeBlanc, Maine Writers and Publishers; and James Ritter, Maine State Library.

Since the inception of the position, Maine’s Poet Laureates have included Kate Barnes (1996-1999), Baron Wormser (2000-2005), Betsy Sholl (2006-2011), Wesley McNair (2011 – 2016), and Stuart Kestenbaum (2016 – 2021).

The Maine Arts Commission supports artists, arts organizations, educators, policy makers, and community developers in advancing the arts in Maine. For more than 50 years the Commission has encouraged and stimulated public interest and participation in the cultural heritage and programs of our state; has worked to expand the state’s cultural resources; and has encouraged and assisted freedom of artistic expression for the well-being of the arts, to meet the needs and aspirations of persons in all parts of the state.

## Collins pushes for China to buy lobster

From Sen. Collins

WASHINGTON, D.C.—At a Commerce Appropriations Subcommittee hearing today, U.S. Senator Susan Collins (R-ME) urged U.S. Trade Representative (USTR) Katherine Tai to support Maine’s lobster industry by pushing China to uphold its promise to purchase more U.S. lobster.

“The Maine lobster industry has been hard hit by the 25 percent retaliatory tariff that China imposed on the U.S. lobster industry in 2018. The Phase One trade agreement between the U.S. and China was a first step toward regaining Chinese market share,” said Senator Collins. “Your predecessor made real progress by securing a commitment from the Chinese to match or exceed their pre-tariff pur-

chase levels. And at first, there really was progress under the agreement. But now that’s not carried through into this year... and currently, the totals are nowhere near the promised purchase levels or the pre-tariff levels.”

Senator Collins asked USTR Tai, “What steps [are you] planning to take to ensure that China lives up to its promise and its purchase agreements that it made in the phase one agreement?”

USTR Tai assured Senator Collins that it is a priority for her office to review China’s progress on fulfilling its agreement on the Phase One Trade Deal and consider enforcement options. She went on to say, “Your raising it with me here today is one of the most powerful ways of showing how much of a priority these promises

and China’s ability to keep them are to us in managing our relationship with China.”

In 2018, China imposed a 25% retaliatory tariff on U.S. lobster. Before the tariff, China was the second-largest importer of U.S. lobster, purchasing \$128 million worth in 2017. During the first month under the new tariffs, however, live lobster exports to China declined by 64 percent. In January 2020, the U.S. and China signed the Phase One Trade Deal, which included a provision Senator Collins secured that boosted Maine’s lobster industry.

Last month, Senator Collins led the Maine Delegation in writing to USTR Tai to highlight the importance of the lobster industry to Maine’s economy and the need to expand access to overseas markets.

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# Newsmakers, Names & Faces

## Winners earn scholarships in virtual business event

**From JA**

Maine – Local non-profit and youth empowerment organization Junior Achievement of Maine (JA) has announced the statewide first and second place winners of the redeveloped JA Titan Challenge.

Heading into its 15th year hosting the business event, this spring, JA released a redeveloped Titan Challenge program with an enhanced user experience. Featuring 23 competing high schools, the simulation-based program asks high school students to compete as business CEOs in the phone industry, experiencing firsthand how

an organization evaluates alternatives, makes decisions, analyzes the outcomes of those decisions, and then strategizes what to do next.

This year's JA Titan Challenge was a brand-new user experience developed by a national design group. The more than 250 Maine high schoolers participating in the experience were the first in the nation to compete on the redeveloped competition platform.

The event took place virtually, connecting students from various high schools on two separate days of competition on April 7 and 9. Students participated in program modules leading up to the

event.

This year's first place winners are students from Yarmouth High School in Cumberland County. The team of Elliott (Zhi) Cowles, Owen Gillan, and Frazier Dougherty earned the title by strategically maneuvering their virtual business through three rounds of competition. Each student earned a \$1000 post-secondary scholarship provided by Machias Savings Bank, as well as up to \$10,000 in scholarships to attend Thomas College.

Henry Hebert, Blake Martin, and Rudy Quinonez, students from Van Buren High School in Aroostook County took

second place, each earning a \$500 scholarship sponsored by the MES Foundation.

Competing schools included: Biddeford Regional Center of Technology Brunswick High School Calais High School Cape Elizabeth High School Caribou High School Caribou Technology Center Erskine Academy Fort Kent High School Freeport High School Gardiner Area High School Hodgdon High School

Jonesport-Beals High School Messalonskee High School Mountain Valley High School Presque Isle Regional Career and Technical Center Sanford High School Sanford Regional Technical Center Van Buren High School Washington Academy Westbrook High School Westbrook Regional Vocational Center Woodland Jr/Sr High School Yarmouth High School Junior Achievement

of Maine (JA) is a youth empowerment organization that connects K-12 students with business volunteers across the state to facilitate hands-on programming about entrepreneurship, work readiness, and financial literacy.

Each year, JA reaches thousands of young Mainers in their classrooms, helping them understand the role of education and work in their lives and preparing them for the future.

In response to evolving educator and student needs, JA has pivoted programming to digital formatting designed to keep students engaged and virtually connected with the real world around them.

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## AG urged to protect Maine's rights

**From ME House Republicans**

AUGUSTA – Maine House of Representatives legislators Amy Arata (R-New Gloucester) and Rep. Patrick Corey (R-Windham) have submitted a letter, signed by 36 other members of the Maine State Legislature, to Maine Attorney General Aaron Frey.

The letter requests

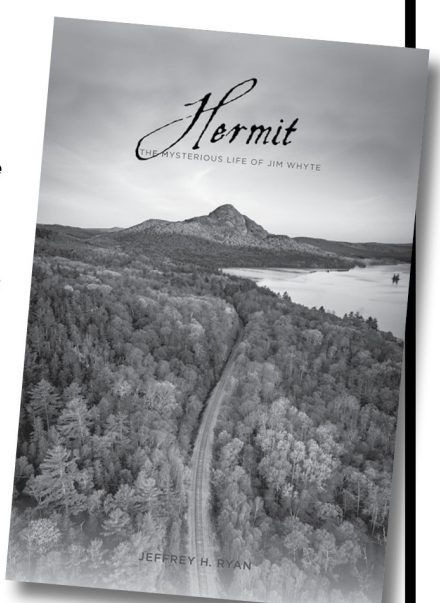
that he join a bipartisan group of 13 State Attorneys General in their lawsuit regarding the rule in the American Rescue Plan Act of 2021 that bars states from using relief money to offset tax cuts.

"It is important that Maine retains its constitutional right to determine its own tax policy," said Arata. "It is important to all of Maine's


elected leaders and their constituents, the Maine people, that this get resolved."


"The federal government is asking us to surrender control over our own tax policy," said Corey. "The issues raised by thirteen others states are of great concern to Maine and if left unresolved, could jeopardize legislation that has already been passed."


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 — Bill Bushnell, Bushnell on Books  
*"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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## Seniors Not Acting Their Age

## Rite of Spring



A paddler celebrates the beginning of spring paddling on the St. George River. (Ron Chase photo)

## By Ron Chase

For a small enthusiastic contingent of Mainers, paddling coastal rivers and streams is a clear indication spring has arrived. Each March and April, as snow and ice melts and rain showers replace wintry storms they stow away skis and snowshoes and retrieve their paddles from hibernation.

Many of us older river rats have been replicating the treasured tradition for decades. I began my whitewater journey on the upper St. George River in Searsmont in March 1977. In the years since, friends and I have returned to the St. George, Sheepscot River in Alna, Souadabscook Stream in Hampden, and Ducktrap River in Lincolnville every spring.

Explaining the attraction isn't simple. The water is frigid, air temperatures usually cold, ice frequently an obstacle, and hazards common. Certainly the sense of renewal implicit in the season is a factor. Undoubtedly the challenges are part of

the allure. However, I believe an abiding love for the sport is the primary influence. Regardless, my outdoor club, the Penobscot Paddle and Chowder Society, schedules a wide assortment of spring paddling every year.

This spring, the first scheduled trip was predictably the St. George in late March and I was the leader. Four intrepid paddlers turned out. We were represented by two old-timers who collectively had scores of paddling days on the George. In fact, the trip was appropriately designated the Skip Pendleton Memorial Trip to honor one of our older members who passed away four years ago. Remarkably, Skip started whitewater paddling in his seventies and the George was his favorite river.

A lot has changed since my initial excursion on the St. George. Back then, most paddlers were navigating long tripping canoes with inflated truck tire inner tubes for flotation. Attire often consisted of wool underwear, jeans,

sweaters, and old sneakers. Now, most of us wear dry suits, helmets, and neoprene booties. On our recent trip, two of us were in kayaks while the other two paddled short solo canoes packed tight with airbags. We're warmer and safer now, but I'd rather be young again.

Leaving shuttle vehicles near a bridge on Route 105 in Appleton, our expedition began in the village of Searsmont. After a safety discussion, we launched in a pool above the bridge on Route 173. As we negotiated flat water for the first segment of the five mile voyage, anecdotes about rivers past was the primary topic of conversation. Rounding a bend, the first whitewater was engaged; a long rapid ending near Ghent Road Bridge. No problems were encountered with the twisting route that finishes with an attention getting pitch. Continuous whitewater ensued for about a mile followed by a strong current to a more difficult descent, Magog Chute. Everyone successfully maneuvered

the steep decline and the day culminated with a pleasant paddle through a scenic pasture to the take-out.

A few days later, two of us explored another springtime paddling imperative, Ducktrap River in Lincolnville. Launching from Tanglewood Campground, we immediately confronted three sections of debris in the flat water; two needed to be carried. Then the fun began. A series of challenging ledge drops led to a must catch micro eddy above a Class IV falls, Twitchell Pitch. After setting up safety, we both had successful plunges. The remainder of the trip to the sea consisted of about two miles of stimulating rapids with multiple surfing opportunities.

The next day, thirteen lucky boaters met at Souadabscook Stream in Hampden. An otherwise obscure tributary, the Sou is a very popular Class II, III, and IV whitewater outing. Like the St. George, it's usually one of the earliest to experience ice out. A warm spring day, the water was still frigid.

Cascading through Boy Scout Rapid and Emerson Mill Falls, surfing Great Expectations Rapid, and navigating complex Crawford Falls, we exhaustively embraced the benefits of the Sou. After one canoeist flipped and swam in a short descent, fellow paddlers quickly assisted him back into his boat. A kayaker executed an icy roll in Papermill Rapid avoiding an unpleasant swim. Daunting Great Falls necessitated a decision, portage or paddle. Three successfully paddled while the remainder carried. During some exhilarating surfing at Snowmobile Bridge Rapid, a kayaker missed three

roll attempts before suffering a short swim. Several participants affected an immediate rescue of boat and paddler. Two remaining sectors of whitewater concluded an exceptional day on the river.

Three invigorating days of spring paddling completed, Sheepscot remained. It wouldn't be spring without it.

The author of "The

Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" is scheduled to be released by North Country Press later this year. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



A kayaker plunges down a two stage falls on the upper St. George River. (Ron Chase photo)



A kayaker plummets over Twitchell Pitch on Ducktrap River. (Ron Chase photo)



A canoeist completes a descent of Emerson Mill Falls on Souadabscook Stream. (Ron Chase photo)

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# SeniorsPlus online classes for May

**LEWISTON** —SeniorsPlus has announced its Online Education Center classes for May 2021. Due to the pandemic and current CDC guidelines, all classes are held virtually at this time. Classes and workshops are free, unless noted. Please register by emailing [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org) or calling 795-4010 or 1-800-427-1241. For more information, visit [seniorsplus.org/education-center](http://seniorsplus.org/education-center).

**Legal Services for the Elderly: An Overview**  
**Date: Wednesday, May 12**

**Time: 11:00-11:45AM**  
**Presenter: Andrew Milne, LSE Staff Attorney**

**Location: Zoom**  
 Join Andrew on Zoom to learn all about Legal Services for the Elderly, their services, Helpline, and how they are still here for our community through COVID-19. Learn what they can help you with and who to call for areas outside their specialty, such as estate planning. Andrew will also provide a brief update on courts, evictions, and foreclosures during the pandemic. Since the process has been changing rapidly and is confusing, the information may help orient you to the change.

**Legal Planning for Aging Adults**

**Date: Monday, May 17**  
**Time: 10:00-11:30AM**

**Presenters:** Martha ("Meg") Greene and Will Townshend are estate planning attorneys at Brann & Isaacson in Lewiston. Meg has specialized in estate planning, trust administration and probate for 36 years. Will Townshend recently joined Brann & Isaacson after practicing estate planning in Connecticut, before which he clerked for the U.S. Tax Court.

**Location: Zoom**

Planning for Incapacity: Planning for incapacity is important. Many individuals are living longer than their parents, elder abuse is increasingly common, and Maine has new laws concerning guardianships for disabled family members. It is critical that everyone plan for incapacity by having a durable power of attorney for financial affairs and an advance directive for health care. There are times when a guardianship, or another form of supported decision-making arrangement, may be appropriate due to family issues or the scope of the need for third party supports. Will and Meg will discuss all legal strategies to plan for incapacity for one's self and for family members. Audience participation is encouraged.

Planning to transfer assets on death: Everyone should have a Will when they die. Even so, there are a number of new planning techniques available under Maine law that permit a person to transfer assets on death without a Will, most likely at less expense to a family. There are also a number of strategies for avoiding probate, if that is an objective. Will and Meg will discuss all available strategies, including how each participant can make sure their legal affairs are tied up before death. Audience participation is encouraged.

**Zoom 101: Using Video Technology to Stay Connected**  
**Date: Monday, May 24**  
**Time: 10:00-11:00AM**

**Instructor: SeniorsPlus Staff**  
**Location: Zoom**

Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus and Healthy Living for ME's online classes, or to simply stay connect-

ed with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

**Writing Your Life Story**

**Date: Thursdays, May 20 through June 24 (once weekly for 6-weeks)**  
**Time: 10:00-12:00PM**

**Instructor: Connie Jones, Surprised by Aging**

**Location: Zoom**  
 We've all got stories! Wouldn't it be great if we wrote them down – for ourselves and our families and friends? This informal class will get you on the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all! Class limited to 8 people.

**Crafting with Corinne**  
**Date: At your convenience**  
**Time: At your convenience**

**Material Pick-Up: Last week of April (subject to change based on current CDC guidelines)**

**Instructor: Corinne Saindon**  
 Location: Pre-recorded video/instructions  
 Cost: \$5.00 for 2 project kit  
 Join Corinne to create

two male theme birthday cards. All supplies provided except adhesive.

**Medicare Made Simple**

**Date & time: At your convenience**

**Instructor: SeniorsPlus Staff**

**Location: Online video**

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

**AT&T - Cyber Aware Webinar**

**Date & time: At your convenience**

**Instructor: AT&T Staff**

**Location: Online video**

Reach out to receive this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is perfect for people who are interested in learning statistics, how to recognize scams, and what to do to protect yourself while online.

**Cyber-Senior Mentors - A Tech Resource**

**Date & time: At your convenience - varies**

**Instructor: Cyber-Senior**

**Location: Phone and/or online**

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers standing by to answer your tech questions and also to help you sign up for

online training sessions.

**AARP Safe Driving Course Information**

**Date & time: At your convenience**

**Instructor: AARP Staff**

**Location: Online course**

Reach out to us if you need assistance accessing AARP's Safe Driving course. Due to the pandemic, they are offering the program online only at this time. It is a 4-hour class online that once you register you'll have access to log in any day and time to complete it within 60 days of payment.

**CAREGIVER SUPPORT GROUPS**

**Caregiver Support Groups**

**Dates & Times: Monday, May 10 from 5:30-7:30PM**

**Thursday, May 27 from 8:00-10:00AM**

**Location: Zoom or Telephonic**

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

**Caregiver Support Newsletter**

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter in September? The goal of the newsletter is to share caregiver specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out. We're happy to add you to our mailing list.

**OTHER GROUPS**

**Coffee & Comfort**  
**Date: Monday, May 3**

**Time: 3:00-4:30PM**  
**Instructor: Beacon**

**Hospice Staff**

**Location: Zoom or Telephone**

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.

**Grieving Between the Lines**

**Facilitator: Androscoggin Home Healthcare + Hospice Staff**

**Location: Zoom or Telephone**

We are excited to partner with experts at Androscoggin Home Healthcare + Hospice to host a new and exciting group! This book club will focus around bereavement and grief support. We are working on our next group's dates and times. If you're interested in joining this group please reach out to us so we can get you on our list.

**Virtual Knitting Group**

**Dates: Every other Wednesday – May 5 & 19**

**Time: 5:00-6:00PM**

**Group Lead: SeniorsPlus Staff**

**Location: Zoom**

Join our knitting group to work on your own project, learn from others, and socialize!

**HEALTHY LIVING FOR ME**

We have scheduled our 2021 HL4ME virtual workshops! Workshops currently include Tai Chi for Health & Balance, Better Health NOW, Better Health Now with Diabetes toolkit, Better Health Now with Pain toolkit, and our Living Well workshops through Zoom! Below is a short list of upcoming workshops and their schedule. *See Classes, page 12*

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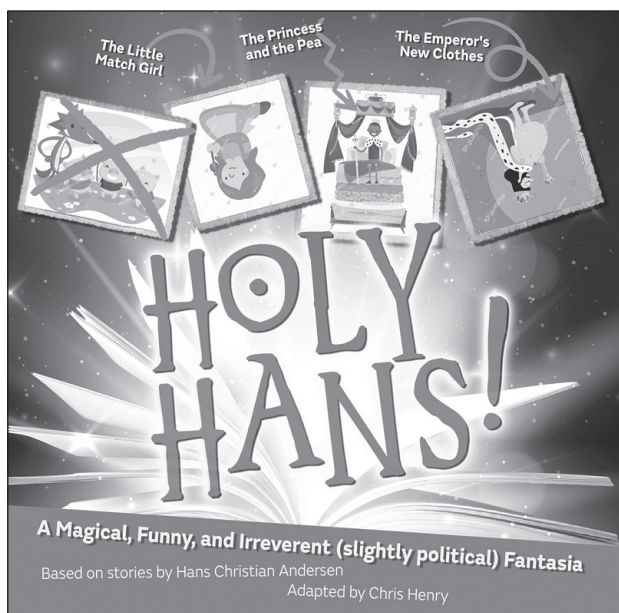
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# Arts & Entertainment

## 'Holy Hans' coming to Monmouth on May 16



**Holy Hans, a mash-up of the Hans Christian Andersen fairy tales The Emperor's New Clothes, The Little Match Girl, and The Princess and the Pea will be presented at Cumston Hall in Monmouth on May 16. (Image courtesy of RFP)**

**From RFP**

MONMOUTH - Royal Family Productions, a theatre company known for its innovative productions and development of new original work, will remount Chris Henry's new adaptation of the Hans Christian Andersen fairy tales.

The Emperor's New Clothes, The Little Match Girl, and The Princess and the Pea are part of an all-ages theatre piece titled Holy Hans, which will be presented at 1 p.m. on May 16 in Cumston Hall, 796 Main St, Monmouth.

After a sold-out performance in April, this

two-person show returns, adapted and directed by Chris Henry with movement by Lorna Ventura. This presentation is specially adapted for a COVID-safe, socially-distant, limited-seating presentation, at the historic Cumston Hall in Monmouth, Maine.

Tickets are \$20, with \$100 preferred seating and \$250 VIP tickets. Tickets must be purchased in advance by visiting [www.RoyalFamilyProductions.org](http://www.RoyalFamilyProductions.org).

Henry is a native of Winthrop, Maine, and is thrilled that Royal Family is able to continue to pro-

duce top-quality theatre in her home state.

Following COVID Protection guidelines, patrons will be seated in pods 6-8 feet away from each other and over 15 feet from the performers and required to wear masks throughout the performance. Seating capacity in this theatre will be limited to 25% to ensure enough social distance. The theatre's HVAC system moves 9,000 cubic feet per minute and also draws air from outside to circulate inside.

Holy Hans will star Rebecca Whitney Klein and Danny Gay with Erica Misilo. The creative team includes original music by Lars Jacobsen; lighting by Ashley Braga, sound design by Andrew Davis with a production team including Ann Fairchild, Danny Gay, David Marshall.

Rebecca Whitney Klein (she/her) is a Brooklyn-based actor, creator, and educator originally from the Boston area. An alumna of James Madison University, the Stella Adler Studio, and the Heidi Marshall Studio, she is trained in acting for the stage and for film/tv. Selected credits include: GEN Z ON FIRE (Royal Family), BR'ER COTTON (Endstation Theatre Company, dir. Whitney White), RE-



**A scene from Holy Hans, to be presented at Cumston Hall in Monmouth on May 16. (Photo courtesy of RFP)**

VOLT. SHE SAID. REVOLT AGAIN. (JMU), BRUNDIBAR (Central Square Theater, dir. Scott Edmiston), and THE DIARY OF ANNE FRANK (dir. Nancy Curran Willis).

Danny Gay has his BA in Theatre Arts from the University of Southern Maine. By day, he works as an elementary school teacher, and outside of that he serves on the board as the Artistic Director for the Monmouth Community Players in Monmouth, ME. Some past favorite roles include Charlie Baker in The Foreigner and William Barfee in 25th Annual Putnam County Spelling Bee with MCP, Eddie in Mamma Mia with Community Little Theatre (Auburn, ME).

Erica Misilo is a Massachusetts native, where she has been on faculty at Paula Meola Dance & Performing Arts as their contemporary/lyrical teacher



**An actress sings during a scene from Holy Hans, a mix of Hans Christian Andersen fairy tales The Emperor's New Clothes, The Little Match Girl, and The Princess and the Pea to be presented at Cumston Hall in Monmouth on May 16. (Photo courtesy of RFP)**

and choreographer for their award-winning competition team for the past 7 years. Erica is also a New York City based dancer pursuing musical theater. She graduated from Roger Williams University with a double major in Dance &

Public Relations. Royal Family has been a creative incubator of original, humanistic plays for over a decade.

All tickets can be purchased by visiting [www.royalfamilyproductions.org](http://www.royalfamilyproductions.org).

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# Maine hospitals safe sleep certified

From Maine DHHS

AUGUSTA— The Maine Department of Health and Human Services (DHHS) announced last week that all 26 Maine birthing hospitals are now Safe Sleep Certified, making Maine the second state nationally to achieve this milestone that protects babies from sleep-related deaths.

DHHS and the Maine Center for Disease Control and Prevention worked with Maine’s birthing hospitals, those with dedicated maternity and birthing facilities, to increase the number certified through the Cribs for Kids National Safe Sleep Hospital Certification program. This initiative was part of the Department’s Safe Sleep Maine education campaign, launched in April 2019 with the goal of reducing infant deaths due to unsafe sleep conditions.

To become certified, hospitals must develop and maintain a safe sleep policy, train staff on safe sleep guidelines, and educate parents on safe sleep practices prior to discharge. All 26 birthing hospitals in Maine have now achieved at least a bronze-level Safe Sleep certification, and Maine joins Delaware in having

all of its birthing hospitals certified. A complete list of Maine’s Certified Safe Sleep Hospitals and their certification levels is below.

“We’re grateful to Maine’s hospitals for their collaboration in becoming Safe Sleep Certified and join them in recognizing this significant achievement,” said DHHS Commissioner Jeanne Lambrew. “A healthy life starts in childhood, so we appreciate this partnership that provides Maine families with the education and support they need to protect their young children.”

“Maine hospitals are pleased to be involved in this effort to teach parents safe sleep strategies and protect our youngest patients,” said Steven R. Michaud, president of the Maine Hospital Association. “Maine hospitals believe that our role includes educating our patients and their families and we were happy to work with the state on this initiative.”

The Safe Sleep Maine campaign identified birth hospitals as key partners for safe sleep education. DHHS worked with the Perinatal Quality Collaborative for Maine to provide quality improvement support

and education to hospitals including collecting monthly data on safe sleep practices and expanding education for new parents on safe sleep guidelines. Data on infant deaths due to sleep-related causes in 2020 is expected to be finalized in June.

“Evidence suggests that modeling safe sleep in the hospital translates into more babies being put into safe sleep environments at home,” said Kelley Bowden, MS, RN, statewide Maine CDC perinatal outreach education coordinator located at The Barbara Bush Children’s Hospital at Maine Medical Center (BBCH). “Certification provides consistent messaging by hospital teams so that all families know how to keep their baby safe while sleeping, and we appreciate the efforts of nurse managers at each birthing hospital for their efforts in achieving certification.”

“The support of Maine DHHS and CDC in launching this statewide Safe Sleep educational campaign and quality initiative to ensure birthing hospitals in Maine are Safe Sleep Certified has truly enhanced the parallel work Maine-Health and community partners have engaged in

over the past 10 years to decrease the rates of sleep related deaths,” said Jennifer Hayman, MD, FAAP, BBCH pediatric hospitalist and the Safe Sleep Champion for the Maine Chapter of the American Academy of Pediatrics. “We are extremely grateful to all of the hospital systems and to DHHS for their hard work in addressing this issue.”

“Maine Children’s Trust and our Safe Sleep Coalition partners are thrilled to see our birthing hospitals reach this important milestone to increase safety for Maine’s babies,” said Pam LaHaye, Executive Director of the Maine Children’s Trust. “We so appreciate the leadership and commitment DHHS has shown to further our collective work to be sure every baby sleeps safely.”

Safe Sleep Maine utilized social media and public service announcements modeled on the National Institutes of Health Safe to Sleep Campaign to educate new parents on safe sleep guidelines. The campaign promotes the A, B, Cs of Safe Sleep, which state that babies should be:

- ALONE in a crib
- On their BACK for nights and naps
- Placed in a clean,

clear CRIB

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This effort builds on DHHS’ ongoing safe sleep initiatives, including the Maine CDC sending 12,000 mailings to new parents, distributing cribs to families, and collaborating with Public Health Nurses, Maine Families Home Visiting staff, Women, Infants and Children (WIC) staff, Office of Child and Family Services caseworkers, and other social service agencies to ensure safe sleep education is provided to families with a new baby. These initiatives align with the two central goals of Governor Mills’ Children’s Cabinet, to better support children before they reach school age and better support at-risk youth.

Safe Sleep Hospital Certification is awarded for 5 years, requiring an annual report to maintain certification. More information on the program is available on the Cribs for Kids website.

Maine’s Safe Sleep Certified Hospitals:

**Gold**

- Maine Medical Center
- Maine General Medical Center
- Northern Light AR

Gould

- Northern Light Eastern Maine Medical Center
- Northern Light Inland Hospital
- Northern Light Maine Coast Hospital
- Northern Light Mercy Hospital
- Stephens Memorial Hospital

**Silver**

- Bridgton Hospital
- Central Maine Medical Center
- Franklin Memorial Hospital
- Houlton Regional Hospital
- Lincoln Health Miles Memorial Hospital
- Northern Light Mayo Hospital
- Mid Coast Hospital
- Northern Maine Medical Center
- Penobscot Bay Medical Center
- Rumford Community Hospital
- St. Mary’s Regional Medical Center
- Waldo County General Hospital

**Bronze**

- Cary Medical Center
- Down East Community Hospital
- Mount Desert Island Hospital
- Redington Fairview General Hospital
- Southern Maine Health Care
- York Hospital

# AFP honors America’s family farms

From USDA

WASHINGTON, D.C. - The American Families Plan includes critical tax reform to ensure that the wealthy pay their fair share of taxes in order to finance essential investments in workers and families, including childcare, nutrition, higher education and more.

One of those reforms is a change in the way capital gains are treated in our

tax system so that, for people making over \$1 million, the tax system no longer favors income from wealth over income from work. The plan won’t raise taxes on anyone making less than \$400,000 a year.

Part of this plan to make sure the wealthy pay their fair share is a proposal to close the “stepped-up basis” loophole for wealthy estates so that enormous fortunes do not completely

escape taxation. Under the proposal, unrealized capital gains (those that have never been previously taxed) are taxed at death above \$2 million in gains per couple. But this won’t affect family farms that stay in the family.

Under this proposal, estimates indicate more than 98% of farm estates will not owe any tax at transfer, provided the farm stays in the family. The tax

the remaining less than 2% would owe, would be on their non-farm assets.

The President recognizes the importance of agriculture and family farms to the American economy and way of life. He also recognizes the risks and economic challenges unique to agriculture, family farms and ranching operations across America. The Biden Administration is committed to American

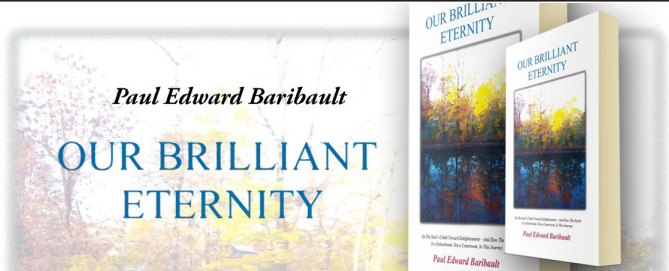
agriculture, family farms, ranches and the rural way of life. The American Families Plan protects family farms and ranches in two key ways:

No capital gains taxes at death for family farms. This plan includes a special protection for family-owned farms and businesses. It defers any tax liability on family farms as long as the farm remains family-owned and operat-

ed. No tax is due if the farm stays in the family. No one should have to sell a family farm they inherit to pay taxes and the President’s tax reform guarantees that.

\$2 million exclusion from increased capital gains for all married couples. This plan also excludes the first \$2 million of gains per couple (\$2.5 million if the farm also includes the family home) from capital gains

See Farms, page 12



*Paul Edward Baribault*  
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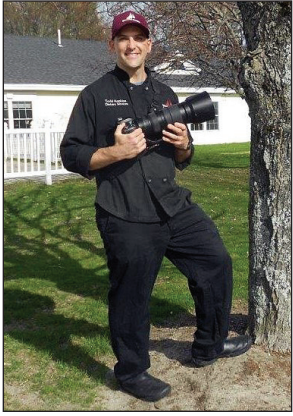
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Out and About

# Schooner Estates chef an avid bird photographer



Todd Hopkins, Assistant Director Food Service at Schooner Estates in Auburn, is an avid bird photographer throughout the southern Maine area. He recently presented a selection of his photos of the colorful birds in their natural environment to residents at Schooner Estates. (Rachel Morin Photo)

By Rachel Morin

AUBURN - The residents at Schooner Estates Senior Living Community in Auburn, learned early on, that Todd Hopkins, Assistant Director of Food Service, and well-known photographer of birds and wildlife would narrate his presentation on the beautiful birds he photographed on his many trips.

It was welcome news for the pandemic-wearied

folks at Schooner Estates! They already knew of Todd's love for birds, animals and all forms of nature. They also knew about his many photography collections.

Bird watchers assembled early to hear accounts of all the birds Todd photographed near the Schooner Campus and beyond. They knew he would be able to give many details on each bird as the photos were viewed.

And as each beautiful brightly colored bird photographed by, Todd would stop and tell us where he took the photo, the time of year, the bird's habitat, food, and interesting details. The many dedicated birders in the audience enjoyed adding a few comments of their own.

It was a happy time, hearing and seeing something different rather than the latest news on the Corona Virus and guidelines on television and the statistics on nation and worldwide happenings and how things were in the world.

I spoke with Todd a few days later to learn more about his fascination with birds, nature, photography, and how it all started.

I knew about his cu-

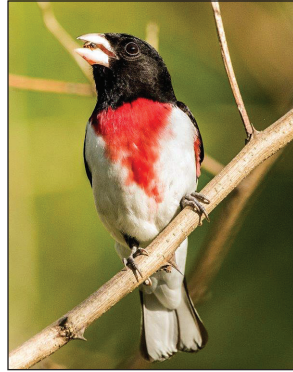
linary skills already, since, as a chef as he prepared a family dinner for my family a couple years ago. To illustrate how skillful he is at meal preparation, we were given a menu and each person could select what he/she wanted—chicken, fish or beef and turn the menu in a few days ahead of time.

And so we did, chicken, fish or beef a mixture for us eight family members. Everyone enjoyed the delicious meal, cooked to perfection. We were all very impressed.

At the end of the meal, Karen, who was our quiet, friendly and meticulous server, asked if we would like to speak with the Chef. Would we? Could we? We would be thrilled! And so out came Todd and we had a great conversation with him. He was delighted we enjoyed our meals so much.

So imagine my surprise when I heard about his interests in birds and nature as everyone in our family is a bird watcher, nature lover and a fairly good cook on our own.

And so after the excellent Bird photos and very interesting narration. I wanted to connect with him on how he got started,



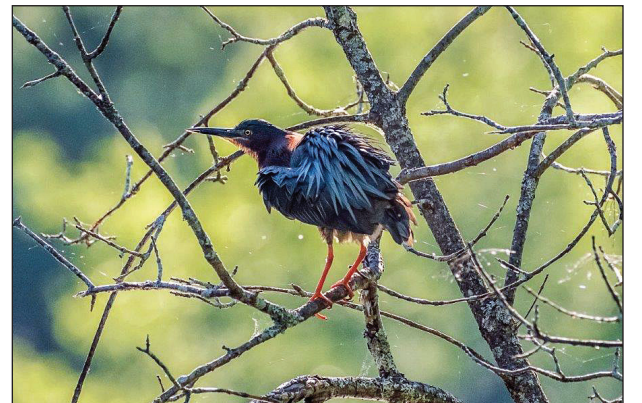
Rose-breasted Grosbeak- This photo was taken just across the street from Schooner Estates in the woods. Photographer Todd Hopkins is the Assistant Director of Food Service at the facility. (Todd Hopkins Photo)



Eastern Bluebird- This photo was taken at the intersection of Stetson and the River Road in Auburn by Photographer Todd Hopkins. the Assistant Director of Food Service at the facility.. (Todd Hopkins Photo)



Atlantic Puffins- Taken on Machias Seal Island by photographer Todd Hopkins, the Assistant Director of Food Service at Schooner Estates in Auburn. All photos were shot with a Nikon D500 with a Nikon 200-500 lens. (Todd Hopkins Photo)




Green Heron. This photo was shot at the confluence of Bobbin Mill Stream and the Androscoggin River, right near Schooner Estates in Auburn. Photographer Todd Hopkins is the Assistant Director of Food Service at the facility. (Todd Hopkins Photo)

which led to his other special interest, as you might have already suspected: photography! Birdwatching leads to photography.

You want to keep the birds with you to enjoy them time and time again.

“My love for photography leads to photography. See Photographer, page 16






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**SCAN to APPLY**

# USDA to provide critical nutrition assistance

**From USDA**

WASHINGTON, D.C. – The U.S. Department of Agriculture (USDA) last week announced a new effort funded by the American Rescue Plan to provide adequate nutrition to more than 30 million children over the summer by expanding Pandemic Electronic Benefit Transfer (P-EBT) benefits.

Summer months are difficult for low-income children because they lack access to school meals that fill a nutrition gap during the school year. When school is out of session, summer feeding programs—considered a lifeline for some families—reach just a small fraction, typically less than 20%, of the number served during the school year. This summer, USDA will offer P-EBT benefits to all low-income children of all ages, helping families put food on the table during the COVID-19 pandemic.

“The expansion of P-EBT benefits over the summer is a first-of-its-kind, game-changing intervention to reduce child hunger in the United States,” said Agriculture Secretary Tom Vilsack. “By providing low-income families with a simple benefit over the summer months, USDA is using an evidenced-based solution to drive down hunger and ensure no child has to miss a meal.”

P-EBT was established in March 2020 to provide food dollars to families to make up for meals missed when schools have closed due to COVID-19. The program was set to expire on September 30, 2021, but through the American Rescue Plan Act, benefits are now available for the duration of the pandemic, including during the summer months.

P-EBT builds on lessons learned from USDA’s

Summer EBT pilots, which began in 2011 and have proven successful at reducing severe food insecurity as well as improving the quality of children’s diets. Recent research by the Brookings Institute confirms P-EBT also has a measurable impact on food insecurity, decreasing food hardship faced by low-income children by 30% in the week following benefit issuance.

Children are eligible for this temporary nutrition benefit – loaded onto an EBT card that can then be used to purchase food – if they are eligible to receive free or reduced-price meals during the school year or if they are under age six and live in a SNAP household. Families of eligible children typically receive \$6.82 per child, per weekday, or roughly \$375 per child over the summer months.

“Help is here for financially stressed families

trying to put food on the table,” said Stacy Dean, deputy undersecretary for USDA’s Food, Nutrition, and Consumer Services. “Our nutrition assistance programs are powerful tools that are critical to America reaching a full and equitable recovery from the pandemic.”

Some 29 million adults and as many as 12 million children haven’t always had enough to eat throughout this pandemic. Further, food insecurity has disproportionate impacts on communities of color, with more than 1 in 5 Black and Latino adults living in food insecure households compared to 1 in 9 adults overall. However, recent data from the Census Bureau shows food insecurity among adults has fallen from 14 percent to 9 percent from December 2020 to April 2021.

The announcement today comes in addition to a variety of actions taken re-

cently by USDA to strengthen food security, drive down hunger, and put a greater emphasis on the importance of nutrition. Just recently, USDA maximized economic relief for struggling families by taking administrative action on SNAP emergency allotments by targeting an additional \$1 billion per month to roughly 25 million people. The Biden-Harris Administration’s American Rescue Plan Act provides over \$12 billion in new nutrition assistance to address hardship caused by the pandemic, including:

Extending a 15 percent increase in SNAP benefits—providing over \$1.1 billion per month in additional benefits for about 41 million participants—through September 2021;

Adding \$1.1 billion in new funding for territories that operate nutrition assistance block grants—home to nearly 3 million Ameri-

cans—to support those hardest hit by the pandemic;

To help reopen schools safely in the fall and address child food insecurity, USDA issued a broad range of flexibilities that will allow schools and childcare institutions to serve healthy meals for free to all kids in the 2021-2022 school year;

Funding meals for young adults experiencing homelessness through Child and Adult Care Food Program (CACFP) emergency shelters;

Providing nearly \$900 million for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), including a temporary increase in fruit and vegetable vouchers to \$35 per month and an historic investment in innovation and outreach to better serve more than 6.2 million people that use WIC to support a healthy start for infants and young children.

# Teaching young people to pay it forward

**From CRCofWM**

NORWAY - When Deb Skinner of South Paris told her three visiting grandchildren that she was sew-

ing some “comfort items” for cancer patients, they asked if they could help her.

So, she taught Hannah, Lukas and Lilley how to make the small pillows

that fit under a breast cancer patient’s arm after surgery, and the ‘port protectors’ that wrap around a seatbelt and ease pressure on the area of the chest where many

cancer patients receive their chemotherapy treatments. According to Lukas, “my great grandmother had cancer.”

“We keep a good supply of these comfort items on hand at our Center, as they are essential items that patients are apt to use daily during the period they are undergoing cancer treatment. All of the items are new, and handmade by many volunteers throughout Maine,” said Diane Madden, Executive Director of the Cancer Resource Center of Maine in Norway. I am glad Hannah, Lukas and Lilley could come in to see our Center and learn how their good work will have such a huge impact on others.”

And, according to Grandma Deb, “if you teach a child how good it makes you feel by ‘paying it forward,’ they will be less likely to be looking for “feel-



Deb Skinner, left, of South Paris and her grandchildren, Lilley Oliveira, Hannah Cook, and Lukas Oliviera, present “comfort items” for cancer patients to Diane Madden, executive director of the Cancer Resource Center of Western Maine. (Photo courtesy of CRCofWM)

good” activities that may lead to bad decisions.”

The Cancer Resource Center of Western Maine is a 501c3 non-profit organization embracing anyone affected by cancer in a community that offers hope and caring through support, education, and concepts in healthy living. They offer free pro-

grams, complementary therapies, weekly virtual classes, travel assistance, support groups and comfort items - because no one should face cancer alone.

CRCofWM is located at 199 Main St, Norway. For more information, visit their website: [www.crcofwm.org](http://www.crcofwm.org); find them on Facebook; or call 890-0329.

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# 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 2 of play**

Rigonometry took all 3 games and the weekly team series against Split Happens, 2359-2267.

**Rigonometry**

Derek Haney  
188-191-229 – 608  
Keenan Hendricks  
180-153-168 – 501  
Cody Hawes  
197-196-184 – 577  
Sebastian Pettitt  
256-213-204 – 673

**Split Happens**

Frankie Darling  
181-179-176 – 536  
Bill Smith  
220-223-245 – 688  
Nicholas Hunt  
202-178-161 – 541  
Natalie Darling  
152-167-183 – 502

Bonnie's Team played short-handed, but was still able to grab 2 games and the weekly team series from The High Rollers with 1 game, 2181-2046.

**Bonnie's Team**

Bonnie Datson

158-188-194 – 540  
Tiffany Chapman  
216-173-172 – 561  
Vacant  
540  
Vacant  
540

**The High Rollers**

Ben Smith  
184-208-148 – 540  
Nate Smith  
159-144-141 – 444  
Anthony Dugan  
166-203-169 – 538  
Matt Reno  
158-167-199 – 524

Bumper Babes played an absent Spare Ball's to take all 3 games and the weekly team series, 2235.

**Bumper Babes**

Teri Whyte  
189-216-197  
Sue Marston  
166-158-175 – 499  
Amy Sullivan  
197-194-195 – 586  
Brenda Williams  
161-221-166 – 548

Dolls with Balls was led by Jessica Merrill's 633 total for the night to take 2 games and the weekly team series from Gutter Gang with 1 game, 2197-2183.

**Dolls with Balls**

Melissa Dubois  
194-172-182 – 548  
Michelle Ferris  
149-156-191 – 496  
Jessica Merrill  
211-223-199 – 633  
Deb Stanton  
159-183-178 – 520

**Gutter Gang**

Celeste Cutter  
148-213-176 – 537

Asa Wareham  
176-219-155 – 550  
Asa Farley  
163-187-206 – 556  
Mark Cutter  
175-169-196 – 540

**Monday Night Strikes**

**Week 14 of play**

The (League) Office and Pin Me Please had a rare tie score in the first game, with Pin Me Please taking the second game for 1.5 games, and The (League) Office taking the third game for 1.5 games along with the weekly team series – 2316-2292.

**The (League) Office**

Sebastian Pettitt  
203-183-283 – 669  
Aidan Underwood  
174-174-174 – 522  
Nick Calvert  
204-179-202 – 585  
Vacant  
540

**Pin Me Please**

Ashley Calvert  
216-214-184 – 614  
Rick Cormier  
182-206-200 – 588  
Heather Lavallee  
189-181-176 – 546  
Brendan Gow  
174-182-188 – 544

The Gutter Rats took 2 games and the weekly team series over Cobra Kai with 1 game, 2399-2268.

**The Gutter Rats**

Gary LaPierre  
213-194-199 – 606  
Ben Smith  
176-202-220 – 598

Amy Pompeo  
219-204-214 – 637  
Shawna LaPierre  
180-187-191 – 558  
Hammond Eggs had three players above 600 to grab 2 games and the weekly team series against Two Finger Death Punch with 1 game, 2397-2272.

**Hammond Eggs**

Ryan Stuart  
215-222-188 – 625  
Bobby Brown  
206-194-224 – 624  
Alex Benner  
202-209-204 – 615  
Substitute  
180-200-153 – 533

**Two Finger Death Punch**

Charlie Pasquerillo  
202-196-157 – 555  
Jon Talbot  
189-208-200 – 597  
Scott Smart  
165-215-183 – 563  
Substitute  
176-208-173 – 557  
Right Lane took 2 games and the weekly team series from Split Happens with 1 game, 2326-2302.

**Right Lane**

Brian Gonnevillie  
227-186-188 – 601  
Colin McLean  
168-171-210 – 549  
Bill Haskell  
202-176-207 – 585  
Substitute  
215-155-203 – 564

**Split Happens**

Heather Bryant  
181-155-189 – 525  
Kaitlyn Lemieux  
192-213-215 – 620

Erica Jackson  
214-216-212 – 642  
Elisabeth Maxfield  
159-176-180 – 515

**Thursday Night Dynamite**

**Week 14 of play**

Strike First struck in the second and third games for 2 games and the weekly team series against Split Happens with 1 game, 2282-2201.

**Strike First**

Sherry Coyne  
218-189-173 – 580  
Roni Bretton  
177-195-188 – 560  
Kenneth Reno  
173-196-185 – 554  
Romeo Jalbert  
166-205-217 – 588

**Split Happens**

Denise Williams  
203-189-165 – 557  
Chris Lee  
164-172-175 – 511  
Matt Lelansky  
201-165-198 – 564  
Duayne Frank  
171-203-195 – 569

Bowler? I Barely Know Her! played a missing House Balls for all 3 games and the weekly team series, 2262.

**Bowler? I Barely Know Her!**

Dylann Swisley  
195-209-172 – 576  
Deanna Boisvert  
236-168-179 – 583  
Ari Bouchard  
191-180-208 – 579  
Sarah Manley  
180-171-173 – 524

XXX Turkeys had a solid night with all 3 games and the weekly team series against Minds In The Gutter, 2295-2186.

**XXX Turkeys**

Terry Moore  
196-194-216 – 606  
Peter Luciano  
226-173-173 – 572  
Jake Ouellette  
187-160-158 – 505  
Substitute  
174-222-216 – 612

**Minds In The Gutter**

Scott Verrill  
177-154-193 – 524  
Jay Sutton  
210-216-179 – 605  
Doug Mercier  
173-184-149 – 506  
Matt Ferrante  
167-181-203 – 551

Sexy Ginger rolled to 2 games and the weekly team series in competition with Smelt Camp Swim Team with 1 game, 2399-2326.

**Sexy Ginger**

Jacob Bourgeois  
182-166-207 – 555  
PT  
205-163-229 – 597  
Clayton Farrin  
196-188-220 – 604  
Shawn McCurdy  
234-216-193 – 643

**Smelt Camp Swim Team**

Kevin Kassa  
181-208-186 – 575  
Tonya Kassa  
195-162-183 – 540  
Substitute  
189-273-183 – 645  
Jenn Leanhart  
198-187-181 – 566

## 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
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- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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# Proposed bill would amend election laws

## From ME Senate

AUGUSTA — Last week, Sen. Louie Luchini (D-Ellsworth) introduced LD 1363, “An Act To Amend the Laws Governing Elections.”

The legislation from the Secretary of State and sponsored by Sen. Luchini proposes a variety of updates to Maine’s election laws, including guidelines for use of ballot drop boxes and clearer procedures for curing defects in absentee ballots. The bill received public hearing before the Legislature’s Veterans and Legal Affairs Committee.

“The Secretary of

State and Maine’s municipal clerks put in an incredible effort to make Maine’s 2020 elections a success during the COVID-19 pandemic. It was an incredible task to keep both poll workers and voters safe, and make sure everyone was able to cast their ballot,” said Sen. Luchini. “This legislation takes a lot of the commonsense updates we adopted last year — including absentee ballot drop boxes and online ballot tracking — and makes them permanent, to make voting as accessible as possible for all eligible Mainers.”

LD 1363 is a depart-

ment bill from the Secretary of State. It codifies the innovative changes the state implemented during the COVID-19 pandemic to make sure Maine people could still safely vote in elections and to ensure election clerks could efficiently process ballots. Those changes include but are not limited to procedures for using secure absentee ballot drop boxes, procedures for dealing with and curing defects on absentee ballots, and allowing 16-year-old Mainers who have pre-registered to vote to serve as election clerks.

The bill faces further action in committee.

## Farms

Continued from page 7

tax and heirs continue to get step up in basis on those first \$2 million in gains. If an heir decides to sell the family farm, the first \$2 million in gains is tax free.

How the President’s Capital Gains Reforms Affect Family Farms:

A married couple with \$900,000 of farm gains and \$200,000 of non-farm gains passes the farm onto their children. No capital gains taxes are owed, even if they sell the farm because the \$1.1 million in gains are below the \$2 million per-couple exemption.

A married couple with \$3.0 million of farm gains and \$250,000 of non-farm housing gains passes the farm onto their children. No taxes due as long as the children keep the family farm.

## Classes

Continued from page 5

ules. If you are interested in registering for one and don’t see a day and time that work for you - reach out! We have other workshops scheduled throughout 2021 and would be happy to get you into a workshop that works best for you and your schedule.

### Living Well with Diabetes through Zoom

**Date:** Thursdays, May 4 through June 8

**Time:** 9:00-11:30AM

**Location:** Zoom

**Cost:** FREE

This workshop is designed for people who are living with diabetes, are pre-diabetic, or supporting someone managing diabetes. The workshop offers strategies for dealing with its symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; meal planning; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Participants will receive all workshop materials in the mail prior to the start of the workshop.

### Better Health Now with Pain Toolkit

**Date:** Thursdays, May 6 through June 10

**Time:** 9:00-10:00AM OR 11:00-12:00PM

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Better Health Now with Pain is a self-guided, evidence-based program. The program is designed to help individuals deal with chronic conditions with a focus on pain management. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; appropriate use of medications, communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Participants of the workshop will work individually prior to 1-1 facilitator or small

Thursday, May 6, 2021

group weekly check-ins. Participants will receive the toolkit materials in the mail prior to starting the workshop.

### Better Health Now with Diabetes Toolkit

**Date:** Tuesdays, May 11 through June 15

**Time:** 9:00-10:00AM, 11:00-12:00PM, OR 1:00-2:00PM

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Better Health Now with Diabetes is a self-guided, evidence-based program. The program is designed to help participants deal with chronic conditions with a focus on diabetes management. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the toolkit materials in the mail prior to starting the workshop.

### Tai Chi for Health & Balance through Zoom

**Date:** Tuesday/Thursdays, July 27 through September 30

**Time:** 10:00-11:00AM

**Location:** Zoom (video & audio required)

**Cost:** \$20.00 per person

Other: Tai Chi Participation Waiver is required before recurring Zoom meeting is provided.

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one’s ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

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Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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S O L U T I O N S

# CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

**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  
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.**

# Calendar

Send your submissions to the Editor. More online.

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.

**SATURDAY  
May 8  
9 a.m.-1 p.m.**

GORHAM – Baxter Memorial Library. Book Sale in Shaw Gym - The Friends of Baxter Memorial Library Book Sale.

**MONDAY  
May 10  
5:30-6:30 p.m.**

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

**5:30 p.m.**  
LEWISTON – Planning Board meeting via Zoom. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

**TUESDAY  
May 11  
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).

**6 p.m.**  
AUBURN – Planning Board Meeting.

**6:30 p.m.**  
GORHAM – Town Council Budget workshop with School Committee, via Zoom.

**WEDNESDAY  
May 12  
10 a.m.**

GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity – Wind Chimes. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. Bring some peaceful sounds to your backyard with these homemade wind chimes. We'll repurpose (upcycle).

**4 p.m.**

AUBURN – Auburn Farmers' Market.

**6 p.m.**

AUBURN – School Committee meeting.

**6:30 p.m.**

AUBURN – Parks and Recreation Advisory Board meeting.

**7 p.m.**

GORHAM – School Committee meeting, via Zoom.

**THURSDAY  
May 13  
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).

**6-7 p.m.**

GORHAM - Friends of Baxter Memorial Library Annual Meeting. The Friends of Baxter Memorial Library invite all members to their Annual Meeting on the lawn next to the library. Social distancing and masks are requested.

**MONDAY  
May 17  
5:30 p.m.**

AUBURN – City Council workshop and meeting.

**TUESDAY  
May 18  
7:30 a.m.**

AUBURN – Auburn Public Library Board of Trustees meeting.

**8 a.m.**

GORHAM – Ordinance Committee meeting, via Zoom.

**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).

**4 p.m.**

AUBURN – Auburn Sewer District Trustees meeting.

**6 p.m.**

LEWISTON – City Council meeting. CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the May 18 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at [publiccomment@lewistonmaine.gov](mailto:publiccomment@lewistonmaine.gov) The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**6 p.m.**

AUBURN – Conservation Commission meeting.

**6:30 p.m.**

GORHAM – Tentative recurring Town Council Workshop, via Zoom.

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**WEDNESDAY  
May 19  
8 a.m.**

GORHAM – Gorham Economic Development Corporation meeting, via Zoom.

**10 a.m.**

GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity – Homemade Granola. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.

**4 p.m.**

AUBURN – Auburn Farmers' Market

**4 p.m.**

AUBURN – Auburn Water District Trustees meeting.

**THURSDAY  
May 20  
8 a.m.**

AUBURN – 9-1-1 Committee meeting.

**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).

**4-5 p.m.**

GORHAM – Eco-maine Executive Committee meeting, via online video conference.

**6:30 p.m.**

GORHAM – Tentative Capital Improvement Projects/Economic Development Committee meeting, via Zoom.

**6:30 p.m.**

GORHAM – Board of Appeals meeting, via Zoom.

**7 p.m.**

AUBURN – Community Forest Subcommittee meeting.

**MONDAY  
May 24  
5:30-6:30 p.m.**

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

**5:30 p.m.**

LEWISTON – Planning Board meeting via Zoom. The Planning Board Agenda and information for this meeting

will be available on the website on the Friday before the meeting date.

**TUESDAY  
May 25  
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 – Agriculture Committee meeting.

**WEDNESDAY  
May 26  
7:30 a.m.**

AUBURN – Auburn Housing Authority Board of Commissioners meeting.

**10 a.m.**

GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity - Building a Simple Shelter. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.

**4 p.m.**

AUBURN – Auburn Farmers' Market.

**6 p.m.**

AUBURN – Complete Streets Committee meeting.

**THURSDAY  
May 27  
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).

**4-5 p.m.**

GORHAM – Eco-maine Outreach & Recycling Committee meeting, via online video conference.

**6 p.m.**

AUBURN – Comp. Plan Update Committee, via Zoom.

**MONDAY  
May 31**

*Municipal centers, administrative offices, and libraries closed in observance of Memorial Day.*

## Home for Sale

Pre-sale priced right! Don't let this home get away! Will not last! Beautiful, spacious home with unique architecture and lots of character. The layout has a pleasant flow and rooms have high ceilings. So many options with this home. Very spacious single family - easily converted into a two family - or bring the in-laws and keep your own space.

Renovated large kitchen with new shaker cabinets, under cabinet lighting and recessed lighting. Oversized dining room with large walk-in pantry. New laminate flooring being installed in kitchen, dining room and pantry.

Six bedrooms, master suite, jacuzzi tub, two full bathrooms - one with laundry hook-up. Plenty of closet space.

Side entry. Enter through over-sized enclosed porch. Easily converted to three-season porch. Large front entry mudroom.

Brand new electrical service with new panels. New hardwired smoke and carbon monoxide detector system. New propane high-efficiency Viessmann combi boiler (heat and hot water). Natural gas is in town and headed to Maple street. This new system easily converts to natural gas.

Recently renovated and updated. Photos to come as we are finishing up renovations. Solid foundation. Excellent investment opportunity or turn-key home. Buy now and receive \$3,000 towards closing costs.

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\$250,000, 6 bedrooms, 2 bathrooms, 2,200 square feet  
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**Photographer**

*Continued from page 9*

raphy was born out of love for nature." Todd related and continued that when he was in middle school, friends invited him on a canoe trip with their family down the Allagash River. "It was nature as I had never experienced before and I loved it." The same family brought him to Baxter State Park, Mt. Abram, Sunday River, Sugarloaf and Bi-

gelow Mountain Range, as well as many more trips down the St. John River and the Allagash.

Todd tells me he dabbled with a 4 megapixel Fuji film digital camera that his parents bought him for his 13th birthday. Many of the images he tried to photograph were out of range, or just blurry, or not the way he wanted the image to look.

He knew, by then, he

needed a more advanced camera and more education before he was going to be satisfied with the end result. That was expensive. Photography would have to wait.

Todd wrapped up his last class requirement at the University of Southern Maine and completed in Argentina. He knew it would be a primo opportunity to get his older and tech savvy brother, Matt, to negotiate

with their parents to buy a digital SLR Nikon camera as an early graduation gift. Matt would pick it up. The parents would be pleased. Todd would have no idea what to expect.

Todd got his early surprise graduation gift, a digital SLR Nikon camera, two lenses, a new hobby and as he likes to say, "Love was born."

Todd tells me that was in 2009. He has been grow-

ing in photography ever since. He recounts his activities since 2009. "I have shot weddings, portraits, interior design, landscapes, seascapes, birds, wildlife and more. I have continued to educate myself through youtube, books, magazines, and working with mentors and other talented working professional photographers."

Todd says the goal has always been to get to a point

where he could afford a lens long enough to be able to get even closer to wildlife and birds, his main interest.

This is what he does, especially before and after work. He travels the same routes and has learned the territory of many different birds. "But, you never really know what might pop up one day in one of my regular spots," he said. He has been pleasantly surprised many times!

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