

Bicycle Coalition of Maine Offers Free Trail Riding Clinics



GORHAM, ME (May 17, 2022) -- Are you a roadie who wants to try trail riding? Or a beginner mountain biker looking to take your skills to the next level?

We just added six FREE Trail Riding Clinics for beginners and intermediate riders in a variety of terrains & locations!

In these classes, you'll learn how to position your body on the bike, use your

brakes effectively, navigate roots and rocks, and take turns with ease, as well as the answers to all your mountain biking & trail riding questions.

Grab your bike, helmet, and water bottle, and sign up for a class online:

Sat, May 21 @ 2 p.m. (Gorham – Intro to Trail Riding Skills)

Thu, May 26 @ 6 p.m. (Portland –

Urban Trails Skills)

Sat, May 28 @ 9 a.m. (Blackstrap – Advanced Trail Skills)

Wed, June 1 @ 5:30 p.m. (Blackstrap – Technical Descending Trail Skills)

Wed, June 8 @ 6 p.m. (Gorham – Advanced Cornering Trail Skills)

Tue, June 21 @ 6 p.m. (Portland – Urban Trail Skills)

Updates from the Town Manager's Office

GORHAM, ME (May 13, 2022) – The following are notes from the Gorham Town Manager's Office Weekly Report.

Memorial Day Parade – Monday, May 30, 2022

Join Gorham Recreation for the annual Memorial Day Parade on Monday, May 30, 2022 honoring the men and women that gave the ultimate sacrifice while serving in the U.S. armed forces. The parade will step off at 11am and end at Eastern Cemetery on Johnson Road. Folks interested in participating in the parade can

register online at <https://gorhamme.myrec.com/info/activities/default.aspx>.

June 14, 2022 Election Day

A State Primary, Local, and Referendum Election will be held on Tuesday, June 14, 2022. Polls will be open from 7am to 8pm. Sample ballots and information will be available on the Town website on during the week of May 16th. Absentee ballot applications are available now from the Town Clerk's Office for the June 14th primary, local, and referendum election. Ballots will be available starting Monday,

May 16, 2022. FMI visit <https://www.gorham-me.org/town-clerk/pages/absentee-voting>.

Senior Property Tax Assistance Program

Applications for this program that provides property tax assistance to qualifying persons 65 years+ who reside in Gorham will be available in the Clerk's Office and on the Town website starting June 1, 2022. The deadline to apply will be August 1, 2022. An application is required each year to participate in the program. For more information, visit <https://www.gorham-me.org/town-clerk/pages/senior-propertytax-assistance-program>.

Efficiency Maine Trust's Triennial Plan Delivers Lower Costs & Jobs

AUGUSTA, ME (May 17, 2022) – Maine homeowners and businesses will have expanded access to heat pumps, weatherization, and other programs that have been proven to save energy costs and reduce air pollution in a new \$300 million, three-year strategic plan for the Efficiency Maine Trust approved by utility regulators today.

The investments made as part of the plan will help protect Mainers from the expensive and highly volatile energy prices of home heating oil and other fossil fuels, according to Maine's leading environmental advocacy group, the Natural Resources Council of Maine (NRCM).

"The investments made in this triennial plan will pay back many times over, opening up opportunities for all Mainers to lower their energy bills and benefit from the transition to clean energy while helping put Maine on a path toward energy independence," said Jack Shapiro, NRCM Climate & Clean Energy Director.

Efficiency Maine continues to provide enormous benefits to the state, with each dollar spent generating five dollars in overall benefits. This triennial plan:

Expands Efficiency Maine's core energy efficiency and electric vehicle programs — helping Mainers reduce energy costs and their exposure to expensive and highly volatile prices of home heating oil and other fossil fuels;

Integrates innovative new work in clean energy finance and electricity demand management; and

Leverages federal funding to dramatically expand the low- and moderate-income weatherization program.

"Our energy system is in the midst of a generational change, and Efficiency Maine's role couldn't be more important. Its electric vehicle, demand response, and load shifting initiatives, as well as its critical work in the non-wires alternative process, continue to bring Maine toward the flexible, low-carbon, low-cost distributed energy grid we need to meet our climate and clean energy goals," said Rebecca Schultz, NRCM Senior Advocate for Climate & Clean Energy.

Efficiency Maine has achieved enormous success since its inception in 2009 by directing funds to Maine people for weatherization, energy-efficient appliances, heat pumps, and rebates for electric vehicles. Its heat pump program in particular has received national attention for helping install more than 28,000 heat pumps in Maine homes and businesses last year. Mainers are highly dependent on expensive home heating oil, and heat pumps offer a more cost-effective and efficient heating option while also providing cooling in increasingly hot summer months.

The Efficiency Maine Trust is funded in part by the Regional Greenhouse Gas Initiative (RGGI), which sets a carbon price on pollution from power plants and reinvests the money paid by polluters into energy efficiency programs in participating states.

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Newsmakers, Names & Faces

DFD Russell Medical Centers Welcomes Family Nurse Practitioners

LEEDS and MONMOUTH, ME (May 20, 2022)—DFD Russell Medical Centers (DFD) is pleased to announce the addition of two board-certified Family Nurse Practitioners, Josephine “Josie” Poulin, AANPCB, to the Leeds location and Sheila Hospidales, FNP, to DFD Monmouth. Both professionals practice healthcare with a holistic approach, considering each patient and their families at the center of each care decision they make as part of the DFD team.

Josie Poulin, AANPCB, specializes in family medicine, including services for preventative medicine, chronic illness management, birth control, and simple surgical procedures. Josie comes to DFD’s Leeds location with more than twenty years of experience in nursing, most recently as a family nurse practitioner at Belgrade Regional Health Center in Maine.

“My approach with patients and their families is based on the shared de-



Sheila Hospidales

cision-making model,” said Josie Poulin, AANPCB. “It is important as a medical provider to not only educate and help navigate patients through the healthcare process, but also give them the opportunity to make educated decisions about their care and treatment plan.”

Josie Poulin, AANPCB, received her associ-

ate’s degree in nursing from Central Maine Medical Center School of Nursing, where she was class president. She graduated magna cum laude from South University with an undergraduate degree in nursing. Josie attended Purdue University Global and earned her master’s degree in nursing, also magna cum laude. A member of the Maine Nurse



Josie Poulin

Practitioner Association, Josie enjoys providing preventative care services to patients of all ages while building strong and lasting relationships with them and their families.

Sheila Hospidales, FNP, specializes in family practice, with a focus on holistic and preventative medicine. She comes to DFD’s Monmouth loca-

tion with more than fifteen years of experience in nursing, most recently as a family nurse practitioner in urgent care at ProHealth Care in Waukesha, Wisconsin. Born and raised in Maine, she is thrilled to be returning to her home state.

“My role is to help guide my patients and navigate their health goals,” said Sheila Hospidales, FNP. “I

believe in a well-balanced life [and] I love working with people and helping however I can.”

Sheila Hospidales, FNP, holds a master’s degree in nursing from Simmons University, a bachelor’s degree in psychology from the University of Maine at Orono, and an associate’s degree in nursing from the University of New England. A board-certified family nurse practitioner by both the American Association of Nurse Practitioners and the American Nurses Credentialing Center, Sheila practices healthcare with compassion, guided by the firm belief that listening to her patients is key to providing exceptional care and service.

Josie Poulin, AANPCB, is seeing patients at the DFD Russell Leeds location. Appointments can be made by calling (207) 524-3501. Sheila Hospidales, FNP, is seeing patients at the DFD Russell Monmouth location. Appointments can be made by calling (207) 933-9646.

Mitchell Center & Maine DEP Host Food Scrap Diversion Workshops

MAINE STATE-WIDE (May 18, 2022) -- The Maine Department of Environmental Protection (DEP) is hosting a series of Food Scrap Diversion Workshops in collaboration with the Maine Department of Agriculture, Conservation, and Forestry and the University of Maine Senator George J. Mitchell Center for Sustainable Solutions.

The free half-day public workshops, 8:30 a.m.–1:30 p.m., offer a chance to learn about the most up-to-date information on local food waste recycling initiatives, and will introduce participants

to the concept of local consolidated food scrap collection and management as an alternative to disposal in landfills.

The workshop towns and dates:

- Kennebunk – May 25
- Cumberland – May 27
- Caribou – June 3
- Auburn – June 21

Discussions will focus on developing tools to help communities promote “higher and better uses” for collected organics, along with providing a pathway for successful initiation of food scrap recovery programs. Strat-

egies learned will allow communities to reduce overall disposal costs, decrease reliance on disposal in landfills, improve community health, and enhance local soil health and vitality.

The workshops are free and open to the public. Register and more information are online.

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

Evergreen’s Lindstrom Wins CEO of the Year Award

PORTLAND, ME (May 20, 2022) -- The Maine Credit Union League recognized Jason Lindstrom, President and CEO of Evergreen Credit Union, as this year’s honoree of the James M. Grat-to Award.

“Jason is deeply deserving of this award,” said Todd Mason, President/CEO of the Maine Credit Union League. “He has earned the admiration of his peers, staff, and members for his leadership and willingness to go the extra mile. Whether that’s traveling to Washington, DC, to meet with our congressional delegation or sitting down with a member to help them improve their financial situation,

he works tirelessly on behalf of others. Jason epitomizes the People Helping People philosophy and I’m very pleased he is receiving this special recognition.”

Since taking over as Evergreen CU’s CEO in 2016, the credit union has experienced substantial growth. He led the regulatory initiative which allowed Evergreen CU to extend its reach into York County and its asset size increased from \$270 million to \$470 million. He acts as the President of the Alex Ferguson Chapter of Maine Credit Unions and serves on the Board of the Maine Credit Union League. As part of his service to the Board, Jason chairs the Technology Ser-



vices Committee and participates in governmental affairs activities in Maine and Washington DC. Jason also is deeply committed to his community and is the board treasurer for the Animal Refuge League of Greater Portland.

Please help us in welcoming Fran Gagne to the Champoux Insurance Agency family.

Fran comes to us with over 24 years of knowledge & experience in the insurance industry. Her primary focus is commercial lines, but she also has personal lines experience.



Fran’s clients look to her for her thoroughness and detail-oriented work habits. Fran’s belief is her customers always come first.

In her free time, Fran enjoys spending time with her family & friends and her pride & joy is her grandson, Caiden.



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Newsmakers, Names & Faces

Collins, King Applaud Improvements in Acadia National Park

WASHINGTON, D.C. (May 18, 2022) – U.S. Senators Susan Collins and Angus King, Chairman of the Senate National Parks Subcommittee, announced that Acadia National Park has been awarded a total of \$500,000 for an ecosystem restoration project for the Great Meadow Wetland.

The Great Meadow Wetland is part of a larger network of wetlands, streams, and ponds in the Cromwell Brook watershed, including the Tarn. According to the National Park Service, modifications to the area as well as the construction of trails

and roads around the time of Acadia National Park's inception have impaired its ability to act as a wetland and allowed non-native species to thrive instead of freshwater plants. This project will support Acadia's effort to restore natural water flow and improve trails in the area.

This funding was authorized through the Infrastructure Investment and Jobs Act and provided through the Department of the Interior. Senator Collins was part of the core group of 10 Senators who negotiated the text of the bipartisan infrastructure

law. Senators Collins and King both worked to negotiate and pass this historic legislation, which will deliver billions of dollars to Maine for investments in roads, bridges, broadband, and more.

"As Acadia's largest freshwater wetland, Great Meadow provides a critical habitat for a variety of birds, fish, and other animals, and also offers recreational opportunities for outdoor enthusiasts," said Senator Collins. "This investment will help conserve and restore the wetland, ensuring that current and future generations

can continue to experience this treasured ecosystem. As a key negotiator of the bipartisan infrastructure package, I am delighted that this new law is helping to make long-overdue investments in our national parks."

"Along with its rocky coasts and stunning mountains, Acadia is home to incredible wildlife and diverse ecosystems," said Senator King, Chair of the Senate National Parks Subcommittee. "From beavers to white pines, this unique biodiversity relies on the health of areas like the Great Meadow Wetland.

As park infrastructure has expanded, the Wetland has seen concerning changes, and the ecosystems that attract visitors from around the world have been put at risk. This new investment from the Bipartisan Infrastructure Law will help restore the Great Meadow Wetland, supporting the plant life and animals who rely on it and preserving the natural treasures of Acadia for generations to come."

Senators Collins and King have been longstanding champions of preserving Maine's public lands. In June 2021, the Maine

Delegation and Governor Janet Mills welcomed U.S. Secretary of the Interior Deb Haaland to Seehodick Point, where one of the topics they discussed was the need to preserve our state's public lands. In August 2020, the Great American Outdoors Act was signed into law. This bipartisan legislation – co-sponsored by the Senators – provides full funding for the Land and Water Conservation Fund and addresses the deferred maintenance backlog at our national parks, national wildlife refuges, and national forest lands.

Maine Audubon: Offshore Wind Would Power Economy

PORTLAND, ME (May 18, 2022) – Labor, business leaders, and conservationists today urged the state and federal governments to act quickly and responsibly to bring innovative, locally developed floating offshore wind technology to the Gulf of Maine.

"Maine has a unique opportunity to lead in developing well-sited and operated floating offshore wind with the least impact to wildlife and the environment," said Sarah Haggerty, Conservation Biologist at Maine Audubon. "This is only possible if the state and federal governments fiercely pursue the development of a research array, and gather the critical data needed to inform responsibly sited and operated floating offshore wind."

According to the National Renewable Energy Laboratory (NREL), offshore wind has the potential to be a major clean energy source for the electric grid that powers Maine

and New England — and the winds in the Gulf of Maine peak in the winter months when Maine's energy use is the highest.

The enormous amounts of renewable power generated by the wind turbines could help bring down wholesale electricity prices and provide a stable and affordable source of electricity to the state, cushioning Maine people and businesses from the price spikes they are experiencing from the region's heavy reliance on fossil fuels.

"Offshore wind represents an enormous opportunity for Maine's economic future. Developing this resource will create a new industry built here in Maine, by Maine people, for the benefit of our state," said Maine State Chamber of Commerce President Dana Connors. "We can capitalize on this opportunity, but we must do so while ensuring the health of our marine resources including our lobstering and fishing industries."

Innovative research from scientists and students at the University of Maine has positioned Maine to pioneer leading-edge floating wind turbine technology. Both the state's ports and shipbuilding past position it well to develop a local clean energy industry that would generate good-paying jobs for Maine people.

"We know that building a clean energy economy and ensuring the safety and economic security of Maine's working families are not — and must never be — mutually exclusive," said Jason J. Shedlock, President of the Maine State Building & Construction Trades Council and a member of the Laborers' International Union. "A thoughtful and responsible buildout of offshore wind also powers decades' worth of family-sustaining careers with benefits for current and future members of Maine's local unions, leading to projects completed safely, on time, and on budget

that will be the homegrown pride of Maine."

Developing offshore wind in the Gulf of Maine would help accelerate the region's transition to clean energy, which will help meet Maine's climate goals and greenhouse gas emissions reduction requirements. Projections show that wind projects deep offshore in the Gulf of Maine could not only serve the state's electricity needs but also be exported to energy markets throughout New England to displace fossil fuel power plants.

"Adopting offshore wind as a significant energy source for Maine can help avert the worst impacts of climate change and make us more energy independent at the same time," said Jack Shapiro, Climate & Clean Energy Director at the Natural Resources Council of Maine. "If responsibly built and operated, Maine's home-grown floating wind turbine technology can deliver the large amounts of reliable, affordable clean

energy we'll need as we electrify our homes, businesses, and transportation."

On May 19th, the Bureau of Ocean Energy Management (BOEM) will host the next Gulf of Maine Intergovernmental Renewable Energy Task Force meeting to discuss the process for wind energy leasing and the framework for stakeholder engagement. Supporters of offshore wind in New England recently called for the federal government to begin research projects that will both inform siting decisions moving forward and ensure multiple viewpoints are considered.

"Fighting the climate crisis is a shared responsibility, and we can do our part by responsibly harnessing the infinite power of the Gulf of Maine's winds," said William Sedlack, Program Manager at Maine Conservation Voters. "Offshore wind could create hundreds of good-paying, union jobs in our state and is a neces-

sary component to meeting Maine's goal of reaching 80% clean energy by 2030. Protecting both our climate and economic future by leading on floating offshore wind technology and manufacturing will help ensure that Maine isn't left behind as the growing sector advances."

The Governor's Energy Office has also launched a Maine Offshore Wind Initiative and is developing an offshore wind roadmap to support the growth of this new industry

A single-turbine test project off Monhegan Island and a small-scale 12-turbine floating research array proposed for 30 miles offshore will allow University of Maine researchers to gather scientific data to better understand the performance of these unique floating platforms, how floating offshore wind in the Gulf of Maine interacts with the marine environment, and to support safe and sustainable development.

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Ziggurat Theatre Presents CARAVAN OF DREAMS



FREEPORT, ME (May 13, 2022)—Ziggurat Theatre Ensemble, in association with the Desert of Maine Center for Arts and Ecology, will present the enchanting

fantasy CARAVAN OF DREAMS outdoors at the Desert of Maine beginning on Saturday, June 4 and running through Sunday June 26.

CARAVAN OF

DREAMS is a world-premiere fantasy about a girl who must save her city from mysterious dark forces. Music, comedy, dance, and an impossibly large puppet conjure up a magical world where imagination becomes reality, and nothing is as it seems.

“We are thrilled to be creating this site-specific show for the unique and stunning landscape of the Desert of Maine,” says writer-director Stephen Legawiec. “To have a show in this vast and magical space will be a treat for us and the audi-

ence.”

The ensemble of Maine-based actors includes Marguerite Benham, Jake Cote, Andrew Elijah Edwards, Clay Hawks, Savannah Irish, Colleen Katana, Dashiell Legawiec, Lyra Legawiec, Laura MacLean, Seth Rigoletti, Wilder Short, Caleb Streadwick and Elise Voigt. They are joined by guest artist Mel Angelo. The show is written and directed by Stephen Legawiec. Movement director is Dana Legawiec. Costumes are by Anne Collins. The Puppet Designer is Emilia Mc-



Grath.

CARAVAN OF DREAMS will be presented outdoors in the Desert of Maine at 6pm on these dates: June 4, 5, 11, 12, 18, 19, 25, 26.

This is an outdoor-show only. Please check our website if rain is forecast. ZigguratTheatre.org. More information is available at ZigguratTheatre.org

Food for Thought Presents Astronaut, Audrey Powers



LEWISTON, ME (May 20, 2022) – The University of Southern Maine

Senior College, located at 51 Westminster St., Lewiston, ME, is pleased to announce a zoom presentation of our Food for Thought program, featuring astronaut, Audrey Powers which will be held on Friday, June 3, 2022 at 4 PM.

Audrey Powers, is the Vice President of Mission and Flight Operations and Training, vehicle maintenance and launch complex infrastructure at Launch Site One. Audrey is also an

astronaut, having flown on the second human flight of Blue Origin’s New Shepherd program, NS-18. Previously, Audrey served as vice president of legal and compliance for Blue Origin, overseeing a wide variety of legal matters including regulatory affairs, legislative and policy matters, supplier and customer negotiations and management, maritime law, crisis response, and legal operations.

See Astronaut, page 10

Arbor Week Urban Forestry Recognitions Presented

AUGUSTA, ME (May 19, 2022) – This week, twenty Maine municipalities received Tree City USA awards, presented by the Department of Agriculture, Conservation and Forestry’s Project Canopy community forestry program. One campus, Colby College, was also recognized with a Tree Campus USA award. Tree City USA Awards are earned for commitment to effective urban forest management.

Also included in this 2022 Arbor Week celebration was the awarding of the 2022 Outstanding Tree Farm of the Year, presented to Bombadil Tree Farm (Ashland), and the Hancock County Tree Farm of the Year - Great Pond Mountain Conservation Trust.

Tree City USA communities have met or exceeded four overarching standards:

- Maintaining a tree board or department
- Having a community tree care ordinance
- Investing at least \$2

per capita in urban forestry
Celebrating Arbor Day

Project Canopy encourages communities to develop project proposals that support sustainable community forestry management, increase awareness of the benefits of trees and forests, and increase the health and livability of communities through sound tree planting and maintenance.

Among this year’s Tree City USA recipients, Farmington, Kennebunkport, and Westbrook were recognized for the 45th consecutive year (the Tree City USA Awards program started in 1976). The newcomer to Maine’s list of Tree City USA achievers is Ellsworth.

- Ellsworth – 1 year
- Falmouth – 3 years
- Rockland – 3 years
- Brunswick – 5 year
- Dover-Foxcroft – 9 years
- Veazie – 9 years
- Saco – 12 years
- Castine – 13 years
- Bangor – 17 years

- Auburn – 19 years
- Lewiston – 19 years
- Hallowell – 20 years
- Bath – 25 years
- Orono – 26 years
- Portland – 42 years
- South Portland – 42 years
- Yarmouth – 43 years
- Farmington – 45 years
- Kennebunkport – 45 years
- Westbrook – 45 years

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Bring Food Safety to Your Summer Vacation

WASHINGTON (May 17, 2022) – As summertime brings families and friends together for outdoor celebrations, the U.S. Department of Agriculture (USDA) wants to make sure your summer festivities are food safe. Whether you're grilling burgers, camping, or having a picnic, everyone should always remember to practice proper handwashing and use a food thermometer.

After observing that consumer behavior in test kitchens revealed that people are skipping basic food safety practices, USDA is concerned that consumers are not doing enough to reduce the risk of foodborne illness.

"Our research shows that participants were not adequately washing their hands or using a food thermometer," says USDA Deputy Under Secretary for Food Safety Sandra Eskin

"Summer is a time to relax and enjoy delicious meals with friends and family but foodborne pathogens never rest. Following safe food handling practices during this and all other seasons can reduce the risk of you and your loved ones getting sick."

USDA encourages all Americans to follow these food safety tips to keep you and your family foodborne illness free this summer.

Wash Your Hands

Inadequate handwashing is a contributing factor to many illnesses, including foodborne illness. It is important to follow proper handwashing steps before, during, and after preparing food to prevent bacteria from transferring from your hands to your meal.

Recent USDA consumer research (January 2020-2021) showed that 56% of participants didn't

attempt to wash their hands during meal preparation. This is a major drop in handwashing attempts from prior years' research. In year 3, this figure was 71% and in year 2 it was 74%.

In addition to low attempts at handwashing, roughly 95% of participants failed to wash their hands properly. The most common reason in the study for unsuccessful handwashing was failing to rub hands with soap for at least 20 seconds, followed by not wetting hands with water as a first step.

There are five steps for proper handwashing: wet hands, lather with soap, scrub for 20 seconds, rinse, and dry.

Use a Food Thermometer

Don't forget to bring a food thermometer to your summer activities. Always use a food thermometer to check the internal tem-

perature of your food to determine if it is safe to eat. Insert the thermometer into the thickest part of the meat, through the side, for the most accurate temperature reading. In the study, only 55% of participants used a food thermometer to check the internal temperature of the hamburgers and sausages they were cooking. Use a food thermometer to ensure the following foods have reached their safe internal temperature:

Beef, pork, lamb and veal steaks, chops and roasts: 145 F with a 3-minute rest

Fish: 145 F
Egg dishes: 160 F
Ground meats (beef, pork, lamb and veal): 160 F
All poultry (whole or ground): 165 F

Avoid Cross-Contamination

While preparing your meal this Memorial Day, be sure to keep your raw meat

separate from your fruits and vegetables. Raw meat and poultry can carry bacteria that causes foodborne illness. To reduce the risk of cross-contamination, USDA recommends using separate cutting boards: one for raw meat and poultry, and another for fruits and vegetables.

In this study, cross-contamination was prevalent. Across all participants:

32% contaminated their plates and cutting boards while preparing food.

28% contaminated their kitchen sinks.

12% contaminated spice containers.

8% contaminated the cupboard handles in their kitchen.

These findings are part of a multi-year, mixed-method study that USDA's Food Safety and Inspection Service (FSIS)

commissioned to evaluate various consumer food handling behaviors. The study uses test kitchens, focus groups, and nationally representative surveys to better understand food safety practices and experiences with food recalls, foodborne illness, and FSIS food safety resources. More information about this study is available in an executive summary (PDF, 49 KB).

For more food safety information, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPH hotline@usda.gov or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

Access FSIS news releases and other information at www.fsis.usda.gov/newsroom.

Follow FSIS on Twitter at twitter.com/usdafood or in Spanish at: twitter.com/usdafoodsafes.

CCAC Presents Enter The Haggis June 4

BATH, ME (May 18, 2022) -- The Chocolate Church Arts Center (CCAC), at 804 Washington Street in Bath, will present an evening with Celtic rock band, Enter the Haggis, on Saturday, June 4.

For nearly two decades, Toronto's Enter The Haggis (ETH) has combined bagpipes and fiddles with a rock rhythm section to create a distinctively eclectic sound, praised by The Boston Globe, The Washington Post and Canada's Globe and Mail. Their songs offer singalong melodies and meaningful lyrics which tell the stories of everyday, hardworking people, often faced with seemingly insurmountable challenges. Signature songs like "One Last Drink", "Gasoline", "Down With The Ship" and "Lancaster Gate"

have received millions of plays on streaming sites, have appeared in major films, and have been performed and recorded by artists around the world.

Enter The Haggis has appeared on "Live with Regis and Kelly" and "A&E's Breakfast With The Arts", and was featured in an hour-long PBS concert special which aired for months on more than 80 affiliate stations across the United States. The band's legions of diehard fans (the self-described "Haggis Heads") have crowdfunded the last four ETH albums, and played a huge part in propelling the most recent full-length record to its debut at #9 on the national "Billboard Heatseekers" chart. Enter The Haggis is currently on tour in support of this most recent al-

bum, The Archer's Parade.

Tickets for Enter the Haggis at CCAC are \$25 advance or \$35 day of show. Tickets for all events at the Chocolate Church Arts Center are available for purchase at www.chocolatechurcharts.org, or by calling the box office at 207-442-8455. All performances will be subject to CCAC's current COVID-19 related policy, which requires audience members age 12 and up to be fully vaccinated or have a negative COVID-19 test result within 48 hours prior to arriving at a performance, along with a matching photo ID.

FMI Contact:
William Lederer, CCAC Executive Director
William.lederer@chocolatechurch.com/[207-442-8455](tel:207-442-8455)

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Arts & Entertainment

Downeaster Summer Schedule Effective May 16, 2022

PORTLAND, ME (May 16, 2022) – The Northern New England Passenger Rail Authority (NNEPRA) announced that the summer schedule for the Amtrak Downeaster went into effect today Monday, May 16, 2022. The change includes the start of seasonal service

to Old Orchard Beach.

To better accommodate Red Sox fans and concert goers, Downeaster train #1689 will depart Boston at 11:25pm on evenings of Red Sox home games or concerts at the TD Garden or Fenway Park. Downeaster trains #689/699 will depart Bos-

ton at 10:30pm on all other nights.

Additionally, the Discover Maine Rail Pass, valid for 10 one-way trips on the Amtrak Downeaster between any Maine station within a 7-day period for just \$19 per person is available for purchase. The pass is de-

signed to encourage car-free travel within the state and highlight the popular Maine destinations served by the Downeaster.

For information regarding the Downeaster schedule, fares or to make reservations, visit Amtrak-Downeaster.com

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• MORE INFORMATION •

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Baxter Museum Seeks Volunteers

GORHAM, ME (May 20, 2022) – The Baxter Museum is looking for Volunteers! We need to fill Thursdays from June 7th through August 25th. The time is from 10 to 1:00 and responsibilities are:

at the door while Suzanne Ennis, our Curator, is doing a tour.

3. Making sure anyone waiting for a tour does not handle museum items.

4. Taking the Open Flag down and returning it to the library at closing.

It is really very easy and very interesting. Suzanne is very knowledgeable and it is fun seeing all the items in the muse-

1. Getting the Open Flag from the library and putting it up on the sign by the road.

2. Greeting visitors

um.

Please private message Barbara McLean on Facebook if you are interested.

The dates we need to

fill are:

Thursdays 10 am to 1 pm

6/9, 16, 30

7/7, 14, 28

8/4, 11, 18, 25

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

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6:30-7:30pm

Ages 12-18
Tuesday, June 16th
7:30-8:30pm

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Let's Expand Maine Broadband and Make it Affordable

Guest Column by Sen. Angus King

MAINE (May 17, 2022) -- Early in the 20th century, America's cities were booming. The era of electrification brought new jobs and opportunities to hubs like New York, Chicago, and Boston. Unfortunately, America's rural areas didn't see the benefits of these modern technological advancements; in fact, only ten percent of rural households had access to electricity by 1930. It took decades – and significant government effort – to help rural communities catch up.

A century later, a new technological shift is creating similar challenges for Maine's rural communities. As the internet creates immense new economic, educational, and social opportunities for those with access to a high-speed connection, rural areas continue to be at risk of being left behind.

We learned during the pandemic how important internet connectivity can be – and how lacking it can compromise our daily lives. Kids doing their homework, seniors accessing healthcare, and

many being able to work from home – these essential activities all depend on a reliable connection. That is why we need to ensure every Maine town – even in our most remote areas – has high-speed, affordable internet.

There are two significant challenges our state must overcome to accomplish that goal. Fortunately, over the past year, Congress and President Joe Biden have taken significant steps to address both.

First is the actual building of internet infrastructure, which must run not only through communities from Allagash to Arundel, but also directly to every house in the state. The biggest barrier here is simply investment; it costs significant money to build out broadband, especially in rural communities like Maine's where houses are spread out and where our rocky coast and tree-covered terrain creates challenges.

That's why last year, we included the largest, most comprehensive investments in broadband infrastructure in both the American Rescue Plan and Bipartisan Infrastructure

Law. Between these two historic pieces of legislation, Maine is expected to receive over \$400 million in federal support for broadband expansion – close to the estimated costs to connect the entire state.

This money is a game-changer, but full connectivity won't happen overnight. Building this infrastructure will take time and hard work from organizations like the Maine Connectivity Authority and ConnectME, who are leading efforts to deploy high-speed broadband. Thanks to these federal investments and Maine's additional state funding led by Governor Janet Mills, I'm optimistic that we will see every Maine community connected to the internet's possibilities in the near future.

The second issue – and perhaps the bigger issue in years to come – is cost, because broadband access isn't much good unless you can afford it. For many rural Maine households, some who may already be struggling to put food on the table, the current cost of internet is simply too high.

This affordability

concern was front of mind when we were writing the Bipartisan Infrastructure Law, which is why we required any recipient of funding from the bill to offer a low-cost broadband option. In the bipartisan legislation, we also included \$14.2 billion for the new Affordable Connectivity Program (ACP). This program modernizes and extends the emergency COVID-19 broadband provisions that were included in the 2020 bipartisan spending bill and is a massive step towards ensuring affordable internet access for all. Specifically, the ACP provides eligible low-income households with a \$30 per month credit for their internet costs and support for connected devices. These credits are being accepted by nearly every national internet provider and by dozens of local Maine broadband companies.

Earlier this month, President Biden took an important step to realize the promise of the ACP by securing commitments from many of the nation's largest internet providers that they would provide a \$30 a month high-speed

internet option. This means that the program's credit wouldn't just reduce your internet bill – it would entirely cover it, eliminating the barrier for many to access the internet.

Almost four-hundred thousand Maine people – roughly a third of our state – qualify for the ACP, but only one out of every ten eligible Mainer is enrolled. This program can make a huge difference for folks struggling to pay the bills. If you think you may be eligible for ACP cost-savings, you can simply go to GetInternet.gov or call (877) 384-2575 to check your eligibility. It's quick, easy, and could save you \$30 dollars a month or help

you gain access to an internet-connected device.

Together, the history-making internet investments coming to our state coupled with these vital new affordability programs will go a long way to ensure that all Maine communities have the chance to thrive in the 21st century. There's more work to do – there always is – but we're headed on the right path. Just as electrification did in the 20th century, these broadband investments will soon help connect every American to the infrastructure that powers modern life, and help ensure that people across Maine are able to fully engage in the economy of the future.

Follow us on Facebook!
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Send all items for What's Going On to the Editor. Deadline is Friday by five.

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WICKED CORNHOLE

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WHO: All ages welcome!
WHEN: Saturday June 18, 2022
 Check-in at 11:00 a.m.
 Bags fly at 12:00 p.m.
WHERE: Outdoor Learning and Education Center at 151 Stetson Rd. Auburn
COST: \$50 per team (2 players)

CASH PRIZES!
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 2nd Place: \$200
 3rd Place: \$100

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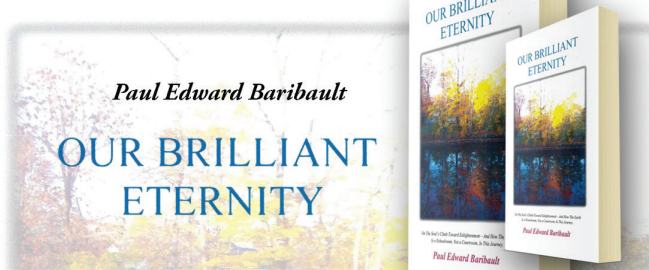
All proceeds will benefit Summer Camp Scholarships for the YMCA Outdoor Learning and Education Center.

To get updates during the tournament, register your team on your smartphone using the Scoreholio app.*
app.scoreholio.com
 Search for "YMCA Kids to Camp Cornhole Tournament"
 * This app is simply for day-of updates. You must ALSO register with the YMCA to be entered into the tournament.

TO REGISTER YOUR TEAM, VISIT THE YMCA OR CALL 207-795-4095

For more information, please contact Marcie Hird at mhird@alymca.org

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GMS Holds First Full-School Assembly Since Oct. 2019

GORHAM, ME (May 19, 2022) -- Today, GMS had its first full school assembly since October 2019. (Students were grouped and called down by team to avoid unnecessary contact.)

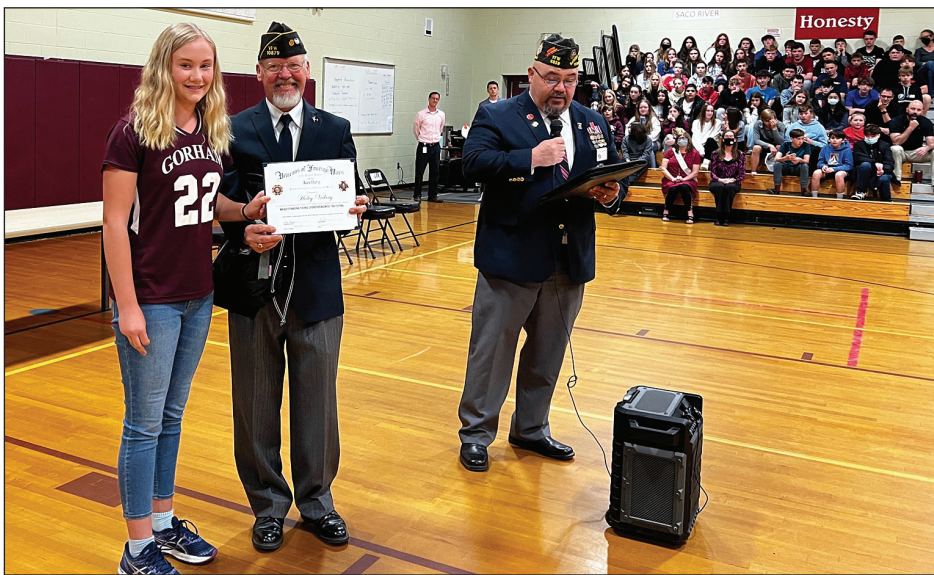
The assembly was a chance for us to recognize all students who have participated in clubs, ac-

tivities, and athletics over the course of the year. In addition, Madison essay winners and the VFW essay winner were formally recognized.

Congratulations to Haley Vickery, the VFW essay winner and Arabella Bradley the Madison essay winner along with runners up Stella Moores and So-

phie Giberson.

Finally, Mr. Donahue wrapped up the assembly with a special "homework" assignment for the summer: 1) Do something special for a loved one, 2) Donate a day to help the community, 3) Shut off and spend a day outside, and 4) Take part in something you would not typically do.



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Gorham Fire Department Conducts Training

GORHAM, ME (May 20, 2022) -- Check out these recent pictures of some of the crew conducting training on Ladder 2. These trainings help to certify new members and increase proficiency.



2022 RAMS SUMMER CAMPS

7TH - 12TH GRADE
MONDAY JUNE 20TH - THURSDAY JUNE 23RD

3RD - 6TH GRADE
TUESDAY JULY 26TH - THURSDAY JULY 28TH




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Shaker Herb House Receives Additional \$160,000

New Gloucester, ME (May 4, 2022) -- The Maine Community Foundation's Spirit Fund, the Davis Family Foundation, and Norway Savings Bank have each issued major grants for the rehabilitation of the Shaker Herb House.

The donor advised Spirit Fund awarded a \$100,000 contribution to the Herb House project recognizing the valuable cultural programs that Shaker Village delivers to the people of Maine. The Davis Family Foundation granted \$50,000 towards new Herb House educational programs, cultural experiences, and community alliances and Norway Savings Bank made a contribution of \$10,000 in support of

the social-mission programs that will be delivered in the new Herb House facilities.

Just a short time ago on April 13, 2022 the National Endowment for the Humanities approved a \$750,000 Infrastructure and Capacity Building Challenge Grant to the United Society of Shakers, Inc. The three recent grants received are qualified matches for the NEH grant, which requires 4:1 matching contributions.

Herb House Campaign Director Michael Graham said, "It's incredibly encouraging to receive support from Maine's leading charitable organizations. We feel fortunate to receive these grants to promote the values and principles that Maine

seems to hold dear, including traditions and heritage, acceptance and inclusion, and places where caring, supportive community thrives. The Shakers and I are very grateful to the Maine Community Foundation, the Davis Family Foundation, and Norway Savings Bank for these generous, major contributions toward the Herb House project."

The Herb House project will begin in 2022 and is currently scheduled for completion in October 2024, marking the bicentennial of the Herb House.

To learn more about the Herb House project, please visit <https://www.maine-shakers.com/capital-campaign/>

Maine Adult Education Launches HiSET Completion Campaign

MAINE (May 19, 2022) -- The Maine Department of Education's Office of Adult Education launched a campaign today to encourage adult learners to complete the HiSET, Maine's high school equivalency test. Those who complete the HiSET are eligible for two years of free community

college in Maine. As part of the campaign, "It's time for HiSET" yard signs will be displayed throughout Maine and local programs will use social media with hashtag #HiSET4ME, mail postcards, and sponsor community events to promote HiSET completion.

Students who live in Maine, graduate high

school or receive a HiSET between 2020 and 2023, and enroll in a Maine community college full time are eligible for two years of free community college.

Read more» <https://mainedoe.net/2022/05/19/media-release-maine-adult-education-launches-hiset-completion-campaign/>

Ready, Set, Grill!

AUBURN, ME (Grassroots Newswire) (May 18, 2022) -- For many, the Memorial Day weekend marks the unofficial start of the summer season. The National Fire Protection Association (NFPA) warns families that the onset of the summer season also marks a rise in home fires started by outdoor grilling activities. According to the NFPA, on average, 10,600 home fires are started by grills each year. July is the peak month for grill fires, followed by June, May, and August.

"Sixty-one percent of U.S. households own a gas grill," says Rick Isaacson, CEO of Servpro Industries, LLC. "A total of sixty-four percent own at least one outdoor BBQ, grill, or smoker. The popularity of this outdoor cooking equipment combined with longer, warmer days creates a unique fire hazard that should be taken seriously."

The time to take precautions is now, adds Isaacson, before the outdoor cooking season is in full swing. The NFPA offers these basic tips for fire-safe grilling:

For gas/propane grills:

Check the gas tank for leaks before using.

Open the lid on all gas grills before lighting the grill.

For charcoal grills: Use only charcoal

starter fluid to start the fire but never add it or any flammable liquids to a fire that is burning.

Cool coals completely before you dispose of them in a metal container.

For all grills:

Place grill well away from house and deck railings. Don't place under eaves or branches.

Remove grease and fat buildup from grills and trays after each use.

Keep children and pets at least three feet away from the grill.

Never leave the grill unattended when in use.

"Basic precautions set the stage for a safe and enjoyable outdoor cooking season," says Isaacson. "Life is unpredictable, but you can take steps to control the risk of house and property fires caused by outdoor cooking. Whether you are strictly a summer grilling warrior or you use your grill year-round, simple, common-sense actions can help ensure that the only smoke you smell this summer is the sweet aroma of steaks and vegetables grilling."

SERVPRO specializes in fire and water cleanup and restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information about SERVPRO, please visit www.servpro.com. For more information on SERVPRO in the Auburn area, please con-

tact please contact one of the local business owners below.

* For SERVPRO of Augusta/Waterville, please contact Anthony Wolverton who can be reached at (207) 622-7166 or awolverton@servproaw.com.

* For SERVPRO of Lewiston-Auburn, please contact James Brigham who can be reached at (207) 783-2500 or jbrigham@servprolewistonauburn.com.

* For SERVPRO of Oxford/South Paris - ME, please contact James Brigham who can be reached at (207) 539-2501 or jbrigham@servprolewis-tonauburn.com.

About SERVPRO
For more than 50 years, SERVPRO has been a trusted leader in fire and water cleanup and restoration services, construction, mold mitigation, and biohazard and pathogen remediation. SERVPRO's professional services network of more than 2,000 individually owned and operated franchises spans the United States and Canada, responding to property damage emergencies large and small – from million-square-foot commercial facilities to individual homes. When disaster strikes, homeowners, business owners, and major insurance companies alike rely on SERVPRO to make it "Like it never even happened."

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Astronaut

Continued from page 4

Audrey received a Bachelors degree in Aeronautical and Astronautical engineering from Purdue University in 1999 and worked as an engineer for almost 10 years prior to becoming a lawyer. As a guidance and controls engineer, she was a flight controller for NASA with 2000 hours of console time in mission control for the international

space station program. After leaving NASA she supported government satellite programs for Lockheed Martin and received a juris doctor in 2008 from Santa Clara University School of Law. Audrey previously served as chair of the board of directors of the Commercial Spaceflight Federation and is the executive sponsor of Blue Origins New Mercury Business Resource Group,

which promotes gender diversity in the workforce at Blue Origin.

To attend the zoom presentation, email us at laseniorcollege@gmail.com by noon on June 2, 2022. We will send you an email link on the morning of the event. Just click on it and you will be there. We look forward to this timely presentation by this very accomplished astronaut!

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New Directors Appointed to NNEPRA Board

PORTLAND, ME (May 18, 2022)—The Northern New England Passenger Rail Authority (NNEPRA) is pleased to welcome three new members, Alan Cassavant, Alison Harris and Marguerite Fleming, to its Board of Directors. Per statute, Governor Janet Mills, appointed the three Directors who were then approved by the Joint Committee on Transportation, and confirmed by the State Senate.

Alan Cassavant, a former teacher and State Legislator, has served as the Mayor of Biddeford, ME for the past eleven years. Alison Harris, a resident of Brunswick, ME is a public transportation advocate who has been actively involved in the expansion of Amtrak Downeaster service and currently volunteers as a passenger ambassador at the Brunswick Station. Marguerite Flemming, a graduate student of the Muskie School of Public Service, is the Administrative Analyst for the Town of Falmouth, ME.

The new Board slate replaces exiting members whose terms have expired including John Melrose, who served as Board Chair since 2016; Dana Connors who served on the Board since 2002, most recently as Vice Chair and Treasurer; and Brian Hobart, who served since 2017.

NNEPRA Board Director James I. Cohen, Esq. has been appointed Chair by Governor Janet Mills and Board members have elected Director Carol Murray to serve as Treasurer. The seven-member NNEPRA Board also includes Transportation Commissioner Bruce Van Note and Maine Office of Tourism Director, Steve Lyons, who serve ex-officio as voting members.

People Plus Accepting Registrations for Garden Plots



BRUNSWICK, ME (May 20, 2022) -- The Senior Community Garden is located on Industry Road and contains multiple garden plots that seniors can use for the season. Plots average 20X24, have just been tilled and are ready for planting. Three water spigots with hoses are available for use in the gardens but gardeners are expected to provide their own tools. The season runs from May through October. Gardeners of all skill levels are welcome - beginners will be assisted with planting and cultivation techniques. \$10 contribution to People Plus appreciated. FMI Call 729-0757.

Catholic Charities Maine Earns National Accreditation

PORTLAND, ME (May 10, 2022) -- Catholic Charities Maine (CCM) has earned national re-accreditation through the Washington, DC-based Council on Accreditation (COA), an independent, not-for-profit accreditor of community-based behavioral health care and social service organizations.

Since 1988, CCM has participated in the Council's voluntary and lengthy review process to ensure it is fulfilling its mission to deliver excellence in all categories of services — from social services around mental health, counseling, substance use disorders, senior outreach, and child development, to addressing food insecurity and refugee and immigration, among others. The reviewer comments regarding the Agency speak for themselves, and include: "CCM promotes dignity, transparency, and mutual respect throughout the organization," and "The staff is passionate about the mission of the organization and the services they provide. The clients interviewed expressed gratitude for feeling hopeful for a quality of life that they had not previously been able to attain."

"Earning this accreditation again and hearing such positive feedback from our reviewers speaks to our commitment to our mission," says Stephen Letourneau, CEO of CCM. "Our team of nearly 500 employees gives 110 percent in providing the very best services and exceeding our clients' expectations for those services. The COA assessment team consistently commented about the passion, dedication, and professionalism they saw while interacting with our team. For such a large social service agency offering diverse, statewide services, this is an exceptional achievement."

COA accreditation is an objective, independent, and reliable validation of an agency's performance. The COA accreditation process involves a detailed review and analysis of an organization's administration, management, and service delivery functions against international standards of best practice. The standards driving accreditation ensure that services are well-coordinated, culturally competent, evidence-based, outcomes-oriented, and provided by a skilled and supported workforce.

Organizations pursue accreditation to demonstrate that they are implementing best practice standards in the field of human services. Based on their findings, COA's volunteer-based Accreditation Commission voted that CCM had successfully met the criteria for accreditation through 2025.

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

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
- Acquire tarps and field maintenance equipment
- Add scoreboards

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MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

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Blood Donations Needed Ahead of Summer

PORTLAND, ME (May 9, 2022) — When schools let out for summer and families set off on vacation, the American Red Cross typically sees a decline in donors, which can impact patient care. It's critically important that donors make an appointment to give now before heading out for summer activities to help maintain a stable blood supply in the coming months.

Unfortunately, the need for blood doesn't take a summer break. Volunteer donors are the only source of blood and platelets for patients with blood disorders, trauma victims and those experiencing difficult childbirths.

In thanks for helping boost the blood supply, all who come to give through May 19, 2022, will receive a \$10 e-gift card to a merchant of choice and will also be automatically en-

tered to win a travel trailer camper that sleeps eight. Details are available at redcross.org/camper. Those who come to give May 20-31 will receive an exclusive 20-ounce Red Cross aluminum water bottle and customizable sticker set, while supplies last.

Donors can help save a life in just an hour. To schedule an appointment to donate blood, platelets or plasma, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-CROSS (1-800-733-2767).

Health insights for donors

The Red Cross is testing all donations for COVID-19 antibodies for a limited time. Results may indicate if the donor's immune system has produced antibodies to this coronavirus after vaccination or past exposure, regardless of whether they developed

symptoms. Plasma from routine blood, platelet and plasma donations that have high levels of COVID-19 antibodies may be used as convalescent plasma to meet potential future needs of COVID-19 patients with a weakened immune system.

The Red Cross is not testing donors to diagnose infection, referred to as a diagnostic test. To protect the health and safety of Red Cross staff and donors, it is important that individuals who have been asked to quarantine or believe they may be ill with COVID-19 postpone donation until they are symptom free for 10 days and feeling well and healthy.

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American do-

ners for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive antibody testing results and sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

Blood drive safety

The Red Cross follows a high standard of safety and infection con-

trol. The Red cross will continue to socially distance wherever possible at blood drives, donation centers and facilities. While donors are no longer required to wear a face mask, individuals may choose to continue to wear a mask for any reason. The Red Cross will also adhere to more stringent face mask requirements per state and/or local guidance, or at the request of blood drive sponsors. Donors are asked to schedule an appointment prior to arriving at a drive.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to

ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Funding for Employer Training Available

MAINE, STATE-WIDE (May 3, 2022) — A historic \$60 million investment for workforce training and development was made to The Harold Alfond Center for the Advancement of Maine's Workforce, established under the Maine Community College System in October 2021. This funding directly addresses the severe skilled worker shortage and provides clear, affordable educational pathways to Maine adults, no matter

where they are on the job skill development continuum. It provides low or no-cost training for students and subsidizes training for business members who join the Maine Workforce Development Compact.

The Compact is currently comprised of 180+ businesses, associations and municipalities who are seeking short-term training opportunities to expand the professional development of their frontline staff. Training can take place at

any one of Maine's community colleges or by a third party training vendor, which includes company based training. In 2022, \$1,200 per front-line worker is available to Compact members.

Frontline staff make up an estimated 86% of Maine's workforce. Historically, only 19% of training funds are designated to support non-managerial personnel. The subsidized funding, available through the Compact, will help

train and upskill 24,000 frontline workers by 2025.

"We're addressing a great need," said Dan Belyea, chief workforce development officer for the Maine Community College System. "Short-term training programs are designed to work at the speed of business. Trainees get the exact skills they need, ensuring our business partners have the skilled workforce they need to stay competitive in today's market."

By joining the Compact, funding for training is subsidized. Employees are


also eligible for scholarships to continue on in degree programs at any one of Maine's seven community colleges. "This is about creating new pathways so people can continue their education journey," said Dwayne Conway, dean of workforce development at Central Maine Community College. "Our mission is to provide the right training at the right time for Mainers."

Businesses of every size are invited to join the Maine Workforce Development Compact. Benefits include access to training funding including up to


\$1,200 per frontline worker in 2022; up to a \$600 match is available in 2023 and 2024. Community college scholarships are available for staff to continue in a for-credit program of study. Employees also have access to an advisor to help ensure continued success. In addition, the Harold Alfond Center will maintain employees' training records for the employer and trainee to access.

If you are interested in joining, please visit <https://bit.ly/JoinTheCompact> or reach out to alfondtraining@mccs.me.edu.

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Starting Ap. 7 and every 1st and 3rd Thursday through June

LEWISTON -- 1st & 3rd Thursdays from April-June, 4-6pm at the Lewiston Public Library: **TEEN TABLETOP RPGS.** Calling all adventurers and explorers! LPL Teen will be hosting a series of one-shot tabletop role-playing games, in person in the teen lounge on the 1st & 3rd Thursdays of the month from 4-6pm, from April-June. Supplies will be provided – just bring yourself and your creative mind! Each drop in session will feature a different one-shot tabletop RPG, run by game master Hallie. No previous RPG experience is required. This program is intended for teens ages 13-19. For more information, contact the Adult & Teen Services department at 207-513-3135 or lplreference@lewistonmaine.gov, or go to lplonline.org/events/teen-tabletop-rpgs/

May 4 and every Wednesday

GORHAM -- 10:00am Weekly story time has resumed at the North Gorham Public Library! Storytime is open to children & their caregivers. Join us weekly for stories, songs and crafts every Wednesday at 10am. 2 Standish Neck Rd, Gorham ME.

or check) at the door, 207-846-5378, or <http://www.midcoastsymphony.org>

Calendar

Send your submissions to the Editor. More online.

org for details. Under 18 and college students are free.

May 25-28

AUBURN -- Buck A Bag Book Sale at the Auburn Public Library Bookstore. Huge clearance sale May 25-28, Wed-Fri 10:00-4:00, Sat 9:30-12:30. Thousands of books, new ones added each day. \$1 a bag - bring your own bag, any size (as long as you can lift it). Androscoggin Room, Auburn Public Library, 49 Spring Street, Auburn.

May 26

GORHAM -- 2-7pm GPCOG Annual Summit (Councilor Chairman Pratt, and Councilors Kuech and Wilder Cross) Saint Joseph's College

May 28

GRAY -- Dine In Supper - First Congregational Church of Gray, Saturday, May 28, 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped accessible. You MUST make reservations in advance. Contact Carol at 650-9093 and let her know your name, phone

number, and how many in your party. We are accepting only 50 Reservations! Cut off for reservations will be Wednesday, May 25 at 2:00 P. M. The

Menu includes: Baked Pea Beans, 2 Red Hot Dogs, Biscuit, Limited Casseroles and Salads, Assortment of Desserts, and Beverages. Meals are single-sized and are \$10.00. Please pay at the door.

May 30

GORHAM -- Municipal Center, Administrative Offices, Recreation Office & Library closed in observance of Memorial Day

June 1

AUBURN -- Grand Opening of a second An Angel's Wing - Second Chance Thrift Shop Boutique, located in the Auburn Mall (across from Bath & Body Works, in the old leather shop) on June 1. An Angel's Wing is a 501(c)3 - We earn money to help those who are ready for detox, rehab, sober living, for their families, and for anyone who is affected by Substance Use Disorder. An Angel's Wing believe that everyone deserves the chance to Live, Learn and Recover. Deb York began An Angel's Wing in 2017 and has been helping our community since.

June 4

AUBURN -- The Maine Iris Society announces its upcoming Iris & Spring Flower Show being held on Saturday, June

4th from 130pm to 4pm at the Auburn Middle School, 38 Falcon Dr, Auburn. Admission is free and will feature a sale of Potted Perennials and Irises. Bare-Root Iris Rhizomes will also be available for \$1 each.

June 4-26

FREEPORT -- CARAVAN OF DREAMS, written and directed by Stephen Legawiec; presented by Ziggurat Theatre Ensemble and the Desert of Maine Center for Arts and Ecology. Opens: June 4 and continues through June 26. Held at Desert of Maine; 95 Desert Road; Freeport, ME 04843. Parking is available in the Desert of Maine lot. For tickets, see <https://caravanofdreams.eventbrite.com> or call (207) 854-8882. General Admission: \$25.00; Seniors/Students/veterans \$20.00; Kids 17 or under: \$5.00.

June 6

AUBURN -- The Auburn Art Club will meet on Monday, June 6 from 12:00 to 2:00 p.m. at the Park Avenue Methodist Church in Auburn. The program will feature an 1870 school. Scholars will be using slates, quill pens, intellectual and mental arithmetic, and preparing their declamations.

A box lunch, including bottled water, chips, and dessert will be provided by the club. Closer to the date the president will e-mail members with more information concerning the

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lunch. All members are invited to attend.

June 6

GORHAM -- 8:30am Gorham Village Alliance Meeting Council Chambers

June 6

GORHAM -- 7pm Planning Board Meeting Council Chambers

June 7

GORHAM -- 6:30pm Regular Town Council Meeting & Public Hearing on proposed municipal budget Council Chambers

June 8

GORHAM -- 7pm School Committee Meeting Council Chambers

June 9

LEWISTON -- The Sampson Southern Maine Squadron AFB Veterans will be having a get together June 9th at noontime Thursday at the Governors Restaurant in Lewiston. Sampson was once a Naval Training Base 1942-1945 but was used as an Air Force Training Base 1950-

1956. All veterans are welcome. FMI email wwmtk-wkr1933@gmail.com

June 9

SKOWHEGAN -- 8:30am – 4:30pm Build Maine Event – Conference Day The Maine Spinning Mill, 7 Island Avenue, Skowhegan

June 14

GORHAM -- 7am – 8pm Election Day

June 14

GORHAM -- 7pm Conservation Commission Meeting Conference Room A

June 16-19, 23-26

AUBURN -- The L/A Community Little Theatre presents the classic comedy You Can't Take It With You, one of the most popular and successful plays of modern times. Show dates are June 16-18, 23-25 at 7:30 p.m., and June 19 and 26 at 2:00 p.m. Visit the website at (laclt.com) for more information or to purchase tickets.

Sen. Collins Announces \$14.8 Million for 10 Maine Airports

WASHINGTON, D.C. (May 10, 2022) – U.S. Senator Susan Collins, the Ranking Member of the Transportation Appropriations Subcommittee, announced that 10 Maine airports will receive a total of \$14,795,574 to make critical infrastructure improvements. This funding comes from the Federal Aviation Administration's (FAA) Fiscal Year 2022 Airport Improvement Program. Senator Collins co-authors

the appropriations bill that funds this program each year.

"Maine's airports are vital pieces of our state's transportation network that promote job creation and economic development. Throughout the state, airports play a critical role not only in carrying residents and visitors, but also in facilitating medical services for those in rural communities in emergencies when seconds count," said Senator

Collins. "This significant investment will allow airports across our state to make much-needed improvements to their infrastructure, improving the safety and efficiency of operations."

Maine airports will use this funding to support airport improvement projects, such as runways and taxiways. The funding will be allocated as follows:

Bangor International Airport will receive \$300,000 to rehabilitate its

runway.

Hancock County – Bar Harbor Airport will receive \$650,000 to improve airport drainage and erosion control.

Brunswick Executive Airport will receive \$147,000 to seal its taxiway pavement surface and joints.

Eastport Municipal Airport will receive \$136,375 to install a runway vertical and visual guidance system.

Newton Field

Airport in Jackson will receive \$531,000 to extend its runway, reconstruct its apron, and rehabilitate its taxiway.

Portland International Jetport will receive \$11,249,447 to rehabilitate its runway.

Presque Isle International Airport will receive \$971,752 to acquire aircraft rescue and firefighting safety equipment, construct a taxi

lane, reconstruct perimeter fencing, and seal

apron, runway, and taxiway pavement surface and joints.

Princeton Municipal Airport will receive \$60,000 to seal its apron pavement surface and joints.

Knox County Regional Airport in Rockland will receive \$600,000 to acquire snow removal equipment.

Sanford Seacoast Regional Airport will receive \$150,000 to update its airport master plan.

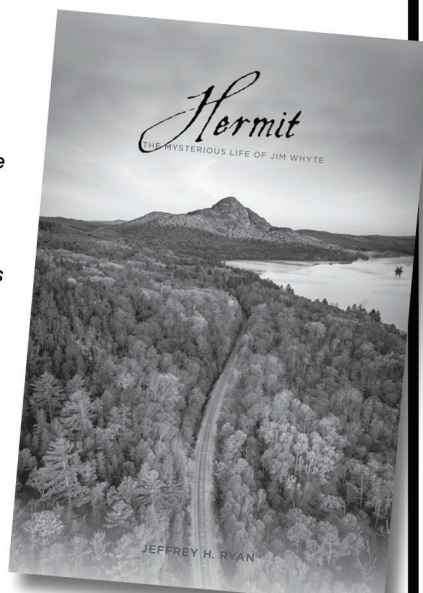
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— Bill Bushnell, *Bushnell on Books*

"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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The Grange located in Gorham at 33 Wilson Rd. (off rte 237) is inviting you to join us at any meeting the first Friday of the month at 7 PM.

Folks willing to put their generous hearts and open hands to raise all of their neighbors and community is the goal of the Grange since 1876. The Grange is an inclusive nonprofit organization. Local activities include but not be restricted to crafts, music, suppers, display at the Cumberland fair and quilts for veterans. Our agenda and focus is at the local level determined by the members themselves. The historical Grange Hall is the perfect building and location for doing any craft. Handicapped accessible, heat, hot water, and full kitchen.

Dues are \$26 per year.

Facebook /Gorham White Rock Grange #380 Web/ mainestategrange.org The White Rock is called Subordinate grange. Use right column to locate.

Ph/ 207-839-3946 leave a message.

Please Join Us!

Summit Community Church Invites K-5 Graders to VBS



GORHAM, ME (May 20, 2022) -- Summit Community Church would love to invite you to our vacation bible school program: Spark Studios

this summer. We are hosting it at our building on 53 County Road, June 27-July 1 from 9am-12pm. It's free and open to incoming kindergarten through

fifth grade students. If you would like more information or to sign up, please visit the website below. <https://summitmaine.org/vbs/>

Garage Sales - The Ultimate Spring-Cleaning Strategy

PORTLAND, ME (Grassroots Newswire) (May 9, 2022) -- The clean-up and clear-out specialists at the residential-friendly dumpster company Bin There Dump That know that traditional spring-cleaning chores can result in piles of clothing, furniture, small appliances, books, toys, sports equipment, etc., that homeowners no longer need. "That's why late spring is such a popular time for yard sales," says local entrepreneur Bill George, owner of Bin There Dump That of Portland. "Yard sales are a great way to put things you don't need any more back into circulation, not into landfills and not back in your garage or basement."

Bin There Dump That has developed a comprehensive Garage Sale Guide with tips and tricks to help Portland area homeowners plan and execute a successful, enjoyable yard sale, but there are some basics that Bill says you need to keep in mind before you begin.

Confirm that your community and/or neighborhood allow homeowners to hold a garage or yard sale. Then look into permit requirements and

pick a day - Saturdays are best - when people are likely to come.

Do your research if you are selling art, jewelry, fashion, books, or other items that could have substantial value. Then, focus on pricing things right, keeping in mind that anything you sell your items for is a profit on items you didn't want or need anyway. (See the Pricing Guide section of our Garage Sale Guide.)

Make plans to get the word out before the sale through social media and word-of-mouth. Place eye-catching, easy-to-read signs (with balloons on the day of the sale) at major intersections near your home and at the entrance to your neighborhood.

"Another great way to attract potential buyers to your sale is to make it a neighborhood event," says Bill George. "Your neighbors may even want to share the expense of a dumpster to dispose of the items that don't sell. Keep in mind that, when you select items for your garage sale, you have already made the decision that you don't need them anymore. Stick to that decision and discard them rather than cart them back inside as clutter in your freshly

cleaned home."

Bin There Dump That specializes in residential-friendly, easy access dumpsters that are designed for jobs ranging from simple yard clean-up chores to full remodeling construction projects. To learn more about renting a dumpster, or to discuss a project with a Bin There Dump That Dumpster Consultant, please contact Bin There Dump That of Portland at (207) 224-0337 or portlandme@bintheredumpthat.com. For more dumpster planning tips, or to learn more about Bin There Dump That, please visit <https://www.bintheredumpthat.com>.

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