

Local Students Intern with Flavors Hook Kids Maine

PORTLAND, ME (June 30, 2022) – Four Maine students wrapped up the school year by also wrapping up a 10-week internship with Flavors Hook Kids Maine. The campaign has been working to encourage communities, and the Maine Legislature, to end the sale of flavored tobacco products. The four students came from different parts of Maine.

“The interns we’ve had over the last 10 weeks of the school year were tremendous,” said Julia Panepinto, field director for Flavors Hook Kids Maine. “Not only did they provide a lot of help for this organization, but they all firmly believed in the cause. It is no secret that flavored tobacco products are designed to hook younger tobacco users at an early age. These interns have seen it first hand and they are fed up with big tobacco hooking people their age on what could be a lifetime of addiction, all in the name of larger profits. They know it’s disgusting and they worked very hard to put an end to it.”

Fern Beede of Bowdoinham, Issak Hynd of Warren, Megan Whitten of Milo, and MacKenzie Schors of Machias interned on the campaign. During the students’ experience, Portland and Brunswick each passed an ordinance ending the sale of flavored tobacco products in their communities. The Bangor City Council was the first to pass such an ordinance in the fall of 2021. The Bangor ordinance was to take effect on June 1, along with Portland and Brunswick. However, Bangor’s ordinance was repealed due to a procedural issue. The Bangor City Council now must go through the entire process again, starting with a workshop that will likely be held next month.

“These students saw first hand how grassroots support for causes can work,” said Panepinto. “They saw municipal government, state government, and local organizers in action, and they saw some great progress and momentum for a cause they believe in. I know it was a terrific experience for all of them, and they all have had the opportunity to learn about everything from government to leadership in their 10-weeks with this organization.”

More details can be found at www.FlavorsHookKidsMaine.org.

Outdoor Movies with the South Portland Chamber



SOUTH PORTLAND, ME (July 1, 2022) -- Join the South Portland-Cape Elizabeth Chamber of Commerce for special outdoor movie events:

Tuesday July 19, Bug Light Park – “The Croods: A New Age”

Tuesday July 26, Bug Light Park – “Space Jam: A New Legacy”

Tuesday Aug 2, Redbank Community Field – “Encanto”

Movies will start at sunset (around 8 PM). We highly recommend arriv-

ing earlier for parking and to claim your spot and get food. These events are FREE and no registration is required. Limited parking is available onsite. Near Bug Light; additional parking will be available at the Southern Maine Community College (SMCC) parking lot.

Join us for food and beverage and family fun! The South Portland Human Rights Commission will also be providing an educational component to the “Encan-

to” screening at Redbank.

In addition to South Portland Parks & Recreation, we’d like to thank our sponsors:

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Forbes Awards Evergreen CU Best-In-State Credit Union

PORTLAND, ME (June 30, 2022) -- Forbes recently named Evergreen Credit Union to their Best-In-State Credit Unions 2022 for Maine.

To shine a light on the best credit unions in each state, Forbes went directly to the customers, partnering with market research firm Statista to conduct in-depth interviews of more than 26,000 U.S. citi-

zens from all 50 states on their banking relationships. For every bank or credit union at which they had a checking account, customers provided an overall satisfaction score and were asked if they would recommend that bank or credit union to friends and family. Respondents also answered a detailed battery of questions focused in six separate facets of the relationship: Trust, terms & conditions (including reasonable and transparent fees), branch services, digital services, customer service, and financial advice. Based on a 1-100 scale,

scores ranged from 74.2 to 93.6, and just 3.4% of credit unions across the country made the cut for the best-in-state rankings.

Evergreen President and CEO Jason Lindstrom states, “This award results from enhanced staff training, new technologies and our constant focus on delivering every day the experience our account holders expect, whether in person or online. We’re obviously thrilled.”

Evergreen Credit Union is the 5th largest in the state based on asset size, serving all Southern Maine.

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Newsmakers, Names & Faces

AARP Awards Grants to 11 Maine Organizations

PORTLAND, ME (June 28, 2022) -- Today, AARP Maine announced that eleven organizations throughout the state will receive 2022 Community Challenge grants – part of the largest group of grantees to date with \$3.4 million awarded among 260 organizations nationwide. Grantees will implement quick-action projects that help communities become more livable in the long-term by improving public places; transportation; housing; diversity, equity and inclusion; digital access; and civic engagement, with an emphasis on the needs of adults age 50 and over.

“AARP Maine is committed to working with communities to improve residents’ quality of life through tangible changes,” said Noël Bonam, AARP Maine State Director. “We are proud to collaborate with this year’s grantees and to support their

efforts as they make immediate improvements in their communities to jumpstart long-term change, especially for Mainers 50 and over.”

Here in Maine, projects funded include:

Bangor Livable Communities - The safety and functionality of the Kenduskeag Stream Trail will be improved by widening the trail, installing ADA-compliant benches and improving signage. A structural assessment of one bridge will be conducted.

Kennebec Estuary Land Trust - The Whiskeag Trail will be widened and stabilized; bridges will be widened, with ramps added; ADA-compliant benches will be installed; and an emergency system will be updated.

Age-Friendly Communities of the Lower Kennebec - A multimedia package informing recipients about accessory dwelling



units will be produced.

Danforth Livable Communities - The city’s Livable Communities Center will be brought up to ADA standards with a new front walkway and entryway and a renovation of its stairwell.

United Way of the Tri-Valley Area - A program providing free rides to people age 50 and older in this rural community will be maintained and expanded, partly with the addition of seven volunteer drivers.

Marti Stevens Interactive Improvisational Theater (“MSIIT”) - Theatrical performances about challenges experienced by older adults will be staged at venues across central Maine. (Look up the organization’s name to read

an AARP.org/Livable article about this grantee and interactive theater).

Age-Friendly Portland - Local businesses will be encouraged to accommodate older adults by applying for age-friendly-business designations. The rewards will include window decals, a certificate, and free ramps and entry buzzers.

Project GRACE - Three community gardens, two of which are used exclusively to feed undernourished residents, will gain funding, as will a program that provides supplemental heating assistance and home repairs to older adults.

Georges River Land Trust - A portion of an existing riverfront trail will

receive new seating, trail-head kiosks with information about the area and new accessible parking spots.

Age-Friendly South Portland - A walk audit will be conducted to identify ways to improve safety on the Green Belt Trail. Signage will also be installed, and a program on the correct use of the trail will be produced for Access TV.

Town of Surry - Signage will be added along Route 172 to slow speeding traffic by drivers who are often unaware of the small town’s presence as they shuttle between Ellsworth and Blue Hill.

AARP Community Challenge grant projects will be funded in all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands. True to the program’s quick-action nature, projects must be completed by November 30, 2022.

This year, AARP is bolstering its investment

of affordable and adaptable housing solutions in response to the national housing crisis. With additional funding support from Toyota Motor North America, the program is also increasing its support of projects that improve mobility innovation and transportation options.

The grant program is part of AARP’s nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for people of all ages. Since 2017, AARP Maine has awarded 32 grants and \$179,912 through the program to nonprofit organizations and government entities across the state.

View the full list of grantees and their project descriptions at aarp.org/communitychallenge and learn more about AARP’s livable communities work at aarp.org/livable.

Collins, King Law Extends School Meal Programs, Free Lunches

WASHINGTON, D.C. (June 30, 2022) – U.S. Senators Susan Collins and Angus King announced that the Keep Kids Fed Act was signed into law. The legislation, which is based on a bill they co-sponsored earlier this year, will extend critical flexibilities for schools and meal programs to provide children healthy meals this summer and to help schools and daycares respond to supply chain challenges and high food costs for the coming school year.

“The COVID-19 pandemic has further highlighted the importance of school meals for tens of thousands of Maine families. In our state and across the country, schools have done a tremendous job working to support the nutritional needs of students

through the challenges of the pandemic, helping to alleviate hunger and allowing students to focus on their studies,” said Senators Collins and King in a joint statement. “As we emerge from this public health crisis, it is crucial that children are able to continue enjoying nutritious meals during the summer months, and have certainty those meals will be there when the school year begins. In addition to supporting students and families, many schools in Maine and across the country are short-staffed and struggling to manage the added burden of inflation and supply chain disruptions. This legislation would give our nation’s schools and other meal programs the flexibility they need to continue to

serve all students.”

“We are so grateful to Senator Collins and Senator King for supporting the Keep Kids Fed Act,” said Justin Strasburger, Executive Director, Full Plates Full Potential, which is based in Brunswick. “Without an extension of the critical child nutrition waivers that have expanded food access for kids throughout the pandemic, Maine kids could lose access to as many as 400,000 meals this summer. While the peaks of the pandemic are hopefully behind us, child nutrition programs continue to struggle with rising food costs, staffing shortages, and supply chain disruptions. Extending these waivers will provide these programs with a much needed bridge year of sup-

port and ensure our kids continue to have consistent access to meals.”

The Keep Kids Fed Act will extend USDA school meal flexibilities for Summer 2022 to allow meal delivery and grab-and-go and non-congregate options to continue. The bill will also continue to waive area eligibility requirements for the summer so providers can serve all children for free. These flexibilities have given our schools and summer meal programs much-needed support to deal with ongoing food service issues and keep kids fed during the pandemic. The bill will also help schools transition

back to normal meal operations under the National School Lunch Program for the 2022-2023 school year by extending certain administrative and paperwork flexibilities. This will assist meal program operators who are weathering a number of challenges, including staff shortages, supply chain breakdowns, and increased food costs.

Additionally, the legislation provides a temporary increase in reimbursement rates for the 2022-23 school year. This support is critical for schools, which are facing a 35-40% increase in food costs due to supply chain and inflation issues.

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Newsmakers, Names & Faces

UMaine Researchers: More Needed to Manage Obesity

ORONO, ME (July 1, 2022) -- In light of the pandemic, addressing conditions like obesity that can lead to higher rates of hospitalizations and death is more important than ever. According to researchers from the University of Maine School of Nursing, the key to managing the obesity epidemic in Maine lies in better state and federal policies and incentives, as well as more accessible health information to empower individuals to act.

The worldwide prevalence of overweight or obese children nearly quadrupled between 1975 and 2016. Maine is facing a health crisis from the high prevalence of obesity, which is further complicated by social, economic and cultural factors, like the state's aging population, high poverty rate and low health literacy.

Obesity is known as a comorbid condition, or one that creates a chronic inflammatory response that makes a person more likely to suffer from poor

health outcomes when exposed to other inflammatory conditions like viruses.

Obese individuals are more likely to die when they contract a novel virus, like the SARS-CoV-2 virus or H1N1, or swine flu, which experienced a global outbreak in 2009. The COVID-19 pandemic made the risks of obesity even more relevant, as hospitalizations tripled for obese COVID-19 patients.

Genetics and social factors like geographic location, access to social services and socioeconomic status can predispose an individual to obesity, but measures can also be taken to manage the comorbid condition.

In a newly published perspective for the American Society of Microbiology journal, Kathryn Robinson, assistant professor of nursing, and Deborah Saber, associate professor of nursing, argue that new initiatives and revised policies are needed to address the crisis in Maine.

"This is important



because we need to optimize the health of our population to prepare for future infectious outbreaks," says Saber.

First, they suggest more state health incentives. State-led services covered COVID-19 tests and vaccinations, for example, but little has been done with the focus on addressing the obesity epidemic. Virtual opportunities are also needed to provide education to rural areas, as well as financial grants for those living in poverty and struggling with food security.

Second, Robinson and Saber recommend that employers in Maine incentivize healthy living. Some employers already have programs that promote mental health and nonsmoking with financial rewards and cost savings. Additional programs could focus on healthy

eating and weight management. They also recommend replacing high sugar and fat options in vending machines with healthy snacks, catering cafeteria foods towards healthy eating and offering educational campaigns to promote healthy weights through workplaces.

Third, the state should take better advantage of federal incentives and initiatives to grow and distribute healthy foods. During the pandemic, the U.S. Department of Agriculture covered certification and education expenses to farms producing certified organic or transitioning to organic farms. Also, a licensing law agreement with the federal program, the Child and Adult Care Food Program provides nutritious meals and snacks to children and adults in their care through federal fund-

ing but only about 45% of licensed childcare programs in Maine utilized the program in 2021.

Maine health care agencies promote a healthier lifestyle through "Healthy People 2020," a federal government prevention agenda for "building a healthier nation" by increasing public awareness and education surrounding physical activity and tracking the proportion individuals with obesity, but prioritizing factors like the geographic location, available social services and socioeconomic status of individuals in vulnerable communities will help better tailor such programs to the needs of Maine.

"The pandemic demonstrated that Maine has the capacity to quickly adapt in times of crisis, and has the infrastructure to support promotion of wellness. We'd like to see more organizations at the local, state, and federal level provide wellness initiatives and incentives to the Maine people," says

Robinson.

Finally, individuals need to feel empowered to take responsibility for their health and wellness. While governing bodies can do more to increase health literacy among Mainers, individuals should feel empowered to make well-informed health decisions. Digital health literacy could help, increasing access to electronic sources such as websites and gaining access to personal health information will provide quicker involvement. Consumers have easily accessible and free healthy opportunities, they may be motivated to participate.

Novel infections like COVID-19 will continue to emerge in the future. Addressing the obesity crisis in a multi-dimensional way needs to be at the forefront of Maine's health care.

"We hope to see a proactive approach to building and maintaining health rather than a reactive approach to regaining health," says Saber.

Maine Paves the Way for Women in STEM

BOSTON, MA (June 28, 2022) – Sappi North America Inc., a leading producer and supplier of diversified paper, packaging products and pulp, in partnership with the Girl Scouts of Maine, today announced the national roll-out of the Paper Scientist Patch program. The patch program teaches girls the science and technology of the pulp and paper industry.

The first-of-its-kind program first welcomed Girl Scouts from around the State of Maine in 2017 to attend a paper scientist

expo at Sappi's Technology Center in Westbrook. Girl Scouts participated in activities aimed at teaching the science of paper, ranging from papermaking to recycling, and could earn their Paper Scientist Patch at the conclusion of the expo. With the addition of the Technical Association of Pulp and Paper Industry (TAPPI) as a partner in the initiative earlier this year, the Girl Scout patch program has expanded nationally, celebrating the science and technology of the pulp and paper industry.

"Paper science is a

fascinating and rewarding field," said Beth Cormier, Vice President, R&D and Sustainability for Sappi North America. "Because paper-based products are such a huge part of our everyday life, from the books we read, to the packaging of products, to the tissues we use, it's important for people to understand what an amazing renewable material it is and the exciting career paths it offers women and men."

The new virtual program is now available and accessible to all Girl Scouts nationwide.

Through this virtual experience, Girl Scouts learn about the lifecycle of paper from inception as a tree to recycling facility and everything in between. To earn the patch, participants complete activities at six stops on the virtual map. Each stop includes interactive and educational exercises that teach about the different parts of a tree, how paper is made, the use of pulp and paper in items found at home and the importance of recycling.

"With the positive experiences that girls had at the in-person paper sci-

entist expos in 2018 and 2019, we are excited to add a virtual option for completing the Paper Scientist Patch program," says Samantha Lott Hale, Programs Director for Girl Scouts of Maine. "The virtual scavenger hunt includes all the links and instructions so Girl Scouts anywhere can learn about, reflect upon, and take action on paper, the environment, and sustainability. The virtual assets highlight the interesting science behind papermaking and the environment, and give Girl Scouts the chance to

explore STEM career options."

This initiative is one example of Sappi's commitment to the advancement of women and making positive impact on communities. In 2021, the company exceeded its goal and appointed 21% of women in senior management positions.

To learn more about Sappi North America and the Girls Scouts Paper Scientist Patch Program, please visit <https://www.sappi.com/teaching-the-girl-scouts-of-maine-about-paper-science>.

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Comprehensive MaineCare Dental Coverage Launches

AUGUSTA, ME (June 30, 2022) — The Mills Administration announced today that it is expanding MaineCare dental coverage for adults and increasing reimbursement rates for dental providers on July 1, representing an estimated \$45 million investment in oral health.

Governor Mills proposed the expansion of adult dental benefits in the 2022-2023 Biennial Budget following the Health and Human Services Committee's unanimous support of Speaker of the House Ryan Fecteau's bill, LD 996, An Act To Improve Dental Health Access for Maine Children and Adults with Low Incomes. Friday's launch of the new benefit follows almost a year of work by the Maine Department of Health and Human Services (DHHS) alongside dental providers and other state oral health leaders to develop rules to implement the law.

MaineCare members aged 21 or older will be automatically enrolled in the new dental benefit on July 1. This coverage is expected to ultimately benefit more than 217,000 Maine people, as members begin to seek care over time and as DHHS continues to encourage and assist dental providers to increase the number of MaineCare members they serve, as part of a broad effort to increase access, particularly in rural areas. The benefit covers a comprehensive array of dental services, from cleanings and fillings to root canals, dentures, and other critical oral health services. Previously, coverage for adults was limited to emergency situations, such

as tooth extractions. MaineCare has and continues to provide comprehensive dental coverage for children.

The updated dental rates represent a significant investment in providers who serve both adults and children covered by MaineCare. The bulk of the increase supports rates for diagnostic and preventive services, which will see an average increase of 70 percent, as early investment in these types of services can reduce future costs of oral health care.

Together, the coverage expansion and rate initiatives represent an estimated \$45 million investment in oral health, more than doubling MaineCare's current investment.

"Dental health is an important part of overall health," said Governor Janet Mills. "Providing preventive and routine dental care will not only improve the health and wellness of hundreds of thousands of Maine people, but it will also save money in the long-run by preventing the need for expensive emergency care. I am glad to have worked with the Legislature to expand dental care for Maine people."

"With MaineCare covering 1 in 4 people in Maine, this new dental coverage combined with higher reimbursement rates will benefit hundreds of thousands of Maine people," said DHHS Commissioner Jeanne Lambrew. "Oral health is critical to general health and to participating in the community and the workforce. We're grateful to the Governor, Speaker Fecteau and the Legislature, and

our partners throughout the state for making this important benefit a reality."

"This is just one way that lawmakers have worked to expand access to health care in Maine. Our previous system had forced people to use the emergency room when their teeth reached the point of no return, which was costing folks their dignity and health. The stories I heard were simply heartbreaking. As of today, the Mainers who were willing to share their stories have helped change the face of health care in our state," said Speaker Fecteau of Biddeford. "This was an effort led by Maine people and I am so proud that it received bipartisan support in the Legislature."

"Oral health is an essential element of overall health, and dental care is a critical health service for all Maine people. Research shows that children will be more likely to get the preventive care they need to stay healthy when their whole family has access to care," said Becca Matusovich, Executive Director of the Children's Oral Health Network of Maine. "We are grateful to the Department of Health and Human Services and the Mills Administration, as well as the bipartisan efforts of the 130th Legislature, for their historic efforts to enable both the expansion of the comprehensive dental benefit for adults and the rate reforms needed to ensure that providers who serve MaineCare members can be fairly compensated. Maine's dental providers are still recovering from the pandemic and ongoing workforce shortages, and

while it may take time for everyone who wants an appointment to get one, our network is very excited to collaborate with the Department to encourage and support dental providers across the state who are working hard to serve more MaineCare members."

"Maine people brought painful and personal stories to Augusta about the unmet need for dental care, and we are overjoyed that because of their leadership and the work of legislators and Governor Mills, MaineCare will now cover dental care for adults," said Kathy Kilrain del Rio of Maine Equal Justice. "The process of creating the new adult dental benefit, improving existing policy for children, and the significant investment in reimbursement rates is a true model for future policymaking. The Department of Health and Human Services' Office of MaineCare Services has worked closely with stakeholders for nearly a year and the result is a benefit that will truly change lives."

"The inclusion of the Adult Dental Benefit in MaineCare reflects the recognition of and commitment to the importance of oral health on overall health by the Administration and the 130th Legislature," said Dr. Norma Desjardins, President of the Maine Dental Association and Executive Director of St. Apollonia Dental Clinic. "The Maine Dental Association has been at the table working in partnership with the Maine Department of Health and Human Services' Office of MaineCare Services and other stakeholders to work towards the

long-term success of this essential benefit and the best oral health for the people of the State of Maine. We look forward to our continued collaboration to help address some of the logistical challenges patients and providers may experience in the coming weeks and months, as dental offices, like many health care offices and facilities across the state, continue to experience staffing shortages as a result of the pandemic."

The design of the new dental benefit is the product of collaboration involving the Department, dental providers, dental advocates and other oral health leaders. Between August 2021 and May 2022, the Department engaged stakeholders and the MaineCare Advisory Committee, convening 11 working sessions to work through the details of the new coverage. The Department also hosted two broad stakeholder forums to gather input from the larger dental community and the public.

As a result of this process, the Department is adopting an emergency rule that includes the expanded benefit and new dental reimbursement rates that goes into effect July 1. The Department will propose a permanent rule in July.

The Department will continue working with stakeholders over the summer and beyond on outreach to dental providers statewide to advise them of these improvements and opportunities to serve lower-income Maine people.

The Mills Administration has taken action to strengthen Maine's health care workforce, includ-

ing dental care providers, through a \$20 million effort in the Governor's Jobs Plan, which she first announced in October 2021. This includes an initiative offered through the Finance Authority of Maine (FAME) to provide student loan repayment assistance to health care professionals in medicine, dentistry, behavioral health, and nursing education. Under the initiative's programs, health care professionals can apply for up to \$75,000 in relief for qualifying student loan debt while nursing educators can receive up to \$40,000. To be eligible, nursing educators or health care professionals must be working in Maine or must commit to working in Maine for at least three years.

Healthcare Training for ME, another initiative of her Jobs Plan, expands availability of free and low-cost career training to help health care workers advance their careers, support workforce training needs of healthcare employers, and attract new workers to fast-growing fields. Through the Healthcare Training for ME website, individuals and employers can connect with training from employers and education partners, such as adult education programs, community colleges, and the university system. Individuals and employers may then apply to receive tuition assistance to enroll in training programs, or offer training to their employees, at little or no cost.

MaineCare members interested in learning more about the new comprehensive dental benefit may call Member Services at 1-800-977-6740 or 711.

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Summer Is Short, Make Time To Do What You Love...Go Fishing!

MAINE, STATE-WIDE (July 1, 2022) -- It's officially summer and that means camping, hiking into your favorite fishing spots, and paddling Maine's beautiful ponds, rivers, and lakes. While spring fishing is coming to an end, there are still fish to be caught, you may just need to change your approach including your depth, fishing spot, or even target different species.

How to safely catch and release

If you are planning



to release your catch, have a plan so you can release your fish unharmed and as quickly as possible.

Always wet your hands before handling the fish and keep the fish in

the water as much as possible (as little as 30 seconds of air exposure can cause delayed mortality of released trout).

If you want a photo, keep the fish in the water



until ready for the shot, and remember, the memory is better than the "perfect" photo.



Protect our waters and fish

Don't dump your bait! Properly dispose of unused baitfish on land or in the trash. Never release any live baitfish into a wa-

ter body. If fishing with worms, dispose of them in the garbage.

Clean, Drain, and Dry your fishing gear to stop the spread of aquatic invasive species. This includes your boat, rods, waders, footwear, ropes, and all gear.

If fishing with soft plastic lures, do so responsibly. Secure it, check it often, and dispose of it in the trash or recycling bin.

And make sure you are following Maine's lead laws to protect loons and other wildlife.

Update Issued In Response to Bird Flu Cases

AUGUSTA, ME (July 1, 2022) -- Today, due to another detection of highly pathogenic avian influenza (HPAI) in Maine in a small, non-commercial group of backyard birds on June 28, Maine Animal Health Officials with the Department of Agriculture, Conservation and Forestry, announced the continuation of their advisory recommending cancellation or postponement of competitions, exhibitions, shows, swaps, or other in-person events

encouraging the gathering or comingling of domestic fowl or poultry.

Advisory: The risk for Highly Pathogenic Avian Influenza (HPAI) remains high, and bird owners are advised to keep birds indoors to prevent the spread of this disease. The trends observed with past North American HPAI outbreaks are that we often see a reprieve in the summer months. Unfortunately, this is not the pattern observed in the current outbreak. Animal Health Officials

in Maine now recommend that all competitions, exhibitions, shows, swaps, or other in-person events encouraging the gathering or comingling of domestic fowl or poultry be postponed until at least 30 days after the last detection of an infected flock in our state.

If organizers proceed with a poultry event, follow these important guidelines for keeping birds and other flocks healthy. Most importantly: if a flock at home is not healthy, DO

NOT go to the poultry show. Even if not bringing birds, clothes and footwear could carry disease into this environment. In addition:

Minimize contact with the birds on exhibit and with their environments

Wash hands on the way into and out of the exhibit

Clean and disinfect poultry cages between use

Keeping gallinaceous (chickens, turkeys, guinea fowl) birds physically separate from waterfowl at the exhibit is strongly recommended. Consider not bringing waterfowl to the exhibit, as they can carry this virus without showing signs of illness.

Be prepared to respond to suspect or confirmed cases of influenza: document show participant information, make a plan

for restricting access to the exhibition barn, and keep contact information for state and local veterinarians handy.

The risk assessment for HPAI transmission is ongoing and dependent on dynamic factors such as weather and wild bird migratory patterns. As the southern migration begins this Fall, adjustments to our flock management

See **Bird Flu**, page 12

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Arts & Entertainment

Songs Of Summer In Scarborough!

SCARBOROUGH, ME (July 1, 2022) -- Since 2000, the Scarborough Community Chamber of Commerce in partnership with Community Services has put on a Summer Concert Series in the Park, featuring local, regional, and national talent right here in our very own Memorial Park. Reaching over

9,000 Scarborough and surrounding area residents each season – and continuing to grow! – these concerts are a wonderful place for families and friends to get together, listen to great music, and have a lot of fun!

Scarborough Concerts Are Happening All Summer Long

- Thursday, July 7, 2022 - Sixties Invasion
- Thursday, July 14, 2022 - Don Campbell Band
- Thursday, July 21, 2022 - Motor Booty Affair
- Thursday, July 28, 2022 - Something Stupid
- Thursday, August 4, 2022 - Running Down a Dream



PCM Announces Lineup for Free Casco Bay Island Concert Series

PORTLAND, ME (June 30th, 2022) -- The Casco Bay Island Concert Series, hosted by the Portland Conservatory of Music and made possible by a grant from the Casco Bay Islands Alliance, is a free concert series hosted

on various islands in Casco Bay. The series features PCM faculty and concerts will include a jazz combo, the music of Latinx composers, an accordion ensemble and more!

This free concert series is part of the mission

of the Portland Conservatory of Music to provide access to quality music education and performance for all ages, abilities and financial levels.

To make a donation to support these efforts, go to PortlandConservatoryofMusic.org and click on the donate button.

The series kicked off on July 5th at 7pm on Peaks Island with the Maine Squeeze Accordion Ensemble, featuring PCM faculty member Peter Blackstone.

The series continues at Peaks on July 21st at 7pm with a performance by the Titus Abbott Col-

lective, featuring PCM Jazz Studies Director Titus Abbott on the Saxophones, Jamie Saft on Keyboards, Jim Lyden on Bass and Michael Sarin on Drums.

On July 24th the series moves to Great Diamond Island for a 4pm performance of Latinx composers featuring PCM Certificate Program director and flutist Laura del Sol Jiménez, alongside PCM guitar faculty Timothy Burris.

On August 8th Timothy Burris will be joined by PCM piano faculty Jesse Feinberg and his wife, Candace Marlo Feinberg

on the drums. The trio will perform a mix of “Something old, something new” on Cliff Island at 2:30pm.

The series finale will showcase the Maine Middle Eastern Ensemble on Long Island, featuring PCM faculty member Eric LaPerna, August 12th at 5pm.

All concerts line up with the Casco Bay Lines ferry schedules. More information, including the corresponding ferry schedules, can be found at: portlandconservatoryofmusic.org/casco-bay-island-concerts

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Wolfe's Neck Woods State Park Nature Programs for June 2022

FREEPORT, ME (June 28, 2022) -- Wolfe's Neck Woods State Park offers nature programs daily in July, at 2:00 p.m., except July 27. Nature programs start at the benches by the end of the second parking lot unless otherwise noted and may include walks, talks, and activities in a beautiful natural setting. Programs last about one hour unless otherwise noted, weather permitting.

No reservations are needed, unless otherwise noted. Nature programs are free with park admission. Admission is \$1.00 for ages 5-11; \$4.00 for Maine residents ages 12-64; \$6.00 for non-residents ages 12-64; \$2.00 for non-residents 65 and older. Persons under 5 and Maine residents 65 and older are free. Starred (*) programs are wheelchair accessible. For more information, to register for programs, or to arrange for group visits, please call 865-4465.

7/1 Tree Hunt- Learn to identify the main species of trees present in the park. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/2 Stroll with the Ranger – Enjoy a leisurely stroll on the accessible White Pines Trail with a knowledgeable guide. 2:00 p.m. meet at the benches by the second parking lot, 1 hour program, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/3 Osprey Watch - Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/4 Leave No Trace – stop by the table in the field any time between 2pm and 3pm to learn about Leave No Trace and how you can help take care of our outdoor spaces, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/5 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/6 Stories in Stone – Get to know the story

of Maine's beautiful rock-bound coast on this walk with short talks and activities. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/7 Forest Detective - The forest is an open book, if you know how to read it. Learn how on this fascinating tour of natural history. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/8 Fond of Fronds – Learn about the multitude of fern species that inhabit our forest and how to identify them. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/9 Hike with the Ranger – Enjoy the best that the park has to offer in this season on this hike with a knowledgeable guide. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/10 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/11 Casco Bay Walk – Enjoy views of islands and rocky shores on the one-mile walk along the beautiful Casco Bay Trail. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/12 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission.

Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/13 Wild Relatives - Everyone has them! Get acquainted with the wild relatives of things in and around your home on this

tour. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/14 Tree Hunt- Learn to identify the main species of trees present in the park. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting.

See Nature, page 10

St. Dom's Academy Boys' Hockey Program Annual Golf Tournament Friday, August 12th, 2022



Fox Ridge Golf Course in Auburn, Maine
Friday, August 12th, 2022

Registration begins at 8:00 a.m. with a Shotgun Start at 9:00 a.m.

\$100/player or \$400/team.

Team Name: _____
Phone Number: _____
Mailing Address: _____
Email Address: _____

Captain: _____
Name: _____
Name: _____
Name: _____

Handicap: _____
Handicap: _____
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Team Entry Fee: \$400
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If you have any questions or want to volunteer, please contact either:

Coach Dan at 207-240-3015 or ddauteuil@sta-law.com

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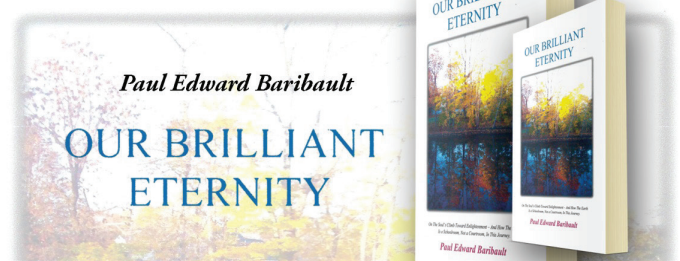
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Summer Activities at Baxter Memorial Library

GORHAM, ME (July 1, 2022) -- BML is hosting a variety of fun activities for kids and families this summer. Check them out!

Baby Discovery Time; Mondays at 9:30am

Join Ms. Dani on the lawn as she leads families in a lapsit baby story time. Bring a blanket and enjoy books, babies, and music together. (Ages birth-18 months)

Toddler Discovery Time; Mondays at 10am

Bring a blanket and join Ms. Dani on the lawn for fun books, music, and movement activities. (Ages 18 months-3 years). In the event of inclement weather we may have to cancel these programs. We've purchased 2 big canopies for sprinkly days but best to call the library or check Facebook the day of the program to see if it will be cancelled.

Obstacle Course; Tuesday, July 12th 10am

Join us on the lawn for an obstacle course that will have you jumping, crawling, running, and spinning. All ages are welcome!

Art in the Park; Thursday, July 14th, 28th & August 11th 10:30am

Bring your snacks and a blanket as we enjoy

art in the park together. We will supply the paints and paper and you supply the creativity. This is one of our most popular summer events. All ages are welcome. In the event of inclement weather this program will be cancelled. All ages are welcome!

Scavenger Hunts with Mr. Jeff!; Fridays at 10am

Bring your sense of adventure, keen observation skills, and love for all things nature. Each excursion should take approximately 45 minutes. All ages are welcome!

Friday, July 15th 10am—Join Mr. Jeff at Shaw Park, located off of Rt. 237 on Partridge Lane.

Friday, July 29th 10am—Join Mr. Jeff at the Little River Preserve Trailhead, located on Rt. 202 across from The Hop Yard.

Friday, August 12th 10am—Join Mr. Jeff at Shaw Cherry Hill Farm, located o

Big Blue Block Party; July 19th & August 2nd 10am

Come to our Big Blue Block Party on the lawn! Big Blue Blocks are large foam blocks that encourage kids to explore the 4 c's of STEM: collaboration, communication, creativity, and critical thinking. 15-20 kids can

work together at one time and we will have bubbles for children who are waiting their turn to build. All ages welcome!

Fantasy Scapes: Creating Stories from Nature; Thursday, July 21st 10am

Learn to create fantasy landscapes that will be the seedlings of your next stories. "There are universes waiting to be discovered in our backyards, in a tide pool or the roots of a tree."

Join author/illustrator Kevin Hawkes on the library lawn as he shares techniques for building worlds based on close up observations of nature and the use of creative imagination. We will have drawing supplies for attendees



to use. (Ages 11-18)
Veggie Land; Tuesday, July 26th 10am
Join us on the lawn

for the most creative event of the summer! We will play the game Veggie Land (think Candy Land without the cavities) with our bodies as the pieces and use the lawn as our game board. Navigate through Tomato Tunnel? Oh no,

don't get stuck in Squash Swamp! Game finishers will receive their choice of fresh produce from our very own Gorham Famers Market. SNAP-Ed will be on hand with handouts, recipes, incentives, and a special family food activity. All ages are welcome!

Book Art Crafts; Wednesday, August 3rd 10am

Join us for a multigenerational book arts program. We will use pages from books that can no longer be circulated to make scrabble tile necklaces, bookmarks, buttons and magnets. (Multigenerational- adults and children)

Learn on the Lawn; Thursdays at 1pm

July 7—Kettlebells & jump rope for fitness with Mackenzie O'Brien
July 14—Introductory Tomato Tunnel? Oh no,
See Activities, page 16



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Maine Micro Artisans Opens in Gorham

GORHAM, ME (July 1, 2022) -- Maine Micro Artisans is proud to offer handmade goods from across Maine! You'll find everything from the everyday useful items like natural handmade soaps to gifts for your most special occasions.

They are located at 18 South Gorham Street. Email info@mainemicroartisans.com, see their website at <http://www.mainemicroartisans.com/>, or check out their Facebook page.



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Nature*Continued from page 7*

Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/15 Stories in Stone – Get to know the story of Maine's beautiful rock-bound coast on this walk with short talks and activities. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/16 Stroll with the Ranger – Enjoy a leisurely stroll on the accessible White Pines Trail with a knowledgeable guide. 2:00 p.m. meet at the benches by the second parking lot, 1 hour program, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/17 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/18 Forest Detective – The forest is an open book, if you know how to read it. Learn how on this fascinating tour of natural history. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/19 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/20 Wild Relatives – Everyone has them! Get acquainted with the wild relatives of things in and around your home on this tour. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/21 Fond of Fronds – Learn about the multitude of fern species that inhabit our forest and how to identify them. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/22 Tree Hunt – Learn to identify the main species of trees present in the park. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/23 Hike with the Ranger – Enjoy the best that the park has to offer in this season on this hike with a knowledgeable guide. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/24 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/25 Secrets of the Shore – Discover secrets of life in the salt marsh, mud flats, gravel beach, & rocky shore. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting.

Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/26 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/27 No Program
7/28 Stories in Stone – Get to know the story of Maine's beautiful rock-bound coast on this walk with short talks and activities. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/29 Fond of Fronds – Learn about the multitude of fern species that inhabit our forest and how to identify them. 2:00 p.m., meet at the benches by the second parking lot, 1 hour, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465.

7/30 Stroll with the Ranger – Enjoy a leisurely stroll on the accessible White Pines Trail with a knowledgeable guide. 2:00 p.m. meet at the benches by the second parking lot, 1 hour program, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

7/31 Osprey Watch – Stop by the osprey sign opposite Googins Island any time between 2:00 and 3:00 p.m. for a close look at the ospreys, weather permitting. Free with park admission. Wolfe's Neck Woods State Park, Freeport. 865-4465. *wheelchair accessible.

For more information, please call the park at (207) 865-4465, or visit us online.

Partnership Raises Nearly \$1M for PFAS Relief for Maine's Farmers

FREEDOM, ME (May 9, 2022) -- On March 31, Erin French of The Lost Kitchen in Freedom, Maine, announced the opening of the restaurant's 2022 reservation system with a special fundraising effort to support local farmers dealing with PFAS (per- and poly-fluoroalkyl substances) contamination. Through French's encouragement over the last month, over 25,000 people have donated more than \$950,000 to the PFAS Emergency Relief Fund, co-administered by the Maine Organic Farmers and Gardeners Association (MOFGA) and Maine Farmland Trust (MFT). The funds directly support Maine farmers through income replacement, testing and mental health support.

"This was such a natural partnership for The Lost Kitchen," shared Erin French, The Lost Kitchen creator. "So many of these impacted farms and farmers are not only our neighbors and colleagues, but our friends. The Lost Kitchen is so deeply tied to the agricultural community here in Maine as we draw our inspiration with every dinner seating from the fruits of the season."

Sarah Alexander, MOFGA executive director shared, "The crisis that our farming community has been facing with PFAS contamination has created a lot of uncertainty and hardship. The generosity that The Lost Kitchen has inspired exceeds all of our expectations and comes at a critical time to provide a safety net for impacted farms."

To date, more than 13 farms in Maine have found concerning levels of PFAS contamination in their water, soil or food products.

The Maine Department of Environmental Protection is currently testing more than 700 sites throughout the state.

Maine Farmland Trust's president and CEO, Amy Fisher, said, "The overwhelming response to The Lost Kitchen's fundraiser not only helps us deliver timely resources to impacted Maine farmers, but has helped raise the profile of the PFAS issue nationally. With these funds, MFT and MOFGA will continue to respond to the emergent needs of PFAS-impacted farmers who are facing unimaginable threats to their businesses and their families, and explore additional infrastructure grants and reimbursements for more proactive testing and research. We thank The Lost Kitchen and the thousands of people who gave to the PFAS Emergency Relief Fund for stepping up to ensure a vibrant future for Maine agriculture."

PFAS have been widely used since the 1950s in products ranging from food packaging to fire fighting foam. PFAS have recently been recognized as contaminants in agriculture and are believed to largely be entering soil through the application of biosolids, industrial sludges and ashes, which may contain these compounds that are difficult to break down. Over the past few years PFAS have emerged as a growing contaminant of concern for the food supply in Maine and nationally in the United States, and have been linked to human health problems including some types of cancer.

"MOFGA and MFT created the PFAS Emergency Relief Fund in response to the direct needs of our farming community. This

collaboration shows what's possible when everyone works together to address an urgent need," said Alexander.

The fund is designed to help pay for initial PFAS testing on farms that choose to do their own testing as well as mental health resources, and to provide short-term income replacement for farms that the Maine Department of Agriculture, Conservation and Forestry has identified as having high test results. This fund will serve as a safety net, providing interim support until impacted farmers can access the state's longer-term support programs. Any Maine farmer dealing with PFAS contamination is eligible to enroll, regardless of whether or not a farm has previously worked with either of the organizations.

"We are honored and humbled to have been able to use our platform to raise awareness about this critical issue facing not only Maine, but our country — and to support Maine farmers and our local food system," said French.

In total, the PFAS Emergency Relief Fund now exceeds \$1 million through this partnership and the generous gifts of Maine foundations, individuals and partners — including Bangor Savings Bank, Farm Credit East, Good Shepherd Food Bank, Johnny's Selected Seeds, the Henry P. Kendall Foundation, multiple funds within the Maine Community Foundation, the Quimby Family Foundation and the Elmina B. Sewall Foundation.

More information on PFAS and the PFAS Emergency Relief Fund can be found on the websites of both MOFGA and MFT.

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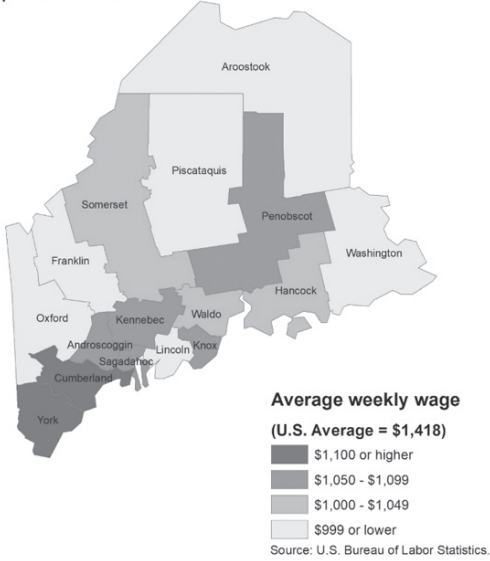
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Cumberland County's Average Weekly Wage Ranks 111th of 343

Chart 1. Average weekly wages by county in Maine, fourth quarter 2021



(July 1, 2022) -- The New England Information Office of the U.S. Bureau of Labor Statistics (BLS) has released data on employment and wages in Maine. The data are derived from the Quarterly Census of Employment and Wages (QCEW) which obtains data from unemployment insurance (UI) summaries. Some high-

lights from the press release are listed below.

Employment rose in Maine's only large county, Cumberland, 2.1 percent from December 2020 to December 2021, the U.S. Bureau of Labor Statistics reported today. Employment also rose over the year Nationally and within the State by 5.2 and 3.3 percent, respectively.

Across the nation, employment increased in 334 of the 343 largest counties from December 2020 to December 2021.

Employment in Cumberland County stood at 182,900 in December 2021 and accounted for 29.8 percent of total employment within the state. Within Cumberland County's private industry, health care and social assistance accounted for the largest employment. Nationwide, the 343 largest counties made up 72.4 percent of total U.S. employment

Cumberland County reported an average weekly wage gain from the fourth quarter of 2020 to the fourth quarter of 2021 of 5.9 percent. This matched the national rate (+5.9 percent). Among the 343 largest counties in the United States, 334 had over-the-year wage increases. Palm Beach, FL, had the largest percentage wage increase (+15.6 percent). Kitsap, WA, had the largest over-the-year percentage decrease (-5.5 percent).

PCM Bids Farewell to Executive Director Jean Murachanian

PORTLAND, ME (June 28, 2022) -- Portland, Maine The Portland Conservatory of Music is accepting applications for the position of Executive Director. Current Executive

Director Jean Murachanian is retiring from the position after seven incredible years leading the organization forward fiscally, socially and musically, culminating in helping the organization

find its new home, made possible by a \$1M anonymous donation. PCM is searching for her successor to take leadership of the organization and continue
See PCM, page 14

2022 SUMMER CAMPS & CLINICS

SOUTHERN MAINE HUSKIES

<p>CAMPS</p> <p>BOYS SWISH</p> <p>GIRLS SWISH</p> <p>SOFTBALL</p> <p>GIRLS SOCCER</p> <p>BASEBALL</p> <p>VOLLEYBALL</p> <p>COED SOCCER</p>	<p>CLINICS</p> <p>FIELD HOCKEY</p> <p>GIRLS SOCCER</p> <p>VOLLEYBALL</p> <p>GIRLS LACROSSE</p> <p>BOYS SOCCER</p>
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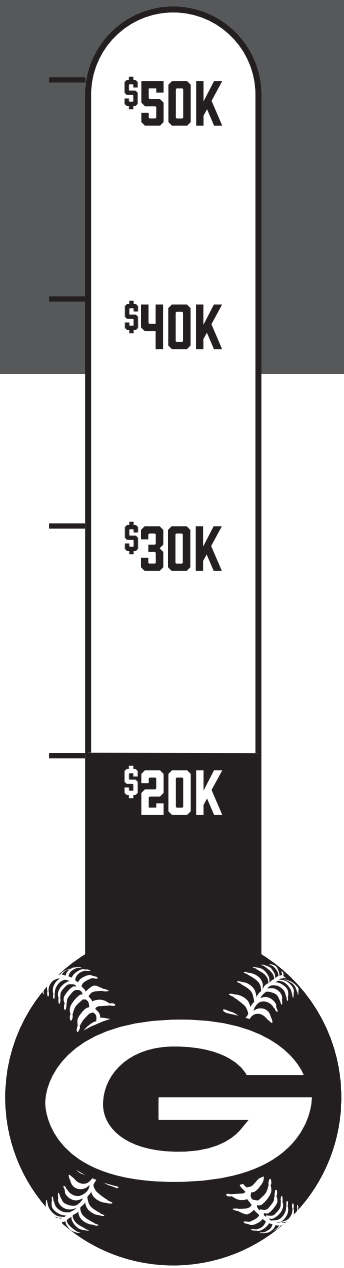
The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- 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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MaineHealth Awarded Grant for Statewide Overdose Prevention

PORTLAND, ME (June 30, 2022) – MaineHealth has received a \$1.2 million grant from the U.S. Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA) for a statewide overdose and infection prevention program focused on harm reduction.

The program, Distribution of Harm reduction Access in Rural Maine Areas (Project DHARMA), is a collaboration among MaineHealth and several community organizations including public health agencies, syringe service programs, academic institutions and other treatment providers. Its goals are to provide clients of syringe service programs in Maine’s rural counties with harm reduction supplies and to connect them with care for infectious disease prevention and treatment, wound care and substance use.

“As overdose deaths are at an all-time high in Maine, we feel an urgent need to improve the health of people in our communities,” said Kristen Silvia, MD, an addiction medicine specialist who is co-leading Project DHARMA with infectious disease and addiction special-

MaineHealth

ist Kinna Thakarak, DO, MPH. “Harm reduction is an evidence-based set of strategies that reduces the risk of overdose and the infection complications of substance use. Anyone can have a substance use disorder. These are mothers, fathers, sons and daughters. They are our friends, our neighbors and our patients. These are people we care about and who deserve care and everything we can do to keep them alive. No one should have to die from a substance use disorder.”

Harm reduction outreach specialists embedded in local syringe service programs will dispense fentanyl test strips and wound care kits, as well as naloxone to rapidly reverse opioid overdose. They also will partner with Colby College to use spectrometry-based drug checking to help identify how much fentanyl and other contaminants are present in drugs circulating in Maine communities.

Collaborators include Maine Office of Behavioral Health, Maine CDC, 14 Federally Qualified Health Centers, academic partners

and treatment providers throughout the state, as well as a Harm Reduction Advisory Council.

“Project DHARMA has the potential to facilitate access to harm reduction supplies and services to people in Maine who need it the most,” Thakarak said. “Harm reduction outreach specialists at the syringe service programs are essential to the success of the project and to improving the health and safety of people using drugs. They are also ideally positioned to help link clients to healthcare and services.”

Project DHARMA will focus on clients deemed at high risk for HIV/hepatitis outbreaks as well as underserved populations such as those who identify as LGBTQ+ and those who are unhoused and use drugs. The program will promote awareness of Pre-exposure Prophylaxis (PrEP) – taking anti-retroviral therapy as a means of preventing HIV – in people who use substances through several avenues, including training primary care providers in PrEP and expanding awareness of a PrEP hotline through

increased messaging delivered by syringe service providers. The project also will involve broader community health efforts, such as expanding the capacity of syringe service providers to screen clients for the blood-borne infections HIV, hepatitis B (HBV), and hepatitis C (HCV).

“The decision by SAMHSA to fund the DHARMA project will enhance the harm-reduction and overdose prevention activities specified in the state’s Opioid Response Strategic Action Plan. We appreciate the work done by MaineHealth and its several partners and look forward to getting the project started,” said Gordon Smith, director of opioid response for the state.

Participating local harm reduction and syringe service providers include Amistad, based in Greater Portland, the Church of Safe Injection, which operates in Oxford, York and Androscoggin counties and Maine Access Points, which serves clients in all 16 Maine counties.

By collaborating with syringe service providers, Project DHARMA expects to serve more than 6,500 clients over three years, in addition to making 7,500 client referrals and 9,000

linkages to health care and support services.

“Amistad is energized to be part of a team of partners that is dedicated to elevating the quality of public health and harm reduction programming throughout the state, and to reducing barriers to critical resources for under-served and vulnerable populations,” said Brian Townsend, Amistad’s executive director.

“Church of Safe Injection staff, volunteers and board members are so proud to be a part of this incredible team offering innovative and life-saving resources,” said Zoe Brokos, executive director of the Church of Safe Injection. “We are excited for the opportunity to work in collaboration with our harm reduction partners to provide essential connections to health care resources for people who use drugs in Maine.”

“At MAP we are truly excited to be working in this collaborative model to increase harm reduction services in Maine,” said Hilary Eslinger, a member of the Maine Access Points leadership team. “It is crucial that we build our understanding of the drug supply and how it relates to both experiences

of overdose and infection across the state, including rural and historically isolated parts of Maine. By building our capacity for drug checking, infectious disease testing, wound care services, and linkage to care we will be able to build a network of support based in the dignity and respect of people who use drugs in Maine.”

Thakarak and Silvia said they are dedicating the work of Project DHARMA to two project collaborators who recently lost their lives. Jessi Gilbert was a project administrator for Maine Access Points and Kari Morissette was the executive director of the Church of Safe Injection.

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Bird Flu

Continued from page 5

practices may remain necessary to protect these birds. Keep an eye on the Maine Department of Agriculture, Conservation and Forestry website for new information about the status of the HPAI outbreak. Recommendations and regulations for Maine’s

bird owners can be found here: https://www.maine.gov/dacf/ahw/animal_health/.

For a complete snapshot of HPAI in Maine, the state’s response, a list of frequently asked questions, and additional HPAI resources, visit maine.gov/dacf/hpai.

To report sick poultry

or unusual domestic bird deaths, call the USDA’s toll-free sick bird hotline at 1-866-536-7593.

To report a strange-acting or dead wild bird, call the Maine Department of Inland Fisheries & Wildlife at 207-287-8000. If after hours, contact the ME DIFW regional office at 1-800-452-4664.



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

the chance to Live, Learn and Recover. Deb York began An Angel's Wing in 2017 and has been helping our community since.

July 8, 9, 10

Calendar

Send your submissions to the Editor. More online.

THOMASTON -- Thomaston Place Auction Galleries' spectacular upcoming auction on July 8, 9 & 10. The sale will include artwork by Andrew Wyeth, Jamie Wyeth, Winslow Homer, Andy Warhol, Norman Rockwell, John Singer Sargent, and an outstanding group of Old Master paintings. Additionally, there will be an important group of American colonial era furniture.

July 12

LEWISTON -- The Southern Maine Squad-

ron Sampson AFBVA will be having a get together at noon time at the Governors Restaurant in Lewiston. During the Korean War era, those who chose the Air Force went to Sampson AFB, on the East Shore of Seneca Lake near Geneva NY, for basic training before going on to Tech Schools. Now some of these veterans gather monthly through the summer months for lunch and share stories. All veterans are welcome to join.

FMI call 657-4909 Bob Sawyer Sampson,

1953 wwmktwkr1933@gmail.com

July 12

LEWISTON -- Tuesday, July 12 at 5:30pm at the Lewiston Public Library: MAINE COMMUNITY SOLAR

This free, public program will cover what community solar is, how it works, and what the benefits are to Maine residents. If you think you might be interested in participating in community solar, bring a copy of your most recent electric bill and get one-on-one assistance with signing up for a program that is the best fit for you after the presentation concludes.

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July 13

LEWISTON -- Wednesday, July 13, 5:30 to 6:30 p.m. Couture Room, Lewiston Public Library. READ ME BOOK DISCUSSION: "SIGH,

GONE," BY PHUC TRAN. Join us to discuss the non-fiction selection for this year's Read ME statewide summer reading program. Copies available to borrow. Advance registration required at 513-3135 or lpreference@gmail.com.

PCM

Continued from page 11

her work of creating community-minded, fiscally grounded, high-quality musical education and performance for Mainers of all ages, abilities and financial levels.

The ideal candidate will have a proven track record of engaging the community, building meaningful relationships and continuing engagement of the many achievements of the organization. Applications will be accepted until the right candidate is found for the position. More information about the position can be found online at <https://portland-conservatoryofmusic.org/employment/>

In the seven years that Murachanian has led

the Portland Conservatory of Music she has realized many significant milestones for the organization. PCM is now debt free, resides in a permanent facility at 28 Neal St. and is working to build a larger endowment and complete a \$2.5M capital campaign. Under Murachanian's leadership the Portland Conservatory of Music has also added several new programs, continues to see an increase in its enrollment, and has finally found its own, permanent home in Portland's historic West End.

In addition to these achievements the Conservatory now employs two full-time staff members: an Associate Director of Development and Marketing and a full time Registrar/Office Manager.

Prior to her time as Executive Director of the non-profit Conservatory, Murachanian was an underwriter for a commercial finance company, analyzing the financial performance of companies under consideration for business loans ranging from \$7 to \$120 million. She also worked in the entertainment industry monitoring up to 65 budgets simultaneously for TV animation.

She holds a bachelor's degree in Business Administration/Finance from California State University, Northridge and a Ph.D. in Art History from the University of California, Los Angeles. She is also an active board member of Portland Conservatory of Music is Portland, Maine's premier community music education center. She has

a passion for the arts, education, and arts administration.

Of her retirement, Murachanian said, "The Conservatory is now perfectly poised to thrive and make a more meaningful impact in music education and performance in Southern Maine. While a lot has been accomplished, there is still much to do in order to take advantage of the new opportunities afforded by our building. As such, we've been exploring offering a traditional music program, partnering with Parks and Rec to provide after school lessons and starting a World Music Concert Series. Not to mention further fundraising for our Building Harmony Capital Campaign to fund the second phase of our renovations. I'm excited to see what lies ahead for PCM."

Building Harmony is a comprehensive, three year capital campaign to increase accessibility to quality music education for everyone through investing in a new space and innovative programming. The \$2.5M campaign was kicked off thanks to a \$1M anonymous donation that allowed for the purchase of the 28 Neal St. building. The fund has reached \$1.7M to date. Phase one renovations included acoustic improvements, insulating and finishing walls, adding emergency exits, new handrails, a fire alarm system, lighting upgrades, a fresh air system, new roof and security system. The second phase of renovations will include installation of an air conditioning system, new electrical service, a wheelchair lift between levels, window replacements, a sprinkler system and a new stage.

"Jean has had an enormous impact on the Conservatory," said Steve Clayman, President of PCM's Board of Directors. "Her leadership and management skills have made it possible for us to thrive despite all the challenges of the last few years. The Portland Conservatory of Music is in a much better place due to Jean's tenure."

The Board of Directors of the Portland Conservatory of Music now looks to fill Murachanian's shoes, seeking a creative, enthusiastic Executive Director with a passion for music education and performance who can lead the thriving organization.

Disability Ministry Holds Meet and Greet Lunch



GORHAM, ME (July 1, 2022) -- Hello Gorham! Summit Community Church is building a ministry to serve the disabled community in Gorham and the surrounding areas. Our hope is to care for and support families affected by dis-

ability as well as serve as a church for those who are looking.

If your family is affected by disability or if you know a family affected by disability, we would love to invite you to a meet and greet lunch. From 12-2pm on July 16,

we will offer food, games and activities, as well as a chance for people to talk with our volunteers and tour our building.

For more information and to RSVP, follow this link: <https://summit-maine.churchcenter.com/register/events/1345741>

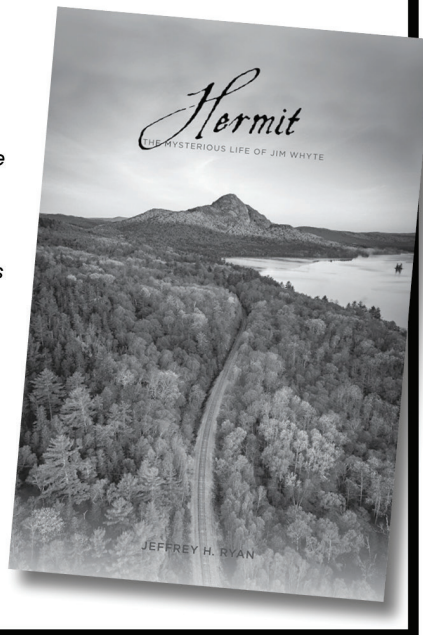
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— Bill Bushnell, *Bushnell on Books*

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— George Smith, *Bangor Daily News*

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Hobo Train - Meredith, NH - September 21, 2022 - Enjoyable 2 hour ride on the Winnepesaukee Scenic Railroad. While on board, enjoy a

turkey dinner from Hart's Turkey Farm with all the fixings. Price is \$85.00 and includes bus, train ride, turkey dinner and bus driver tip. Deadline to sign up is August 12, 2022. Purchase tickets at the Lewiston Senior Citizens' office at 65 Central Avenue.

Flag Hill Distillery and Winery in Lee, NH - October 11, 2022 - Lunch at Warren's Lobster House in Kittery and an afternoon tour and tasting at Flag Hill Winery. Time for shopping after the tour. Price is \$83.00 per person which includes the bus and tip for the driver, lunch, and tour and tasting at the winery. Purchase tickets at the Lewiston Senior Citizens Office at 65 Central Avenue, Lewiston.

Ogunquit Playhouse for the play "CLUE" - October 16,

2022 - Clue is a fast paced hilarious whodunit comedy. After the show we will go to Cracker Barrel in South Portland for dinner on your own. The price is \$90.00 and includes bus, show and driver tip. Purchase tickets at the Lewiston Senior Citizens' office at 65 Central Avenue.

Mackinac Island Trip - September 10-18, 2022 - Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Guided Carriage Tour in Mackinac Island. Boat ride through the Soo Locks with free time and sight-seeing in Sault Saint Marie, visit to Mackinaw Crossing and "Michigan's Little Bavaria" and much more. A \$75. deposit is due upon signing up. Price is \$899. pp double occupancy. Make checks out to Diamond Tours and mail to Claire Bilodeau.

White Mountain Hotel & Resort - December 4 - 5, 2022 - Trip includes 1 night lodging - 3 meals including the Grand Sunday Brunch. Two different entertainment shows, Austrian Sleigh Ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch at Polly's Pancake Parlor. A \$100 deposit is due upon signing. Price is \$369. pp double occupancy which includes tips.

For more information about any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207-345-9569.

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Activities

Continued from page 8

Dance class with Mari-el Roy of Atlantic Dance Arts

July 21—Yoga with Theresa Labrecque

July 28—West African Dance with Marita Kennedy-Castro of Embodiment the Rhythm

August 4—Belly Dance with Rosa Noreen of Grace Academy

August 11—TBA **Second Edition Print Run 5K; Friday, August 12**

Kids fun run at 6:30pm followed by the 5K at 7pm

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