

Gorham is Invited to Khmer New Year Festival and Parade



WESTBROOK, ME (March 15, 2023) -- The Khmer New Year 2023 Festival & Parade will feature traditional Buddhist blessings, ceremonies, and chants on Saturday, April 15th, from 10am-4pm at Riverbank Park, 677 Main Street, Westbrook, Maine. Event is free and open to the public.

From 10am-12pm, free Khmer food will be offered by Watt Samaki volunteers, street food for sale by Khmer Maine volunteers (proceeds to benefit Watt Samaki), and the chance to meet and access resources from our sponsors and community vendors. A small walking ceremony will commence at 1pm followed by music and dance performances and remarks from event organizers and public officials.

Khmer New Year is a widely celebrated holiday among the Cambodian population and marks the end of the tra-

See Khmer, page 8



MaineCF Journalism Scholarships Available

PORTLAND & ELLSWORTH, ME (March 16, 2023) — Maine students interested in careers in journalism are invited to apply for post-secondary scholarships from the Guy P. Gannett Journalism Scholarship Fund at the Maine Community Foundation (MaineCF).

The scholarship honors businessman and entrepreneur Guy P. Gannett, who launched his newspaper career in 1921 with the purchase of two newspapers he merged into the Portland Press Herald. By 1998, when the family sold Guy Gannett Communications, its media reach spanned several states with three daily newspapers in Maine and seven television stations.

Gannett's granddaughter Maddy Corson and her uncle John Gannett established the Guy P. Gannett Scholarship Fund in 2000 to pay tuition and expenses for Maine students who dream of careers in journalism. Since then, the initial \$3 million scholarship fund – MaineCF's largest – has helped educate more than 150 students with \$3.8 million in support. In 2022, 17 students were awarded \$327,000 in scholarship support.

The Gannett Scholarship provides renewable support for students majoring in journalism or a field reasonably related, including print, broadcast or electronic media. The fund helps pay the cost of attendance to attend an undergraduate, graduate, trade or technical school.

Applicants must be graduates of Maine high schools or have been home-schooled in Maine during their last year of secondary education. Students are chosen based on demonstrated interest in journalism through their choice of coursework and extracurricular activities, as well as financial need and academic achievement.

The application deadline is April 1. For more information and to apply, visit www.mainecef.org.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.mainecef.org.

Registration Opens Soon for Gorham Rec Summer Camps

GORHAM, ME (March 1, 2023) -- Several new Gorham Recreation Department programs are up for registration.

SUMMER CAMP:

Many of the sports camps are up for registration. One or two more may be added so check back to the Gorham Recreation Department website regularly.

April 3rd: Additional "specialty" camps will be up. This includes Camp 911, Trades Camp, GoCam, and other camps that are specific to interests.

May 1st: Summer camp will open for registration. Summer Camp goes from

June 20th to August 11th. A few key notes: Camps run a full week and you must register for a full week. We are working on the pricing now. The schedule will be available with activities listed (always subject to change).

Junior Kids Camp is 1st/2nd graders (based on the grade your child will be going into). Kids Camp is 3rd-5th graders (based on the grade your child will be going into). Xtreme Teen Camp: 6th-8th graders (based on the grade your child will be going into).

Project Adventure Camp will be 3

days a week for 6th-8th graders. That will also be open for registration on May 1st!

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

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Newsmakers, Names & Faces

Letter to the Editor: King Pushes to Raise Retirement Age

Angus King is raising Social Security's retirement age, again. He's taking away benefits. Congress began increasing the Social Security

age in 2000 to fix Social Security "permanently, and those age increases won't even be finished for five years. If you need to raise it again, that policy

has failed! Angus King is one of the richest members in the Senate. He acts like rich people should have the right to make middle class workers work

till they die, rather than tax CEO pay. King has teamed up with extremist Republicans who want Social Security to "wither on the vine". Raise the age to

100? Most people will die before collecting.

Extremists won't stop until we throw them out. Angus King is a great place to start. He runs in a

3 way general election race and is ripe for a young, energetic, Progressive - Real Democrat - woman to defeat him.

Bob Jean, Lubec, ME

Collins Presses for Improved Access to Primary Care

WASHINGTON, D.C. (March 7, 2023) – U.S. Senator Susan Collins (R-ME), a member of the Senate Health Committee, spoke about the value of Community Health Centers and questioned health care leaders on ways to increase Americans' access to primary care. In Maine, Community Health Centers play a vital role in filling this need by providing services to nearly 210,000 patients, about 16 percent of the state's population. More than 60 percent of patients are low-income, and about 20 percent are over the age of 70. Challenges caused by the pandemic, however, have jeopardized these centers' ability to provide

essential care.

"My largest community health center, the Penobscot Community Health Care, has seen a real drop-off in patients coming back after the pandemic," said Senator Collins. "Is that unique to my state, or have you experienced that?"

"No, I don't think so. I think people's patterns of engagement with the health care system changed off of COVID," responded Ben Harvey, Indiana Primary Health Care Association Chief Executive Officer. "I think we've seen with health centers in Indiana some recovery from that, but it has to be really intentional, intensive work, and you have to develop new service lines, things

like telemedicine, to reach patients from home to provide care in more convenient ways. So, no, I don't think it's unique, but I do think that there's an additional burden on health centers now."

"What I'm hearing now from our Maine health centers is that they fear that a perfect storm is brewing. They're experiencing unprecedented turnover and staff shortages. They feel they're facing threats to the critical 340B drug pricing program. And they're having difficulty in recovering from the pandemic because patients are being slow to return," said Senator Collins. "Given the current workforce crisis and the issues that I've mentioned,

are community health care centers able to meet the workforce needs if we were to dramatically expand funding for them and scale that up rapidly? Are we going to end up with clinics that have more money but simply don't have the staff to serve?"

"It's a fair question," Mr. Harvey replied. "I appreciate that question. I think we've got a long history here of saying if federal funding is increased, you will see concomitant increases in the work that health centers do and the patients that they see in the service sites that they have, and the services they offer. So, no, I don't think the funding would be lost."

"I agree that if we have the adequate funding to continue expanding the services that we provide, we have always stepped up to the plate stood in the gap, we've always done it," added Sue Veer, Carolina Health Centers President and Chief Executive Officer. "Now, it's a pipeline. And so, if we, if people enter the pipeline, now, it may be months, if not years before we have them in place, but as we develop, we will get there."

Senator Collins also noted that workforce shortages continue to plague rural states like Maine where attracting and retaining health care professionals can be difficult. To address this challenge, she

emphasized the need for expanded opportunities for training at local community health centers:

"I think that training opportunities at community health centers are absolutely essential, as we heard from the President of the University of New England," Senator Collins remarked. "The more we can do those connections, the more likely the health care professional is to stay in a rural area and practice there."

Nearly 30 million Americans – including almost 400,000 veterans – receive high quality primary health care at community health centers in 14,000 neighborhoods throughout the United States.

Green Home & Energy Show Coming up in South Portland



PORTLAND, ME (March 10, 2023) – The publisher of Green & Healthy Maine HOMES magazine is happy to present the third annual Green Home + Energy Show on April 1st at The Point Community Center in South Portland.

The Green Home + Energy Show is a one-day event that brings together the leaders in Maine's sustainable home and energy industries. From solar pow-

er to heat pumps, air quality to air sealing, and electric vehicles to green home goods, you'll find endless inspiration for creating your high-performing, green & healthy home—whether you are looking to build, buy or enhance an existing property. Test drive an electric vehicle at the EV Expo, enjoy the food trucks, shop sustainable goods at the Maine Makers Fair, and learn directly from experts at free workshops included

with admission!

Come with a specific question about your home or energy project or browse the booths and find inspiration in this thriving industry. Chat with experts, find new products, learn about incentive programs, and get your questions answered.

As home to many nationally recognized building science and design professionals, Maine is leading the way in the high-performing home industry. Don't miss

your chance to learn directly from these highly sought out professionals.

The show will host informative workshops featuring a wide range of topics including offsite construction for high performance homes, retrofits to make homes accessible as we age, improving indoor air quality, native plants, accessing Efficiency Maine rebates, and many more. These programs are included with admission. A full

list of workshops is available at greenmainehomes.com/show-workshops.

Lead sponsors of the Green Home + Energy Show include Pine Tree Solar, Royal River Heat Pumps, Mitsubishi Electric Trane HVAC, Valley Home Services, Inc., Hannaford Supermarkets and Horch Roofing.

The show takes place Saturday, April 1st from 10am to 4pm. The Electric Vehicle Expo will take place from noon to 3pm. Tickets are \$10 if purchased in advance and \$15 at the door. College students get in free with a valid student ID. Tickets can be purchased online at greenmainehomes.com/show-2023. Ticket

sales will benefit Maine Foodscapes, a nonprofit organization with a mission to improve community food security and well-being throughout Southern Maine. Proceeds from ticket sales will directly support the installation of new raised bed vegetable gardens at the homes of low-income families throughout Southern Maine.

Green & Healthy Maine is dedicated to inspiring Maine homes that are comfortable, efficient, healthy, and sustainable through a quarterly magazine, monthly webinars, and the annual Green Home + Energy Show. Please visit greenmainehomes.com to learn more.



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Newsmakers, Names & Faces

Keep Gorham Streets Safe, Take Safety Instructor Certification

PORTLAND, ME (March 6, 2023) – The Bicycle Coalition of Maine is excited to announce the creation of a brand new Instructor Program. For more than 30 years, the BCM has been working to make Maine a better place to bike, walk, and roll. With education as one of the key pillars of the organization, we are now proud to offer an instructor certification program for those who want to carry BCM’s mission forward. The BCM Instructor Program is open to all those

who are interested and able.

The BCM Instructor Program is a certification program for those who want to help provide Bicycle and Pedestrian Safety and Skills Education. Based on a hybrid model, the training program consists of video modules, manuals, and an in-person certification event. Upon completion and certification, participants will be able to deliver on and off bike programming on behalf of the BCM. This can include in-classroom safe-

ty presentations, off- & on-road bike skills clinics, as well as rodeos and bicycle maintenance classes. The BCM values our instructors and strives to deliver high quality education across the state. As such, we offer both hourly and mileage reimbursements.

The application is now open and we invite all who are interested to apply. Upon acceptance, applicants will be granted access to the training material and tests. A final, in-person test will mark the completion of the cer-

tification. The first round of in-person elements will happen on April 15th, 2023 in the Portland and Bangor area.

Application and info: Dan Bassett, BCM Education Director dbassett@bikemaine.org 207-623-4511

Informational Webinar on March 29th, 2023

BCM Instructor Program elements: Online training modules and resources; In-person certification; Learn to teach bike skills, lead bike rodeos, give safety presentations;

Certification from the Bicycle Coalition of Maine; Stipended volunteer opportunities; Access to bicycle and pedestrian education resources.

This program was developed by the Bicycle Coalition of Maine’s education team, which combined has over 35 years of bicycle education experience! Using elements from the most current educational programs out there, the Instructor program is a unique program that will allow participants to become skilled teach-

ers and bicycle leaders in their community, even with minimal teaching experience. BCM thanks the Maine Department of Transportation for the support needed to make this program a reality.

The Bicycle Coalition of Maine Instructor Program’s goal for 2023 is to have at least one instructor in every county. We encourage anyone who is interested, in any place in Maine, to apply. Together, we can help make Maine a better place to walk and bike.

Spring into Action: Give Blood with the Red Cross

PORTLAND, ME (March 16, 2023) — Spring is near! As the seasons change, the American Red Cross is reminding the public that the need for blood doesn’t take a break. Blood and platelets remain at risk of running low this month. Donors are crucial to helping the Red Cross avoid a blood shortage in the weeks to come.

Donors of all blood types, especially type O donors and platelet donors, are encouraged to make and keep appointments to donate. Book a time to give by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS.

When donors lend an arm this month, the Red Cross will lend a hand. All who come to give blood, platelets or plasma March 1-31, 2023, will receive a \$10 Visa® Prepaid Card by email. Plus, they’ll be automatically entered for a chance to win a \$3,000 Visa Prepaid Card – which could help toward expenses like gas or groceries. There will be five lucky winners. Details are available at rcblood.org/help.

Upcoming blood donation opportunities in Cumberland County, March 24-31

Brunswick
3/31/2023: 9 a.m. - 1:30 p.m., American Legion Post 20, 1 Columbus

Drive

Freeport
3/28/2023: 9 a.m. - 2 p.m., Hilton Garden Inn Freeport, 5 Park Street

Scarborough
3/29/2023: 1 p.m. - 6 p.m., Saint Maximilian Church, 150 Black Point Rd

Westbrook
3/24/2023: 8 a.m. - 1 p.m., Westbrook High School, 125 Stroudwater Street

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.

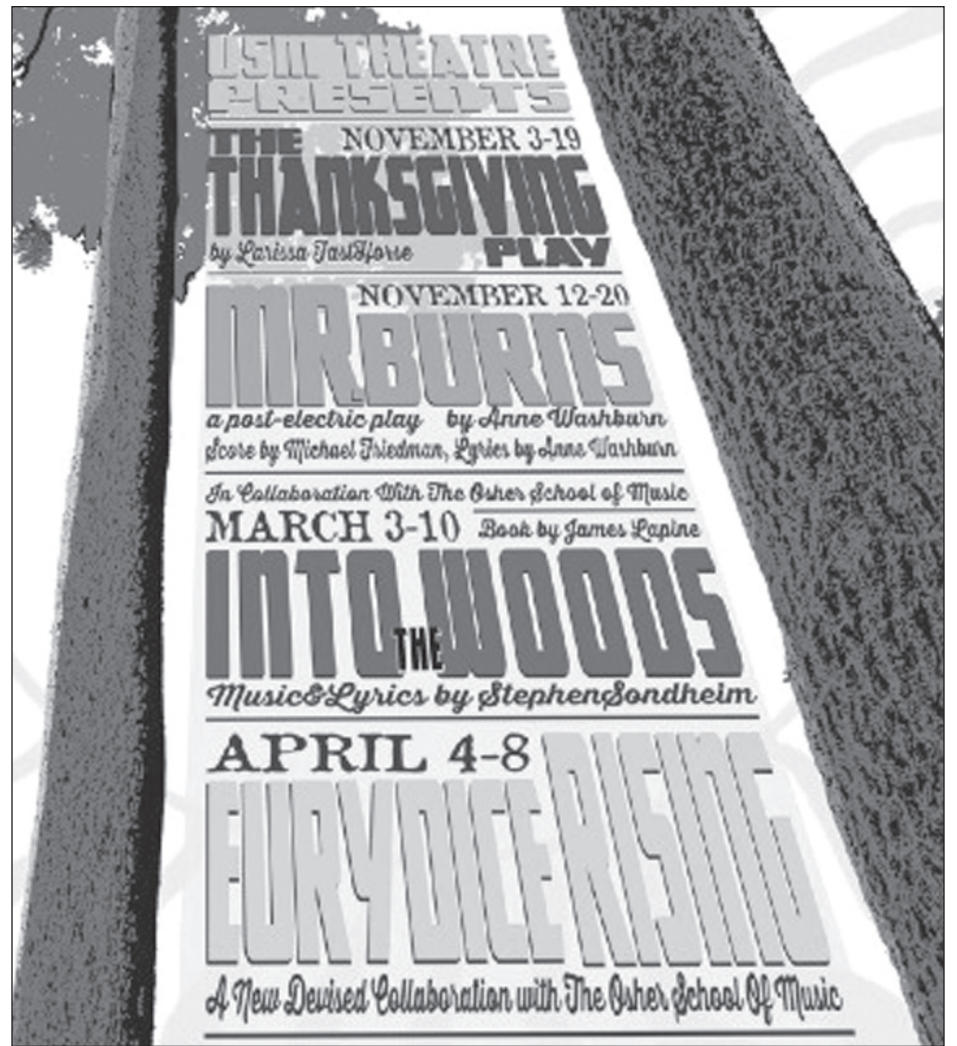
Amplify your impact – volunteer!

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check-in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position, visit redcross.org/VolunteerNNE.

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

Eurydice Rising, A Tale of Love and Loss, Showing in Gorham



GORHAM, ME (March 16, 2023) -- The Osher School of Music and the Department of Theatre and Dance present a dynamic, collaborative reimagining of one of ancient Greece’s most iconic myths. Eurydice Rising pulls from a diverse body of work surround-

ing Orpheus’s journey into the underworld to be reunited with his young bride. Theirs is a journey of love, loss, and creative expression that exceeds the bounds of life and death, presence and absence. At its core, the Orphic cycle is an exploration of art and music as restorative, life

affirming acts, so powerful that they might reopen stories that seem to have concluded and transform death itself to an opportunity for new life.

Eurydice Rising, showing April 4-8, 2023; for tickets, see <https://usm.maine.edu/department-theatre/box-office-tickets/>

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Seniors Not Acting Their Age A Glorious Day on Pleasant Mountain



Hikers negotiate an icy section on the Ledges Trail



Clear skies welcome a hiker to the summit of Pleasant Mountain

By Ron Chase
Pleasant Mountain is one of the most popular mountain hikes in Maine. The 2,006 foot peak is the tallest mountain in southern Maine and certainly

one of the busiest in the area. A network of trails offers several hiking alternatives – most include exceptional views of surrounding lakes and distant mountains.

Consisting of a ten-mile trail system managed by Loon Echo Land Trust, four trailheads ultimately lead to the highest summit where there is a closed fire tower and truly phenomenal views from cliffs facing west towards the White Mountains in New Hampshire. The fine folks at Loon Echo do an outstanding job maintaining the trails, posting valuable signage, and providing as much parking as possible at the trailheads.

I don't recommend hiking alone in winter, but if you're so inclined, Pleasant Mountain is a good choice. On a nice day, you're almost guaranteed to meet a multitude of fellow mountain travelers. I've probably hiked Pleasant over one hundred times during the past forty years. To the best of my recollection (which is suspect at my age), I've never been alone on Pleasant Mountain.

After a succession of early February bad weather days and a seemingly endless succession of old age medical appointments, I was in need of a mountain fix. An exceptional winter mountain forecast sealed the deal. My attempts to recruit friends or family



The top of Pleasant Mountain provides a glorious view of Mount Washington and White Mountains

proved unsuccessful. Unwilling to squander such a beautiful day, I settled on the obvious choice, Pleasant Mountain.

My preferred Pleasant Mountain trails are Ledges and Southwest Ridge. At a distance of 1.8 miles and ascending from the southeast, Ledges offers the shortest route to the summit while Southwest Ridge is the longest. Both are exceptionally scenic. According to my unofficial tally, Ledges receives the heaviest traffic so that was my selection. My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates an early winter traverse of Pleasant via Southwest Ridge and Ledges Trails.

Bluebird skies, seasonably warm temperatures, light winds, and a nearly full parking lot greeted me when I arrived at the Ledges Trailhead. Fortunately, there were a couple of remaining spaces in the recently enlarged parking area. A quick inspection of the trail confirmed what I suspected, the surface was well-packed so it would be a micro spikes day for me. I wore spikes throughout the outing that included icy sections and a few exposed spots on the ledges. A large group was doing their best in bare boots and one family was equipped with

snowshoes. Everyone else I met was wearing spikes.

After climbing icy stone steps and passing a kiosk, I experienced easy hiking on a gradual incline in a sparse hardwood forest. Winter trekking on a snow packed trail is easily my favorite hiking surface. The additional cushion is gentler on my aging joints. Early on, I met a trail runner finishing his arduous workout. Once a rarity, trail runners have become more common in recent years.

Following two narrow stream crossings, I began ascending a series of switchbacks where I met a couple who reported stunning conditions on the ledges and at the summit. Others echoed their observations as I continued my climb.

The often crowded overlook at the lower end of the ledges was devoid of hikers. I stopped to embrace the panoramic view of Moose Pond and the hills beyond. For many years, there was a wooden cross at the overlook erected in memory of a woman who frequented the mountain. It vanished a few years ago. I miss it.

More hikers were encountered as I progressed up the open ledges (for which the trail is named) that offer a continuous view of the south summit. They were carefully

negotiating around potentially hazardous icy sections. Several eagerly volunteered more glowing reports of light winds and marvelous vistas at the top.

Leaving the ledges behind, the trail rose steadily to a junction with Southwest Ridge Trail that connected from the west. Just above, a steep icy sector required careful maneuvering. The gradient diminished as I proceeded towards the top where a trio of hikers cheerfully announced that I would have the summit to myself.

Not for long, two parties of hikers soon joined me to enjoy the wonderful views of Mount Washington and the White Mountains and soak up the sun in a wind-free environment. The verdict was unanimous; ours was an extremely rare truly glorious day on the mountain.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England."* Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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Email all submissions, including name, address and phone number, to the editor.

Youth Art Month Celebrated with Exhibition at MEA Office

AUGUSTA, ME (March 15, 2023) -- The Maine Education Association, along with the Maine Art Education Association held an art show, The Art of Education: A Student Exhibition, at MEA's Augusta office. The art exhibit will remain on display through November.

"Every day educators witness and guide the power of the arts to uplift, hold and sustain students, in their learning and creative journeys. We are so appreciative of all educators' extra efforts to share and support their students' work," said Jesse Hargrove, Vice President of the Maine Education Association who hosted the art show.

The collaboration between MEA and the Maine Art Education Association (MAEA) began many years ago to help celebrate students' art outside of the classroom and in our communities.

Art and Design educators who are both MEA and MAEA members curate, nominate, and submit the students' work, and MEA coordinates professional framing of each piece and then hosts the exhibition in the MEA Augusta office at 35 Community Drive. As a thank you for



the sharing of their work, the professionally framed work is returned to the student artists at the end of the exhibition.

The art exhibition opened for the year on Sunday, with more than 70 educators, family, friends and artists in attendance. MEA Vice President, Jesse Hargrove recognized each artist for sharing their work, and thanked the families for their commitment and support of art education in our public schools, recognizing the importance of the arts for our students.

MEA thanks Horace Mann for funding the pro-

fessional framing of the student art.

About the exhibit:

Work is submitted in November, prepared and framed in January, hung in February, opened in March, and celebrated through November. Numerous MEA staff, Maine educators, and legislators view and celebrate the work during this time.

If you are a member of both the Maine Art Education Association (MAEA) and the Maine Education Association (MEA) and would like to participate with this program in the future, please contact Su-



zanne Goulet (Waterville SHS) at (sgoulet@aos92.org).

MAEA/MEA Youth Art Month - 2023 participating schools: Albert S. Hall School, Canaan Elementary School, Clinton Elementary School, George J. Mitchell School, Sylvio J. Gilbert Elementary School, Lincoln Elementary School, Madison Elementary School, Madison Junior High School, Maine Arts Academy, Maranacook Community Middle School, Messalonskee High School, Messalonskee Middle School, Mount Meric Academy, Mt. Vernon Elementary School, Palermo Consolidated School, Readfield Elementary School, Warsaw Middle School, Waterville Alternative High School, Waterville Senior High School,



Waterville Junior High School, Winslow High School, Winslow Junior High School, Whitefield Elementary School, Winslow High School.

King: Nuclear Waste Storage the "Worst Solution"

WASHINGTON, D.C. (March 10, 2023) – In a hearing of the Senate Energy and Natural Resources Committee, U.S. Senator Angus King (I-Maine) questioned U.S. leaders and experts in the nuclear energy field about the need and timeline for centralized nuclear waste storage. Pointing to nuclear waste storage at the former Maine Yankee power plant, Senator King highlighted waste build-up as fundamental problem which needs to be addressed.

Senator King began by asking Kathryn Huff, Assistant Secretary for Nuclear Energy, about the need and timeline to consolidate nuclear waste sites.

"There are now 21 stranded nuclear waste sites in the country. One of them is in Maine, which is essentially a high-level nuclear waste site. And there are about 80 or 90 others that are operating nuclear plants. So, it's not as if to say, we don't have and we don't have nuclear waste

storage. We've got it. It's scattered all over the country, which is probably the worst solution. When, Ms. Huff, do you do you anticipate having an answer to a question that's been pending since the early 50s?" Senator King asked.

Huff responded, "Thank you for this question. It is certainly the case that having 76 locations of interim storage is significantly worse than consolidating and having one or two or just a couple of federal interim storage

sites. We are excited to be actually making progress now, with the appropriations from Congress around consent-based siting, we have released, closed, and are now reviewing applications for a funding opportunity announcement of \$26 million that will be sent out to communities to explore their own interests and understanding of spent nuclear fuel interim storage."

"So, there are places in the country that are at least interested in considering hosting one of these

site. Is that correct?" Senator King asked in a follow up question.

"Yes," Huff replied. "A couple of years."

"A couple of years, okay. You're on record as well," Senator King concluded.

A forceful advocate for clean energy solutions, Senator King supports safe extensions of the operations of our nation's existing nuclear reactor fleet, including through tax credits like those provided by the Zero-Emission Nu-

clear Power Product Credit Act which was signed into law as part of the Inflation Reduction Act. At the same time, he has pressed administration officials, including Secretary Granholm, to commit to developing solutions to deal responsibly with nuclear waste and has previously co-sponsored the STRANDED Act which would help communities like Wiscasset offset the economic burden of storing spent nuclear fuel at decommissioned reactor sites.

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Arts & Entertainment

CCCT Presents The Little Mermaid Jr.

N E W GLOUCESTER, ME (March 16, 2023)—Cumberland County Children’s Theatre (CCCT) proudly presents Disney’s The Little Mermaid Jr., live on stage at Schoolhouse Arts Center in Standish, Maine, on March 25 & 26 and April 1 & 2, 2023.

The Little Mermaid Jr. invites guests into a magical kingdom beneath the sea, where a beautiful young mermaid named Ariel longs to leave her ocean home to live in

the world above. But first, she’ll have to defy her father, the king of the sea, escape the clutches of an evil sea witch and convince a prince that she’s the girl with the perfect voice.

Based on the 2008 Broadway production and the 1989 animated feature film, this classic Disney title contains all of the songs from the Academy Award® winning animated feature film as well as three new songs from the Broadway show.

Tickets are available in advance for \$13.50/person by visiting: www.our.show/ccctme. Walk-up tickets will also be available for \$15/person, if the show does not sell out.

Now in its third season, CCCT is a Maine nonprofit whose mission is to inspire, educate, and empower young people through theater. They offer high-quality, accessible theater programming for kids ages 5–17. For more information, visit: www.ccctme.org.

Spring ArtLab at USM Gorham Open for 3-12th Grade Students



GORHAM, ME (March 17, 2023) – Students in grades 3-12: Join the USM Art Education Program for ArtLab on USM’s Gorham Campus April 1st, 8th and 15th from 10am - 12pm! Students

will have the opportunity to work with a variety of art mediums and materials, guided by USM’s Art Education Student Teachers.

Enrollment is open to all abilities. Tuition is \$12.50 for a 2 hour session

of Artmaking. Register for 1, 2, or all 3 Saturdays by visiting the Gorham Recreation Department website.

Where: Drawing building #49 - USM Gorham (next to Robie Andrews Hall)

Gorham Kids in Grades 3-5 Can Explore the Science of Fishing

GORHAM, ME (March 17, 2023) -- Explore the science of fishing with UMaine Extension 4-H at Baxter Library! Geared towards grades 3-5. Program occurs weekly on Wednesdays from 3:30-4:30pm, March 22nd - April 12th.

In this series of engaging activities, partici-



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pants will learn the difference between sustainable

and unsustainable fishing practices. Through games, simulations and experiments participants will get to know what species are fished for in Maine, how to find them, and the challenges of maintaining both thriving fisheries and healthy ecosystems. To register: call 222-1190 or sign up at the library.

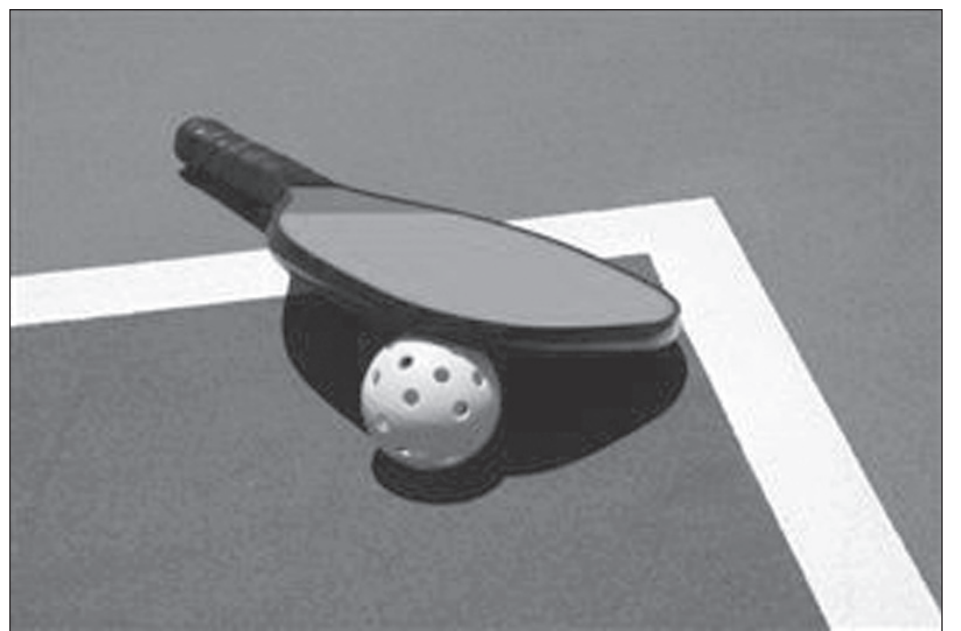
Gorham High School Pickleball Club Starts March 29

GORHAM, ME (March 17, 2023) -- Join the High School Pickleball Club! This program begins after school on Wednesdays

for 4 weeks. All skill levels welcome. This will be a mix of introduction and coach play.

Club will run for 4 weeks beginning

on Wednesday, March 29th at 2:15pm - 3:15pm in Shaw Gym. Register at the Gorham Recreation Department website.



Cheer your team on as students compete on Maine Public’s High School Quiz Show Maine!

Watch LIVE on Maine Public Television and stream online from mainepublic.org.

Brunswick vs. Saint Dominic Academy

Thursday, March 23rd at 8:00 p.m.

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Maine Playwrights Festival Showcases 2023's Best Short Plays

PORTLAND, ME (March 14, 2023) -- Performances for the 2023 Maine Playwrights Festival, the state's most prolific incubator for new plays by local playwrights, have been announced for April 6 - 16 in Portland. This year's twenty-first annual festival features the world premiere performances of five new plays by Maine playwrights. Public performances will be held at the Studio Theater at Portland Stage (25 Forest Avenue). Festival tickets are available now at www.acorn-productions.org.

"We're very excited to be premiering these five new plays that feature such a wide range of styles and topics," says Daniel Burson, the festival's Artistic Director. "In one evening of theater, audiences will go from a surprise party to a hospital room to an abandoned warehouse; plays set in the future, the present, and the past; and all of them created by terrific writers who call Maine their home!"

The five new plays featured in the 2023 festival (described below), are written by Maine playwrights Todd Brian Backus, Kerri Elissa Becker, Joe O'Donnell, Hollie Pryor, and the team of Nolan Ellsworth & Shannon

Wade. Their plays were selected for the festival by a committee of local theater professionals out of a pool of more than 50 scripts submitted by playwrights from across Maine. The writers are developing and rehearsing their plays this spring working with 2023 professional playwright-in-residence Jule Selbo (Boxes, Isolate) and in collaboration with Maine directors, dramaturgs, designers, and a cast of actors based in Southern Maine.

In addition to the featured mainstage performances, the 2023 Maine Playwrights Festival will include a staged reading of five other new scripts that were semi-finalists during the selection process, to be held on Sunday, April 2, at 7:00pm. There will also be a reading of Playwright-in-residence Jule Selbo's new full-length comedy *Souls On Ice* held on Tuesday, April 11, at 7:00pm. Both of these nights of readings are open to the public on a pay-what-you-can basis. "We want to bring as much new playwriting as we can to audiences in the two week festival," says Burson. "These pay-what-you-can events are a big part of that!"

The final event in the



2023 festival will be a High School Playwriting Showcase to be presented later in May. Thanks to grant support from the Margaret Burnham Charitable Trust and the Onion Foundation, professional teaching artists from Maine Playwrights Festival led intensive new play workshops at two local schools: Gorham High School in Gorham and Lincoln Academy in Newcastle. Short plays written by students at these workshops will be rehearsed and presented as staged readings. Visit www.acorn-productions.org for updates on the performance schedule for this showcase.

2023 Maine Playwrights Festival Plays

-- Performances April 6 to 16, 2023 at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: \$20 or \$18 students/seniors -- www.acorn-productions.org

FLIRTING WITH DISASTER by Todd Brian Backus

A hapless guy, Ashley, turns to some unusual speed dating in search of someone he can really trust to ask a really big question.

THE ART OF ELIZA by Kerri Elissa Becker

Beatrice recalls a moment of inspiration that lifts both her teenage self and her embattled mother to rise and speak.

SURPRISE! INC. by Nolan Ellsworth & Shannon Wade

It's time for the surprise party for Tim... or is it? Will the employees of Surprise! Inc. be able to deliver the guaranteed memorable evening of the Super Surprise Party Package?

KAYE'S GIFT by Joe O'Donnell

When a young physician and an older patient chat about past times during a medical exam, a touching connection between them starts to appear.

AROUND WE GO by Hollie Pryor

When three friends are left broken in the past, who can help them towards a new future?

2023 Maine Playwrights Dramatic Readings -- Reading Sunday, April 2; 7:00 PM at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: Pay-what-you-can, available at the door

WE ALL NEED A LITTLE MAGIC by Dan Bancroft; **MEETING FINGERMAN** by Mark Evan Chinsky; **THE PLAN** by David Susman; **LIVING BONES** by Megan Trialdi; **ON SUCH A FULL SEA** by Stowell P. Waters

2023 Playwright-in-Residence Featured Work -- Reading

Tuesday, April 11; 7:00 PM at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: Pay-what-you-can, available at the door

SOULS ON ICE by Jule Selbo

A comedic romp into the paranormal in which Enoch Cavitt, the world's most prominent Extrasensory Perception guru, invites other ESP practitioners to a party to meet his newest hire. Past lives begin to collide, and Cavitt needs to roll out the Rel-aCavitt-Edison Time Machine to discover how true love cannot be stopped.

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Khmer
Continued from page 1

ditional harvest season. In Cambodia, it is a time of rest and leisure for farmers who return to their home communities to celebrate with relatives. Although not exclusively a religious holiday, many Cambodians observe the New Year through purification ceremonies, visits to the local temple, parades, and by playing traditional games.

Unlike other Cambodian holidays that follow the lunar calendar, Khmer



New Year is set in April according to the Gregorian calendar. The official dates for observation are Tues-

day, April 14 thru Thursday, April 16.

If you are a public official, foundation, or grant

funder, please RSVP at <https://khmermaine.org/knyrsvp>.

Want to get started on the celebrations early? Donate to Watt Samaki Temple

\$1.7M Allocated for Knox County Regional Airport

WASHINGTON, D.C. (March 16, 2023) – U.S. Senators Susan Collins and Angus King, and Representative Chellie Pingree announced that the Knox County Regional Airport in Owls Head will receive a total of \$1,677,812 to make infrastructure improvements. This funding from the Bipartisan Infrastructure Law will support the construction of 800 feet of new taxi lane to expand access to the airport’s new hangar area.

“Maine’s airports are vital pieces of our state’s transportation network that promote job creation and economic development,” said Senators Collins and King and Representative Pingree. “This significant investment will allow Knox County Regional Airport to make much-needed improvements to their infrastructure, improving the safety and efficiency of operations.”

“Knox County is fortunate to have the support of Maine’s congressional delegation who has worked tirelessly to support one of Maine’s most unique airports,” said Jeremy Shaw, Airport and Security Manager for the Knox County Regional Airport (RKD). “This investment into our community will only strengthen the County’s ability to enhance our financial sustainability, and

allow the County to further invest into green and emerging aviation technologies. The ability to construct fifteen additional hangars will alleviate the demand for hangar space at the Knox County Regional Airport while also completing the last major item on the Airport’s Master Plan.”

This funding was provided through the Infrastructure Investment and Jobs Act and provided through the U.S. Department of Transportation’s Airport Infrastructure Grant Program. Senator Collins, the Vice Chairman of the Appropriations Committee, 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 in the Senate, while Representative Pingree supported the House-passed version of the bill, which will deliver billions of dollars to Maine for investments in roads, bridges, broadband, and more. Maine airports will receive a total of \$73,765,670 under the law over five years.

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



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Spring Exhibition at Kate Cheney Chappell 83 Center for Book Arts



Artist's Book Closed, Love They Neighbor, by Alice Stanne



Layered Paper by Cynthia Ahlstrin

PORTLAND, ME (March 16, 2023) – Kate Cheney Chappell 83 Center for Book Arts will be holding its Spring 2023 Exhibition, Building Books: New England Book Artists Members Exhibition from January 20 – April 29, 2023 in Great Reading Room, 7th floor, Glickman Family Library.

An Artist Reception will be held Saturday, April 1st, 2023, 2-4pm at

University Event Room, 7th floor at Glickman Library. Come and meet the artists! Light refreshments will be served. This event is free and open to the public.

New England Book Artists (NEBA) is a professional organization of book artists and bibliophiles. It celebrates, promotes, and supports the book arts and its makers, fosters public education, and nurtures

an understanding and enjoyment of the discipline through exhibitions, workshops, lectures, and related activities.

Paste Paper and Layered Papermaking workshop with Cynthia Ahlstrin will be held Saturday, March 25, 2023 from 9:30AM – 4:00PM with a lunch break 12:30PM – 1:30PM (Please bring your own lunch). 12 students max. Workshop fee:

\$150 (Most materials will be provided). Visit <https://usm.maine.edu/book-arts/event-calendar/> to register.

Additionally, Book Arts Bazaar 2023 will be held Sunday, April 2, 2023, 10 a.m. – 3 p.m. at Wishcamper Center on the Portland Campus. This festival will feature Book Artists, papermakers, bookbinders, printmakers, educators, writers, and all things related to the book.



Art Alumni, Natasha Shacklett, at Book Arts Bazaar selling handmade cards



Artist's Book Open, Love They Neighbor, by Alice Stanne

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Call for Art for Hallowell Mural Project on Climate Resilience



Hallowell Wheat Paste Mural Committee member Peter Precourt (left) installs his wheat paste mural of E.A. Robinson on the back side of Art Dogs in Gardiner in 2016 with Kirsten Gilg assisting on the right. Photo courtesy of Peter Precourt.

HALLOWELL, ME (March 16, 2023) — The Hallowell Arts & Cultural Committee and Hallowell Climate Action invite Maine artists to submit work on the theme of “Climate Resilience” to be displayed as wheat paste murals in the City of Hallowell. Wheat pasting is a process of applying paper art to a wall using glue made from flour mixed in water, resulting in a temporary mural. Our committee has selected multiple sites for art to be installed this spring in and around downtown Hallowell. Usually, the work is made at a smaller scale, digitized at high resolution, and sent to a printer to be printed at a scale appropriate for the installation site. The committee will work with selected artists to prepare images and will handle the printing. Artists can create

original work to be pasted; if the artist chooses this method, lighter weight paper is encouraged.

The theme of Climate Resilience challenges artists to create work that inspires reflection, conversation, and both individual and collective action on the myriad of climate challenges facing our communities, while centering the power of climate optimism and the importance of resilience and regeneration.

Selected artists who can direct and assist with installation of their work will receive a stipend of \$100 to cover travel and other expenses. The installation date is Saturday, June 3rd, 2023, with a backup date of Sunday June 4th. The Hallowell Arts and Cultural Committee will cover the costs of printing artwork and make all arrangements

relating to the installation and deinstallation of the murals.

The deadline to submit work is April 24, 2023. Submissions may be single works of art, or they may consist of multiple related artworks. Submissions will be reviewed by the project steering committee and artists will be notified of our decision May 9th.

Please submit your work via email with jpg, pdf or png files attached (not pasted into the body of the email please), or include a link to a Dropbox or Google Drive folder in your email. If selected, you will need to submit a high quality, larger scale PDF image of your work, to be printed at full scale for installation.

Please provide the following information in the body of your email and send your submission to:

hallowellarts@gmail.com
Artist’s Name;
Phone; Town of residence in Maine; Title(s) of submission(s) with the dimensions that you would like the work printed; Any information you’d like the committee to know about your submitted art or concept or any thoughts on its installation; If selected, would you be able to come to Hallowell for the installation of your mural?; *Will you need help making a large format PDF of your work?

*Your answer here will not impact the selection; however, it will facilitate the planning process.

For more information visit the project blog at <https://hallowellwheat-pastemurals.blogspot.com/> or contact Deb Fahy, Chair of the Hallowell Arts & Cultural Committee at hallowellarts@gmail.com.

Sweetz & More Unveils New England’s Largest Sweet Shop

WICASSET, ME (March 16, 2023) -- Sweetz & More is proud to announce the opening of their newest location, April 1st in Wiscasset, ME. With 8,100 square feet of pure sweetness, Sweetz & More is New England’s largest sweet shop.

Visitors to Sweetz & More can indulge in 835 varieties of retro glass bot-

tle soda, 550 pouches of bulk candy, 300 baskets of pick-a-mix candy, 48 flavors of Jelly Belly gourmet jelly beans, 80 flavors of salt water taffy, 48 flavors of cotton candy, 100+ PEZ characters, 30 flavors of ice cream, and 28 sweet and savory variations of popcorn. Sweetz & More is a must-visit destination for anyone with a sweet

tooth. Sweetz & More also offers candies from around the world including spicy candy from Mexico, chocolates from Europe, gummies from Germany, and sweet confections from Japan.

Sweetz & More features an extensive selection of Maine maple products, gifts, and souvenirs,

making it the perfect destination for both locals and tourists alike.

Sweetz & More offers something for everyone, from classic sweets to the latest trends. Visitors can indulge in their favorite candy or try something new.

“We are thrilled to bring Sweetz & More to the Wiscasset community,

and to be filling the void left behind by the closure of Big Al’s Super Valu” said owner Steve Jackson. “We’re excited to offer our customers a one-of-a-kind shopping experience filled with delicious treats and unique gift items.”

Sweetz & More is located at 298 Bath Rd, (Rte 1) Wiscasset, ME. Next to Big Al’s Fireworks Out-

let. The store is open daily from 10:00 am to 8:00 pm.

About Sweetz & More

Sweetz & More offers a wide variety of sweets, treats, and unique gift items. With 4 locations in New Hampshire and now 1 in Maine, Sweetz & More is dedicated to making the world a sweeter place, one customer at a time.

Report Finds Growing Caregiver Burden In Maine

MAINE (March 15, 2023) — The Alzheimer’s Association 2023 Alzheimer’s Disease Facts and Figures report finds the burden on Maine Alzheimer’s and dementia caregivers is growing. The new report released today shows there were an estimated 51,000 dementia family caregivers across the state in 2022, providing 87 million hours of unpaid care valued at \$1.9 billion.

The new report also reveals that Maine caregivers and those across the country face significant emotional, physical and health-related challenges as a result of caregiving

as well. Dementia caregivers report higher rates of chronic conditions, including stroke, heart disease, diabetes, and cancer compared to caregivers of people without dementia or non-caregivers. In Maine, 60.8% of caregivers reported at least one chronic condition. The prevalence of depression is higher among dementia caregivers when compared to caregivers for other conditions. In Maine, 30.8 % of caregivers reported depression.

“This year’s Facts and Figures report underscores the considerable physical and emotional and toll Mainers experience

when caring for someone living with Alzheimer’s,” said Drew Wyman, Executive Director of the Alzheimer’s Association Maine Chapter. “It clearly underlines the need for caregiver support right here in our state. The Alzheimer’s Association offers free local support throughout our state including support groups, education as well as the Association’s 24/7 Helpline. This support can be a lifeline to caregivers.”

The annual Facts and Figures report provides an in-depth look at the latest national and state-by-state statistics on Alzheimer’s disease prevalence, mor-

tality, caregiving, dementia care workforce and costs of care. According to the report, there are 6.7 million people 65 and older living with Alzheimer’s dementia in the United States, including 29,000 in Maine.

The year’s report also finds a shortage looming for direct care workers across the country. Direct care workers, including nurse aides, nursing assistants, home health aides and personal care aides play a vital role in caring for people living with Alzheimer’s and other dementia in private homes, community-based settings such as adult day services and residential care, skilled nursing homes and other settings. According to the report, an estimated 1.2 million additional direct care workers will be

needed between 2020 and 2030 — more new workers than in any other single occupation in the United States. In 2020, there were an estimated 17,380 home health and personal care aids in Maine, according to the report. By 2030, 18,710 will be needed — a 7.7% increase.

Although more direct care workers will be needed in the years ahead, the long-term care field is already struggling to fill existing direct care positions. Turnover rates are high in this workforce — estimated at 64% annually for direct care workers providing home care and 99% for nursing assistants in nursing homes, according to the report.

“The report sounds an important alarm on the urgent need to attract and

retain these essential frontline care workers,” said Wyman. “These valuable professionals are not only providing direct care to people living with Alzheimer’s and other dementia, but they are vital in supporting family caregivers, particularly for those providing in-home care.”

According to the report, most states, including Maine will have to nearly double the number of geriatricians to effectively care for those 65 and older who are projected to have Alzheimer’s dementia in 2050. In 2021, there were only 36 geriatricians in Maine. By 2050, an estimated 71 geriatricians will be needed to care for residents across the state living with Alzheimer’s dementia — a 97.2% increase.

Full text of the 2023 Alzheimer’s Disease Facts and Figures report, including the accompanying special report, “The Patient Journey in an Era of New Treatments” can be viewed at alz.org/facts. The report will also appear in the April 2023 issue of Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association.

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UMaine USDA-Funded Study Looks at Rural Needs



Jason Entsminger, assistant professor of entrepreneurship and innovation and state Extension specialist for small business at the Maine Business School and University of Maine Cooperative Extension. Photo courtesy of the University of Maine.

ORONO, ME (March 10, 2023) -- A national study published last week, led by a now University of Maine assistant professor and small business

specialist, identifies critical investments needed to build community capacity and improve quality of life in rural America. Results showed a need to increase collaboration, inform decision making through research, involve local underrepresented groups and build climate and economic resilience.

The study was conducted by the nation's four Regional Rural Development Centers (RRDCs), which link the research and capacity of regional land grant universities with local decision makers to address a wide range of rural development issues. It was led by Jason Entsminger, assistant professor of entrepreneurship and inno-

vation and state Extension specialist for small business at the Maine Business School and University of Maine Cooperative Extension.

The report, "Investing in Rural Capacity: Comprehensive Summary of National Rural Development Stakeholder Listening Sessions," summarizes results from the initiative's eight virtual listening sessions, which convened stakeholders to identify rural development investments they viewed as the highest priorities for U.S. rural communities. Entsminger led the RRDC team's efforts in his previous role as associate director of the Northeast Regional Center for Rural Development, and continued to provide leadership for drafting the final report after joining the University of Maine in September 2022.

"In the wake of the COVID-19 pandemic, rural communities found themselves at a critical juncture, right as new resources for recovery are becoming available via Federal and state programs," says Entsminger. "As a community of practice, we needed to rapidly identify where investments might be made to leverage rural communities' assets, while strengthening their capacity to take advantage of emerging opportunities."

Four of the listening sessions were conducted nationally, each focusing on an issue of widespread importance: broadband and the digital divide; rural innovation and entrepreneurship; workforce development, training and

education; and community planning, leadership and governance. The other four listening sessions were conducted regionally, focusing on issues of regional importance. The dialogues were facilitated by Cooperative Extension professionals from 20 land grant universities.

Participants represented a wide range of stakeholders, including land grant universities, nonprofits and government agencies. In the sessions, they identified the need to support and increase collaborative efforts across disciplinary, organizational, and geographic boundaries; inform decision making through place-based and community-engaged research and best practices; involve underserved groups and pursue greater equity; and build climate and related economic resilience into local, regional, and national planning.

"The incredible work done by Dr. Entsminger and his colleagues highlight the importance of understanding context in identifying and actualizing entrepreneurial opportunities. Rural communities are often overlooked and have unique needs for workforce development and entrepreneurship support. Leveraging the insights from this report, universities and business schools can develop new educational opportunities that connect students with communities to make an impact," says Jason Harkins, interim executive dean of the Maine Business School.

The report provides eight overview summaries — one for each of the national topics explored

during the listening sessions, and one for each of the four geographic regions. It also integrates additional qualitative data from a national survey conducted in fall 2021, building on the survey's quantitative findings published in October 2021. The entire report, as well as topic-specific and region-specific sections of the report, are available for download on the RRDC website.

"Thanks to Jason [Entsminger]'s dedicated efforts, we were able to organize listening sessions and gather and analyze an enormous amount of stakeholder input in a record amount of time," says Stephan Goetz, director of the Northeast Regional Center for Rural Development at Penn State University. "The information is now readily available to community and other leaders in the form of easy-to-navigate dashboards."

The report will be used by practitioners, decision makers and government agencies to inform where programmatic efforts and resources may be most effective in tackling key issues facing rural communities.

"The rapid assessment we completed as part of this initiative gives decision makers at all levels — from federal and state agencies to universities to local communities — a starting point for action," says Entsminger. "Our findings are driving continuing conversations about where we can take action now to maintain vibrant rural life, and make rural communities resilient spaces to live and work."

GIVE A GOOD HOME TO A **Wild Horse**

Mustang Maddy with Willie
Photo Credit: Rachel Florman

EVENT DETAILS

<p>SWANZEY, NH April 21 – 22, 2023 BY APPOINTMENT ONLY</p> <p>Cheshire Fairgrounds 247 Monadnock HWY Swansey, NH 03446</p> <p>\$125 minimum fee for animals adopted \$25 minimum fee for animals purchased</p> <p>Adoption Incentive Program Interested in giving a good home to an untrained wild horse? Ask how you can earn up to \$1,000 when you do!</p>	<p>Friday, April 21, 2023 Appointments from: 8 a.m. – 5 p.m. EST</p> <p>Saturday, April 22, 2023 Appointments from: 8 a.m. – 1 p.m. EST</p> <p>Email appointments: BLM_ES_NSDO_WHB@blm.gov</p> <p>One-hour increments for both days (five appointments per hour) Please indicate your TOP 3 preferred time slots prior to event. Come and adopt a horse or learn more about the program.</p>
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Fridays March 24 through April 28

WILTON -- Opening Minds through Art, Education Center of SeniorsPlus at 284 Main St., Wilton

Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

March 25

GRAY -- First Congregational Church of Gray, Saturday Night Church Supper, 5:00 PM at the Parish House, 5 Brown Street, Gray. Handicapped Accessible. Meals are single sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles and Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts and Beverages. 207-657-4279

March 25

BUXTON -- Had-dock Supper Buffet - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

March 29

LEWISTON -- RE-

Calendar

Send your submissions to the Editor. More online.

CYCLED GRAPHIC NOVEL PICTURE FRAMES

The LPL Children's Department will be offering a program on Wednesday, March 29th, 2023, at 5pm when participants will be able to create a decoupage picture frame from discarded graphic novels and comic books.

This program is free and best suited for children ages 10-14. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

March 29

LEWISTON -- 11 am at the Lewiston Public Library: THE STATE OF MAINE'S LOONS

In a free program entitled "The State of Maine's Loons," learn from Maine Audubon conservation staff about loons in Maine and Maine Audubon's efforts to protect them. Contact info. 513-3135; www.LPLonline.org

April 1, May 6

WESTBROOK -- Prides Corner Community Church, 235 Pride St. Bean Supper \$10 per person: Two kinds of baked beans, mac and cheese, ham, coleslaw, bread and brownie. Eat in at 5:00PM or Take Out from 4:30-

5:30PM. Call 207-415-9260 to reserve your individual meal today.

April 4, April 25

LEWISTON -- Tuesday, March 14 at 5:30 PM at the Lewiston Public Library: "WHAT IF COMMUNITY IS THE KEY TO OUR RESILIENCE?" DISCUSSION PROJECT

The Lewiston Public Library will host a three-session Discussion Project on March 14, April 4, and April 25. The program, entitled "What if community is the key to our resilience?" will focus on The Water Knife by Paolo Bacigalupi, Vigil Harbor by Julia Glass, and Parable of the Sower by Octavia Butler.

Free. Books provided. Space is limited and registration is required. Contact info. 513-3135, lpreference@lewistonmaine.gov; www.LPLonline.org

Mondays, Wednesdays, Fridays

LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11-11:45 a.m.; Day/time: Wednesdays, 11-11:45 a.m.; Day/time: Fridays, 10:15-11 a.m. Instructor: Linn Morin, Certified Trainer. Cost: See below. Loca-

tion: Education Center, 8 Falcon Road, Lewiston

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances, call Linn for more details.

Every 1st, 2nd, and 3rd Monday

LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Ho-

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meschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

Second and fourth Thursdays

LEWISTON -- YOUTH TRADING CARD GAME CLUB held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

Wednesdays

LEWISTON -- Knit-

ting Group, Dates: Wednesdays, Time: 4:30-7:30 p.m., Facilitator: SeniorsPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit seniorsplus.org.

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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

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

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MJ's- Cleaning Over 10 years experience. Reasonable rates. Available to work with your schedule. Call: 207-539-3204.

FIREWOOD

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FOR SALE

Men's Dress Coats almost new - One London Fog, dark tan size 42 R \$50, one 3/4 length with zip in lining - tan \$40. 1 pair new Timberland work boots size 9W \$50. Call 207-782-4228

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

Turboclean Powerbrush Pet Pro
Turboclean Powerbrush Pet Pro carpet cleaner. Brand new. Used once. Asking \$80. Call 893-8851. Gorham.

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Experience preferred. Please contact- Melissa 207-539-3204

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's

DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

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

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

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Gorham Interact's Animal Refuge League Drive Needs your Support


GORHAM, ME (March 17, 2023) -- Gorham Interact will be hosting an Animal Refuge League Donation Drive on Saturday, April 8th from 10:00-12:00PM at the Gorham High School gym parking lot. We are collecting the following items for the ARLGP. Please bring your furry friends with you so we can treat them to a pup cup!!!!

Donation Drive in Support of The ANIMAL REFUGE LEAGUE OF GREATER PORTLAND




JOIN US **APRIL 8th FROM 10:00 - 12:00 AT GHS GYM**


PARKING LOT



DONATE SUPPLIES



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MAKE DOG TOYS

More Info At arlgp.org

ANIMAL REFUGE LEAGUE OF GREATER PORTLAND DONATION DRIVE WISHLIST

DOGS

- Canned Food (Purina Pro, Science Diet)
- Dry Food (Purina Pro, Science Diet)
- High Quality/Grain-Free Treats
- Greenies Pill Pockets
- Dog Toys (Kongs, Squeaky/Stuffy Toys, Puzzle Feeders)

CATS + KITTENS

- Canned Food (Friskies, 9 Lives, Fancy Feast)
- Dry Food (Purina One, Science Diet)
- Chunk Tuna (In Water)
- Cat Toys (Wands, Balls, Cat Nip Sacks)
- Cat Litter (Un-Scented, Non-Clumping)

SMALL ANIMALS

- Rabbit Food (Oxbow)
- Dried Cranberries

SHELTER USE

- Gift Cards (The Fish & Bone, Amazon, Walmart, Target, Pet Supply Stores)
- Postage Stamps

What do you think?


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Binnie Media Raises \$500K for Children's Hospital

PORTLAND, ME (March 13, 2023) -- Binnie Media Maine, WFNK & WTHH Portland, and WBQX & WBYA Rockland, wrapped up their 18th annual Cares for Kids radiothon Saturday with a grand total of \$503,298! The Binnie Media airstaff devoted 35 live hours of programming to help raise funds for the Barbara Bush Children's Hospital at Maine Medical Center. BBCH is Maine's only full-service children's hospital, and provides critical care for children and families in all of Maine's sixteen counties.

Funding from events like the Radiothon & benefit concert have helped BBCH grow in many ways: from acquisition of specialized transport units designed specifically for children and premature (NICU) patients, to a critical expansion of the Pediatric Intensive Care Unit (PICU), to supplies like toys and games for patients through the hospital's Child Life department, every dollar contributed has a direct

benefit to local Maine families. Binnie Media Vice President of Programming Michael Czarnecki said, "To say I am proud of this team and our listeners is an understatement. I am continually impressed by them. This is such a great example of the power of local radio." WTHH Program Director Chris Clare added, "I've always believed in the power of local radio and what it can do to bring a community together, and every year the team at The Wolf uses that power to do amazing things this for a world class hospital and great cause. I could not be prouder of them and of the communities that answered the call. This is truly amazing." WFNK Program Director Leif Erickson said, "These three amazing on-air days were the culmination of weeks of hard work by our dedicated airstaff who get "local" like no one else in the market." This is the second of two major events held in support of BBCH. Last week WTHH (99.9 The Wolf) raised 50,000 in two days with a special benefit concert at Erik's Church in Windham featuring national recording artist, Joe Nicols.

Boothbay Harbor Police Department

We are accepting applications for new and experienced officers. These benefits listed are for the full-time position (s). Also hiring reserve officers starting at \$30.00/hr.

Starting Pay \$47,040 – \$64,960 yearly

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Job description: Under general direction from the patrol sergeant and in accordance with established policies and procedures, incumbent assumes responsibility for the protection of life and property, through enforcement of laws and ordinances. Work normally consists of routine patrol, preliminary investigation, answering complaints, and traffic enforcement.

Please visit The Town of Boothbay Harbor website to access application.


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