

Gorham HS Theater Places 1st at Regional One Act Festival



GORHAM, ME (March 24, 2023) -- Congratulations to the GHS Theater Program for winning the regional One Act Festival! They headed to the state competition March 24-25!

Summer Camps Offered by USM Gorham's Osher School of Music

GORHAM, ME (March 24, 2023) -- Five outstanding camps will be held at the Osher School of Music on the University of Southern Maine Gorham campus. Registration for 2023 summer camps opened on February 1, 2023 and remains open right through the spring. Waiting lists are kept.

Before you register for a camp, a parent/guardian must create an account, then additional persons can be added to that account: alternate adults or campers. Parents/guardians should be doing the registration process, not campers.

Parents /guardians, please go to our Ultracamp camp management site where you can register one or more campers. Login if you already have an account, or create a new account in the primary parent/guardian's name.

Login address: <https://www.ultracamp.com/clientlogin.aspx?idCamp=997&campCode=8rb>

Each family needs only one account, created by a parent/guardian, and with that account can register more than one camper, or register a camper for more than one camp. Families that have an account already will continue to use the current account.

A \$100 deposit will be required once your registration for theatre or primary musical instrument is confirmed. Registration stays open until the camp begins and waiting lists are kept and open, filled in order automatically, so if you miss registering on the first day, any other day will do! It's best for all concerned to register early, but even late registrations can be considered. So, please register!

Go to <https://usm.maine.edu/osherschool-music/summercamps/> for additional information and answered questions that others have asked. Your questions may be answered there.

For more information, contact: Lori Arsenault at loria@maine.edu or 207-780-5142 (message line), 207-415-1979 (cell phone).

About the Camps

Southern Maine Theater Academy – SMTA for incoming 8th graders to outgoing 12th graders

Southern Maine Youth Band Day Camp – SMYBDC for outgoing 5th graders to outgoing 6th graders

Southern Maine Music Academy – SoMMA for incoming 9th graders to outgoing 12th graders

Southern Maine Choral Music Academy – SMCMA for incoming 8th graders to outgoing 12th graders

Southern Maine Junior Music Academy – SMJMA for incoming 7th graders to outgoing 8th graders

Grow Tomatoes, Peppers, Melons With UMaine Extension



Photo courtesy University of Maine Cooperative Extension / Pamela Hargest

ORONO, ME (March 24, 2023) — University of Maine Cooperative Extension will offer a webinar for home gardeners on growing tomatoes, peppers, melons and more from 6–7:15 p.m. on April 4.

Growing Great Tomatoes, Peppers, Melons and More will offer simple tips and tricks to save time and improve yields. Peyton Ginakes, Extension research associate, and Mark Hutton, Extension vegetable specialist, will share updates on new variety trials at Highmoor Farm, a UMaine Agricultural and Forest Experiment Station facility in Monmouth where Extension faculty conduct fruit and vegetable research.

Registration is required; a sliding scale fee is optional. Register on the event webpage to attend live or receive the recording link. For more information or to request a reasonable accommodation, contact Katherine Garland, 207.942.7396; extension.gardening@maine.edu.

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Newsmakers, Names & Faces

Republicans Review Educational Facilities, Mental Health Services

AUGUSTA, ME (March 22, 2023) – Senate Republicans unveiled legislation during a press briefing on Tuesday to help bolster student mental health and school safety. The bills, ranging from a call to conduct a statewide forensic audit of current school physical defenses to the implementation of school-based health centers, all aim to improve the safety of students while on campus, improve mental health and prevent substance abuse.

According to Senate Republican Leader Trey Stewart, R-Aroostook, the process has to start with a gap assessment of all school facilities in Maine to see what available technologies should be incorporated into existing schools and become part of new building codes for future construction.

“I think there’s a myriad of examples that

we’ve seen recently in the last couple of years of times when that technology didn’t exist or it wasn’t utilized at all and led to unfortunate outcomes,” Stewart said. “We should get ahead of that in the State of Maine and we should be pushing for that.”

Using the example of interlocking door controller technology, otherwise known as deadman or mantrap doors consisting of a double set of doors that can be immediately locked simultaneously in an emergency, he said lawmakers should convene a task force or create a standing committee to rely on experts across a variety of fields to make recommendations to the Legislature.

“We need to be making sure that our rural districts in particular are not falling behind for a lack of resources,” he said. “It can’t be the case that



schools in, for instance, Aroostook or Washington County are not as secure as schools in Cumberland County simply because they don’t have the resources. Those kids matter just as much. Those teachers matter just as much.”

For Sen. Marianne Moore, R-Washington, the recently released results from the U.S. Centers for Disease Control and Prevention’s “Youth Risk Behavior Survey” show that Maine students are having mental health issues that

have led to increased rates of thoughts of suicide and a sense of sadness and hopelessness, particularly among girls. In sharing some statistics, she said the results are alarming.

“Young people in the U.S. and here in Maine are collectively experiencing a level of distress that calls for action,” she said. “Our challenge is to offer resources that are needed to achieve academic excellence and address the levels of mental anguish we’re seeing among our

students, especially young girls.”

According to Moore, schools should work with parents to increase the sense of family and community for students. The state should also increase health education and access to needed health services, including mental health and substance use prevention services.

“My goal is to move to school-based health centers as a centralized source for all things health that would work in conjunction with parents and families,” she said. “No matter what we do through our schools, though, it has to start with family.”

Sen. James Libby, R-Cumberland, took issue with the direction the Maine Department of Education (DOE) is headed, especially regarding student academic assessments that led the U.S. Department of Education to threaten to

withhold funding from the Department.

However, it’s how the State approaches best student mental health practices that drew the most ire from Libby. He cited Maine’s “Whole Student Approach” framework, which is based on the Ohio State University model that stresses the importance of family and community partnerships. The problem, he said, is that Maine completely disregarded the family and left it out when Maine DOE developed its own student mental health model.

“The first thing that you’ll notice about it – and I think this is startling ... the family is not even mentioned,” he said of the State’s approach. “There is this belief by some that the family’s inclusion is apparently something less than the expertise that others can provide, in particular [the] DOE.”

UMA Offers Grad Certificate in Substance Use Disorders

AUGUSTA, ME (March 24, 2023) – The University of Maine at Augusta (UMA) has received certification as a NAADAC Approved Educational Provider for the Graduate Certificate in Substance Use Disorders program. Academic programs with this credential are assured that the credits provided will be accepted toward national credentialing by the NAADAC Certification Commission for Addiction Professionals (NCC AP), as well as by many of the individual state licensing/certification bodies in the addiction and other helping professions.

The NAADAC Approved Education Provider certification signifies that an organization has voluntarily opened its educational programs to examination by NCC AP for content appli-

cability to state, national, and international certification standards. This rigorous review process ensures that learners receive a consistent, reliable, and quality learning experience that is applicable to their careers and advances their understanding of addiction and co-occurring disorders-related issues.

Maine ranks among the top states in the country for opioid-involved overdose death rates. According to a report released by the Maine Attorney General’s Office in February, an estimated 716 Mainers died from drug overdoses in 2022, and last year was the third consecutive year that Maine set another record of fatal overdoses. The 716 overdose deaths in Maine in 2022 were part of the more than 10,110 total overdoses

that were reported.

The skyrocketing rate of non-fatal overdoses helps to reveal the enormous and growing scale of this crisis that has been exacerbated by the flood of deadly fentanyl. In addition, treatment options have not been meeting the communities’ needs due to the sheer number of people impacted (directly and indirectly), and many healthcare providers are currently in preparation for retirement.

The Graduate Certificate in Substance Use Disorders program at UMA was launched in fall 2020 to address these challenges. It offers training and education for those who are seeking to become certified/licensed, for those who want to maintain their certification/license at the state or national level, for those who want to

add to their education, and for those from other disciplines who want to learn more about substance use and co-occurring disorders.

Students who successfully complete the UMA graduate certificate can sit for the national Certified Alcohol and Drug Counselor (CADC) exam to pursue licensing as a substance use treatment professional and can apply for the Certified Clinical Supervisor (CCS) certification. The CCS is a national certification allowing individuals to seek employment in all 50 states and is required to supervise Registered Alcohol and Drug Counselors (RADC), Certified Alcohol and Drug Counselors (CADC), and Licensed Alcohol and Drug Counselors (LADC).

“We are very excited about this new certification

from NAADAC,” stated Wendy St. Pierre, UMA Associate Professor of Mental Health & Human Services and Coordinator of the program. “As a completely online program, our graduate certificate will offer current human services professionals throughout the U.S. the flexibility to obtain a credential that can lead to career advancement and become a pathway to additional professional credentials or a master’s degree. It is also consistent with UMA’s long-standing mission and history as a leader in distance education.”

Since UMA’s program integrates course work with current academic programming available at its sister institutions within the University of Maine System, students could continue their graduate education at

the University of Maine or the University of Southern Maine with some credits easily transferable.

Applications are now being accepted for UMA’s Graduate Certificate in Substance Use Disorders programs for a fall 2023 start. There will be two virtual information sessions to learn more about the program: April 13 and May 3. Visit <https://www.uma.edu/sud> for details.

UMA transforms the lives of students of every age and background across the State of Maine and beyond through access to high-quality distance and on-site education, excellence in student support, civic engagement, and professional and liberal arts programs. For more information, please visit <https://www.uma.edu/>.



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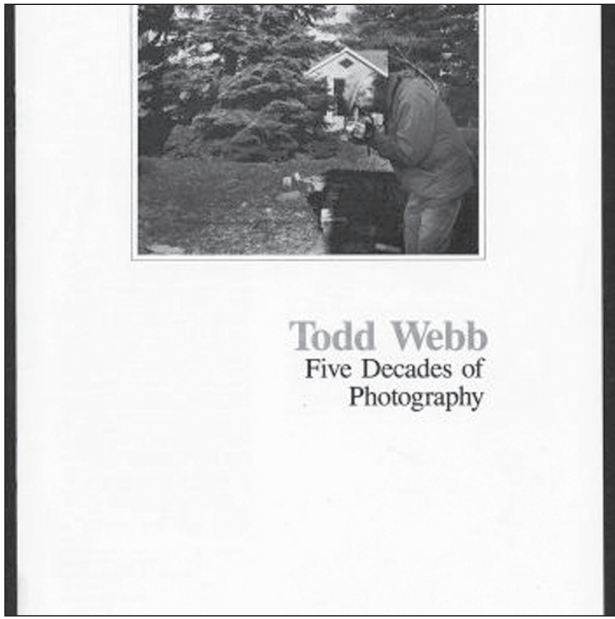
Photography of New York, New Mexico, France Comes to Gorham



The work of Todd Webb



Foreground Right: "Dieulefit, Provence," 1955. Silver gelatin print. 16 3/4 x 20 3/4 in. University of Southern Maine Collection. Installation view, "Todd Webb: Photography Across New York, New Mexico, and France." University of Southern Maine Glickman Library, 2023.



The catalog from our 1987 exhibition, Todd Webb: Five Decades of Photography

GORHAM, ME (March 24, 2023) – From March 23 – December 11, 2023, the Glickman Library, Aperture Gallery will feature the photography of Todd Webb.

Born in Detroit, Michigan, in 1905, Charles Clayton ("Todd") Webb III

took up photography in the 1930s after having lost his earnings as a stockbroker during The Crash of 1929 and the subsequent Great Depression. He studied at the Detroit Camera Club while working for Chrysler in the export division and then served as a pho-

tographer for the US Navy during World War II, moving to New York City in 1945 after returning from the South Pacific. After the war, he was hired by Roy Stryker, former manager of the Farm Security Administration (FSA) photography project during the Great Depression, to photograph for Standard Oil and Fortune Magazine. Throughout the course of his long career as a photographer, Webb traveled the world photographing people and places in his distinctly straight approach to the medium. He and his wife, Lucille, retired to Maine in 1975, where he lived, photographed, and wrote until his death in 2000, at age 94. Frequently referred to as "a historian with a camera," Webb's work has been exhibited nationally and internationally and is included in numerous museum collections.

The University of Southern Maine is fortu-

nate to house a formidable collection of photographs by Webb, stemming from his time as the Art Gallery's inaugural visiting artist in 1987, and his accompanying solo exhibition on the Gorham Campus—Todd Webb: Five Decades of Photographs. The show featured fifty photographs, ten from each of the following decades: the 1940s, the 1950s, the 1960s, the 1970s, and the 1980s. After the exhibition, Webb asked the show's co-curators, Juris Ubans, Director of the Art Gallery, and Rose Marasco, Art Department faculty member, to select photographs from each of the decades as a gift from him to the Art Gallery.

Todd Webb: Photography Across New York, New Mexico, and France focuses on a selection of Webb's photographs as they engage with these locations. Showcasing the University's Webb collection alongside loans from the Todd Webb Archive and Distinguished Professor Emerita Rose Marasco, this exhibition brings together many aspects of Webb's place-based photographic approach. This is the fourth solo exhibition of Webb's works at the University of Southern Maine; previous one-man shows were hung in 1980, 1987, and 2015. — Dr. Libby Bischof, Executive Director, Osher Map Library and

Smith Center for Cartographic Education

The exhibition coincides with the showing of the Portland Museum of Art's Outside the Frame: Todd Webb in Africa. The Museum's exhibition presents a recently recovered photographic series by Webb, in which the United Nations commissioned him to document emerging industries and technologies in nine countries on the African continent. Together, the University's Photography Across New York, New Mexico, and France and the Museum's Outside the Frame create a singular opportunity to see multiple facets of Webb's oeuvre here in southern Maine.

Maine Yacht Center Purchases Maloney Marine Rigging

PORTLAND, ME (March 24, 2023) -- After 33 years of providing quality rigging services to boat builders, boat yards, and the boating community of northern New England, Maloney Marine Rigging was acquired by Maine Yacht Center. The name of the company has changed from Maloney Marine Rigging to Maine Marine Rigging.

Founder, Jay Maloney said, "I started Maloney Marine Rigging in January of 1990. The company was founded as the first Navtec Rod Rigging and Hydraulics service center in Maine and New Hampshire." Maloney continued, "Other than the change of ownership and name, ev-

erything else remains the same. MMR will operate as its own business entity from our existing rigging shop located at Hodgdon Yacht Services in Southport, Maine. MMR will continue to provide the same high level of professional rigging services to the marine industry and boating community as we have for 33 years."

MMR will continue to:

- Service, inspect and build new rod rigging, covering both Navtec (by Hayn Enterprises) and BSI A/S rod rigging.
- Service and repair hydraulic systems – Navtec and Harken.
- Provide the same full range of marine and ar-

chitectural rigging products and services –spars, wire standing rigging, running rigging, custom splicing, deck hardware and lifelines.

Maloney will remain working for Maine Marine Rigging through its first year of operation while overseeing the transfer of management of the new entity to long-time employee Mike Sussman. Sussman, an 18 year veteran of Maloney Marine Rigging, is also the company's rod rigging and hydraulic specialist.

MMR has also hired Steven Loughran to join the

new company. Loughran has 15 years of boat yard experience as a professional yacht rigger. He holds a USCG 100T Captains license and has logged more than 100,000 miles at sea. Loughran's skills as a rigger, combined with his customer service experience and offshore sailing miles, make him the perfect fit for the MMR team.

About Maine Yacht Center, LLC.

Maine Yacht Center is a full service boatyard and 115 slip marina located in Portland, Maine. They provide hauling, storage, yacht

maintenance and refits for vessels up to 80 feet. Years of industry experience and quality craftsmanship has made MYC the choice for boaters venturing around Casco Bay or voyaging around the world. For more information: www.maine-yacht.com or info@maine-yacht.com.

About Maine Marine Rigging, LLC.

MMR (formerly Maloney Marine Rigging, Inc.) began offering sailboat rigging services and products in 1990. For over 33 years, they have worked with diverse and challeng-

ing projects: museum restorations, the suspension of sculptures in cruise ships, maintaining a 1959 Grand Banks fishing schooner, supporting an Olympic campaign, and rigging out everything from ice-boats to mega-yachts. Providing a wealth of knowledge and service for the racing and cruising sailor, Maine Marine Rigging is the rod rigging and hydraulics service center for Maine and New Hampshire. For more information: www.mainemarinerrigging.com or info@mainemarinerrigging.com.

Gorham WEEKLY

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Seniors Not Acting Their Age

Challenging Conditions on Bald and Speckled Mountains



A hiker negotiates a steep pitch on Bald Mountain



Exceptional views are the reward at the top of Bald Mountain



A hiker emerges onto a spectacular open ledge on Speckled Mountain

By Ron Chase
Bald and Speckled Mountains are hidden gems. Situated in the heart of the Oxford Hills in the rural communities of Peru and Woodstock, just finding them is a chore. Once located, the two distinctive peaks offer a moderately demanding trek to open summits with spectacular views.

I think my retired friend, John Stokinger, would be disappointed if I didn't periodically dream up new outdoor adventures for the two of us. Several years had passed since I'd hiked Bald and Speckled Mountains so that suggestion was my latest attempt to keep him entertained. It's all about John.

In the Delorme Atlas, the trailhead for Bald and Speckled Mountains appears easy to locate. It's not. After leaving Route 4 in North Turner, the labyrinth of roads is confusing and some are in poor condition in winter. Fortunately, John is quite adept at operating his GPS. He downloaded the directions from the All Trails website and we followed them to the remote trailhead on Redding Road with only one insignificant malfunction.

The weather was partly sunny and seasonably warm when we arrived at the trailhead where there is parking for a few vehicles and a conspicuous kiosk. The trail surface

was hard-packed at the beginning but it was difficult to predict what conditions would be at higher elevations. We began wearing micro spikes but carried snowshoes. As we were leaving, another hiker arrived who also expressed uncertainty about trail conditions but planned to wear full crampons.

Initially, we enjoyed easy hiking progressing up a gradual incline with a couple of minor stream crossings. After about a half mile, we arrived at ice-covered Little Concord Pond. A trail circumnavigates the pond but the route to Bald Mountain angles hard right.

The ascent of Bald began with a steep icy

pitch. Beyond, the well-packed trail rose steadily in mixed hardwoods and softwoods to a trail junction that leads northeasterly to Speckled Mountain. We followed a short spur path on the right to open ledges at the summit of Bald Mountain. The overlook on the 1,692 foot peak provided excellent views of the surrounding ponds and mountains.

The trail in the saddle between Bald and Speckled was only partially broken. The hiker met at the trailhead had bypassed Bald Mountain summit and could be seen a short distance ahead of us as we traversed through a sparse hardwood forest. Despite some post holing, we elected to continue wearing spikes in anticipation of an imminent precipitous climb on Speckled.

Shortly before reaching the steep sector on Speckled, we met the other hiker who had experienced difficulties with her crampons and decided to return. She declined an offer to join us.

We entered a dense conifer forest and proceeded gradually onto a plateau with some open areas. Soon after, the challenging

ascent began. Icy sections required careful maneuvering to a snow-covered escarpment that offered spectacular views facing west. After our strenuous effort, emerging onto that splendid location was cause for celebration.

The prominent overlook initially appeared to be the highpoint but was in actuality a false summit. On the opposite side, the trail dropped into a stand of stunted spruce trees before rising relentlessly. We lost the trail on another expanse of snow-covered ledges. After some exploration, a partially buried cairn revealed the correct route that turned abruptly right. We finished our quest with a dramatic climb to the top of the 2,200 foot peak.

Light winds and glorious panoramic vistas provided the ideal opportunity for an extended respite. The distant peaks of Mount Washington and the Presidential Range were easily discernible from our vantage point.

Treacherous conditions required careful negotiation on our descent of Speckled. We took our time to avoid potentially hazardous falls. Once safely at the bottom, the

remainder of the trek to Bald was uneventful. We couldn't pass Bald without another short digression to enjoy the views.

We completed the journey without ever using our snowshoes. The total distance was slightly less than five miles with about 1,600 feet of elevation gain. John expressed satisfaction with the endeavor so I think he's up for more of my quixotic proposals in the future.

My book *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates nine more mountaineering adventures around the state. Many of them take place during winter.

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.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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UMaine Extension 4-H Offers Online Eco Studies Club

ORONO, ME (March 22, 2023) — University of Maine Cooperative Extension 4-H will offer a short-term online 4-H club about algae and its impact on surrounding ecosystems. Intended for youth ages 12–18, the special interest, or SPIN, club will meet from 4–5 p.m. on Wednesdays from April 12–May 17. Required registration closes March 31.

The 4-H Ecological Studies Club will introduce ecological knowledge and experiment skills by exploring Maine's environment in participants' own backyard.

This virtual 4-H citizen scientists club encour-

ages youth to practice community science in their own backyard and report their observations while making connections with fellow citizen scientists in their community and around the state. Club members will also learn about Maine ecology and how to participate in research simply by taking a picture.

The club is free; limited to 12 participants. Register by March 31 on the event webpage to receive the link and at-home materials. For more information or to request a reasonable accommodation, contact 207.581.8206 or sarah.sparks@maine.edu. Additional information also

is available on the Extension 4-H Virtual Learning webpage. This workshop is supported by Maine EP-SCoR at the University of Maine.

4-H is a community for all kids with programs that suit a variety of backgrounds, interests, budgets and schedules. Programs are grounded in the belief that kids learn best by doing. Participants complete hands-on projects in areas like health, science, agriculture and civic engagement in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.

Sen. Collins Receives Award for Diabetes Advocacy

WASHINGTON, D.C. (March 24, 2023) – U.S. Senator Susan Collins received the Inaugural Mary Tyler Moore Award from JDRF for her long-standing support of the Type 1 diabetes community. Senator Collins also met with Maine members of JDRF, Bek and Barrett Hoskins.

“Mary Tyler Moore was a pioneer in the entertainment industry and an inspiration to millions of women. I was so fortunate to come to know Mary as a friend, and as someone who dedicated her life to

helping others. As international chairman of JDRF, she worked to raise awareness and improve the lives of so many living with Type 1 diabetes,” said Senator Collins. “I am grateful to receive this recognition that honors Mary’s legacy, and I will continue to build on the progress we have made to better treat, prevent, and ultimately cure this disease. With the strong support and advocacy of JDRF chapters across the country, I am confident that we will conquer this terrible disease.”

As the founder and



co-chair of the Senate Diabetes Caucus, Senator Collins has led action in the U.S. Senate to advance

priorities that will lower the cost of insulin, invest in research, and improve access to treatment op-

tions.

As the Vice Chairman of the Appropriations Committee, Senator Collins has also championed increased funding for diabetes research. The 2023 government funding law included \$2.44 billion to support the National Institute of Diabetes and Digestive and Kidney Diseases, the primary federal agency responsible for conducting research for the prevention and treatment of diabetes. This is an increase of \$88 million from the previous year’s appropriation. Senator Collins also advocates

for the Special Diabetes Program, which has laid the groundwork for Artificial Pancreas systems and spurred the first-ever disease modifying therapy for Type 1 diabetes.

More than 37 million Americans are living with diabetes, and 96 million Americans have prediabetes. JDRF is the leading global organization funding Type 1 diabetes research. Their mission is to accelerate life-changing breakthroughs to cure, prevent, and treat Type 1 diabetes and its complications.

“Maine Maple Sunday” Resolution Passes Senate Unanimously

WASHINGTON, D.C. (March 24, 2023) – U.S. Senators Susan Collins and Angus King celebrated the Senate’s unanimous passage of a resolution designating March 26, 2023 as “Maine Maple Sunday.” The resolution recognizes the 40th anniversary of the

event and the importance of Maine maple syrup production to the state’s economy and culture.

“Maine is proud to be the one of the country’s largest maple syrup producers – and the home to the best tasting syrup in the world! For genera-

tions, Maine people have come together each spring to tap trees, boil sap, and make this delicious product,” said Senators Collins and King. “Maine Maple Sunday honors this long tradition, celebrates the excellence of the maple industry, and recognizes

the contributions of the small-maple businesses across our state. We’re glad the Senate unanimously understood the importance of this uniquely-Maine day and has given it the national recognition it deserves.”

Maine is home to more than 520 maple syrup

producers and 800 full- and part-time syrup jobs that results in an annual syrup output of 575,000 gallons with a value of \$21.6 million and is estimated to generate \$55.6 million in economy activity. The state is the nation’s third-largest producer of maple syrup,

and accounts for 17% of all U.S. produced maple syrup. Every March, sugarhouses across Maine host Maple Sunday events, an annual celebration showcasing maple syrup operations throughout Maine that serves as a catalyst for sales.

MaineCF Scholarships For Business Students

PORTLAND & ELLSWORTH, ME (March 23, 2023)—Applications are currently being accepted for the Maine Community Foundation’s (MaineCF) Patriot Education Scholarship Fund.

This renewable scholarship supports graduates of Maine high schools who are enrolled part-time or full-

time in pursuit of a business degree and entering their freshman, sophomore, junior, or senior year at a Maine college or university. Preference is given to applicants who have a demonstrated interest in personal and commercial insurance professions.

The deadline is June 1. For more information

or 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.

\$1.4M Goes to Historic Preservation, Tribal Communities

WASHINGTON, D.C. (March 22, 2023) – U.S. Senators Susan Collins (R-ME) and Angus King (I-ME) announced that the Maine State Historic Preservation Office and four tribal communities have received a total of \$1,309,044 from the National Park Service’s Historic Preservation Fund.

“Maine’s history began thousands of years ago as the homeland of the Wabanaki. Maine’s tribal communities have a rich culture and a proud heritage, and this funding will support their efforts to pass down their intricate artwork, unique languages, and other traditions to younger generations,” said Senators Collins and King in a joint statement. “In addition, this investment by the National Park Services will help the

State Historic Preservation Office continue its historical preservation and education. The office identifies, evaluates, and protects Maine’s significant cultural resources and is well deserving of this funding.”

The funding was allocated as follows:

The Maine State Historic Preservation Office received \$877,873.

The Passamaquoddy Tribe received \$117,521.

Penobscot Nation received \$113,769.

Houlton Band of Maliseet Indians received \$103,705.

Mi’kmaq Nation received \$96,176.

Since its establishment in 1977, the Historic Preservation Fund (HPF) has provided more than \$2.7 billion in historic preservation

grants to states, Tribes, local governments, and non-profit organizations. Administered by the NPS, grant programs may be appropriated from the HPF by Congress to support a variety of historic preservation projects to help preserve the nation’s cultural resources and history.



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GORHAM, ME (March 24, 2023) -- Ever dream of becoming a secret agent? We'll start with the basics: From decoding messages to metal detectors and night vision, campers have the opportunity to check out spy tech equipment and take home lots

of gadgets like spy glasses! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis! Figure out the science of forensics in a hands-on look at crime scenes! Become a super spy and learn clever ways of performing

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Over a dozen crafters & vendors

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& Craft Fair. Enjoy some spring shopping, goodies for Mother's Day gifts, Hostess gifts, or just because gifts.

Over a dozen hand made crafters & vendors in two buildings and on two floors, something for everyone.

Gorham's Kim Moody to be Inducted into Maine Hall of Fame

CUMBERLAND, ME (March 21, 2023)--- The Maine Sports Hall of Fame will induct ten in ceremonies at the Merrill Auditorium on October 29th. "I am very proud of our diversity in terms of geography and the variety of sports represented," said Board Chairman Brian Corcoran. "It's intriguing to learn the stories of those who are the best of the best in Maine athletics."

The inductees include bicyclist Susan Elias, a Readfield native. Elias was ranked number one in America, third in the world and finished fourth in the Tour de France, an event in

which she competed three times. She won or was top American in many prestigious races and named VeloNews' U. S. Woman Athlete of the Year. She was also a great track athlete at UMaine setting school records in the 880, 800-meter, 1500-meter and mile runs while contributing to records in three relays.

Runner Bob Hillgrove of Rockland dominated Maine's roads in the 60's and early 70's winning a total of 503 events, including a remarkable 49 straight. He won every major race in Maine, including the Portland Boys Club eight times and the Bangor Labor-Day

5-Miler, including the inaugural, seven times. He won the Masters' Division of the Bolder Boulder in front of a full stadium of 45,000 people.

Biz Houghton starred at Cape Elizabeth, dominated the Triple-C and was named all state. At Boston College, the 6' 2" center became the Eagles' leading scorer, rebounder and shot blocker as a junior. She played professionally in Ireland leading Castledermot to the Irish National Cup. She has been central to the Maine Senior Women's Basketball League for 20 years which includes a

See Hall Of Fame, page 9

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Become a Stream Explorer, Join Audubon's Science Project

FALMOUTH, ME (March 24, 2023) -- Spring is here! As the snow melts and Maine streams and rivers start to flow freely, that means it's officially time to check on these streams, explore water quality, and find some bugs!

Large aquatic insects (or macroinvertebrates) are excellent indicators of a changing environment. Some require cold, clean water and high-quality habitat. Others can tolerate warm, polluted water or poor habitat quality. So the presence or absence of different species can inform us about both water quality and the ecological health of a stream.

Maine Audubon partnered with the Maine Department of Environmental Protection, Lakes Environmental Association, and the Portland Water District to create the Stream Explorers program, to recruit, train, and support volunteers interested in searching streams in the Sebago Lake Watershed for macroinvertebrates that are indicators of water quality.

Become a "Stream Explorer" and help survey Maine streams! There are two ways to join.

Attend a free in-person training on April 27 from 5:30 to 7:30 pm at Maine Audubon's Gilsland Farm Audubon Center,



20 Gilsland Farm Road in Falmouth. Register at maineaudubon.org/events.

If you can't make it to the in-person training, you can watch training videos online (the videos can be found at maineaudubon.org/projects/stream-explorers).

Both options will teach you how to find and identify approximately 40 "Least and Most Wanted" aquatic insects that are indicators of stream

health. After the training, you'll be asked to visit one to three streams between May and October, searching for the Least and Most Wanted macroinvertebrates. You'll enter your data online, or mail it in, and have the opportunity to see how "your" streams measure up against others in Maine. We will provide training, equipment, maps of the survey streams, and data forms and instructions.

The data collected by community scientists will provide insight into water quality and the overall health of streams and rivers. Macroinvertebrates are also an important food

source for many other aquatic and semi-aquatic species; and they are often the basis for much of the stream food web. If there are very few insects in the stream, the rest of the aquatic food web will be affected.

This is a fun and family-friendly way to get involved in collecting valuable data. Please join this community science project to help Maine wildlife and habitat.

More information:
Email: conserve@maineaudubon.org
Call: Hannah Young, Maine Audubon Conservation Program Associate, 207-781-2330 x219

FEMA Awards Maine \$2.7M for Covid-19 Response Costs

MAINE (March 20, 2023) -- The Federal Emergency Management Agency will be sending nearly \$2.7 million to the State of Maine to reimburse the state for purchasing personal protective equipment for state employees during the COVID-19 pandemic.

The \$2,693,872 Public Assistance grant will reimburse the Maine Department of Administrative and Financial Services for the purchase and distribution of personal protective equipment (PPE) materials such as masks to

public-facing employees in other state agencies between October 2020 and July 2021.

The PPE was distributed to state agencies within the Department of Education, Department of Health and Human Services and the Centers for Disease Control.

"FEMA is pleased to be able to assist the State of Maine with these costs," said FEMA Region 1 Regional Administrator Lori Ehrlich. "Providing resources for our partners on the front lines of the pandemic fight is critical to their success, and to our

success as a nation."

So far, FEMA has provided more than \$232 million in Public Assistance grants to Maine to reimburse the state for pandemic-related expenses.

Additional information about FEMA's Public Assistance program is available at <https://www.fema.gov/public-assistance-local-state-tribal-and-non-profit>. To learn more about the COVID-19 response in Maine, please visit <https://www.fema.gov/disaster/4522>.

National Humanities Medal Goes to Maine Poet, Richard Blanco

WASHINGTON, D.C. (March 21, 2023)—U.S. Senator Susan Collins issued the following statement congratulating award-winning Maine poet, author, professor, and public speaker Richard Blanco on receiving a National Humanities Medal from President Biden on Tuesday during a ceremony at the White House:

"Congratulations to Maine poet and author Richard Blanco, who received the National Humanities Medal at the

White House today," said Senator Collins. "This prestigious award recognizes Richard's powerful, inspiring writings and the important contributions he has made to his community in Bethel, to our state, and to communities across our country."

Mr. Blanco, a son of Cuban immigrants, was born in Madrid and grew up in New York City and Miami. He moved to Bethel 15 years ago. In 2013, for President Obama's second inauguration, he read an original poem that he

wrote. The National Humanities Medal, which was created in 1997, honors individuals or groups whose work has deepened the nation's understanding of the humanities and broadened Americans' engagement with history, literature, languages, philosophy, and other humanities.

Some of the other recipients of the National Humanities Medal today included Mindy Kaling, Bruce Springsteen, Julia Louis-Dreyfus, Gladys Knight, and Vera Wang.

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Gorham's USM Theatre, Osher School Perform *Eurydice Rising*



Orpheus & Eurydice: Lucious Finston-Fox as Orpheus, Shae-Lynn Pagurko as Eurydice. Photo by Noli French @ frenchsfotos



Eurydice Rising cast in recent rehearsal. Photos by Noli French @ frenchsfotos

GORHAM, ME (March 24, 2023) -- The University of Southern Maine Department of Theatre, in collaboration with the Osher School of Music, presents a dynamic reimagining of one of ancient Greece's most iconic myths in theatre, opera, and dance. *Eurydice Rising* pulls from a diverse body of work surrounding

Orpheus's journey into the underworld to be reunited with his young bride, Eurydice. It is a journey of love, loss, and creative expression that exceeds the bounds of life and death, presence and absence.

Audiences will experience a telling of the myth of Orpheus and Eurydice that weaves together spoken word, music, and



movement. For director Rachel Price Cooper, who also wrote the script, the collaboration with assistant director Malinda Haslett, choreographer Jessie Laurita-Spanglet, and musical director Scott Wheatley, all faculty at USM, has been extremely rewarding. "This was a very different, organic, collaborative process where we're using myth as a springboard to create something new. It's a story about the cycle of life, death, and grief as experiences that touch us all. The *Eurydice*/Orpheus

story is kind of an Everyman narrative in that way. It allows us to flirt with the very human fantasy that we might triumph over death."

For choreographer Jessie Laurita-Spanglet, starting from nothing but a myth and the mediums of theatre, opera, and dance has been the most exciting part, "When we first started having conversations about this work, none of us were sure of what it would look like. Once we got in the rehearsal room with the students and be-

gan exploring the myth of Orpheus and Eurydice, the play began to reveal itself to us. I love the overlaying of live opera music with dialogue and movement to tell an old story in a new way, to create an otherworldly theatrical experience."

Price Cooper is excited for audiences to experience *Eurydice Rising*. "It has something for everyone. There's a range of beautiful musical selections, from Gluck to Sara Barielles. The story is extremely accessible, and there is some beautiful dance and amazing visual aspects in play. It will be a feast for the senses. It will also let us meditate a little bit on this beautiful story of loss and resilience."

Eurydice Rising runs April 4-8, 2023. All performances take place on the USM Gorham campus in Russell Hall.

This show is recommended for ages 10 and up.

To purchase tickets, or for more information, visit USM Theatre online at usm.maine.edu/theatre, or call the USM Theatre Box Office at (207) 780-5151. For more information on USM's Department of Theatre events and programs, click here.

Eurydice Rising

Directed by Rachel Price Cooper

Assistant Direction by Malinda Haslett

Musical Direction by Scott Wheatley

Choreography by Jessie Laurita-Spanglet

April 4th at 7:30pm;

April 5th at 7:30pm; April

6th at 7:30pm; April 7th

at 10:00am and 7:30pm;

April 8th at 2:00pm

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Hall Of Fame

Continued from page 6

silver-medal performance at the National Senior Games.

David Hughes graduated from Yarmouth and the University of Southern Maine where he was captain of the sailing team twice at both schools. He is a two-time Olympian and a one-time Olympic coach. He is a four-time World Champion and multi-time winner of World Cup, North American and US National Sailing Championships. He is Vice President of the US Olympians & Paralympians Association.

Wrestler Ben McCrillis of Westbrook was a high school state champion. He went on to win 123 victories at American International where he was a four-time all-conference wrestler. He finished fourth, third, second and fourth at the NCAA East Regional Championships and qualified for the NCAA Championships three times. He won three national championships and was the AAU World Champion. He qualified for the 2008 Olympic Trials reaching the semi-finals.

Kim Moody of Gor-

ham was a top road racer during the 1970's and 1980's and most accomplished as an ultra-runner. In 1983, she won the Chicago National Championship 50-miler, running the second fastest time ever by an American and third fastest in the world. She won the Casco Bay and Maine Coast Marathons multiple times and several Rowdy-50 Milers. She qualified for the Olympic Trials in the Marathon in 1984 and 1988.

Ninety-year-old Howard Paradis of Madawaska is known as much for building the sport of skiing as he is for his competitive teams. He led the effort to build Mt. Carmel near his home in Frenchville as well as the cross-country trails which became Four Seasons. In 35 years of coaching, Madawaska won 15 girls and 9 boys championships and produced 15 Maine Ski-meisters.

Gabby Price was a great athlete and coach. A three-sport star at Bangor, he went on to play football at Maine. He was offensive coordinator at Bangor as they won two titles and then became head coaching win-

ning two more. He would compile a record of 129-52 at Bangor. He then rebooted the Husson football program compiling a 72-45 record. The Eagles had four prefect ECFC seasons and four NCAA Tournament appearances.

Will Sanborn of Standish is synonymous with St. Joseph's Baseball. He played at Bonny Eagle and St. Joe's where he still holds three records as a player. He became head coach in 1993 and enters his 31st season with 799 victories and 21 championships. He has been named Coach of the Year six times.

Mike Siviski has won 287 games at his alma mater Winslow High School. He was a three-sport athlete before heading to UMaine where he played football. He became an assistant coach at Thornton Academy for sixteen years before succeeding Tank Violette as the head coach at Winslow in 1985. Over the next 35 seasons, he would lead his teams to eleven regional and seven state titles. Three times the Raiders won titles back-to-back championships.

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Collins Leads Effort to Support Students in Rural Communities

WASHINGTON, D.C. (March 24, 2023)— In a bipartisan effort to help rural communities thrive, U.S. Senators Susan Collins (R-ME) and Maggie Hassan (D-NH) introduced The Success for Rural Students and Communities Act. Their bill would assist rural students in reaching their higher education goals and connect them with employment opportunities in their hometowns. The legislation is co-sponsored by Senators John Cornyn (R-TX) and Tina Smith (D-MN).

“Supporting the educational aspirations of rural students not only helps them to achieve their personal and career goals but also contributes to the

success of our communities,” said Senator Collins. “Our bipartisan bill encourages schools and employers to forge partnerships that will put students on pathways to the high-need jobs available where they live. I encourage our colleagues to join us in supporting this legislation that will connect rural students with educational and economic opportunities across the country.”

“We must do more to ensure that rural students can access higher education opportunities that lead to good-paying jobs in their communities,” said Senator Hassan. “This bipartisan bill builds on our success last year to increase funding that supports rural students. Sen-

ator Collins and I will keep working together to strengthen rural education, which in turn supports rural communities, by boosting the local workforce and helping the economy thrive.”

The Success for Rural Students and Communities Act would improve college access for rural students by spurring innovation and investment in new strategies. Specifically, the bill would create a demonstration program to encourage rural community stakeholders to partner together to help their students matriculate, graduate, and enter the workforce. These partnerships would draw on the talents of local school districts, institutions of higher edu-

cation, regional economic development entities, and rural community-serving organizations.

The bill takes a holistic approach that assists students from high school with obtaining their first job by:

Encouraging rural students to pursue higher education

The bill calls for partnerships to coalesce around approaches that boost the higher education enrollment rates of rural students, including by exposing students and their families to college campuses, courses, programs, and internships, and to the career pathways to jobs at home.

Removing barriers to graduation from post-sec-

ondary education

Many rural students are the first in their families to attend college. The bill would give partnerships the authority and resources to help rural students navigate some of the common challenges of higher education, such as financial aid and selecting the educational programs that meet their needs.

Putting students on pathways into the high-need jobs available where they live

The bill would encourage partnerships to work with employers to determine what credentials are needed for rural students to be hired, whether that is a college degree, a skilled trade credential, or a professional certificate.

A number of strategies could be developed and tested, including work-based learning opportunities such as apprenticeships, internships, and stackable career credentials.

Due in part to Senators Collins and Hassan’s advocacy, the year-end government funding bill doubled funding for the Rural Postsecondary and Economic Development Program, which provides grants to improve enrollment, completion rates, and employment opportunities for post-secondary rural students. The bipartisan Success for Rural Students and Communities Act would further strengthen this grant program.

Legislative Council Votes Not to Advance Appeal of REAL ID Act

AUGUSTA, ME (March 24, 2023) – The Legislative Council of the Maine Legislature today voted not to advance a Joint Resolution calling on the United States Congress to repeal the REAL ID Act of 2005, seeking to protect Mainers’ personal privacy and save taxpayer dollars. The vote fell along party

lines, with four Republicans voting for the Resolution, and six Democrats voting against the Resolution. The Resolution, a collaboration between the sponsor, State Representative Laurel Libby (R-Auburn), and the ACLU, and presented to the Legislative Council by State Representative Maggie O’Neil (D-Saco), will

not advance to the full legislature for consideration.

REAL ID presents a number of serious problems without addressing any. The law forces local governments to create a one-stop-shop for identity thieves seeking to harm Mainers. In order to obtain a REAL ID, residents must submit multiple sensitive

and often difficult to obtain documents to the Bureau of Motor Vehicles, potentially including social security cards, insurance policies, and birth certificates. The information collected is then required by federal law to be shared with every other state in the country.

“The Maine legislature has a long bipartisan

history of protecting its citizens’ privacy, refusing to participate in Real ID from 2007 to 2017. Mainers value their privacy, as evidenced by the fact that only 15% of Maine residents have opted in to Real ID at this point. This Joint Resolution had the support of the ACLU, Secretary of State, and members of the legis-

lature on both sides, including a verbal commitment from Speaker Talbot Ross, who then voted against the Resolution” said Rep. Libby. “I am disappointed that so many of my colleagues prioritized partisan politics over supporting the privacy rights of our fellow Mainers and voted against this resolution.”

Cloutier Introduces Bill to Expand Healthcare Workforce

AUGUSTA, ME (March 23, 2023) – Rep. Kristen Cloutier, D-Lewiston, introduced legislation Tuesday that would expand Maine’s health care workforce by studying ways to integrate foreign-trained physicians into Maine’s health care system.

LD 937 would create the Commission Regarding Foreign-trained Physicians Living in Maine to examine the existing skills and training of physicians, with a focus on those with refugee or asylum seeker status, and determine how best to meet current gaps in the state’s health care workforce.

“There are many qualified physicians living in Maine who have been trained in other countries

that are currently unable to practice medicine and support their families here,” said Cloutier. “This bill would be an important first step to explore how we can remove existing barriers and ensure that we are maximizing the skills, training and talents of foreign-trained physicians living in Maine. This will increase the cultural competency of our health care workforce and address the current shortage of medical professionals that we are facing, while also allowing those professionals to do the work they love.”

Many health care facilities across the state, including MaineHealth, have noted a workforce shortage and the need to increase the number of trained clinical professionals, including

physicians.

The Legislature’s Joint Standing Committee on Health Coverage, Insurance and Financial Services will hold a work session on the bill in the coming weeks.

Cloutier is the Assistant House Majority Leader and is currently serving her third consecutive term in the Maine House of Representatives. She represents House District 94, which includes part of Lewiston, her hometown.

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

Maine Receives Nearly \$5M in Additional LIHEAP Funding

WASHINGTON, D.C. (March 15, 2023) – U.S. Senator Susan Collins, the Vice Chairman of the Appropriations Committee, and Congressman Jared Golden announced that Maine received an additional \$4,949,580 for the Low-Income Home Energy Assistance Program (LIHEAP).

The funding represents the remainder of the LIHEAP funding that was secured by Senator Collins, Senator Jack Reed (D-RI), and Congressman Golden in the 2023 government funding bill that was signed into law in December. Last month, Senators Collins and Reed led 32 Senators in sending a letter to U.S. Department of Health and Human Services Secretary Xavier Becerra to urge the immediate allocation of emergency LIHEAP funds.

The \$4,949,580 awarded to Maine today is in addition to both

the \$42.5 million that was allocated to the state in November and the \$6,531,152 that was released in February. In total, Maine has received nearly \$54 million this winter season through LIHEAP to help eligible households facing significant increases in their utility bills this winter, with residential electricity prices in some states forecast to rise over 60 percent, propane up 40 percent, and natural gas prices up nearly 30 percent.

“As Mainers dig out from yet another significant snowstorm this week, the release of this heating assistance is well-timed to help low-income families and seniors who are facing enormous financial challenges to stay warm this winter,” said Senator Collins. “As the Vice Chairman of the Appropriations Committee, I will continue to advocate for this much-needed funding to help prevent vulnera-

ble Mainers from having to make the impossible choice between paying for heat and paying for food or medicine.”

“Energy prices in Maine and across the country have remained far too high for far too long, and some of the heaviest burdens have fallen on our seniors, friends and neighbors on fixed incomes, and other Mainers in need,” said Congressman Golden. “As any Mainer knows, this winter is not over. This critical funding will provide relief to families in Maine struggling to heat their homes through this last cold stretch. I’m committed to continuing to work with my colleagues on both sides of the aisle in the House and the Senate to secure the resources needed to keep every Maine home heated at a reasonable cost.”

LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income, family size, and the availability of resources. Senior citizens and those receiving Social Security Disability or SSI benefits are encouraged to apply as early as possible, but applications will be open to everyone through spring of 2023 — or until available funding is exhausted.



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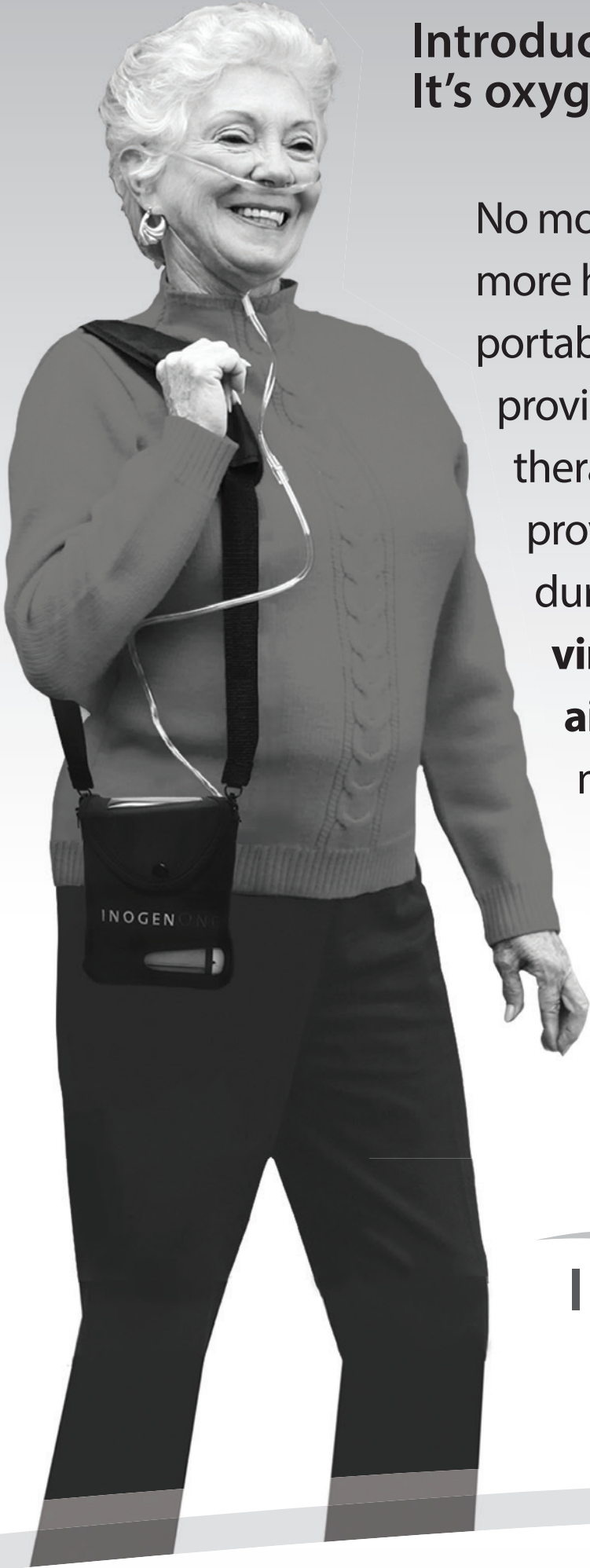
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Sen. King Discusses Challenges Facing Maine's Veterans

WASHINGTON D.C. (March 1, 2023) – The Office of U.S. Senator Angus King (I-Maine) today released the February episode of the Senator's "Inside Maine" podcast. Senator King, who was recently appointed to the Senate Veterans' Affairs Committee (SVAC), was joined by committee Chairman Jon Tester (D-Montana), and David Richmond, Director of the Maine Bureau of Veterans' Services. Together, Senator King and his guests discussed the challenges facing our veterans, oversight of the Department of Veterans Affairs (VA), and the Committee's legislative priorities for the 118th Congress.

"America's veterans made selfless sacrifices to protect our country, our freedoms, and our values," said Senator King. "Now, we have an obligation to make sure the men and women who served receive the quality care and support that they deserve. We've made a lot of progress over the last few years, like passing the PACT Act to support veterans exposed to burn pits, but I've been hearing directly from Maine veterans that there's still a whole lot of work to be done. I'm looking forward to working with my dear friend, Chairman Jon Tester, on the Senate Veterans' Affairs Committee to make sure that our military community can to live healthy, happy lives both in the service and in

the years that follow."

Jon Tester, the senior U.S. Senator from Montana has been on SVAC since 2007 and Chairman/Ranking Member since 2017. He has authored and passed laws increasing veterans' access to health care, reducing red tape in the benefits process, and creating more job opportunities for veterans.

David Richmond is the Director of the Maine Bureau of Veterans' Services. An Army veteran, David served as an Armor Officer on active duty at Ft. Riley in Kansas as a Tank Platoon Leader, a Heavy Mortar Platoon Leader, and a Battalion Adjutant. After leaving active service in 1997, David served in the Maine Army National

Guard as an Infantry Officer until 2004. David began working for the Maine Bureau of Veterans' Services in 1998, and he was appointed as Bureau Director in 2019.

Senator King is also a member of the Senate Armed Services Committee (SASC) and has repeatedly pressed for action from top DoD officials on the issue of servicemember suicide. Additionally, he recently spearheaded the passage of legislation to better track and study servicemember suicides by job assignment. Senator King has also worked to properly honor and recognize the sacrifices of Purple Heart medal recipients, protect veterans from fraud, and expand veteran assisted

living services.

As a member of the Senate Veterans' Affairs Committee, Senator King looks forward to overseeing the VA and ensuring the proper implementation of various programs, such as the PACT Act and the John Scott Hannon Act. Senator King hopes to help improve the bureau's capacity by investing in its workforce, facilities, and other modernization efforts.

Last year, Senator King conducted nine interviews with Maine veterans as part of the Library of Congress' Veterans History Project, an effort by the Library to collect, preserve and distribute the personal accounts of American war veterans so that future generations may hear directly

from veterans and better understand the realities of war.

The "Inside Maine Podcast with Senator Angus King" is a 30-minute program that aims to help keep Maine people informed about issues of the day, how they affect life in the state, and how they factor into Senator King's work as one of two independents in the U.S. Senate. Senator King's podcast builds on his existing radio show that airs on Newsradio WGAN in Portland, Maine between 10 and 11 a.m. typically on the last Saturday of the month.

To listen to the February edition of Senator King's podcast, visit www.king.senate.gov or find it on Apple Podcasts.

U.S. Small Business Admin, ME Announces Award Winners

AUGUSTA, ME (March 15, 2023) – The U.S. Small Business Administration is pleased to announce that Carolyn Delaney, Owner of Journey Magazine in Portland has been selected to receive the U.S. Small Business Administration's 2023 Small Business Person of the Year Award for Maine.

gland Regional Administrator. "Small businesses like these are the reason we are emerging from the pandemic stronger. I congratulate them on their achievements and their role in creating jobs and powering our nation's historic economic comeback."

"Every year when we take this opportunity to recognize the amazing work being done by small businesses in Maine, it's a challenge to choose only a few. We're thrilled to recognize Carolyn Delaney of Journey Magazine for the critical work she does in communities across Maine and the nation as our Small Business Person of the Year, and we can't wait to recognize all of our fantas-



U.S. Small Business Administration

tic award winners at our awards ceremony in May," said Diane Sturgeon, SBA Maine District Director.

Journey Magazine is a print and online media company designed to provide resources to individuals going through recovery, and also holds panel conversations focused on reducing the stigma associated with addiction and recovery. The business was established by Ms. Delaney in 2019, and in the years since has grown to a distribution of over 15,000 print copies of the magazine every two

months. Journey Magazine has used the services of the SBA's Women's Business Center at CEI, and SBA guaranteed loan programs since starting four years ago. Ms. Delaney was selected for this award for the growth of her business, the innovative nature of the business, and especially for the impact that Journey Magazine's services have provided to service providers and individuals across the country.

Ms. Delaney was nominated for this award by Sarah Guerette, Direc-

tor of the CEI Women's Business Centers. Ms. Delaney and the other Small Business Award winners will be recognized at a ceremony to be held at Hilton Garden Inn in Freeport on May 24th.

Nominated businesses selected as winners for the other categories are:

Maine and New England Jeffrey Butland Family Owned Business of the Year: Brodis Blueberries of Hope Gwen Brodis

Maine and New England Veteran Owned Small Business of the Year: Michelle Goulet, Kidz Go Eco Nature School of Saco

Maine Home Based Business of the Year: Kim Napolitano-Perry, Perry Home Naturals of Oxford

Maine Woman Owned Small Business of the Year: Laura Marston, GoGo Refill of South Portland

Maine Young Entrepreneur of the Year: Elissa Nally, Something to Wag About of Ellsworth

Maine Minority Owned Small Business of the Year: Selina Chan, Tealight Studio of Portland

Maine Micro-Enterprise of the Year: Holly Arbuckle, Singing Pastures LLC of Newcastle

Maine Small Business Manufacturer of the Year: Betty Crush, Mom's Organic Munchies of Freeport

Maine Financial Services Champion of the Year: Daniel Wallace, CEI

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Turner's Pastor Christner Opens Senate Session with Prayer



Senator Jeff Timberlake, Pastor Steve Christner and President Troy Jackson

AUGUSTA, ME (March 22, 2023) – On Tuesday, March 21st Senator Jeff Timberlake (R-Androscoggin) was pleased to welcome Pastor Steve Christner of the Calvary Baptist Church in Turner to the Senate Chamber. Pastor Christner opened the Senate session in prayer.



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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.

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 1

GORHAM -- Public Bean Supper, White Rock Community Clubhouse, 34 Wilson Road, Gorham. Saturday, April 1, 4:30-6:00pm

Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.

\$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

April 4, April 25

LEWISTON -- Tuesday, March 14 at 5:30 PM at the Lewiston Public Li-

Calendar

Send your submissions to the Editor. More online.

brary: "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

April 6

LEWISTON -- Thursdays 3-5pm and Saturdays 1-3:30pm, starting Thursday, April 6th at 3-5pm at the Lewiston Public Library: PRESCHOOL PLAYDATES

Get ready to PLAY! The Lewiston Public Library will be offering Preschool Playdates for children between the ages of 2-6 and their families in the Children's Department starting April 6th. The playdates will take place from 3-5pm on Thursdays and 1-3:30pm on Saturdays. Participants are invited to

drop-in, socialize, and play with an assortment of toys and activities.

The programs are free and all families with children between the ages of 2-6 are welcome to participate. Siblings are also welcome to attend. There is no registration. 513-3133, LPLKids@lewistonmaine.gov

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. Location: 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 Medi-

care 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 Homeschool 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

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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 -- Knitting 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.

Thursdays

ZOOM -- Writing Your Life Story, Date: Thursdays February

2, 9, 16 and 23. Time: 10 a.m., Facilitator: Connie Jones, Location: Zoom

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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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.

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Brian Gagnon
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PORTLAND, ME (March 24, 2023) -- Technology is critical to every successful business, and leaders must understand and plan for resiliency. Every business – no matter the industry – is tech-enabled. Resiliency is all about ensuring the least cost to your business when there's a problem. In this session, Uprise Partners' CTO, Brian Gagnon, will cover how to create a plan to ensure you minimize downtime for critical business services.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know!

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

Bicycle Rodeo is Coming to Gorham



GORHAM, ME (March 24, 2023) -- Join the Gorham Recreation Department and the Bicycle Coalition of Maine for a Bicycle Rodeo on Saturday, April 22nd from 1:00pm - 3:00pm. For kids ages 3 – 10, this rodeo will include helmet check, a bike mechanical check and a chance to ride in a closed traffic skills course that teach the rules of the road! Raffle for participants will include bike helmets and other prizes!

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