

USM Gorham Art Dept. Invites Community to Open Studios



Paintings by student Anna Garenenko.

GORHAM, ME (April 10, 2023) -- We are excited to announce that the Art Department is hosting Open studios! Come view student art projects completed during the spring 2023 semester, talk with students about their work, and enjoy food, fun, and camaraderie. Bring your friends, family, and snacks to share at this community and arts-oriented event. Please note this event has multiple venues, including the Robie Andrews Art Building, the Print Shop, and the Academy building, all on our Gorham campus.

Each semester the Art Department opens its Studio doors to the public on the last day of classes. Student work created during the semester is on display throughout the Art Department. Come and celebrate our students' work and accomplishments, Friday, April 28th, 4:00-7:00 PM, Gorham Campus Art Studios.

Vivid Motion Dance Tells Stories in Spring Show



PORTLAND, ME (April 15, 2023) -- Local dance group Vivid Motion brings dancers and choreographers together for their spring show double feature: "The Yellow Wallpaper" & "Tales From The End Of The World." With a focus on entertainment and supporting the love of dance for all ages, all humans, and all levels, the all-volunteer community has become an outlet for dancers and budding choreographers, and a place where both experienced and new dancers are able to perform on the stage together.

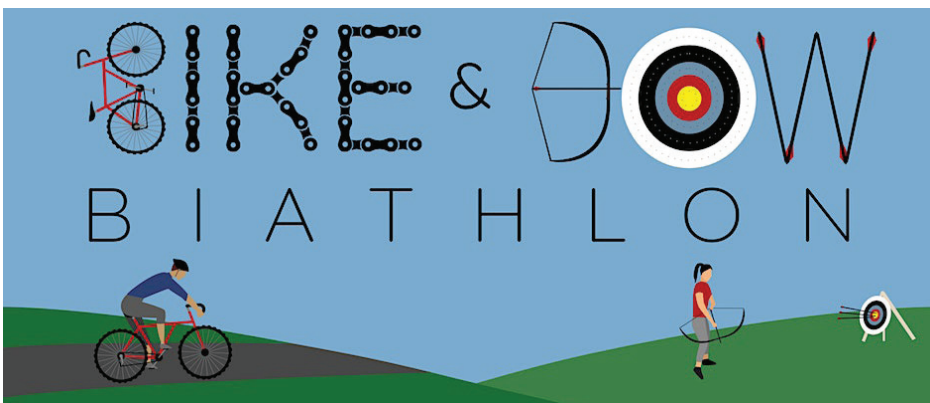
In May, Vivid Motion takes the stage with two amazing concepts in one great dance show! Brought to life by director Jenn Maher, "The Yellow Wallpaper" is a classic short story often cited as an early feminist work that asks difficult questions about the role of women, particularly regarding their mental health and right to autonomy and self-identity. "Tales From the End of the World" is an original concept from director Trevor Bean, detailing the poignant moments leading up to, during, and after an apocalyptic event. Even while taking a deeper look at heavier topics, each act is interspersed with notes of hope and humor.

This is an all-ages show, featuring music by Phantogram, Pusha T and Mako, Madalen Duke, Bono, Lily Ker-shaw, Zoë Keating, and Shawn Mendes, just to name a few.

Fri May 5 at 7:30pm; Sat May 6 at 2:30pm & 7:30pm; Sun May 7 at 2:30pm at St. Lawrence Arts, 76 Congress Street, Portland

ADV Tickets: \$25 adults / \$10 children (under 13); DOS Tickets: \$30 adults / \$15 children (under 13). Tickets available at www.vividmotion.org

Bike & Bow Biathlon: A Fun Competition on Gorham's Trails



GORHAM, ME (April 15, 2023) -- Looking for some competition or just a fun activity to do outside, well, go no further as you can join us for the Bike & Bow Biathlon. This event challenges the participants with an off-road course on a mountain bike then asks them to use a recurve bow and arrow to hit a target. The Bike and Bow Biathlon will take place Saturday, May 20 - 9am - 1pm EDT at Shaw Cherry Hill Farm Trails 616 Main Street Gorham, ME 04038.

Registration will go from 8am until 8:45am.

This is open to anyone who can independently and safely ride a bike and pull back a bow.

An individual or two person relay team can compete in which one member would be required to take four attempts with a bow to sink an arrow before moving on to bike a loop on the trail. Once they finish the bike loop, the individual or next

member of the team repeats the process. Individuals would complete four rounds and teams would split up the four rounds where each person would do two rounds. There will be waves of ten participants competing at given times.

There will be a kids fun race at 9am. They will start with the bow and get four shots then proceed to the modified bike course, do one lap, return for one more round with the bow and then ride one more lap on the modified course.

Note... the recurve bow, arrows and targets will be provided at the event. You will need to bring your own bike and helmet.

The event will be held on the Shaw Cherry Hill Farm Trails next to the Sebago Brewing Company Tasting Room on Saturday, May 20th. The race will go from 9:30am until approximately 1pm. There will be waves of people over the course of the morning with each wave taking approximately 30 minutes to complete all the biathlon rounds.

It will cost \$20 for each competitor ages 10 and above and \$5 for the kids race participants ages 9 and below.

The proceeds from this event will support the Gorham Outdoors club.

Thanks to our sponsors: Sebago Brewing Company, Gorham Rec Department, Greater Portland NEMBA, and Gorham Outdoors.

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Newsmakers, Names & Faces

Republicans Work to Improve Access to Affordable Child Care

AUGUSTA, ME (April 15, 2023) – During a press briefing on Tuesday, Senate Republicans discussed the challenge that working parents in Maine are having in accessing affordable child care. Over the last 15 years, Maine’s family child care industry has been decimated by unworkable regulations, tight labor markets and COVID-19.

The state has lost roughly 25% of all providers since 2008. Rural areas such as Washington, Oxford and Androscoggin counties have each lost at least 30% of all providers over that time, while Waldo, York, Lincoln, Knox and Hancock have lost more than half since 2008.

While child care capacity in Maine has grown slightly compared to February 2020, these slots are concentrated in fewer providers and within more expensive center-based care. Instead of a broader array of options, the market has consolidated into fewer, larger firms that can withstand the regulatory burden imposed by the state.

According to Sen.

James Libby, the relationship between quality child care and a healthy workforce is inseparable since it contributes to higher productivity and wages. He said access to child care for working parents contributes directly to a growing economy.

“It improves GDP. It improves tax collection. It improves pretty much everything – it’s an investment in us,” he said at the briefing. “It’s a great way to combat poverty.”

The Cumberland County Republican said studies have shown that parents in several of his towns have the greatest difficulty in finding child care. He also cited the high costs parents must endure to have child care if they can find it at all.

“The average infant care cost is over \$14,000 a year. That is actually more than the average cost of public college tuition in Maine,” Libby said. “In terms of an immediate need, which is more important?”

Sen. Lisa Keim, R-Oxford, said the lack of child care has hit rural ar-



Sen. Trey Stewart, R-Aroostook, talks about constituents in Houlton who spent hundreds of thousands of dollars to open a new child care center only to find that they needed to spend half a million more just to comply with Maine’s complex and burdensome set of regulations over the child care industry. (photo courtesy of Senate Republican Office/Mike Fern)

reas disproportionately, especially for new or expecting parents who work and must call a child care provider months in advance to try to get on a waiting list.

“When my legislative aide found out she was pregnant, the first call she made was to her child care center because she knows how long the wait is and she wanted to make sure she had care so she could stay working,” Keim said. “This need is greater in rural areas.”

Holding up a thick stack of paper, she said the

even an inch of standing water anywhere on your property or in your house.”

Keim said what the state has effectively done is increased costs and regulations so much for family-care providers that it has forced providers out of the industry. That has steadily eroded capacity in rural areas for over a decade and only made worse during the pandemic.

“Maine is an outlier in the way that we are handling child care in our state,” she said. “I think that the barriers to entering into child care has been minimized wrongfully when you look at this stack of paper.”

For Sen. Marianne Moore, who serves on the Legislature’s Health and Human Services Committee, the bill she submitted promises to bring some comprehensive reform to several key areas that will increase access to affordable child care. In addition to increasing subsidies to the 75th percentile of local market rates, which can vary widely from Portland and Calais to Fort Kent, her bill will also increase

the level of children who can be supervised without having to obtain a state license.

“Allowing a neighborhood babysitter to watch four children without becoming a licensed provider is truly the least the state can do to support the availability of child care,” she said. “Maine is in the minority of states that require family care licensure for those watching under four children.”

Moore said the final part of her bill establishes an independent board to handle disputes between child care providers or applicants and the Department of Health and Human Services. The board would also hear appeals of license or certification suspensions or revocations, denials of applications, disputes between facilities and the department concerning rule compliance, and denials of alternative compliance requests.

“This gives the providers recourse who believe the department or licensing board is acting unfairly against their facility,” she said.

American Red Cross Recognizes National Volunteer Week

PORTLAND, ME (April 14, 2023) — It’s National Volunteer Week (April 16-23) and the American Red Cross of Northern New England is recognizing the work of the selfless individuals here in Maine who generously give their valuable time to support people in need.

Across the country, more than 275,000 Red Cross volunteers serve their communities by responding to thousands of disasters of all sizes; supporting the collection of blood to help patients receive the critical care they

need; supporting members of the military and their families; helping communities prepare for emergencies around the globe and much more.

In 2022, Red Cross volunteers in Maine responded to 290 local disasters and assisted 992 individuals who faced emergency situations. In FY22, they trained 13,985 people in lifesaving skills, installed 719 free smoke alarms and provided 1,787 services to military members, veterans and their families.

“National Volunteer Week is time to honor these community heroes for

their constant service and support,” said Eric Gagnon, Regional Volunteer Services Officer, Northern New England Region. “They are the true heart of the Red Cross.”

VOLUNTEERS NEEDED Volunteers are more critical than ever as the climate crisis worsens and the need for shelter, hot meals, health services, emotional support grows. The Red Cross is now launching nearly twice as many relief operations for major disasters than we did a decade ago, and with hurricane and wildfire seasons on the horizon, we

have a critical need to fill vital volunteer positions.

Disaster Action Team Member: As a Disaster Action Team volunteer, you can be a source of refuge and support when it’s needed most. From home fires to storms, unexpected emergencies happen every day, but you can help as a Red Cross volunteer.

Shelter Services: Support the day-to-day activities within an emergency shelter by helping with reception, registration, feeding, dormitory, information or other areas within a shelter. Free online training will be pro-

vided.

Disaster Health Services: These valuable volunteers use their professional skills as licensed healthcare providers to deliver hands-on care to people in shelters. There is also a need for Mental Health Services volunteers.

Visit redcross.org/VolunteerNNE to get started today. Training is free, but the hope you provide as a Red Cross volunteer to people in need is priceless.

PLEASE GIVE BLOOD The Red Cross invites the public to sign up to become a volunteer blood or platelet donor To

schedule an appointment to donate blood or platelets, people can download the free Red Cross Blood Donor App, visit redcross-blood.org or call 1-800-RED CROSS (1-800-733-2767).

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



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Newsmakers, Names & Faces

Gnome-themed SpringFest Celebration Announced

SOUTH PORTLAND, ME (April 15, 2023) — The second-annual SpringFest Community Celebration is scheduled for May 19-20, and the event is shaping up to be spectacular. After a hugely successful inaugural celebration in May 2022, SpringFest returns to Mill Creek Park in downtown South Portland. This year's SpringFest theme showcases the loveable indication that spring has arrived, gnomes. From the Gnome-Week Discovery Search, Best-in-Gnome CornHole Tournament, Gnome Home Village Community Art Project that can only be described as an architectural masterpiece, Gnomes @ Knight Street Dance Party, and much more, SpringFest will attract visitors from South Portland and beyond, and kids of all ages.

"It's original and invites lots of partners to get involved and tap into the fun of creating engaging gnome-themed activities," said festival chief Sari Greene. "I am excited by the momentum and development around the gnome theme. The parade of events unfolding under our Rotary leadership and organically sprouting from old and new relationships is reassuring that the annual SpringFest is here to stay and limitless in its potential."

Though South Portland SpringFest weekend is Friday and Saturday, May 19-20, 2023, the fun begins during mid-April.

SpringFest 2023 Schedule

Reading Gnomes: Mid-April through SpringFest

Reading, crafts, ac-

tivities, story walks, and more organized in conjunction with and hosted by the South Portland and Cape Elizabeth Public Libraries and the Cape Mother's Kindness group.

Gnome-Week Discovery Search: May 12 to 19

For all ages, search for and discover gnomes hidden at local businesses. During the week leading up to SpringFest, participants will search for the gnomes and document their discovery using the EVENTZEE smartphone APP. Prizes will be awarded in various categories at SpringFest '23.

Gnomes @ Knight Street Dance Party: May 19, 7 p.m. start

Whimsical, fun, and safe evening street festival with games, crafts, the Ideal Maein Marching Band,

DJs, dancing, and food trucks.

SpringFest in Mill Creek Park: May 20, 11 a.m. to 3 p.m.

Gnome Home Village Community Art Project; Gnome Gazebo Entertainment; Best-in-Gnome CornHole Tournament; Little Gnomes Play Area; Gnome Depot Maker Faire; Gnome Eats and Treats (Food trucks!)

SpringFest events at South Portland Community Center: May 20, 8 a.m. to 12:30 p.m.

Maine Celtics GnomeSport B-Ball Clinic (at SP Community Center), SPSHS Football Gnome-alicious Pancake Breakfast

Find all the SpringFest information on Facebook, Instagram, and www.SPspringfest.com.

ABOUT SPRINGFEST

SpringFest is dedicated to elevating the art of having fun while bringing everyone together to get involved in the community and encourage connections between more people and cultures. A side effect of SpringFest is the support of local shops and restaurants through increased customer activity. SpringFest was founded in 2022 as the reimagined WinterFest, which existed for a decade. South Portland-Cape Elizabeth Rotary brought the SpringFest community celebration concept to the City of South Portland, which welcomed the opportunity to become a partner.

SpringFest 2023 is supported by Bath Savings Bank, Hannaford, DiMillos On the Water, Port Harbor Marine, Gorham Savings Bank, M&T Bank, Bangor Savings Bank, Saco & Bid-

deford Savings Institution, and more than seventy area businesses.

100% of SpringFest's proceeds are donated to area non-profit agencies and organizations focused on food security, community building, senior citizen projects, youth services, behavioral health, veterans needs, safe and stable housing, and community service projects.

For more information, including event details, sponsors, and partners, visit www.SP-springfest.com and follow SpringFest on Facebook and Instagram. Businesses interested in sponsorship opportunities or individuals or community organizations interested in volunteering or participating in SpringFest should email springfest@sp-ce-rotary.org.

Band Together: Maine Musicians Celebrate Lobstering Heritage

PORTLAND, MAINE (April 13, 2023) — Music has a special way of bringing people together and creating a sense of belonging. And, for generations, lobster has brought Maine natives and those "from away" together not only to enjoy this delectable crustacean but also to celebrate this iconic image of our state.

On Sunday, May 7th, music and lobster will come together in a special entertainment event, Band Together: A Concert to Celebrate Maine's Lobstering Heritage. Proceeds will benefit Maine lobstermen as the industry works to protect this unique way of life.

This rousing entertainment event will feature music by:

Holy Smoke, a Port-

land-based band founded in 2016 by Todd Erickson (bass/lead vocals) and John Edwards (guitars/vocals). From their 2019 debut, "Tuned In (Antenna Up)" to their most recent release, a heavily updated take on The Cars classic, "Bye Bye Love," the band has earned a reputation as a formidable recording act and much-anticipated live band with a new album slated for a November 2023 release.

Mike Maurice, a singer/songwriter from Biddeford who combines soulful and earthy instrumentals and melancholy undertones to create a unique sound. The experience is described as "sonically rich" fronting a 6 piece band. Influenced by the playing of John Mayer and the writing of Bon Iver, Fleet Foxes and Gregory



Alan Isakov amongst others, his new album "Apartment Secrets" touches on love, loss and the inner dialogue that many can relate to from the isolation of the pandemic.

John Hughes Radio, purveyors of '80s New Wave/Post Punk-inspired indie dance rock since 2015, features Sean Slaughter on lead vocals, Matt Zimmerman and Michael Solak on guitars, Jason Marshall

on bass and drummer Max Heinz.

One Hundred Thorns, four guys fresh out of high school with Luc Pugliese on lead guitar and vocals, Mason Landre on rhythm guitar, Will Boylen on bass, and Gavin Lavoie on drums sounding like a seasoned touring band. Sometimes playing rock, metal, acoustic and most in between, they play shows with passion and bring ener-

gy like no other.

Comedy performances will include:

Connor McGrath, a comedian and writer who has performed throughout the Northeast for over a decade. He was twice named "Maine's Best Comedian" by readers of the Portland Phoenix (2017-18). His first album, Kind, Bearded and Weird, will be released later this spring.

Adam Gropman, who came up in the Los Angeles comedy scene where he performed in many top shows, clubs and national festivals. A Boston native, Gropman graduated from Second City Conservatory LA and has appeared in TV commercials and independent films.

Also, not to be missed will be special raffles and a LOUD auction with pro-

ceeds to benefit the work being done by the Maine Lobstermen's Association and Maine Lobstermen's Community Alliance. Organizers of Band Together are working closely with these organizations to support the work they are doing to protect Maine's iconic lobster fishing industry and to preserve the coastal communities that make Maine special.

Tickets are on sale NOW: Band Together Concert Tickets

Details:

WHAT: BAND TOGETHER: A Celebration of Maine's Lobstering Heritage

WHEN: Sunday, May 7, 2-6PM

WHERE: Elks Lodge #188, 1945 Congress Street, Portland

Town of Gorham Seeks Real Estate Broker for 2-Year Period

GORHAM, ME (April 15, 2023) -- The Town of Gorham is accepting applications from licensed Real Estate Brokers to assist the Town in selling Real Estate. The Town will consider Licensed Real Estate Brokers who meet the following criteria:

The Primary Broker

must reside in Gorham, pay property taxes in Gorham, and have a brokerage firm in Gorham.

The Primary Broker must have held an active Maine Real Estate Broker license for the past 10 years.

The Broker must be willing to accept a commission no greater than

5%.

The Broker(s) must be willing to list and actively attempt to sell all properties provided to the Broker from the Town on a rotational basis. This is to ensure equality among the

list of realtors.

The Town of Gorham occasionally has property to sell that may vary in type and quality. Licensed Maine Real Estate Brokers, who meet the criteria and are interested in work-

ing with the Town, must submit an application no later than noon on May 12, 2023 to the address as follows:

Attention: Town Manager
75 South Street,

Suite 1 Gorham, ME 04038

The application can be downloaded at the Town's website, and may also be obtained by visiting or contacting the Town Manager's Office at 207-222-1652.

Gorham WEEKLY

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Maine Forest Service Gives Safety Tips For Spring Fire Season



OLD TOWN, ME (April 15, 2023) -- The Department of Agriculture, Conservation and Forestry's Forest Protection Division urges caution and preparedness for spring wildfire season. Maine has already experienced over 40 wildfires, consuming over 100 acres, in 2023. Spring weather conditions are extremely conducive to wildfires. Ninety percent of all wildfires are caused by people, destroying natural resources and property and threatening human life.

Wildfire safety starts with knowing and obeying local laws and regulations.

Everyone is asked to check with their town hall, local fire service, or the Maine Forest Service before burning. Refer to maineburnpermit.com for open burning permits.

Other critical steps to preventing wildfires include mindfulness of weather conditions, particularly wind, and using only easily controlled locations for burning.

Allow woodstove and fireplace ashes to cool

before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from the home and any other buildings. Never empty the ashes directly into a trash can.

Most importantly, never use flammable gas-propellants.

Maine Wildfire Common Questions:

Q: What are the leading causes of wildfires in Maine?

A: The most common cause is escaped debris burning. Other leading causes include unattended campfires, equipment malfunction, and inappropriately discarded cigarettes. Ninety percent of all fires are caused by people, so they are preventable.

Q: Why is spring known as wildfire season in Maine?

A: Most wildfires usually occur in April and May, when land- and homeowners are cleaning up their property. Dead vegetation makes for excellent fire fuel because it lacks moisture, making

them highly flammable. The highest risk for spring wildfires occurs on dry, windy days, which can spread fires quickly.

Q: How do I properly prepare for fire on or around my property or at a campsite?

A: Keep fire extinguishers, buckets, shovels, ladders, and hose lengths handy. Have reliable telephones or two-way radios, and keep the local number for reporting fires handy.

Q: Is there a proper way to extinguish a campfire?

A: Drown the fire with water, ensuring all embers, coals, and sticks are completely soaked. Use a shovel to move rocks, check for embers, and stir/mix the coals with the water. Use the back of your hand to feel if the remaining coals are still hot. If you still feel the heat, add more water and stir the coals repeatedly until no heat can be felt.

More questions? Contact Maine Forest Service Forest Ranger Specialist Kent Nelson (207) 287-4989.

What Ya Got There? Appraisal Fair

AUGUSTA, ME (April 15, 2023) -- Friends of the Maine State Museum, in partnership with Thomaston Place Auction Galleries, invites you to learn about your heirlooms, enjoy the historic Viles Mansion, and bid at a silent auction fea-

turing local merchants. Parking is limited so all attendees must register for a time slot, whether for an appraisal or to be a spectator.

Check-out our silent auction at: BiddingOwl.com/FMSM

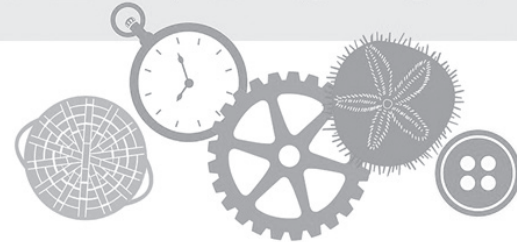
Event info: 5/5/2023

at 1:00pm to 4:00pm 5/5/2023 held at Viles Mansion, 71 Stone Street, Augusta, ME

Link FMI or to purchase tickets:

<https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E349589&id=6>

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Seniors Not Acting Their Age

A Baxter State Park Winter Expedition Part II: Challenging Climbs



Climbers negotiate up Peak of the Ridges summit cone



A hiker approaches what turned out to be a false summit on Peak of the Ridges



Climbers begin ascending Peak of the Ridges summit cone

By Ron Chase
On the third day of our six-day Baxter State Park expedition, eight of us awoke in the midst of a stormy northeaster. We were occupying the bunkhouse at South Branch Pond in the northeast sector of the park. Five inches of fresh snow had accumulated and mixed precipitation was predicted for the remainder of the day. An unwanted crust was forming on the snow.

The inclement weather limited safe outdoor options to lower elevation activities. Four of us decided to attempt a snowshoe climb to the top of 2,085 foot Barrell Ridge, located about three miles east. We had observed the elongated barren summit while climbing North Traveler Mountain the previous day.

Others in the group were considering skiing alternatives when we departed up South Branch Road towards the junction for Middle Fowler Trail a short distance north. After turning right onto Middle Fowler, breaking trail

in the crusty snow was demanding. Light precipitation that varied between flurries and freezing rain continued as we advanced easterly on rolling terrain in a mixed hardwood and conifer forest.

At about 2.5 miles, the trail rose to an open escarpment that provided a foggy view of our destination. Beyond, the path dropped steeply into a ravine cluttered with blowdowns while we searched for a spur trail leading to the summit.

Signage for the summit trail was never located, but we soon began ascending steeply over snow-covered ledges on the south side of Barrell Ridge. Proceeding through a sparse conifer forest, we climbed to the top of the exposed rounded summit which provided glimpses of Grand Lake Matagamon in the distance. During our return, ski tracks that stopped just short of the blowdowns were proof that "trail poachers" had taken advantage of our snowshoe track.

While feasting on a delicious beef stew

that evening, options for the following day were considered. A goal for several of us was to complete the famed Traveler Loop that traverses three summits, an eleven-mile mountaineering challenge. Our first attempt via North Traveler Mountain the previous day had ended in failure at the summit of Traveler Mountain due to protracted trail-finding delays. This time, five of us would make an attempt in the opposite direction over Peak of the Ridges. Others had skiing on their minds.

The weather was seasonably warm and skies partly sunny when we snowshoed across Lower South Branch Pond in search of Center Ridge Trail, a remote path that leads to 3,254 foot Peak of the Ridges. After traversing to Upper South Branch Pond, we bushwhacked east to Pogy Notch Trail and then climbed steeply to Center Ridge Trail.

From the outset, trail finding was very difficult in the precipitous rugged terrain. Progress was further hampered by

arduous trail breaking in areas of deep snow. Advancing slowly, we finally emerged onto an exposed overlook that provided spectacular 360 degree views, a gratifying reward for our strenuous efforts. The distinctive summit of Peak of the Ridges seemed a long distance away.

Following a comparatively easy crossing of Center Ridge, we began our ascent of the predominantly barren summit cone. Unable to locate cairns or trail markings, we advanced steadily upwards while enduring gusty northwest winds towards a craggy rock formation that appeared to be the top. The prominence was a false summit but provided temporary shelter from the fierce gale.

Persisting to a massive boulder-pile that is the true summit, the views were breathtaking. We found protection from the winds on the south side providing an opportunity to consider our remaining agenda while enjoying a panoramic vista of the Katahdin Massif.

The 3.5 mile trek to the summit had taken us over four hours. More than seven miles remained to complete the loop; and the heavily forested saddle between Peak of the Ridges and Traveler Mountain would undoubtedly entail more trail-finding difficulties. The unanimous decision was to forego our loop attempt. Lingered at one of the finest most inaccessible mountain settings in Maine was at least partial compensation for our disappointment.

Strong winds continued until we descended below tree line. Deep sticky snow and the abrupt gradient resulted in burdensome traveling at lower elevations. The flat surface on the ponds was a welcome relief. The seven mile journey took over eight hours.

That night, more adventures were contemplated for the following day.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates a successful winter traverse of the Traveler Loop.

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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Arts & Entertainment

Earth Day Climate Rally and March in Portland

Get Tuned Up at Gorham's Free Bicycle Rodeo



P O R T L A N D , ME (April 15, 2023) — On Saturday, April 22nd, a group of local organizations and activists will strike in downtown Portland for a greener, safer, and more equitable world that prioritizes people over polluting corporations. This rally and march will focus not only on calling for an end to the fossil fuel era but also on recognizing the intersections between climate justice and social justice, racial justice, and other prominent issues impacting Maine communities. Maine's government has put the interests of corporations over those of

the people for far too long. They have allowed Central Maine Power (CMP) to take advantage of its consumers financially and force the state to remain addicted to fossil fuels. They also continuously fail to take action as companies pollute Maine's air and water, endangering nearby communities, most prominently those populated by BIPOC and low-income constituents. Maine youth have recognized these threats to communities and, through this Earth Day event, are calling on local representatives to take action by replacing CMP with a consumer

owned utility, passing the Pine Tree Amendment, improving public transportation, and honoring tribal sovereignty. What: Local activists and organizations rally and march for climate justice. Activists will speak on policy actions including a consumer owned utility, the Pine Tree Amendment, investing in Maine's public transportation systems, and tribal sovereignty. When: 2-3:30pm, Saturday, April 22nd Where: Rally at Monument Square, with a march to City Hall, where speakers will address the crowd.



Free Bike Rodeo for kids ages 3 to 10! Rodeo will include a helmet check, a bike mechanical check, and a chance to ride in a closed traffic skills course. Held at Gorham Middle School on SATURDAY, APRIL 22, 2023 AT 1 PM – 3 PM.

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.

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.

Urban Edge Hair Studio

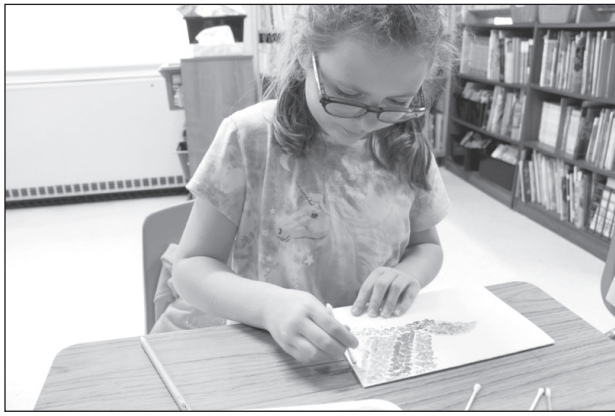
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Downeast Students Can Register for EdGE Summer Camps



The camps are open to any student who was in kindergarten through eighth grade during the 2022-2023 school year who live in these towns. Students do not need to be enrolled in EdGE programming during the school year to attend. Bus transportation is not available this summer.



Maine Seacoast Mission

CHERRYFIELD, ME (April 15, 2023) — Maine Seacoast Mission has opened registration for its 2023 EdGE summer camps. These camps serve Washington County students in kindergarten through eighth grade for five weeks from Monday, June 26 until Friday, July 28.

This year's three camp locations are:

D.W. Merritt Elementary for students living in Addison, Beals, Columbia, Columbia Falls, Harrington, and Jonesport,

Milbridge Elementary for students living in Beddington, Cherryfield, Deblois, and Milbridge, and

Rose M. Gaffney Elementary for students attending Rose M. Gaffney.

Parents can sign up

their child week-by-week and register for as many weeks as they wish. At camp, kids will rotate through a variety of activities during the day. "We'll have regular EdGE activities to choose from such as STEM, arts and crafts, and physical activities," says Isaac Marnik, the Mission's EdGE Primary Program Director. Over the summer, campers will go on field trips and have multiple opportunities to visit the ropes course on the Mission's Downeast campus in Cherryfield. EdGE summer camps are managed by the Mission's EdGE youth development coordinators, part-time afterschool staff, and community members.

Camps are \$30.00 per student per week and scholarships are available.

Families can enroll their children online at seacoastmission.org/downeast/edge. For help with registration please call (207) 546-4466. For questions about summer camp scholarships, contact Maria at mwright@seacoastmission.org or (207) 546-4466.

Rooted in a history of compassionate service and mutual trust, Maine Seacoast Mission seeks to strengthen coastal and island communities by educating youth, supporting families, and promoting good health. For more information, please visit <https://www.seacoastmission.org/>

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



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1st Maine Comic & Toy Con Coming to Southern Maine

MAINE COMIC AND TOY CON
EVENT SCHEDULE
Portland, Maine
April 28-30, 2023

FRIDAY	SATURDAY	SUNDAY
2PM CHECK IN	9AM CHECK IN	9AM CHECK IN
3PM-8PM REGULAR HOURS	10AM DOORS FOR VIP	10AM DOORS FOR VIP
3PM-8PM FREE PLAY GAMING	10:30AM-7PM REGULAR HOURS	10:30AM-5PM REGULAR HOURS
3PM-7PM ESCAPE ROOM	10AM-7PM FREE PLAY	10AM-4:30PM FREE PLAY
	10AM-7PM ESCAPE ROOM	10AM-4PM ESCAPE ROOM
	2PM MARIO KART TOURNAMENT	
	8:30PM-12AM AFTER PARTY AT AURA	

PORTLAND, ME (April 15, 2023) -- Join the first annual Maine Comic & Toy Con (MCTC) taking place April 28th-30th, 2023 in Portland, ME at Cross Insurance Arena.

The show will feature over 15 celebrity guests, comic artist from all over the country, over 100 vendors, video game tournaments,

panels, photo ops, and more! Get your tickets here: <http://ow.ly/CtOn50K2e55>

Wanna stay the weekend? We've partnered with Holiday Inn by the bay to help you save money! Not only that but it's right next door to the Arena and has a parking garage. Rooms are limited reserve yours now.

MAINE COMIC & TOY CON
APRIL 28-30, 2023
CROSS INSURANCE ARENA
PORTLAND, ME

COME AND SEE
CELEBRITIES
COMIC CREATORS
COMICS
POP CULTURE
PHOTO OPS

MAINECOMICANDTOYCON.COM

MAINE COMIC & TOY CON
APRIL 28-30, 2023 • PORTLAND, MAINE

PANEL SCHEDULE

SATURDAY	SUNDAY
11:00AM - TOON SQUAD PHILLIP GLASSER, JASON MARSDEN, RACHAEL MACFARLANE	5:00PM - HORROR ICONS KANE HODDER, DAVID HOWARD THORNTON, DANIELLE HARRIS
12:00PM COREY TAYLOR	6:00PM - DEMON SLAYER KELLEN GOFF, BRIANNA KNICKERBOCKER
1:00PM - ATTACK ON TITAN BRYCE PAPERBROOK, JESSIE JAMES, TRINA NISHIMURA, JASON LIEBRECHT	11:00AM - MAINE ARTISTS BEN BISHOP, JOSEPH SCHWALBE, PAUL PELLETIER, STEVE LAVIGNE
2:00PM - DRAGONBALL MIKE MCFARLAND, MONICA RIAL	12:00PM JOE ST. PIERRE
3:00PM STEVE AGEE	12:45PM MAGIC MARK
4:00PM TOM SAVINI, AUTHOR MIKE	1:30PM COSPLAY COMPETITION

*SUBJECT TO CHANGE

MAINE COMIC & TOY CON
APRIL 28-30, 2023 • PORTLAND, MAINE

PHOTO OPS

SATURDAY - BOOTH A	SUNDAY - BOOTH A
11:00AM // BRIANNA KNICKERBOCKER	10:30AM // BRIANNA KNICKERBOCKER
11:15AM // KELLEN GOFF	10:45AM // KELLEN GOFF
11:30AM // MONICA RIAL	11:00AM // MIKE MCFARLAND
11:45AM // MIKE MCFARLAND	11:15AM // MONICA RIAL
12:00PM // JASON MARSDEN	11:30AM // RACHEL MACFARLANE
12:20PM // PHILLIP GLASSER	11:45AM // PHILLIP GLASSER
12:40PM // RACHEL MACFARLANE	12:00PM // JASON MARSDEN
1:00PM // COREY TAYLOR	1:00PM // COREY TAYLOR
2:30PM // TOM SAVINI	2:00PM // KANE HODDER
3:00PM // DAVID HOWARD THORNTON	2:30PM // STEVE AGEE
3:45PM // DANIELLE HARRIS	
4:00PM // HARRIS + HODDER	
4:30PM // KANE HODDER	
5:15PM // STEVE AGEE	

SATURDAY - BOOTH B	SUNDAY - BOOTH A
4:00PM // BRYCE PAPERBROOK	11:30AM // TOM SAVINI
4:20PM // JESSIE JAMES	11:45AM // BRYCE PAPERBROOK
4:40PM // TRINA NISHIMURA	12:00PM // JESSIE JAMES
5:00PM // ATTACK ON TITAN TRIO: BRYCE, TRINA, JESSIE	12:15PM // TRINA NISHIMURA
5:15PM // ATTACK ON TITAN QUAD: BRYCE, TRINA, JESSIE, JASON	12:30PM // ATTACK ON TITAN TRIO: BRYCE, TRINA, JESSIE
5:30PM // JASON LIEBRECHT	12:45PM // ATTACK ON TITAN QUAD: BRYCE, TRINA, JESSIE, JASON
	1:00PM // JASON LIEBRECHT

*SUBJECT TO CHANGE

Narragansett School Hosts
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APRIL 1st - 30th

- Students can bring items to school.
- Parents can drop off items in the bin under the portico.

SUPPLIES FOR DOGS & PUPPIES

- canned dog food & canned puppy food
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- dry dog food & dry puppy food
Preferred brands: Purina Pro, Science Diet
- dog toys
nylonbones, squeaky toys
- enrichment/interactive toys
slow feeders, lick mats
- greenies pill pockets
- enrichment/training food
canned chicken, spray cheese

SUPPLIES FOR CATS & KITTENS

- canned cat food & canned kitten food
Preferred brands: Friskies pate, 9 Lives, Fancy Feast
- dry cat food & dry kitten food
Preferred brands: Purina One, Science Diet
- cat toys
wands, jingle balls, catnip packs
- cat litter (Special Kitty)
unscented and non-clumping clay litter is used at shelter
- chunk tuna in water (not oil)

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Check out the Video Game Expo at CMCC this Weekend

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April 22 9am-3pm

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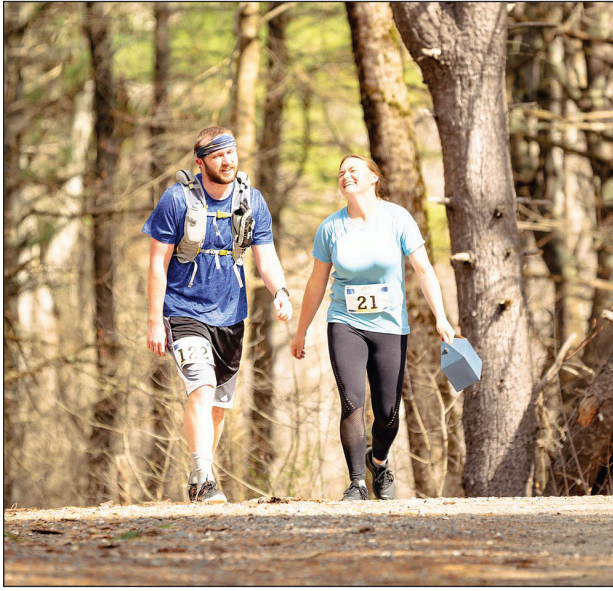
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Still Time to Register for Gorham's Donut Dash



GORHAM, ME (April 15, 2023) -- The Donut Dash is a run on the trails at Cherry Hill Farms with donuts from Eighty8 Donut Cafe. You can choose to run a 5-mile competitive race, where you eat all 12 of your donuts at the halfway point before the continuing race, or a 2.5-mile recreational race where you eat your donuts at the end of the race. The Mini Monster Dash is a 1-mile race with 6 donuts and is perfect for little ones.

Sign up as an individual for the full Donut Dash experience, or as a team and share the donut commitment. Up for a challenge? Try to complete the donut dash in less than an hour. Sprinkle some fun in the run and wear a creative costume!

Event Schedule:
 7:00am - Check-in begins
 8:00am - Mini Monster Dash
 9:00am - Donut Dash

Time is ticking! Registration for the Donut Dash will end on April 27 at midnight. Register now to participate in this unique fun run! The run-eat-run format will challenge everyone who dares, but the delicious reward is worth it! Sign up



as an individual or form a team to share the donut commitment.

Full event details



can be found at our website, www.thedonutdash.me

Sunday, April 30 at Cherry Hill Farms - 616 Main St, Gorham, ME



Saturday, May 13 • 7:30 pm
 Sunday, May 14 • 3:00 pm
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Maine's EV Charging Network Expands Northward

AUGUSTA, ME (April 12, 2022) – Bangor officials and businesses joined state agencies today to celebrate continued progress in building out strategic segments of Maine's electric vehicle (EV) charging infrastructure. Specifically, they announced two new DC fast charging stations now open to the public in Bangor and Newport, and new solicitations to increase availability of high-speed EV chargers in Aroostook County, Washington County, the Mid-Coast area, and in Augusta and Bangor.

These new facilities will be open to the public and have the capacity to serve all brands of EVs, building out Maine's network from the original foundation of fast chargers currently serving the Maine Turnpike, Route 302, Route 201, and parts of Route 2. DC fast chargers can recharge an EV battery to 80 percent in anywhere from 15 minutes to 45 minutes, depending on the vehicle's battery voltage capacity.

"We are opening up new frontiers to EV drivers in Maine," said Michael Stoddard, executive director of Efficiency Maine. "By adding high-speed charging capacity in Newport and Bangor, EV drivers traveling from points south and west can now easily reach the parks around Millinocket and Bar Harbor, or the Canada border crossings at Calais and Houlton."

Additional locations

in Aroostook and Washington counties recently were awarded as part of Phase 4 of the state's EV infrastructure initiative. DC fast charging stations will be installed at Irving Oil locations in Presque Isle, Fort Kent, and Baileyville, as well as by the Town of Van Buren. Details about these locations can be found in the funding opportunity notice of award.

"We understand the importance of meeting the evolving needs of our customers through the energy we provide and the products and services we offer," said Darren Gillis, chief marketing officer at Irving Oil. "We're proud to continue to grow our EV-charging network along key routes in New England and Atlantic Canada, including in the state of Maine with support from Efficiency Maine Trust."

To further build out the network across Northern Maine, Efficiency Maine recently issued a request for proposals (RFP) to add public chargers in Ashland, Beddington, Danforth, Houlton, and Medway.

A new solicitation to install and operate additional DC fast chargers in select locations along Interstate 95 and U.S. Route 1 was released by Efficiency Maine in a funding opportunity (Phase 5) on March 23. This opportunity will be funded through the National Electric Vehicle Infrastructure (NEVI) Formula Program



and will follow the Maine Plan for EV Infrastructure Deployment published by the Maine Department of Transportation (MaineDOT) in July 2022. For full details on this opportunity, visit Efficiency Maine's website. Applications are due on June 22, 2023.

"Maine is expected to invest more than \$27 million in federal funds through the governor's Maine Jobs and Recovery Plan and the Bipartisan Infrastructure Law in coming years to significantly expand electric vehicle charging infrastructure across the state," said Dan Burgess, director of the Governor's Energy Office. "As more electric vehicles take to the roads, and electricity from renewable sources increases in Maine over the coming years, this charging infrastructure will be critical for advancing Maine's clean energy goals, reducing carbon emissions, and creating new job and economic opportunities."

"Expanding charging options along our highways and in our communities is critical to help support the increasing EV use we are experiencing in our rural state," said Joyce Taylor, chief engineer for

the Maine Department of Transportation. "This important work is the result of strong partnerships between both public and private entities, as well as increased funding support from lawmakers at both the state and federal levels. Reducing range anxiety for EV users will help reduce the impact the transportation sector has on our climate."

For longer charging sessions, a funding opportunity was released last month for Level 2 EV chargers that will be available to the public in rural communities in Cumberland County and York County. A previous round awarded funding for 54 projects in all 14 other Maine counties. These Level 2 EV chargers are being funded from \$8 million allocated by Governor Janet Mills' Maine Jobs and Recovery Plan and supplemented by a donation of \$150,000 from The Nature Conservancy in Maine to support projects at local government-owned properties and public libraries.

One goal of these initiatives promoting Level 2 chargers is to make EV ownership more convenient in Maine's rural communities, and another is to enhance those commu-

nities' capacity to attract commerce and tourism as EVs become more prevalent. Level 2 EV chargers add 20 to 40 miles of range per hour, and are suitable for hotels, restaurants, retail stores, and public parking lots where the vehicle can recharge for an hour or longer. For full details on the current funding opportunity, visit Efficiency Maine's website. Local governments, businesses, tribal governments, and nonprofit organizations in eligible towns may apply for the funding opportunity for Level 2 chargers by June 30, 2023.

"Maine's transition to clean transportation will only succeed if we include rural communities in the process," said Kate Dempsey, state director of The Nature Conservancy in Maine. "We're thrilled to be collaborating with Efficiency Maine and supporting the installation of publicly accessible EV charging infrastructure in Maine's rural municipalities, tribal governments, and public libraries."

To date, Efficiency Maine has helped fund 184 new plugs in Maine's public EV charging network. A total of 654 Level 2 "community" plugs and 194 DC high-speed charging plugs are publicly available in Maine. Recently, new higher-powered charging units were installed on the Maine Turnpike at the Kennebunk plazas (northbound and southbound) and the West Gardiner plaza, which means each charger can provide up to

200 kilowatts of charge to a vehicle and adjust its charging capacity depending on whether one or two vehicles are connected to it. Consumers can find all of these charger locations using the charging station locator on the Efficiency Maine website.

Efficiency Maine's website provides a one-stop shop for information about EVs, rebates, and charging infrastructure to help Maine consumers become more comfortable with EVs. It features an online EV educational video library for Maine residents, businesses, and property owners, as well as a list of eligible vehicles, participating EV dealers, and vehicle cost calculator.

In addition to the Efficiency Maine website, the video library also can be found on the Efficiency Maine YouTube Channel.

Mainers also can find extensive written materials on the agency's EV web pages, including two guidebooks that provide useful information and tips for current and prospective EV owners – "How to Select and Install a Home Electric Vehicle Charger" and "How to Charge Your Electric Vehicle at Home and Away." A third guidebook, "Installing Level 2 Electric Vehicle Chargers," provides information for commercial, government, and institutional property owners who are assessing whether, where, and how to install Level 2 EV charging stations on their property.

Spring has Sprung! Tips for Hiking Maine Trails

MAINE (April 15, 2023) – Many of Maine's trails are still covered in ice and snow, especially at higher elevations and in northern parts of the State. And, the roads to get to trails are still quite muddy or even impassable.

Do your research before heading for a hike and

check local conditions. Consider a local trail as you prepare for bigger hikes later in the season. Check out these tips for Maine Department of Inland Fisheries and Wildlife.

Spring hiking reminders:

Always tell someone where you are going and when you plan to return.

Should something happen, this will be key to helping the Maine Warden Service and other search and rescue personnel help find you.

Know that conditions will vary significantly across the state and at different elevations. It might feel like spring in southern Maine, but in northern parts and at high-

er elevations, there is still plenty of ice and snow! Some trails are extremely muddy and closed to prevent trail damage – research your trip before you go.

Remember that it gets dark much earlier in the spring than the middle of summer. Plan accordingly, and always pack a flashlight in case.

Dress for the weather and in plenty of layers.

Hiking boots with ankle support and tread are ide-

al. It is best to avoid icy conditions altogether, but just in case, pack a pair of crampons or ice creepers.

Be prepared for no cell phone service. Know your route without the help of your cell phone.

Pack essential items, including high-protein snacks, water, and a fire starter. Learn more.

Roads may be impassable due to mud, snow, or a combination. Have a plan B, and stick to the places you

know in the spring. Save your bigger adventures for later in the season.

Respect the land by picking up after yourself and staying on the trail. 94% of Maine's forest land is privately owned and more than half of that land area is open to the public. This access is an incredible gift, and in order to preserve it, we all need to do our part.

We hope you have a wonderful year of hiking ahead!



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Give Your Home a Seasonal Tune-up!

AUBURN, ME (Grassroots Newswire) April 13, 2023 – Spring is the perfect time to assess the maintenance of your home after the long, cold, brutal winter months. A checklist from the National Center for Healthy Housing (NCHH) outlines what it takes to help ensure your home is healthy - such as keeping it dry, clean, well-ventilated, free from contaminants, pest-free, safe and well-maintained.

As the disaster remediation specialists at SERVPRO know, unexpected issues can quickly turn your dream home into a nightmare. "While we specialize in cleanup, restoration and construction after a fire or water loss,

we think it's even more important to do what you can to help prevent these losses in the first place," says Rick Isaacson, CEO of Servpro Industries, LLC. "Routine and effective maintenance will help you meet all these healthy home criteria and serves as one of your best defenses against the curveballs that can be thrown at your home."

While catastrophic events like storm-related wind, water and hail damage are usually covered by most standard homeowner's insurance policies, many maintenance-related claims are not – such as leaks over time or mold from lack of ventilation. So, on top of suffering a loss to property, there is a

good chance the property owner will be on the hook for the entire cost of remediation and repairs.

"We deal with the consequences of unfortunate disasters that negatively impact the lives of property owners every day," says Isaacson. "The routine and simple spring maintenance tasks on this checklist can help minimize the types of hazards we specialize in remediating, and they can preempt many of the bigger problems that can cause significant damage to your property."

Fire: Clean dryer vents and screens; Check electrical equipment for damaged cords; Test all ground fault circuit interrupters.

Water and mold: Clean downspouts and gutters and ensure they direct water away from your home; Look for damaged or failing waterproofing, often caused by storms, such as lifting shingles, loose siding, or leaks around doors and windows; Test your sump pump, including the check valve. Clear out floor drains; Check hoses for leaks under sinks and on your water heater, washer, and refrigerator water dispenser.

"As a leader in fire and water cleanup and restoration services, SERVPRO understands that there are some things we simply can't control," says Isaacson. "The weather is certainly one of those

things. In spring, storms may bring flooding rain, lightning-sparked fires, and high winds, all of which can wreak havoc on homes and businesses. That's why it's important to take control where we can. Performing timely spring maintenance could be one small step to helping prevent a larger disaster that could permanently impact your family or property."

SERVPRO specializes in disaster cleaning, restoration, and construction services, helping to remediate damage, making it "Like it never even happened," for both commercial and residential customers. For more information about SERVPRO, please visit www.servpro.com/.

For more information on SERVPRO in the Auburn area, please contact please contact one of the local business owners below.

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

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

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

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

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Handmade Quilts Donated to the CRC of Western Maine



Teta Sprague met with Diane Madden, executive director of the Cancer Resource Center of Western Maine, to donate more of her beautiful handmade quilts that will be given to individuals facing cancer. Left to right: Teta Sprague, Diane Madden



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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 22

GRAY -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, April 22, 2023 @ 5 P. M. at the Parish House, 5 Brown Street, Gray

Handicapped Accessible. Meals are Single-sized and are \$10.00 each. Please pay at the Door.

Calendar

Send your submissions to the Editor. More online.

The Menu includes: Variety of Casseroles and Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts and Beverages.

Phone # day of the supper - 657-4279.

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

April 26

LEWISTON -- 2:00PM at the Lewiston Public Library: CHLOE'S LUNAR NEW YEAR

WITH AUTHOR LILY LAMOTTE

Join us for a chance to meet with Lily LaMotte, author of Chloe's Lunar New Year and Measuring Up. Lily will read her book Chloe's Lunar New Year while the children color on pages created by the book's illustrator Michelle Lee. Lily will also share her Taiwanese culture with music and a snack. 513-3133; www.LPLonline.org

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.

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 rec-

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ommended 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 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 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. 513-3133; www.LPLonline.org

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Field Funding Campaign



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- 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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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.

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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.

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Greater Portland Landmarks Hosts Old House Emporium

PORTLAND, ME (April 15, 2023) – For the first time since 2019, Greater Portland Landmarks will host the Old House Emporium!

Greater Portland Landmarks will host the 2023 Old House Emporium on April 29th and 30th at the River-ton Community Center, 1600 Forest Avenue,

Portland.

The Old House Emporium celebrates his-toric preservation, high quality craftsmanship, traditional construction and sustainable prac-tices in Maine and New England. This week-end-long event will fea-ture a wide variety of vendors, exhibitors, and workshops that will ap-

peal to homeowners, renters, and lovers of all things old.

There will be informative workshops and presentations on both days that high-light topics from best practices for caring for your old books and photos, to plaster re-pair and determining when to rewire your old

lamps. All of these work-shops are included with admission! Addition-ally, Foreside Antiques will be offering apprais-als for just \$5 cash/\$6 card.

The Old House Em-porium sponsors include Les Fossil Restoration Resources, Home Reme-dies, Gardner Real Estate Group and Maine Homes

by Down East.

The Trade Show will run from 10am to 3pm both Saturday, April 29 and Sunday, April 30. Tickets to the Emporium are \$10 in advance and \$15 at the door. Want to check out both days of the event? We're offering week-end passes for just \$15! Tickets can be purchased

at <https://207tix.com/events/old-house-emporium-4-29-2023>.

Founded in 1964, Greater Portland Landmarks' mission is to ensure that Greater Portland preserves its sense of place for all and builds vibrant, sustain-able neighborhoods and communities for the fu-ture.

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Her Safety Net
Silence Is Not An Option

Sexual Assault Awareness Month is very important to all of us here at **Her Safety Net** because we are an agency focused on supporting, educating and empowering survivors of violence. Each year during the month of April, we work hard to raise awareness about the prevalence of sexual violence in our society. These education efforts are meant to help prevent sexual violence from happening in the first place and, also, to encourage those who have been victimized to get the help they need. **Her Safety Net** is here to help. Community members can reach out to us online, by phone or in person, at our offices in downtown Lewiston. **Her Safety Net** offers services such as counseling and support groups, and connects individuals with resources in our community that allow them to heal and move on with their lives.

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