

Husky Alum Named USM Gorham's Men's Soccer Coach



GORHAM, ME (April 14, 2023) – A familiar face will be returning to the University of Southern Maine as the Huskies' Department of Athletics and Athletic Director Al Bean is excited to announce Jim Hopkins '00 as the next head coach of the men's soccer program. Hopkins replaces Mike Keller who retired after leading the Huskies for 19 seasons (1992, 2005-2022).

"Jim is ready for his next professional challenge, and I'm excited that he will be joining our staff as men's soccer coach," said Bean. "Jim has a tremendous passion for the University of Southern Maine, and having the opportunity to lead the Huskies is something he has aspired to for a long time. As a former Husky student-athlete, he is familiar with the University, the athletic department and the transformational nature of the educational experience available to USM students. I anticipate Jim to hit the ground running as a recruiter, leader and member of our department."

A three-year captain (1997, 1998, 1999) for the Huskies and an all-conference midfielder, Hopkins earned his bachelor's degree from the University of Southern Maine in 2000. Since then, Hopkins has earned extensive experience in coaching and recruiting at the collegiate, prep and club level, and has earned his United States Soccer Federation A License.

"I am grateful and excited to be given the opportunity to lead this program," noted Hopkins. "As an alumnus of the program and the University of Southern Maine, I feel honored to be back on this campus, doing the job I love, and representing the Husky athletic department and team."

A former Technical Director for Seacoast United SC and the head coach of the Northeast Premier Soccer League's Seacoast United Club (2017-2018), and current operator and co-founder of Top Spot Soccer Academy – a non-profit that specializes in college identification clinics,

small group training and college recruiting counsel - Hopkins has a decade of collegiate head coaching experience.

Hopkins led Dean College men's and women's soccer programs from 2007 through 2015, managing the women's team from 2007 – 2008 before taking on the men's program from 2009 through 2015. Hopkins left Dean finishing as second all-time in wins on the men's side. After Dean, Hopkins served as the Huskies' Associate Head Coach for two seasons (2017, 2018) before moving on to lead the Bridgton Academy program in 2019.

In his role as head coach of the Wolverines, Hopkins was responsible for recruiting 22 players from across the country and globe to compete in the highest level of the New England Private School Athletic Conference, and assisting student-athletes in finding the next step in their playing and academic careers at colleges and universities all over the United States. Hopkins program's have been nationally ranked in the last two of three years.

Registration Opens for Maine Woods Rambler Bike Ride

PORTLAND, ME (April 19, 2023)

-- Registration has opened for the third annual 2023 Maine Woods Rambler, an off-road adventure ride scheduled for Sept. 24 in Millinocket, the Bicycle Coalition of Maine (BCM) announced Wednesday.

Co-hosted by Katahdin Area Trails, the Rambler will take place at the New England Outdoor Center (NEOC) and feature three marked and supported routes open exclusively for this event. Event proceeds will benefit Katahdin Area Trails and their mission to build sustainable, purpose-built, non-motorized trails in Maine's Katahdin Region.

The main event is scheduled for Sunday, Sept. 24, when riders can choose between three routes: a 50-km challenge, a longer 100-km haul, or the newly added 20-km Intro to Rambling route, designed for riders with less off-road riding experience.

The longer Sunday rides are recommended for seasoned riders, as both routes will punish participants with challenging climbs and fast descents, the BCM says, while also rewarding them with sweeping vistas of the surrounding lakes, rivers, and peaks. The shorter route has been designed with less experienced adventurers in mind.

Katahdin Area Trails, in collaboration with the community of Millinocket's Trails End Festival, will be hosting a variety of events for people of all ages throughout the weekend including trail tours, free clinics, games, live music, and more. For more details check out Trails End Festival's website.

Registration for the Maine Woods Rambler is \$135 for the 50k and 100k routes and \$75 for the 20k route. Discounted registration available for people who reside year-round in Millinocket, East Millinocket, Medway, Sherman, Stacyville, Patten, Mt. Chase, or Island Falls. Registration and additional information is available at <https://www.bikemaine.org/the-maine-woods-rambler/>.

Lastly, the BCM has teamed up with Packraft Maine to offer an Intro to Bikerafting Trip on Thursday, Sept 21. More information available <https://www.packraftme.com/rambler-bikeraft-workshop>

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Newsmakers, Names & Faces

Enrollment Period Launched for Transitioning from MaineCare

AUGUSTA— The Maine Department of Health and Human Services (DHHS) announced today the launch of a Special Enrollment Period (SEP) through CoverME.gov, Maine's Health Insurance Marketplace, to help Maine people transitioning from MaineCare coverage after the COVID-19 pandemic explore affordable health insurance options and avoid gaps in coverage. The Special Enrollment Period began on April 15, 2023, and will continue through July 31, 2024, allowing Maine individuals found no longer eligible for MaineCare to apply for plans through CoverME.gov outside of the annual Open Enrollment Period.

This Special Enrollment Period coincides with the yearlong process for MaineCare to redetermine eligibility for current members as required by federal law. During the COVID-19 emergency, MaineCare, along with all other states' Medicaid

programs, maintained continuous coverage by suspending eligibility redeterminations for its members. That suspension has ended. The DHHS Office of the Health Insurance Marketplace, which runs CoverME.gov, added the Special Enrollment Period to ensure that MaineCare members who are no longer eligible for that program have time to explore private plans and financial assistance to help them afford private coverage.

"This Special Enrollment Period will help those transitioning from MaineCare find a plan that works for them and maintain critical health coverage," said DHHS Commissioner Jeanne Lambrew. "We encourage anyone concerned about losing MaineCare coverage to visit CoverME.gov to explore their options and stay covered."

National estimates for Maine indicate that 90 percent of those who are determined no longer eligible for MaineCare will be able to receive cover-

age through other sources including CoverME.gov. This new Special Enrollment Period is the same as that being used in all 33 states using HealthCare.gov as well as other State-based Marketplaces.

In March 2020, the federal government temporarily suspended Medicaid requirements to redetermine eligibility in order to prevent people from losing their health coverage during the pandemic, even if their circumstances changed during that period. This is known as the "continuous coverage requirement." People who would otherwise lose eligibility due to increased earnings, change of family status, or other reasons have remained covered by Medicaid for needed care during the pandemic.

Until recently, the end date for the continuous coverage requirement was tied to the end of the federal Public Health Emergency (PHE). In December 2022, Congress passed the Consolidated Appropria-

tions Act, which separated the continuous coverage requirement from the COVID-19 PHE and set a fixed end date of March 31, 2023. With the end of the continuous coverage requirement, the DHHS Office for Family Independence (OFI) will review eligibility of everyone enrolled in MaineCare over the next year and disenroll individuals no longer eligible. OFI initiated redeterminations this month and will complete them by the summer of 2024.

Individuals found ineligible for MaineCare during their renewal process because of income or other reasons will have their information transferred automatically to CoverME.gov. People losing MaineCare coverage should visit CoverME.gov to create or log into an account, submit or review their application, and select "Recently lost MaineCare" from the list of Special Enrollment Periods. When they complete the application, CoverME.

gov will determine if they are eligible for financial assistance to lower their CoverME.gov premium or out-of-pocket costs.

Consumers do not have to wait for their MaineCare coverage to end before they apply on CoverME.gov and should report that loss of coverage as soon as possible to avoid a gap in coverage. An FAQ about the Special Enrollment Period is available on CoverME.gov.

The Special Enrollment Period is part of DHHS' efforts to make MaineCare members aware of the upcoming changes and support them through the redetermination process. Last month, DHHS launched a "Stay Connected to Stay Covered" outreach campaign, urging MaineCare members to update their contact information so the Department can reach them about renewing their coverage and to be on the lookout for their renewal form, which must be filled out and returned to avoid

a gap in coverage. The campaign includes multilingual communications and outreach materials for partners to download and a paid advertising campaign, which includes radio advertising, a social media campaign, and digital advertising. More information about the redetermination process, and other important information for MaineCare members and stakeholders, is available at mainecare.gov/unwinding.

People who are currently enrolled in MaineCare should make sure their contact information is up to date by visiting MyMaineConnection.gov or calling 1-855-797-4357. When it's time for renewal, they should look out for an envelope with a blue block, which will have renewal information and instructions inside. If it's blue, it's time to renew! Members who signed up for e-notices should keep an eye on their email for a message when it is time for their renewal.

Norway Savings Bank Announces Environmental Initiative Results

NORWAY, ME (April 22, 2023) – Across the nation, organizations are taking steps to reduce their negative impacts on the environment - this is no different at Norway Savings Bank. Moving to a paperless workplace and using more solar energy are two major initiatives at the Bank.

In honor of Earth Day, Norway Savings received an Environmental Recycling Activity Report, from its recycling partner. The report confirms that a 13-year paperless initiative and recycling effort is making a significant environmental and economic impact. The report, issued by Secure RMS, recognized

Norway Savings Bank as a socially responsible business that has collected and processed 420,196 pounds (210 tons) of paper for recycling since 2010. The report outlined the savings for the 2022 are equivalent to:

- 193 trees saved
- 4,317 gallons of oil conserved
- 79,524 gallons of water saved
- 54,530 kilowatts of energy saved
- 1,136 cubic yards of landfill saved

Also in 2022, Norway Savings installed 39 solar panels at our Kennebunk location. The annual offset of Carbon Emissions is 47,610 pounds, which is equivalent to:

- 2,429 gallons of gasoline not burned
- 5 passenger cars removed from the road
- 3,750 gallons of propane not burned
- 520 pounds of coal not burned

"At Norway Savings our core values are extremely important to us - respect, dignity, community service and fiscal responsibility," states Norway Savings Bank President & CEO Dan Walsh. "These are the cornerstones of our business and have informed our decision to embark on a path toward environmental sustainability, social equity and governance - also known as ESG. This includes being intentional about our ac-

tions and steps to protect the environment that we all cherish here in Maine."

Norway Savings Bank's Environmental and Paperless Initiative includes better utilization of technology which helps to reduce the automotive courier service for branch check pickups, increasing the use of electronic forms and record storage, as well as diligent recycling efforts throughout the bank. In addition to these efforts, the bank has adopted the use of geothermal technology and other energy-efficient HVAC systems in branch construction and renovation projects in order to reduce its consumption of fossil fuels.

"We have also con-

verted nearly 45% of our account holders to use more convenient and environmentally-responsible e-statements. But we still have more work to do," said Walsh. "I'm also pleased that our move to accept electronic signatures is reducing our use of paper even more."

Banks across the country and globally have been working to reduce their use of paper through the promotion of electronic banking. However, getting customers to agree to paperless banking has been a challenge for many banks. "At Norway Savings, we encourage our customers to take part in the environmental initiative by living green. By switching their

paper statements to e-statements or paying loans and bills electronically, our customers help to reduce the amount of paper produced by the Bank," states Deb McPhail, SVP, Senior Deposit Operations & BSA Officer.

Along with recycling paper, and encouraging customers to utilize digital banking services, Norway Savings Bank is also committed to donating, responsibly recycling and disposing of computer equipment and other eWaste. In 2020 the bank partnered with give IT. get IT. Since then, the Bank has donated 189 computers, laptops, and monitors which benefited Mainers without access to computers.



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Newsmakers, Names & Faces

Gorham's Goodwill Now Runs on Local Solar Power

GORHAM, ME (April 22, 2023) -- Goodwill recently moved 12 of its stores and offices to solar power, with plans to move two more to solar power this year. The nonprofit is participating in two community solar farms, agreeing to buy solar energy for the next 10 years. This will account for 62 percent of the nonprofit's energy use in Maine.

"Sustainability is at the center of our work. Goodwill stores keep more than 45 million pounds of stuff out of Maine's landfills each year. We want to do right by the Earth, and this was a no-brainer opportunity," said Steve Dixon, Senior Director of Purchasing and Facilities. "We also expect to save about \$50,000 in the first year by buying this local,

renewable energy." For its first year using solar, the nonprofit purchased 2.8 megawatts of energy — about 62 percent of its use in Maine. Goodwill bought the solar energy from local farms in Fryberg and Trenton at a discount.

"We spend in total over \$1 million in electricity expenses each year with the old rates — the new rates are going through the roof. The higher the rates go, the more solar helps offset costs," Dixon said.

The thrifty nonprofit's energy use happens to align with solar seasons in Maine. Stores and offices' energy use spikes in the summer because of air conditioning.

Goodwill signed two community solar farm agreements, one for its



southern Maine stores, and the other for its Bangor and Ellsworth stores. The 12 southern Maine stores and offices now use solar power, and the Bangor and Ellsworth stores will

come online later this year. The nonprofit hopes to find similar opportunities in New Hampshire and Vermont.

Goodwill Northern New England continues to

invest in its sustainability and environmental responsibility goals in its retail operations. In January 2017, the Northern New England based nonprofit voluntarily banned single

use plastic bags from its stores. In February 2021, it upgraded its fleet of tractor trailers to improve its transportation fuel efficiency and reduce its carbon footprint. In the spring to 2022 Goodwill invested \$1.5 million in more durable and sustainable materials to store and transport donations.

Stores and offices that run on solar power include: South Portland's MillCreek and Maine Mall Road stores, Auburn store, Rockland store, Gorham store, Belfast store, Topsham store, Brunswick store, Windham store, Augusta store, Waterville store, Gorham warehouse and administrative offices. The following stores will move to solar power later this year: Bangor store, Ellsworth store.

Gorham HS Students Raising Funds for Lobster Bowl Classic



GORHAM, ME (April 21, 2023) -- Gorham High School students, Hayden Battaglia and Morgan Cole, have been chosen to represent Gorham at this year's Maine Shrine Lobster Bowl Classic. This is a major fundraising event for Shriners Children's hospitals.

Hayden says, "We have been tasked with raising a minimum of

\$500 before June 5th and I am hoping that there may be some community members able to help me meet and even surpass that goal. My fundraising page can be found at <https://maineshrine lobsterbowl.com/donate/BATTAGLIA-HAYDEN>

If you are a business owner or know a business owner that would like to sponsor me by purchasing



advertising in the game day program or by sponsoring a hole at the Lobster Bowl Golf Classic, please let me know and I can arrange the necessary paperwork."

Morgan Cole will also be representing at the Lobster Bowl Classic. Morgan says, "Hey everyone! I'm still trying to reach a fundraising goal of \$1,500 for the lobster bowl. I am also looking for sponsors so if you or someone you know owns a business I hope you will

share my profile with them and consider being a part of this amazing organization. All donations go to patients at Shriners children's hospitals and anything helps. I have 1 more Amatos discount card left for \$10.

I am proud to represent our town and I thank everyone for the support! My personal donation page is <https://maineshrine lobsterbowl.com/donate/COLE-MORGAN>"

Good luck, Hayden and Morgan!



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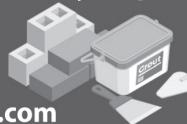
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Seniors Not Acting Their Age A Baxter State Park Winter Expedition Part III: Final Adventures



A skier begins a trek to Pogy Pond in Baxter State Park



The cliffs of lower Peak of the Ridges are backdrop as a skier traverses Upper South Branch Pond



The winter Pogy Notch Trail begins at the end of Upper South Branch Pond

BY Ron Chase
Since several of us had completed three arduous mountain hikes, skiing was the primary focus for the majority of our group on the fifth day of our six-day Baxter State Park winter expedition. We had been residing in the bunkhouse at South Branch Pond in the northeastern sector of the park during that timeframe and the sturdy facility seemed like second-home. Chores such as collecting and purifying drinking water, bringing in firewood from the woodshed, preparing meals using single-burner stoves, washing dishes on the open porch, and using an outhouse located about forty yards away had become routine.

Ken Gordon had explored part of the winter Pogy Notch Trail on skis the previous day and returned with a glowing report. That would be the agenda for some in the group. My son, Adam, and Brent Elwell were intent on investigating potential ice climbing cliffs they had observed during our ascent of North Traveler Mountain three days earlier.

I had an additional motivation for skiing; descending on snowshoes during the three mountain hikes had resulted in a nasty blister on my left foot. My hope was a different activity and a change in boots would alleviate the discomfort and minimize further damage. Of course, skiing in that extraordinary winter environment was not a sacrifice.

A journey on skis to distant Pogy Pond and back was the goal for four of us. The twelve-mile roundtrip excursion entailed traversing south across Lower and Upper South Branch Ponds followed by a four-mile trek on the Pogy Notch Trail.

Skiing on Lower South Branch Pond was a delight. Bordered by the lofty peaks of South Branch and Black Cat Mountains on the west and North Traveler Mountain and Peak of the Ridges on the east, the remarkably scenic pond has the character of an inland fjord. Soft-crust snow facilitated an efficient kick and glide. At the terminus, we followed the canoe portage trail around open water in

the stream between Lower and Upper South Branch Ponds.

Our cruise across Upper South Branch Pond was equally pleasurable. A partial view of the Katahdin massif could be seen above the trees in the south. The winter Pogy Notch Trail began at the southern end.

Skiing the gentle hills of Pogy Notch Trail was an exhilarating experience. However, even relatively minor gradients aggravated my blister so I decided to return after traveling part way. My companions continued to Pogy Pond and reported the skiing was exceptional throughout and the pond a captivating place to visit in winter.

Adam and Brent also had stimulating endeavors. They discovered a succession of ice cliffs on the lower slope of North Traveler Mountain that appeared to be ideal for future ice climbing. Their day didn't end there. Brent returned to the cabin and skied part of the Pogy Notch Trail, while Adam bushwhacked to the top of North Traveler Ridge and climbed to the summit.

Warm rainy weather complicated our departure from the park on the final day. The approximately two-mile sled pull out the South Branch Pond Road went well despite wet sloppy snow. Much lighter sleds than those hauled in on the first day made a big difference. Conditions were still damp and cloudy when we arrived at the junction with the park Perimeter Road where the Matagamom Campground shuttle was scheduled to



A skier on Lower South Branch Pond



Two skiers take a break on Pogy Notch Trail



Sleds are loaded for the haul out of the park

pick up our sleds and gear with snowmobiles.

The ten-mile ski out on soft, wet snow was unappealing for most. Everyone except Ken and Bruce Weik elected to forego the long trek and ride out on a passenger sled attached to one of the snowmobiles. I skied part way while waiting for the shuttle crew to arrive and load; but my tender foot was ready for relief when they returned. The fine folks with Matagamom Campground are a pleasure to deal with. They have a "can do" approach.

Future adventures were part of the conversation on the ride out. The possibility of returning to South Branch Pond next winter was a primary topic of conversation. Baxter State Park is a winter sports paradise!

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates three winter expeditions in Baxter State park. Included are climbs of Mount Katahdin, North and South Brother, Fort, and Coe Mountains, and a traverse of the entire 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.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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WGU Offers Two Scholarships for Rural Residents

AUGUSTA, ME (April 18, 2023) – To help remove rural barriers to higher education, accredited nonprofit and online Western Governors University (WGU) has announced the new Learn Where You Live Scholarships exclusively for residents of rural communities. Valued at up to \$3,000 and awarded at \$750 per six-month term for up to

four terms, the scholarships are available to new or returning WGU students living in rural areas, as defined by the U.S. Census Bureau. In addition, for those Mainers who live in a T-mobile service area for internet service, WGU offers the Online Access Scholarship, which provides students with a laptop, internet service and a webcam to pursue their

education studies. According to the U.S. Census Bureau, 61% of Maine’s population lives in rural areas, making Maine one of the most rural states. Although many rural residents seek to further their college education, they face barriers of distance, time, and money. In fact, only 34% of Mainers aged 25 and older have earned a bachelor’s degree.

“For many Mainers, it’s just not feasible to drive an hour or more to a college campus, especially if they have work and family obligations,” said Rebecca Watts, who oversees operations in Maine as regional vice president for WGU. “Completing a degree program can change lives, families and communities, and WGU is doing what we can to remove the

barriers of distance, time, and cost.” WGU tuition is around \$4,000 per six-month term for most undergraduate degree programs, and students can accelerate at their own pace. Each student is assigned a Program Mentor from their field of study who will work with them from day one through to graduation. WGU has

more than 60 online bachelor’s and master’s degree programs in business, IT, education, and healthcare. WGU serves more than 200 students and 500 alumni in Maine. Both scholarship application deadlines are June 30 and more information is available at www.wgu.edu/learn-whereyoulive and www.wgu.edu/access

Friends of Maine State Museum Host Benefit Appraisal Fair



Museum director Bernard with one of the auction items being offered at the Silent auction.

AUGUSTA, ME (April 22, 2023) -- The Friends of the Maine State Museum, in partnership with Thomaston Place Auction Galleries, invites you to come and find out what’s in your attic! In a lovely afternoon event at the historic Viles Mansion, learn about your heirlooms, partake of light refreshments, and bid at a silent auction featuring local merchants. All proceeds benefit the Friends of the Maine State Museum.

The event will be held Friday, May 5, 2023, from 1 - 4 PM at 71 Stone Street in Augusta. Participants may have up to 3 items appraised for a suggested donation of \$25, 1 item for \$10, or attend the event as a spectator for \$5. Parking is limited so all attendees must register for a time slot. Find more information or to reserve your spot online at mainestatemuseum.org/support/appraisal-fair-2023/ or call (207) 287-2304. Silent auction items may be viewed at BiddingOwl.com/FMSM

MaineCF Scholarship Available for Aspiring Preservationists



PORTLAND & ELLSWORTH, ME (April 22, 2023) — Aspiring preservationists may be eligible for the Maine Community Foundation’s (MaineCF) William J. Murtagh Scholarship for Graduate Historic Preservation Studies.

The scholarship is available to students pursuing graduate-level degrees with majors in historic preservation or similar fields including archaeology,

architecture, landscape architecture, art history, museum studies, construction arts and sciences, architectural history, history, planning, preservation law and building conservation.

Murtagh was one of the world’s leading preservationists. He served as vice president of the National Trust for Historic Preservation and helped start preservation programs at several universities. Murtagh wrote one of

the first college textbooks about historic preservation.

For more information and to apply, visit www.mainecef.org/scholarships.

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Arts & Entertainment

Run with the Knights at 5K Race/Walk in Gorham

GORHAM, ME It starts and ends at St. Anne's Catholic Church in Gorham. Runners and walkers, young and old, are welcome, and virtual participants also welcome. Refreshments after the race, too! For details, visit <https://stanthonysparish.org/knights-of-columbus>

(April 22, 2023) -- St. Anne's Knights of Columbus is hosting its first 5k Race/Walk on Saturday, May 20, at 9 a.m.

**Gorham Knights of Columbus
5K Run/Walk
May 20, 2023 · 9:00 a.m.**



Help support these community organizations:

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- ABBA Women's Choice · Coats for Kids
- Maine Military Museum · Operation Ray of Light
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- Boy Scouts of America · Maine Needs Fatima

To Register and For More Details, Visit:
www.stanthonysparish.org/knights-of-columbus



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- Explore how Westbrook is creating a community destination for healing, featuring the Rock Row Medical & Research Campus

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Register at Portlandregion.com

PORTLAND, ME (April 22, 2023) -- Westbrook is leading our region when it comes to welcoming growth. Join us for a conversation with Mayor Mike Foley and Josh Levy, co-founder Waterstone Properties (Developer of Rock Row). Mayor Foley will touch on the economic development strategies that allow Westbrook to realize successes like Rock Row and Vertical Harvest, the importance of nurturing strong relationships between elected officials and the business community, and the mindset of embracing growth as a means towards regional prosperity. Mr. Levy will update the audience on the tremendous progress on the \$600 million, 2.3 million square foot Rock Row development, including their efforts to build a dynamic mixed-use environment of trails, restaurants, entertainment and housing, and their commitment to building a community of healing featuring the Rock Row Medical and Research Campus.

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

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Advice on Whooping Cough as Cases Rise in Maine

LEWISTON, ME (April 14, 2023) -- According to Maine health officials, there has been an increase in the number of pertussis, or whooping cough, cases reported in the state this year. Whooping cough is a highly contagious, respiratory infection. In the first three months of 2023, Maine providers reported 19 cases of pertussis, more than double the number reported in the first quarter of 2022.

"While 19 cases may not sound like a lot, it is the trend that is more concerning," said Dr. Marie-Alexandria Tremis, MD, man-

aging physician at Central Maine Family Practice. "Whooping cough tends to peak in the summer and fall. If we haven't yet reached our "peak season" for spread, we could potentially be looking at an increasing number of infections over the coming months."

Symptoms include sneezing, runny nose, cough and sometimes a low-grade fever. The cough is the most widely-known symptom, which may start off mild then progresses in severity with episodes of gasping and noisy breathing in between spells. Because whooping cough is

highly contagious, Dr. Tremis advises people to stay home if they are sick. She recommends practicing good hand hygiene, sneezing and coughing into your arm and wearing a mask when around others.

"If you suspect you have whooping cough, you should contact your provider right away so they can confirm the diagnosis and begin treatment with antibiotics," said Dr. Tremis. "Also, close contacts and people who live with someone who has been diagnosed should receive post-exposure antibiotics to prevent symptoms."

According to the

Centers for Disease Control (CDC), vaccines remain the best defense against whooping cough. The CDC recommends vaccinations for children at two months, four months, six months and 15-month of age, with a booster at age four. Because immunity drops after five to ten years, a Tdap booster is recommended around age 11-12. Meanwhile, the CDC encourages adults to stay up-to-date, as well, getting a booster every ten years.

People can learn more about whooping cough on the state of Maine's Maine.gov website.



Dr. Marie-Alexandria Tremis, MD, managing physician at Central Maine Family Practice.

Sen. Collins Responds to Increase in Homelessness in Maine

WASHINGTON, D.C. (April 20, 2023) — At a hearing to review the fiscal year 2024 budget request for the U.S. Department of Housing and Urban Development (HUD), U.S. Senator Susan Collins, the Vice Chairman of the Appropriations Committee, questioned the Secretary of Department of Housing and Urban Development, Marcia Fudge, about how to successfully respond the increase in unsheltered homelessness in the state of Maine. Spe-

cifically, Senator Collins emphasized the importance of HUD working with landlords and private owners to provide shelter and other housing resources.

At the hearing, Senator Collins:

I've discussed with you, a request from the City of Portland, which has had a tremendous influx, 1000 people since January, for example, of unsheltered individuals and families who are asylum seekers who have come to Portland.

So, they need your help as well, and again, I appreciate your willingness to assist us. One part of the challenge is encouraging private owners and landlords to house these individuals who have been unsheltered. They tend to view, particularly those that are chronically homeless, as challenging tenants, and I encourage them to work with HUD, to work with local officials. But do you have any advice from HUD on how communities, not only in Maine, but across

the country, can engage private owners and landlords in this process of providing homes for the unsheltered?

Secretary Fudge:

We're already in conversations with their team. We do know that getting landlords involved is a very difficult situation. But one of the things we found is that for certain rental properties, if we give them a master lease, it makes it so much easier for them to work. So, that's one of the things we're doing. We're look-

ing at how we can provide toolkits and resources, to explain to them why it's a good thing to be involved. We're talking about finding incentives for landlords, so that they will lease, especially to the homeless.

But I think that we all understand it's a problem, but we are working on it. And I think that we're doing really very well, because when we sit down and have conversations with them, then they find that we are a very stable source of resour-

es, that we will assist them beyond just that one rental. So, we're working, and it's getting better. It's not where we want it to be, but it is getting better.

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

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Join Presumpscot Regional Land Trust in Pool Walk in Gorham

GORHAM, ME (April 20, 2023) -- The wood frogs and yellow spotted salamanders have been busy! Who has heard the spring peepers or the wood frogs this spring?

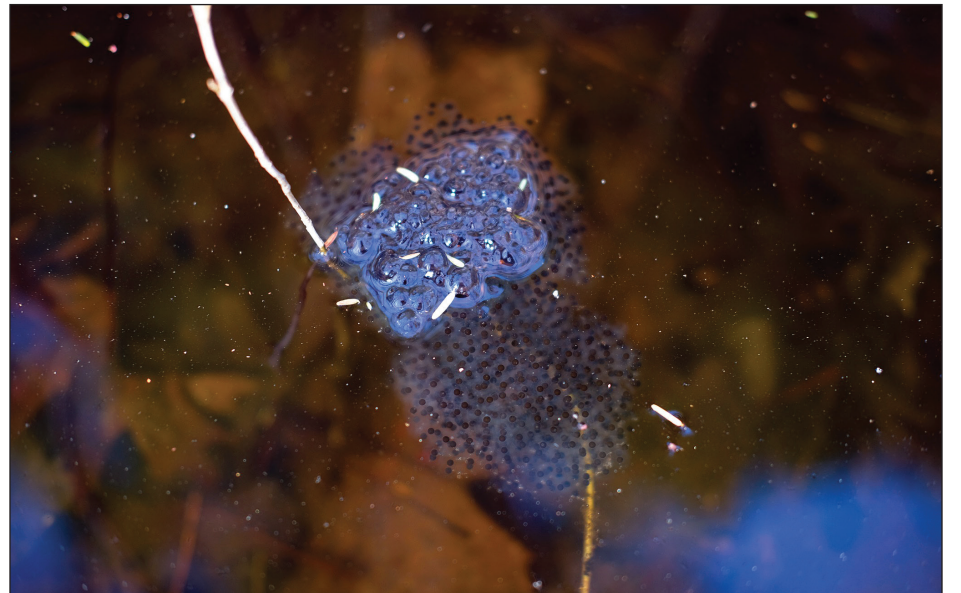
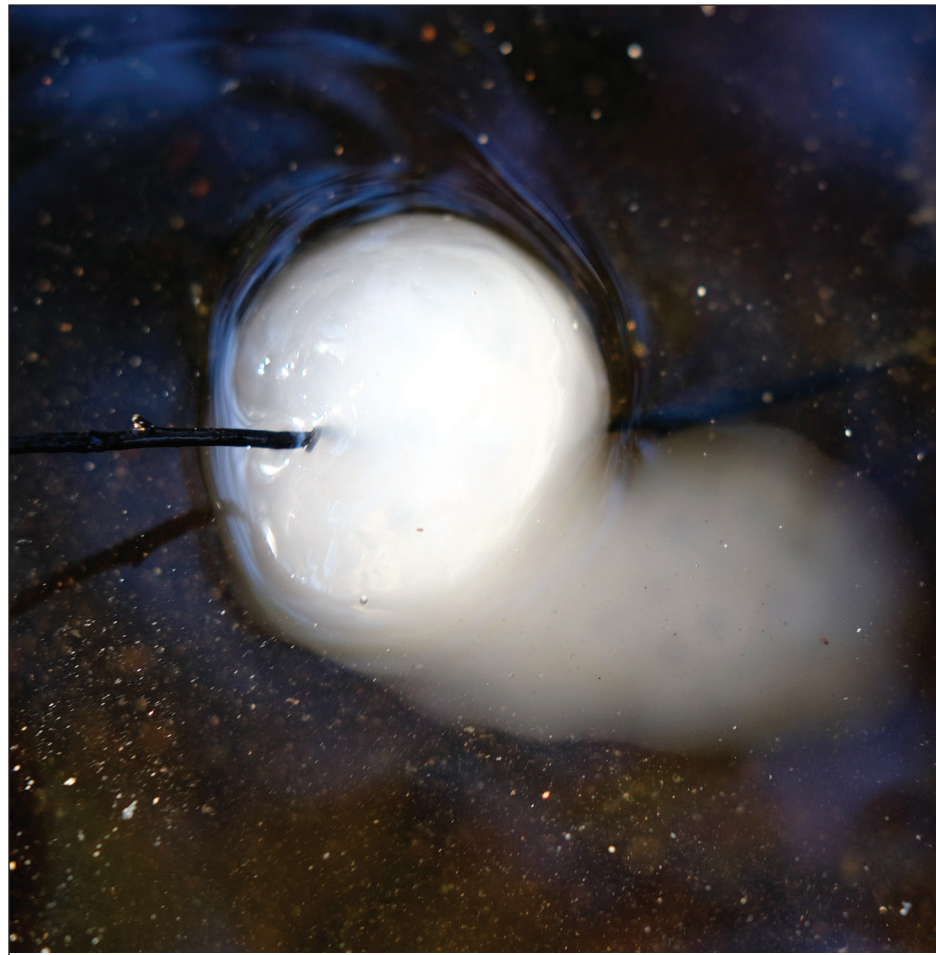
Presumpscot Regional Land Trust is hosting a Vernal Pool Walk with Flycatcher LLC on May 6th 10-noon at Ran-

dall Orchards Preserve in Gorham/Standish. Learn about the rich hidden life of vernal pools (temporary woodland waterbodies) and the amphibians and animals that occupy these unique bodies of water. Flycatcher is a local environmental consulting group, that specializes in permitting and wetland

and wildlife ecology. The Land Trust partners with Randall Orchards, holding a 500-acre farm and forest conservation easement on the land.

Pictured are amphibian eggs of yellow spotted salamanders and wood frogs.

FMI: <https://www.prlt.org/events>



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Sexual Assault Prevention & Response Services: Honoring our Past. Celebrating our future.



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and supporting victim/survivors of rape, child sexual abuse and other forms of sexual violence.
Free, Confidential, 24-Hour Helpline 1-800-871-7741, Language Interpreters and Video Relay Service Available
*Our Oxford County location also serves the town of Bridgton in Cumberland County, Maine.

Mission Statement: Sexual Assault Prevention and Response Services works to prevent and eliminate sexual violence and promote healing and empowerment for people of all genders and ages who are affected by rape, sexual assault, child sexual abuse, sexual exploitation, stalking and sexual harassment.

Prevention of Childhood Sexual Violence

We know that childhood sexual violence has a lasting impact on survivors, their families, and significantly impacts our communities.(1)

The good news is that we know what works to address this issue. Across the Tri-County area, Sexual Assault Prevention & Response Services provide sexual violence prevention education to nearly 10,000 students per year. For the youngest grades, the programming is geared toward supporting children's sense of body ownership, and giving them the skills to recognize and respond to confusing or potentially dangerous situations. Sexual Assault Prevention & Response Services educators base this programming on nationally-recognized best practices regarding language and delivery. Personal body safety education has been demonstrated to impart important concepts about body awareness to children, and those who participate in such education demonstrate protective behaviors significantly more often than children who don't have such programming.(2)

In addition to educational sessions, Sexual Assault Prevention and Response Services is dedicated to engaging with partners across the Tri-County area to deliver the best possible prevention pro-

gramming for children in Androscoggin, Franklin, and Oxford Counties. Sexual Assault Prevention & Response Services works with partners such as Child Abuse and Neglect (CAN) Council and community action programs, and in many cases team-teach. As part of MECASA, Sexual Assault Prevention & Response Services has collaborated for over 20 years with the Maine Department of Education's Health Education Promotion Program. The Maine DOE's Learning Results and Sexual Assault Key Concepts incorporate the knowledge and skills important to sexual abuse prevention. Sexual Assault Prevention & Response Services uses MECASA's statewide Prevention Education Curriculum Toolkit, which aligns with both of these resour-

es.
Still, despite what we know about the skills and behaviors that may protect children who are being abused, the evidence is also clear that programming directed at children does not necessarily prevent victimization(3) – rather, it gives children the tools to respond if victimization occurs. Only through community and cultural change (which we engage in with higher grade levels and with college and professional audiences) can we turn the tide of victimization.

Sources:
1. Fuentes-Perez, et al. (2013). Prevalence and correlates of child sexual abuse: A national study. *Comprehensive Psychiatry*, 54(1):16-27.
2. Finkelhor, D. (2009). The prevention of child

sexual abuse. *The Future of Children*, 19(2).
3. Ibid.

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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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Children's Advocacy Center: About Child Sexual Abuse



Child sexual abuse is a significant problem in Maine and in the United States. In 2013, almost 50% of contacts with Maine's sexual assault support programs were from or about someone who experienced sexual violence under the age of 18.(1) A recent national study estimates that 42.2% of female rape victims were raped before the age of 18 and 27.8% of male victims were first raped when they were ten years old or younger.(2)

It is often difficult for victims of child sexual abuse to disclose the abuse they suffer. Many child sexual abuse survivors wait until adulthood to tell someone and process the abuse they endured. Approximately 85% of minors who are sexually abused never tell, or delay telling, about the abuse.(3)

There are many reasons why victims choose not to tell anyone about the abuse or report it to law enforcement. In most child sexual abuse cases, the per-

petrator is known to the minor and is often a trusted adult or family member.(4) Research indicates that the closer the victim is to the abuser, the less likely he or she will disclose the abuse. (5) In instances where the perpetrator is a close family member, such as a parent or a grandparent, the victim may not say anything for fear of what will happen to his or her family if they do so. Along with the confusion they may experience as a result of being victimized, they may also be fearful of what will happen to them if they disclose the abuse. (6) Additionally, many perpetrators use threats and intimidation to silence young victims. For some victims, sexual abuse may happen so often it becomes normalized.

Because it is so under-reported, we cannot determine the full extent of the impact of child sexual abuse. However, we know that child sexual abuse has lasting impacts on survivors,

their families, and significantly impacts our communities.(7) The impacts on victims and survivors vary and most often include long-lasting physical, mental, and emotional issues.

Child sexual abuse creates substantial financial impacts as well. Costs include crisis services; medical treatment for victims/survivors (both short- and long-term, mental and physical); lifetime loss of income; expenses to the state and individuals as a result of the criminal justice process; and incarceration for perpetrators, including treatment and management (probation, the sex offender registry, etc.). According to a recent report released by the Centers for Disease Control and Prevention, the total lifetime estimated financial costs associated with just one year of confirmed cases of child maltreatment (physical abuse, sexual abuse, psychological abuse, and neglect) is approximately \$124 billion. (8) The same study found

that the lifetime cost for each victim of child maltreatment who lived was \$210,012.(9)

Investing in child sexual abuse prevention – indeed, the prevention of all types of sexual violence – is paramount to ending child sexual abuse. Child sexual abuse prevention includes a willingness to model and have honest discussions with children about healthy relationships. The prevention of further sexual abuse of children is also important. This includes reporting suspected sexual abuse (this does not mean you need to investigate the abuse; it just must be a good faith report that sexual abuse is suspected) to your local law enforcement or Child Protective Services. For more information on child sexual abuse prevention efforts, visit our page on child sexual abuse prevention.

Sources:

1. MECASA Center Service Statistics, 2012.
2. Black, M.C., et al. (2011). The National

Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention & Control, Centers for Disease Control and Prevention.

3. Stop It Now. (2008-2013). When a child tells about sexual abuse. Retrieved from: http://www.stopitnow.org/when_a_child_tells

4. Snyder, H.N. (2000). Sexual assault of young children as reported to law enforcement: Victims, incident, and offender characteristics (NCJ 182990). Washington, DC: US Department of Justice, Office of Justice Programs. Retrieved from: <http://www.bjs.gov/content/pub/pdf/saycrle.pdf>

5. Stop It Now. (2008-2013). When a child tells about sexual abuse. Retrieved from: http://www.stopitnow.org/when_a_child_tells

6. Ibid.

7. Fuentes-Perez, et al. (2013). Prevalence and correlates of child sexual abuse: A national study. Comprehensive Psychiatry, 54(1): 16-27.

8. Fang, X. (2012). The economic burden of child maltreatment in the United States and implications for prevention. Child Abuse and Neglect 36(2): 156-165. 9. Ibid.

Statistics

11.9% of Maine high school students (13.3% of girls, and 10.4% of boys) report having been physically

forced to have sexual intercourse in their lifetime.(1)

13.6% of Maine high school students (18.1% of girls and 9% of boys) report having been forced to have sexual contact in any way in their lifetime.(2)

A recent national study estimates that 42.2% of female rape victims were raped before the age of 18 and 27.8% of male victims were first raped when they were ten years old or younger.(3)

Approximately 85% of minors who are sexually abused never tell, or delay telling, about the abuse.(4)

The total lifetime estimated financial costs associated with just one year of confirmed cases of child maltreatment (physical abuse, sexual abuse, psychological abuse, and neglect) is approximately \$124 billion. (5)

Globally, prevalence rates show that a range of 7-36% of women and 3-29% of men experience childhood sexual abuse.(6)

Sources:

1. Maine Centers for Disease Control and Prevention. (2011). Maine Integrated Youth Health Survey. Retrieved from: <https://data.mainepublichealth.gov/miyhs/home>
2. Ibid.
3. Black, M.C., et al. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention & Control, Centers for Disease Control and Prevention.
4. Stop It Now. (2008-2013). When a child tells about sexual abuse. Retrieved from: http://www.stopitnow.org/when_a_child_tells
5. Fang, X. (2012). The economic burden of child maltreatment in the United States and implications for prevention. Child Abuse and Neglect 36(2): 156-165.
6. Dartnall E, Jewkes. (2012). Sexual violence against women: The scope of the problem. Best Practice & Research Clinical Obstetrics and Gynaecology, 27(1), 3-13.

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shadow/echo/memory Exhibition Opening at USM Gorham Campus



of shadow/echo/memory, the exhibition associated with the 2023 University of Southern Maine Artist-in-Residence, Veronica A. Perez. Throughout the

Spring semester, Veronica has worked with groups internal and external to the University in braiding workshops. Together, they have created the braids we

see and shared the stories embedded in the sculptures. Join us for the opening of this exhibition focusing on belonging, identity, and lived experience, as embodied through hair.

Refreshments will be served.

This program is made possible with generous support from the University of Southern Maine

Inclusion, Diversity, and Equity Council, the University's Center for Collaboration and Development. Funded by the Maine Humanities Council and the Maine Arts Commission.

Details: May 11, 2023 from 6:00 PM – 8:00 PM; 5 University Way Gorham, ME 04038 United States

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WHAT: The topic will mainly focus on the proposed FY 24 School Budget, but can also wander into other topics impacting our public schools.

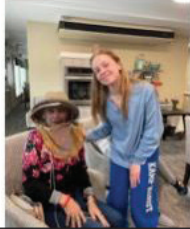
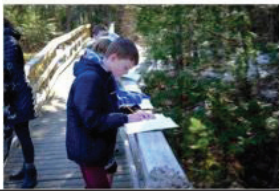
WHERE: Baxter Memorial Library

WHY: To help inform your upcoming vote at the June 12, 2023 School Budget Validation Referendum.

WHEN: May 3, 2023 at 6:00 p.m.



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Collins, King Support Local Fire Departments

WASHINGTON, DC (April 22, 2023) – Today, U.S. Senator Susan Collins (R-ME) praised the Senate passage of the Fire Grants and Safety Act, a bill she led with Senators Gary Peters (D-MI), Tom Carper (D-DE), and Lisa Murkowski (R-AK). The bipartisan legislation, which was co-sponsored by Senator Angus King (I-ME), will extend federal programs that support local fire departments across the country. The bill would reauthorize the Federal Emergency Management Agency’s (FEMA) Staffing for Adequate Fire and Emergency Response (SAFER) grant program, the Assistance to Firefighters Grant (AFG) program, and the United States Fire Administration (USFA). The programs are set to expire and are used by local fire departments to address staffing needs, purchase equipment, develop fire training and education programs, and improve emergency medical services.

“Firefighters across Maine and the country courageously and selflessly

put their lives on the line to serve their towns and cities,” said Senator Collins. “As part of a bipartisan effort to ensure that firefighters have adequate staffing, equipment, and training to do their important jobs as effectively and safely as possible, my colleagues and I helped create FEMA’s firefighter grant programs in 2003. By reauthorizing these programs, we can continue to deliver this critical assistance to fire departments and support firefighters as they work to protect lives and property.”

“Firefighters across Maine put their lives on the line for our communities and our families when we are most in need,” said Senator King. “These federal grant programs have done an excellent job providing fire departments funding to hire additional personnel, acquire life-saving equipment, and train for constantly-changing emergencies. The Senate’s overwhelming reauthorization of the grants is a testament to the importance of our firefighters and their work. I’m grateful for Sen-

ators Collins and Peters’ bipartisan leadership on this bill and look forward to our continued efforts to serve those who protect our communities.”

Below are statements in support of the senators’ bipartisan legislation:

“The Sanford Fire Department has received AFG awards during the existence of the program. We have benefitted from the awards by being able to replace an aged SCBA fit test machine which allows us to ensure that the air packs that the firefighters wear fit their bodies and protect them from the dangers of the smoke and fires. In Maine there is a danger of forest/grass fires every year. In 2015, we were able to purchase a 4x4 fire engine that is specifically designed to fight the wild land fires that exist. This asset helps protect life and property in all of York County, not just Sanford,” said Assistant Chief Robert Arnold, Sanford Fire Department. This week alone we have responded to fires in the county with this Engine four times. Our most recent award was to fund specialty training for the firefighters. We have been able to certify the entire department in Rapid Intervention Team (RIT). A RIT is there to engage in situations that involve a lost, trapped, or otherwise downed firefighter. As a result, our department is looked to by many of our neighboring departments to share this skill set to keep them safe as well. None of these items or actions would have been possible without the support of the AFG.”

“Easton has benefited twice from an AFG award, the first although seemingly small in the scope of what others have received, was immensely beneficial to our small volunteer department. We received funding that allowed us to purchase individual face

mask for each member SCBA qualified. No longer do we have to share this crucial item with other and pass along unwanted sweat and potential pathogens as well,” said Chief Greg White, Easton Fire Department. “The second award is huge for our department’s safety and ability to perform our duties. We received an award to replace our 30 plus year old converted oil delivery vehicle which was our tanker, with a new NFPA approved 3000 gallon pumper/tanker. This vehicle is still awaiting fabrication due to the ongoing supply issues, but I assure you that this purchase will change for the absolute positive our ability to serve and protect our community.”

“Reauthorizing this program is critical to small taxpayer funded fire services. In Orono, these grant dollars have augmented the already stretched local tax dollars to fund equipment and staffing needed to support effective emergency response to the community while improving safety for our dedicated first responders,” said Sophia Wilson, Orono Town Manager. “In particular, the SAFER Grant provides an opportunity to trial the implementation of what we believe will be a more cost effective staffing model that promotes an improved work environment for our staff. The Town could not have increased the department’s staffing level without the grant funds to demonstrate the overall positive impact of the change.”

“As the Fire Chief of Bangor, Maine, and the President of the Maine Fire Chief’s Association, I would like to emphasize the importance of the Assistance to Firefighters Grants Program (AFG) and the Staffing for Adequate Fire and Emergency Response (SAFER) Grants Program in supporting the firefighting work which takes place across the State of Maine,” said Thomas Higgins, President of the Maine Fire Chiefs Association and Bangor Fire Chief/

Emergency Management Director. “These programs provide funding for critical public safety equipment such as pumper trucks and self-contained breathing apparatuses. In addition to this, these funds help departments to hire additional firefighters to fill gaps in services. The AFG and SAFER grant programs have made a significant impact on firefighting work across Maine, improving the overall safety of communities throughout the state. These grants are essential resources that help firefighters provide critical public safety services to their communities.”

“The Assistance for Firefighters grant that we received for our local fire department has been instrumental in improving our community’s safety and enhancing the capabilities of our firefighters. With the \$64,761 in grant funding, we were able to purchase an air cascade system for bulk storage of the highly pressurized air used in our firefighting efforts, which has proven to be a critical asset,” said Kevin Howell, Carmel Town Manager. The AFG grant program has been a valuable source of support for local fire departments not just in Carmel, but throughout the state, providing them with the resources they need to protect our communities, particularly those in more rural areas, and to keep our firefighters safe. I urge our elected officials to prioritize the reauthorization of this crucial bill, which plays an important role in ensuring the safety and well-being of our citizens.”

“I can attest to the significant impact that federal grants have on ensuring the safety and well-being of our community. Without the Assistance for Firefighters grant we received, we would have struggled to provide the necessary resources and equipment for effective emergency services,” said Chief Nicholas, Chief of Passamaquoddy Tribe-Indian Township. “Federal grants

are vital in filling the funding gaps that often exist in rural municipalities and are essential in providing the support necessary for first responders to fulfill their duties and keep our communities safe.”

Additionally, the U.S. Fire Administration expressed support for the Fire Grants and Safety Act in March with a letter to Senate leadership.

Fire departments use these federal programs to recruit and retain additional personnel, as well as buy up-to-date vehicles and equipment such as breathing air compressors, hoses, nozzles, and more. Fire stations also utilize the programs to fund safety training and technical rescue training, as well as health screenings for firefighters.

The Fire Grants and Safety Act reauthorizes SAFER, AFG, and the USFA until 2030. It authorizes \$95 million for USFA – a nearly \$20 million increase from current levels and maintains currently authorized levels of funding for the SAFER and AFG programs.

Along with Senators Angus King (I-ME), Gary Peters (D-MI), Lisa Murkowski (R-AK), and Tom Carper (D-DE), the bill is cosponsored by Senators Chris Coons (D-DE), Jerry Moran (R-KS), John Boozman (R-AR), Martin Heinrich (D-NM), Mike Rounds (R-SD), Dan Sullivan (R-AK), Jon Tester (D-MT), and Kyrsten Sinema (D-AZ).

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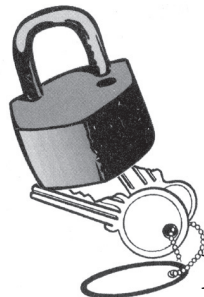
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Calendar

Send your submissions to the Editor. More online.

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 29
GORHAM -- Spring Vendor/Craft Fair at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, April 29, 2023 9am -2pm

White Rock Community Club will host a dozen crafters and vendors and will serve lunch. All proceeds will go to restoring the original White Rock School House. Club is also looking for community minded volunteers to help support this historical building.

Follow us on Facebook for more details: <https://www.facebook.com/whiterockcommunityclub/>

April 29
BUXTON -- Had-dock Supper Buffet - Saturday, April 29, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face

masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

May 4
LEWISTON -- Throwback Thursday returns to Lewiston Public Library this May with an out-of-this-world movie classic. Our third event is Thursday, May 4, 2023 from 4 to 6pm in Callahan Hall and will feature a movie open to all age groups that got us all saying "these aren't the droids you're looking for."

To inquire about which movie will be featured this May, please reach out the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

May 5
LEWISTON -- 10:30am at the Lewiston Public Library: **BABY FOOTPRINTS KEEPSAKES**

In honor of Mother's Day, caregivers and their infants will be able to create a baby footprints keepsake using the imprints of their children's feet on salt dough.

Free. No registration required. Recommended for caregivers and their children ages 0-24 months.

513-3133; www.LPLonline.org

May 5
AUGUSTA -- Louis Philippe and his special guest, Fr. Frenchie, will be featured at tan old fashion "Cabaret Night" hosted by the Calumet Club in Augusta, Maine on Friday, May 5th at 7 PM

Singer, pianist Louis Philippe and his humorist guest will keep you well entertained as you gather family and friends for a bring your own snack evening to enjoy with beverages from the club bar.

Tickets are \$15 and may be purchased at the door, or by calling the Calumet Club at 623-8211, Kitty at 458-2191 or Sue at 203-0408.

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.

May 11
LEWISTON -- Thursday May 11 the Southern Maine Squadron Sampson AFBVA will be having a get together at noon time at

the Governors Restaurant in Lewiston. During the Korean War era, those who chose the Air Force went to Sampson AFB, on the East Shore of Seneca Lake near Geneva NY, for basic training before going on to Tech Schools. Now some of these veterans, their daughters, wives, and/or widows gather monthly through the summer months for lunch and share stories and memories. Veterans and their guests of all branches are welcome to join.

FMI call 657-4909 or wwmtkwkr1933@gmail.com

Bob Sawyer Sampson AFB 1953

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

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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 Home-school 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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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

DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or

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

GYBSA is a non-profit 501(c)(3) tax deductible contribution

Gorham HS Golf & Ice Hockey Scramble Open for Registration

GORHAM, ME (April 22, 2023) -- Are you interested in playing in the 1st Annual GHS Golf & Ice Hockey Scramble at Toddy Brook Golf Course Monday, June 26th? 8:30am shotgun start
Go to: www.gorham-scramble.com where you can register to play (as a team or individual), register as a sponsor, and/ or donate items to our silent auction!



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

Help Gorham Food Pantry and Hannaford Fight Hunger



Drop by drop makes an ocean.
Dollar by dollar makes a difference.

For all of April, every purchase of this \$2.50 Fight Hunger Bag at our designated Hannaford sends us \$1.

Every dollar counts!

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FIGHT HUNGER BAG PROGRAM | HANNAFORD.2GIVELocal.COM

GORHAM, ME (April 20, 2023) -- Just a reminder that our friends at Gorham Hannaford have made the Gorham Food Pantry this month's beneficiary of the purchase of Fight Hunger Bags. For every Fight Hunger Bag that you purchase, \$1.00 will come to the Gorham Food Pantry to help feed your neighbors here in Gorham. You still have time to replace some of your reusable bags by restocking this month at the Gorham Hannaford!



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Will you be looking for childcare in the Fall?
Are you wondering if your child is ready for preschool?
Do you want to learn about the different programs in Gorham?

Join us for a series of informational sessions with local early childhood programs in town. Hear about the programs, ask questions, and talk about school readiness.

This is a family program, so littles are expected to attend. Registration required & we ask that participants attend at least four sessions

- Dates: Friday, April 28, 9:30AM
- Friday, May 5, 9:30AM
- Friday, May 12, 9:30AM
- Monday, May 15, 9:30AM
- Friday, May 19, 10:00AM

Register at <https://baxterlibrary.org/youth-services/>

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