

Update from the Gorham High School Eco Club



GORHAM, ME (April 29, 2023) -- Some EcoClub (and some Chess Club) members completed a Trash Audit!

- 1.) We weighed the Compost and Trash as they existed when we entered the cafeteria after school. Compost = 23.4 pounds trash = 43.8 pounds
- 2.) We dumped the Compost and removed all trash (mostly tinfoil bowls and plastic cutlery) Trash removed = .6 pounds
- 3.) We dumped all trash bags (from all three lunches) and removed all Compost (mostly food scraps and paper plates). After removing several returnable bottles (some with liquid in them) and cans, the Final Compost weight = 44 pounds! Final Trash weight = 10 pounds!

Conclusion: The \$\$ savings are much higher when trash/compost are sorted appropriately, and the Earth appreciates it too!

Check out Maine's Unique Pottery this Weekend

MAINE (April 29, 2023) -- Spring-time in Maine can mean daffodils or snow, and sometimes both, but the first weekend in May has meant the Maine Pottery Tour for more than a decade. The 11th annual Maine Pottery Tour welcomes visitors on Saturday, May 6 and Sunday, May 7, 2023. The self-guided Tour is an opportunity to enjoy spring in Vacationland and the hospitality of local potters in their studios. Eagerly anticipated by all who enjoy handmade pottery, as well as anyone looking for a special and unique Mother's Day gift.

This year 66 pottery studios around the state will be participating. They are organized into 6 regions, allowing several studios to be visited in a single outing. Fourteen of these studios will have guest artists with them, so there's even more to enjoy. The weekend is a fun chance to meet the artists, peek in the kilns, see demonstrations, and shop for pottery and other handmade goods. Interactive maps of each region are available at MainePotteryTour.org.

About the Tour

The tour's goal is to make people aware of the potters in the state and to cultivate an appreciation and affection for handmade pots. Because of the tour, eating, drinking, and serving from one-of-a-kind plates, mugs, bowls, pitchers, platters and casseroles has become standard practice for large numbers of people. Once you drink morning coffee from a handmade mug, a production cup feels lackluster. Pots are uniquely intimate. What other art form do you raise to your lips, cradle in your hands, and trust with your food?

Don't need anything for the food and drink? You will be delighted and surprised by the artists who sculpt, make tiles, vases, planters and other visual treats.

It's amazing what a lump of clay can do, in the right hands.

Funded in part by a grant from the Maine Arts Commission, an independent state agency supported by the National Endowment for the Arts.

Portland Area:

C&M Ceramics in Scarborough
Heather Abt in Portland
Mill Pond Ceramics in Biddeford
Peeper Pond Studio in Scarborough
Portland Pottery in Portland
Tall Pines Pottery in Westbrook

Gorham to Hold School Budget Validation Referendum & Election



GORHAM, ME (April 29, 2023) -- A School Budget Validation Referendum and Election will take place on Tuesday, June 13, 2023 to allow voters to validate the FY 24 school budget that will have been reviewed at the Special Town Council Meeting on May 16, 2023. The budget can be reviewed at: <https://docs.google.com/document/d/11rAtc7ev-fbDxmfhOn1-OGf5hxzz0emRCnGQx-AiE7-OI/edit>.

A public hearing will be held at the start of this meeting to provide the public with an opportunity to be heard prior to the Town Council's vote.

Below are helpful website links and answers to frequently asked questions:

How do I register to vote?

Visit https://www.gorhamme.org/sites/g/files/vyhlf4456/f/uploads/maine_voting_residence_fact_sheet.pdf for guidance.

When do polls open and close on Election Day?

Poll places open at 7am and close at 8pm.

Where do I vote?

Visit https://www.gorhamme.org/sites/g/files/vyhlf4456/f/uploads/municipal_street_list_rev_03_30_22.pdf to view a listing of assigned polling wards based on odd/even residential street addresses in Gorham. Wards are as follows:

§ Ward 1-1: Gorham Middle School - 106 Weeks Road

§ Ward 1-2: Great Falls Elementary School - 73 Justice Way

§ Ward 2: Shaw Gym, Gorham Mu-

nicipal Center - 75 South Street

Visit https://www.gorhamme.org/sites/g/files/vyhlf4456/f/uploads/voting_map_2021.pdf to view a map of voting wards.

Voter Registration

Unenrolled voters can enroll in a party at any time including Election Day since the State of Maine offers Election Day voter registration.

Absentee Voting

Absentee ballots are now available by request by calling the Town Clerk's Office at 222-1670. Ballots will be mailed out on May 17th. Please note that absentee voting will not be held in Council Chambers for this election; however, some booths will be set up in the Clerk's Office for citizens to vote in person after May 16th. The last day to request an absentee ballot or vote in the Town Clerk's Office will be June 8th at 6:30pm.

The State website is not available for requesting absentee ballots for this election since it is a local election.

For general election information, please visit <https://www.gorham-me.org/townclerk/pages/election-voting-information>. If you have additional questions about absentee voting, please visit the Town Clerk's Office or call 222-1670.

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Newsmakers, Names & Faces

Committees Advance Cloutier bills to Address Lead in Homes

AUGUSTA, ME (April 28, 2023) – The Legislature’s Committee on Health and Human Services voted unanimously Wednesday to advance LD 11, sponsored by Rep. Kristen Cloutier, D-Lewiston, which would help protect children and families from lead hazards in their homes. Additionally, the Legislature’s Housing Committee voted last week with unanimous support to move forward LD 470, also sponsored by Cloutier, which

would appropriate \$1 million to MaineHousing’s lead abatement program.

Together, these two bills will continue to fund MaineHousing’s lead abatement program and help temporarily relocate families that are living in homes with identified lead hazards until those lead hazards are abated, ensuring that communities like Lewiston continue to get the support they need.

“Maine’s housing stock is incredibly old, with more than half of

homes around the state potentially having lead paint,” said Cloutier. “Our child lead poisoning rates have improved over the years thanks to the efforts of local and state-level remediation and abatement projects. With this additional funding of \$1 million, along with a program in place that will temporarily rehouse families while their homes are being treated, we will see continued improvements.”

According to the Maine Center for Disease

Control and Prevention’s (CDC) Maine Tracking Network, Lewiston has the second highest rate of children with lead poisoning among seven high-risk towns across Maine.

“LD 11 further protects Maine children from lead exposure in their homes until the necessary abatement is conducted,” said Nancy Beardsley, acting director of the Maine Center for Disease Control and Prevention. “The Maine CDC’s Childhood Lead Poisoning Preven-

tion Program works to help keep Maine children safe from lead, and we’re grateful to Representative Cloutier for helping advance these priorities to provide additional safeguards from childhood lead exposure.”

“The legacy of lead in Maine’s housing stock is tragic, but there are positive ways to solve the problem,” said Erik Jorgensen, senior director of government affairs and communications at MaineHousing. “Repre-

sentative Cloutier’s bill offers a path to assure that this critical work will continue to be there for Maine’s kids.”

The bills face further votes in the House and Senate in the coming weeks.

Cloutier is the assistant House majority leader and is currently serving her third term in the Maine House of Representatives. She represents House District 94, which includes part of her hometown of Lewiston.

Lewiston Student Honored as a Student Of The Year by MCCS

AUGUSTA, ME (April 26, 2023) — Seven Maine community college students were honored for their academic success and campus and community involvement at a luncheon ceremony on Wednesday, April 26, at Maple Hill Farm in Hallowell. The

event was hosted by the Maine Community College System (MCCS) Board of Trustees.

The students being recognized are:

Jessica Clark, of East Waterboro, Southern Maine Community College;

Asma Hassan, of Lewiston, Central Maine Community College;

Aquiles Antonio Lopez, of Millinocket, Eastern Maine Community College;

Owen Martin, of Caribou, Northern Maine Community College;

Aubrey Slater, of Waterville, Kennebec Valley Community College;

Amy Stanek, of Sanford, York County Community College; and

Brandon Vinal, of Appleton, Washington County Community College.

The seven students honored on Wednesday were selected by faculty and staff at the colleges.

In addition to being recognized as Students of the Year, they will each receive a John and Jana Lapoint Leadership Award in the amount of \$1,000.

Mr. Lapoint was president of UF Strainrite in Lewiston and a trustee of the Maine Community College System. After his death in 1995, his widow, Jana Lapoint, served on the Board from 1995 to 2006 and helped establish the fund for the annual awards.

Workers Memorial Day 2023 Honors those Who Died on the Job

LEWISTON, ME (April 26, 2023) -- Union members and allies commemorated the Mainers who died from workplaces injuries and illnesses over the past year at the Western Maine Labor Council’s Annual Workers’ Memorial Day/International Workers Day (May Day) dinner and awards ceremony in Lewiston on Saturday April 29, at Marcos Restaurant in Lewiston as part of this year’s Workers Memorial Day, which fell on Thursday, April 28.

The event honored the workers we’ve lost in the past year and reaffirmed our commitment to fight for stronger workplace protections.

Three awards were given to champions of workers’ rights and work-

place safety.

Frances Perkins Award Recipient: Rachel Talbot Ross

Workers Solidarity Award Recipient: The Local 14 United Steelworker Retirees from the Jay Paper Mill

Bruce D. Roy Award Solidarity Award Recipient: Former Maine AFL-CIO President & IBEW 567 member Don Berry

The Lewiston Fire Department Honor Guard did the presentation of the colors with bagpiper Sue Mack.

Workers’ Memorial Day is an internationally recognized day – April 28, a date chosen to commemorate the founding of the Occupational Health and Safety Administration – to honor workers who have

died or been injured on the job and to reemphasize the importance of economic rights in the workplace and workplace safety. The rate of workplace fatalities has declined dramatically from a high of 18 per 100,000 workers in 1970 to 3.6 per 100,000 workers in 2021, thanks in large part to the passage of the 1970 Occupational Safety and Health Act. May Day is an internationally recognized holiday for the working class.

According to the Maine Department of Labor, roughly 20 Mainers died of work related injuries, although the total number of work-related COVID deaths is not tracked. The 2023 edition of the AFL-CIO’s “Death on the Job: The Toll of Neglect” report found that 19

Mainers died in workplace fatalities in 2021. Vehicle crashes and drug overdoses were the leading causes of on-the-job job deaths in Maine, accounting for eight of the deaths, according to MDOL statistics.

Maine’s rate of workplace fatalities in 2021 was 2.9 per 100,000 workers, putting the state below the national average of 3.6, according to the “Death on the Job” report. Among states, Maine had the 11th lowest workplace fatality rate in the nation in 2021.

This year’s report also reveals that on the national level in 2021:

- 343 workers died each day from hazardous working conditions.
- In all, 5,190 workers were killed on the job in the United States.

- An estimated 120,000 workers died from occupational diseases.

- The job fatality rate increased to 3.6 per 100,000 workers.

- Black workers died on the job at the highest rate in more than a decade.

- Latino workers continue to be at greater risk of dying on the job than all workers.

- Employers reported nearly 3.2 million work-related injuries and illnesses.

- The true impact of COVID-19 infections due to workplace exposures is unknown. Limited data show that more than 1.5 million nursing home workers have been infected with COVID-19 and more than 3,000 have died.

- Workplace vio-

lence, musculoskeletal disorders from repetitive motion injuries and occupational heat illness continue to be major problems, but data no longer is reported annually to track and understand these important issues.

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Newsmakers, Names & Faces

Local Drummer Breaks Make-A-Wish Fundraising Records

LYMAN, ME (April 29, 2023) -- The 3rd annual Drumming Up Wishes concert, to benefit Make-A-Wish Maine and its Walk For Wishes campaign, will be held noon to 5 p.m., Sunday May 7 at Funky Bow Brewery in Lyman.

Local drummer Jeff Glidden, of South Portland, founded Drumming Up Wishes and organizes it each year. He became involved with Make-A-Wish Maine after his two daughters received wishes.

The Make-A-Wish Foundation's mission is "to create life-changing wishes for children with critical illnesses."

"I was incredibly moved by their generosity," said Glidden. "I personally know the power of these granted wishes."

After seeing the impact that Make-A-Wish Maine had on the lives of his own daughters, Glidden committed himself to helping the foundation. He has raised nearly \$50,000 over the past several years, and is the state's top contributor to the Walk for Wishes campaign, both overall and each year.

This year, Glidden is hosting Drumming Up Wishes with a Watkins Glen theme. Summer Jam at Watkins Glen was a July 1973 concert held in Watkins Glen, New York featuring the Grateful Dead, Allman Brothers Band and The Band. The event attracted more than 600,000 people and at the time, was the largest concert ever held -- even bigger than Woodstock.

To fulfill the Watkins Glen theme, Drumming Up Wishes will feature three local tribute acts, each covering one of the Summer Jam at Watkins Glen performing artists.

Handling the Grateful Dead headlining slot will be Lazy Lightning, a popular tribute band that played in Maine throughout the 1990s and 2000s. Lazy Lightning returned from a 10-year hiatus last November to a sold-out crowd at Portland House of Music and Events in Portland.

Jim "Jimbo" Harris, of Playing Dead, will join



the band for the performance.

Wake Up Mama, an all-star band of local musicians, will be standing in for the Allman Brothers Band. Glidden said Wake Up Mama is a new band that "brought that Macon sound" to southern Maine last year. The Allman Brothers Band originated in Macon, Georgia.

Opening the show, like The Band did at Summer Jam at Watkins Glen, Cripple Creek is another all-star band of local musicians, formed to perform The Band's music at Drumming Up Wishes.

The concert is free but donations are encouraged and will be accepted at the event.

Glidden said he hopes the event will make more people aware of the foundation and their "incredible mission."

Samantha Elliott, events manager for Make-A-Wish Maine, said that 1,700 wishes have been granted in Maine since the chapter's founding in 1992.

"No matter the circumstances, our objective remains to provide each child and family with a worry-free experience that has the power to help a child replace fear with confidence, sadness with joy and anxiety with hope," Elliott said.

Marc Kaplan, of Kennebunk, who plays drums with Cripple Creek, said

Glidden's "unrelenting passion" for Make-A-Wish Maine has brought together nearly 20 musicians donating their time and talent to fund more wishes.

Kaplan said he has seen at his workplace the difference Make-A-Wish Maine has made for families. Kaplan is the medical director at Sweetser, a mental health care provider in Maine.

"Over the 25 years I've been at Sweetser, I have met families and children with critical illnesses who were granted a wish," Kaplan said. "The immense psychological and emotional benefits the families experienced were priceless."

Glidden isn't the only one performing at Drumming Up Wishes whose family has been comforted by Make-A-Wish Maine.

Dan Mayo, of Saco, who plays bass for Cripple Creek, lost his five-year-old daughter to cancer in 1987.

"As a 24-year-old father of two, I thought the

world was a challenge," said Mayo. "Then I found out my two-year-old daughter, Jessica, had cancer.

"The next three years were insane. Doctors, surgery, a bone marrow transplant -- big medicine. We thought we had beat it, but after two years of struggle, the cancer came back hard and fast. The oncologists at Maine Children's Cancer Program put us in touch with the Make-a-Wish foundation to help put some hope and happiness into our struggling lives."

Mayo said it was 15 years after Jessica died that he met Glidden when his band needed a fill-in drummer. He said after Glidden's daughters had life threatening health issues and received wishes, Glidden "wanted to give back what he could."

Mayo said his band Diamond Sky started working with Glidden to raise money for Make-A-Wish Maine. They donated their gig money and raised \$1,100 in the first year.

Now, said Mayo, musicians are hoping to help Glidden raise \$10,000 this year.

"Make-a-Wish puts smiles on the faces of kids who really need something to smile about," Mayo said. "We have all lost a loved one. Donate in memory. Donate to change lives."

Elliott said Glidden's Drumming Up Wishes event is part of Make-A-Wish Maine's annual Walk for Wishes campaign.

This year's Walk for Wishes will be held on Thursday, May 18 at Edward Payson Park in Portland.

Elliott said Walk for Wishes is a chance "to celebrate all the incredible wishes from the past year and fundraise to make more life-changing wishes come true. It's a day that inspires our supporters and gives hope to wish kids and families when they need it most."

"As the father of two wish kids, Jeff continues to 'wish it forward' and raise critical funds to grant wishes in Maine," Elliott said of Glidden. "He has been a top fundraiser at the annual Walk for Wishes for many years and remains one of our organization's greatest advocates."

Rob Carlson, of Standish, said Glidden approached him years ago to perform at a benefit for the foundation. Eventually, the effort among Glidden's musician friends evolved into an annual concert at Funky Bow Brewery in Lyman.

Carlson said he played past Drumming Up Wishes concerts with his band Diamond Sky and the Stella Blue Brothers, a duo he formed with Mayo. This year, he will play guitar with Cripple Creek.

Paul Lorrain, owner of Funky Bow Brewery, said the event has happened in May each of the last two years and he is proud of Glidden's efforts to raise awareness for Make-A-Wish Maine.

"We are proud to be able join in this endeavor with Jeff," Lorrain said. "Our goal is to help as many people in our community as possible."

"Glidden is a deeply empathetic soul," Carlson said. "It's a great joy for us to help support the cause and Jeff's unbreakable will and energy around this effort--a great white light shining for some very special wish recipients."

Carlson said Glidden has broken his fundraising goals with Drumming Up Wishes each year.

"Drumming Up Wishes helps transform the joy people get from music into joy for children who need it," said Glidden. "I have seen the look on my daughters' faces when they received their wishes, and I know the difference it made in their lives."

"A wish can be life-changing for everyone involved," said Elliott. "Granting wishes is something we all have the power to do."

For more information on Make-A-Wish Maine, visit <https://www.wish.org/maine>; for Glidden's Drumming Up Wishes donation page, visit <https://tinyurl.com/drummingup-wishes>

3rd Annual Drumming Up Wishes with Lazy Lightning, Wake Up Mama, & Cripple Creek

Funky Bow Brewery, Lyman, ME

Sunday, May 7, noon to 5 p.m.

Donations requested for admission

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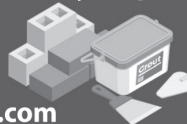
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Seniors Not Acting Their Age

Whitewater Thrills and Spills on Marsh Stream



Racers navigate a difficult rapid on Marsh Stream

By Ron Chase
For several years, the Penobscot Paddle & Chowder Society has provided safety for the Marsh Stream Canoe & Kayak Race. Traditionally led by Kyle Duckworth, each April safety-minded club members enthusiastically volunteer their time to support this worthwhile paddling endeavor.

There are added benefits for club members. Many Chowderheads participate in the downriver race. And, those who provide safety assistance get to paddle the stream after the race.

Officials, racers, and safety participants congregated at Winterport Riverside Riders Snow-

mobile Club headquarters in Winterport on a beautiful, sunny warm spring morning. Kyle managed to herd Team Safety together to discuss plans to provide race assistance.

The snowmobile club is situated just a short distance from the stream where a challenging double-ledge pitch required coverage. That was where my group was assigned. Another contingent paddled downstream to a second complex rapid. At each location, we positioned some team members in their boats in the water and others on shore with throw bags.

Upstream, thirty-one determined racers assembled on the Loggin Road in



A kayaker rescues a swimmer who capsized on the Marsh Stream Race

West Winterport in preparation for the four-mile course that ended near an old railroad bridge next to Stream Road in Winterport. They consisted of twenty-two tandem and solo kayaks and canoes.

Strategically stationed at various locations along the two ledge drops, our team waited in anticipation. Soon, a skillful field of competitors began navigating their crafts through the complicated passages. Most negotiated their chosen routes without difficulty. However, one solo kayaker collided with a rock, capsized, and swam. A Chowderhead paddling his kayak was quick to affect rescue, immediately towing the struggling racer to shore. Others recovered the unfortunate contestant's

kayak and paddle farther downstream. Thankfully, that was our only rescue during the race.

After the race finished, more excitement followed for Team Rescue. We proceeded downstream past the race takeout towards the first of four challenging falls, Railroad Rip. The intricate rapid offers two moderately demanding choices. Paddlers can maneuver a Z-turn in tricky currents or a more straightforward but bumpy descent on the left. Our group explored both options without problems.

We weren't as successful on Pine Island Rip. Several paddlers faced adversity at a steep pitch to the left of the island that ended with a disagreeable hydraulic. I experienced my first frosty kayak roll of the spring season while a few others swam or rolled. Team members quickly reunited the swimmers with their boats. Rolling or swimming in icy water results in a shocking experience paddlers call an "ice cream headache."

Once the group reassembled, we progressed through a stretch of easy rapids and flatwater to the most difficult whitewater of the day, Flat Rock Falls. The question on the minds



The late Skip Pendleton demonstrates the proper technique on Pine Island Rip

of many, would they portage or paddle? Landing on snow covered banks at the top was problematic but scouting was essential. After thoroughly inspecting the long intimidating falls, most elected to walk.

A handful of intrepid kayakers prepared to challenge the falls while others set up safety in their boats below. In order to avoid hazards at the bottom on the left and center, the preferred route entailed ferrying right, punching through a steep hole, angling right over a powerful diagonal wave, and propelling their kayaks through a breaking roller into an eddy far right. The exacting sequence required precise maneuvering under precarious circumstances. Perfection was necessary and they delivered.

The last rapid of the day was around the bend. Easiest of the final four, it consists of large waves pockmarked with holes that are best avoided. Some long fast waves appeared ripe for surfing so paddlers gathered in eddies next to them. Quality surfs were achieved by some but most found the surging swells deceptively difficult to manage.

One canoeist tested his skills versus a turbulent

hole. The hole won. Following several determined attempts to roll, he came out of his boat. Seasoned rescuers were quick to assist.

After a day of thrills, spills, and multiple rescues, we gathered at the takeout in the village of Frankfort to reminisce about our exciting exploits. All agreed, the swift water rescue training the club offers each summer was of significant benefit. This was a day when tall tales paled compared with the actual events.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates two more exciting spring races on Kenduskeag and Souadabcook Streams.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.north-countrypress.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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Republicans Propose \$400M in Tax Relief for Maine Taxpayers

AUGUSTA, ME (April 28, 2023) – Following news from Maine's Revenue Forecasting Committee today, Legislative Republicans renewed their call for meaningful tax relief, especially for low- and middle-income earners struggling to keep pace with higher living costs. Updated preliminary revenue projections from the Committee for the current and next two fiscal years show the state could have nearly \$1 billion more in revenue above the two-year current services budget passed last month by Democrats.

Republican leaders issued the following joint statement in response to the updated forecast:

"Today's Revenue

Forecast Committee meeting should be great news for Maine taxpayers if it leads to lower taxes for workers and their families. State government has used the pandemic to grow \$2 billion larger, while family budgets have gotten smaller. People are struggling to heat their homes, pay their electric bills, buy groceries, fill their gas tanks, and pay rising prices on everyday items. The current revenue projections will allow us to lower taxes so that Maine's people can keep more of their hard-earned money.

"Republicans are calling on Democrats to commit to working with us to end the practice of over-collecting and over-taxing our citizens

and then sending part of it back to some. This practice of picking winners and losers must end.

"With our bills covered for the next two years, there is no good reason why we cannot commit \$400 million to provide comprehensive relief to taxpayers out of a budget that may ultimately reach \$10.8 billion. This can be done without cutting any services or existing programs.

"We stand ready to work with Democrats to help workers and their families who have lost, on average, \$7,500 in purchasing power this past year from out-of-control inflation due to failed economic and energy policies. We must act now."

ME Girl Scout Troops Give Back To The Planet For Earth Day



STATEWIDE (April 26, 2023) – Dozens of Girl Scout troops from all around the state offered their time and efforts this past Earth Day to keep Maine green by completing tasks from the Sustainable Maine Patch Program. From raking leaves, to planting trees, to cleaning up trash, and so much more, the Girl Scouts of Maine made sure to spread awareness and leave their mark on the planet this April.

The Sustainable Maine Patch Program offers several ways for Girl Scouts to cultivate awareness and inspire civic action within their home state. Participants not only learn more about how to create a sustainable future for Mainers to live, work, and thrive, but they also gain a deeper connection

to their communities by giving back through a variety of meaningful, lasting eco-friendly activities.

Five Ambassadors from Troop 2300 spent the Earth Day participating in a lesser-known sustainability project: collecting unused paint.

“The girls chose the paint recycling part of the GSME patch and researched the statewide PaintCare recycling program that began in October of 2015. They were astonished at how many gallons of paint goes to waste and gets improperly disposed of,” says Troop 2300 Leader, Pam Irish.

Troop 5030 and Troop 5043 aimed their focus on the great outdoors, taking to trash clean up and groundskeeping. While Troop 5043 completed their Take Action



project at Lionel Potvin Park in Lewiston, Troop 5030 took the residential route, cleaning up the yard of a local 88-year-old retired nurse.

“Our girls participated in a community service project sponsored by Powerserve to do projects around Windham. The troop was assigned to rake, trim branches and clean up a resident’s yard [...] it was hard, dirty, and tough work, but they persevered and stuck with it because they knew they were helping someone who had helped so many others,” says Troop 5030 Leader, Jessica Bridges.

Tree planting was on the docket for Troop 2096 this Earth Day. The multilevel troop from Vienna spent the day planting two lilac trees at the Vienna Town House in pre-ap-

proved locations thanks to DigSafe, a free notification center that prevents digging accidents due to unmarked underground facilities.

“The girls brainstormed types of trees and took guidance from professionals at Fieldstone Gardens who offered a hefty discount. Where’s Your Sign donated the plaque, and each girl took a small balsam fir home to plant with their families,” says Troop 2096 Leader, Kirsten Heck.

Girl Scouts of Maine has programs and opportunities for girls ages 5-17 across all 16 counties in Maine. Interested in joining or volunteering? Visit <https://www.girlscoutsofmaine.org> to learn about a variety of ways you can get involved with Girl Scouts in your community!



Fourth Apparent Maine Wolf Captured on Video

MAINE (April 28, 2023) – A fourth apparent wolf has been documented in Maine. Prior to this current animal, wolves were killed in 1993 and 1996. In 2019, The Maine Wolf Coalition, Inc. (MWC) www.mainewolfcoalition.org documented a live Eastern/Algonquin wolf through collection of its scat. The 2019 animal was the first DNA documented live wolf in the state.

Since 2019, MWC has been conducting ongoing wolf research in Maine consisting of the placement

of trail cameras and the collection of canid scat. To date, we have collected nearly two hundred different scats. Most of those are awaiting analysis at Michigan Technological University.

Trail camera photos and video collected in Spring of this year show an apparent male wolf as it chases an animal, walks up towards the camera and displays a raised leg urination.

Here are links to MWC’s Youtube and Facebook pages which contain videos of the ca-

nid. <https://www.youtube.com/@MaineWolfCoalition/videos> <https://www.facebook.com/profile.php?id=100064282555895>

Wolves are legally protected in Maine and the rest of the northeast by the federal Endangered Species Act. Unfortunately, neither the state nor federal governments are attempting to document the status of wolves in the northeast. The canid mistakenly called a “coyote” has lived in the region for nearly a century. These animals are actually coyote/wolf hy-

brids or wolves and their killing by hunters and trappers is largely unregulated. This has led to the killing of multiple wolves in the northeast states, the most recent of which occurred in New York in 2021.

It is virtually impossible to differentiate wolves from “coyotes” when hunting, especially at night. We plan to return to the area later in the Spring to try to collect scat samples and have DNA analyses conducted which may help us to determine if the animal is part of a breeding wolf

population.

Wild canids in the northeast desperately need some measure of protection to protect wolves that are attempting to recolonize the region from Canada and the Great Lakes states. The state and federal govern-

ments must stop ignoring the law and start administering it.

The Maine Wolf Coalition, Inc. is a non-profit 501c3 corporation. Our mission is wolf recovery in Maine through research, education and protection.



The apparent wolf captured on camera.

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Arts & Entertainment

Great North Band Brings Space Funk Back to Southern Maine



PORTLAND, ME (April 25, 2023) -- The Great North Band return to Portland House of Music and Events for a second performance, after wearing out the dance floor in their February debut at Portland's popular venue.

The Great North Band offer an original brand of space funk that keeps feet

moving, combined with a select mix of favorite jam-band classic covers. The band tours through atmospheres of funk, psychedelia, rock, blues and tasteful improvisational jams.

The Great North Band -- A Night of Space Funk Portland House of Music and Events, Portland, ME Friday, May 5, 8

PM 21+ | \$7 advance / \$10 door | 8 PM doors

The concert is presented by Hoboe Productions.

Event Info: <https://www.facebook.com/events/1216231852348925/>

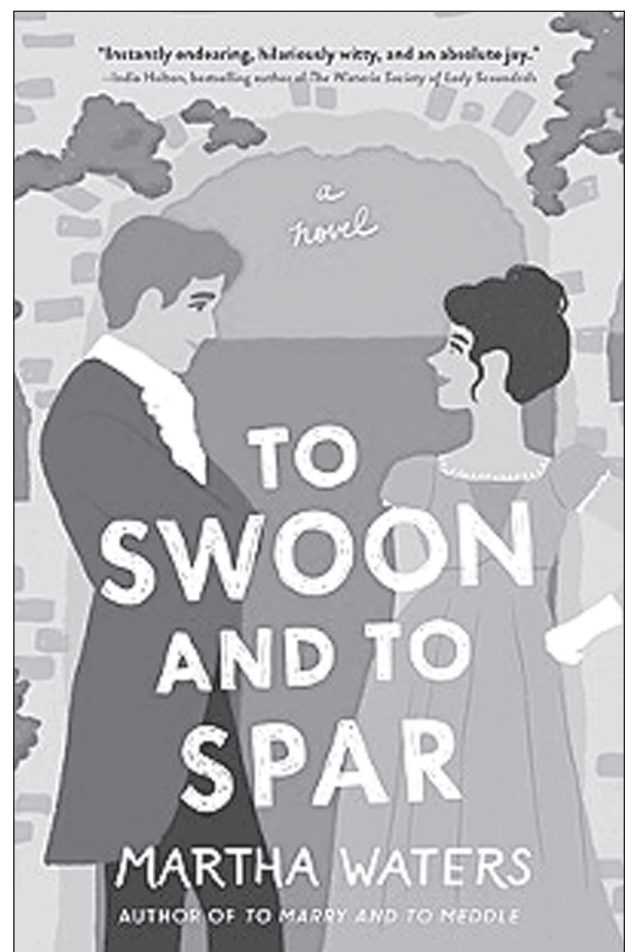
The Great North Band: <https://www.facebook.com/greatnorthband>

Historical Rom-Com Author Coming to Gorham

GORHAM, ME (April 29, 2023) -- Join Baxter Memorial Library on Wednesday, May 17th at 6pm to hear Martha Waters speak about her latest book, *To Swoon and to Spar*, as well as her other books, her journey to reading/writing romance, and the research that goes into the writing.

Martha Waters was born and raised in sunny South Florida, where she spent her childhood reading lots of British children's books and scribbling away in notebooks. She studied history and international studies at the University of North Carolina at Chapel Hill, where she also earned a master's degree in library science.

She is the author of the historical rom-coms *To Have and to Hoax*, *To Love and to Loathe*, *To Marry and to Meddle*, and *To Swoon and to Spar* (just released in April 2023); her books have received starred reviews, and frequently appear on lists of most anti-



pated romances.

By day, she works as a children's librarian in

coastal Maine, and loves sundresses, gin cocktails, and traveling.

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Advisories Issued on Eating Freshwater Fish Due to PFAS

AUGUSTA, ME (April 26, 2023) -- The Maine Center for Disease Control and Prevention (Maine CDC) today issued updated and additional freshwater fish consumption advisories, recommending limiting consumption of all fish or certain fish from six waterbodies in Maine. Two of the advisories are expansions of those issued last year for seven waterbodies, while four bodies of water are new additions to the list, which now totals 11. These updated advisories come after testing of fish in these locations found levels of per- and polyfluoroalkyl substances, known as PFAS, above Maine CDC's recommended levels for regular consumption.

Elevated levels of the PFAS called perfluorooctane sulfonic acid (PFOS) were detected in fish sam-

ples from Limestone Stream below the dam near Route 229 in Limestone, Kennebec River between Hinkley and Fairfield, Number One Pond on Mousam River in Sanford, Halfmoon Stream in Thorndike, Fifteenmile Stream in Albion, and China Lake.

"This update and expansion of Maine's fish consumption advisories is based on the latest science about the health impacts of PFAS," said Nancy Beardsley, Acting Director of the Maine CDC. "These advisories are designed to support the health of Maine anglers, their families and friends, and everyone who enjoys eating freshwater fish from these bodies of water."

"There are over 360,000 anglers who are licensed to fish in Maine, and they enjoy fishing on

over 32,000 miles of rivers and streams, and 6,000 lakes and ponds" said Judy Camuso, Commissioner of the Maine Department of Inland Fisheries and Wildlife (MDIFW). "This revised advisory for 11 waterbodies will help anglers make informed decisions when they choose to have a meal of freshwater fish."

Fishing in these specific waterbodies remains a safe activity, in accordance with the consumption advisories, along with other recreational activities such as swimming, wading, and boating. The Maine CDC recommends that anglers review all existing fish consumption advisories for Maine waters.

The Maine Department of Environmental Protection (DEP) collected and tested fish from these waterbodies for PFAS because

they are located where historical PFAS contamination has been found in groundwater, surface water, and/or soils. The testing this year included testing of new waterbodies and expanded testing of waterbodies already under consumption advisories.

Maine CDC continually consults with Maine's DEP and MDIFW to develop plans for additional sampling of fish as part of the State's ongoing investigation of PFAS.

PFAS are a group of man-made chemicals found in a variety of consumer products throughout the world. Based on a new report from the National Academies of Sciences, Engineering, and Medicine, exposure to certain PFAS chemicals has been associated with changes in liver and kidney function,

changes in cholesterol levels, decreased immune response to vaccines in children, complications during pregnancy, increased risk of kidney cancer and possibly testicular cancer.

The Mills Administration has taken an aggressive, nation-leading approach to addressing PFAS contamination in Maine. Under Governor Mills' leadership, Maine established a PFAS Task Force and has taken action to address PFAS contamination, including:

- securing \$30 million for PFAS remediation, which includes \$10 million to help farmers impacted by PFAS, \$15 million to provide safe drinking water, \$5 million for environmental testing, and \$5 million for managing PFAS-contaminated waste;
- securing \$5 million to address PFAS through the

Maine Jobs and Recovery Plan;

- securing \$9.3 million to address PFAS through the supplemental budget;

- securing \$60 million to create a PFAS Trust Fund establishing screening levels for PFAS in soil, wastewater, fish tissue and milk, and;

- establishing drinking water standards for PFAS;

- establishing containment and reporting requirements for firefighting foam containing PFAS;

- installing more than 200 drinking water treatment systems;

- establishing wastewater sludge testing requirements and eliminating land spreading of PFAS contaminated sludge;

- expanding the statute of limitations for Maine citizens to file claims for PFAS contamination.

Maine Woodland Owners Host Woodlot Management Tour

WINTHROP, ME (April 28, 2023) -- Join Maine Woodland Owners on Thursday, May 18th from 4:30pm - 6:00pm, for a woodlot management tour at its Wiesendanger Wildlife Protection Area on Case Rd. in Winthrop. Joe Roy, Maine Department of Inland Fisheries and Wildlife (MDIFW) Private Lands Wildlife

Biologist and Andy Shultz, retired Maine Forest Service (MFS) Landowner Outreach Forester will lead this program which will focus on helping woodland owners understand forestry techniques that promote wildlife of all types.

The program will be based on the Forestry for Wildlife series published

in the Maine Woodland Owners publication *Maine Woodlands*, and will discuss things like the role of dead wood and tree snags in a woodlot, creating openings to promote forest undergrowth, and promoting native plant species to support important pollinators. For more information, contact Andy Shultz, Maine

Woodland Owners Two Rivers Chapter Leader, at andy@aforestry.com or

call (207) 242-8845. For more about the Wiesendanger property: [www.](http://www.mainewoodlandowners.org/land-trust-properties-2/wiesendanger)

mainewoodlandowners.org/land-trust-properties-2/wiesendanger.

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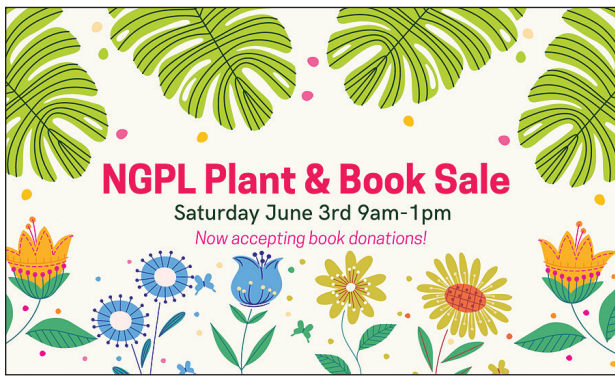
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North Gorham Public Library to Hold Annual Plant & Book Sale



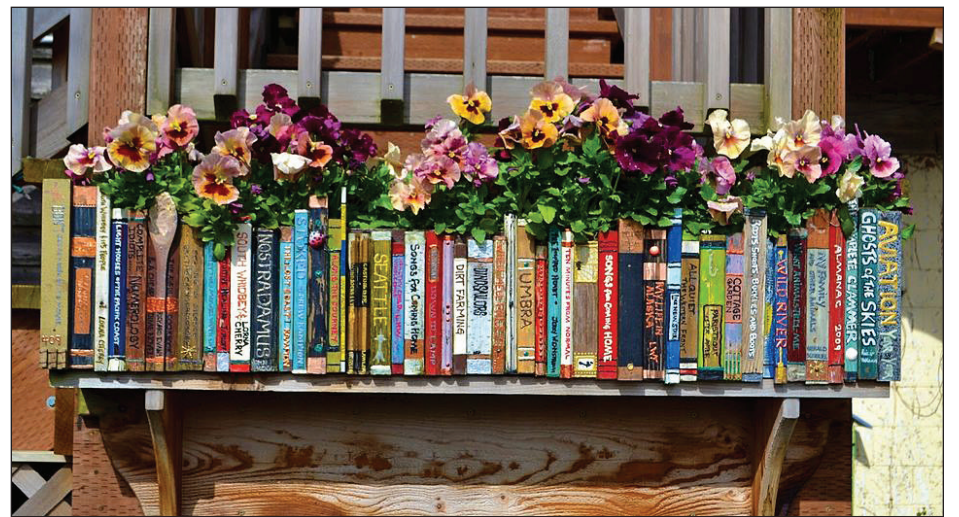
GORHAM, ME (April 29, 2023) -- NOW is the time to start thinking about donating your plants,

seeds, and books! North Gorham Public Library is accepting book donations now and will be accepting

plant donations at the end of May. We also need plastic pots or yogurt type containers to hold transplants for the sale.

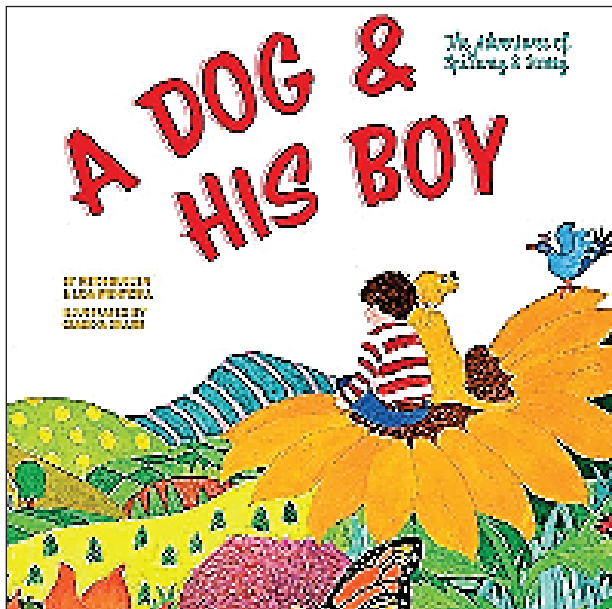
Book donations can be dropped off at the library any time, during open hours OR in our big green return box outside. We will start accepting plant donations the 3rd week in May (a week before the sale)!

ALSO: Bring the kids! We will have a station set up for making wildflower seed bombs



Scotty & Spillway Author to Visit Gorham

GORHAM, ME (April 29, 2023) -- Come meet the fabulous duo and learn about their story! No matter where they go, Scotty and his special stuffed dog, Spillway, always have fun together. Although Scotty was born with a chromosomal disorder that causes developmental delays, with Spillway by his side, there are always adventures to be had! *Featured on News Center Maine* Held at Baxter Memorial Library in Gorham on Saturday, May 6th at 11:00am.



Clothes Galore at Gorham's Mission of Hope Clothes Closet

GORHAM, ME (April 29, 2023) -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have displayed them for a

time, they are donated to serve the people in need in Ukraine.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are Welcome!

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Usher in Summer with Visit Freeport's Makers on Main



FREEPORT, ME (April 25, 2023) -- May 6 marks the opening date of Visit Freeport's 4th Annual Makers on Main series. Hosted on the first Saturday of every month from May to September, 10am-4pm, Makers on Main features an expansive trail of 50 local artists, crafters, and food producers along Main Street.

Makers on Main was first introduced in 2020 as a COVID-friendly alternative to Visit Freeport's Freeport Fall Festival, a full weekend featuring 200 local artists, live music, free kids activities, and food trucks. The inaugural Makers on Main event was so well received by local artists, businesses, residents and visitors, that

Visit Freeport chose to add the series as a permanent addition to their calendar of annual events.

Visit Freeport's Executive Director, Kelly Edwards, shared the following feedback on the continued growth of Makers on Main: "It's been a pleasure to explore new ways to support Maine's celebrated community of artists and food producers, while also continuing to innovate how we can use our events to support the local economy."

Exhibitor booths may be found on both sides of the street from as far south as Freeport Antiques & Heirlooms at 31 Main St., to KeyBank on the north end at 135 Main St. L.L.Bean, Freeport Village Station, Meetinghouse



Arts, Linda Bean's Maine Kitchen & Polo Ralph Lauren Factory Store, vineyard vines, LOFT, Visit

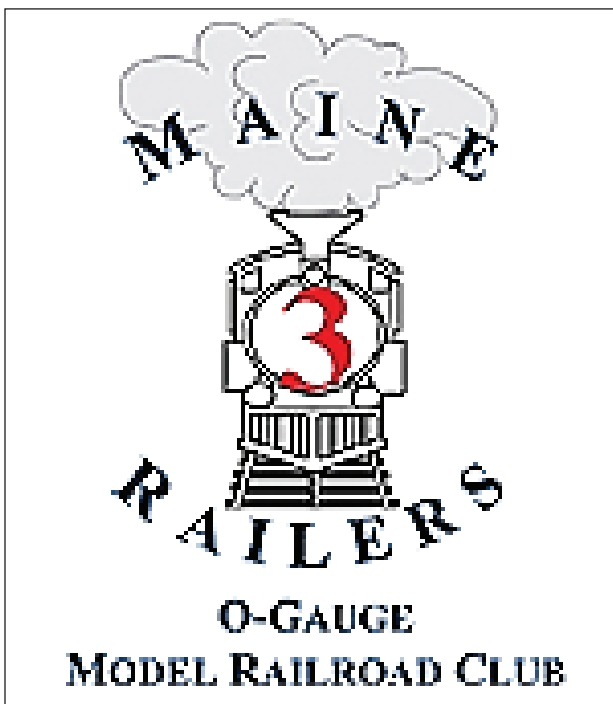
Freeport, and the Freeport Historical Society are also host locations for participating exhibitors. Behind

the Freeport Historical Society and Freeport Oyster Bar, visitors will also find a rotating selection of food

trucks each month. Makers on Main is free to attend.

FMI: visitfreeport.com/makersonmain

Friends of Gorham's BML Host Book Sale, Train Show



GORHAM, ME (April 29, 2023) -- Baxter Memorial Library has thousands of books for all ages and interests. All proceeds benefit the activities of the Friends of Baxter Memorial Library. Members advocate the importance of library services to the community and provide financial support through membership dues and fundraising events.

The Maine 3-Railers, an O-Gauge model railroad club from all over Maine, will bring trains of all kinds to the library. The Maine 3-Railers is Maine's premier O-gauge model railroad club. This group is currently the

largest and oldest club in the state dedicated exclusively to the enjoyment and advancement of the O-gauge, 3-rail model railroad hobby.

Membership in the club is open to adults and children alike.

For more information about the club visit their website at www.maine3railers.org.

maine3railers.org.

Friday, May 5th 9am-6pm and Saturday, May 6th 9am-1pm at Shaw Gym (next door to the Library in the Rec building)



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Parole-4-Maine: Mainers in favor of Re-Establishing Parole

MAINE (April 28, 2023) -- Since the citizens' collective first introduced itself in February 2023, Parole-4-Maine has led a general awareness campaign around LD 178 and the effort to re-establish parole in Maine.

Following the positive recommendations of the state's 2022 Commission to Examine Reestablishing Parole, the Maine Legislature first considered LD 178, An Act to Support Reentry and Reintegration into the Community during a public hearing on March 15, 2023.

Overall, 302 people submitted testimony in favor of the bill (an overwhelming majority), compared to 11 testimonies against and 5 testimonies neither for nor against. The bill is currently in working sessions under the Committee on Criminal Justice and Public Safety. It is likely that the final working session will be held this Wednesday, May 3, 2023, where members will vote on whether to send the bill to the Maine State Legislature.

BRIEF HISTORY OF PAROLE IN MAINE

Maine was the first state in the country to abolish the program in 1976, following a national trend of tough-on-crime laws that greatly accelerated the rate

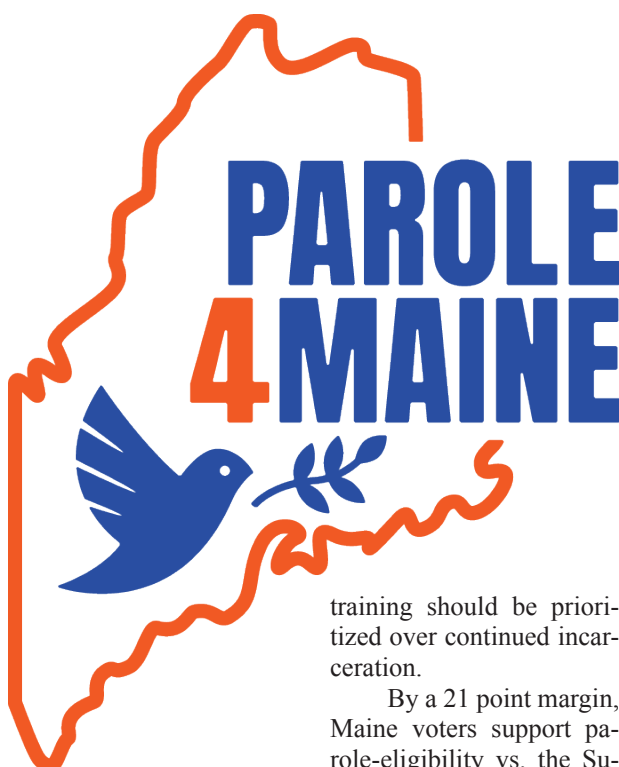
of incarceration, extended sentences, and closed pathways for individuals to earn early release. 15 other states also abolished parole at this time.

Since then, most states have taken steps to reduce their prison populations by reinstating or expanding their systems of parole, developing other pathways toward early release in recognition of rehabilitation, and making robust use of executive clemency. Maine is now considered an extreme outlier because of our harsh sentencing laws and lack of options for recognizing rehabilitation with supervised release.

Last year, Maine's legislature joined the movement by creating a commission to investigate restoring parole and released its final report in December 2022. Among its recommendations: Reestablish parole in Maine and other pathways for early release of incarcerated persons who no longer pose a threat to public safety with a clear criteria for eligibility, process transparency, and increased support for victims.

MAINE SUPPORTS PAROLE

According to polling done by YouGov Blue on behalf of Parole-4-Maine, Mainers are overwhelm-



ingly in favor of parole:

77% of Maine voters support restoring a parole process for all people currently incarcerated in Maine; 83% of Maine voters support parole given the fact it costs nine times less than incarceration (PEW).

79% of Maine voters support parole because it represents second chances and reflects a fundamental belief that people are capable of rehabilitating.

By a 28 point margin, Maine voters believe that too many people serve long prison sentences and that rehabilitation and job

training should be prioritized over continued incarceration.

By a 21 point margin, Maine voters support parole-eligibility vs. the Supervised Community Confinement Program (SCCP) which allows incarcerated residents to apply to serve the final 30 months of their incarceration in a community setting. For many, this is because SCCP is based on sentence length rather than rehabilitative efforts and is disproportionately limited for longer sentences. For example, SCCP reduces a 6-year sentence by 42%, but only reduces a 60-year sentence by 4.2%.

NOT A GET-OUT-OF-JAIL FREE CARD

One argument against LD 178 is that parole would let violent offenders

back out into the community where they could commit further harm.

But this is a misconception about the real parameters around parole. Everyone granted parole would still serve out their full sentence. Through LD 178, parole would allow a person to serve out the remainder of their sentence at home, under the supervision of the Maine Department of Corrections, rather than inside a prison at taxpayer expense.

"To qualify for parole, a person will have to demonstrate in front of a professional parole board that they are rehabilitated, have done the work necessary to improve themselves, are ready to be accountable to the community, pose no threat to public safety, and have a strong, stable support plan. If a person doesn't meet that bar, they won't get parole," Parole-4-Maine said in a recent media output.

Furthermore the parole board will be made up of experts with deep experience in criminal justice, public safety, victim support, mental health, and risk assessment. LD 178 is especially attentive to supporting victims with protections for how parole hearings will be managed.

As currently outlined

in the bill, LD 178 expands support for victims in several ways requested by victim's rights organizations:

Victims will receive prior notice of a hearing

Victims will have the right to be heard

Victims will have the right not to appear

Victims will have the right to participate remotely

Victims will have the right to submit a statement at the first hearing and request that statement to stay on record in lieu of attending any future parole hearings.

TRUE LEADERSHIP IN REHABILITATION

As Parole-4-Maine concluded in a recent video: "The Maine Department of Corrections is a national leader in rehabilitative and educational programming. Now we need to bring back parole to allow our communities to benefit from that rehabilitation. Parole costs 10-12% of the cost of incarceration. At \$78,000 a year to keep a single person in prison, we can't afford NOT to bring back parole."

For more information about this bill or to speak with someone from Parole-4-Maine, please refer to our speakers bureau and head to www.parole-4maine.com.

Senate Republicans Discuss State's Fatal Drug Overdose Epidemic

AUGUSTA, ME (April 26, 2023) -- During a press briefing on Tuesday, Senate Republicans discussed the rising drug overdose epidemic in Maine. According to the Maine Drug Data Hub, a collaboration between the state and University of Maine that tracks fatal and nonfatal overdoses in Maine, last year saw a record 10,110 overdoses across the state of which 716 were fatal.

"It's a devastation that has impacted every single family," said Assistant Senate Republican Leader Lisa Keim, R-Oxford. "Each one of us feels it so deeply as we look at the policy ways to combat this. We do so recognizing the pain that's behind this issue for so many Mainers."

Keim referred to news over the weekend where

police said the amount of fentanyl seized during a recent drug bust was enough to kill the entire population of Portland. She outlined a three-pronged approach Republicans are using to craft legislation to combat the issue: prevention, treatment and enforcement.

"Since 2017, fatal overdoses in Maine have risen by more than 71%, mostly due to fentanyl," she said. "Prevention is more important now than it has ever been."

Sen James Libby, R-Cumberland, said there's common agreement by most people that education is a critical part of combatting drug overdoses and deaths. According to him, the loss of effective educational initiatives such as the Drug Abuse Resistance Education (DARE) Program has led to a void that emphasizes treatment



Sen. Farrin

over education and enforcement.

"Especially with the enforcement aspect, a lot of that has been put on the backburner," he said. "What are the enforcement mechanisms and are there any consequences? Those parts of education seem to have taken a backseat and we'd like to see some of that come back."

Citing DARE's principles of teaching good

decision-making skills, empowering students to respect others and lead lives free from violence and substance abuse, he said the goals really haven't changed.

"We don't have to rewrite the goals -- they're right there," he said. "That mission and vision is exactly what we need to think about."

For Sen. Marianne Moore, R-Washington,

Maine's current pace that will surpass last year's record in overdoses and deaths means more preventative measures must be deployed along with effective treatment and recovery options. Nearly 1,600 overdoses and almost a hundred deaths have already been suspected or confirmed so far this year.

"With January and February already running higher compared to last year for both fatal and total overdoses, 2023 may be the deadliest year yet," she said, adding 77% of the deaths tracked thus far this year involved fentanyl. "Part of harm reduction is we have got to find the resources to be able to help these folks recover from this demon."

In the most poignant part of the press briefing, Sen. Brad Farrin, R-Somerset, emphasized the deadly figures from last year, which included his 26-year-old daughter.

"As many of you know, one of them was my daughter, Haley, on the 27th of July," he said. "This epidemic touches from northern Maine to southern Maine, to the coast, to the mountains. It knows no social-economic boundaries. No age boundaries. It's

touching everybody in the State of Maine."

Outlining the final element of Senate Republicans' three-part plan regarding enforcement, Farrin said his bill, LD 986, would increase penalties for fentanyl trafficking. The legislation just had a work session in the Legislature's Criminal Justice and Public Safety Committee on Monday, and the committee tabled it for now.

"We've all got to step outside our comfort zones. I've had to on the treatment piece," he said. "Folks who think their way is the only way -- there is not a silver bullet that is going to take us out of this epidemic."

Citing the need to focus on the loss of an average of two Mainers a day to fatal overdoses, he challenged both the media and state government to bring more attention to the problem to find solutions.

"We've got to do a better job," he said.

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

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Senator Collins Welcomes Maine Students as Interns



U.S. Senator Susan Collins with intern Sydney Lorom, a Houlton native.

WASHINGTON, D.C. (April 28, 2023) – U.S. Senator Susan Collins announced that Sydney Lorom, a Houlton native, has been awarded a spring internship in her Bangor office. Sydney is a graduate of Houlton High School.

“It is always a pleasure to give Mainers an opportunity to serve their state,” said Senator Collins. “Sydney has a strong work ethic and impressive leadership skills, and I am delighted to welcome her to my Bangor office.”

Sydney is studying political science and

legal studies as a third-year honors student at the University of Maine. On campus, she is a news contributor for Maine Campus Media, the university’s student-led news source. Upon graduation, she plans to attend law school.

U.S. Senator Susan Collins has also announced that Michael Delorge, a Biddeford native, has been awarded a spring internship in her Bangor office. Michael is a graduate of the Maine School of Science and Mathematics in Limestone, Maine.

“Throughout his



U.S. Senator Susan Collins with intern Michael Delorge, a Biddeford native.

time at the University of Maine, Michael has proven himself to be an outstanding student and leader,” said Senator Collins. “I am delighted to have him in my Bangor office, and I am pleased that he has the opportunity to serve the people of Maine and see the legislative process firsthand.”

Michael is a rising senior at the University of Maine, where he is study-

ing biology and political science. On campus, he is the vice president and president-elect of the student body, a student researcher, and leads UMaine’s Partners for World Health club in global health volunteer efforts. Upon graduation, he hopes to pursue a career in public health policy.

Liz Tibbetts, a Poland native, has been awarded a spring intern-



U.S. Senator Susan Collins with intern Liz Tibbetts, a Poland native.

ship in her Bangor office. Liz is a graduate of Poland Regional High School.

“Liz is a hard-working student who has demonstrated leadership skills and diverse academic interests,” said Senator Collins. “I am delighted to welcome her to my Bangor office where I know she will provide excellent constituent service to her fellow Mainers.”

Liz is a senior at the University of Maine double majoring in History and Psychology with a

concentration in Abnormal Social Psychology. On campus, she has held a number of positions in Delta Zeta sorority, most notably serving as the president in 2022. Upon graduation, she plans to take a gap year before applying to law school.

Maine students who are interested in applying for future sessions of the internship program can do so through Senator Collins’ website at: <https://www.collins.senate.gov/services/students>

New Ventures Maine Offers Online/In-Person Free Classes

MAINE, STATE-WIDE (April 27, 2023)—New Ventures Maine has announced free classes scheduled for May, including self-paced, online, and in-person workshops that are designed to help people in Maine gain the skills, knowledge, and confidence to start a business, build a career, and manage money.

Self-paced classes include:

My Next Career Move: Assess your skills, interests, and experiences and relate them to career options. Identify high-growth job fields. Explore education and training

options. Strengthen your resume for a targeted job search. Enroll by June 2; work at your own pace; complete by June 30.

Grow Your Business Online: Gain the skills, knowledge, and confidence to create a compelling web presence & website for your small business. Work online at your own pace through self-guided courses covering branding, GoDaddy tools, website design and content, SEO & marketing, ecommerce, and more. Made possible by Empower by GoDaddy in partnership with New Ventures Maine. Enroll

anytime, complete by May 31.

Online NVME workshops on managing money include:

Managing Your Money Classes: Tuesdays, May 9 – 30, 12:00 – 1:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three classes. May 9: Budgeting Basics; May 16: Let’s Talk About Credit; May 30: Build Your Savings (no class May 23).

My Money Works: Thursdays, May 18 – June 15, 6:00 – 7:00 p.m. Online. Gain the skills and

confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set financial goals with a plan to achieve greater financial stability. (Also offered Tuesdays, May 30 – June 27, 10:00 – 11:00 a.m.)

Career and business classes include:

Making Career Choices: Tuesday, May 2, 10:00 – 11:00 a.m. Online. Ready for a career change but don’t know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered May 24 (day) and May 25 (evening)

Introduction to

Self-Employment: Tuesday, May 2, 12:00 – 1:00 p.m. Online. This class covers the pros and cons of owning your own business, the steps needed for startup, the major elements of a business plan, and the many resources available to help you succeed.

Job Search Classes: Wednesdays, May 3 – 17, 10:00 – 11:00 a.m. Online. Ready for a new job or a career change? Join us for one, two, or all three workshops. May 3: Job Search Strategies; May 10: Resume Strategies; May 17: Interview Strategies.

Building Confidence: Wednesdays, May 10 – 24, 10:00 – 11:30 a.m. Whether you are navigating recent changes, looking for a job, starting a business,

or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong. (Also offered Wednesdays, May 17 – 31, 6:00 – 7:30 p.m.)

Business Basics: Wednesdays, May 31 – June 14, 9:30 a.m. – 12:00 p.m. In Person, in Lewiston. This class covers the business plan, marketing, and cash planning. Assess the feasibility, desirability, and viability of your business idea and get started with your plan. (Location: UMA LAC Campus, 51 Westminster St, Lewiston)

For the full schedule of upcoming free classes and to sign up, visit <https://newventuresmaine.org/class-schedules/> or call 207-621-3440.



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Calendar

Send your submissions to the Editor. More online.

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 KEEP-SAKES**

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 7
BAR MILLS -- JENNY JUMPSTART & THE CAP GUNS- Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday, May 7 at 3:00 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

May 10
LEWISTON -- Alternating Wednesdays 3:30-4:30 and Thursdays 4:30-5:30 from May 10th to June 14th at the Lewiston Public Library: **TEEN YOGA**
 The Lewiston Public

Library will be hosting a yoga series for teens in May & June 2023. Classes will be held at the library on alternating Wednesdays from 3:30-4:30pm and Thursdays from 4:30-5:30pm in the 2nd floor IDEA Lab from 5/10/23 to 6/14/23. Practice will focus on simple breathing and mindfulness techniques as well as gentle movement.

For more information contact the Adult & Teen Services department at 513-3135 or lpreference@lewistonmaine.gov.

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 wwmtdkwr1933@gmail.

com
 Bob Sawyer Sampson AFB 1953

May 14
BAR MILLS -- THE BLUES ON SUNDAY QUARTET- Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday, May 14 at 3:00 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

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Gorham Public Works Open for Spring Brush Drop Off

GORHAM, ME 12pm to accept brush from Gorham residents. Friends only reminders: Residents only

(April 29, 2023) -- Public Works will be open May 6 and May 20, 2023, 8am to 12pm to accept brush from Gorham residents. Friends only reminders: Residents only

No stumps will be accepted
 Please do not leave bags behind

Gorham
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2023 Spring Brush Drop Off

Residents only, no commercial drop off. No stumps will be accepted.

Leaves & grass clippings accepted in the designated area throughout the season. Please do not leave bags behind.

When: Saturday, May 6th and Saturday, May 20th
Time: 8 am to 12 noon
Location: 80 Huston Rd.

\$50K

\$40K

\$30K

\$20K

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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

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SCORE Maine Empowers Entrepreneurs, Ranks #1 in Nation

PORTLAND, ME (April 21, 2023) – SCORE Maine, a nonprofit organization dedicated to helping entrepreneurs and small business owners succeed, today announced that it ranked #1 in the nation for client impact in 2022. The organization provided business mentoring to more than 4,300 entrepreneurs and small business owners in 2022, helping to start 225 new businesses and create 1,258 non-owner new jobs.

“We are proud to be ranked #1 in the nation for client impact,” said Steve Veazey, District Director of SCORE Maine. “Our dedicated team of volunteer business mentors are committed to helping entrepreneurs and small business owners succeed.

We are here to provide the support and guidance they need to achieve their goals.”

SCORE Maine offers a variety of services to entrepreneurs and small business owners, including:

- One-on-one mentoring
- Webinars and workshops
- Online resources
- Local events

“By sharing challenges openly and working directly with my SCORE mentor, I have brought into focus clearly defined goals on how to transform challenges into solid results.” Tom Fox, owner of Fox Forestry Orland, ME.

“We are committed to providing entrepreneurs and small business owners with the resources



Fox Forestry, Orland ME

they need to succeed,” said Veazey. “We believe that everyone has the potential to be an entrepreneur, and we are here to help them make their dreams a real-

ity.” SCORE is the largest active mentoring organization in Maine. Over 19,000 hours were donated by our dedicated volunteers. With

over 125+ volunteers in Maine, our team provides experienced mentors and knowledgeable subject matter experts.

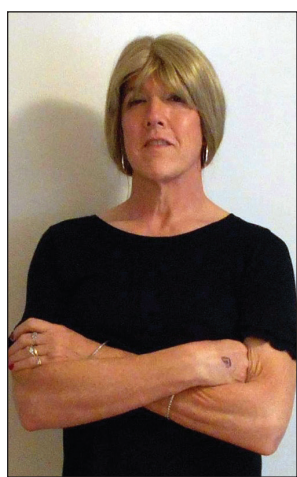
SCORE Maine is

a resource partner of the U.S. Small Business Administration.

For more information, see <https://www.score.org/southernmaine>

Understanding Gender & Sexuality Workshop in Gorham

GORHAM, ME (April 29, 2023) -- In a time of rapid change and controversy concerning gender and sexuality, this Baxter Memorial Library workshop aims to present basic terminology that will clarify participants’ understanding of gender and sexual identities, the different perceptions and origins of these identities, to explore and discuss sources and impacts of discrimination against gender non-conforming people, especially within the



younger population, and lastly, how to understand

and improve one’s role as an ally of those within the LGBTQ+ community. It includes presentations and discussion of the content, some exercises, and no quizzes or homework. It will also provide print and online references, and a reading list for those who wish to develop an even broader understanding of what is covered. Taught by Christine Caulfield.

IMPORTANT NOTE: This class takes place over two sessions, May 18 & 25 from 6-8 pm.

Attending both sessions is advised.

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WHO: All Gorham Residents are invited to attend to learn more about the proposed FY 24 Budget and to ask any questions folks may have.

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: North Gorham Public Library

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

WHEN: May 31, 2023 at 6:00 p.m.

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