

Gorham Trail Cleanup Day Seeking Volunteers



GORHAM, ME (May 1, 2023) – Mountain Division Alliance is hosting a trail cleanup day in Gorham on **SATURDAY, JUNE 10, 2023 AT 6 AM** – 10 AM at Kemp Rd, Gorham, Maine. These are the tasks we'll be tackling: Branch cleanup - make piles for public works to wood chip; Clear trail of rocks

and leaves; Cut vines from fencing. What to bring: Gloves, Water, Tools will be provided but feel free to bring your own.

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 kiddos! We will have a station set up for making wildflower seed bombs

Windham Middle School Students Fight Maine's Opioid Crisis

WINDHAM, ME (May 1, 2023) – Students at Windham Middle School in Windham, Maine, recently embarked on an exciting and impactful Project Based Learning endeavor that aimed to turn back the high tide of Maine's opioid epidemic.

The "Back to the Future" themed project's name is "Taking Back Maine's Future". 2023 marks the fourth such annual community event.

Students carefully studied the impact of Maine's current opioid epidemic using extensive research and input from a panel of experts including local law enforcement, UNE pharmacy students and staff, and persons in the recovery community.

Students then sought to predict what Maine's future may look like in two vastly differing futures; A future where their generation is able to find solutions for the state's horrifying opioid epidemic, ending the crisis before it gets worse; and a future in which the current trends of opioid addiction and overdose continue to rise.

Students then created newspapers from both possible futures: The year 2055 to be exact. Some papers reported from the bright future, free from opioid abuse; and some from the dark future where opioid addiction continued to grow at alarming rates.

These newspapers, along with a REAL DELOREAN TIME MACHINE, were on display for the public at the fourth annual "Taking Back Maine's Future" event on Thursday May 4th 2023 at Windham Middle School.

For more information, see <https://sites.google.com/grsu14.org/takingbackmainesfuture/home>

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Deadline is
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Newsmakers, Names & Faces

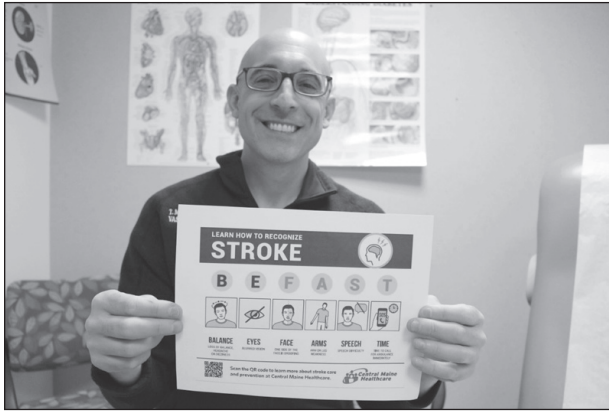
“B.E.F.A.S.T” during Stroke Awareness Month

LEWISTON, ME (May 2, 2023) -- Central Maine Healthcare (CMH) is observing Stroke Awareness Month in May by raising awareness about the signs and symptoms of stroke, as well as the importance of getting prompt treatment.

Stroke is a leading cause of disability and the fifth leading cause of death in the United States, according to the Centers for Disease Control and

Prevention. In Maine, stroke is the third leading cause of death and the number one cause of long-term disability.

Ted McGillicuddy, MD, is a vascular surgeon at Central Maine Medical Center in Lewiston. He says when it comes to minimizing stroke damage, timing is everything. “Time is of the essence, and you should seek medical attention if any stroke symptoms occur.



Ted McGillicuddy, MD, vascular surgeon, Central Maine Medical Center

“If you recognize and treat it promptly, it really allows you to increase your quality and quantity of life,” Dr. McGillicuddy said.

Doctor McGillicuddy also said the acronym “B.E.F.A.S.T.” is helpful in identifying signs of a stroke:

- B: loss of balance
- E: blurred vision in your eyes
- F: one side of face is drooping

A: weakness in arms or legs

S: speech difficulties

T: time to call an ambulance immediately

The risk of stroke can be lessened through healthy lifestyle choices, such as maintaining a healthy diet, exercising regularly, not using tobacco and managing chronic health conditions such as high blood pressure and diabetes.

Collins Delivers Remarks Praising George Mitchell’s Leadership



WASHINGTON, D.C. (May 5, 2023) – U.S. Senator Susan Collins (R-ME) delivered remarks on the Senate floor today to discuss the resolution which commemorates the 25th anniversary of the signing of the Good Friday Agreement on April 10th, 1998. Former Maine Senator George Mitchell was pivotal in the successful negotiation of the historic agreement that underscored the United States’ steadfast support for both the United Kingdom and

Ireland.

In addition to celebrating the historic compromise, which marked the beginning of a new era of peaceful political engagement in Northern Ireland, the bipartisan resolution also affirms support for the full implementation of the Good Friday Agreement, and subsequent agreements and arrangements, to advance peace on the island of Ireland.

Senator Collins’ said: *On April 10th 1998, the governments of the*

United Kingdom and the Republic of Ireland signed the Good Friday Agreement, giving birth to a new era of peace in Northern Ireland. On this 25th anniversary, I join my colleagues in sponsoring a resolution commemorating an historic success, that marked the end of decades of conflict, and that remains crucial to peace today and in the future. This resolution passed the Senate Foreign Relations Committee unanimously just yesterday, and will be passed, shortly, by the full Senate. Mr. President, the recent celebration of this landmark event, in Belfast, brought together the three leaders of the day: Prime Minister Tony Blair, Taoiseach Bertie Ahern, and President Bill Clinton.

The highlight of that gathering was the unveiling, at Queen’s University, of a bust of Senator George Mitchell, the architect of the Good Friday Agreement, this chamber’s former majority leader, and my fellow Mainer. And I know I speak for my fellow Mainers, when I say how proud we were of this extraordinary accomplishment, and we salute Senator George Mitchell on this,

the 25th anniversary. Mr. President, during the three decades that the Troubles plagued Northern Ireland, some 3,500 people were killed, and 50,000 injured, in sectarian violence. In 1996, during one of the many sporadic and ineffective ceasefires, George Mitchell, one year after his retirement from the Senate, stepped forward to serve as America’s Special Envoy to Northern Ireland. He was committed, determined, to forge a lasting peace, and he did. George Mitchell approached this daunting task with the statesmanship and dedication to justice that have defined his life.

For nearly two years, Senator Mitchell worked, with unyielding energy and endless patience, to bring together the many parties and conflicting interests. Despite arguments, controversies and walkouts, the talks were held together by his leadership and by his “Mitchell principles.” First and foremost, those principles held that political issues must be resolved by democratic and exclusively peaceful means. Finally, on Good Friday 1998, one day and a long, sleepless night, after the deadline Senator Mitch-

ell had set to complete the complex negotiations, agreement was in fact reached. Six weeks later, the voters in Northern Ireland and the Republic of Ireland endorsed the pact, with overwhelming margins. The Good Friday Agreement has been a remarkable success, in meeting its primary goal of ending bloodshed and bringing sustainable peace.

The resolution that I introduced with Senator Menendez, the chairman of the Senate Foreign Relations Committee, calls upon Congress to reaffirm its steadfast support for this historic agreement, and to the principles of peaceful and democratic participation as the only way to settle political differences. And equally important, it recognizes George Mitchell’s pivotal role. Mr. President, Senator George Mitchell himself defined leadership as having the wisdom to know what is right, the courage to say what is right, and the strength to do what is right. This is not merely a definition he has offered throughout an inspiring life of service, but also an example he’s set for others. I appreciate my colleagues’

support of this resolution in his honor, as we seek to commemorate this historic anniversary of the agreement that he forged. An agreement that would not have come about, but for George Mitchell’s endless leadership and patience.

George Mitchell, a Waterville native, served as a United States Senator from 1980 to 1995. During his time in office, Mitchell’s work was primarily focused on securing funding for healthcare, education, and environmental conservation related initiatives. In addition to his work representing the State of Maine, Mitchell played a crucial role in the Northern Ireland peace negotiations during the 1990s. As a Special Envoy for Northern Ireland, he had a pivotal role in brokering the Good Friday Agreement, which brought an end to decades of sectarian violence in the region. Mitchell’s commitment to public service and diplomacy earned him international recognition and numerous awards. He is admired for his ability to bridge divides and find common ground, both in his home state of Maine and on the global stage.



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Newsmakers, Names & Faces

Gorham Cleans Up Beautifies the Town

GORHAM, ME (May 1, 2023) – Gorham Cleans Up was held on April 23, 2023, and attracted more than 80 volunteers who cleaned trash from town roads, parking lots, and sidewalks. The annual event is a collaboration of the Gorham Conservation

Commission and Gorham Village Alliance, with invaluable support from Gorham Public Works, Gorham Recreation Dept., and Gorham Police VIPS (Volunteers in Police Service).

Volunteers are given trash bags, gloves and trash pickers and assigned to various

locations, which this year included Libby Avenue, Gorham Village, Gorham High School (GHS)/Municipal Center, Cherry Hill Farm trails, and State Street from the Village to the Bypass rotary.

“Once again, the community came together to

beautify Gorham, picking up enough litter to fill two and a half dump trucks. We couldn’t have done this without all the volunteers - GHS Boys and Girls lacrosse teams, GHS Eco Club, Gorham SnoGoers, Casco Federal Credit Union employees, and families and

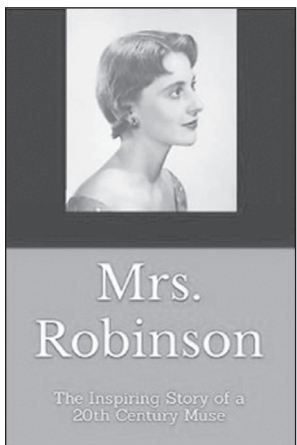
individuals - who came out,” said Bill Moreno, Gorham Conservation Commission Chair. “Thanks to all these wonderful people who gave up their Sunday morning to make Gorham sparkle.”

Volunteers also contributed food and baby items that were collected

and donated to the Gorham Food Pantry.

A special thank you goes to Sullivan House Bakery for donating coffee, which was a necessity on a chilly and damp morning, and to Tina Ruel who documented the day for GoCAM.

Gorham Writer Releases Mrs. Robinson Biography



Robinson - The Inspiring Story of a 20th Century Muse. Clark says her mother told only a handful of family and friends that she’s the one we’ve all been singing about.

Both mother and daughter are native New Yorkers. Clark, who has lived in Gorham since 2000, is the tour guide at the Baxter House Museum on South Street. She says the real Mrs. Robinson met two musicians on an airplane in the early 1960’s and spent the evening driving them around Greenwich Village in the family station wagon.

Clark says her moth-

er’s eventful life inspired the musicians to write a song about her, and now she’s telling the story of how it came about and why her mom had such an impact.

Local readers have been getting their copies of the new biography signed at events at Baxter Memorial Library in Gorham and at The Abbey in Scarborough. Two more signing events are planned for June.

Mrs. Robinson - The Inspiring Story of a 20th Century Muse is now available on Amazon and from the author at: writer-robinson1@gmail.com

GORHAM, ME (May 2, 2023) -- A Gorham writer says that her mother was the real Mrs. Robinson behind the song. S.R. Clark has just released her biography. It’s called Mrs.

Corvettes Doo Wop Concert

FRYEBURG, ME (May 1, 2023) — The national touring Corvettes are returning to the Leura Hill Eastman Performing Arts Center for another all out Doo Wop celebration on Saturday, May 13th at 7:30 PM.

The band’s incredibly entertaining show and comical stage antics have left many a happy audience screaming for more. Some of the timeless hits you might hear at a Corvettes Doo Wop Revue show in-

clude Twistin’ the Night Away, Earth Angel, Rock Around the Clock, and so many more! From New Hampshire to New Orleans and Virginia to Vegas, The Corvettes perform the great music of the Doo Wop era with a fresh, new energy. And don’t miss the Rod & Kustom Cruisers Club of Maine’s car show at 5:30, featuring a selection of incredible customized classics on display outside on the LHE/PAC patio.

Tickets are \$30 for

adults, \$20 for seniors (65+), and \$10 for students. Purchase tickets online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

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

Nearly \$500K Goes to National Scenic Byways in Maine

WASHINGTON, D.C. (April 28, 2023) – U.S. Senator Susan Collins (R-ME), Vice Chair of the Senate Appropriations Committee, announced that the Maine Department of Transportation has been awarded \$481,650 for the Village Connector Gateway Hubs project, which will construct two highway hubs in Rangeley and Oquossoc villages directly along the Rangeley Lakes National Scenic Byway. This grant was awarded through the Federal Highway Administration’s National Scenic Byways Program.

These hubs will provide increased safe off-road parking for vehicles and recreational vehicles and trailers, along with pedestrian walkways providing connections to village amenities and recreational opportunities.

“The National Scenic Byways program represents a true win-win by protecting precious corridors and

providing tangible benefits for local communities. Maine’s Rangeley Lakes National Scenic Byway provides Mainers and tourists alike with spectacular views and unforgettable experiences,” said Senator Collins. “The designation of these new hubs will help to spur much-needed economic activity and encourage more people to experience the beauty throughout our state.”

Senators Collins authored the Reviving America’s Scenic Byways Act of 2019, which reopened the nomination and designation process for National Scenic Byways. This program had not received any federal funding since 2012, and the last round of designations were made in 2009. Senator Collins also worked to secure \$16 million for the National Scenic Byways Program in the fiscal year 2021 funding package. As a result of this newly appropri-

ated funding, scenic byways will be eligible to apply for grant funding to maintain the roadways; make safety improvements; construct facilities to serve pedestrians, bicyclists, and drivers; and develop marketing programs, signage, and other promotional materials.

Established in 1991, the National Scenic Byways Program recognizes roadways with notable scenic, historic, cultural, natural, recreational, and archaeological qualities. Scenic America, a national environmental nonprofit that preserves and enhances the visual character and scenic beauty of America, led the charge to revitalize and restore funding for the program. Maine is currently home to the Acadia All-American Road as well as three National Scenic Byways: the Old Canada Road National Scenic Byway, the Rangeley Lakes National Scenic Byway, and Schoodic Scenic Byway.

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Don’t miss our weekly giveaways!

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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Seniors Not Acting Their Age Exciting Whitewater Adventures on Kingsbury Stream



A kayaker descends the first pitch on Kingsbury Stream



A shredder team celebrates while running one of many exciting rapids



A tandem canoe team navigates a complex rapid

By Ron Chase

Paddling Kingsbury Stream in Abbot has been a Penobscot Paddle & Chowder Society (PPCS) spring tradition for decades. In recent years, club member Kyle Duckworth has coordinated the exciting whitewater adventure almost every April.

Planning the excursion around the weather, ice, and varying water levels is always a challenge. Starting after ice-out is a must. Determining an acceptable stream flow and avoiding winter-like weather is often a difficult balancing act. This year, the scheduled April 8th trip was postponed until April 16th due low water, frigid temperatures, and gusty winds.

During the week be-

fore the Kingsbury trip, snowmelt brought the stream up to a feisty level. After several unusually warm sunny days, the weather was chilly and gray with a slight chance of precipitation for the planned outing. Chowderheads are tough so the trip was on.

Sixteen canoeists, kayakers, and a shredder team met at the put-in on Route 16 in Abbot. Scouting a difficult ledge drop at the beginning was the first item on the agenda. To portage or paddle was the question. Most decided to carry but a resolute few successfully descended the intimidating pitch.

A succession of Class II/III rapids followed as we cruised southeasterly on a circuitous seven-mile

journey towards the outskirts of Abbot Village. Ledge drops, spirited wave trains, and lengthy rapids cluttered with pour overs provided ample opportunity for paddlers to surf swells and select stimulating routes through the descents.

At the end of a sweeping left turn, the stream narrowed and steepened. We stopped in eddies on the right to boat scout possible routes. The shredder team probed and Chowderheads fell in line behind. Although large waves made reading the rapid problematic, the attenuated passageway that ended next to a rock wall on the right was relatively easy to navigate. A beach on the left provided the

perfect lunch spot.

Shortly beyond, another demanding rapid began above Cole's Corner Road Bridge. The remains of an old dam directly under the bridge complicated navigation. We successfully negotiated around all of the obstacles by paddling close to the left shore in a route that ended in standing waves.

Easy rapids and quick water followed to a twisting swampy area. When the river turned abruptly right, we encountered large waves in a straightforward rapid. Tall pine trees, granite ledges, and a cabin high on a hill on the left marked the beginning of the most challenging falls of the day. We stopped to scout it on the left.

High water complicated the entrance to the steep pitch. A wide unfor-giving hydraulic blocked much of the center which left a narrow route on the right and a complex channel on the left for choices. Large waves and another ledge drop followed immediately below.

Many decided to carry around the top on the left. Two kayakers and the shredder team successful-

ly descended on the right. Another kayaker and a canoeist negotiated the left route and I decided to try the same.

An oft repeated axiom in our sport, "white-water boaters are always between swims." This was my day. I successfully completed the entrance but got caught on an eddy line below and flipped. Attempts to roll failed. Breathing is important, so I pulled my spray skirt and swam. Fortunately, Chowderheads were there to rescue me along with my kayak and paddle.

A canoeist experienced a short swim on the second ledge drop but was quickly reunited with his boat. We reassembled and proceeded to the final rapid of the day.

The appearance of a blue cottage on the left announced the beginning of a U-shaped rapid that required a tricky maneuver around boulders at the bottom. Everyone executed the move successfully. A smooth inviting wave at the end provided an opportunity for some stimulating surfing.

The prominent cottage that overlooks the

rapid is a special place for many members of the PPCS. Dave and Thelma Weymouth resided there for decades. Over the years, the club developed an enduring friendship with this wonderful couple and we often finished our trips with a visit with them. Dave passed in 2016 and Thelma has moved away. We miss them.

Another half-mile of paddling brought us to a location adjacent to the River Road in Abbot where we took out. Despite the chilly weather, we congregated next to Kyle's truck to celebrate completion of our exhilarating river adventure.

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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Extension's Annual Master Gardener Plant Sale Scheduled

FALMOUTH, ME (May 5, 2023) — The 28th annual University of Maine Cooperative Extension Master Gardener Plant Sale in Cumberland County will be held on Saturday, May 27 from 8 a.m.–noon, at the UMaine Gardens at Tidewater Farm in Falmouth.

UMaine Extension Master Gardener Volunteers will be on hand to assist in selecting plants that best meet individual needs and to answer questions on how to care for them. Selections include native and pollinator plants; organic vegetable and herb seedlings; perennials; shrubs; and annuals. Gently used gardening items, tickets to enter the annual Master Gardener Calendar Raffle and bags of local compost



will also be available for purchase. There will be vermiculture and peat-free alternative demonstrations, as well as a tour of the gardens at Tidewater Farm.

Proceeds from the plant sale and calendar raffle support the group's Seed Grant program for community projects, which rely on Master Gardeners' expertise and volunteer time. These projects are found in communities

across Cumberland County and include large undertakings such as demonstration gardens, Maine Harvest for Hunger initiatives, therapeutic gardens, school gardens, youth programs, and more.

For more information or to request a reasonable accommodation, visit the program website or contact Pamela Hargest, pamela.hargest@maine.edu; 207.781.6099.

Identifying, Addressing Caregiver Depression

NEW YORK (May 4, 2023)— As part of Mental Health Awareness Month, the Alzheimer’s Foundation of America (AFA) is providing tips to help family caregivers identify and address the signs of depression. Alzheimer’s family caregivers are at greater risk for depression than caregivers of people with other conditions, according to the Centers for Disease Control and Prevention.

“Exhaustion, stress, and feelings of isolation and loss are all common emotions that Alzheimer’s family caregivers experience, but these can all lead to depression if not addressed constructively,” said Jennifer Reeder, LCSW, AFA’s Director of Educational

and Social Services. “Being mindful of the warning signs of depression and taking steps to deal with them is essential to providing the best care possible, because every caregiver needs time to replenish themselves mentally, emotionally, and physically.”

Depression affects people in different ways, and the type and intensity of symptoms vary according to the person and can change over time. General warning signs to watch for when caregiving, especially when these symptoms persist beyond a couple of weeks, include:

- Feeling nothing you do is good enough
- Feeling empty or hopeless
- Feeling tired all the



time

- Having little interest in once-enjoyable activities and connections with others

- Weight loss or gain
- Changes in sleep patterns (too much or not enough sleep)

- Somatic symptoms not responsive to medical treatment (such as headaches, chronic pain or digestive disorders)

Here are some steps that caregivers can take to help combat depression:

Accept support. Isolation can accelerate caregiver burnout. Asking for support and help is important; family, friends, and neighbors are often eager to help but do not know how. Be specific and let people know what you need. Joining a support group can also connect you with others who understand what you are going through, and can share emotions and support, as well as practical advice and resources, in a safe and understanding environment.

environment.

Take care of your body. Diet, exercise, and sleep play a role in your mental health as well as your physical health. Eating fresh fruits, vegetables, and healthy fats, and limiting or avoiding processed foods, may help with symptoms of depression. Physical activity improves mood and decreases stress. Lack of sleep has been linked to the development and management of depression; speak to your doctor if you are struggling with sleep problems.

Make time to clear your mind. Exercises such as meditation or yoga, writing down your thoughts in a journal, or even something as simple as going for a walk, can expand feelings

of relaxation.

Utilize respite care. Respite care provides short-term relief for primary caregivers by having a professional attend to your loved one, either at home, in a healthcare facility, or an adult day center, allowing the caregiver time to care for themselves. Respite care can be arranged for just an afternoon or for several days or weeks.

AFA offers telephone-based support groups and can provide support, services, and connections with local resources through the AFA Helpline, which is available seven days a week. Call 866-232-8484, webchat at www.alzfdn.org, or text 646-586-5283 to speak with a social worker.

Bar Association Extends Student Law Day Essay and Art Contests

AUGUSTA, ME (May 1, 2023) — The Maine State Bar Association announced today that in honor of Law Day 2023, it is extending its Law Day student essay and art contests, and encouraging schools to contact the Bar Association for speakers who can share more about the law and

courts in Maine.

“The Maine State Bar Association believes that students who understand how the legal system works will be better positioned as adults to support our democratic institutions, access to justice, and the rule of law,” said MSBA Executive Director Angela Armstrong.

Maine students in grades 4-8 may participate in the art poster contest and students in grades 9-12 may participate in the essay contest. The entry deadline is June 2. This year’s theme is “Cornerstones of Democracy: Civics, Civility, and Collaboration.” All entries should reflect the

student’s interpretation of the 2023 Law Day theme by responding to the following prompt: Explain or depict or pursuing civics, civility, and collaboration could help our nation improve public discourse and foster understanding of the Constitution and American government. Winning essays and

posters will be published online and in the Maine Bar Journal and cash prizes will be awarded. For more information about Law Day or to download the Law Day contest brochures, visit www.mainebar.org/lawday.

Educators who wish to have a Maine attorney visit their school and talk about

this year’s Law Day theme, or other aspects of the rule of law in Maine, should contact MSBA Communications Director Kathryn Holub at kholub@mainebar.org.

Law Day was established in 1958 by President Dwight Eisenhower to mark the nation’s commitment to the rule of law.

Maine DOE Announces \$2M for Summer Learning, Enrichment

AUGUSTA, ME (May 5, 2023)—The Maine Department of Education (DOE) announced an additional \$2 million in American Rescue Plan (ARP) funding to provide summer learning and enrichment programs for pre-K through grade 12 students at schools across Maine. This follows the recent award of \$2.1 million to 63 school administrative units (SAUs) to support summer enrichment programming through the Title I Summer Reallocation Grant. The total amount of summer program fund-

ing for schools has now reached \$4.1 million.

“This investment meets a critical need voiced by families in search of summer opportunities for their children while providing engaging and enriching summer learning at a place children and families know well—their local school,” said Maine Education Commissioner Pender Makin.

The ARP Elementary and Secondary School Emergency Relief (ESSER) funding provides broad support for summer learning and enrichment

programs that address students’ academic, social, emotional, and mental health needs. Schools can run their own programs or partner with non-profit or community organizations and community organizations are encouraged to seek partnerships with local schools through this opportunity. Schools are encouraged to maximize enrollment in summer learning and enrichment programs, with a particular focus on underserved students and students most impacted by the COVID-19 pandemic.

CRC Distributes Care Baskets to Cancer Patients in Western Maine

(May 2, 2023) -- Utilizing monies received through fundraising efforts and donations, the Cancer Resource Center of Western Maine was able to make 50 Care Baskets to distribute to cancer patients located in western Maine who could use some extra help. The Care Baskets contain cleaning supplies, paper products and personal hygiene items. This is the third year of the project, which began during the COVID 19 pandemic as a result of many cancer patients not being able to purchase



Cancer Resource Center of Western Maine Volunteer Margie Bartlett with the Care Baskets.

these items with their food stamps. Several volunteers came in to help put the baskets together.

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Arts & Entertainment

Early Release Scavenger Hunt & Nature Crafts at Gorham's BML



G O R H A M, 24th from 12:30-2pm, join **ME (May 1, 2023)** – Baxter Memorial Library On Wednesday, May for a library-wide scavenger hunt and nature crafts like print-stamps. Rain or shine. All ages.

Nonprofits Wanted for Dunkin' Dugout with Portland Sea Dogs



PORTLAND, ME (May 4, 2023) -- Dunkin' is now taking applications from Maine-based non-profit and charitable organizations that serve youth to receive donated Portland Sea Dogs tickets through the 2023 Dunkin' Dugout program.

During the Sea Dog's season local Dunkin' franchisees will provide 240 tickets to give Maine children the opportunity to attend a Sea Dogs game, have a group photo taken on Hadlock Field, and be recognized during the game.

Dunkin' Dugout seats are reserved seats behind the Sea Dogs dugout and ticket recipients will also receive Dunkin' swag and hot cards. Dunkin' Dugout applications are now being accepted online at <https://www.milb.com/portland/community/dunkin-dugout>.

"The Sea Dogs are proud to partner with Dunkin' on the Dunkin' Dugout program allowing more youth to enjoy Sea Dogs baseball," stated Sea Dogs President & General Manager Geoff Iacusa.

al Manager Geoff Iacusa. "Enjoying a Sea Dogs game is a Maine tradition and the local Dunkin' franchisees have made it a reality for youth organizations throughout Maine. We are excited to host these groups at Hadlock Field this season."

The Dunkin' Dugout program is another way Dunkin' franchisees to support local organizations throughout Maine. Each group selected will receive 20 tickets to a designated game in May, June, July, August, or September. Over the years the Dunkin' Dugout program with the Portland Sea Dogs has donated tickets to teen centers, Boys & Girls Clubs, YMCA/YWCA groups, summer camps, youth sports teams, and school groups.

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Maine CDC Identifies Positive Measles Test Result

AUGUSTA, ME (May 5, 2023) — The Maine Center for Disease Control and Prevention (Maine CDC) has received a report of a positive measles laboratory result in a Maine child and is awaiting confirmation from the U.S. Centers for Disease Control and Prevention (U.S. CDC). The Maine CDC notified the facilities where exposure may have occurred and is working with those facilities to inform potentially exposed individuals.

The child received a dose of measles vaccine. It is not possible to contract measles from the vaccine. Maine CDC is considering the child to be infectious out of an abundance of caution.

Individuals who were at the following locations during the times listed

below were potentially exposed to measles and should take precautions:

Location, Date, Time:
Family Time Dine and Play at Auburn Mall in Auburn on April 29, 2023 from 3 p.m. to 7 p.m.

Clear Choice MD in Scarborough (273 Payne Road) on May 1, 2023 from 1 p.m. to 4 p.m.

Hannaford on Cottage Road in South Portland (Mill Creek Hannaford) on May 1, 2023 from 2 p.m. to 5 p.m.

Mercy Fore River Emergency Department on May 2, 2023 from 7:45 p.m. to midnight

Mercy Fore River Emergency Department on May 3, 2023 from midnight to 3:30 a.m.

Anyone at these locations during these times should watch for symptoms

for 21 days after their exposure. If you have symptoms, call a health care provider for instructions **before** going to the office or hospital to help prevent further spread of infection.

Most people are vaccinated for measles as a child, but if you are unsure about your vaccination status or are you are unvaccinated, speak with your health care provider. Unvaccinated individuals who were exposed can take steps to prevent infection and should speak with a health care provider.

According to the U.S. CDC, as of April 28, 2023, there have been 10 cases of measles confirmed in eight states so far this year. Measles is a highly contagious viral disease, the symptoms of which include:

- Cough
- Runny nose
- Red, watery eyes
- Rash that spreads from the head down

Measles can cause severe sickness including pneumonia, encephalitis (brain swelling), and death. An infected person spreads measles through coughs or sneezes. Once infected, a person can spread measles from four days before their rash starts through four days afterwards. The virus remains alive for up to two hours on surfaces and in the air. Symptoms can begin 10-14 days from exposure but can be longer. There are no asymptomatic cases of measles.

The measles, mumps, and rubella (MMR) vaccine is the best prevention for measles. Anyone who is not immunized or does not

know their measles immunization status should get vaccinated.

Recommendations:
Children. All children should be up to date with the MMR vaccination. The first dose should be received between 12 and 15 months of age, and the second dose should be received between 4 and 6 years of age. Check with your health care provider if you are unsure about whether your child is up to date with their vaccinations.

Adults. All adults should have proof of immunity to measles. Acceptable proof includes one of the following: written documentation of vaccination; laboratory evidence of immunity; birth before 1957; laboratory confirmation of disease. For adults

with no evidence of immunity to measles, contact a health care provider to find out how to prevent measles.

Some people exposed to the virus may still get measles even if they got the MMR vaccine. In this case, they are more likely to have a milder illness, and are less likely to spread the disease to other people.

For More Information:

• Maine CDC's measles information: <http://www.maine.gov/dhhs/measles>

• U.S. CDC's measles information: <http://www.cdc.gov/measles/index.html>

• Maine Immunization Program information: <https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/>

Take Action: Type O Negative Blood Donors Needed

PORTLAND, ME (May 3, 2023) – When every second counts, blood products can provide life-saving care. The American Red Cross asks the public to give blood or platelets during Trauma Awareness Month in May to keep hospitals prepared for all transfusion needs, including emergencies. Type O negative blood donors are especially needed right now.

The power of type O

blood Type O negative is the universal blood type and what emergency room personnel reach for when there is no time to determine a patient's blood type in the most serious situations.

Type O positive blood is the most used blood type because it can be transfused to Rh-positive patients of any blood type.

Red blood cells car-

ry oxygen throughout the body and are often given to trauma and surgery patients. Type O blood donors are ideal Power Red donors, which means they can safely donate two units of red blood cells during one donation. Now, more people are able to give a Power Red donation – the minimum height has changed to 5'3" for female donors.

Medical traumas can quickly deplete hospital blood banks. Once patients

are stabilized and their blood type is determined, they will receive a matching blood type, so it's important donors of all types give now and help save lives by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

In thanks, all who come to give May 1-19 will receive a \$10 e-gift card to a merchant of choice. Plus,

May 1-31, those who come to give will be automatically entered for a chance to win a trip for two to the 2023 MLB® All-Star Game® in Seattle. The getaway includes two tickets to the 2023 MLB® All-Star Game® thanks to the support of Fanatics, round-trip airfare, four-night hotel accommodations, a \$750 gift card and more. Additionally, those who come to give May 20-31 will receive an exclusive Red Cross beach

towel, while supplies last.*

Upcoming blood donation opportunities, May 3-31:

Auburn
5/30/2023: 12 p.m. - 4:30 p.m., Auburn Mall, 550 Center Street

Gorham
5/11/2023: 1 p.m. - 6 p.m., Cressey Road United Methodist Church, 81 Cressey Road

5/16/2023: 10 a.m. - 3 p.m., St. Annes Church, 299 Main Street

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Monument(al) Square Market Returns, Seeks Vendors

PORTLAND, ME (May 1, 2023) — Portland Downtown in conjunction with Monument Square property and business owners is proud to announce the return of the Monument(al) Market in the Square, a Friday spring and summer market returning to Monument Square now on Fridays. The first Monument(al) Market will be Friday, June 2.

In a continued effort to program Monument Square and bring vibrancy to one of our city's most compelling plazas, Portland Downtown is teaming up with Monument Square business and property owners to recruit makers, artists, and other vendors to offer their wares Fridays throughout the spring and summer.

Market in the Square will continue to bring vibrancy to one of our premier locations in the city. It will help local entrepreneurs while at the same time being an active space that will entice tourists and others. We hope folks will also buy lunch or a snack at nearby restaurants and eat outside. We're excited to continue to bring activity to our downtown," said Cary Tyson, executive

director of Portland Downtown.

Interested vendors available at portlandmaine.com/MonumentalMarket can complete an application



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USM Gorham Class of 2023 Recognized with Senior Honors



GORHAM, ME (May 4, 2023) – Highlighted by a pair of outstanding student-athlete speakers – wrestling’s Jake Peavey and softball’s Lauren Miller - the Huskies’ Athletic Department’s annual year-end celebration of its student-athlete achievements did not disappoint.

An annual tradition in its 24th iteration, the 2023 Huskies’ Athletics Senior Honors Banquet brought together coaches, staff, University faculty, family and friends to congratulate the years of hard work, dedication, success and service that is synonymous with University of Southern Maine student-athletes, and wish the more than 60 departing Husky seniors from the University’s 22 Division III Intercollegiate teams luck in their next steps.

After opening remarks and dinner, Peavey shared his journey as a student-athletes and how the sport of wrestling gave him not only one of the biggest disappointments of his career, but the focus to achieve his biggest goal – claiming the 2023 Division III Northeast Championship and becoming an NCAA Division III All-American. Peavey encouraged his peers to take control, and make decisions every day to set themselves up for success.

Later in the evening, Miller spoke to her experience as a student-athlete and the relationships and friendships she has been able to cultivate from within her team and beyond – a journey that took her from a bench player to starting right fielder and all-conference selection.

As part of the celebration, Huskies’ Athletics announced its annual department awards, including the Paula D. Hodgdon Leadership Award, the Roland Wirths Memorial Award, the Kimberly M. Turner Student Employee Award, the Albert D. Bean Leadership Award, and the Mike Beveridge Humanitarian Award. Chosen from an outstanding pool of 25 nominees across the five prestigious awards, the list highlighted some of the best and brightest the USM Athletics community has to offer.

The event began with

the presentation of the Wirths Award, which has been given annual since 1980 in honors of the former Portland Press Herald sportswriter. The award is given to the student-athletes who is the over-achiever, the person small in stature who makes a big difference – an inspirational leader. Two student-athletes received the award for 2023 men’s ice hockey’s Tanner McClure and women’s soccer and lacrosse’s Kiaya Gatchell.

A four-year member of the hockey team, McClure is a three-time William B. Wise Scholar Athlete and is earning his degree in Sports Management this spring. Keeping busy off of the ice, McClure completed an internship with the Portland Sea Dogs in the summer of 2022, and is an active member in USM’s Student-Athlete Advisory Committee. Recently, McClure helped establish USM’s Best Buddies chapter on campus, which was recognized as the University’s Outstanding New Student Organization.

A two-sport standout for the 2022 Little East Conference Champion women’s soccer team, and the playoff bound women’s lacrosse team, Gatchell is an outstanding competitor and teammate for both programs. An All-LEC pick for lacrosse, Gatchell is a regular in the soccer team’s starting lineup as well, helping the Huskies’ establish team records for wins in a season and shutouts in a season.

On the heels of the Wirths award presentation, McClure was also announced as the 2023 recipient of the Mike Beveridge Humanitarian Award. Established in 2022, the award is named in honor of the former long-time Huskies’ hockey assistant, who passed away in the Fall of 2021. This award will be given annually to a member of the Huskies’ men’s or women’s hockey team who display the characteristics of care, compassion, generosity and selflessness in the likeness of Coach Beveridge.

Softball’s Rona Scott and women’s track & field’s Sophia Slovenski were announced as recipients of the 2023 Hodgdon Leadership Award. Given to the female student-athletes who exemplifies the qualities of the former Huskies’ field hockey coach/faculty member who was a pioneer in women’s athletics, each recipient is a woman of character, a valuable member of her team, and displays loyalty, dedication and commitment to the team, the sport

and the University.

Both officers in the Huskies’ Student-Athlete Advisory Committee (SAAC), Scott and Slovenski are well known in the athletic department and beyond for their community-service oriented activities and leadership abilities on and off of the field of competition. At the recent 2023 Student Leadership Awards Gala, Huskies’ SAAC was recognized with the University’s Commitment to Community Service Award.

A participant in numerous NCAA sponsored leadership academies, Scott has helped create and establish the Huskies’ Career Closet, and has been an advocate for Diversity and Equity issues in athletics and beyond. A two-time All-LEC selection at first base and a three-time William B. Wise Scholar-Athlete, Scott joined the Huskies’ indoor track & field team this winter and helped USM to another Little East Conference championship.

An NCAA National Champion, Academic All-American and a three-time NCAA All-American, Slovenski is a repeat winner of the Hodgdon Award, earning the accolade in 2022. President of SAAC, Slovenski has extended her mentorship beyond USM and helped established the University’s chapter of Strong Girls United. Recently, Slovenski and the outdoor track & field team claimed the program’s 22nd Little East Conference championship.

Peavey was a repeat recipient of the Bean Leadership Award, earning the accolade back-to-back in 2022 and 2023. The award is presented to the male junior or senior student-athlete who has demonstrated the leadership qualities of compassion, respect, guidance and worth ethic displayed by Bean.

A two-year captain for the Huskies’ wrestling team, Peavey has been a role model and mentor for his teammates throughout his career. A three-time NCAA All-Region place winner, Peavey had a breakout season in 2022-2023, capturing the NCAA Division III Northeast Regional Championship and earning NCAA All-American status. Throughout his career as a Husky, Peavey has chipped in during numerous SAAC sponsored events, and through his work with Husky Pack Chats was able to earn an internship, and a career offer with LL Bean.

The final award of the evening, the Turner Award was presented to Riley Peterson, a member of the



men’s track & field team and a long-time student employee in Athletic Communications. The Turner Award is given annually to a student employee or volunteer who has consistently made significant contributions to the USM Athletic Department. The recipient displays the characteristics of a mentor, a strong work ethic and the ability to go above and beyond in all facets of the job.

An All-LEC performer and conference champion in the pole vault for the Huskies’ men’s track & field team, Peterson has worked in Athletic Communications for two years and has helped elevated the department’s digital footprint with his excellent videography skills. Always willing to above and beyond to get the perfect



shot, and to create exciting and engaging video content of USM Athletics and its student-athletes. Photo credits: James Liebowitz



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MaineCF's Animal Welfare Fund Seeks Grant Proposals, Volunteers

PORTLAND & ELLSWORTH, ME (May 5, 2023) — Grants from the Maine Community Foundation's (MaineCF) Animal Welfare Fund are available to organizations that advance animal welfare in the state.

Last year, the Animal Welfare Fund awarded \$343,500 in grants to 25 nonprofit organizations, including general support for the Animal Refuge League of Greater Portland, Humane Society of Waterville Area and SPCA of Hancock County.

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

MaineCF also seeks volunteers to review proposals to the Animal Welfare Fund. Grant proposal reviewers provide comments to applicants, and recommend funding based on the program cri-

teria and priorities. Volunteers must commit to attend a one-hour virtual training session in early June and review six to eight proposals by July 10.

Reviewers will receive a \$350 stipend in appreciation for their time and contribution to the Animal Welfare grant program decision-making process. For more information about volunteer requirements, visit www.mainecef.org/animalwelfare or contact Program Officer John Ochira, jochira@mainecef.org or 207-412-0837.

An anonymous donor established the Animal Welfare Fund in 2007 and MaineCF has awarded more than \$1 million in grants since the program began. It is further supported by the Doree Taylor Charitable Foundation, Bank of America, N.A. Trustee, and the George F. Lyman and Ernestine Lyman Trust.

The Maine Commu-



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

- 2022 Grants
- Animal Refuge League of Greater Portland, Westbrook, for general support: \$15,000
 - Animal Welfare Society, Kennebunk, for general support: \$15,000
 - Bangor Humane Society, Bangor, for general support: \$15,000
 - Cottontail Cottage Farm Sanctuary, Cherry-

field, to support medical care and its spay/neuter program: \$15,000

Eastern Area Agency on Aging, Brewer, for distribution of pet food, supplies, and animal welfare education: \$11,344

Franklin County Animal Shelter, Farmington, for its cat spay/neuter voucher program: \$10,000

Friends of Feral Felines, Portland, to continue trap, spay/neuter, and placement efforts: \$15,000

Give a Dog a Home German Shepherd Dog Rescue, Sebec, for general support: \$15,000

Greater Androscoggin Humane Society, Lewiston, for general support:

\$15,000
Halfway Home Pet Rescue, Caribou, for its free spay/neuter program and free pet food pantry: \$15,000

Harvest Hills Animal Shelter, Fryeburg, for general support: \$15,000

Humane Society Waterville Area, Waterville, for general support: \$15,000

A.W.S. Animal Adoption Center, Camden, for affordable veterinary care, spay/neuter, and boarding for low-income pet owners: \$15,000

Peace Ridge Sanctuary, Brooks, to develop a free, quick-access canine resource center: \$15,000

Pixels Posse, Orrington, for general support: \$14,000

Pope Memorial Humane Society, Thomaston, for general support: \$15,000

Rattletrap Ranch, Limington, for the

care of aging and disabled foster cats: \$7,500

Responsible Pet Care of Oxford Hills, South Paris, for general support: \$15,000

Society for the Prevention of Cruelty to Animals, Trenton, for general support: \$15,000

Somerset Humane Society, Skowhegan, for spay/neuter vouchers: \$15,000

Spirits Place, Newport, for general support: \$15,000

The Ark, Cherryfield, for general support: \$15,000

Town of Dexter, to provide annual exams for older cats: \$5,000

Waldo County Humane Society, Belfast, for its spay/neuter program, rabies vaccinations, and financial assistance programs: \$15,000

Waldo County Pet Food Pantry, Belfast, to fund canine spay/neuter services: \$15,000

Portland Air Quality Worsens, Bangor's among Best in the Nation

PORTLAND, ME (April 19, 2023) – Maine's air quality is experiencing mixed results since last year's report, according to the American Lung Association's 2023 "State of the Air" report, which was released today. Bangor remains one of only seven cities in the nation that ranks on the cleanest cities lists for all three measures of pollution, and is celebrating its sixth consecutive year as one of the cleanest cities for ozone pollution. Alternatively, the Portland metro area recorded slightly more unhealthy days for ozone, and went from a ranking of 100th most polluted, down to 65th most polluted for ozone in this year's report. Nationally, the report found that nearly 120 million people, or more than one in three, in the U.S. live in counties that had unhealthy levels of ozone or particle pollu-

tion. The Lung Association's 24th annual "State of the Air" report grades Americans' exposure to unhealthy levels of ground-level ozone air pollution, annual particle pollution and short-term spikes in particle pollution over a three-year period. This year's report covers 2019-2021.

"As we can see from this year's report data, there is much work to be done to improve our air quality," said Lance Boucher, Assistant Vice President, State Policy, East Division for the Lung Association. "Even one poor air quality day is one too many for our residents at highest risk, such as children, older adults, pregnant people and those living with chronic disease. That's why we are calling on the Mills Administration and the state legislature to continue moving forward

on policies to ensure that everyone has clean air to breathe. Specifically, we call on Maine to finalize the Advanced Clean Cars II standard, continue to strengthen electric vehicle infrastructure, and push forward on efforts increase clean energy."

Nationally, the report found that ozone pollution has generally improved across the nation, thanks in large part to the success of the Clean Air Act. However, more work remains to fully clean up harmful pollution, and short-term particle pollution continues to get worse. In addition, some communities bear a greater burden of air pollution. Out of the nearly 120 million people who live in areas with unhealthy air quality, a disproportionate number – more than 64 million (54%) – are people of color. In fact, people of color were 64% more likely than white people to live

in a county with a failing grade for at least one measure, and 3.7 times as likely to live in a county with a failing grade for all three measures.

Ground-level Ozone Pollution in Bangor

Compared to the 2022 report, Bangor continued to experience zero unhealthy days of high ozone in this year's report. "State of the Air" ranked Bangor as one of the cleanest cities for ozone pollution for the sixth year in a row. Penobscot County received a "A" grade for ozone pollution.

Ground-level Ozone Pollution in Portland

Compared to the 2022 report, Portland experienced slightly more unhealthy days of high ozone in this year's report. "State of the Air" ranked Portland 65th most polluted for ozone in this year's report, as opposed to its ranking of 100th in last years report. Both Cumberland and

York Counties received "C" grades for ozone pollution.

Particle Pollution in Bangor

The report also tracked short-term spikes in particle pollution, which can be extremely dangerous and even deadly. Bangor's short-term particle pollution remained at zero unhealthy days in this year's report, which means the city earned its title as one of the cleanest cities for particle pollution for the 14th consecutive year.

The 2023 "State of the Air" found that year-round particle pollution levels in Bangor were slightly lower than in last year's report. The area was ranked 5th best for year-round particle pollution.

Particle Pollution in Portland

Portland continued to rank as one of the cleanest cities for short-term parti-

cle pollution, with zero unhealthy days. For the sixth consecutive time, and for the ninth time in total, both Androscoggin and Cumberland Counties, posted zero unhealthy days (A grades) for this pollutant measure.

Year-round particle pollution levels in Portland were slightly lower than in last year's report. The area was ranked 164 most polluted for year-round particle pollution, better than the ranking of 133 last year.

The American Lung Association is calling on President Biden to urgently move forward on several measures to clean up air pollution nationwide, including new pollution limits on ozone and particle pollution and new measures to clean up power plants and vehicles. See the full report results and sign the petition at Lung.org/SOTA.

Maine Shipyard Receives Funds to Create Jobs



WASHINGTON, D.C. (May 2, 2023)– Today, the U.S. Department of Transportation's Maritime Administration (MARAD) announced the award of \$739,302 in grant funds to The Portland

Company, of Portland, ME through the Small Shipyard Grant Program. The Portland Company will use these funds to support the purchase of a 60-ton vessel trailer, 249 HP tractor/loader, and an indoor

ventilation project. Small Shipyard Grant funds help awardees modernize, increase productivity, and expand local employment opportunities while competing in the global marketplace.

"Small shipyards strengthen America's commercial fleet, bolster our economic security, and generate good jobs," said U.S. Transportation Secretary Pete Buttigieg. "We are proud to support these shipyards reinforce their vital role in the U.S. maritime sector."

Since 2008, MARAD's Small Shipyard Grant Program has awarded \$303 million to nearly 350 shipyards in 32 states and territories throughout the U.S.

"As shipbuilding technologies continue to advance, Small Shipyard Grants help Ameri-

ca's shipyards acquire the equipment they need to compete, thrive and expand America's maritime industry," remarked Maritime Administrator Ann Phillips. "These grants are also economic boosts to the communities in which shipyards are located as well as to our industrial supply chain."

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

Midcoast Symphony Orchestra to Perform “French Impressions”

TOPSHAM, ME (May 1, 2023) —The Midcoast Symphony Orchestra (MSO), performs music by French composers in concert on May 20, 7 p.m., at the Franco Center in Lewiston, and May 21, 2:30 p.m., at the Orion Performing Arts Center in Topsham.

For these final classical concerts of the season, dubbed “French Impressions,” the orchestra welcomes guest conductor Hiroya Miura back to the podium. As the reason for choosing an all-French program, Miura said, “In my early career as a composer, French music from the early 20th century was hugely influential to me.” Miura has programmed “D’un matin de printemps” by Lili Boulanger and “La Valse” by Maurice Ravel from that time period.

Miura also stated, “I later discovered Rameau [18th century composer] was ‘the roots music’ for 20th century composers like Ravel and Boulanger . . . and you can hear the same passion and pursuit for orchestrational colors in these early 20th century French composers.” With this in mind, Miura has chosen to perform Jean-Philippe Rameau’s “Les Indes Galantes, Suite No. 1.”

The program is rounded out with the ever-popular “Pictures at Exhibition” by Modest Mussorgsky, originally written for piano and later arranged for orchestra by Ravel. This piece takes the listener on a tour of artwork by Victor Hartmann, an artist/architect friend of Mussorgsky.

As part of MSO’s outreach program to highlight young musicians, Alek Zelbo, a piano student at Bates College, will provide intermission music at the Franco Center. Also, the public is invited to a free, pre-concert talk, “Painting Pictures and Telling Stories in Music” at 1:30 p.m. before the

Sunday concert. Musicologist Mary Hunter, professor emerita at Bowdoin College, will enrich the listeners’ experience with discussion and musical examples from the program.

Complete concert and ticket information is at MidcoastSymphony.org. Tickets are \$24.50 in advance, \$25 at the concert, and free for ages 18 and under and for college students with ID. Audiences are encouraged to purchase tickets in advance at MidcoastSymphony.org or by calling the box office at (207) 481-0790.

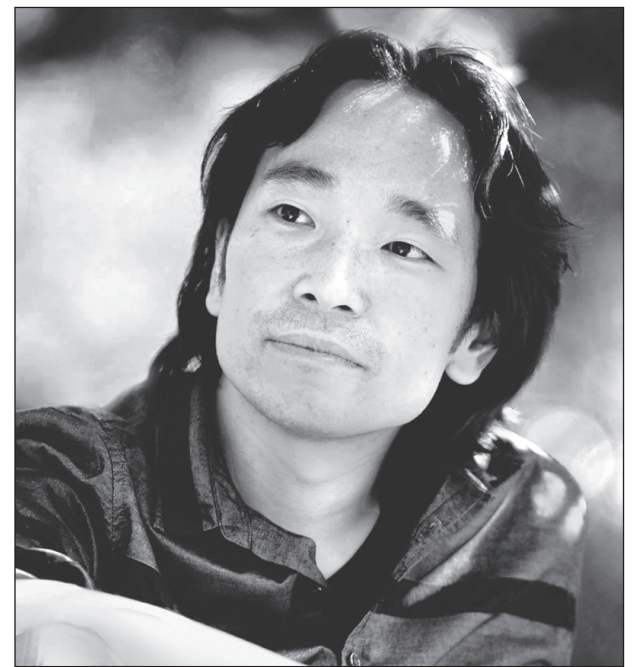
The orchestra will team up with Maine’s own disco/funk tribute group Motor Booty Affair in

concert on June 10 & 11. Favorite 70s hits make up this “Classical Night Fe-

ver” show. More information is at MidcoastSymphony.org.



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



Hiroya Miura guest conducts the Midcoast Symphony Orchestra’s “French Impressions” concerts on May 20 in Topsham and May 21 in Lewiston.

THE CALM BEFORE THE STORM CORNHOLE TOURNAMENT

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To get updates during the tournament, register your team on your smartphone using the **Scoreholio app**.*
Search for "YMCA Kids to Camp Cornhole Tournament"

*This app is simply for day of updates, You must ALSO register with the YMCA to be entered into tournament



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For more information email Marcie Hird: mhird@alymca.org

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\$7.5M to Strengthen Northeast Climate Resilience, Economies

WASHINGTON D.C. (April 22, 2023) — The Department of the Interior today announced a \$35 million investment in fiscal year 2023 funding from President Biden’s Bipartisan Infrastructure Law for 39 projects in 22 states that will address outdated or obsolete dams, culverts, levees and other barriers fragmenting our nation’s rivers and streams. Today’s announcement is part of the Department’s five-year \$200 million commitment to restore free-flowing waters, allowing fish migration and protecting communities from flooding rivers and streams. It is also part of an over \$3 billion investment in fish passage and aquatic connectivity projects under the Investing in America agenda, which includes funding from the Bipartisan Infrastructure Law and Inflation Reduction Act.

“President Biden’s Bipartisan Infrastructure Law provides a once-in-a-generation opportunity to invest in our nation’s rivers, streams and

communities and help restore habitat connectivity for aquatic species around the country,” said Secretary Deb Haaland. “As the effects of climate change continue to intensify, Tribal Nations in particular are facing unique climate-related challenges that threaten resources vital to Indigenous communities. These fish passage investments will support community-led transitions and facilitate long-term conservation and economic growth in these areas.”

Each of the funded projects was developed collaboratively by local partners and selected through a competitive process led by an interdisciplinary panel of experts from multiple federal agencies, including the U.S. Fish and Wildlife Service, the U.S. Forest Service and National Marine Fisheries Service. Nine of the projects receiving investments will be led by Tribal partners, and many will help with conservation efforts for threatened or endangered species.

“Across the country there are millions of barriers that block viable corridors for fish and other aquatic wildlife to access spawning grounds, food sources and safe water. This historic law is giving these aquatic species a chance,” said U.S. Fish and Wildlife Service Director Martha Williams. “Funding from the Bipartisan Infrastructure Law bolsters our efforts to improve fish passage that ultimately conserves freshwater and migratory fish and wildlife, promotes safer community infrastructure, and encourages climate resiliency.”

Projects will be funded in Alaska, Arizona, California, Idaho, Indiana, Iowa, Maine, Maryland, Massachusetts, Michigan, Montana, New Hampshire, New Jersey, New Mexico, North Carolina, Oklahoma, Oregon, South Carolina, South Dakota, Washington, West Virginia and Wyoming. Details are available on the U.S. Fish and Wildlife Service’s website.

This investment delivers on one of the Ameri-

ca the Beautiful initiative’s six early focus areas (supporting collaborative conservation of fish and wildlife habitat and corridors) and is consistent with the Administration’s Corridors and Connectivity Guidance.

The rivers, streams and coastal systems of North America once supported vast annual runs of fish such as Atlantic salmon, American shad, Pacific salmon and steelhead. These species and many others, including some at-risk and listed species, depend on connected streams and high-quality habitat to survive. During the past 200 years, many of these populations have decreased drastically, in large part due to the proliferation of barriers like dams and undersized culverts, and watershed development that blocks fish from their natural migrations.

The Service’s National Fish Passage Program is a leader in pulling partners together to restore connectivity to fragmented rivers. The program pro-

vides financial, engineering and planning assistance to communities, Tribes, states and landowners to support barrier removal and river restoration projects. Since 1999, the program has worked with over 2,000 partners to remove or bypass over 3,400 barriers to fish passage and re-open access to over 61,000 miles of upstream habitat for fish and other animals.

Today’s announcement comes as the Endangered Species Act turns 50 years old in 2023. Throughout the year, the Department is celebrating the ESA’s importance in preventing imperiled species’ extinction, promoting the recovery of wildlife and conserving the habitats upon which they depend. The ESA has been highly effective and credited with saving 99% of listed species from extinction. Thus far, more than 100 species of plants and animals have been delisted based on recovery or reclassified from endangered to threatened based on improved conservation status,

and hundreds more species are stable or improving due to the collaborative actions of Tribes, federal agencies, state and local governments, conservation organizations and private citizens.

A multi-agency interactive map featuring Bipartisan Infrastructure Law funded fish passage projects can be viewed on the newly launched Fish Passage Portal.

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Cadets from Brunswick Area Take First Flights

BRUNSWICK, ME (April 29, 2023) – Capt. Dundzila and cadets C/ SrA Malachi Johnston, C/ Amn Connor Ridley, and C/Amn Samuel Brassard, Capt. Tomas Dundzila left Bangor Airport early Saturday morning and flew to Brunswick where he introduced three cadets from the Brunswick area to the experience of flight and let them each of them take the controls and become the pilot for about 45 minutes each. Flying from Brunswick to Fryeburg and then back over to the Knox County Airport and down to Belfast and back to Brunswick, gave each of the three

cadets a lot of time in the Cessna 172 learning about the controls, radio talk and the science that makes flight possible. Our Orientation lessons include navigation, weather, instruments, flight maneuvers, and so much more.

“I was nervous about flying at first, but I really loved being a pilot”, Malachi Johnston exclaimed when he made it back to Brunswick and Samuel Brassard exclaimed that he “... took a thousand pictures from the back seat because it is just so wonderful up there”.

Connor Ridley reported that he was nervous too

at first because “I have never flown before, but this was one of the reasons I joined Civil Air Patrol, because I want to fly”. Brassard added that “... we flew over my house”!

Civil Air Patrol in Maine has ten Squadrons from Sanford to Presque Isle, so you can find a Squadron near you. Our programs are open to youth aged 12 through 18 and we also have volunteer opportunities for adults, pilots and non pilots alike. For more information about joining the Brunswick Squadron or any other Squadron in Maine, please visit GoCivilAirPatrol.com and click on the Join tab.

Collins, King Announce \$2M for Migratory Bird Conservation

WASHINGTON, D.C. (May 5, 2023) – U.S. Senators Susan Collins, the Vice Chair of the Appropriations Committee, and Angus King, the Chair of the Senate National Parks Subcommittee, announced that the U.S. Department of the Interior’s Migratory Bird Conservation Commission (MBCC) has approved a \$2 million award for the Maine Department of Agriculture. The department will use the funds for the Conservation and Forestry (DACF) project called Protecting Maine’s Freshwater Wetlands.

The Maine wetlands conservation project will permanently protect two large, wetland-rich interior properties, a coastal zone parcel and an intertidal shorefront tract, which are located across the Aroostook County, Moosehead Lake, and southwest

coastal regions. These lands provide vital habitat for wetland-dependent bird species. Additionally, the project will create opportunities for public recreation, such as hiking, hunting, fishing, trapping, boating, snowmobiling, and ATV riding on marked trails within the designated tracts.

“Wetlands provide an essential habitat for migratory birds. This grant will help Maine permanently protect critical areas that support a variety of bird species while ensuring that these lands are available for the public to enjoy,” said Senators Collins and King. “We applaud the MBCC for its ongoing commitment to the conservation of natural resources in the State of Maine.”

The funding is part of \$50.9 million in grants approved by the MBCC

under the North American Wetlands Conservation Act (NAWCA), the only federal grant program solely dedicated to conserving wetland habitats for migratory birds. The MBCC has approved a total of 12 projects nationwide for the current fiscal year, which will conserve or restore nearly 250,000 acres of wetland and associated upland habitats for waterfowl, shorebirds, and other birds across all of North America. Since 1989, the NAWCA has supported over 3,000 projects in all 50 U.S. states, advancing the conservation of wetland habitats and their wildlife.

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



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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 wwmktwkr1933@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.sacrivertheatre.org or call 207-929-6473 for reservations.

May 18

LEWISTON -- 12:00 PM - 1:00 PM, Callahan Hall, Lewiston Public Library: GREAT FALLS FORUM WITH MARGIE PATLAK

For author and photographer Margie Patlak,

Calendar

Send your submissions to the Editor. More online.

exploring the unique nature of the Maine coast opens a door to deeper ties and insights, as revealed in her memoir More Than Meets the Eye: Exploring Nature and Loss on the Coast of Maine. In her Great Falls Forum talk, Margie will describe how she came to write her book and read a few excerpts that illustrate how many facets of the natural world speak a hidden language that can be translated by scientific knowledge and reflection.

Free. In person or virtual. Bring your bag lunch. Book sale and signing to follow. The Zoom link will be posted to the Library website and Facebook prior to the event. 513-3135; www.LPLonline.org

May 19

LEWISTON -- 2pm at the Lewiston Public Library: SMALL OFF THINGS WITH SUZANNE FARRELL SMITH

Suzanne Farrell Smith will read and discuss her book Small Off Things. Followed by a talk from Dave Bilodeau about Lewiston's Project Support You.

May 19

ROCKPORT -- DaPonte String Quartet Concert Series 3, Program:

Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 7:00 pm, Union Hall, Rockport. Information and tickets available at dapontequartet.org

May 20

MINOT -- Baked Bean & Casserole Supper (with pie for dessert) at Minot United Methodist Church, Corner of Rt. 11 and Empire Rd. Minot. Saturday May 20th 2023 from 5 p.m. to 6 p.m. Tickets are \$7 for adults, children under 12 are free. Please come and join us!

May 20

LEWISTON -- Concert: The Midcoast Symphony Orchestra presents "French Impressions" with guest conductor Hiroya Miura. The performance, featuring French composers, is on May 20 at 7:00 p.m. at the Franco Center, 46 Cedar St., Lewiston. For info and tickets visit https://www.midcoast-symphony.org/tickets or call 207-481-0790. Tickets \$24.50 (advance) \$25 (cash or check) at the door. Under 18 and college students with ID are free.

May 21

SANFORD -- DaPonte String Quartet Concert

Series 3, Program: Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 3:00 pm, Sanford Performing Arts Center, Sanford. Information and tickets available at dapontequartet.org

May 26

PORTLAND

DaPonte String Quartet Concert Series 3, Program: Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 7:00 pm, St. Lukes Cathedral, Portland. Information and tickets available at dapontequartet.org

May 27

AUBURN

The Maine Iris Society will hold its 2023 Median Iris & Spring Flower Show on Saturday, May 27th, from 1:30pm to 4pm at the Auburn Middle School, 38 Falcon Dr, Auburn. Admission is free. Please note that bare-root iris rhizomes will not be available this year; however, there will be a sale of potted perennials.

May 27

PORTLAND

DaPonte String Quartet Concert Series 3, Program: Beethoven String Trio in G Major, Op. 9, no. 1 & Brahms Piano Quartet in C Minor, Op. 60 with pianist Laura Kargul at 4:00 pm, Meetinghouse Arts, Freeport. Information and

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May 27

GRAY -- First Congregational Church of Gray Saturday Night Church Supper @ 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped accessible. Meals are single-sized and are \$10.00 each. Please pay at the door.

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

June 3

AUBURN -- The West Auburn Congregational Church will be holding a Homemade Dinner on June 3 from 4:30 to 6 pm at 811 West Auburn Road, Auburn Maine. We will be serving Chicken Pot Pie, Macaroni and Cheese, Salads, Rolls, Beverage and Dessert. Tickets are available at the door for \$10.00, (Children 5 to 10 \$5.00 and

under 5 free). We have to go meals.

Location: West Auburn Congregational Church - 811 West Auburn Road, Auburn Maine

Topic: Homemade Dinner

Date: Saturday, June 3, 2023

Time: 4:30 to 6 pm

Food: Chicken Pot Pie, Macaroni and Cheese, Salads, Rolls, Beverage and Dessert

Cost: Tickets are available at the Door \$10.00 (Children 5 to 10 \$ 5.00; under 5 free)

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Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

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

Trip includes 5 nights

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

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Sen. Collins Welcomes Westbrook Native as Returning Fellow

WASHINGTON, D.C. (May 2, 2023) – U.S. Senator Susan Collins announced that Val Kapothanasis, a Westbrook native, has been awarded a returning worker fellowship in her Portland office. Senator Collins' Returning Worker Fellowship provides an opportunity for

Mainers to gain experience working in a U.S. Senate office.

Val graduated from the University of Arizona, where she studied Management Information Systems, and she has spent more than two decades as a stay-at-home mom.

"I'm delighted to

have Val join the Returning Worker Fellowship program in my Portland office," Senator Collins said. "Her dedication to her family demonstrates the kind of commitment and work ethic that is essential to succeed, and I know she will provide excellent constituent service

to her fellow Mainers."

Returning worker fellows are tasked with performing constituent casework, managing

correspondence, and assisting with the administrative functions of the office.

Those interested in

applying for the Returning Worker Fellowship program can do so by visiting <https://www.collins.senate.gov/services/students>

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