

Gorham Invited to Join Pride Portland! Parade



PORTLAND, ME (May 26, 2023) – Holocaust and Human Rights Center of Maine can't wait to join the 2023 Pride Portland! parade. As members and allies of the LGBTQ+ community, we will gather on Saturday, June 17th, to celebrate and

support human rights and equal rights for all. Pride Portland! brings people together for an annual parade and festival to celebrate and honor the accomplishments of the LGBTQ+ movement, to raise awareness of the community's ongoing struggles, and to foster an environment of inclusivity, accessibility, and solidarity.

This year's theme is: Together With Pride. We hope you can join us—and encourage you to arrive by 12:30 at One Monument Square to say hello, meet new friends, and get your T-shirt.

At the HHRC we promote tolerance

and respect for human rights through educational programs, exhibits and events. Identity touches so much of our mission and work because the work of human rights for all people begins with honoring the unique and collective identities that make up our global community. On June 17th we will join others engaged in this important work to celebrate the progress we have made, and the work that continues. The Parade begins at 1:00.

Register to join us at <https://www.eventbrite.com/e/pride-portland-parade-registration-629346601627>

Credit Union Foundation Honors Cross Roads House



Chris Parker

PORTSMOUTH, NH (May 26, 2023)—The Northeast Credit Union Foundation hosted its inaugural event, Nourish Portsmouth, at Cisco Brewers on May 18th; an evening celebrating the spirit of doing well by doing good. Over 250 guests had the opportunity to connect with over 20 local nonprofits who were on site to share their missions and build relationships with each other.

Welcoming remarks were given by Northeast Credit Union CEO and Chairman of the Foundation, Chris Parker, who shared how the Foundation was born out of the belief that Northeast Credit Union's purpose is more significant than just offering a great banking experience. While listening to wonderful music performances by local musicians, Kris Hype and the New Hampshire Fiddle Ensemble, guests visited with mission-aligned organizations like The Monarch School of New England, I Got Bridged, and Gather to name a few, and shared how working together they are making an impact on our communities.

See Honors, page 3

Garbage to Garden Composting Service Now Available in Gorham



GORHAM, ME (May 26, 2023) --- Correction: This announcement has been updated to correct inaccurate information previously reported as Garbage to Garden is not associated with Benson Farms.

Did you know that "1 household composting for 3 years = 1 TON of food waste di-

verted from landfills" (Garbage to Garden)?

Gorham has joined the community of Garbage to Garden (G2G) service areas across Maine for a pilot program in which residents can drop off organic waste at a local drop off site to be used to renew our local soil.

Find Gorham's drop off site behind Gorham Public Safety (270 Main Street), adjacent to the Gorham Skate Park off of Chick Drive.

Compost is then collected by G2G each week and brought to local farms where compost - certified by Maine Organic Farmers and Gardeners Association (MOGFA) - is produced for use in organic gardening.

Gorham residents can also sign up for the G2G curbside program for household composting, and G2G will collect organic waste. If requested, G2G will also drop off a bag of MOGFA-certified compost.

G2G composting buckets are available at the G2G Office located at 352 Presumpscot Street, Portland (\$8.00 each), as well as participating Hannaford Supermarkets and other stores. Visit <https://www.garbagetogarden.org/start-composting.php#Households> for a list a nearby retailers.

Benefits of Composting

Join your neighbors in recycling food waste through the Garbage to Garden (G2G) composting program and realize these benefits:

- Reduced use of garbage bags
- Receive free compost
- Reduce landfills and methane emissions
- Increase soil fertility
- Reduce stormwater run-off
- Increased nutrition of food grown in compost
- Improved air quality

Reference

Did You Know: Garbage to Garden. <https://garbagetogarden.org/about.php>, Accessed: 19, May 2023.

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\$689,000 | 64 Jennifer Drive, Auburn | MLS# 1560384

Newsmakers, Names & Faces

Study Reveals New Insight into Long COVID

PORTLAND, ME (May 26, 2023) – Initial findings from a study of nearly 10,000 Americans, including those in Maine, indicate that certain symptoms of long COVID occur together and that long COVID was more common and severe in study participants infected before the 2021 Omicron variant. The study is funded by the National Institutes of Health (NIH), and has been published in JAMA, the Journal of the American Medical Association. It was co-authored by Ivette Emery, PhD, a translation scientist at the MaineHealth Institute for Research (MHIR).

These findings come from the NIH’s Researching COVID to Enhance Recovery (RECOVER) initiative, a nationwide effort dedicated to understanding why some people develop long-term symptoms following COVID-19, and most importantly, how to detect, treat and prevent long COVID. The goal is to eventually find potential treatments for long COVID. Clinical symptoms can vary and include

fatigue, brain fog and dizziness, and last for months or years after a person has had COVID-19.

“Americans living with long COVID want to understand what is happening with their bodies,” said Adm. Rachel L. Levine, MD, Assistant Secretary for Health for the U.S. Department of Health and Human Services. “RECOVER, as part of a broader government response, in collaboration with academia, industry, public health institutions, advocacy organizations and patients, is making great strides toward improving our understanding of long COVID and its associated conditions.”

Researchers examined data from 9,764 adults, including 119 people who participated through MHIR. Of the study participants, 8,646 had COVID-19 and 1,118 did not. They assessed more than 30 symptoms across multiple body areas and organs and applied statistical analyses that identified 12 symptoms that most set apart those with

MaineHealth

and without long COVID: post-exertional malaise, fatigue, brain fog, dizziness, gastrointestinal symptoms, heart palpitations, issues with sexual desire or capacity, loss of smell or taste, thirst, chronic cough, chest pain and abnormal movements.

They then established a scoring system based on patient-reported symptoms. By assigning points to each of the 12 symptoms, the team gave each patient a score based on symptom combinations. With these scores in hand, researchers identified a meaningful threshold for identifying participants with long COVID. They also found that certain symptoms occurred together, and defined four subgroups or “clusters” with a range of impacts on health.

“We see through this study that long COVID can take many forms and impacts all parts of the body,” said Dr. Emery, co-Investi-

gator for the MaineHealth RECOVER site. “We are incredibly grateful to our study participants, many of whom continue to suffer with few answers, for helping us take this first step toward understanding this condition.”

Based on a subset of 2,231 patients in this analysis who had a first COVID-19 infection on or after Dec. 1, 2021, when the Omicron variant was circulating, about 10 percent experienced long-term symptoms or long COVID after six months. The researchers found that participants who were unvaccinated, had COVID-19 for the first time before the 2021 Omicron strain, or who had reinfections were more likely to have long COVID and more severe cases of long COVID.

The results are based on a survey of a highly diverse set of patients and are not final. Survey results will next be compared for

accuracy against an array of lab tests and imaging.

“Studying the underlying biological mechanisms of long COVID is central to our being able to identify effective treatment strategies in the future,” said Cliff Rosen, MD, Principal Investigator of the Clinical and Translational Research grant at MHIR and the MaineHealth RECOVER site. “Patients need and deserve interventions that will help them get their lives back.”

The ongoing RECOVER research serves as the foundation for planned clinical trials, which would contain interventions rooted in many of the symptoms outlined in this study. RECOVER clinical trials are expected to begin enrolling patient participants later this year. In addition to Drs. Emery and Rosen, the team conducting research at MHIR includes Nurse Practitioner Theresa Roelke and research coordinators Abigail Arruda and Lauren Moore.

“Researching better ways to provide care is a central piece of Maine-

Health’s mission,” said Elizabeth Jacobs, MD, MaineHealth Vice President of Research. “Through RECOVER, our team at MHIR is proud to contribute to the science of long COVID and give Maine people access to clinical trials that may lead to treatments or cures.”

To date, more than 100 million Americans have been infected with SARS-CoV-2, the virus that causes COVID-19. As of April, the federal government’s Household Pulse survey estimates that about 6 percent of those infected with the virus continue to experience and suffer from the many symptoms termed together as long COVID. Patients and researchers have identified more than 200 symptoms associated with long COVID.

This research was funded by NIH agreements OT2HL161841, OT2HL161847, and OT2HL156812. Additional support came from grant R01 HL162373. For more information on RECOVER, visit <https://recovercovid.org>.

Embrace Safety and Fun at Maine State Park Beaches

AUGUSTA, ME (May 25, 2023) - The Department of Agriculture, Conservation and Forestry (DACF) is joining National Beach Safety Week’s spirit in promoting beach safety and spreading the word to ensure a fantastic Memorial Day Weekend. With Memorial Day Weekend upon us, as we prepare to enjoy the sun, sand, and waves on Maine State Park beaches, it is time to prioritize safety while creating lasting memories.

Under the theme of “Sun, Surf, and Safety,” National Beach Safety

Week serves as a crucial reminder to take necessary precautions while enjoying the beaches. The campaign aims to educate beachgoers about the importance of beach safety, equip them with essential knowledge, and foster a sense of community among beach enthusiasts.

The DACF’s Bureau of Parks and Lands encourages everyone to follow these essential tips for a safe and enjoyable beach experience:

Take a Dip with Care: Prioritize your safety by familiarizing yourself

with the water conditions, rip currents, and warning flags. Never underestimate the power of the ocean!

Shield Yourself from the Sun: Protect yourself from harmful UV rays by applying sunscreen generously, wearing a wide-brimmed hat, and seeking shade during the hottest parts of the day.

Respect the Environment: Our beaches are not only our playgrounds but also home to diverse ecosystems and wildlife. Let’s be sound stewards of these environments by disposing of trash responsibly, stay-

ing on designated paths, avoiding disturbing wildlife, and being shark smart.

Watch Out for Each Other: We are all part of the beach community, and looking out for one another is paramount. Keep an eye on your family, friends, and fellow beachgoers. If you spot someone struggling in the water, immediately alert a lifeguard or park staff, or dial 911.

Be Prepared: Safety is all about being prepared. Pack a beach bag with essentials such as water, snacks, a first aid kit, and emergency contact infor-

mation.

Note: Please be aware that Maine State Park beaches may have limited staff, and all state park beaches will be without lifeguards until the third week of June. Additionally, sand erosion is impacting Popham Beach State Park at high tide. It is crucial to follow staff instructions to avoid risks or hazards. Your cooperation and adherence to their guidance are greatly appreciated.

Let’s make this Memorial Day Weekend one to remember, filled with joy, laughter, and, most

importantly, beach safety! Join the National Beach Safety Week nationwide movement and spread the word using the hashtags #BeachSafetyWeek, #MemorialDayWeekend, and #FunInTheSun.

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



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Newsmakers, Names & Faces

Honors *Continued from page 1*

The culmination of the event came when The Northeast Credit Union Foundation honored Will Arvelo, Executive Director of Cross Roads House with the first-ever Nourish Award. The Nourish Award is bestowed upon an organization that reflects Northeast's mission to enrich and nourish the lives of others. Cross Roads House provides homeless families and individuals with shelter, basic necessities, and the tools and guidance they need to return to permanent housing.

Dan Raposa, Executive Director of The

Northeast Credit Union Foundation shared, "For four decades, the work of the Cross Roads House has been nothing less than remarkable. Their services are vital for the unsheltered in the Seacoast area. This is a cause we're happy to support, is tightly aligned with our mission, and we see them as a valuable community resource and a cornerstone of our evolving Nourish Network."

The spirit of the evening was not lost on the attendees nor the nonprofits, with many sharing their appreciation for Northeast bringing the community together in this way. "I was so energized and in-

spired when I got home last night - Northeast has an incredible community and it seems like there are even more great things ahead to explore. We're so grateful to be a part of it!" stated Amanda Martineau of The Monarch School of New England.

The evening in Portsmouth is just the beginning for the good work and connections being made possible by the Northeast Credit Union Foundation, as plans continue to grow and evolve their Nourish Network, and the impact it will have throughout local communities in New Hampshire and Maine.

About the Northeast

Credit Union Foundation
The Northeast Credit Union Foundation is funded by Northeast Credit Union members, employees, vendor partners, and community members. The Foundation is committed to supporting programs that look to end food insecurity, support affordable housing, and the advancement of education. More information can be found at www.necu.org/foundation.

About Northeast Credit Union

Northeast Credit Union is a member-owned and not-for-profit organization whose mission is to enrich and nourish the

lives of others: its members, its employees, and its communities. Northeast provides a cooperative banking experience that invites others to take part in making our communities thrive through elimination of food insecurity, access to affordable housing, and

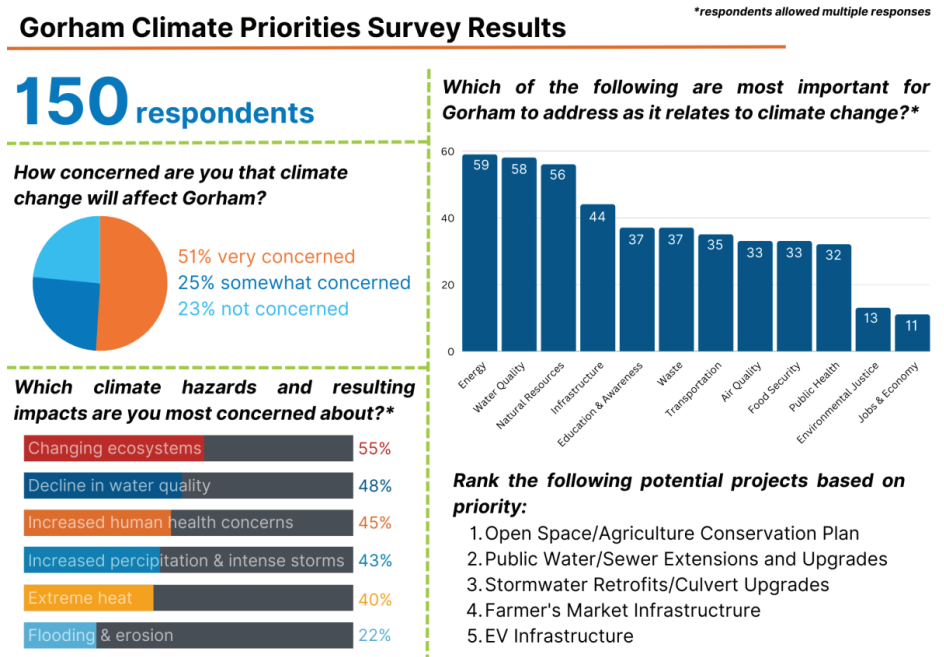
support of education. From its humble beginnings at the Portsmouth Naval Shipyard in 1936, Northeast has grown to more than \$2 billion in assets, over 142,000 members and 18 branches throughout New Hampshire and Maine.



Monarch School



Town of Gorham Releases Climate Resiliency Survey Results



GORHAM, ME (May 25, 2023) – The Town of Gorham thanks everyone who participated in the Town's climate resiliency outreach survey. The survey results will help prioritize areas

for investment in the years ahead. With the Council's unanimous support for enrollment in the State's Community Resilience Partnership at its May 2nd meeting, Gorham will now be eligible to apply for

state funding to meet the needs that have been identified.

21st Annual "Friends on the 4th" 5K Coming Up!

WINTHROP, ME (May 26, 2023) – Start this year's 4th of July with a bang by entering the 21st annual "Friends on the 4th" 5K Run/Jog/Walk. The race is scheduled for Tuesday July 4, 2023 at 8:00 a.m. held in Winthrop, Maine at Norcross Point. The race, with a scenic course that runs along the eastern shore of Maranacook Lake, is open to runners, joggers, and walkers of all ages. The pre-registration fee is \$25 for 11 years or older and \$15 for 10 years and younger. Payment and registration form must be received by 8:00 am, Tuesday June 27 to guarantee the t-shirt and

gift bag. Event day registration is \$35 with no guarantee of a t-shirt and gift bag. Same day registration MAY be available day of the race starting at 7:00 a.m. and ending at 7:45 a.m. at the American Legion on Bowdoin Street in Winthrop. Early registration is highly encouraged! The Friends would like to send a big Thank-You to this year's sponsors- Major sponsor: Homestead Realty. Gold level sponsors: Maine General Medical Center Sports Medicine, Definitive Brewing Company, G& E Roofing. Silver Sponsors: Lamey Wellehan, JF Scott Construction, Pine Tree Fence,

Augusta Fuel Company, Winthrop Plays Outside, Family First Funeral Homes and Cremation Care, The Weathervane Restaurant. Bronze Sponsor: American Awards. All proceeds from registrations support programs offered by the Friends of the Cobbossee Watershed, a 1,000+ member organization whose mission is "protecting the lakes, ponds, and streams of the Cobbossee Watershed through community engagement, conservation and education". For more information, please contact the Friends office at 207-395-5239 or mail@watershed-friends.com.

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Seniors Not Acting Their Age

New Adventures on the Machias River Part II – Little Falls to Smith Landing



Canoeists finish their descent of 3rd Wigwam on the Machias River



Paddlers visit a stone monument in memory of Machias River pioneer Obadiah Hill



A tandem canoe team navigates difficult Little Holmes Falls

By Ron Chase
Ken Gordon and I awoke to a remarkably beautiful spring day at our campsite next to Little Falls on the Machias River. We were on the second day of our river trip and sharing the scenic site with six canoeists we met the previous day.

Anticipating an exciting paddle on upcoming Wigwam Rapids, our young newfound friends were anxious to get started. Ken and I were on a much slower senior citizen pace. We were still eating breakfast when

they departed. One paddler called back announcing they'd see us somewhere in the Wigwams.

When we broke camp, the temperature was about seventy degrees and a handful of dreaded blackflies were pestering us. Paddling expedition kayaks, we began the five-mile flatwater sector to the First Wigwam with the hope that predicted strong winds would alleviate the blackfly menace.

First on our agenda was an exploration of Ingley Cove located on the left about two miles

downriver from Little Falls. The Maine Atlas indicates there is a campsite there. In my forty-five years paddling the Machias, I'd never seen it. Hidden away deep in the cove we found a clearing with a fire ring that would accommodate a small group.

Shortly after passing Mopang Stream on the right, we arrived at the beginning of a two-mile stretch of challenging whitewater called Wigwam Rapids. The Wigwams consist of four distinct rapids separated by pools or quick water.

The protracted first Wigwam began with a steep pitch replete with large waves and unappealing pour overs. After scouting, we successfully navigated left before proceeding through the rollicking runout. Quick water and easy rapids followed to Second Wigwam which entailed cautious maneuvering around two ledge drops.

Entering a pool immediately downriver, the tops of breaking waves could be seen just over the horizon line. Third Wigwam was next. Our canoeing friends were investigating the falls from the right bank. We eddied out on the left at the beginning of the portage trail to scout.

Following careful investigation, we plunged down the left side and over a pitch at the bottom while avoiding boulders and a powerful hole. Our canoeing friends successfully followed. The exhilarating visit with the Wigwams ended with a Class II descent through large waves in Fourth Wigwam.

Four miles of flatwater brought us to Holmes Falls where we cautiously disembarked in a micro-eddy immediately above the treacherous cataract. The demanding portage was only partially completed since we elected to camp high on a bank

overlooking the falls. The canoeists soon joined us. A gusty northwest wind minimized blackfly problems.

We were the beneficiaries of more glorious weather for our final day on the river. Replicating the previous day, the canoeists were up early and off on their next adventure while Ken and I lingered. They were encountered a half-mile downriver at a small island above Little Holmes Falls. We stopped there to visit a stone monument erected in memory of Obadiah Hill, an early Machias River pioneer. The island is an excellent location to inspect entrance to the falls.

Little Holmes Falls is a complex rapid that flows on both sides of a rockbound islet. The left side is more difficult and cannot be readily scouted. The right offers a narrow, twisting, technical route but is easily scrutinized from the right shore. One canoe team went left and filled up but stayed afloat. Another literally rockhopped down the right side.

After carefully studying the right channel and setting up safety, Ken and I enjoyed stimulating descents. The final canoe team followed our line.

Under normal circumstances, the last thing paddlers want to endure is

a headwind. However, we welcomed a strong breeze out of the southeast as it provided a blackfly-free remaining nine-mile paddle to Smith Landing, our final destination.

We parted company with our new paddling friends at the landing. They had another three miles of canoeing to their next campsite at the bottom of Great Falls. We didn't envy them. A major storm was forecast to arrive during the night. The intrepid group would be paddling twelve miles in a driving rain the next day. Ken and I were content with three wonderful days on a remarkable river.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates five more exceptional Maine river trips.

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 ronchase-outdoors@comcast.net

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USS Oklahoma Sailor from Brunswick Accounted For

WASHINGTON DC (May 26, 2023)—The Defense POW/MIA Accounting Agency (DPAA) announced today that Naval Reserve Ensign Stanley W. Allen, 25, of Brunswick, Maine, killed during World War II, was accounted for on June 14, 2021.

On Dec. 7, 1941, Allen was assigned to the battleship USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft. The USS Oklahoma sustained multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in the deaths of 429 crewmen, including Allen.

From December 1941 to June 1944, Navy personnel recovered the remains of the deceased crew, which

were subsequently interred in the Halawa and Nu'uauu Cemeteries.

In September 1947, tasked with recovering and identifying fallen U.S. personnel in the Pacific Theater, members of the American Graves Registration Service (AGRS) disinterred the remains of U.S. casualties from the two cemeteries and transferred them to the Central Identification Laboratory at Schofield Barracks. The laboratory staff was only able to confirm the identifications of 35 men from the USS Oklahoma at that time. The AGRS subsequently buried the unidentified remains in 46 plots at the National Memorial Cemetery of the Pacific (NMCP), known as the Punchbowl, in Honolulu. In October 1949, a military board classified those who

could not be identified as non-recoverable, including Allen.

Between June and November 2015, DPAA personnel exhumed the USS Oklahoma Unknowns from the Punchbowl for analysis.

To identify Allen's remains, scientists from DPAA used dental and anthropological analysis. Additionally, scientists from the Armed Forces Medical Examiner System used Y chromosome DNA (Y-STR) analysis.

Allen's name is recorded on the Courts of the Missing at the Punchbowl, along with the others who are missing from WWII. A rosette will be placed next to his name to indicate he has been accounted for.

Allen will be buried on July 18, 2023, in August-

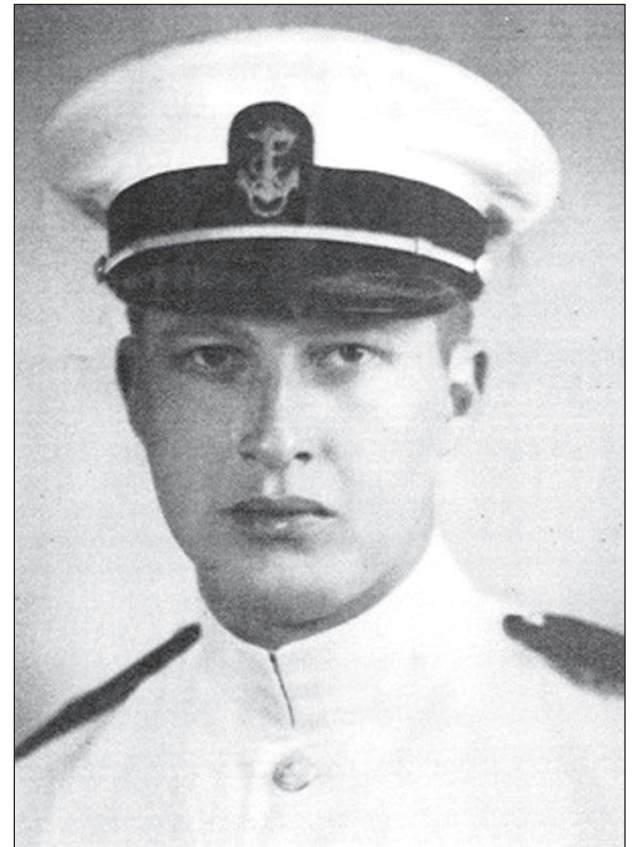
ta, Maine.

For family and funeral information, contact the Navy Service Casualty office at (800) 443-9298.

DPAA is grateful to the Department of Veterans Affairs and the Department of the Navy for their partnership in this mission.

For additional information on the Defense Department's mission to account for Americans who went missing while serving our country, visit the DPAA website at www.dpaa.mil, find us on social media at www.facebook.com/dodpaa or <https://www.linkedin.com/company/defense-pow-mia-accounting-agency>.

Allen's personnel profile can be viewed at <https://dpaa-mil.sites.crmforce.mil/dpaaProfile?id=a-0Jt0000000XfEqEAK>.



Aquarium Scientists Urge Public to Report Shark Sightings

BOSTON, MA (May 22, 2023) – After a 12-foot white shark was spotted off Cape Cod over the weekend, New England Aquarium scientists are urging the public to report shark sightings and be aware of their surroundings.

The shark was seen feeding on a seal off of Provincetown, MA, on Saturday. This is the time of year that scientists expect to see white sharks returning to the inshore waters off of Massachusetts, where the animals hunt seals into the fall months.

“Though white shark bites on humans are rare, the sighting serves as a reminder to beachgoers and boaters to be mindful of the presence of these ocean animals,” said John Chisholm, adjunct scientist in the New England Aquarium’s Anderson Cabot Center for Ocean Life. “It’s important to be aware of sharks’ presence in shallow waters, to avoid

areas where seals are present or schools of fish are visible, and to stay close to shore where rescuers can reach you if needed.”

As part of a partnership between the New England Aquarium and Atlantic White Shark Conservancy, Chisholm serves as the Citizen Science Coordinator for the Conservancy, documenting accounts of shark-seal interactions and verifying shark sighting reports made by the public through the Sharktivity app. Sharktivity provides information and push notifications on white shark sightings, detections, and movements to raise awareness and help people and sharks co-exist. The app sightings are input by researchers, safety officials, and others who upload photos and video, essentially crowdsourcing critical data on where sharks are spotted.

“There is a real public concern around beach safety, and we recognize

the need to respond to that,” said Nick Whitney, senior scientist at the Aquarium and chair of the Anderson Cabot Center’s Fisheries Science and Emerging Technologies program. “That’s why we’re excited to continue this partnership with the Conservancy to help provide accurate, timely information on shark sightings in the region.”

The New England Aquarium has a team of nine scientists who study shark species, from porbeagles and nurse sharks to sandbar and sand tiger sharks. Many shark species reside in Massachusetts waters. Aquarium researchers’ work focuses on monitoring of these animals using innovative tagging technologies including satellite, acoustic, accelerometer, and camera tags to track the sharks’ habitat use, life history, and impacts of by-catch during commercial and recreational fishing activities.

BE SHARK SMART
Great white sharks frequent these waters.

In emergencies
CALL 911

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Peak Activity
Based on tagging data
Sharks may remain near shore

NPS/Bill Fisher

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Brita Loppnow
Founder, CEO
Prosper HR

Emily Waddell
Labor & Employment Attorney
Verrill

Virtual Lunch & Learn Human Resources in Small Business/Startups

June 6th, 2023 | 12:00 - 1:00pm
Virtual Online Panel Discussion



PROPEL
The Next Generation of Portland's Business Leaders
In Partnership with the Portland Regional Chamber of Commerce

Register at Portlandregion.com

PORTLAND, ME (May 26, 2023) -- The first PROPEL Lunch & Learn is coming up June 6 from 12-1PM; hear from our very own board members, Brita Loppnow, Founder & CEO of Prosper HR and Emily Wadell,

Labor & Employment Attorney with Verrill, on the topic of Human Resources for Small Businesses and Startups.

In this session, Brita and Emily will share their expertise, provide resources in HR, and

answer questions on the most important topics ranging anywhere from hiring employees, following HR compliance, and how PROPEL can further help the small business and startup community.

What do you think?

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

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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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June 26-29: Brunswick, Falmouth
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Maine-ly Harmony Chorus Participates in Competition



Photo: front row, l-r; Judy Labonte, Candace Pepin, Betty Avery, LouAnn Mossler, Kathy Joyce, Lea Davis, Barbara Combs; second row, l-r: Jenny Clair, Lynn Rogers, Janet Dunham, Martha Tait, Donna Ryder, Dotti Myer; third row; Kathy Greason, BJ Sylvester-Pellett, Anne Danforth, Cathy Anderson, Sue Staples, Nan Bossie, Tina Barker.

MAINE (May 26, 2023) – Maine-ly Harmony women’s barbershop chorus returned to Maine after a great weekend at the chorus’ parent organization, Harmony Inc.’s Area 2 competition, held in Westborough, Massachusetts, April 20-23. This year’s theme was “Broadway” and Maine-ly Harmony singers danced and sang their way to the stage singing “Dancing Queen”

from “Abba”. The chorus, directed by Kathy Greason, is eager to apply new techniques learned at the competition and to share with the folks in Maine who enjoy the songs that have endeared audiences throughout the years.

The chorus rehearses on Wednesday evenings from 6:30 to 9 p.m. at the Randolph Methodist Church, 16 Asbury St., Randolph, Maine. Women

who love to sing are always welcome to the rehearsals. For more information and to book a performance for your organization, contact Dee at 207-740-4882.

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

Red Cross Assists 48 People Following Waterville Fire

WATERVILLE, ME (May 23, 2023) — The American Red Cross extends its deepest condolences to those affected by the large, multi-family fire this morning on Elm Street in Waterville. Our Disaster Action Team volunteers as well as several staff members responded to the scene to support displaced residents and first responders.

Currently, the Red Cross is helping to sup-

port 48 individuals. Need varies by individual – so assistance may include financial assistance, comfort kits, disaster-related health services and emotional support. The Red Cross is also providing mass care services, which means ensuring that displaced residents have a safe place to stay and access to meals.

The Red Cross is available to provide care and comfort in the af-

termath of this disaster. Displaced residents will connect with Red Cross caseworkers in the coming days to work on a longer-term recovery plan. Those who have been affected by this fire and need assistance should call 1-800-RED CROSS.

The Red Cross is able to provide assistance through the generosity of our donors and commitment of our volunteers.

Cloutier Bill to Provide Menstrual Products in Schools Advances

AUGUSTA, ME (May 26, 2023) – The Legislature’s Education and Cultural Affairs Committee advanced legislation on Monday sponsored by Rep. Kristen Cloutier, D-Lewiston, that would require public schools serving sixth through 12th grades to provide menstrual products to students in school bathrooms.

“This bill is about equity,” said Cloutier. “Many Maine students have reported that they choose not to attend school when menstruating because of the stigma associated with it and their inability to afford the products they need. We have created a

system where a lack of access to menstrual products presents a lack of access to educational opportunities. We can and must do better.”

LD 348 would require that menstrual products be available in bathrooms and provide ongoing General Fund appropriations of \$564,059 in fiscal year 2023-24 and \$272,999 in fiscal year 2024-25 to create Maine’s Menstrual Products Reimbursement Program, which would reimburse public schools at 90% of the cost of making menstrual products available to students.

The bill faces votes in the House and Senate in

the coming days.

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.

Send all items for Arts and Entertainment to the Editor. Deadline is Friday by five.

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North Gorham Public Library Has Free Passes to Botanical Gardens



GORHAM, ME (May 26, 2023) -- North Gorham Public Library is now offering FREE day passes to Coastal Maine Botanical Gardens in Boothbay. Passes are available at the library for the season running May-October. One family (2 adults + any number of children under 18) per day can sign up for a day pass. Reserve ahead at the library! Please note you must have a NGPL library card to use these passes, but if you don't have one yet fear not- you can get one for free! You do not need to live in Gorham to have a library card.



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New Resources Available For Maine Home Gardeners



home gardeners getting ready for the 2023 growing season.

New featured articles and videos include pruning forsythia and lilac bushes, information about the browntail moth mitigation fund and a new 2023 map of plant sales and garden tours.

May is also the time to think about soil testing, purchasing plants and tuning up garden tools. Gardeners can begin to sow certain seeds outdoors and should be hardening off seedlings before planting. All of this research-based information is available year round on the UMaine Extension website.

Gardeners also can receive the Maine Home Garden Newsletter, a monthly publication de-

signed to provide timely articles about all aspects of horticulture in the region. Articles in the newsletter are written by UMaine Extension staff, Maine Master Gardener Volunteers and partners from organizations such as Maine Audubon. Topics have ranged from protecting a garden from deer, orchard maintenance and backyard birds to planting for pollinators and reviving rusty garden tools.

More recent issues have included seed starting tips and a recipe for knotweed jam. Each issue includes a timely to-do list of activities gardeners may want to consider for the month ahead. Archived issues dating back to 2010 are available for viewing on demand. The

Maine Home Garden Newsletter is free and available to all. To subscribe or peruse past issues for seasonal tips and research-based articles on all aspects of gardening, please visit the Maine Home Garden News website.

In addition to this newsletter, UMaine Extension has an extensive listing of on-demand educational resources online, as well as knowledgeable staff in county offices available to help

gardeners learn and grow. Those with questions are encouraged to review the Ask the Experts website.

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

ORONO, ME (May 26, 2023) — University of Maine Cooperative Extension has released new resources and practical information for

Hula Hoop with North Gorham Library and Nettie Loops

GORHAM, ME (May 26, 2023) -- Hula Hoop with Nettie Loops at the North Gorham Public Library. Wednesday, June 21st at 11am. Free event for all ages! Join us in front of the library for an outdoor hula hooping experience with

local hula hoop artist, Nettie Loops! Bring a beach blanket and water bottle (optional). Rain date: 6/28.



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Maine CDC Recognizes Hepatitis Awareness Month

AUGUSTA, ME (May 26, 2023) - The Maine Center for Disease Control and Prevention (Maine CDC) recognizes May as Hepatitis Awareness Month and urges Maine residents to take precautions, get vaccinated, get tested and, if necessary, seek care. More than 7,000 Mainers are counted among the millions of Americans who are living with chronic hepatitis and Maine has one of the highest rates of new hepatitis B and hepatitis C cases in the United States.

Hepatitis is an inflammation of the liver, which processes nutrients, filters the blood, and fights infections. Liver inflam-

mation or damage can lead to severe outcomes including hospitalization and death. The most common infections causing hepatitis are hepatitis A, an acute infection, and hepatitis B and C, which can be acute or chronic infections. Across the United States, many people have hepatitis B or C and do not know about their infection; testing is critical to ensure treatment is started early.

Hepatitis A is a highly contagious, vaccine-preventable liver infection spread by consuming contaminated food or water as well as by close, personal contact with an infected person. Testing is recommended only for

individuals with symptoms such as abdominal pain, diarrhea, jaundice, and dark urine.

Hepatitis B is the world's most serious liver infection; left untreated, nearly one in four people living with hepatitis B develop serious liver problems, including cirrhosis (scarring of the liver), liver cancer, or liver failure. Hepatitis B virus is most commonly spread through sexual contact and injection drug use, or from an infected pregnant person to their fetus. Treatment and vaccination for hepatitis B is available.

Hepatitis C is the most common blood-borne infection in the

U.S. However, most people with hepatitis C infection show no symptoms, and many remain undiagnosed and untreated. The virus is primarily spread through blood and can be passed from an infected pregnant person to their fetus. Safe and effective treatments for hepatitis C are available. Hepatitis testing is available throughout Maine. Find a testing location near you or speak with a health care provider.

Maine CDC urges all residents to:

Get vaccinated, prevent infections: There are safe and effective vaccines against hepatitis A and hepatitis B. Hepatitis

A vaccine is recommended for certain adults who were not vaccinated as children. Practicing good hand hygiene — including thoroughly washing hands after using the bathroom, changing diapers, and before preparing or eating food — also plays an important role in preventing the spread of hepatitis A. Hepatitis B vaccine is recommended for all adults aged 18-59 years and adults aged 60 years or older with risk factors. Get tested, even if you have no symptoms: All adults should get tested for hepatitis B and hepatitis C at least once in their lifetime. Testing may be recommended

more often for those with ongoing risk factors. Hepatitis B and C testing is also recommended among all pregnant people during every pregnancy, regardless of age.

Get treated or cured: Treatment is available for hepatitis B and C. Hepatitis B treatment slows damage to the liver. Hepatitis C treatment can cure hepatitis C.

More information about hepatitis:

- Hepatitis (Maine CDC): <https://www.maine.gov/dhhs/hepatitis>
- Learn the ABCs of Viral Hepatitis (U.S. CDC): <https://www.cdc.gov/hepatitis/awareness/HepatitisABCs.htm>

National Guard Announces Outreach Project in Auburn

AUGUSTA, ME (May 23, 2023) (readMedia)— The Maine Army National Guard will be involved in six community outreach projects of various sizes for the 2023 annual training season in June.

Officially termed Innovative Readiness Training, or IRTs, the projects have long been a staple in the Maine National Guard's

annual training repertoire, particularly for engineering and transportation units. The federal IRT program allows for active, reserve and National Guard units to pair their mission essential task training with community needs, resulting not only in increased unit readiness, but also bettering local communities.

"We can construct

training buildings in our armories, run our own haul mission scenarios, but that's not always the best option," said Brig. Gen. Dean Preston, commander of the Maine Army National Guard. "IRTs are unique in that they offer a tremendous two for one — training for future federal missions, while meeting a community need. In many

cases, we have soldiers that live or work near where we do these projects, which is great because they can remember that experience not just for the training they received, but for how they were able to impact their community."

Five site development missions are currently slated to be completed in June by units under the

133rd Engineer Battalion. A sixth project, a series of haul missions by the 1136th Transportation Company, is already underway. The 1136th spent their March drill period conducting haul missions for the Bureau of Parks and Lands, delivering firewood from two central locations to various state parks in anticipation of the tourist season. More deliveries are slated for June as well.

Previous IRT projects include reconstructing sea walls and building rehabilitation on Kittery's Wood Island, a multipurpose sports field at Raymond Elementary School, cabin rehabilitation for Camp Susan Curtis in Stoneham, and many more.

Summer 2023 IRT Projects:

Auburn — Clearing, grubbing, and grading in preparation for youth sports complex construction

Primary units assigned — 136th Engineer Vertical Construction Company (Lewiston, Skowhegan); 262nd Engineer Construction Company (Sanford)

East Millinocket — Rehabilitation of aging industrial property to support the community's goal of establishing a new center of commerce

Primary unit assigned: 185th Engineer Support Company (Presque Isle)

Lake George Regional State Park — Rehabilitation of property and historical structures to keep the park a popular destination for Maine residents and out of state tourists

Primary unit assigned: 136th Engineer Vertical Construction Company

Skowhegan — Assist in establishing two crew quarters for Maine Appalachian Trail Club, which will aid in the management of 267 miles of the Appalachian Trail

Primary unit assigned: 262nd Engineer Company & 136th Engineer Vertical Construction Company

Presque Isle — Establishing new parking and access areas for Peace Park

Primary unit assigned: 185th Engineer Support Company

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UMaine Extension 4-H Introduces Teens to Adulting Concepts

ORONO, ME (May 26, 2023) — University of Maine Cooperative Extension 4-H will offer a short-term online 4-H club for youth ages 13–18 about basic adult life skills on from 4–5:30 p.m. Wednesdays, June 21–July 26. Required registration closes June 10.

The “4-H Adulting 101” series will introduce basic adult life skills by

exploring a different topic each week including personal values, building healthy relationships, buying and caring for a car, youth entrepreneurship, mindfulness and stress management, and a topic chosen by the participants. UMaine Extension 4-H staff and guest speakers will lead the discussions.

The club is free;

limited to 20 participants. Register on the event webpage by June 10 to receive the Zoom link and introductory email. For more information or to request a reasonable accommodation, contact 207.324.2814; erin.mcdonald1@maine.edu. Additional information also is available on the Extension 4-H Virtual Learning webpage.



4-H teens, photo courtesy of University of Maine Cooperative Extension / Laura Personette.

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Proceeds to benefit YMCA of Auburn - Lewiston
Summer Camp Program

When: Friday, June 23, 2023

Check-in @ 5: 00pm, bags fly at 6:00pm

Where: Simard-Payne Park Lewiston

Cost: Social Division: \$40.00 per team (2 players)

Competitive Division: \$60.00 per team (2 Players)

Each player receives one \$5.00 Beer Ticket with registration.

Round Robin Format with Playoff Bracket

All Teams are guaranteed 4 games

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Register on-line: YMCA of Auburn-Lewiston (alymca.org)



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- 1st Place- \$150.00
- 2nd Place \$100.00
- 3rd Place- \$50.00

Competitive Division

- 1st Place- \$600.00
- 2nd Place - \$300.00
- 3rd Place - \$100.00

Join us for Baxter's Pre-Brewfest Party!
Food Trucks, Music & Raffles
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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



SPACE IS LIMITED REGISTRATION DUE JUNE 16, 2023
For more information email Marcie Hird: mhird@alymca.org

Vacation Bible Schools, Totus Tuus Set for Maine Churches

PORTLAND, ME (May 18, 2023)—Youngsters will become anchored in the knowledge that Christ guides them through life's storms, discover why we need to care for our common home, take a Bible blast to the past, and go on other adventures during Vacation Bible Schools and Totus Tuus offered at parishes around Maine this summer. They are a way for youngsters to learn about their faith, while having fun and making new friends. Below you will find a list of some of the Vacation Bible Schools (listed alphabetically by location) and all of the Totus Tuus programs offered this summer. Please contact the parish for more information about the Vacation Bible Schools and visit the Totus Tuus link below for further details on that program.

Vacation Bible Schools
Brewer
 June 26-30, 8:30 a.m. to noon
 St. Joseph Church, 531 North Main Street
 Theme: Marvelous Mystery of Mass
 Ages: Kindergarten through Grade 5 (Teens and adult helpers are welcome.)
 FMI or to register: <https://stpaulbangor.me/vacation-bible-school> or contact Julie Sanclemente

at 207-217-6740, ext. 300.
Calais
 June 25-27, 9 a.m. to noon
 Immaculate Conception Church, 31 Calais Avenue
 Theme: Stellar Vacation
 Ages: All children
 FMI or to register: contact Lydia at lydia.bragg@portlanddiocese.org.

Fort Kent
 June 26-30, 9 a.m. to 11 a.m.
 St. Louis Church, 26 East Main Street
 Theme: Stellar--- Shine Jesus' Light
 Ages: Preschoolers and kindergarteners (Teens and adult helpers are welcome.)
 FMI or to register: contact Barb at 207-834-3984.

Gorham
 June 26-30, 9 a.m. to noon
 St. Anne Church, 299 Main Street
 Ages: Kindergarten through Grade 5 (Teens and adult helpers are welcome.)
 FMI or to register: contact Sister Jackie at 207-899-5427.

Gray
 July 17-21, 9 a.m. to noon
 St. Gregory the Great Church, 24 North Raymond Road
 Theme: Marvelous

Mystery of Mass
 Ages: Kindergarten through Grade 5 (Teens and adult helpers are welcome.)

FMI or to register: visit www.potho.org/vacation-bible-camp.
Lincoln
 June 26-30, 9 a.m. to noon
 St. Mary of Lourdes Church, 142 Main Street
 Ages: All children
 FMI, to register, or to volunteer: contact Trish Aldrich at 207-794-6333 or trish.aldrich@portlanddiocese.org

Rumford
 August 7-11, 8:30 a.m. to noon
 St. John & St. Athanasius Church, 126 Maine Avenue
 Ages: Age 5 through Grade 6 (Peer helpers in grade 7 and up are also needed.)

FMI or to register: call the parish office at 207-364-4556.
Sanford
 August 7-11, 8:30 a.m. to 11:30 a.m.
 St. Thomas School, 69 North Avenue
 Theme: Stellar--- Shine Jesus' Light
 Ages: All children
 FMI or to register: contact Shelly Carpenter at 207-324-2420.

Scarborough
 June 26-30, 8:30 a.m. to noon
 St. Maximilian Kolbe

Church, 150 Black Point Road
 Theme: Stellar--- Shine Jesus' Light
 Ages: All children
 FMI or to register: click here.
Winslow
 June 19-23, 9 a.m. to 11:30 a.m.

St. John the Baptist Church, 26 Monument Street
 Theme: Who is My Neighbor? Learning to Love Like Jesus
 Ages: Kindergarten through Grade 5 (older children welcome to assist)

FMI or to register: contact Kim Suttie at 207-872-2281 or kim.suttie@portlanddiocese.org.

Winthrop
 June 19-23, 8:30 a.m. to noon
 St. Francis Xavier Church, 130 Route 133, Winthrop

Theme: Stellar--- Shine Jesus' Light
 Ages: 3-11 (two programs for younger children and older children)

FMI or to register: contact Sandra Parlato at 207-623-8823 or sandra.parlato@portlanddiocese.org.

Totus Tuus
 Totus Tuus is a Catholic youth program for students (Grades 1-12) that is dedicated to teaching the Gospel and deepening love for the Church through catechesis, prayer,

Christian witness, and the sacraments. The program's strong emphasis on devotion and love for Christ in the Eucharist and for Mary, Mother of the Church, leads participants to an exhilarating encounter with the timeless treasures of the Catholic faith. Through age-appropriate, dynamic, and faithful content, young people are motivated and equipped to live the call of the Gospel in today's world. Sponsored by the Diocese of Portland's Office of Vocations and Seminarians, Totus Tuus sessions are led by college students and seminarians. To register or for more information, visit www.registertotustuusme.org. Sessions will be held at:

June 18-23
 Prince of Peace Parish (Held at Holy Family Church, Lewiston)

St. Mary of the Visitation Parish (Held at St. Mary of the Visitation

Church, Houlton) June 25-June 30
 St. John Vianney Parish (Held at St. Louis Church, Fort Kent)
 St. Joseph Parish and St. Rose of Lima Parish (Held at the parish camp in Livermore)

July 9-14
 Parish of the Precious Blood (Held at Holy Rosary Church, Caribou)

St. John Paul II Parish (Held at St. Maximilian Kolbe Church, Scarborough)

July 24-29
 St. Anthony of Padua Parish (Held at Our Lady of Perpetual Help Church, Windham)

St. Paul the Apostle Parish (Held at St. Joseph Church, Brewer)

July 30-August 4
 All Saints Parish (Held at the St. John Community Center, Brunswick)

Christ the Divine Mercy Parish (Held at St. Peter Church, East Millinocket)



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Calendar

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June 2

BAR MILLS --
DUKE ROBILLARD BAND at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Friday, June 2nd at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

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)

June 5

LISBON FALLS -- The Knights of Columbus will be sponsoring a Blood Drive on June 5th at the

parish hall of Holy Trinity church at 67 Frost Hill Avenue Lisbon Falls from 1:00 PM until 5:30 PM
Call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter HTC to schedule an appointment. No walk-ins will be accepted. Must make an appointment.

June 8

LEWISTON-- Thursday June 8th 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, and folks with a connection to Sampson AFB, 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 e-mail wmtkwkr1933@gmail.com

Bob Sawyer Sampson AFB 1953

June 15-25

AUBURN -- Com-

munity Little Theatre presents the Steve Martin comedy Picasso at the Lapin Agile. Young men Albert Einstein and Pablo Picasso meet and discuss art, the universe, and everything in between along with some colorful characters who add wit, humor, and wry perspectives. Show dates are June 15, 16, 17, 22, 23, & 24 at 7:30 p.m., and June 18 & 25 at 2:00 p.m. All performances at CLT on 30 Academy Street in Auburn. Tickets and more information at www.laclt.com/picasso-at-lapin-agile-2023

June 17

MINOT -- Church Auction at Minot United Methodist Church, 142 Minot Ave, Minot, Maine 04258

Our church will be holding an Auction on June 17th 2023 at 6 p.m. This is a Benefit for our Kitchen Renovation Project. Admission is free

June 20

LEWISTON -- Outdoor Hiring Event on Tuesday, June 20th from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free, open to the public and

will be held rain or shine. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=10945557>

Every 1st, 2nd, and 3rd Monday

LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

Second and fourth Thursdays

LEWISTON -- YOUTH TRADING CARD GAME CLUB held from 4 PM to 5 PM at the

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WWW.FLAGSHIPCINEMAS.COM

Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

Wednesdays

LEWISTON -- Knitting Group, Dates: Wednesdays, Time: 4:30-7:30 p.m., Facilitator: SeniorsPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us

at 207-795-4010 or visit seniorsplus.org.

Every second Monday

LEWISTON -- Caregiver Support Groups, Date: Monday, January 9 (every second Monday); Time: 5:30-7 p.m. Facilitator: Dana Morrell, SW. Location: SeniorsPlus, 8 Falcon Road, Lewiston.

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

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Wood boiler - Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

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Turboclean Powerbrush Pet Pro carpet cleaner. Brand new. Used once. Asking \$80. Call 893-8851. Gorham.

Back Hoe

Back hoe Attachment for tractor. 3 point hitch, category two, 12 foot long \$3,500 . 782-5539

Exercise Bike, Coffee table

Recumbent bike with heart & mileage monitor \$75. Lt oak coffee table with 4 glass panes & shelf. Call 782-1456

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Briggs & Stratton Elite series 7000 Watt generator - Key start- 25 foot 10 gauge rigid power cord included. Used 63 hours. Asking \$650.00 cash - serious inquiries only, please call 207-929-1575

HOUSE KEEPING

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jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer
Defendify is looking for a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: www.defendify.com/careers.

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review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

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Looking for a kind petsitter for myself in the Oxford area. Willing to pay milage and base rate. Experience preferred. Please contact- Melissa 207-539-3204

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along

the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

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

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

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach

Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569.

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

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Riding to the Top's Paxton Abbey Honored by EQUUS Foundation

WINDHAM, ME (May 26, 2023) -- Riding To The Top Therapeutic Riding Center (RTT) is thrilled to announce the induction of Paxton Abbey into the EQUUS Foundation's Horse Stars Hall of Fame. The Horse Stars Hall of Fame honors the contributions of amazing horses by sharing the stories of their athletic and humanitarian feats. It was established by the EQUUS Foundation and the United States Equestrian Federation (USEF) in 2013 to celebrate the extraordinary talent of horses and their powerful bond with people. Paxton Abbey is one of eleven horses to be inducted in 2023.

The state of Maine might not be known for

producing elite sport horses, but should you visit most any stable there and mention the name "Paxton Abbey", you will receive a knowing look and a smile. Perhaps one of the most famous equine athletes to call the state her lifelong home, Paxton (or just plain "Pax" to her close friends) enjoyed a storied career in both eventing and para dressage with her owner/breeder, Mary Jordan. But perhaps her most significant role has been as a healer, first at Carlisle Academy in Lyman, Maine, and since 2017, Riding To The Top Therapeutic Riding Center (RTT) in Windham, Maine.

"Paxton is legendary--everybody knows



Paxton Abbey celebrates her 25th birthday with some of the crew at RTT! (people from left to right) RTT volunteer Piper, client Susan, client Missy, volunteer Pat, client Eliza, and volunteer Olivia.

Paxton!" says Kate Jeton, program director at RTT. "She's quite a horse."

A homebred, Paxton is out of Jordan's event horse, Nut Brown Ale, and by the Hanoverian Pray for Snow. She made her show ring debut at just 3 months old, besting imported warmbloods to win the title of Reserve Best Young Horse at the New England Dressage Association Breed Show. Jordan developed Paxton for the sport of eventing herself, ultimately competing at the American Eventing Championships annually during 2005-2007 and earning the 2007 US Eventing Association Training Level Horse of the Year title. The pair competed through preliminary level--a lifelong goal for Jordan--before retiring from the sport.

In 2002, Jordan was diagnosed with multiple sclerosis, and suffered several serious physical setbacks during Paxton's eventing career. Unwilling to give up on her eques-

trian goals, in 2010, Jordan became classified as a Grade IV para dressage rider, and her training with Paxton took on a new focus. The pair competed on the U.S. para dressage team at the 2010 World Equestrian Games in Lexington, Kentucky, just months after debuting in the sport.

Throughout Paxton's competitive career, but particularly as Jordan's physical health became challenging, she relied on her homebred's kind, willing and steady temperament to help keep her safe. When it came time for the mare to step down in her workload, Paxton brought those same qualities to her new role as a therapy horse.

"She makes this connection with people," explains Jeton. "She just gives and gives and gives."

Almost immediately upon arriving at RTT, Paxton proved to be a natural fit for their programming.

"We have riders of

so many different abilities get on her," says Jeton. "She knows who is on her back."

Although Paxton is only about 15.2 hands, her dam's Percheron/Morgan/Thoroughbred genetics instilled her with breadth and bone. For some clients, Paxton seems larger than life, yet when they have the opportunity to ride her, they find a sensitive and responsive partner.

"She instills confidence, whether her rider is a little beginner, or somebody who's been riding for a number of years," says Jeton.

It is nearly impossible for RTT staff to quantify the impact Paxton has had on their clients. For one young man with autism, Paxton was the mount who showed him he could ride independently. For a woman living with MS like Jordan, Paxton has been both a confidant and a source of hope, helping her to focus on what she can do rather than what she can't. For several children with complex mental health issues, Paxton has become the mount they connect with most deeply.

"Throughout her career, Paxton has risen to every challenge, be it on the national or international stage of competition, or in serving clients with significant physical and cognitive challenges," says Sarah Bronson, RTT executive director. "Some horses need their humans to help them stay organized, while other horses are pros at keeping their

humans organized. Paxton is definitely the latter!

"She gives her all to everyone who comes in contact with her at RTT--our clients, our volunteers and our staff," continues Bronson. "She is indeed a very special horse, who has changed hundreds of lives."

Learn more about Paxton, and the EQUUS Foundation's Horse Stars Hall of Fame at <https://tinyurl.com/PaxtonAbbey>.

About Riding to the Top

Riding To The Top Therapeutic Riding Center (RTT) was founded in 1993. Our mission is enhancing health and wellness through equine assisted services. Located just west of Portland in Windham, Maine, RTT is the state's only PATH Intl. accredited center (Professional Association of Therapeutic Horsemanship International) solely dedicated to Equine Assisted Services. More than 250 participants are impacted annually, assisted by certified instructors, a herd of 17 horses and close to 100 volunteers, all specially trained to assist with therapeutic riding, carriage driving and hippotherapy. Riding To The Top is a community-based nonprofit, receives no federal or state funding and provides scholarships to over 60% of its clients. For more information about client services, volunteering, or making a gift, please visit us at www.ridingtothetop.org or call 892-2813.

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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 kid-dos! We will have a station set up for making wildflower seed bombs



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