Gorham WEEKLY

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February 8, 2024

Lots to do for February Vacation with Gorham Parks & Rec Dept.



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

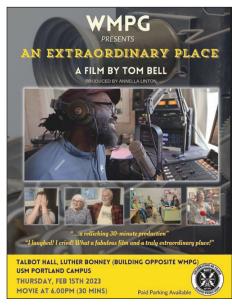
We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to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



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

"An Extraordinary Place" set to screen at USM



PORTLAND, ME - Tom Bell's highly anticipated documentary film, "An Extraordinary Place," is set to screen at Talbot Hall, Luther Bonney Hall, University of Southern Maine, on February 16th at 6:00 pm. This 30-minute cinematic journey takes viewers deep into the heart of WMPG, a radio station broadcast from the University of Southern Maine (USM).

WMPG, located on the campus of the USM in Portland, Maine, is a hub for community engagement and diverse programming. Serving the greater Portland community, WMPG broadcasts locally on 90.9FM, streams on wmpg.org, and is accessible through the WMPG app.

The documentary film, "An Extraornary Place," explores the lives of students and community members who generously dedicate their time to volunteer at WMPG. Through candid interviews, behind-the-scenes footage, and captivating storytelling, the film brings to light the passion for community and music that drives this unique community and college radio station.

Development Director, Annella Linton says "The film promises a unique blend of humor and emotion, offering an insightful look into the lives of those who bring WMPG to life."

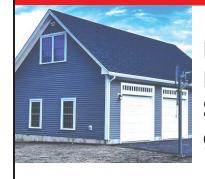
According to Frank Gallagher, a

Project Specialist in the Office of Student Affairs at the University of Southern Maine, "The film itself is a rollicking 30-minute production that showcases the people behind the microphone, taking viewers into the heart of the station and its community-first ethos. It is, by turns, laugh-out-loud funny and touchingly poignant."

Date: Thursday February 15th, 2024 Time: 6:00 pm

Location: Talbot Hall, Luther Bonney Hall, University of Southern Maine

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Newsmakers, Names & Faces

CA\$H Greater Portland offers free tax preparation services

PORTLAND, ME - CA\$H (Creating Assets, Savings, and Hope) Greater Portland has launched free tax preparation services for the 2024 tax season. Households that earned \$64,000 or less in 2023 and meet all eligibility requirements can get their taxes filed for free with the help of an IRS-certified volun-

Taxpayers can also learn about programs in their community that can increase their income, reduce debt, and build savings. 9% of households in Cumberland County live below the Federal Poverty Level, while another 28% are ALICE (Asset Limited, Income Constrained, Employed). ALICE earns more than the FPL but still struggles to afford the high cost of living in our community. 53% of people under 25 in Cumberland County are also ALICE.

CA\$H Greater Portland offers four free and convenient options for filing taxes.

Option 1—In-Person Appointment: Schedule an appointment for in-person services at United Way of helpline support) at my-Southern Maine's Portland office by visiting uwsme. org/taxseason or calling 207-347-2335 and leaving a message with your name and phone number.

Option 2—Fully Virtual Service: Visit getyourrefund.org/gpmaine to start the online intake process. Answer a series of questions, upload documents, receive phone calls from the CA\$H team, and e-sign before the return is e-filed.

Option 3—Online DIY: File taxes independently (with access to freetaxes.com.

Option 4—Scan & Go: Visit a Scan & Go Site to pick up an intake packet and return to have documents scanned into GetYourRefund. A list of Scan & Go sites is available at uwsme.org/taxsea-

Through services like free tax preparation, CA\$H Greater Portland empowers people to achieve longterm financial stability, build assets, and thrivenot just survive. In 2023, CA\$H Greater Portland filed 526 federal and state tax refunds and returned \$740,043 in federal tax refunds to the community. Filers saved an estimated \$122,304 in tax preparation fees.

CA\$H Greater Portland is supported in part by United Way of Southern Maine.

About CA\$H Greater Portland

CA\$H Greater Portland is a partnership of community non- and for-profit partners working together to help empower individuals and families to achieve long-term financial stability. Since 2004, we have offered free tax preparation to qualified filers during tax season; helped employers bring financial education tools to their employees; and educated hard-working families and individuals about programs in the community that can increase their income, reduce debt, and build savings. CA\$H is a year-round resource, providing outreach and education about ways you can make the most of your money. Cashmaine.org

UMaine Extension hosts wild blueberry conference

ELLSWORTH, ME

- The University of Maine Cooperative Extension will host its annual wild blueberry conference from 9 a.m.-4 p.m. on Feb. 17 at the Moore Community Center, 125 State St. This year, the conference will also offer a virtual option for those unable to attend in person.

The full-day event brings together experts, researchers, growers and industry leaders to discuss the latest developments and innovations in the wild blueberry industry. The conference will feature informative presentations,



panel discussions and networking opportunities for attendees.

"We are delighted to once again host the UMaine Wild Blueberry Conference and provide a platform for knowledge

sharing and collaboration within the wild blueberry industry," said Lily Calderwood, Extension wild blueberry specialist and assistant professor of horticulture. "While we encourage in-person participation,



we understand that not everyone may be able to attend the conference. The virtual option will allow individuals to join the conference remotely and benefit from valuable insights that will contribute to the continued success of the wild blueberry industry."

The conference will cover a wide range of topics, including wild blueberry cultivation techniques, pest management strategies, market diversification ideas, and the latest research findings. Attendees will have the opportunity to hear from renowned experts in the field and gain insights into best practices and innovative approaches to wild blueberry produc-

registration

fee for the UMaine Wild Blueberry Conference is 'pay what you can," with a suggested donation of \$20. All proceeds from the conference will go directly towards supporting Extension's wild blueberry programming, furthering research and education in the field.

Three pesticide credits will be available for full-day attendance. For more information and to register visit the program webpage. To request a reasonable accommodation, contact Mary Michaud, mary.j.michaud@maine. edu, 207.581.3175.

Campaign for Justice highlights legal community's generosity

AUGUSTA, ME -Facing difficult economic headwinds, rising housing costs and scarcity, and a multitude of needs which far exceed the availability of funds to help, Maine's civil legal aid providers had an enormous burden to assist the public in 2023. That is where the Campaign for Justice stepped in to help.

The Campaign for Justice, the annual fundraising campaign to the Maine Bar, raised over \$636,000 for needy Mainers in 2023, surpassing efforts for the year prior. Under the leadership of Campaign Co-Chairs David Abramson of Verrill and Tim Pease of Rudman

Winchell. nearly 1,300 members of the Bar contributed a gift. Additionally, over four dozen attorneys assisted in a volunteer capacity to support fundraising efforts.

Since 2004, Campaign for Justice has been a cooperative effort led by the Maine Justice Foundation, the Cumberland Legal Aid Clinic, the Immigrant Legal Advocacy Project, Legal

Services for the Elderly, Maine Equal Justice, Pine Tree Legal Assistance, and Volunteer Lawyers Project to raise money from the Maine Bar in support of civil legal aid. Over this time, more than \$10,000,000 has been raised to benefit thousands of Maine community members in need of civil legal assistance.

"The Campaign for Justice has been an immensely successful collaborative effort of the Maine Justice Foundation, the civil legal service providers, and the Maine Bar at-large to support access to justice for thousands of Mainers in need over the last two decades. It is enduring proof that we can achieve meaningful difference by working together toward one fundamental goal - access to justice for all," says Michelle Draeger, Executive Director of the Maine Justice Foundation.

These legal aid providers serve over 20,000 people every year-Mainers who need, but are not able to afford, help for life-changing issues like protection from abuse and harassment, elder abuse and exploitation, divorce, eviction, health care, immigration, or loss of government benefits.

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Newsmakers, Names & Faces

Infrastructure law reduces flood risks, expands access to recreation

Written by Sophia Troeh and Alexander Jones

You may have seen the headlines- Bipartisan Infrastructure Law is funding highway repairs, upgrading airports, and improving rural broadband. The Law also provided \$200 million to the National Fish Passage Program for projects that increase habitat connectivity and restore our natural infrastructure.

The Program works to restore degraded and fragmented aquatic habitats by removing obsolete dams and other barriers. These restoration projects do more than reopen habitat for fish and other aquatic species, they also support high-paying jobs, reduce flooding risk, improve infrastructure resiliency, and revitalize the surrounding communities. For each \$1 million invested through the Bipartisan Infrastructure Law on fish passage projects in 2022, an estimated 13 jobs were created and \$2.8 million in economic output went back into the economy. To date, the National Fish Passage Program has provided \$73 million in funding to 79 projects across the nation. Check out these examples of the economic benefits fish passage projects are providing across the country.

High Street Dam Re-

The High Street Dam in Bridgewater, Massachusetts was over 100 years old and had outlived its intended use. Just upstream, an over 200-year-old road crossing housed gas, water, main, and sanitary sewer lines. Both structures were unsafe and posed significant hazards to the town. The High Street Dam Removal Project removed the derelict dam, replaced the road crossing with a fullspan bridge, and moved/ stabilized the utility lines formerly housed by the road crossing. As the lowest barrier on the Town/ Taunton River system, removal reopened ten miles of habitat to alewife, blueback herring, American eel, and American Shad. The project goes beyond historic benefits for fish, providing impressive economic benefits to the town of Bridgewater. Recent estimates indicate project spending supported around 37 jobs as the funding flowed through the economy supporting industries ranging from construction to environmental consulting. In addition to employment benefits, the completed project provides long-term benefits to the Town of Bridgewater. This includes protecting people and property from flooding, improvement of the alewife fishery, and town utility lines and roads that are less likely to fail during heavy precipitation events.

Sabattus River Resto-

The Sabattus River winds its way through Lisbon, Maine making its way towards its confluence with the Androscoggin. Looking upstream on the Sabattus River in Lisbon, you'd have no idea that just two years ago, a partially breached dam was putting the entire town in danger. The structure was a major eyesore and at risk of failing at any moment, presenting a public safety hazard. The dam put several businesses and properties upstream at extremely high risk of flooding, forcing owners to pay substantial sums for flood insurance. The Bipartisan Infrastructure Law provided the funding needed to get this dam removal project across the finish line. The now free-flowing Sabattus increases aquatic passage for federally endangered Atlantic salmon, river herring, and alewife, ensuring access to important spawning habitat in the Androscoggin watershed. With the dam removed, stakeholders plan to request revisions to flood maps, which can save thousands of dollars for these property owners in the future. Whether it be improving the riverfront scenery, reducing flood risk, or enhancing the commercial alewife fishery, this project will be paying back to the Town of Lisbon for many years to come.

Albert and Bessie Kronkosky

On a former Texas ranch, another Bipartisan Infrastructure Law project is taking shape. The Albert and Bessie Kronkosky State Natural Area was recently acquired by Texas Parks and Wildlife in hopes of creating a recreational area for the public. On the property, an earthen dam impounds a natural spring, detracting from the natural beauty of the site and disrupting habitat for rare salamanders. The Service provided funding through the Bipartisan Infrastructure Law to remove the dam and restore the spring. The project will likely speed up opening the natural area to the public, providing accessible outdoor recreation opportunities to the residents of San Antonio and nearby urban communities. Once open to the public, the area could host nearly 100,000 visitors and provide an economic output of nearly \$1.7 million annually based on data from a 2018 analysis of a nearby State Natural Area, Government Canyon. While the economic contribution from the new natural area will be large, the opportunities for unimpeded, safe access to outdoor recreation for the public are priceless.

The Bipartisan Infrastructure Law has emerged as a resounding success, bringing about positive ecological and economic transformations in communities throughout the United States. The first two decades of the National Fish Passage Program established a strong foundation for the funds to be put to work quickly and effectively through agency technical expertise, existing and expanded partnerships, and a robust pipeline of projects in development. These projects not only reopen habitats for aquatic species, but also generate substantial economic benefits and fortify infrastructure resilience. These examples exemplify the Law's far-reaching influence from directly funding jobs, to reducing flood risk for property owners, to fostering the development of new recreational areas. Overall, the Bipartisan Infrastructure Law investments through the National Fish Passage Program stand as a testament to the positive outcomes achievable through strategic investment in critical infrastructure and environmental restoration projects.

Shelley Ham joins Fontaine Family Team as Referral Agent

SABATTUS, ME --

Fontaine Family - The Real Estate Leader is delighted to announce the newest addition to our team of professionals, Referral Agent Shelley Ham. A proud Auburn native, Shelley brings a wealth of experience and a diverse skill set to our dynamic real estate family.

Educationally, Shelley is an alumna of both the University of Southern Maine and Husson University, showcasing her commitment to academic excellence. Her professional journey has been marked by versatility, with previous roles spanning HR management, healthcare, hospitality, administration, customer service, sales, and banking.

Affiliated with esorganizations teemed such as CMHRA (Central Maine Human Resources Association), SHRM (Society for Human Resource Management), and HRCI (Human Resource Certi-



fication Institute), Shelley brings a wealth of industry knowledge and a network of valuable connections.

Shelley currently resides in Sabattus, ME, with her husband Gary. Their shared love for boating and entertaining family and friends reflects Shelley's warm and personable nature, making her an excellent fit for the team culture. Shelley's unique background and skills will contribute significantly to the Fontaine Family Team mission of providing exceptional real estate services and look forward to

her success as part of their

Fontaine Family -The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family-Owned Business of the Year, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area year after year, recognized by Real Trends as America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top ½ of 1% of Realtors outperforming 99.9% of the nation's Realtors.

The Fontaine Family Team serves 8 counties Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset – in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit FontaineTeam. com, download their free

home search mobile app "Fontaine Family Real Estate" or call (207)784-3800 or (207)289-3830

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Seniors Not Acting Their Age

A Gusty Adventure on Williams Mountain



A gigantic boulder on an overlooks provides spectacular views of mountains to the east

By Ron Chase

Williams Mountain is situated about fifteen miles southeast of Jackman in a remote area with the inhospitable name, Misery Township. Everything in that area seems to be miserable. Misery Gore, Misery Ridge, and Misery Knob are names assigned to nearby locations.

Convinced there must be a miserable history behind the names, I did a little research. The result was surprising. In an article in the Sun Journal on April 24, 2012, the newspaper reported that Paul Fournier wrote in his book, Tales from Misery Ridge that "misery" is a corruption of an

Abenaki word meaning "many things." With all due respect to Mr. Fournier, there must be a more entertaining explanation for the unconventional names, but I haven't found it

I've been hiking mountains in Maine for about 50 years. Until a few weeks ago, I had never heard of Williams Mountain. My son, Adam, said it was a stimulating hike. His endorsement was good enough for me.

Adam and I attempted to climb Williams Mountain in early December but were turned back by icy roads. Two weeks later, we decided to try again on the first day



Much of the lengthy Williams Mountain ridge passes through a thick conifer forest

of winter. In addition to Adam's glowing recommendation, weather was a secondary reason for choosing Williams. The forecast called for strong northwest winds and severe wind chills. The hiking trail on Williams approaches the summit ridge from the southeast and much of it appeared to be protected from anticipated powerful gusts. Hence, there was a reasonable chance we would avoid being miserable during the hike.

From Route 15 in Sandwich Academy Grant Township we drove the rough Williams Mountain Road through a narrow sector of Misery Gore. A substantial recent rainstorm had caused several fragmentary washouts on the road. However, we were able to successfully avoid the worst of the damage during the three mile trip to the mountain

access road.

Temperatures were in the teens and the skies partly sunny when we began hiking up the partially snow-covered access road. Winds were gusting high above us as we progressed. After about a quarter of a mile, red flagging on the right marked the beginning of Williams Mountain Trail.

We hiked steadily up the narrow, predominantly snow-free path marked by blue blazes in a mixed hardwood and conifer forest. Several blowdowns appeared to be the result of the storm, and two required considerable bushwhacks around them.

A gigantic boulder on an overlook provided a spectacular panoramic vista of mountains to the east. On his previous hike, Adam enjoyed an excellent view of Mount Katahdin. Not today; the rugged Maine highpoint was enveloped in clouds.

After several hundred feet of elevation gain, we emerged onto the eastern end of the lengthy Williams Mountain Ridge. The character



A dilapidated Fire Wardens cabin is located a short distance below the summit

of the terrain transitioned to a more gradual ascent in a thick conifer forest as we proceeded westerly on a snow-covered surface.

Venturing farther west, we entered a partially open area exposed to the full force of the icy winds. Fortunately, we were adequately dressed for the extreme conditions. The clearing offered our first glimpse of the abandoned Williams Mountain Fire Tower built in 1911.

Our trek continued across the ridge and down into a shallow saddle. We then ascended steeply up the summit knob to a short loop spur that provided exceptional views of mountains and lakes to the north and into Quebec. A brief climb brought us to the dilapidated Fire Warden's Cabin which did not appear habitable. Shortly beyond, we arrived at the 48-foot steel tower. The tower is in poor condition and winds were raging so we decided against climbing the rusty ladder.

Adam and I explored farther west on the snow-covered summit area in a densely forested landscape. We hoped to locate views of the remarkably scenic Attean Pond region. Alas, we were unsuccessful.

Dropping back down to the lee side of the Fire Warden's Cabin, we stopped for a short respite. Despite partial protection from the harsh gusts, the wind chills were still uncomfortable. We hurriedly renewed our descent.

Blustery winds continued in severity during our return to the trailhead. We had expected a lot of ice due to the recent rainstorm but encountered very little. In fact, ours was a thoroughly enjoyable outing. We were never miserable.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates nine more mountain hikes around the state, several in winter.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.northcountrypress.com/maineal-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.





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Winter coats donated to Maine Veterans

TOWN, RI - Ocean State Job Lot (OSJL) is pleased to announce that its 2023 "Buy, Give, Get" program has resulted in the collection of 63,000 winter coats, surpassing the company's goal of 55,000 coats to be donated to veterans in need this winter.

From October 2023 through early January 2024, through the "Buy, Give, Get" program, customers at each of the closeout discount retailer's 153 stores across the Northeast

were encouraged to buy a quality, brand-name men's or women's winter coat for \$40.00 (retail value at \$120.00 or more), give it back to the store as a donation to a veteran in need, and then get a \$40.00 Crazy Deal Gift Card for free, to be used for a future purchase online or at any Ocean State Job Lot store.

The coats have been distributed to veterans' organizations throughout the winter season in partnership with a multi-state network of more than 50



On November 8, 2023, OSJL distributed 700 coats in Lewiston, Maine, to assist veterans and their families in partnership with Disabled American Veterans and the local Veterans of Foreign Wars chapter.

cies, organizations, assis-

support agen- tance programs and action groups serving New En-



gland, New York, New Jersey, and Pennsylvania. Since the start of "Buy, Give, Get" in 2016, OSJL has provided over 300,000 coats to veterans in need and 200,000 backpacks to children in underserved

"We are so thankful to our generous and loyal customers who participated in the 2023 program," said David Sarlitto, Executive Director, Ocean State Job Lot Charitable Foundation. "What started out as a small program has grown into one of the largest of its kind serving veterans in need across the Northeast. We are especially proud to have exceeded our goal of coats and look forward to building on that success next year."

New Maine DOE Student Cabinet holds inaugural session

AUGUSTA, ME -This Maine Department of Education (DOE) Student Cabinet convened its inaugural session for the year at the State Capitol this week. The Student Cabinet is composed of 25 Maine students spanning from 5th grade to their first year of college and representing all Maine counties.

Established in 2019, the Maine DOE created the Student Cabinet to give Maine students a voice in education policy. Addressing the Student Cabinet, Maine Education Commissioner Pender Makin underscored the significance of the initiative. "You have a very important role in Maine's education system," the Commissioner explained, "because you're going to be our ears on the ground. You'll let

us know how education is working for you, and the young people you represent.

Students spent time with Maine meeting officials, including Governor Mills, Legislators, State Treasurer Henry Beck, and representatives from the Secretary of State's office.

"Meeting with the governor gave us a chance to speak out on what we really think about different school systems," commented India Veilleux, an eighth grader at York Middle School.

Throughout the day, students collaborated to outline their priorities for the upcoming 2023-2024 Cabinet session. Meilan Martine, a Cape Elizabeth High School student, advocated for increased diversity, emphasizing that "it's important to show perspectives of different types of people to prepare students for the real world."

Cody Leighton of Jonesport-Beals High School in Washington County highlighted the importance of bolstering support for educators, citing, "A lack of resources the educators receive is a lack of education students receive."

The Cabinet will convene virtually on a monthly basis to continue their discussions and work, and will meet again at the State Capitol in May.

Student Cabinet Members

Ahnalese Elizabeth Higgins, University Maine at Farmington

Ava Rosser, Caribou Community School

Alissa Witham, Calais Middle-High School

Blake Corey Dodge, Ridge View Community School

Chase Weaver, Belfast Area High School

Cody Leighton, Jonesport-Beals High School

Dawson C. Whitten, University of Maine at Presque Isle

Dorsa Tajvidi, Orono High School Elza Cahn, Lamoine

Consolidated School Fadumo Hussein,

Lewiston Public Schools Grace Dunton, Skow-

hegan Area Middle School India Veilleux, York Middle School

Keelie M. Dunphy, Samuel L. Wagner Middle School

Kyle Andrew Petrovic, Winslow High School Lochlan Aldrich, Morse High School

Lucas Ayden James Fortier, Oxford hills mid-

Maden Oliver Jovin, Oceanside Middle School Makenzie Bur-

ton-Wing, Albert S. Hall School

Margaret McCarthy, Hope Elementary School

Mary Evelyn Gallagher, Nobleboro Central School

Martínez, Meilan Cape Elizabeth High School

Phat Thai (State Board Member), Deering High School

Robert Christopher Pollard Junior, Kennebunk

High School

Ronan Drage, Boothbay Region Elementary School

Rosalyn L.J. Cote, Oak Hill Middle School

Ryan Hafener (State Board Member), Hampden Academy

Shelby Tracy, Mountain Valley High School

Taggart Chung, The Adams School

Winter Adams, University of Maine at Farmington

Xariah Jayne Mac-Donald, Mount Ararat Middle School

Maine Warden Service expands Project Lifesaver

NEW YORK--The Alzheimer's Foundation of America (AFA) has awarded grant funding to the Maine Warden Service to expand their Project Lifesaver program, which provides safety technology to families throughout Maine who are caring for a loved one prone to wandering due to a dementia-related illness. The Maine Warden

Service is a law enforcement agency that is responsible for search and rescue in the state of Maine and is a division of the Maine Department of Inland Fisheries & Wildlife.

Wandering is a common and potentially dangerous behavior among individuals with a dementia-related illness. Someone with a dementia-related illness who wanders can quickly become disoriented, unable to return to safety or not know how, or who, to call for help.

The Maine Warden Service's Project Lifesaver program, in partnership with Project Lifesaver International, allows caregivers to voluntarily register their loved one with dementia to wear a small

wrist or ankle transmitter that emits an individualized radio frequency signal. When the transmitter is activated, the frequency allows a trained response team to locate the person and help return them home safely. In the event of an emergency, a trained response team, comprised of Game Wardens from

See Lifesaver, page 12

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Experience the joy of Mardis Gras close to home

PORTLAND, ME -- For the first time, after appearing only in the Mount Washington Valley for the benefit of Mountain Top Music Center since their inaugural show @ Stone Mountain Arts Center on February 25, 2020, Mardis Gras with The Heather Pierson Band will be live at One Longfellow Square on Friday February 9, 2024 at 8:00

The Band includes Craig Bryan, Shawn Nadeau, Mike Sakash, Davy Sturtevant, and George Wiese, all stellar musi-



cians and they and Heather Pierson are thrilled to be bringing this wonderfully collaborative show to Portland, Maine!

Doors at 7:00 pm; Tickets are \$25 Adv, \$35 Day of show.

Our "2nd Season" February offering, just in time for Valentine's Day! DANDSTAND Billboard The Name of Lovel Fri, Feb 9th, 2024 at 7:30 pm **Sat, Feb 10th, 2024** at 7:30 pm **Sun, Feb 11th, 2024** at 2:00 pm What do you get when you take six local singers very familiar to CLT audiences, add eleven of the best musicians in Maine - all of whom met at and have been performing at CLT for decades, then mix them all up with some of your favorite love songs from the 50's, 60's and 70's? **Great Falls Performing Arts Center** 30 Academy Street, Auburn, ME For tickets or info call 783-0958 or visit LACLT.com Tickets: \$25 each includes all taxes and fees Underwriters Bennett Radio Group - WOXO & WIGY · Sun Journal Androscoggin Bank Twin City Times • Turner Publishing A portion of these proceeds will go to the CLT Eastman Family Scholarship Fund

to benefit high school seniors going on to study Performing Arts.

Concerts for a Cause presents "A Morning Cordial Retrospective"

BRUNSWICK, ME Award-winning sing-

er-songwriter, Jud Caswell, will perform at the Brunswick UU Church for their Concerts for a Cause series on February 24 at 7:30 pm to raise money for Midcoast New Mainers Group and Oasis Free Clinics.

This concert will be a "Morning Cordial Retrospective" celebrating the pressing of Jud's 5th CD, "Keep Walking, Morning Cordial Vol. 1!" "The Morning Cordial" is a video series that Jud launched in March of 2020 to provide a sense of warmth and connection in a time that felt very solitary and isolating. He published a video every weekday for that whole first summer, and the series now has over 175 videos. Those videos included his own original songs, acoustic favorites, and many Irish songs.

One of the leading singer-songwriters on the current scene, Jud Caswell is a master multi-instrumentalist, playing guitar, banjo, cittern, whistles and Irish drums. His interpre-



tations of songs from modern acoustic to traditional folk and Irish are done with excellent musicianship, and his words and warm, tender voice portray his landscapes like Wyeth, with a reverence for humble beauty.

Jud's originals have won some of the most prestigious songwriting contests in the country, including the legendary Kerrville New Folk competition. His songs have been taught at Berklee, recorded by Judy Collins, and named "#4 Song of the Decade" by New York's WFUV. The single, "The Great Divide," from the album was the #2 song of October on Folk Alliance International's Charts.

For this concert, Jud will be taking the fan favorites of his Morning Cordials to the live stage. What better way to get through the bleak midwinter than to enjoy a warm and friendly evening of great music that will invigorate the heart. Doors open at 7:00 pm.

Tickets: Adults: \$20 in advance, \$25 at door, Students & Children: \$10

Available at the church office, Gulf of Maine Books or https:// www.ticketstripe.com/ icaswell.

Cajun Cookin' returns for flavorful Fat Tuesday feast

-- WMPG, Portland's be- experience as they indulge munal experience for all. loved community radio in the rich and spicy flastation, is thrilled to announce the return of its highly anticipated annual event, the Cajun Cookin' Challenge. This gastronomic celebration will take place on Fat Tuesday, February 13th, from 11 am to 2 pm at the McGoldrick Student Success Center on the Portland Campus of the University of Southern Maine.

Station Manager, Jim Rand says "The Cajun Cookin' Challenge promises to be a feast for the senses, featuring a perfect blend of vibrant Cajun music, delectable food, and good old-fashioned fun". Attendees can

vors of authentic Cajun cuisine.

Local restaurants and caterers will showcase their culinary prowess, offering a diverse array of Cajun delights for attendees to savor. From savory gumbo to zesty jambalaya, the event will be a true showcase of the region's culinary talent.

In addition to the mouthwatering dishes, attendees will be treated to Cajun music that will transport them straight to the heart of Louisiana. The lively atmosphere, coupled with the enticing aromas wafting from the food stations, promises to

PORTLAND, ME expect an unforgettable create a festive and com-

The McGoldrick Student Success Center provides the perfect backdrop for this celebration, offering ample space for attendees to mingle, enjoy the music, and savor the delicious offerings from the participating vendors.

"We are excited to bring back the Cajun Cookin' Challenge for another year of culinary delight and community celebration," said Annella Linton, Development Director at WMPG. "This event has become a cherished tradition in our community, and we can't wait to see everyone come together to enjoy great food, music, and company."

Thursday, February 8, 2024 Page 7

U.S. Fish and Wildlife Service restores wetlands

the U.S. Fish and Wildlife Service's efforts to conserve and restore coastal wetlands, the Service is awarding \$10.8 million to support 12 projects in seven coastal states to protect, restore or enhance over 2.000 acres of coastal wetlands and adjacent upland habitats under the National Coastal Wetlands Conservation Grant Program. Coastal wetlands are vitally important in protecting us from floods, filtering our water, supporting recreation and local economies and providing habitat for fish and wildlife. Despite their importance, there has been a steady loss of coastal wetlands.

State, local and Tribal governments, private landowners, conservation groups and other partners will contribute \$10.2 million in additional funds to support these projects. These grants have wide-reaching benefits for local economies, people and wildlife - using nature-based solutions to boost coastal resilience, reduce flood risk, stabilize shorelines and protect natural ecosystems. Protecting and restoring coastal wetland habitats is critical for hundreds of fish, wildlife and plant species and the many coastal commu-

MAINE -- As part of nities that depend on these nia, Florida, Maine, Masecosystems.

"Coastal wetlands are important natural infrastructure systems protecting communities from the effects of climate change by mitigating the devastating impacts of storms, invasive species and sea-level rise," said Service Director Martha Williams. "The National Coastal Wetlands Conservation Grants fund projects that help recover coastal-dependent species, enhance flood protection and water quality, provide economic benefits and increase outdoor recreational opportunities for our coastal communities."

The 2024 grants will help support recovery of threatened and endangered species, enhance flood protection and water quality, provide economic benefits to coastal communities and increase outdoor recreational opportunities.

The Service annually awards grants of up to \$1 million to states and territories based on a national competition, which enables states to identify and address their highest conservation priorities in coastal areas. Since 1992, the Service has awarded more than \$500 million in grants under the program.

States receiving funds this year are Califorsachusetts, North Carolina, Texas and Washington. Examples of the projects funded by the 2024 grant program, include:

Windswept Bog Ecological Restoration

The Massachusetts Department of Fish and Game Division of Ecological Restoration, in partnership with the Nantucket Conservation Foundation, is awarded \$1 million to restore and enhance a 231-acre property site containing 39 acres of former cranberry bog and 111 acres of natural wetlands. The restoration project will preserve and enhance habitat for inland freshwater species and potentially, in the long term, support marsh migration. The activities funded under this proposal will focus on restoring the natural hydrology, eliminating barriers to fish and wildlife movement, addressing farm-related physical simplification to dramatically enhance habitat, and providing opportunities for scientific research, public education, and passive rec-

Salmon Falls Tidal River Project

The Maine Department of Inland Fisheries and Wildlife, in partnership with the Great Works Regional Land Trust, is awarded \$395,000 to acquire 81.4 acres in York County, Maine fronting on the Salmon Falls River, a tributary of the Piscataqua/ Great Bay estuary system. The protection of riparian buffers and their contribution to water quality is important to downstream eel grass beds, shellfish, and fish habitat which are in decline in the Great Bay. This project contributes to a larger landscape scale, two-state effort, within the estuary, which is recognized as a coastal area of national significance by both the federal National Estuary Program and the federal National Estuarine Research Reserve Pro-

gram. Wetlands in coastal watersheds are diverse and complex ecosystems that are vital to the nation's economy and an important part of the nation's natural heritage. Coastal wetlands in the United States include both salt marshes in estuaries and freshwater wetlands that extend inland within the coastal watersheds. They provide billions of dollars in benefits to people and wildlife ranging from drinking water filtration, storm buffering and flood control, and contributions to the recreational and outdoor sports economies.

More information is available online at: https:// www.fws.gov/service/ national-coastal-wetlands-conservation-grants.

The National Coastal Wetlands Conservation Grant Program is administered by the Service and funded in part by taxes or import duties collected from the sale of recreational fishing equipment, boats, electric motors and motorboat and small engine fuels under the authority of the Dingell-Johnson Sport Fish Restoration Act. The billions of dollars generated through recreational angling, boating, waterfowl hunting and birdwatching

benefit communities in the vicinity of wetlands restoration projects.

The U.S. Fish and Wildlife Service works with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. For more information, visit www.fws.gov, or connect with us through any of these social media channels: Facebook, Instagram, X (formerly known as Twitter), LinkedIn, You-Tube and Flickr.

Charlie Paul honored with DAR Community **Service Award**

Charlie Paul was League, Wreaths Across recently awarded the DAR Community Service Award for his service to the Marine Corps

America, Honor Flights, L/A Veterans Council, and Quilts of Valor, among others.



Pictured here are Susan Lamie, Regent of Mary Dillingham-Burnt Meadow Chapter of the Daughters of the American Revolution, Beverly Robbins, Honorary Maine State Regent and Chapter Member, and Charlie Paul, Commandant of the Marine Corps League.

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Page 8 Thursday, February 8, 2024

Scarborough students grow through reading, discussion

ME -- Scarborough High School's school library, the Learning Commons is celebrating current fiction to encourage curiosity, discover ideas and perspectives, and inform self-understanding and awareness of the world we live in. It was part of this learning journey that students recently engaged in a book event that helped empower them to reframe the way we think about the society we live in.

Two years ago, School Librarian Deirdre Dupree had the idea of creating book events to encourage, support, and celebrate reading. In the first year implementing the book events Dupree, along with Library Ed Techs Mackenzie Crouse and Jeff Ertman began by using, among other standards, the CASEL framework beginning with self. They held four events throughout the year using memoirs, set the book event "curriculum" with an essential question, and solicited staff from different departments to help them facilitate and deliver their curriculum.

Held during one of the school's four blocks in the school day, students participate through two pathways, either teachers can sign up to bring their class to the event or students who have a scheduled study hall during the block the book event is taking place can sign up to attend individually.

This year the team moved on to social awareness and society and have been working with folks who have expertise on these two social issues. Recently they called on Maine Department of Education Director of Strategic Partnerships Ayesha Hall, a school psychologist and former SEL & Equity Resource Coordinator for Lewiston Public Schools to help them host their most recent event.

With 70 students and staff present, the group embarked on a guided discussion of the young adult book, "The Unkindness of Ghosts" by Rivers Solo-

As part of this discussion, students were asked the question: Is it important for societies to be fair?

As the conversation began, Hall explained what happened next, "Students were like 'What kind of question is this? The only people who would answer no to this question are the individuals who benefit from the unfairness in the first place.'," remarked Hall. "I was blown away..."



Scarborough High School Students pose with Maine Department of Education Director of Strategic Partnerships Ayesha Hall.

Getting curious, Hall asked the students to pose a more appropriate question to which the students worked together to come up with the following: How do we break down/ analyze systems to ensure they are equitable?

The discussion helped the students reframe the question in a way that digs deeper into the question of equity in society but also helps work toward a solution.

"Engaging with literature allows readers to empathize with the expe-



riences of characters in

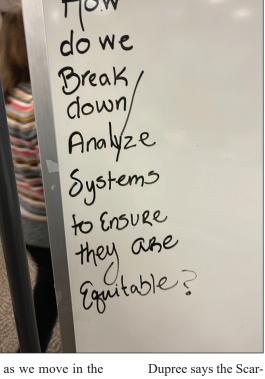
humanizing ways. This allows for reflection and

understanding while hon-

oring each individual's

journey as we move in the world," Dupree concluded.

"It was an honor to host the conversation with them!" Hall added.



borough Learning Commons' next event is tentatively scheduled for the end of March.





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Page 9 Thursday, February 8, 2024

Cooking with Gorham Hannaford Chef Dorene Mills

Zesty pickle & ranch chicken wings

Yield: 20-24 wings Time for preparation and marinade: 1 - 3 hours

Time for cook: Air fryer – 20 minutes; Deep Fry – 6-8 minutes; Bake – 25 minutes

Ingredients:

1 large package Chicken Wings with 10 -12 whole jointed wings

- Or –

20 – 24 Chicken wing joints

1 − 1 ½ cup Kosher

Pickle Juice

2 Tbs. Minced Gar-

1 ½ cup Flour

2 packets dry Ranch Dip seasoning

1 bunch chopped chives - optional

Method of Prep:

1) Make sure chicken wings are fresh or thaw in order to pick up the marinade. In a large bowl or container, add in pickle juice and minced garlic.

2) Cut down chicken wings into single segments and add to bowl with marinade, making sure that most wings are submerged. Allow to sit for at least 1 hour before cooking, up to 3 hours if possible, tossing wings periodically so that all are submerged at one time.

3) In a Ziploc bag or large sealable container, add flour and ranch packets and mix. In batches of mix until lightly coated.



7 - 8 wings, toss chicken joints in flour and ranch

Cook either in air fryer, oil deep fryer or bake in oven on top rack until internal

temp reaches 165F. Sprinkle with chopped chives if you choose. Enjoy!

Focus on Palestine: A community event

BRUNSWICK, ME -- The public is invited to an afternoon of Palestinian history, poetry, live music and theater at the Unitarian Universalist Church of Brunswick on February 18, 2024 at 2:00.

Fateh Azzam, former Middle East Regional Representative of the United Nations High Commissioner for Human Rights will speak about the history of Palestinian citizenship. Also included will be readings of Contemporary Palestinian poetry, Middle Eastern Music performed by Maine musicians, and excerpts from the Gaza Monologues written by Gaza teenagers in 2010 after the Israeli war on Gaza in 2008-2009. The program will end with raucous Palestinian Dabkeh line dancing to the tunes of live Palestinian folklore music and singing.

Palestinian himself, Mr. Azzam will discuss the history of Palestinian citizenship and their quest for representation, from the Ottoman period through the British mandate, the creation of Israel and its occupation of Palestine to the present day. The presentation will be followed by a discussion.

Palestine being culturally part of the broader Arab World, Maine musicians will be presenting several compositions of Middle Eastern music based in the classical Magam tradition. Contemporary Palestinian poetry will be read throughout the afternoon. A thirty-minute segment of the Gaza Monologues will be presented. The full production of the Gaza Monologues which comprises 33 pieces, opened in Portland on February 3 of this year.

The event is hosted and sponsored by the Unitarian Universalist Church Brunswick, Peaceworks Brunswick, Maine Voices for Palestinian Rights and Peace Action Maine. The Monologues are directed by Nat Warren-White and Fateh Azzam, and performed by students from Casco Bay High School in





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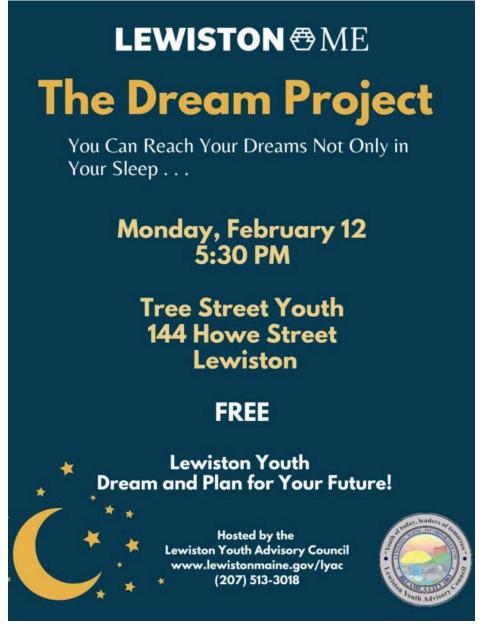
Sunday, February 18, 2024 2:00-4:30

The event is free and open to the public.

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Extension brings outdoor learning to PK-12 students statewide

ORONO, ME - Maine Outdoor School for All (MOSFA), a network of organizations that includes University of Maine Cooperative Extension, is announcing the expansion of its community partnership, taking a significant step toward the goal of offering outdoor education to students across the entire state.

To commemorate the milestone, a ceremonial signing event was held at UMaine on Jan. 19, symbolizing the commitment of MOSFA members to provide academically rigorous experiential learning opportunities in outdoor settings.

Founded in 2010 by The Ecology School, Chewonki, Schoodic Institute and UMaine Extension's 4-H Centers, MOSFA is a network of organizations working with Maine schools to offer schoolprograms combin-STEM education ing with the best in outdoor and experiential learning Through opportunities. engaging overnight programs, students expand their classroom learning in math, science and English while fostering a love for the outdoors, environmental stewardship and a deeper understanding of the natural world.

With the addition of four new community partners, including Hurricane Island Center for Science and Leadership, Kieve-Wavus Education, Cobscook Institute, and Maine Local Living School, the network will now be able to reach more students from all backgrounds and regions



5th graders from Woodstock Elementary School use compasses and maps to explore concepts like friction, gravity, speed, distance and angles at the 4-H Camp and Learning Center at Bryant Pond; courtesy of University of Maine Cooperative Extension.

of Maine, ensuring that outdoor education is accessible to all. The expansion is an important step toward creating equitable opportunities for students to experience the benefits of outdoor learning.

"Today Maine Outdoor School for All has doubled in size," said Ryder Scott, executive director of UMaine Extension's 4-H Camp and Learning Centers. "We have been working for more than a decade now to serve Maine schools, creating opportunities during the academic year for students to learn together in the great outdoors. To expand our capacity at this moment, when getting kids outdoors is more critical than ever, is a great achievement."

During the ceremonial signing, representatives from the organizations were joined by Extension Dean Hannah Carter and Associate Dean Jason Bolton, demonstrating the commitment of Coopera-

tive Extension as a leader in the Outdoor School for All effort.

"This is a historical date," said Drew Dumsch, president and CEO of The Ecology School at River Bend Farm, one of the founders of MOSFA. "Maine Outdoor School for All is a network that has already been working for 14 years in the state. And our goal is pretty simple: give every child in Maine a chance to come to an Outdoor School and spend three, four, five days, staying overnight and sharing meals together. We want to give kids the chance to be outside for hours at a time, learning about agriculture, conservation and climate change. Coming out of the pandemic, these experiences are critical to kids' social emotional wellbeing. It is really amazing to see what Outdoor Schools can do. To know that Extension is the bedrock supporter and, moving forward, will be working with all the other



Jason Bolton, UMaine Extension Associate Dean; Greg Kranich, UMaine Extension 4-H Professional; Keith Crowley, Chewonki Foundation VP of Program Services; Susi Acord, Schoodic Institute Development Coordinator; Jessica Decke, UMaine Extension 4-H Tanglewood Director; Shaun Haskins, Cobscook Institute Co-Director; Kara McCrimmon, Cobscook Institute Co-Director; Jennifer Mathews, Hurricane Island Center for Science and Leadership Advancement Director; Anica Miller-Rushing, MOS-FA Coordinator; Nick Fisichelli, Schoodic Institute President and CEO; Hannah Carter, UMaine Extension Dean; Ryder Scott, UMaine Extension Executive Director of 4-H Camp and Learning Centers; Drew Dumsch, The Ecology School President and CEO; Ryan LeShane, UMaine Extension Blueberry Cove Director; Sam Kaplan, Kieve-Wavus **Education Executive Director and Chief Operating Officer**; courtesy of University of Maine Cooperative Extension.

Outdoor Schools is totally exciting."

"There has been a lot of hard work, a lot of dedication by the people in this room trying to reach kids and to create opportunity. This feels like we are taking a real tangible step forward," said Nick Fisichelli, president and CEO of Schoodic Institute at Acadia National Park. "The goal with Maine Outdoor School for All is that the programs are integrated into the classroom curriculum and aligned with state learning standards. So, it is not just a one-off separate learning experience, but it is really part of their education, part of what they are doing in the classroom."

The coalition has been working to secure State funding to provide equitable access to high-impact outdoor educational experiences for all Maine students through LD 1817. That bill has received overwhelming bipartisan support and is pending in the Maine Legislature.

"We are grateful that the legislature recognizes the importance of outdoor education and hopeful we can find successful funding strategies to bring these opportunities to students," said Dumsch. "This is important to the people of



5th graders try out high ropes for lessons in math and science; courtesy of University of Maine Cooperative Extension.

Maine, it is important to students and kids, this is important to classroom teachers, it is important to workforce development. Outdoor learning has proven to be a powerful tool in engaging students, teaching STEM education, fostering a deeper understanding of the natural world and promoting environmental stewardship. Especially with this expansion, MOS-FA can make a lasting impact on the lives of Maine students."

To date, MOSFA has raised over \$2 million through private philanthropy and corporate sponsorships to help more than 15,000 students from Maine schools attend Outdoor School programs with their classmates and teachers.

For more information visit the MOSFA webpage.

State of the Beach exposes crisis on coasts, Maine gets an 'A'

SAN CLEMENTE, CA — Today, the Surfrider Foundation released its seventh annual State of the Beach Report, which grades 30 states and the territory of Puerto Rico on comprehensive laws and policies to protect our nation's beaches from coastal erosion, sea level rise, and poorly planned development.

Data shows that nearly 70% of coastal states are doing a poor job of managing their coastlines and planning for climate change impacts. This is particularly concerning as climate

change impacts are being felt more intensely along our nation's coastal com-

Of the 31 states and territories assessed, 21 earned a grade of C or less and are doing an 'adequate to poor' job. These states tend to have less stringent policies regarding development in hazardous coastal zones, ineffective/nonexistent prohibitions on coastal armoring, poor sediment management, and lack sea level rise policies.

"Given the increase in extreme weather events and climate change im-

pacts, progressive laws and policies must be passed and effectively implemented at the local, state, and federal levels to safeguard our precious coastlines and communities," said the Surfrider Foundation's Senior Manager of the Coast and Climate Initiative, Stefanie Sekich. "Our report finds that states who score poorly often lack effective implementation of existing laws and policies. Over the years, there has been a trend of states passing strong climate change impact laws, but never actually implementing the laws and policies on the books. That is precisely why we publish this report every year — to ensure states are not only passing important legislation to protect our coastlines, especially in light of climate change, but are also properly implementing laws."

In contrast, the highest-scoring states had strong policies and enforcement regarding coastal building setbacks, restrictions on coastal armoring, limiting development/redevelopment in harm's way, and are advancing progressive

sea level rise policies that encourage local governments to incorporate climate adaptation measures into their land use plans.

The State of the Beach Report doesn't just assess risk — it also provides a pathway for improved climate resilience. Over the past year, Surfrider advocated that funds from the Bipartisan Infrastructure Law (BIL) and Inflation Reduction Act (IRA) go specifically toward coastal restoration and climate-resilience planning.

In a significant victory for our ocean and coasts, Surfrider helped to secure an unprecedented \$6 billion in funding for coastal resilience. Surfrider published a guide to help better educate the public about these BIL and IRA funds, which enables tribes, states, and cities to identify and use these funds to update municipal land use planning and advance nature-based solutions to make our

coastal communities more climate resilient.

To access the entire report and learn more about the Surfrider Foundation's leadership in protecting our beaches and coastal communities for future generations, visit surfrider.org





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Colorectal surgeon joins Central Maine Healthcare

Cristan Anderson, MD, has joined Central Maine Surgical Associates, which is part of Central Maine Healthcare (CMH).

Dr. Anderson is a colorectal surgeon who graduated from medical school at Loyola University Stritch School of Medicine in Chicago. She completed her residency at UMDNJ-Robert Wood Johnson Medical School in New Jersey.

Dr. Anderson treats both life-threatening diseases and those that significantly affect quality of life.

"In most cases, we have the ability to impact both types of disease significantly," Dr. Anderson said. "I enjoy teamwork within colorectal surgery practice and working closely with other physicians and clinicians, as well as my patients.

"Patients are experts on their experience, and my expertise is in the medical underpinnings of disease. By partnering with them, we can ensure the best outcomes, together."



"Dr. Anderson is a great addition to our team," said Tim Counihan, MD, chief surgeon, Central Maine Healthcare. "Colorectal health is such an important factor in patients' overall well-being, and the expertise she brings to this field will be a direct benefit to them."

Central Maine Sur-

of board-certified surgeons that, supported by management, clinical, and clerical team members, provides care for general surgery and trauma patients. The surgeons offer a broad scope of surgical procedures for elective surgeries, emergent surgeries, wound care and minor office procedures.

FAME loan repayment program applications open for 2024

AUGUSTA, ME-Applications are now being accepted for state education loan and loan repayment programs administered by the Finance Authority of Maine (FAME).

FAME helps to create the workforce of the future by increasing the number Maine residents with credentials of value. We do so in a variety of ways, including by providing various student financial aid resources - for current students, professionals in certain workforce areas, and new Maine residents. Below please find information about our education financing and other programs for which we are now accepting applications:

LOAN PROGRAMS Educators for Maine

Merit-based forgivable loans for Maine students pursuing undergraduate or graduate education degrees. Applicants must demonstrate an interest in education, speech pathology, or a career in childcare and are planning to work in Maine after graduation.

For academic the year 2024-2025, awards will be \$5,000 for undergraduates and \$4,000 for graduate students.

Loans are forgiven if the recipient is an educator or speech pathologist in an eligible elementary or secondary school or an eligible childcare program in the state of Maine.

For more information and application link, go famemaine.com/applications

Maine Health Professions Loan Program

The Maine Health Professions Loan Program is a need-based loan of up to \$25,000 for Maine residents pursuing post-graduate medical, dental, or veterinary education.

No interest accrues while in an eligible program, including an eligible residency program. During repayment, interest rate can be as low as 0% based on location and type of prac-

For more information and application link, go to <u>FAMEmaine.com/Med-</u>

<u>Maine</u> Veterinary Medicine Loan Program

This is a need-based forgivable loan for Maine students enrolled in a program leading to a Doctor of Veterinary Medicine de-

Maximum annual loan amount is \$35,000.

No interest accrues while in eligible program. During repayment, interest rate can be as low as 0% based on location and type of practice.

Borrowers may qualify for loan forgiveness if practice is devoted to livestock or emergency and critical care, or if practice is in an underserved geographic region in Maine.

For more information and application link, go to FAMEmaine.com/Med-

Maine Dental Education Loan Program

The Maine Dental Education Loan provides a forgivable loan to Maine residents who are pursuing dental education leading to a career as a dentist or other dental auxiliary profession.

The program was recently amended to also include students pursuing careers as dental hygienists, dental therapists, expanded function dental assistants, and dental assistants.

Applicants must demonstrate an interest in practicing primary dental care in an underserved population area in Maine and serving patients without regard of ability to pay.

The maximum annual loan amount is \$25,000.

Borrowers may qualfor loan forgiveness if practice is in an underserved area of Maine and 25% of patients are accepted for treatment regardless of ability to pay.

For more information and application link, go to FAMEmaine.com/Med-

REPAY-LOAN **MENT PROGRAMS**

Maine Health Care Provider Loan Repayment Pilot Program

Loan repayment program that was established support rebuilding Maine's health care industry workforce by attracting and retaining health care professionals to address critical workforce shortag-

FAME will pay up to \$25,000 per year and, in aggregate, the lesser of \$75,000 or 50% of a recipient's outstanding education loan balance over three years.

For more information and application link, go famemaine.com/appli-

Nursing Education Loan Repayment Program Loan repayment program for nursing educators who teach in a nursing education program in Maine and possess an outstanding education loan relating to a master's or doctoral nursing degree.

recipients Program may receive awards up to \$40,000 (\$13,334 annually) depending on highest degree attained and work status. Awards are disbursed over a three-year term.

Program eligibility has been expanded to include part-time nurse educators (repayment amount up to \$10,000 for master's degree and up to \$20,000 for doctoral degree, over a three-year term).

For more information and application link, go famemaine.com/applications

Maine Dental Education Loan Repayment Pro-

The Maine Dental Loan Repayment Program provides loan repayment assistance for dentists and certain dental auxiliary health professionals.

The program was recently amended to also include professionals who have obtained degrees related to dental hygienists, dental therapists, expanded function dental assistants. and dental assistants.

Applicants must practice primary dental care in an underserved population area in Maine and serve patients without regard of ability to pay.

New loan repayment recipients can receive up to \$25,000 annually, up to \$100,000 total.

For more information and application link, go famemaine.com/appli-

NEW MAINERS

Foreign Credentialing and Skills Recognition Grant Program

Program provides small grants to assist eligible immigrants living in Maine who are not yet eligible to work in the U.S. prepare for entry into the workforce.

Grants for up to \$1,000 are available to help pay for costs associated with the process of becoming work-ready while waiting for issuance of a work permit by federal immigration authorities.

For more information and application link, go to FAMEmaine.com/ CredGrant.

Lifesaver

Continued from page 5

the Maine Warden Service can use the signal to locate the person and help them return home safely. The technology helps reduce search and rescue times from hours or days down to a matter of minutes.

"Since its inception, the Maine Warden Service's Project Lifesaver program has been a valuable public safety tool for families affected by Alzheimer's disease and other dementia-related illnesses," said Charles J. Fuschillo, Jr., President and CEO of the Alzheimer's Foundation of America. "The need for this program in the state has continued to grow and we want to make sure that the Maine Warden Service has the resources it needs

Sgt. Josh Bubier,

to keep people safe."

State of Maine Search and Rescue Coordinator, said, "Project Life Saver has allowed us to provide a service to those families in need of assistance and on several occasions already resulted in quick and successful conclusions to persons with Alzheimer's

Foundation of America has been a wonderful partner and has better enabled us to continue to provide this resource to some families in Maine."

\$6,000 AFA The grant will be used to purchase additional receivers. transmitters, and other supplies in order to keep the program running and it dences. The Alzheimer's can serve through this pro-

Families can voluntarily enroll in the Maine Warden Service's Project Lifesaver program by calling 207-287-5305. Those questions about with caring for a loved one with a dementia-related illness or accessing support services can call the Alzheimer's Foundation of or dementia that have will enable them to expand America's Helpline at 866wandered from their resi- the number of families it 232-8484 or visit www.



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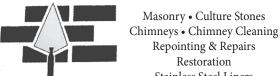
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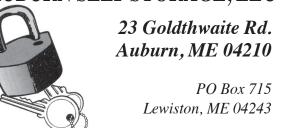
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Feb 8, 9, 10

MAINE – DaPonte String Quartet Concerts in February. Program: Beethoven String Trio in D Major, Op. 9 no 2, Françaix String Trio & Arensky Quartet No. 2 in A minor, Op. 35 for violin, viola and 2 cellos with guest artist, cellist Fred Edelen. Tickets and additional information available at www.dapontequartet.org

Sunday, February 4, 2:00 pm, St. Columba's Episcopal Church, Boothbay

Wednesday, February 7, 7:00 pm, Union Hall, Rockport

Thursday, February 8, 7:00 pm, Jewish Community Alliance, Portland

Friday, February 9, 7:00 pm, Nordica Hall, University of Maine, Farmington

Saturday, February 10, 2:00 pm, Lemont Hall, Brunswick

Feb 8

A U B U R N --Tweens in the Teen Space 2/8 from 3:30 PM - 4:30 PM - Teen Space, Auburn Public Library

Today the Teen Space will be open for teens and tweens to come hang out after school. Play games, do homework, and eat snacks with friends!

Calendar

Send your submissions to the Editor. More online.

Feb 13, 27

AUBURN -- Teen Space Craft Club 2/13 and 2/27 from 4 PM - 5 PM - Teen Space, Auburn Public Library

Whether it be crocheting, drawing, origami or something else entirely, The Teen Space Craft Club serves as a time to work on any arts and crafts related projects, share advice and learn something new. Crafters of any experience are welcome!

Feb 14

AUBURN -- Love Letters to Books 2/14 from 3 PM - 4 PM - Teen Space, Auburn Public Library

Celebrate Valentine's Day by writing your favorite book a love letter! Join us in the Teen Space and write to that special book in your life.

Feb 15

AUBURN -- Tween Craft Club 2/15 from 3:30 PM - 4:30 PM - Teen Space, Auburn Public Library

Tween Craft Club is a time to learn something new! Learn our craft of the month or bring your own project to work on. Crafters of any experience are welcome!

Feb 18

BRUNSWICK FOCUS ON PALES-TINE: A COMMUNITY EVENT with Fateh Azzam speaking on "Palestinians and (non) Citizenship" and including Palestinian Poetry, Live Middle Eastern & Palestinian Music, Debke Line Dancing, Debke Line Dancing and excerpts from the Gaza Monologues written in 2010 by Gaza teenagers and performed by Maine students. https:// www.uubrunswick.org/ events/focus-on-palestine-a-community-event/

Unitarian Universalist Church of Brunswick, One Middle Street, 2:00-4:30

Feb 20

A U B U R N -Healthy Relationships:
SAPARS Drop In 2/20
from 2 PM - 3:30 PM
- Teen Space, Auburn
Public Library

February is healthy relationships month! SA-PARS is stopping by the Teen Space for a drop in session for anyone looking for information

on healthy relationships, consent, and resources that are available to you.

The Sexual Assault Prevention and Response Services serves Androscoggin, Franklin and Oxford counties by educating communities and supporting victims/ survivors of rape, child sexual abuse and other forms of sexual violence. They work to prevent and eliminate sexual violence and rape and to promote healing and empowerment for everyone affected by all forms of sexual harassment.

Feb 20

AUBURN -- Button Making 2/20 from 3:30 PM - 4:30 PM - Teen Space, Auburn Public Library

Hang out in the Teen Space and learn how to make your own buttons. Create your own designs and decorate your jacket, backpack, and more. Supplies and snacks included.

This program is a part of the Lewiston Public Library/Auburn Public Library Teen Mental Health & Support series. This series will run throughout 2024 and offer programs to help teenagers get information and resources on emotional and mental wellness, offer creative outlets for feelings and build com-

munity. These programs are run concurrently between LPL and APL with the same or similar community partners.

Feb 21

AUBURN -- Anime & Manga Club 2/7 and 2/21 from 4 PM - 5 PM - Teen Space, Auburn Public Library

Join us in the Teen Space to watch anime, read manga and share your fanart with fellow fans. While we have plenty of manga in the stacks, feel free to bring some of your own to share with the group!

Feb 21

AUBURN -- Dungeons & Dragons 2/21 from 3 PM - 5 PM - Teen Space, Auburn Public Library

Come to the Teen Space for a D&D adventure in a fantasy world! Open to beginners and experienced players alike. Come with a character sheet (level 1-3) or use one that we provide.

Feb 22

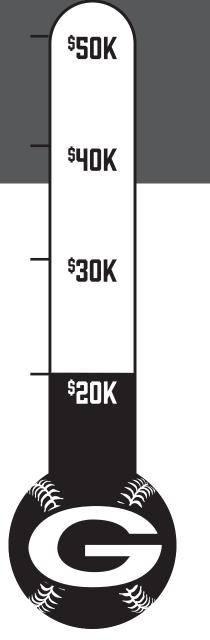
AUBURN -- Tween Anime Club 2/22 from 3:30 PM - 4:30 PM - Teen Space, Auburn Public Library

Stop by the Teen Space to watch and talk about your favorite anime, draw or color and enjoy snacks with your friends! Snacks included.

Feb 23

AUBURN -- Thinking in the Box: Let's Make Comics! 2/23 from 3 PM - 4 PM - Teen Space, Auburn Public Library

Have you ever wanted to make your own comic? If you're unsure what to write, not sure how to produce your comic or if you're interested in how comics are made, stop by the Teen Space and get some ideas!



GORHAM LITTLE LEAGUE Field Funding Campaign

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

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

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SENIOR TRIPS

MAY 11 - 19, 2024 - BILT-**MORE ESTATE & ASHE-**VILLE, NC - Trip includes 8 nights lodging including 4 nights in the Asheville area, 8 breakfasts and 6 dinners and a guided tour of the Asheville, North Carolina area. We will have a full day visit to the spectacular Biltmore Estate, America's largest privately owned home. We will visit the Biltmore Village that connects the estates present and past and provides a place for dining, shopping and historical exhibits. We will also visit the Antler Village and winery. We will tour the Blue Ridge Parkway with a guide and stops along the way. A \$75.00 deposit per person is due when signing up. Price is \$1,245.00 pp double occupancy which includes all entrance fees, meal tips and bus driver tip.

MAY 25 - JUNE 2, 2024 - MACKINAC ISLAND - Trip includes 8 nights lodging including 4 nights

in Northern Michigan, 8 breakfasts and 6 dinners. We will have a guided tour of Mackinaw City and visit Mackinac Island with an included Carriage Tour of the island and see and Lilac Lane. We will cruise through the Soo Locks and have free time in Sault Sainte Marie. We will have a guided tour of Quaint Mackinaw City and tour the Old Mackinac Point Lighthouse and visit Colonial Michilimackinac. We will visit "Michigan's Little Bavaria" in Frankenmuth, Michigan and so much more. A \$75 deposit per person is due at registration. Total price is \$1,209.00 pp double occupancy which includes all entrance fees, step on guide tips, meal tips and bus driver tip.

OCTOBER 6 - 14, 2024 -**NOVA SCOTIA, PRINCE** EDWARD ISLAND & **NEW BRUNSWICK –** Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up.

sites like the Arch Rock Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

> If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or 576-8604 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

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