

Stanchfield promoted to Goodwill Senior VP of Mission Services

GORHAM, ME — Trendy Stanchfield was promoted to serve as the Senior Vice President, Mission Services at Goodwill Northern New England. She will oversee workforce, disability, and healthcare programs for the nonprofit, which serves more than 15,000 clients every year.

Stanchfield most recently served as Senior Vice President of Advancement for Goodwill where she led the marketing and communication teams,

fundraising initiatives for growth, and community engagement teams to build partnerships across Maine, New Hampshire and Vermont. She will continue that work, while also overseeing Mission Services. She has been with Goodwill NNE for 12 years.

“I’m thrilled that Trendy will lead our teams with her compassionate, people-first style. Because she deeply knows Goodwill NNE, I expect Mission Services will be more closely tied to every part

of our nonprofit’s operations,” said Tripp Harrison, President and CEO of Goodwill NNE.

Mission Services includes workforce programs, vocational rehabilitation programs, 16 group homes that support adults with disabilities, active community supports for adults with disabilities, AmeriCorps programs, and two brain injury clinics.

Prior to moving to Maine 12 years ago, Stanchfield led the mission and development programs



in seven states for the Muscular Dystrophy Association (MDA) headquartered in Chicago, IL. In her 17

years with MDA, Stanchfield focused on developing and executing program services, which includes clinical evaluations and care plans, programming for client summer camps, and recruiting and mobilizing volunteers throughout all of MDA’s client services. She also led the fundraising initiatives, raising over \$10 million during her tenure.

Stanchfield lives in Brunswick, Maine with her husband, two teenage sons and two cats.

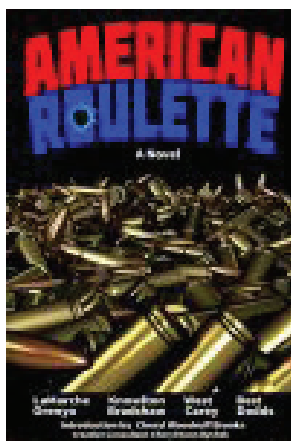
American Roulette at Gorham’s Baxter Memorial Library

GORHAM, ME -- A concern for the increasing scourge of gun violence in America brought together nine authors to write American Roulette. Most are award winners. All are standouts in their field. They write for every genre: novels, non-fiction, kids’ lit, academic publications, journalism, broadcast, and blogs.

American Roulette is a blockbuster novel full of tension, dread, and anguish. One unremarkable Friday in April, a stream

of ordinary people make their way to Liberty Mall in Anywhere, USA. American Roulette tells the story of eight of those people. At 5:17 PM, one of these characters’ actions will change the lives of all the others.

Join authors Pat LaMarche and Andy Carey at Gorham’s Baxter Memorial Library on Wednesday, March 27th at 6pm in a discussion about gun violence and the impacts on responders, average citizens, and children, as well as



the importance of dialogue about this issue if we hope to find a solution.

Town of Gorham publishes street sweeping schedule

GORHAM, ME -- Public Works has started with rough street sweeping and will start with scheduled street sweeping as weather

and snow melting permit. Please see the Town of Gorham’s website for full route information. Updates to the schedule will be made pub-

lic as soon as the dates are determined. If you have any questions, please contact Public Works at 222-4950 or dpw@gorham.me.us

Green Home & Energy Show to take place in South Portland

PORTLAND, ME – The publisher of Green & Healthy Maine HOMES magazine is happy to present the fourth annual Green Home + Energy Show, 9 a.m. to 4 p.m. on April 6 at The Point Community Center in South Portland. Attendees will find exhibitors, an Electric Vehicle expo, a Sustainable Landscape Expo, nearly 20 workshops included with admission, shopping at the Maine Makers Fair, and more!

The Green Home + Energy Show is a one-day event that brings together the leaders in Maine’s sustainable home and energy industries—from solar power to heat pumps, air quality to air sealing, and electric vehicles to green home goods. The show will provide attendees with endless inspiration for lowering energy costs and

improving health, comfort and sustainability of their homes, whether they are looking to build, buy or enhance an existing property.

Included with admission is the opportunity to attend nearly 20 informative workshops on a wide range of home energy, efficiency and landscape topics. A full list of workshops is available at greenmainehomes.com/show-workshops.

The electric vehicle expo takes place from 11 a.m. – 2 p.m. Attendees will be able to talk with owners and test drive a variety of EV models. New this year, the event will include a Sustainable Landscaping Expo where visitors can meet and learn from businesses that prioritize eco-friendly landscaping practices.

Food trucks will include The Pink Waffle, To-

tally Awesome Vegan Food Truck, and Tacos del Seoul.

What: Green Home + Energy Show, www.greenmainehomes.com/show-2024

When: Saturday, April 6, 9 a.m. – 4 p.m. (EV Expo, 11 a.m. – 2 p.m. only)

Where: The Point Community Center, 345 Clarks Pond Parkway, South Portland

Cost: Tickets are \$10 in advance, \$15 at the door. Student admission is free with a valid student ID. Tickets are available at greenmainehomes.com/show-2024

Ticket sales benefit Wild Seed Project, a nonprofit organization that builds awareness of the vital importance of native plants and provides all people with the tools to restore biodiversity in their own communities.

Clothes galore at Gorham’s Mission of Hope Clothes Closet

GORHAM, ME -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Clos-

et) 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 our local second-hand shops.

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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Newsmakers, Names & Faces

AFA's Teen Alzheimer's Awareness scholarship opens

NEW YORK — The Alzheimer's Foundation of America (AFA) is offering scholarships of up to \$5,000 to college-bound high school seniors affected by Alzheimer's disease or other dementia-related illnesses as part of its annual Teen Alzheimer's Awareness Scholarship Contest. Entries can be submitted at www.alzfdn.org/scholarship and must be received by Monday, April 1 at 5 pm ET.

"Whether they've had a loved one with the disease, volunteered or

worked as a caregiver, or are just passionate about the cause, teens across the country are involved in the fight against Alzheimer's, and many of them have very moving and powerful stories to tell," said Charles J. Fuschillo, Jr., President & CEO of the Alzheimer's Foundation of America. "Every student who shares their experiences helps raise Alzheimer's awareness among people of all ages. We encourage teens who have been impacted by Alzheimer's disease to submit an essay or video

and tell their story."

Eligible teens are invited to apply for the scholarship by submitting an essay (1,500 words maximum) or submitting a video (no more than four minutes) describing how Alzheimer's disease has impacted their lives and what they have learned about themselves, their family and/or their community through their experience with Alzheimer's.

Examples of ways that Alzheimer's impacted a student's life can include: Having a loved one



with Alzheimer's disease or another dementia-related illness

Helping care for someone with Alzheimer's disease or another dementia-related illness

Volunteering or

working in a care setting that serves individuals with dementia

Raising Alzheimer's awareness in their school or community

Conducting Alzheimer's research

The program is open to current high school seniors living in the United States who will be attending a U.S. college or university this Fall. Students already attending college are not eligible to participate.

The top prize awarded is a \$5,000 scholar-

ship. Additional prizes are awarded for runners up and honorable mentions. More than \$428,000 in college scholarships have been awarded since the program's inception.

AFA has been able to provide these scholarship funds with the generous support of charitable donors. Individuals wishing to support this and other programs and services for families affected by Alzheimer's disease can do so by visiting www.alzfdn.org/donate or calling AFA at 866-232-8484.

Going the extra mile for Maine students

Bangor, ME — March is National Nutrition Month, and Maine has much to celebrate, particularly when it comes to food access for kids. Maine was one of the first states to offer school meals to all students at no charge thanks to a policy that took effect last year. At the same time, Maine schools have significantly increased in the amount of locally grown food served to students. There has been national recognition as well: Regional School Unit 89 in Penobscot County was one of just four school districts in the country to win a U.S. Department of Agriculture (USDA) "Innovation in Preparation of School Meals" award earlier this month. USDA Food and Nutrition Service (FNS) Deputy Under Secretary Stacy Dean met with local food access leaders in Brunswick last week to celebrate these milestones, joined by USDA Rural Development Maine State Director Rhiannon Hampson.

Maine nonprofit Full Plates Full Potential host-



Left to Right: USDA Rural Development State Director Rhiannon Hampson, USDA Food and Nutrition Service Deputy Under Secretary Stacy Dean, USDA FNS Regional Administrator Lisbeth Silbermann, and former USDA FNS Under Secretary Kevin Concannon pose together after the Brunswick meeting on March 5, 2024.

ed the March 5th meeting at the Curtis Memorial Library in Brunswick. Officials from the State of Maine, area school administrators, and representatives of stakeholder groups and nonprofit organizations participated. Former USDA FNS Undersecretary Kevin Concannon, a member of the FPPF Board of Directors, also attended the meeting. Deputy Under

Secretary Dean lauded Maine's 2021 School Meals for All legislation, an initiative championed by Full Plates Full Potential. Maine schools implemented the new policy during the 2022-2023 school year. Results included increased participation in school meals and alleviated stress and expenses for Maine families.

USDA's Food and Nutrition Service (FNS)

funds, sources, and regulates school nutrition programs nationwide. Among other projects, the agency has focused on helping schools to use more local foods to prepare student meals. Doing so encourages children to get excited about more foods and helps local producers find new markets. Maine schools have nearly tripled their use of local foods compared to last year, purchasing from eighty-four Maine farms and distributors. "We are investing extensively in local food procurement and farm-to-school across mission areas at USDA, and that is important to us," Deputy Under Secretary Dean noted during the meeting.

Thanks to Maine's Healthy School Meals for All initiative, more students have been participating in school meals. Several school administrators at the meeting mentioned the need to improve their kitchen and dining facilities to meet the increased demand. Director Hampson offered the USDA Rural Development Community Facilities Direct Loan and Grant Program as one possible funding source to help. "Maine USDA Rural

Development has worked with several food pantries to make commercial kitchen facilities improvements," said Director Hampson. "We can also fund projects for schools. As a former school nutrition director myself, I understand how critical it is to have the space and equipment to prepare good meals for kids. Food is foundational to educational success, and USDA Rural Development can help schools expand their capacity. With 29 agencies in the USDA, we often have opportunities to strategically support other mission areas and truly live up to our name as 'The People's Department'."

Offering students free meals and using more local foods means more cooking for school staff. Those gathered at the meeting in Brunswick were excited to hear more about the USDA "Innovation in Preparation of School Meals" award announced for RSU 89 last week. The award recognizes the Stacyville school unit's work to incorporate more "scratch cooking" into the weekly menu, to engage students in menu choices, and to use more local produce (work made

possible with a USDA Healthy Meals Incentive Initiative grant the previous year). Agriculture Secretary Tom Vilsack announced the award last week, saying, "For many children, school meals are the healthiest, most nutritious meals in their day-to-day lives. At USDA, we are proud to recognize the schools that are going the extra mile in providing nutritious meals for students and helping them reach their fullest potential."

Last week was also National School Breakfast Week, and Jane McLucas, Director of Child Nutrition for the Maine Department of Education reflected on the Brunswick meeting in that context. "Starting with breakfast in Kittery, and ending with a roundtable in Brunswick, the day highlighted the great work that Child Nutrition professionals are doing in our schools, the great partnerships we have and the support of the legislature in supporting our youngest citizens," she said. "Maine students are able to access healthy meals that assist them in learning to their highest potential, and we are excited to see where it can take them in the future."




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Newsmakers, Names & Faces

Bridge Senior Living serves Greater Portland community

ORLANDO and PORTLAND, ME – Bridge Senior Living today announced the company added luxury senior residences to its Portland management portfolio.

The addition of The Grande at South Portland, formerly known as Harbor Chase South Portland, will offer upscale assisted living and memory care services, becoming Bridge Senior Living's second Portland-area location. The Grande at South Portland is located at 25 Country Club Road in South Portland.

Bridge Senior Living's other nearby com-

munity is The Enclave of Scarborough located at 18 Black Point Road in Scarborough, Maine.

The Orlando-based company today also announced that Caitlin Marsanskis will transfer from The Enclave of Scarborough, where she was executive director since 2019, to become the new executive director of The Grande at South Portland. Samantha Beaton, was promoted to serve as the new executive director at The Enclave of Scarborough, following her recent role as memory care director.

The Grande at South

Portland becomes the 34th community in Bridge Senior Living's management portfolio. Through previous management, The Grande at South Portland opened in 2021.

"The Grande at South Portland will provide the luxury Maine lifestyle residents desire with the professional care they need," said Bridge Senior Living COO Robert Goyette. "Adding The Grande at South Portland to Bridge Senior Living's portfolio reinforces our commitment to delivering quality senior care service to Greater Portland."

According to the Emerging Housing Markets Index for Q3 of 2023 compiled by The Wall Street Journal and Realtor.com, Portland ranks as the most popular U.S. metro area for luxury buyers. With 83 private or shared assisted living rooms, and 40 memory care rooms, The Grande at South Portland offers convenient access fewer than three miles to Portland International Airport, 10 minutes from Maine Medical Center and 15 minutes from downtown Portland. The community features many luxury amenities, including an onsite fitness

center, salon and spa, a spacious game room and art studio, as well as multiple in-community restaurants ranging from a casual bistro or takeaway counter to upscale fine dining.

The Grande at South Portland will provide a variety of wellness services and therapies, with access to a range of resources to support the lifestyle goals of each resident.

"The Grande at South Portland team reinforces Bridge Senior Living's mission to engage and inspire residents to live their best life," said Marsanskis. "Residents

enjoy an upscale, maintenance-free lifestyle with the benefits of special experiences on site and around Portland without the burdens of home or condo ownership."

"Following four-and-a-half years with The Enclave at Scarborough's excellent residents and team, I am also professionally and personally energized by the opportunity to expand our reach and meet and collaborate with a new team of associates while serving more Portland residents and learning about their lives," added Marsanskis.

Children's memorial garden to be unveiled in Brunswick

BRUNSWICK, ME- On Sunday, May 5th, Midcoast based non-profit Madeline's Mission will unveil a children's memorial garden with a small ceremony. May 5th is recognized as Bereaved Mother's Day, a day intended to honor mothers of children who "hold their children in their hearts, instead of their hands".

The heartstring and central feature of this garden is a butterfly garden. Fixed into a granite base, bronze butterflies will sit atop stainless-steel rods. Families will be able to personalize a butterfly in memory of their beloved child. Artwork and flower-shaped marimbas will also make the space whimsical and welcoming. Last fall, more than 1,100 donated bulbs were planted along with other plants purchased by Madeline's Mission, guided by the Coastal Maine Botanical Gardens.

The generous gift

of space from Mid Coast Parkview Health made the garden possible. Located by a beautiful little pond on the Parkview Campus of Mid Coast Hospital in Brunswick, Maine, the Madeline's Mission Memorial Garden will be a place of healing for grieving families. The ceremony to unveil the new monument will include reflective readings/ poems written by bereaved parents, remarks from the hospital and artists, and the acknowledgement of the children memorialized with a butterfly by reading their names and blowing bubbles. There will also be a butterfly craft and kindness stone making station.

"Saying their names is so important to bereaved families, they never want to feel as though their child has been forgotten," says Amie Marzen, Madeline's mom and the organization's president. "Our families are very excited to make this space a re-

ality, and to have a place to come to not only honor their child, but to see they're not alone in their loss."

The project was made possible with the support of the community, including: Mid Coast Hospital, Fieldstone Artistry, Maine Dry Stone, Coastal Maine Botanical Gardens, Lorelei Vella Designs, the Moving Company Dance Studio, Crystal Vision Tribute Band, Hanover Insurance volunteers, Bath at Play, and 100 plus Women Who Care in Southern Maine. Through this generous support, scholarships are available for families that would like a butterfly but find it is cost-prohibitive.

"This is an ongoing project, we're not done," adds Marzen, noting that additional butterflies will be added to the monument twice a year. "We hope to keep adding flowers to this space and nurture its growth. It's been very healing for our families



to come and help add to the beauty of the location

while reflecting and connecting with others. It truly

is a green-thumbed labor of love."

Ethics book published by Gorham HS Grad

GORHAM, ME -- The book Ethics Primer: Considering Morality for the Contemporary World has recently been published by Cognella of San Diego. The book's author, the Rev. Dr. Wesley Joseph Mills, is a 1972 graduate of Gorham High School and currently a professor of humanities with York County Community College.

The book is an overview of moral philosophy,

suitable for college students and others interested in ethical thinking in today's world. It is the fourth book by Dr. Mills. Others include Vision and Voice, an overview of US civil rights history, Pieces of Passion in Search of Peace, a collection of poetic reflections on love and life, and The Children's Menu, a tutorial on children's sermons.

Dr. Mills is also a recipient of a teacher of the

year award through Maine adult education. He is a graduate of Gordon College, Fuller Seminary, and Andover Newton. He is currently working on a book featuring letters between his father and grandfather during World War Two.

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Jonathan Knowlton
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Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.



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Seniors Not Acting Their Age

The relative risks of winter mountaineering

A few weeks ago, I wrote a column about my son, Adam, and me climbing Williams Mountain in western Maine. The trek occurred on the first day of winter and, as I described, we encountered strong winds and severe wind chills. One reader submitted a comment about the article: "Projected icy trails, high winds, and severe wind chills. I would hope that most folks have the common sense to avoid such conditions."

The writer appears to suggest that we exercised poor judgement choosing to hike in cold windy weather. I disagree. As with most endeavors, fitness, experience, and equipment need to be factored into the equation. We were well-prepared for the conditions.

The writer is certainly entitled to his or her opinion. I'm convinced the most dangerous thing that Adam and I did that day was to drive to and from the trailhead. Driving is something that the vast majority of us do every day. About 40,000 Americans die in car accidents each year and approximately 2.5 million are injured. I try to minimize the risks by driving



Sixty-eight year-old Suzanne Cole reaches the summit of Mount Katahdin recently

defensively.

The reader's comments motivated me to consider the relative hazards of winter mountaineering. Unlike driving, most people are not familiar with climbing mountains in winter. In fact, it's a relatively low risk activity compared to other winter sports. For instance, according to the Maine Center for Disease Control an average of six people die each year snowmobiling in Maine. Sadly, every winter a few

Maine skaters, fishermen, and other adventurers fall through the ice and drown. My research indicates there are also occasional downhill skiing fatalities in Maine. Eight years ago, a friend died in Baxter State Park of a presumed heart attack while hiking on park roads in winter. I can't find any record of a recent winter mountaineering death in Maine due to the elements.

The unknown is often a cause for fear or concern for most of us. I



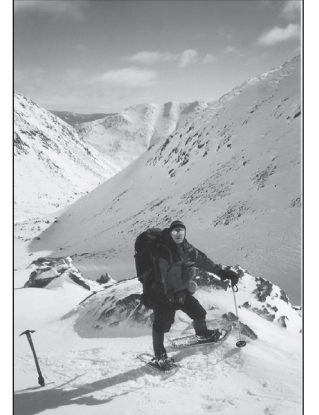
Two hikers approach the summit of Snow Mountain in western Maine



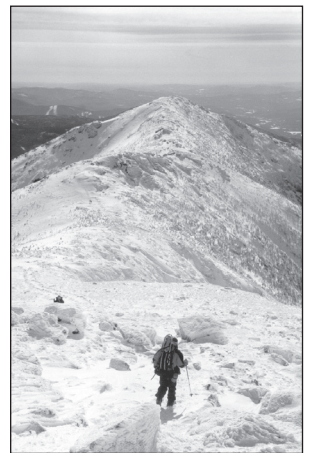
Thirteen year-old Adam Chase waves to his mother while climbing Cathedral Ridge on Mount Katahdin



Climbers haul sleds in Baxter State Park



Mountaineering in the Chic Choc Mountains in eastern Quebec



A peak bagger descends from Mount Lincoln on Franconia Ridge in New Hampshire.

Next week, friends and I are beginning a Baxter State Park expedition. We anticipate skiing, snowshoeing, mountain hiking, technical climbing, and hauling heavy sleds. I hope to return with interesting stories to relate. We'll likely experience some stormy weather. I predict the most hazardous thing we'll do is drive to and from the park.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates 50 wonderful Maine outdoor escapades. All of them are potentially dangerous.

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

wouldn't jump out of an airplane with a parachute unless I was certain it was going crash. I suspect that when many people think about winter hiking in the mountains they visualize the worst case scenarios and consider the venture life-threatening.

I started winter hiking with my wife, Nancy, family and friends about 45 years ago. Our son, Adam, began joining us on winter outings at a young age. He climbed Mount Katahdin in the winter when he was 13. About thirty years ago, I connected with a group of friends called peak baggers in an attempt to climb the 100 highest peaks in New England in winter. Ten of us completed the list.

Winter mountaineering is an integral part of our lives; as normal for us as others might consider a Sunday afternoon drive. Both activities are potentially dangerous. That's where evaluating the risks and assessing one's ability to deal with them become important factors. I wouldn't go for a Sunday afternoon drive during a snowstorm. I wouldn't have driven to Williams

Mountain in a snowstorm. I wouldn't have climbed Williams Mountain if I believed it was dangerous. And, if conditions had deteriorated, we would have turned back.

Safety is important in any endeavor. For me, that's true with winter mountaineering and virtually every other activity. Sometimes people have terrible accidents during Sunday afternoon drives and occasionally climbers die in the mountains. I don't believe that's a reason to forgo them.

Recently, four friends entered Baxter State Park with the intent of climbing Mount Katahdin. All of them are in their sixties and seventies; one a grandmother. Severe winter conditions were forecast for their multi-day quest. They were experienced, well-equipped and carefully evaluated the weather each day. On the final possible day, the weather improved and they reached the summit. A few may question the common sense of that undertaking. I think they did a superb job of assessing the circumstances and safely achieving their goal.

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What's Going On
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Workshops connect women to construction, forestry careers

AUGUSTA, ME— New Ventures Maine will offer two free, 60-minute online workshops in April that are designed for women to explore high-wage trade careers in Maine.

Connecting Women to Construction Careers

Online, Thursday, April 4, 2024, 6:00 to 7:00 p.m.

Connecting Women to Forestry Careers

Online, Tuesday, April 9, 2024, 6:00 to 7:00 p.m.

Both workshops provide an opportunity to learn about low-cost or no-cost training programs and job opportunities in a variety of in-demand construction and forestry careers in Maine.

“Employers are recruiting in these two sectors and are offering excellent jobs that women and those who identify as gender-expansive or non-binary may not have considered,” said New Ven-



tures Maine Workforce Development Manager Suzanne Senechal-Jandreau. “Our workshops offer an introduction to many of these opportunities and to resources for learning more.”

Previous participants provided the following feedback:

“I was very interested to hear about the apprenticeship programs, as I was apprehensive of starting a job with which

I had little experience. But hearing that employers actively look for people to train gave me a new sense of hope.”

“The presenter was very respectful and knowledgeable, providing information in a way that made me feel confident in my goals not in spite of being a woman, but BECAUSE of it. The video interviews were great, too. Thank you!”

“We want to connect women with current

information, not only about training, education, and earn-while-you-learn opportunities, but also well-paying trade jobs with benefits that currently exist in our state,” said Senechal-Jandreau.

For more details and to sign up, visit bit.ly/NVMEBuildYourCareer or call 207-768-9635.

NVME trades workshops are supported by the Maine Department of Transportation.

Camp Susan Curtis Board of Trustees welcomes new members

PORTLAND, ME - The Camp Susan Curtis Board of Trustees unanimously voted to welcome these two motivated and skilled community leaders, Robin Taylor-Chiarello and Kathryn Wise. Both have expressed great enthusiasm towards creating opportunities for Maine kids and are excited to work with fellow board members and staff to further the mission of Camp Susan Curtis.

About Robin Taylor-Chiarello:

Robin Taylor-Chiarello is an active and award-winning children’s author. She has received a Gold Mom’s Choice medal and four Silver Mom’s Choice awards. Her books celebrate overcoming challenges and adversity and stress family values, faith, and determination. Robin has been a primary school art and art history teacher and has enjoyed a 20-year career designing health care environments. She is an alumna of Finch College and Harvard Graduate School of Design and has held memberships in the International Interior Design Association and American Institute of Architects. She has been an active member of the Camp Susan Curtis community for several years and works to connect Maine communities to the

camp’s mission through vibrant events.

About Katie Wise:

Katie Wise grew up in Maine and has a love for the outdoors. Katie spent summers on the lake and winters in the mountains, and enjoys many outdoor activities including skiing, swimming, gardening, and hiking. Katie is the Senior Manager of Design and Planning for L.L.Bean, leading their architecture and design department. She has a passion for design and space and brings that into all aspects of her work. Katie has an under-



Robin Taylor-Chiarello

graduate degree in Civil Engineering from the University of Maine and a Master’s of Architecture from the University of Massachusetts. Katie is active in the Maine architecture community and currently serves on the AIA



Katie Wise

Maine Board of Directors. About Camp Susan Curtis:

The mission of Camp Susan Curtis is to provide a transformative

camp experience that nurtures self-confidence and a sense of belonging in Maine children facing economic hardship, with the long-term vision that all of Maine children feel valued and have the opportunity to thrive. Camp Susan Curtis is the only camp in Maine that provides a free, 10-day camp experience exclusively for Maine children facing economic hardship. Since 1974, CSC has served over 19,000 children facing economic hardship from across the State of Maine. At camp, kids join a supportive

community that encourages them to try new things, connect with nature, build positive relationships, and develop the essential life skills that will help them find their path to a bright future.

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Arts & Entertainment

IAA's "Spring is in the AiR" supports Black and Brown artists

PORTLAND, ME — Get ready to immerse yourself in a vibrant celebration of creativity! Indigo Arts Alliance (IAA) proudly presents our 5th annual spring fundraiser "Spring is in the AiR," held at Maine Studio Works (170 Anderson Street, Portland, ME, 04101), on Thursday, April 11th from 6 to 8 pm. Anyone who's ever attended knows it's the hottest party in town, but this year it will be extra special because we're honoring a remarkable milestone: Indigo Arts Alliance (IAA) turns five years old this spring!

"Spring is in the AiR," features electrifying performances, an Indigo Poppin' dance

party, delicious diasporic cuisine, signature cocktails, and surprise performances—all to help IAA raise funds for our Artist Residency programs, which are at the heart of our mission. By the end of this year, we will have hosted 66 Artists-in-Residence through our two residency programs: the Mentorship Residency and the David C. Driskell Fellowship for artists directly from and/or with cultural heritages from 21 different countries. In doing so, we are changing the paradigm of who gets recognition for their work while bringing more Black and Brown voices to the global arts table.

This year's lineup

includes live music by Jennifer Rachele and Stu Davis of Kouchera, an Indigo Poppin' Dance Party featuring DJ Mosart212, and a surprise performance by Alumni AiRs! The evening will be complemented by delicious offerings provided by Black Betty's Bistro. You will not want to miss the tasty bites of crispy black eyed pea fritters, lamb with onion and jalapeno marmalade, Cuban style jumbo shrimp (and more) circulating the room!

Tickets are now on sale via Givebutter

You will find multiple ticket options available, ranging from single entry tickets to a VIP experience complete with a seated-dinner. There are

also online options to donate at any dollar-amount you wish before or during the event. A raffle will also take place at the event featuring special tours, limited-edition swag, and more. So bring your cash to buy your raffle tickets!

Can't make it in-person, but still want to support IAA? We're excited to unveil a very special IAA Auction component to this year's event! Taking the place of our traditional paddle raise, the IAA Auction, which will feature original works of art, will go live mid-March on our Givebutter RSVP page. So keep your eyes out for an announcement for when it goes live!

Indigo ARTS ALLIANCE



Poetry for Strength and Solace UU Church this weekend

BRUNSWICK, ME -- The Unitarian Universalist Church of Brunswick and the Midcoast Indigenous Awareness

Group are co-sponsoring a free poetry reading and discussion at the UU Church at 1 Middle Street on Saturday March 23rd,

6:30 to 8 pm

Poetry deepens understanding and lends both strength and solace in this time of increasing pressure



and challenge. Wolastoqey poet and activist Mihku Paul and poet and scholar Claire Millikin gather to read poetry and invite discussion of what it means to enter the narrows. Through the lens of poetry, we return to a place of hope.

The evening will also offer a special screening of the four-minute film Putep Qotatokot-te Elewestaq (The Whale Was Speaking), produced by Mihku Paul and Professor Dawn Nye of University of Maine Farmington

For more information, contact claire.raymond@me.edu Saturday, March 23, 6:30-8 pm Unitarian Universalist Church of Brunswick 1 Middle Street Brunswick

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\$22.4M for project to reconnect Maine communities

WASHINGTON – Today, President Biden and U.S. Transportation Secretary Pete Buttigieg announced \$22,400,000 for the state of Maine for projects through the Reconnecting Communities Pilot and Neighborhood Access and Equity discretionary grant programs as part of President Biden’s Investing in America Agenda. The funding is aimed at reconnecting communities that were cut off by transportation infrastructure decades ago, leaving entire neighborhoods without direct access to opportunity, like schools, jobs, medical offices, and places of worship.

The Biden-Harris Administration is taking historic action to deliver for communities that have been left behind for too long. Thanks to additional funding from the Inflation Reduction Act, this investment is 18 times larger than

the investments from the previous year’s standalone Reconnecting Communities Pilot Program. Both programs are part of the President’s Justice40 Initiative.

“While the purpose of transportation is to connect, in too many communities past infrastructure decisions have served instead to divide. Now the Biden-Harris administration is acting to fix that,” said U.S. Transportation Secretary Pete Buttigieg. “Today we are proud to announce an unprecedented \$3.3 billion to help 132 communities deliver better infrastructure that reconnects residents to jobs, health care, and other essentials.”

The Department has created a virtual story that spotlights communities’ stories, the historic context for the program, and the future it seeks through funding the reconnection of

communities online.

In this round of funding for the Reconnecting Communities Pilot and Neighborhood Access and Equity program, Maine received a grant for Reconnecting our Villages: Historic Libbytown in Portland, which consists of numerous multi-modal and street connectivity improvements. These benefits will restore Libbytown, which was severed in the 1960s when Interstate 295 was constructed through the community, as a cohesive Portland neighborhood. Transforming Congress Street and Park Avenue into two-way thoroughfares will significantly reduce a public transportation burden by allowing transit riders travel through Libbytown bidirectionally instead of in only one direction. Sidewalks on both sides of the street and bidirectional bike lanes will provide the same efficiency

for individuals who choose active transportation.

These programs are part of President Biden’s Justice40 Initiative, which set the goal that 40 percent of the overall benefits of certain Federal investments flow to disadvantaged communities that are marginalized by underinvestment and overburdened by pollution. The Department prioritized applications from disadvantaged communities that demonstrated strong community engagement and stewardship to advance equity and environmental justice, and would catalyze shared prosperity project development and job creation.

Last year, in the inaugural round of the Reconnecting Communities Pilot Program, the Biden-Harris administration awarded grants for transformative, community-led solutions, including capping interstates with parks, filling

in sunken highways to reclaim the land for housing, and converting inhospitable transportation facilities to tree-lined Complete Streets. These projects will help revitalize communities, provide access to jobs and opportunity, and reduce pollution.

The Reconnecting Communities Pilot Program (RCP) in the Bipartisan Infrastructure Law has been combined with the newly-established Neighborhood Access and Equity discretionary grant program in the Inflation Reduction Act.

This joint application makes it more efficient and accessible than ever for project sponsors to apply for the historic levels of infrastructure funding made available by the Biden-Harris administration’s Investing in America agenda. While Reconnecting Communities and Neighborhoods grants can

come from either program, they share important key characteristics including prioritizing disadvantaged communities — including rural, Tribal and urban communities — and improving access to daily needs and basic services.

The Reconnecting Communities and Neighborhoods program is an important component of the Department’s commitment to equity and the Biden-Harris administration’s commitment to supporting communities marginalized by underinvestment and overburdened by pollution, and strengthening equitable development. Restoring communities like those awarded grants today helps give everyone an equal chance to get ahead and opportunity to accessing jobs and essential services such as healthcare services, grocery stores, and places of worship.

Holy Cross named “Best of the 207”

SOUTH PORTLAND, ME – Holy Cross School is thrilled to announce its recent accolade, the “Best of the 207 Awards - Gold in Best Private School,” an honor recognizing the school’s dedication to providing an exceptional educational environment. This prestigious award is part of the annual Best of the 207 Awards, a comprehensive resource guide celebrating

Maine’s most outstanding businesses, services, and attractions.

Principal Tim Stebins expressed his gratitude and pride in the school’s achievement, stating, “Winning this prestigious award not only highlights the exceptional educational environment at Holy Cross School but also reinforces our commitment to fostering a community where every

student can thrive academically, spiritually, and socially.”

The Best of the 207 Awards saw an unprecedented level of engagement this year, with over 145,000 votes cast by the community, underscoring the public’s keen interest in acknowledging excellence across various sectors. Holy Cross School was recognized for its outstanding commitment

to excellence, innovative educational practices, and significant contributions to the community.

For more than 85 years, Holy Cross School has stood as a beacon of educational excellence and Catholic faith in South Portland. The school welcomes families to an energized learning environment that upholds community values and ac-

ademic achievement, serving students from Pre-Kindergarten to 8th grade. With a focus on small class sizes, Holy Cross School emphasizes personalized education, ensuring that each student receives attention tailored to their individual strengths and needs.

Holy Cross School’s impact extends beyond the classroom, as it draws

students from across the Greater Portland area and fosters a cooperative and collaborative educational setting. The school is committed to preparing young individuals for the challenges of high school and beyond, instilling in them a toolbox of moral and educational values to navigate life’s decisions, with a strong emphasis on service to others.



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Gorham's Ellie Sato announces campaign for Maine House

GORHAM, ME - On Saturday, March 16, long-time Gorham resident Ellie Sato announced that she will be a candidate for the Maine House of Representatives. If elected, Ellie Sato would become the first Japanese-American to serve in the Maine State Legislature.

Sato will be seeking the Democratic nomination to run in House District 109, an area consisting of east and north Gorham. Currently, House District 109 is being served by Rep. Jim Boyle, D-Gorham, who is not seeking re-election this year.

"Gorham is my hometown, and I want to ensure that the needs of our community are addressed in Augusta," said Sato. "As a former bartender and professional dancer, I know firsthand how hard it is to live paycheck to paycheck. That's why it's important to have an ally at the State House who not only understands the issues that face our town, but who also knows how much work it takes to make ends meet. As a State Representative, I

will address the issues that affect our community most with the knowledge and connections I gained when I was a legislative aide at the State House. I have the passion, experience, and capacity to safeguard the future for our town and our state."

If elected to the Maine State Legislature, Sato aims to offset the burden of property taxes, protect and expand access to health care services, address the effects of the climate crisis by building on land conservation efforts, and continue to fully fund public education at 55%. She supports policies that make housing more affordable for homeowners and renters, safeguard access to affordable abortion care, and fund legal services that support survivors of sexual and domestic violence.

Sato currently serves as Chair of the Diversity, Equity, Inclusion and Belonging Committee of the Maine Democratic Party. She has been working to promote better representation in the state party for those in



Ellie Sato at her home in Gorham. Courtesy of Savanna Pettengill.

marginalized and disadvantaged communities. Particularly, she is working to remove barriers of participation to political activism. As the daughter of the founders of Yosaku Restaurant in Portland, she is continuing the work and legacy of her family, who were instrumental in bringing high-quality Japanese cuisine to Maine.

Most recently, Sato served as a legislative aide for multiple Democratic lawmakers in the Maine Senate before leaving to run

for office. In her capacity as an Aide, she directly supported Sen. Stacy Brenner, D-Scarborough, by listening to Gorham constituents and guiding them through state government. She helped Sen. Brenner advance legislation to address the PFAS crisis, work towards Maine's climate goals, and close gaps in health care insurance.

"Ellie is a hard working and committed individual, whom I had the pleasure of working with," Sen. Brenner said. "She is a fast-learner with a strong capacity to understand the complexity of an issue and knows how to move it forward. In supporting the Senate through its work towards reproductive justice, she was prepared, eloquent, and showed a propensity

for leadership."

Prior to her work in Maine politics, Sato worked as a professional dancer, paying the bills through her work in food service as a bartender, caterer, and waiter. She received her Bachelor's in Fine Arts in Dance from Fordham University and the School of Alvin Ailey American Dance Theater, with a minor in political science.

The Democratic Primary for state elections will be held on June 11, 2024. The General Election will be on November 5, 2024. Absentee ballots can be requested starting March 13, 2024, and will start being sent out May 13, 2024.



1 in 3 Mainers 65 and over end up in the emergency room after a fall.

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Southern Maine Agency on Aging's **A Matter of Balance** program provides an in-depth look at falls prevention and management. In 8 sessions over 4 weeks, you will learn to view falls as something you can control so you can stay active and independent.

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- Set goals and increase your activity level to improve your strength and balance;
- Make changes around the home to reduce the risks of falling;
- Become a proactive self-manager in improving your quality of life

"I do not know how well I am aging, but I do know that it is an easier and more relaxed life since the workshop."
- A Matter of Balance participant

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Class size is limited. Pre-registration is required.

REGISTER: 207-396-6578 or smaa.org/events.html



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Diane Dunton Bruni named one of "20 Outstanding Women 2024"

WINDHAM, ME – Diane Dunton Bruni, Board Chair, President and Founding Member of the nonprofit Sebago Lakes Region Fuller Center for Housing, has been named one of "20 Outstanding Women 2024,"

an annual award given by The Portland Radio Group and Hannaford Supermarkets. The Sebago Lakes Region Fuller Center for Housing, based in Windham, offers home repairs for seniors and veterans so they may remain in their



homes safely and enjoy the quality of life they deserve. "I am very grateful for this honor, and accept it on behalf of all our volunteers, who strive each day to make a genuine difference in the lives of

others," said Bruni. "As seniors and veterans age, many do not want to leave their cherished homes, although they are no longer able to care for them. They also often struggle with costs and with finding contractors available

to make repairs. Through our pool of volunteers, we meet the home-repair needs of these individuals and families in our community. In turn, we reduce feelings of isolation and despair among the human beings involved."

Maine Game Wardens to hold career information sessions

MAINE -- Have you considered becoming a Maine Game Warden and want to learn more about the position, qualifications, and hiring process? Here's your chance to find out! Meet with current staff and discover how to start down a path towards this challenging and rewarding opportunity in the Maine outdoors. Participants are encouraged to ask any questions they may have for our game wardens.

Working in the beautiful Maine outdoors every day is a dream of many.... But what other perks come with serving as a Maine Game Warden?

A 25-year retirement system

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specialty paths (K9 team, dive team, airboat operator, and more)

No day is the same, and each season brings on new challenges and views

The reward of protecting Maine's natural

resources and those who enjoy them

We have three career information nights coming up this spring! Sign up today:

Bangor - Tuesday, April 16 at 6:00pm - 8pm

Sidney – Wednesday, April 17 at 6:00pm - 8pm
Presque Isle - Thursday April 18 at 6pm - 8pm

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Artists wanted for agriculture-focused calendar

MAINE -- The Maine Agricultural Mediation Program (MAMP) is looking for artists for its 2025 wall calendar with a submission deadline of May 20. The 2025 calendar, which showcases the artwork by Maine-based artists, will celebrate the theme of "farming and tending to the land and sea throughout the seasons."

This annual wall calendar features artwork in all mediums except photography. Submissions should be high-quality, scanned images of 300

dpi or greater with a 2:1 aspect ratio. The final printed image will be 4 inches high by 8 inches wide. Artists' submissions are limited to two (2) entries and each artist selected for the calendar will receive up to 3 free copies of the calendar.

Artwork must be in a file size no larger than 25 MB and submitted via e-mail to maineagrimediation@maine.edu. Submissions must include the artist's name, title of work, and description of the medium, and can also include a brief statement about the story



of the piece. For a detailed list of submission requirements, visit the program webpage. To request a reasonable accommodation, contact Lucy Wess, maineagrimediation@maine.edu, 207.974.9637.

All proceeds from the calendar sales directly support the Maine Agricultural Mediation Program and its efforts to assist farmers and promote sustainable agriculture in Maine.

MAMP, a part of the

U.S. Department of Agriculture (USDA) Agricultural Mediation Program, is locally managed by the University of Maine Cooperative Extension. The program aims to support and promote the agricultural community in Maine by providing conflict resolution, contract and lease co-drafting, and personal financial coaching services.

MAMP works with ag community members to help them navigate difficult conversations and develop sustainable, self-created

solutions. Mediation is a voluntary and confidential process guided by trained neutrals. MAMP staff and mediators work with participants to resolve conflict and concerns around agricultural loans, conservation programs, wetland determinations, pesticides, family farm transition, lease issues, neighbor disputes, worker/employer disagreements, and more. Visit the program website to learn more about agricultural mediation and other MAMP services at UMaine Extension.

Camden National Bank promotes Barbara Rath to EVP

CAMDEN, ME – Camden National Bank is pleased to announce the promotion of Barbara Rath, who formerly served as director of treasury management and government banking, to executive vice president of commercial banking. In her elevated role, Rath will focus on accelerating core commercial business development across the

company's footprint and will continue to lead treasury management sales and service strategies.

"Barbara has an unwavering commitment to her clients," said Simon Griffiths, president and chief executive officer of Camden National Bank. "Her client-centric approach will lead us to expand our relationship banking focus as we con-



tinue to drive organic growth. Barbara's promotion represents our strategic and thoughtful succession planning as well as the exceptional talent and bench strength within our organization. I am confident Barbara will make an excellent addition to our executive team."

A leading industry expert, Rath has an extensive 20-year banking and

finance career, with four of those years cultivating treasury relationships at Camden National Bank. She has taken on increasing levels of leadership with an exceptional focus on delivering integrated financial solutions, prudent risk management, and operational excellence.

Rath earned a bachelor's degree in Rhetoric at Bates College and

an MBA with a finance concentration from the University of Southern Maine. She chairs the Board of Trustees for the Maine Health and Higher Educational Facilities Authority, serves as the Secretary of the Board of Directors for the Maine International Trade Center, and is a member of the Maine District Export Council.

Grant to catalyze behavioral health response, resilience

AUGUSTA, ME — The Maine Department of Health and Human Services (DHHS) announced today that it has received a \$2,048,452 federal grant to support behavioral health, community wellness, and resiliency in the wake of the Lewiston tragedy on October 25, 2023.

The year-long grant was awarded by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA). The SAMHSA Emergency Response Grant (SERG) will supplement other state and federal funding for the response, helping to reinforce the on-the-ground behavioral health workforce, recovery for individuals and families affected by the tragedy, and community resilience in Lewiston and the surrounding communities.

"This federal grant will catalyze Maine's response to the significant behavioral health needs of those directly and indirectly impacted by the tragedy in Lewiston," said

Governor Janet Mills. "I thank President Biden and the Biden-Harris Administration for their continued unwavering support for Lewiston and Maine as we continue down the road to healing."

"Following the tragedy in Lewiston, we immediately set to work developing a plan based on input from Maine residents, communities, first responders, experts, and others to support ongoing behavioral health needs in the wake of the largest mass shooting in Maine history," said DHHS Commissioner Jeanne Lambrew. "We thank the Biden Administration for this grant to catalyze community-led initiatives and best practices to help Maine residents and communities recover and rebound."

Priorities for the funding are based on input from partners following a series of listening sessions that DHHS held with behavioral health providers, health care systems' leadership, members of the Deaf and Hard of Hearing

and New Mainer communities, school staff, home-based providers, ethnic and community-based organizations (ECBOs), and other impacted parties. This funding will:

Expand community-based behavioral health workforce: Funds will be used to increase the number of on-the-ground behavioral health professionals available to engage in mobile crisis outreach, peer harm reduction, and Project Support You – an initiative of that supports first responders in de-escalating emergency calls and assists with first responder debriefing following an incident.

Launch a trauma-informed learning community: The learning community will provide training and skills for the workforce most directly connected to the populations affected by the shootings in Lewiston, including behavioral health and health care workers, educators, community workers, community officials and others. It will improve their ability to appropriately respond to and meet the

needs of those they serve. The learning community also seeks to provide training to recognize and respond to front-line workers' own traumas, helping to "care for the carers" by promoting trauma support and resiliency among the workforce. This will be launched as a partnership between Maine DHHS, NAMI Maine, AdCare, and the Co-Occurring Collaborative Serving Maine.

Raise awareness of behavioral health resources valuable to long-run resiliency: Maine DHHS will use funds to leverage its StrengthenME platform to help amplify awareness of existing behavioral health resources through tailored and targeted messages that help normalize and destigmatize reaching out for help with mental health.

Support communications for priority populations: The grant will support the development of a website that consolidates community-developed and accessible information for members of the Deaf and Hard of

Hearing community who were particularly hard hit by the Lewiston events. Funding will also support ECBOs focused on serving the New Mainer communities of Lewiston with whole-family, culturally appropriate support for the many individuals experiencing retraumatization.

"The events of October 25, 2023, have had a dramatic impact on the health of our community, and have highlighted and exacerbated the need for more mental and behavioral health services," said Jim Martin, Chief Executive Officer of Community Concepts, Inc., in Lewiston, which manages the Maine Resiliency Center. "The SERG grant will allow for increased access to these critical supports and will help fill gaps in the system of care that are desperately needed. This additional funding comes at a critical time and complements all of the recovery efforts happening across our community including the work of the Maine Resiliency Center."

"Maine's Deaf/Hard-of-Hearing community was shaken to the core by the tragedy that took place on October 25," said Matt Webster, Grant Administrator, Maine Association of the Deaf. "We had to push through the grief and move into action. We have collaborated closely with Maine DHHS to ensure that this grant will provide greater resources toward raising awareness

about our community, our distinct needs, and to ensure that we have an equal voice at the table, as we all work to build resiliency and supports for the months and years ahead."

"Recovery from mass violence can be a long journey for victims, survivors, family members, and community members," said Alyssa Rheingold of the National Mass Violence Center. "Fortunately, there are evidence-based trauma treatments that help people cope with post-traumatic stress, anxiety, grief, and depression and a network of trainers across national organizations that can offer guidance and consultation to helping organizations. This grant will help Maine connect mental and behavioral health providers to specialty training so they can best support the Lewiston and broader Maine community to foster resilience and healing in the coming years."

Resources and supports are available for anyone looking for help:

The Maine Resiliency Center is open to support individuals impacted by the events in Lewiston, with ongoing support groups and other events.

StrengthenME is the Department's resource for stress management and resiliency resources that includes information on how to access services, via phone or text support, or through community connection.

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King stresses honoring fallen soldiers, site maintenance

WASHINGTON, D.C. — In a hearing of the Senate Veterans' Affairs Committee (SVAC), U.S. Senator Angus King raised the importance of honoring fallen servicemembers at national cemeteries. Under the Department of Veterans' Affairs (VA), servicemembers are entitled to burial benefits, which include a final resting place in any VA national cemetery with available space — at no cost to the family. Unfortunately only 35-percent of veterans are aware of this benefit, according to a poll conducted through the Veterans' Experience Office.

Senator King began his remarks by observing that veterans cemeteries are "a sacred topic". Then in an exchange with Matthew Quinn, the Under Secretary for Memorial Affairs with the National Cemetery Administration (NCA), King reaffirmed his support for volunteers who help operate national

cemeteries and military burial grounds. He also asked for the NCA to assist with restoring a damaged flagpole at Togus.

Senator King first expressed gratitude for the volunteers and organizations that support military burial grounds.

"The other piece that I think deserves some mention is the volunteers. Being at these, particularly the grant funded cemeteries, tremendous volunteer support, there are people that really made those cemeteries go, and I hope that there's an ability to recognize and support those volunteer organizations," began Senator King.

"Senator, I'll take that back [to my work colleagues]. I'll tell you, you know, not only the honor guard, which are typically volunteers or will work with the with the military. But also, when I go to visit our national cemeteries or grant-funded cemeteries,

the volunteers that are sitting at the front desk helping people who are there to visit, I think those are the unsung heroes," responded Quinn. "And I think our cemeteries that operate the most efficiently and the best in terms of information, it's those volunteers that are manning the desk, talking to fellow veterans when they come in.

"And raising money," added Senator King.

"Raising money for the cemetery. Yes sir," said Quinn.

"And raising awareness. So, I hope that that might be a bit of a focus of your work is to find ways to recognize and acknowledge those volunteers because I think they are really important," finished Senator King.

Senator King then raised the question of getting the flagpole at Togus National Cemetery outside Augusta, which was damaged in a storm, restored.

"Now I have a re-

ally important question. The flagpole at Togus has been damaged severely in a storm. We're having trouble getting it fixed because of some difficulty in the payment methodology with the VA and the cemetery. So, if you can help me with getting the flagpole at Togus back into service that would be important to veterans in Maine," asked Senator King.

Sir, that wouldn't be the first flagpole I noticed that wasn't operational that I ended up getting fixed. So, I will take that on and I'll find out what's going on at Togus. Contracting support has been tough post COVID. We've seen higher costs, but we'll work on Togus, we'll get that flagpole fixed. It's important to have a flag over our national cemetery," responded Quinn.

"It certainly is. And, particularly one of our oldest. What is the oldest national cemetery," asked Senator King.

"So usually about 1862 is when, you know, Abraham Lincoln said, 'Hey, we need National Cemeteries' for Civil War dead. 1862 would be the oldest when we first established," finished Quinn.

One of the first national cemeteries established was in Maine at Togus in 1866. Today the cemetery is closed to new internments, though there is another national cemetery in Maine — Acadia National Cemetery in Jonesboro. There are also four state veterans' cemeteries located throughout the state, and one administered by the tribal government in Houlton. Two of which, located in Caribou and Springfield, Senator King helped established during his time as governor.

Representing a state with one of the highest rates of veterans per capita, Senator King has been a stalwart champion for veterans and servicemem-

bers in Maine and across the country. A member of the Senate Veterans' Affairs Committee, he is committed to ensuring veterans and their families receive their earned benefits and support from the VA. He recently spearheaded the passage of legislation to better track and study servicemember suicides by job assignment. Earlier this year, Senator King held an SVAC field hearing at the University of Maine Augusta to discuss the state of veterans' long-term care in Maine and other critical issues facing veterans. In a September 2023 hearing, he questioned VA officials in an SVAC hearing to shed light on how financial strain can impact veterans' mental health. Senator King has also worked to properly honor and recognize the sacrifices of Purple Heart medal recipients, protect veterans from fraud, and expand veteran assisted living services.

Local doctor urges support for lifesaving research, funding

AUGUSTA, ME — Harpswell, Maine resident and lung cancer advocate, Dr. Lizzie Baker, will travel to Washington, D.C. to meet with her members of Congress during the American Lung Association's LUNG FORCE Advocacy Day on March 20. As a part of the nationwide event, Dr. Baker will join more than 40 other people across the country who have been impacted by lung cancer to ask lawmakers to support \$51.3 billion in research funding for the National Institutes of Health (NIH) and \$11.6 billion in funding for the Centers for Disease Control and Prevention (CDC).

As a pediatric hospitalist, and cancer survivor herself, Dr. Baker is a long-time advocate for a range of public health issues. Baker acted as a caretaker for her

mother, Candice Warren, during a 7-year-long battle with lung cancer. During this time, Baker helped her mother through a range of treatments including chemotherapy, surgery, immunotherapy and other avenues available to extend her life. Baker was by her mother's side when she passed away in March 2022.

Baker said, "My mother and I were incredibly fortunate to have one another. She was my best friend and will always be my 'person.' The original prognosis was 6 months, but she lived 7 amazing and full years with a diagnosis of stage IV cancer. When she passed in March 2022, we were devastated but forever grateful for her journey and the opportunities afforded to her by current research and available

treatments. It is now part of my life's mission to carry on her legacy of bravery, generosity, and love by helping to further the treatments that prolonged our time together — and to help fund medical research that will hopefully, one day, eradicate lung cancer for good."

In addition to caring for her mother, Dr. Baker joined the Trek Across Maine in 2019 to help raise funds and awareness for lung cancer. She's also volunteered for the Dempsey Center, and been active with the Space to Breathe program, which hosts adolescents who have a sibling or parent with cancer for a weeklong camp focused on bonding and coping skills. In 2023, she competed for the title of Miss Maine for America Strong to expand her platform and raise



been approved by the FDA to treat lung cancer — giving life and hope to those impacted by this disease.

Dr. Baker encourages others in Maine to advocate for lung cancer research and healthcare protections by contacting their members of Congress, which they can do at Lung.org/AdvocacyDay. All are also welcome to join Dr. Baker on the Trek Across Maine, the American Lung Association's premier 3-day Bike Trek event, this coming June 14-16 kicking off in Brunswick, Maine.

Learn more about Dr. Lizzie Baker's story and the LUNG FORCE initiative at LUNGFORCE.org.

awareness about lung cancer to a broader audience.

Baker, formerly of Freeport and Scarborough, has lived in Harpswell since 2020. A pediatric hospitalist, she holds a medical degree from the University of Vermont and a master's degree in healthcare leadership from Brown University.

During Advocacy Day, Dr. Baker will visit the offices of Senator Angus King, Senator Susan Collins, Representative Chellie Pingree and Representative Jared Golden to share her story and her mother's experience with lung cancer and explain why investments in public health and research fund-

ing are critical.

Thousands of LUNG FORCE Heroes from across the country have raised their voices since 2014 to urge their members of Congress in Washington, D.C., to support robust, sustainable and predictable federal funding increases for lung cancer research, prevention, as well as quality and affordable healthcare. LUNG FORCE Heroes have succeeded in helping increase NIH lung cancer research funding by over 130% since the inception of LUNG FORCE in 2014. NIH has also funded research that has led to new treatments that are saving lives today. Since 2016, over 50 new therapies have

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



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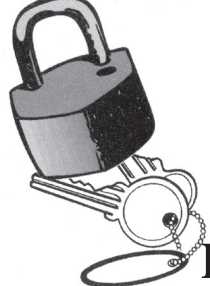
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Calendar

Send your submissions to the Editor. More online.

Mar 21
LEWISTON -- Great Falls Forum "Bates and Lewiston: The Early Years" is happening at The Lewiston Public Library in Callahan Hall on Thursday, March 21st, from 12 noon to 1 PM. The event listing can also be found on our website at <https://lplonline.org/events/great-falls-forum-with-pat-webber/>

Mar 22
LEWISTON -- Fill the Plate Breakfast to benefit Meals on Wheels of SeniorsPlus 7 am – 9 am at Hilton Garden Inn Riverwatch, Auburn. Tickets: \$30 per person (\$35 at the door); available at www.seniorsplus.org or by calling 207 795-4010. Seats are limited. Advance registration encouraged.

A breakfast to benefit the Meals on Wheels program of SeniorsPlus, the Western Maine Agency on Aging, will feature a keynote by Maine humorist Gary Crocker and will honor Lewiston resident Lucy Bisson with the Ikaria Award for outstanding contributions toward improving the lives of older adults

Mar 23
LISBON FALLS -- Dine In/Take Out Bean Supper Saturday, March 23rd from 4:30pm until SOLD OUT; Lisbon United Methodist Church, 14 School Street, Lisbon

Falls, ME. Sponsored by the Methodist Women. Adults \$9.00.

Menu: Pea Beans, Hot Dogs, Potato Salad, Cole Slaw, dinner roll and a slice of pie!

Mar 23
GRAY -- The First Congregational Church of Gray Saturday Night Church Supper, Saturday, March 23, 2024 @ 5:00 at the Parish House, 5 Brown Street, Gray

Handicapped Accessible. Meals are Single-sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts & Beverages

Mar 23, 24
LEWISTON, TOPSHAM -- "A New Artistic Mélange" - Emily Isaacson, Guest Conductor Saturday, Mar. 23, 2024, 7:00 p.m. - Franco Center, Lewiston; Sunday, Mar. 24, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

"A New Artistic Mélange" featuring Michael Bostock during intermission, Saturday, March 23, 2024, 7:00 p.m. - Franco Center,

Lewiston

"A New Artistic Mélange" featuring the Maine Youth Orchestra before the concert, Sunday, March 24, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Program for "A New Artistic Mélange": Hymn for Everyone - Jessie Montgomery, Symphony No. 38 in D Major "Prague" - Wolfgang Amadeus Mozart, Enigma Variations - Edward Elgar

Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for students 18 and under or college students with identification.

For more information visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoastsymphony.org

Mar 26
LISBON FALLS -- Tuesday March 26 at 4 PM Denis Ledoux will present a program based on his new memoir French Boy / A 1950s Franco-American Childhood at the Lisbon Falls Public Library.

Mar 26
LISBON -- Denis Ledoux's memoir, French Boy / A 1950s Franco-American Childhood,

will be the subject of a presentation at the Lisbon Library March 26

Mar 30
AUBURN -- Sixth St. Church Bean Supper: There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, March 30 from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

Mar 30
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, March 30, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who wish is optional. Hand sanitizer is available for those who wish to use it.

Apr 2
AUBURN -- Denis Ledoux's memoir, French Boy / A 1950s Franco-American Childhood, will be the subject of a

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presentation for Senior College at the Auburn Public Library on Tuesday April 2

Fridays Apr 5 – May 10
NORWAY -- Opening Minds through Art, Fridays April 5 - May 10, 2 pm – 3 pm at Education Center of SeniorsPlus at 9 Marston St., Norway

Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Apr 6, May 4
WESTBROOK -- Prides Corner Community Church, 235 Pride St. Bean Supper \$10 per person: Two kinds of baked beans, mac and cheese, ham, coleslaw, bread and brownie. Eat in at 5:00PM or Take Out from 4:30-5:30PM. Call 207-415-9260 to reserve your individual meal today.

Apr 12-13
AUGUSTA -- Maine Homeschool Exchange April 12-13 at the Augusta Armory. Details: www.homeschoolersofmaine.com

HOME's annual convention returns for another year as the Maine Homeschool Exchange! Enjoy shopping for discounted curriculum, resources, and books, attending informative workshops, participating in fun-filled activities, and getting to know homeschooling families around the state of Maine!

Apr 27
AUBURN -- Saturday April 27 at 11 AM Denis Ledoux will present a program based on his new memoir French Boy / A 1950s Franco-American Childhood for the Maine Franco-American Genealogy Society at the community room of the Auburn Public Library. Public invited.



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

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